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## The Grizzly, February 15, 1994

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*Ursinus College*

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# The<sup>2</sup> Ursinus College Grizzly

To live is to love.  
- Ludwig Boerne

Volume 16 Issue 12

Happy Valentine's Day!

February 15, 1994

## Pledging Meeting: First in a Series

BY HOPE RINEHIMER  
Of the Grizzly

On February 9 at 7:30 pm, the first town meeting on pledging was held. The purpose of this gathering was to bring members of each of the Greek organizations together with the Pledging Study Group to discuss the pledging concept here at Ursinus and possibly to begin to develop a new program that complies with PA state law.

Most of the discussion at this first meeting focused on the problems with pledging, interpretation of the hazing law, and alternate pledging plans.

Problems with pledging as it stands now was the first topic discussed. Certain visible activities, such as wall shows and line-ups, are disturbing to the campus community, while less visible activities including illegal use of drugs and alcohol and forced consumption of foods may be dangerous to the participants themselves.

Does hazing include events such as wall shows or dressing up? According to many national organizations any activity that singles out a member of the group is hazing. This statement brought great controversy to the meeting. First the point was brought up that Ursinus only has one national organization, APO, and that because we are a small, private school many national rules should not concern us. Another point that was made concerning wall shows was that they are a time for one to lose shyness and express oneself, and oftentimes it is the strongest members of the group which are singled out.

The last part of the meeting was used to discuss alternate plans which would include safe, bonding activities, and might preserve some traditions while creating new ones. The pledging plans that follow are only in the discussion stage and no final proposals have been made. The first plan includes three parts. The first step would be to bring

educational experts into the pledging process that might help to better develop and bond the pledges. Outward Bound was briefly discussed. The second part of this plan would take pledges off campus and away from those who are not pledging. The last part of this plan includes a shifting of priorities from pledging to classwork. Possibly if the pledging period was extended and only consisted of weekends grades would not drop during the week.

The second proposal was sort of a spin off of the first. It includes a shorter pledging program with no days off, all members of the group doing things together on campus to cut down on dangerous activities, an alumni adviser to keep things on track, training for all members prior to pledging, and a balance of ritual, charitable, social, and scholarship activities.

Many ideas were left for discussion until the next meeting to be held this week.

## Berry Announces Plans for Candidacy

BY ERIKA COMPTON  
News Editor

Dr. Nicholas Berry, professor of politics and chair of the politics department, announced on Thursday at the Perkiomen Bridge Hotel his plans to run for State Representative of the 150th District of Pennsylvania.

Berry will represent just under 27,000 registered voters in the district. The main issue of his campaign is community and growth development.

Berry feels that the community is growing at an uncontrollable rate, and it is causing major hassles for many people. The major problem is the amount of traffic in the area. There is more and more traffic on Main Street every day.

At the intersection of Routes 29 and Main Street there are daily backups. There are no pedestrians, a closed hotel, and another boarded up restaurant further up the street. "It's not very attractive," said Berry, "The state agencies and state representatives are not working

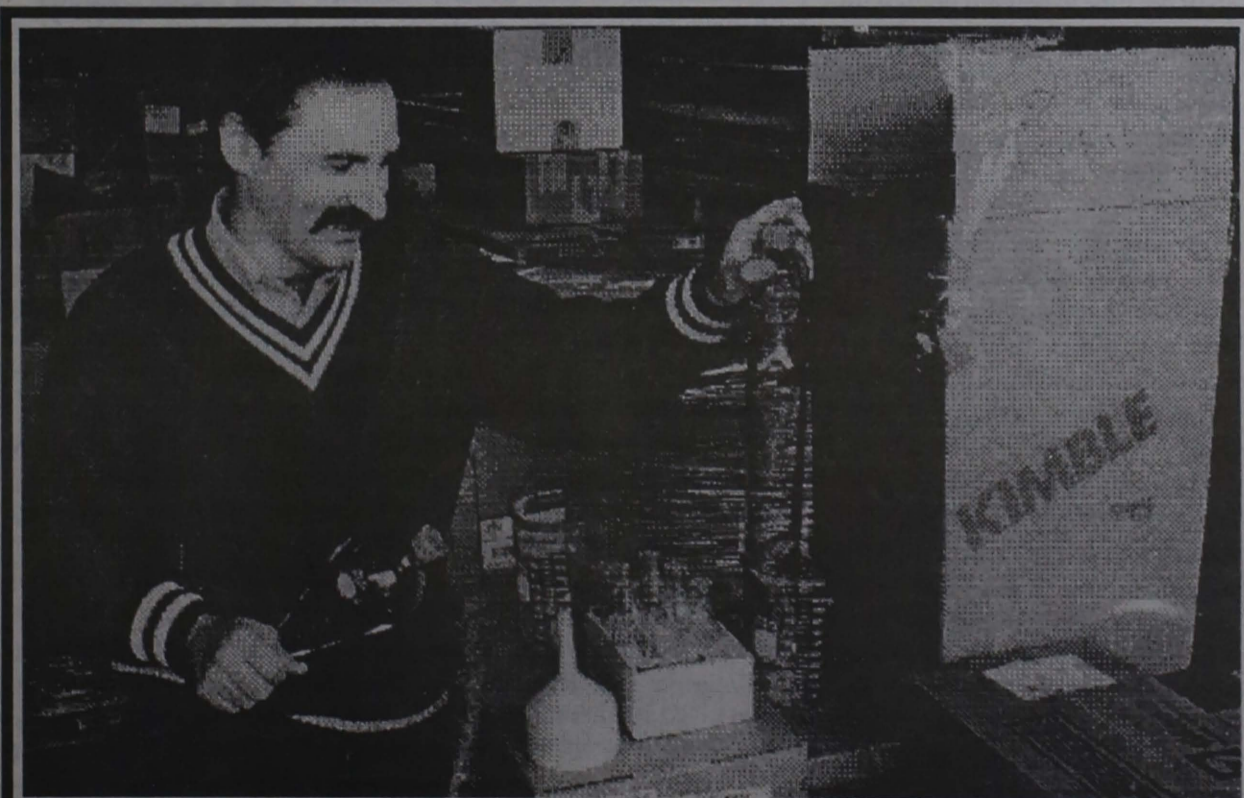
effectively with counties, boroughs and townships."

Berry would like to see more control over regional development, open space and recreation, school systems, and transportation. He believes that communities are supposed to connect people with one another, but the ones in the area are becoming disconnected. Proper management of these factors will help to reconnect the community, and neighbors will no longer be aliens. "I plan to get the legislature to make the right laws for community development. We must plan, manage, work together, and save our communities," said Berry.

Berry has been involved in public service for close to 30 years, since he was Chair of the Citizens Slate of Independent and Democratic Candidates for City Council in 1967. He served as Mayor of the City of Mount Vernon, Iowa. He was also a District Committee-person for the Democratic Party in Skippack for nine years.

## Ursinus Given Laboratory Glassware as Gift

### Budgeted Funds Now Free For Other Uses



Dr. Victor J. Tortorelli inspects some of the new glassware given to Ursinus College by Sterling Winthrop.

Ursinus College this month received nearly \$25,000 worth of new laboratory glassware from Sterling Winthrop Pharmaceuticals Research Division (SWPRD). Six pallets of glassware delivered to Ursinus included cylinders, flasks, petri dishes, beakers, tubing, pipettes, and funnels. The glassware will be used by students in the chemistry and biology departments.

"We're very happy to be making this donation to Ursinus College," said Jim Boyle, assistant director, materials management, SWPRD, who explained that the gift creates a "win-win" situation for both Sterling Winthrop and Ursinus.

Sterling Winthrop will be gaining valuable storage space in its Oaks, Pa., warehouse, Boyle explained. The warehouse became filled to capacity last year following the move of the company's research and development operations from

Rensselaer, N.Y., to Upper Providence Township, Pa. "It would have taken us several years to use up the glassware at our normal rate of consumption," said Boyle. "Ursinus, on the other hand, will be able to use the glassware right away."

For Dr. Victor Tortorelli, chair of the Ursinus chemistry department, the gift means that some budgeted funds, which would have been spent on glassware, may now be spent on other needed materials and supplies. "We're most grateful for the generosity of Sterling Winthrop," said Tortorelli, adding that some of the items given by the pharmaceutical company were "specialty pieces that students might never have encountered while undergraduates."

## Global Perspectives

BY MARK LEISER

*Of the Grizzly*

### International :

- The United States is planning a proposal to NATO that would give the Bosnian Serbs one week to lift their siege of Sarajevo. If the Serbs do not comply, they would face air strikes by allied forces. The Clinton Administration is hoping to link the ultimatum to future peace initiatives.

- Jean-Bertrand Aristide, ousted president of Haiti, has threatened to revoke a treaty with the United States on repatriating Haitian refugees. The 1981 treaty permits the U.S. Coast Guard to intercept Haitian vessels in international waters, search the ship, and return any occupants who do not qualify for refugee status back to Haiti.

### National :

- The Congressional Budget Office reported last week that while President Clinton's health care proposal would slow the growth of national health spending, they underestimated the premiums needed to pay for the President's plan. They said the plan would increase Federal budget deficits through the year 2000.

- President Clinton announced his plans for a national drug strategy that calls for increased treatment of 140,000 addicts both on the street and in prison. The 1995 plan, which Clinton calls "tough as well as caring", will push drug treatment spending to a record \$13.2 billion.

### Local :

- Convinced they would be unable to re-sign pitcher Terry Mulholland if he became a free agent next fall, the Phillies traded the 30-year-old left-hander to the New York Yankees for pitcher Bobby Munoz and two minor league prospects. Mulholland went 12-9 for the Phillies last season with a 3.25 ERA.

## Northeast Still Being Hit by Winter

BY MARK LEISER

*Of the Grizzly*

The Delaware Valley is not the only region being blasted by winter storms. Cities as far west as Fargo, North Dakota and as far south as Louisville, Kentucky are reporting record snow falls and low temperatures this season.

Some of the more interesting facts of this winter are :

- New York City's snow-fighting budget reached dangerously low levels in mid-January, even before the major storms arrived.

- Icebreakers in the Great Lakes have freed more vessels this year than in the past three winters combined.

- The nation's rock salt suppliers have already shipped out one million pounds more than during all of last winter.

Snowfall amounts continue to soar and records continue to be broken. Boston has received thirty-six inches

of snow more than normal, while Fargo, North Dakota and Charleston, West Virginia are not far behind at thirty-five and thirty-one inches above normal, respectively.

People everywhere are trying to cope with the bitter cold temperatures, but just mere exposure to the air is enough to pose serious risks. Before the storm on Friday, the death toll had risen to 140 people. These cases include everything from frost-bite to falls to traffic accidents.

There doesn't appear to be an end in sight as forecasters seem to feel that these conditions could continue into the end of this week. So, the next time you slip on the ice or your car battery goes dead, try not to think about those fortunate people in Washington State and Oregon who are experiencing one of their mildest winters on record.

## News

### AIRBAND to Help Local

BY SATSUKI SCOVILLE

*Special to the Grizzly*

Tabitha Buckingham likes sports, video games, and "Home Improvement". She dreams of going to Florida State University and of one day meeting Shaq O'Neal. She isn't too different than any other young high school sophomore, but she is. Tabitha was diagnosed with cancer not too long ago. A chordoma tumor had been found growing at the base of her neck. The medical technicalities are unimportant, what matters is Tabitha's life.

Due to extensive surgery and the severity of her condition, steel rods now replace most of the bones in her neck, and to help the post-operative healing process, she must be restrained in a halo for the next several months. Tabby's activities have become limited. She must avoid anything that could cause a sudden impact on her head and neck region. This means eliminating many of the sports in which Tabby had excelled.

Although this all sounds very dismal and depressing, Tabby is not alone. She has the support of her loving family. Her father, Bill, had recently enrolled at Ursinus. However, as Tabby's condition grew in severity, he was forced to not only give up his business but also to take a leave of absence from Ursinus. He gave up everything in order to work double shifts to get money to pay for Tabby's chemotherapy, a treatment she desperately needs.

Mrs. Buckingham has devoted all of her time to being at home with Tabby. On top of Tabby's medical expenses and those that normally accompany raising a family, the Buckingham's are also putting their two older daughters through college.

Because they are a few months late paying their rent, their apartment complex met to decide whether or not they should be allowed to stay. Luckily the vote was in their favor. What about next time?

The Buckingham's are in need of assistance. Tabby needs our help. Although Tabby is limited physically, she knows no other limits. She is no different than any one of us. Now, she is counting on us to help make a difference in her life.

*Editors Note: All AIRBAND proceeds will go the Buckingham family. It will be held Feb. 18.*

## Roving Reporter

BY CYNTHIA BABCOCK & BARB LAMPE

*Of the Grizzly*

The administration recently formed a committee to examine pledging and its goals. How do you feel about administration trying to change pledging?

**Jim Kais - Senior - Delta Pi Sigma**

I do not feel as though pledging needs to be drastically changed. There is nothing that a pledge does now that I wouldn't do myself (for a second time).

**Andria Deatline - Junior - Independent**

I do not believe that the administration should get involved with pledging activities. I think that the administration should put enough faith in its students (especially the Greeks) that they know what is best for their pledges.

**Melanie Williams - Sophomore - Tau Sigma Gamma**

Pledging should not be touched. It is full of traditions that administration would not understand. Pledging is the only way to bring unity and if it is changed, sisterhood/brotherhood will not be the same.

**Brian Wilson - Junior - Pi Omega Delta**

Pledging is something that administration does not understand. Therefore, it should be left alone.

**Jennifer Helverson - Sophomore - Independent**

Pledging involves tradition of fraternities/sororities that the administration is unable to understand. Pledging should not be altered by administration. If a certain Greek organization sees fit to change their pledging, then they should do so. But administration should not be able to tell them what is and what is not "proper" pledging.

**Trina Petroski - Junior - Phi Alpha Psi**

I think that the administration has an obligation to act in the best interest of the school - but sometimes I question whether they really care about the students or if it is just a matter of good press and reputation.

**Matt Cordes - Senior - Alpha Phi Omega**

I understand that the administration feels a need to have a hand in the way everything is run, but there is something to be said for tradition. To sterilize pledging in the way they want to would be to eliminate a lot of what makes Greek life so beneficial.

**Nick Baccino & Dan Greene - Seniors - Beta Sigma Lambda**

I believe that this new, stricter pledging shows an utter lack of trust and respect for Greek life. Moreover, if a pledge dies, it is on Dean Kane's ass!

**Mark Leiser - Sophomore - Independent**

I feel that the administration has every right to monitor pledging IF they think there are illegal or dangerous activities taking place. However, they must realize that we are in college now, and that students here should be responsible enough to make choices as to what is right and wrong.

**Kathy Tatsis - Senior - Independent**

I think that if change is going to come, and if it is going to be successful, it is going to have to take equal participation of Greeks and the administration. If Greeks don't want to change, then all of the administration's efforts will be a flop. Know what I mean?

**Satsuki Scoville - Senior - Independent**

It seems that the committee that was formed to look into pledging has a balanced group of people who will hopefully come to a consensus about pledging that satisfies all involved. If Greek organizations feel that administration is "interfering" by reevaluating the pledging system, then perhaps that is an indication that a change is needed.

## PROFESSOR PROFILE:

## Tom Whalen

BY AMANDA FINCH  
Special to the Grizzly

Well, hello out there fellow Ursinians. As of late, the paper has been getting bigger and better with an addition here and an addition there, so... it's time for yet another new column.

I hope to keep all of you culturally conscientious readers up to date with the happenings of the Pro-Theater Group, Communication Arts Department, and other interesting cultural things in the Ursinus world. So, if anyone out there in Readerland has a hot item to make the campus aware of, let me know and I'll get my pen in hand. For now, I'd like to present a profile of a new professor on campus as of last semester-- Dr. Tom Whalen.

Tom is a professor in our Communication Arts department who came to us from Denver, Colorado. He worked towards his Ph.D. at the University of Denver while simultaneously teaching at Regis College, a local Denver Community College, and a prisoner education program. He ventured in the Collegeville direction on the recommendation of a colleague, as well as having a desire to teach at a small liberal arts college with a good academic background--yep, that's us.

I asked Whalen what he thought of his first taste of the East Coast and what it had to offer. He said

that the people are as nice as anywhere he's been--and that's an awful lot of places. He has travelled all over the United States, as well as New Zealand, Mexico, French Polynesia, the Bahamas, and Russia. He also said that Ursinus was a truly unique place with students who give a lot to their work and are very cool to hang out with.

His only complaints about our side of the continent were that there weren't enough open spaces, and he added that "the whole ice deal is a real pain."

Dr. Whalen is an extremely approachable guy who wants to become an active member of our Ursinus Community. His door is always open to any student who wants to chat, hang out, play pick-up, or develop a gender studies program. His philosophy on life-- "You've got to always be thinking," is reflected in his ultimate goal, which is to run an education center which, seems to already be in the works.

As for the student body at Ursinus, Whalen said, "I think they are very motivated [not lazy, guys] but reserved group of students."

So there you have it, one of the three new professors in our Com. Arts Dept. I encourage you to stop by and give him a big Ursinus "hello," and I'll be bringing two more new faces to your doorstep in the next few weeks. Until then, keep on pledging, I mean plugging.

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## The Power of the Postcard

BY ALINA C. MORAWSKI  
Special to the Grizzly

In the last year I have enjoyed using the power of the postcard. I have seen the *Late Night with David Letterman* and *Conan O'Brien* shows, featuring such guests as Joe Pesci, Jaimie Lee Curtis and the now popular band, *The Indians*, as guests. I had tickets for the Phillies Pennant games and the World Series, and just this last semester I tried out (unsuccessfully) for the Jeopardy! College Tournament. I was able to seize all these great opportunities not because I knew the right people, but rather because I always have my ears alert and eyes open for a chance

to "send a postcard".

People always ask me "How did you get tickets?" I thought it would be a service to everyone who is interested to print what information I do have in *The Grizzly*. Here it is...

For tickets to *Letterman*, send a postcard to:

Ed Sullivan Theatre  
1697 Broadway

New York, New York 10019

It may take as long as four months, but the tickets are free. Standby tickets are also free. To get them, be at the Sullivan Theatre at the above address at noon on the day of taping. They hand these tickets out one per person.

For *Conan O'Brien*, send a

postcard to:

NBC Tickets

*The Conan O'Brien Show*

30 Rockefeller Plaza

New York, New York 10112

The wait for these tickets is about a month, but they, too, are free. Standby tickets are given out at 4:15 on taping days at the studio, up to four per person.

The NBC address given above can also be used in August (only) for *Saturday Night Live* and *Seinfeld*. Both shows are free.

You can request specific dates for *Conan O'Brien*, but the show cannot guarantee that you will get them.

The chance to try out for the *Jeopardy!* College Tournament

came to me from a postcard response. I sent it to the address given at the end of the show. Some people send hundreds of postcards for a chance. So I was rather fortunate to get in with just one attempt. Even though I didn't make the cuts, I had a blast.

As for the Phillies, I won a chance to buy these in-demand tickets by sending my name in to Veterans Stadium. I followed the specific instructions to send only one card per address, but I also used the addresses of four close friends. Only one of my friends received a letter, but that was all it took to get me there. The address was announced on Channel 6. This was just a matter of tuning in at the right

time and having a pencil and paper close by to take down the important facts.

Always remember to follow the directions you are given. Some places will disqualify you if you send too many postcards. Many places will not accept letters; you should always send postcards and supply the following information: your request, your name, address, phone number and age.

Best wishes, and I hope you have as many great chances and experiences as I have had by using the power of the postcard.

# Features

## GALA Retools

BY KELLY CROWERS  
Special to the Grizzly

GALA (Gay and Lesbian Association) has changed its name and its philosophy. The acronym GALA now stands for Gay and Lesbian and Allies. The new philosophy, "Straight Not Narrow," now welcomes not only homosexual men and women, but also heterosexual men and women.

The objective of the group is to

improve and strengthen the view of the entire campus towards not only homosexuality, but all diverse groups. The group is dedicated to the education and acceptance of all people, lifestyles and views.

The atmosphere on the Ursinus campus tends to be very closed-minded and not a place where homosexual students feel comfortable being "out."

The new philosophy of GALA is one that will attempt to make this

campus one on which ALL students, regardless of their sex, race, age, and/or sexual orientation can live, socialize and learn together.

We are inviting the entire Ursinus community to attend the next meeting of GALA. Please come out and bring your ideas and an open mind. Help make Ursinus a true liberal arts college.

Don't forget Tom Paniccia, a speaker on gays in the military, tonight in the Olin Auditorium.

## What Fred Said

BY FRED WOLL  
Of The Grizzly

It's that time of year again (sorry for the cliché Dr. Volkmer). Love is in the air. No, I'm not talking about pledging. I'm talking about Valentine's Day. On Monday, February 14th, sweethearts all over the place will be giving each other "Valentines." The question is; why? Call me a bitter, cynical old man if you will (I will), but I don't really like this holiday. I think it's stupid. I mean, what's the point? If you have someone who's your girlfriend (unlike me) or boyfriend, you're obligated to spend money you don't have on that person, or you'll get in trouble. And if you do have money, you're obligated to get them something traditional, like a heart-shaped box of chocolates or something. Then there's the potential for real trouble, because if you're a guy, you might be implying that your girlfriend is fat. Bang. You're dead. There isn't quite the same onus on the girl. She can get her sweetheart anything she wants. Lord help him if she gets him something, and then she doesn't like what he got her (if anything).

Then of course, there are those tragic people (like me), who don't have a Valentine. Personally, I don't really care. As I've stated, I think that it's a stupid holiday anyway. But from what I understand, Valentine's Day can be pretty depressing for some people. Maybe they recently broke up from a relationship, or maybe it just brings back bad memories. I asked some people about it, guys and girls, and was surprised by the number of people that said that they didn't like it either. Jen Wolf, a senior, stated that, "Seeing happy

people makes me mad." Cynthia Babcock, also a senior, said that she felt that Valentine's Day was over-emphasized, saying, "Why should there only be one day when your boyfriend or girlfriend has to be nice to you? It should be every day." Kraig Bano, famous senior, and my roommate, was quoted as saying "It's pointless. I haven't enjoyed a Valentine's Day since sophomore year in high school. And that's only because I got (censored) and a balloon." And finally Nick Humphrey, freshman and known Casanova, mournfully replied, "It used to be my favorite holiday, but this year it won't, because I just broke up with my girlfriend."

So am I justified here or what? I could only find one person who actually liked Valentine's Day. Joy O'Grady, senior, giggled when I asked, and replied that "Yes, because I have a special someone."

So what's my point? I don't know. I don't often have one. Harley David Rubin seems to think that Valentine's Day is a conspiracy created by greeting card companies. I don't know. Like maybe Hallmark executives all got together and sent out subliminal messages saying, "You will buy cheesy cards." over and over. Of course, Harley also thinks that rooting for the Dallas Cowboys can give you prostate cancer. So you'll have to formulate your own opinions on this one. But it seems that for such an anticipated holiday, Valentine's Day isn't that happy an occasion for many people. That's too bad. But not to worry, because Tuesday, February 15th, is a holiday that I do like. Tuesday is Fastnacht's Day. That means a whole lot of donuts. And I like donuts.

## Fitness Forum

BY ELAINE ZELLEY  
Of the Grizzly

Like most of the Ursinus student population, you're sick-congested, coughing, sneezing, wheezing or feverish. Yet, despite the fact that we may be feeling under the weather, many of us persist on, pushing ourselves to the limit. And for those of us who regularly engage in fitness activities, either playing a sport or on our own, we may find that cold or no cold, we try to continue our workout schedule. However, just how smart is this?

According to David Nieman, associate professor of Health Leisure and Exercise Science at Appalachian State University in Boone, N.C., when sick with a cold, it is best to lower the intensity of exercise and keep your heart rate below 60 percent. This is because when we exert ourselves beyond 60 percent of our maximal heart rate, we increase the production of the stress hormone epinephrine, which is associated with a decrease in immunity.

If mildly sick, according to Nieman, we do not need to change our activity or skip practice, we simply need to do our routine at a lowered intensity.

It is also noted that exercisers should not workout at all with a fever above 101 degrees or during the acute phases (severe congestion, chills, coughing, exhaustion) of a virus. This applies for skiers as well, who should remain fireside or in bed rather than on the slopes when experiencing acute viral symptoms. In fact, fatal arrhythmias have been reported with otherwise healthy military recruits who engage in heavy physical training during

Cont.. on next page...

## Sgt. Grizz...Nothing But the Bear Facts

2-4-94 at 1:30 pm: Security responds to the Quad after being advised of two females soliciting perfume at this location. Both actors (ughh!) were advised of the rules and regulations regarding solicitation on campus as well as the Collegeville borough. Both were escorted from the Quad by Security and advised that if found on campus again, arrests would be made.

SECURITY WANTS TO THANK ALL THE STUDENTS IN THE QUAD THAT ASSISTED IN THE LOCATING OF THE SOLICITORS ... YOUR QUICK RESPONSE IN NOTIFYING SECURITY ALLOWED OFFICERS TO APPREHEND THE INDIVIDUALS INVOLVED IN THIS IN THIS INCIDENT.

2-5-94 at 1:30 am: Security is dispatched to a suite in Reimert that was holding a social event when a disturbance broke out. A student at Ursinus and an Alumnus had an altercation at this location. RLO, Collegeville Police, and Security are investigating the incident.

A NUMBER OF STUDENTS HAVE BEEN PARKING ILLEGALLY ON THE "TRINITY CHURCH" PARKING LOT AS WELL AS "MARZELLA" LOT. BOTH AREAS ARE POSTED THAT ILLEGAL PARKING AT THESE LOCATIONS MAY RESULT IN YOUR VEHICLE BEING TOWED ... PLEASE REFRAIN FROM PARKING ON THESE LOTS.

2-6-94 at 11:20 pm: Security is advised that unknown person(s) removed a sculpture from its base near Fetterolf. The incident is under investigation...

2-7-94 at 12:41 am: Security responds to a suite in Reimert after being advised of an unwanted guest at this location. The individual was taken from Reimert and escorted off campus by Security and advised not to return to the college. The incident has been turned over to the Office of Residence Life.

REMINDER: ALL VISITORS ON CAMPUS MUST BE REGISTERED WITH THE SECURITY DEPARTMENT AND MUST BE WITH THEIR HOST/HOUSTESS AT ALL TIMES. AS A HOST/HOUSTESS, YOU ARE RESPONSIBLE FOR THE VISITORS' ACTIONS!!

2-7-94 at 5:10 pm: The Collegeville Police Department and Security responded to Main St. after receiving a dispatch of an object being thrown from a vehicle which struck a pedestrian. The pedestrian involved was an Ursinus student. The assailant has been identified and will be cited by the Collegeville PD.

2-8-94 at 1:05 pm: A student reports to Security that an orange couch was removed from the second floor of Reimert balcony area. According to the complainant, the three seated couch was put on the balcony outside suite 207 because of a function being held in suite 206 on 2/5/94. The couch was removed on the 6th. The students would appreciate the couch's return to suite 206.

2-10-94 at 1:10 pm: The Collegeville Police Department advises Security of a 911 hang-up call that originated from a residence hall on campus. The Collegeville Police and Security responded to the location of the call's origin. It was found that the residents of the room were using the phone and must have accidentally hit the memory on which 911 had been programmed.

REMINDER: ALL CALLS PLACED THROUGH 911 ARE MONITORED AS TO THE CALLS' ORIGIN ... PLEASE BE EXTRA CAREFUL!!

Forum... Cont. from page 4

the acute stage of a viral illness.

Individuals taking medication, especially antibiotics, should also take caution when exercising. According to Cardiologist James Rippe, M.D., certain medicines do not allow the body to sweat normally. As with a viral-induced fever, this could cause internal body temperature to rise, which, in turn, strains the heart.

If sick with a cold, your best bet is to listen to your body. If you must exercise, train or attend practice, proceed with caution and consult a physician.

**Some "Under The Weather" Exercise Tips**

1. During the first days of a cold, keep heart rate below 60 percent.
2. Stay hydrated by drinking lots of water and fluids.
3. Eat balanced meals, especially fruits and veggies.
4. Do not attempt to diet or restrict calories while sick.
5. Go slowly, especially at higher altitudes.
6. Sleep.
7. Listen to the warning signs that your body sends.

**The Origin of Saint Valentine's Day**

Saint Valentine's Day, believe it or not, began in possibly the most unromantic way. Saint Valentine, the Bishop of Terni, was an early Christian martyr commonly regarded as the patron saint of lovers. He was said to have been executed on February 14, about the year 269. The interesting part is there was possibly another Saint Valentine of Rome who was said to have been executed on the same day. Whether both of these saints existed is not known for sure. Early records indicate that they were beheaded on the Flamenian Way, one near Rome and the other in Terni. However, there may have only been one Valentine who perhaps was taken from one city to the other for the execution.

The traditional exchange of "valentines," or love-tokens which appeared in the late Middle Ages had most probably only an accidental connection with St. Valentine and owed its origin rather to the conventional medieval belief, held generally in France and England, that it was at the start of the second fortnight of the second month that the birds began to mate. "For this was on seynt Valentyne's day," wrote Chaucer, "when every foul cometh there to chese his mate."

**Be an editor!!**

Editor positions for the 1994-95 year are available for *The Grizzly*, *The Lantern*, and *The Ruby*. If interested, pick up an application in Dr. Volkmer's office (Olin 313) as soon as possible. Deadline for applications is March 4, 1994.

Experience preferred but NOT necessary.

**Features**

Roscoe Made A Mental Note to Never Put The Biology Majors In Charge of Decorations

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## Opinions

## CAMPUS MEMO

BY RICHARD P. RICHTER  
President of the College

CHOICES: An alumnus who served on our Board of Directors and is now retired continues to receive in the mail copies of *The Grizzly* and the campus Gazette. He recently wrote to tell me of an impression he received from the reports from campus:

"After months of faithfully scanning the Gazette and weekly calendar, the overwhelming impression I have is that the staff and faculty are running around like scurrying mice providing for the entertainment, ENTERTAINMENT of the students, filling every ticking minute of the clock with something to do or watch or listen to when not locked in on TV. I wonder, when do they study or attend classes?"

He had a point, I thought. Given the first priority for students--hard study in course work--the College should make it clear that other experiences almost always are secondary.

However, much on the crowded schedule of the College is not

"Attending and studying for classes . . . should always be the first choice, no matter how many events are scheduled."

intended to entertain but to educate. Moreover, the campus community, for better or worse, is no longer the tight island it was in earlier years. While it is still a small community, it is made up of students, faculty, and staff with a broad range of interests. This is the consequence of efforts to make the College less parochial and more diverse. The programming of activities and speakers for this kind of campus inevitably leads to a broader menu.

No one student could attend all or most of the functions on the College calendar while doing a responsible job of studying. To the best of my knowledge, no student attempts to do such a thing. Each picks and chooses according to interest and preference.

When the 125th Anniversary committee was thinking about ways to celebrate, the students on the committee requested that we in some way tell the story of the Ursinus of

yesterday. Whatever the motive for that nostalgic impulse, it seemed to call for contrasts between the way we do our educational work today and the way it was done in the past. Our alum-critic's comment certainly affords us an opportunity to see a contrast between a rich list of campus events today with a fairly sparse one in his student days and mine.

Not many years ago, when serious outside speakers visited campus,

the College required students to give priority to attending the events. Attendance cards were distributed at the start of each semester to all students; they turned them in at the door when an event took place (we called it "The Forum") and their semester record in the Registrar's Office was duly noted. While faculty and students alike came to see this as a "Mickey Mouse" way to induce interest, it had the virtue of focusing attention on the visitors' ideas. It was one way to encourage a discourse across the campus.

Now students are responsible for making their own choices about attending campus events. Our alum-critic and I would concur that attending and studying for classes and doing research should always be the first choice no matter how many events are scheduled.

\* \* \*

President Richter's column appears weekly in *The Grizzly*.

## Censorship Sucks...heh heh

- Society sucks. Heh heh.
- Yeah. Heh heh heh.
- They're like, blaming it on us.
- Cool.

Beavis and Butthead, ladies and gentlemen! The most lovable morons on MTV (other than Pauly, who is not lovable). Senator Ernest Hollings (D., South Carolina) lovingly refers to them as "Beaver and Buffcoat" and blames them for society's ills, then claims never to have seen the show.

For those of you who have never seen "Beavis and Butthead," it is an animated half-hour show on MTV that features two pubescent idiots who sit around and watch videos. They usually rate these videos with a "this sucks" or "this is cool." Once in a while, they will make fun of or worship the rock stars on the screen, depending if it is Vince Neil of Motley Crue or White Zombie.

When B & B venture into the outside world, it is either to school ("sucks"), their jobs at Burger World ("sucks unless we get to break or burn stuff"), or the Maxi-

Mart ("cool--a chick hangout"). Their futile attempts at meeting women or even looking at women usually end up in the dumper.

A woman who lived in a trailer park and had her son burn down their trailer (consequently killing her young daughter) automatically blamed B & B. Beavis is the pyromaniac, and since these claims, the show has dropped all content pertaining to fire from the new episodes.

But startling revelations have recently unfolded. A neighbor has claimed that the woman never had cable TV--thus, her son could not have seen B & B! This same neighbor described the boy as a pyromaniac long before this incident.

More disconcerting is the fact that B & B has been moved from 7:00 P.M. to 10:00 P.M. weeknights. I suppose the juvenile delinquents whose behaviors were

reinforced by B & B at 7:00 can't stay up until 10:00 to see the show. And the good little boys and girls have had their parents suddenly appear out of the thin air to say "go to bed before 10:00 so you can't watch Beavis & Butthead."

I have watched almost every episode of Beavis & Butthead. My parents, bless them, have even sat through an episode or two. My younger brothers have watched almost as much as I. Not one of us has flicked a Bic and torched the house or another human being.

Is my family better than yours? Absolutely not.

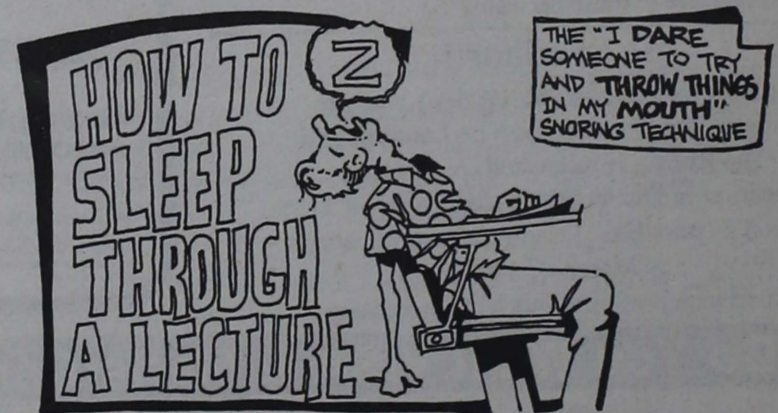
So what is the answer? I don't know. But I do know that I miss watching at 7:00. Where's my lighter? Oh that's right, I don't have one. Maybe I'll go to the Maxi-Mart.

Harley David Rubin departs from his sports tripe to comment on society.

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