



11-21-2002

The Grizzly, November 21, 2002

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Recommended Citation

Antanavage, Anne '04; Gray, Kelly; Dinsmore, Quinn; Algeo, Eileen; Edwards, Dean; Denis, Lauren; Stewart, Cassie; Michel, Harry; Nageli, Cara; Szarko, Fallon; Mazzenga, Dana; Reuter, Brooks; Smith, Jerel; Juliano, Kate; Bolletino, Noelle; Summers, Joseph; Brennan, Sean; Davido, Joseph; Hussey, Bridget; Schafer, Neil; and Jones, Katharine, "The Grizzly, November 21, 2002" (2002). *Ursinus College Grizzly Newspaper*. 526. <https://digitalcommons.ursinus.edu/grizzlynews/526>

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The Grizzly

The Student Newspaper of Ursinus College

Thursday, November 21, 2002

COLLEGEVILLE, PA

VOLUME 27 ISSUE 11

Well-known Political Consultant Mark Moskowitz at Ursinus

Quinn Dinsmore
Grizzly News Editor

For months before an election, political advertisements flood the airwaves as politicians pitch their personalities and platforms to the public. But an insider behind those commercials says the "business is like a prizefight. It only matters who's standing in the end."

Mark Moskowitz, nationally known for his strategic communications work, discussed the nature of political spots during a presentation to students last Wednesday. The senior consultant for television and radio provided a behind the scenes look at the progression of the ads and strategies during his successful gubernatorial campaign for Ed Rendell.

"It's amazing to actually touch people, change minds, and create

a dialogue," said Moskowitz of his life's work. Beginning his career in 1979, he has seen the political climate change dramatically, while creating ad campaigns for 600 races in 12 countries.

"It's not just content and issues, it's how we say it," Moskowitz said. He has created

this form of communication with the public in over three thousand political spots for a political media firm, which has been awarded "Pollies," the industry's highest award, five times.

Moskowitz's work is well-known and praised across the country. He produced, wrote, and directed the media for two different Presidential primary campaigns. Ad week called his biographical spots "a model of the medium," and Newsweek described his production

work as "brilliantly targeted."

Targeting voters is more complicated than most people realize, Moskowitz revealed.

"The research in politics and the polling is the most sophisticated in the world," he said.

Hundreds of thousands of dollars are spent discovering the demographics of likely voters and ads are directed at that group. Most ads are in fact directed at people who watch 30 hours of television or more. Language and the importance of key issues is tested in polls and the ads are calculated to resonate with a specific group.

"It's all about winning," Moskowitz said honestly. "But we feel like we're working on the right side. Often we work for people we don't like but who stand for the right things."

During the talk, Moskowitz also exposed some misconceptions

about the political ads many college students chose to ignore.

"Most commercials are mostly true and there are actually less negative ads in the business now than there were 20 years ago," he commented.

Besides creating the media spots for over two hundred winning campaigns, Moskowitz is also a strategic communications consultant to blue chip companies such as Dupont and institutions such as Lawrence Livermore National Labs. His network public-image commercials for both the PGA Tour and National Basketball Association were hallmarked as the first of their kind. He now works with sports management firms on contract, arbitration, and communication strategies for their top clients. His entertainment work also includes videos for artists such as David Bowie,

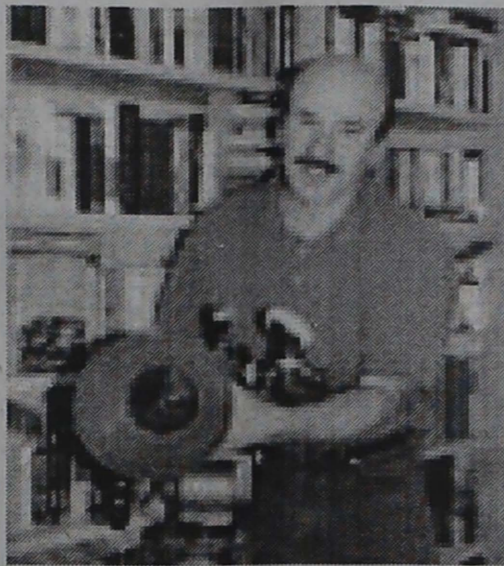
Elton John and Otmar Liebert, among many others.

Politics remains his forte and he spoke passionately and bluntly about the process during his presentation to students on

November 13. He encouraged students to pay attention to the ads and the issues so politicians will in turn pay attention to the college aged generation.

Moskowitz posed the question to students at the end of his talk, "How do you convince people that if they vote, the way we reach you will be different and we can all think about the arguments in different ways?"

Moskowitz also presented his film "Stone Reader" for an advanced screening during his Ursinus visit.



Greek Organizations Come Together for GPC Activities Fair

Eileen Algeo
Grizzly Staff Writer

Every year, around this time, the term "rushing" is used on the Ursinus campus. However, many people, freshman especially, are not familiar with this phrase or process.

This past week, the Greeks President Council (GPC) hosted a "Greek Activities Fair". The idea behind this all Greek Rush was to explain more about rushing, and to familiarize the freshman and sophomores with the different Greeks organizations on campus.

GPC believed this event was a neutral way to introduce information about Greek Life to prospective new members. Freshman and sophomores would not only get a taste of the multi-faceted

Greek life at Ursinus, but they would also be able to ask questions they had concerning rushing and Greek life in general.

The event was held last Monday, November 11th, in Wismer Lower Lounge. Each fraternity and sorority set up its own table, decorating them with such souvenirs as mascots, composite pictures, photo albums, and information sheets. The atmosphere was open and inviting for inquisitive minds to approach any of the tables.

When GPC co-chair Danielle Redding (President of Kappa Delta Kappa) was asked about her impressions of the event, she said, "I feel that, for the first one ever, the Greek Activities Fair went pretty well."

The turn out from the Greeks was quite impressive, with members eager to answer questions and explain what is special about their organization. The turn out from the prospective new members, however, was not what was hoped for.

Several prospective females came to the event, glancing over the decorated tables, asking questions, and picking up information sheets. However, no prospective males showed up for the event.

Junior Jeff Marino (a member of Delta Mu Sigma) claims, "The event was a great idea, however, the attendance was low because not enough emphasis was put on it."

Because it was the first year

for the non-alcoholic Greek Activities Fair, not many students knew what to expect from it; many were not even aware that it was being held. The event will most likely become an annual rush. Thus, in the future, as the

event becomes more known, attendance will hopefully grow.

Even though the turn out was low, the event was, for the most part, successful. Almost every Greek organization was at the event, and this in itself is an

accomplishment. While Redding admits, "it wasn't the best turn out from the campus," she shares that, "It was great seeing all of the Greek organizations together for a change."



Too Big for our Buildings

Dean Edwards
Grizzly Staff Writer

With 427 students in the freshman class alone, and 1,352 full-time students enrolled at Ursinus, space, or the lack thereof, has become a problem on campus.

Whether one is trying to register for classes, or reserve the Wismer Lower Lounge for a meeting or an event, everyone is feeling the crunch of a larger student body.

According to registrar Barbara Boris, 1,305 students have enrolled into 692 classes and 44 labs for the spring semester. Boris explained, however, that there are only forty-two available classrooms, including the seminar rooms, and three auditoriums that can be used as classroom space.

"Everything is tight right now," Boris said. "Especially the ten to eleven fifteen time slot on Tuesdays and Thursdays, and the ten o'clock slot on Mondays, Wednesdays and Fridays. When professors ask for their classroom to be changed during these times, we just have to tell them that there's nowhere to go."

The increased number of students is also causing a problem for many of the departments. According to Dr. Sheryl Goodman, a professor in the Communication Studies and Theatre Department (CST), the department has decided to cap their classes at seventeen or eighteen students, depending upon the maximum number of students allowed in the class, to ensure that majors get the classes they need. The average cap for a class at Ursinus is twenty-five.

"We purposely set the cap low. The actual number we decided upon was five under the actual cap," commented Goodman. "After the classes closed, we took all of the CST majors on the waiting list and pulled them into the classes they needed."

Another problem students are complaining about is the availability of the Wismer Lower Lounge, but assistant dean of students Todd McKinney, who is in charge of reserving the lounge, asserts that there is no problem.

"We seem to be able to accom-

modate all of the special functions in the lounge," commented McKinney.

"There really isn't any more of a demand for Wismer Lower this year than there has been in the past."

McKinney did acknowledge, however, that certain times are more popular than others.

IN THE NEWS

Crowding

Multiple meetings in the same areas on campus as causing students to say, "Move over!"
News.....page 1

Making Christmas Bright

Operation Christmas Child is supplying gifts to children in need.
News.....page 2

OPINION

Student on Campus

It's rushing time again! Read about what students think of it this year.
Opinions.....page 3

You're uninvited

Kelly is feeling unwelcome in her own home. Can you relate?
Opinions.....page 3

A & E

Eminem Craze

Not another fad?! Eminem is taking the country by storm with his film and killer new album.
A&E.....page 5

Skinny Stars

Are your favorite stars disappearing? No, they are just dropping dress sizes.
A&E.....page 4

SPORTS

Wrestling

Wrestling looking forward to competing in the centennial conference this season.
Sports.....page 6

Grizzly Guide

We're bringing back the poetry corner! Submit today!!!!
Guide.....page 7

Does your Group Need Wismer Lower Lounge? Here are the groups who are already scheduled:

11/20 7:00 pm	11/27 7:00 pm
Chess Club Meeting	Chess Club Meeting
11/21 and 11/22 11:00 am	12/4 7:00 pm
Admissions	Chess Club Meeting
Weekend of 11/22 8:30 pm	12/4 8:30 pm
CAB Movie- Big, Fat, Greek Wedding	CAB Movie- Lilo & Stitch
	12/6 3:00 pm
	Pre Kwanzaa, Paulette Patton

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Should a Minor Receive the Death Penalty?

Harry Michel
Grizzly Staff Writer

The facts: John Muhammad and Lee Boyd Malvo, are suspected of being, with strong evidence backing this suspicion, the serial snipers that terrorized three states: Maryland, Alabama, Virginia and the District of Columbia in a spree of violence, killing ten people and injuring four others.

All of the four terrorized states, including the Federal Government are in a race to prosecute, all with the strong intentions of handing the snipers death penalty.

The five jurisdictions all hold strong and valid claims for prosecution with Maryland at the top of the list, following Virginia. In regards to the death penalty four of the five jurisdictions are death penalty jurisdictions, but only two of the four are jurisdictions where a minor can be given the death penalty (Virginia and Alabama).

The issue of the death penalty is important because Lee Boyd Malvo, seventeen, is a minor. The issue then begins at should a minor be handed the death penalty.

Out of the forerunners for prosecution, the Federal Government seems to have a qualm with the prosecution and handing of the death sentence in the state of Maryland. In Maryland's judicial background, the government feels in terms of this high profile case, and local cases relating to crimes and punishment has failed, or does

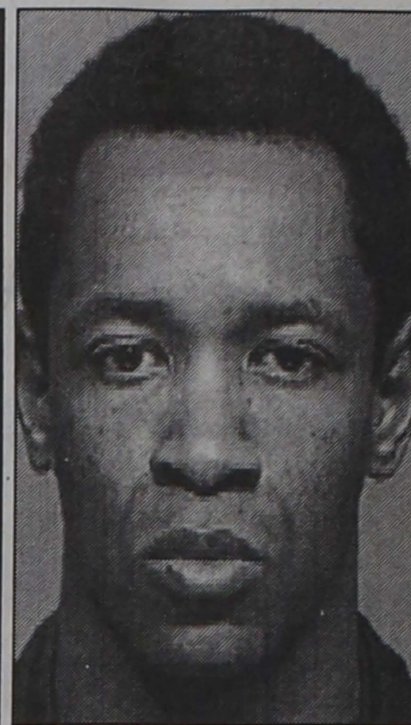
not give the death sentence to "eligible" candidates or even its death sentenced inmates. The government feels under Maryland's jurisdiction, Malvo would not be eligible for the death penalty; the minimum age limit is eighteen in Maryland. But Virginia's requirement is sixteen, making Malvo eligible for the death penalty.

The controversy: Should we give a seventeen year old the death sentence? The bigger question is: if we can, what does that say about our judicial system, our government, and the moral value of our country? What do we gain and lose by sentencing a seventeen year old to death?

There's a lot to consider. Malvo is only a teenager and the course of his life is undetermined. His death will not restore the lives of those lost, and if it can somehow bring us comfort, what does it say about the people who can find comfort in a death of a seventeen year old. Is that justice or would his death be vengeance, a sacrifice unto those that we have lost to his crimes.

What are those ramifications of this concept? Sept. 11th was the seed of a vengeance and a concept of justice and the comparison should give us pause in this newest American challenge.

Malvo's death will not end the violence that comes from the



hands of people his age and younger, just like Bush's war on terrorism won't stop terrorists because it has the possibility to breed more violence.

But there is another side. What if Malvo has chosen his path, the path of a criminal, which no bars or walls can change and we put him in a cell for the rest of his life, with taxpayers, and the family of the victims of his crimes supporting his stay in a cage? Wouldn't it be safer to have one less killer wandering our streets, squandering our money in a

prison? But it seems we have to weigh what we could gain and what we could lose in killing this seventeen year old. We have to find ways to prevent more people from choosing a violent path. There is a lot at stake, and the stakes get higher and higher every time we have to face this dilemma.

Perhaps the question isn't what we should do with this seventeen year old but how we prevent the creation of a Lee Boyd Malvo.

Eye on Your Future: Internships

Fallon Szarko
Grizzly Staff Writer

One of the graduation requirements for Ursinus College students is to complete an Independent Learning Experience. One of the ways to fulfill this requirement is through an internship.

Maria Beazley, internship coordinator at Career Services gave an Internship Planning Workshop on Thursday, November 14.

Junior Kelly Gray says, "The workshop was very helpful because I am in the process of looking for an internship and the information presented helped me a great deal."

Beazley explained the type of internships Ursinus accepts to fill the ILE requirement. There are noncredit and credit internships. Both can be either paid or unpaid. Summer internships are often full time, while internships during the semester are 10-15 hours/week.

Credit internships may be three or four credits, depending on the academic department. A student needs a faculty internship advisor within the department who will determine if the internship will count for credit.

A student interested in completing a credit internship must have a 2.0 GPA, have junior or senior status and have completed three courses in the department the internship is in, or have permission of the faculty internship advisor.

Next, the Internship Learning Agreement must be filled out by the on-site supervisor and the faculty internship advisor. Students must also register for the internship course with the registrar.

The first step to finding an internship is meeting with the internship coordinator and composing a resume. Next, the searching process can begin. One resource for searching is UC CareerNet, but internships can be created as well.

During the internship, you may have to complete a daily journal, meet with your faculty internship advisor, and write a 15-20 page research paper or have some visible product of the work done.

Junior Kate Juliano says, "If you're starting from square one, the workshop was very helpful in terms of where you need to go and who you need to talk to."



Do You Care about Political Apathy?

Cara Nageli
Grizzly News Editor

The lack of Ursinus students who participated in this month's mid-term elections supports the notion that political apathy is widespread among college students.

According to USAToday.com, the number of young voters has continued to decrease since 1971, the year 18-year-olds were allowed to vote. Only 21% of eligible voters ages 18-24 participated in the last mid-term elections.

Americans aged 30 and under were the group that voted the least in the 2000 presidential election. Thirty million people in that age category did not vote.

Many Ursinus students did not vote in the mid-term elections on

November 5. Most said the main reason they did not vote was because of time constraints.

"I want to vote," Duane Todd, senior, said, "but I'm usually so busy that I forget about it."

"I was busy the day of the elections and actually did not realize it was Election Day until someone asked me if I voted," senior Kate Gallagher said. "I usually don't vote because I don't have an absentee ballot and it's a hassle to go home and vote."

An absentee ballot is required if a voter will not be voting in their city or town on the day of the election. Most students don't vote because they attend college away from home and do not have an absentee ballot.

"I voted right after I registered when I was 18, but I didn't vote in this election because I didn't have time to get an absentee ballot," junior Stacey Matthews said.

Junior Amy Beyer agreed. "My mom tries to make me get an absentee ballot, but I'm too lazy to fill it out."

Some Ursinus students still exercise their right to vote.

Dave Yansick, a senior and President of Ursinus College Republicans, feels that many students do not vote because they don't know how to get absentee ballots.

"It's easy to get an absentee ballot because all you have to do is get an application and send it to your local officials," he said.

"Voting is one of our rights as American citizens. We saw in the 2000 presidential election that every vote counts."

In the past, the College Republicans have organized voter registration drives and the network MTV attempts to encourage voting with the "Rock the Vote" campaign.

Senior Aesha Desai votes in every election and also feels that it is an important right that American citizens have.

"I think that many people take democracy for granted," she commented.

"We all have a say in our government and it's unfortunate that some people don't participate."

'Tis the Season to Ignore the Needy?

Dana Mazzenga
Grizzly Guest Writer

Two organizations on the Ursinus Campus are hosting a community service project for the remainder of the semester.

The first, Intersivity Christian Fellowship, is running a program called "Operation Christmas Child." The other organization, the fraternity Phi Kappa Sigma, is promoting a project called "Kick for the Cure."

However, participation in the events appears to be lacking among students. Is it because students are uninterested in helping others, or is there a possibility that these organizations aren't adequately promoting their causes?

Intersivity Christian Fellowship sent an email to members of only their organization on November 7, 2002 discussing

the details of "Operation Christmas Child."

In order to participate, students are asked to fill a shoebox with little inexpensive toys and then bring the box to one of the Intersivity meetings, and it will eventually be shipped to a needy child.

Unfortunately, the organization has not actively promoted this cause throughout campus, nor do they respond to emails inquiring about it.

Junior Terri Wehnert said, "It's a good idea because it is helping people out who are less fortunate during the holiday season, but I haven't heard anything about it."

"Kick for the Cure" is also running into problems. This is the first year that Phi Kappa Sigma has attempted the project.

President of the fraternity, Geoff Brace '03 said that a senior brother, Eli Goldstein, came up with the idea in the hope of helping to raise funds for The National Leukemia Society.

He explained, "The idea is to engage students in a fun event...the person to kick the longest field goal will win a game system prize."

The cost to participate is \$10. At least Phi Kappa Sigma has been making efforts to promote their cause through emails and lunch table sign-ups.

He continued, "Come out and kick for the cure. We are looking for any support we can get. The more people involved, the more Ursinus can help those struck with Leukemia."

Perhaps for "Kick for the Cure," there is also a problem of which students are being targeted to participate. Many female students are simply not interested. One student stated, "It sounds like a good idea, but field goals aren't my thing."

Other community service projects like the Blood Drive and the Women's Drive received support from the campus earlier in the semester.

Regardless, the root of the participation problem with community service projects on campus has a great deal to do with advertising. Marie DiFeliciano '04 said it clearest: "I don't know what it is- what's the cure? Sorry to say I don't know about the Christmas Child thing either."

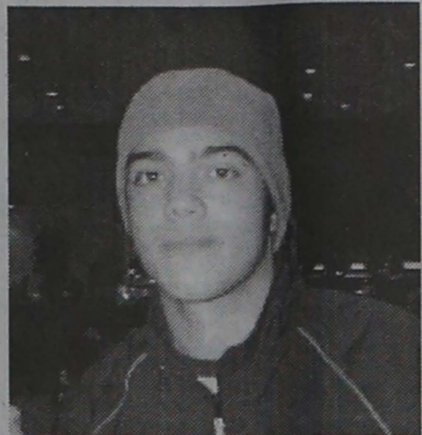
Student on Campus

What Do You Think of the Rushing Season?

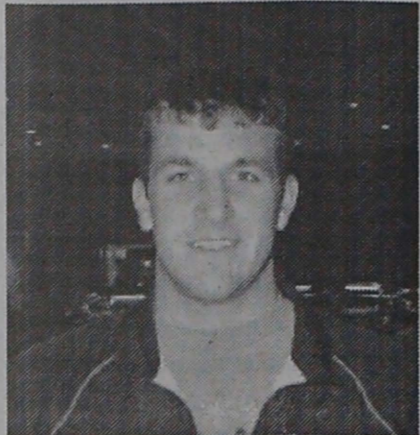
Cassie & Beens
Grizzly Staff Writers



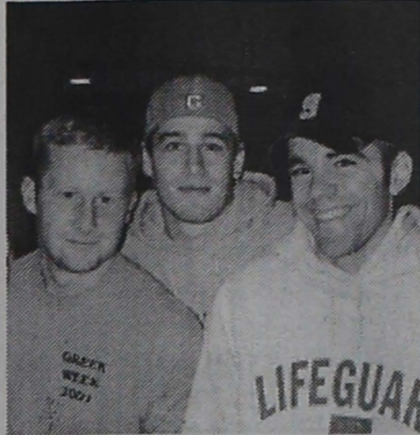
"It's a BLAST, I wish it would never end!"
Laura McCann, 2003



"It's going really good. Everyone is really friendly."
Jay Hobson, 2006



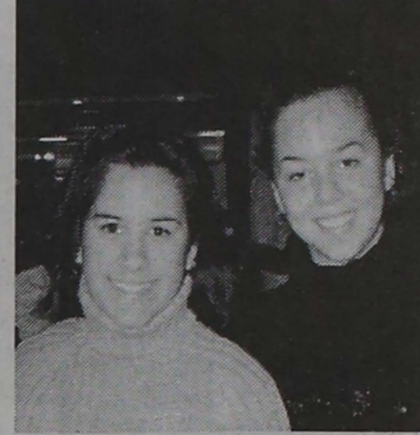
"Everyone is really friendly, it's a good time."
TJ Mann, 2006



"When Bryce is allowed to put out flyers out, it's great."
Adam Keggy, 2004



"I think it's interesting."
Marianna Chaeoff, 2006



"We're having fun, there has been a lot of fun things to do on the weekends."
Marina Torres and Christiana Costa, 2006

Feeling Uninvited in Your Own Home

Kelly Gray
Grizzly Editor-in-Chief

When every college student goes home, he or she looks forward to enjoying themselves and relaxing. However, sometimes when a student goes home, their parents have rearranged their lifestyle. In some cases, students feel like an uninvited guest at their own home.

Home is the place that college students can escape to when they leave school. In my case, I feel I have become a guest, not a resident, at my home. When I went home for fall break, my mother told me to put my luggage in the guest room. Since I left my house this summer, I was kicked out of my own bedroom by my other sister. My mother told me that it was only a couple days, so I was staying in the guest room. Those

couple days before fall break, I was looking forward to sleeping in my own bed. It seems to my mother and the rest of my family that I am guest and I get to spend the five days in the guest room.

After that incident, I thought the silliness with my mother would just end, but I was wrong. While back at school, my mother has decided to sell the house. To get ready for the move, my mother set up a yard sale. One of my sisters, who also goes to college, found out about the yard sale and told me about it. I asked my mother not to sell some of my precious belongings, but she thought that I had no use for them anymore, so she sold them anyway. At this point, I just did not feel like a guest in my house or my

family, but an uninvited guest.

Another student, Junior Amanda Young, also feels that she has been ousted out of her room at home. "After my first year at Ursinus, when I came home, my parents moved the computer in my room. Now when I am at home, my family is always in my room and I feel that I have no privacy at all," said Young. When a student comes home from school, he or she would like some privacy because you do not always get that at school.

Home is supposed to be the place that you are always welcomed, but once you leave it seems that they do not think you are coming back. I have come to the conclusion that college is my home.

Smoking or Non? You Decide

Lauren Denis
Special to The Grizzly

When it comes to smoking on the Ursinus campus, the decision is pretty much up to the individual. There are, however, certain policies to follow about where smoking is and is not permitted. Smoking is not permitted in any academic or office building on campus. There are also certain residence halls that are currently designated as non-smoking. For example, all of Richter-North Hall is non-smoking. In addition, there are designated floors in the freshman centers for non-smokers and the Wellness House is also a smoke-free environment.

In all other residence halls, residents are only allowed to smoke in their rooms, with the permission of their roommates. Students and/or their guests are not permitted to smoke in the hallways, lounges or

other areas outside of their rooms. Most importantly, anyone smoking should be considerate of others around them.

So here is something to think about. Would you agree that allowing smoking in any parts of the halls is like having a peeing section in a pool? Many students complain that smoke travels to their rooms from windows and hallways even when smoking is not allowed in their area of the building. If being considerate is not enough to keep the smoke out of rooms where it is unwanted, why allow it anywhere near the area?

Today, smoking is prohibited in most public spaces with designated areas outside for smokers to convene. Malls, restaurants, and offices no longer allow smoking inside. Many of these places also

require smokers to be a certain distance from any entrance or window. So why is it allowed here at Ursinus? Should the college move toward the idea of prohibiting smoking in all campus buildings including the residence halls? This is a question that the Student Activities and Services Committee (SASC) is currently discussing.

Many feel that smoking should be a personal preference and as long as everyone is courteous, it should not need to be regulated. However, there are others who feel that smoking anywhere is being disrespectful. Where should Ursinus College stand on this?

Please direct any opinions, comments, or concerns regarding this topic to the SASC chairs - Jim Pettia or Seth Ratajski.

Sound Off!

Want to be heard?

Send your thoughts and opinions to Grizzly@ursinus.edu by noon on Friday.

17-Year-Old

Could be Tried as Adult

Brooks Reuter
Grizzly Staff Writer

A couple of weeks ago I wrote a story about the arrest of the two sniper suspects, John Muhammad and John Lee Malvo. The two men are already being charged with 10 counts of murder, but there seems to be some controversy concerning the 17-year-old Malvo. Typically a 17-year-old would not be charged as an adult, but in certain circumstances it is not uncommon for them to be charged as an adult. Many people feel what Malvo and Muhammad have done is so appalling that Malvo should be charged as an adult.

Malvo and Muhammad carried out premeditated attacks on more than 13 occasions. For almost a month, a nation lived in terror wondering when the sniper would be caught. Now that they have been

caught there is speculation as to whether or not Malvo will be charged as an adult. The Associated Press reported that Malvo will almost definitely be charged with murder as an adult; however, since he is not legally an adult the chances of him receiving the death penalty are very slim. The Dayton Daily News reported this quote from John Wilson, the chief of the Montgomery Police Department in Alabama, "We do intend to charge Malvo as an adult, and we do intend to seek the death penalty."

There was a story that was run in the October issue of Esquire magazine about 15-year-old Jonathan Miller who got into a fight with a 14-year-old and killed him. It was unintentional, but the

court ruled that since Miller had a history of bullying kids he should be charged as an adult. Jonathan Miller is now serving a life sentence in prison.

If the courts can find a way to charge Jonathan Miller as an adult I don't believe there should be any problems charging Malvo as an adult. Right now our country can rest a little easier at night knowing that the two men who went on a 23-day killing spree are now behind bars, but all they can do is hope that John Malvo will be tried as an adult because of the terror he and John A. Muhammad caused. So the question still remains: should John Malvo be charged as an adult? In my opinion, yes he should, because he was involved in one of the worst killing sprees our generation has ever seen.

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Be a Film Society Member

Noelle Bolletino
Grizzly Staff Writer

Arnold Schwarzenegger's famous line in the Terminator is "I'll be back", and the once retired Film Society has adopted the phrase, and is now...back.

The original film society was run by Jeff Church about two years ago; however with little time on his hands he could not continue the film society. However, last year, new President Jon Curtis, along with other officers of the Film society brought back the organization to the Ursinus campus. After looking at the American Film Institutes "100 Greatest Films List" the officers realized there were many films that they have not seen and decided that they'd like to remedy that and invite along the

entire Ursinus campus. Their goal is to make the film society a social event, and offer a weekly event on campus to both faculty and students.

So how do you become a member? Jon Curtis, President of the Film Society explains, "Our Philosophy is that anyone who comes to a movie is a member." "There are roughly about twenty regular film society members that come to the showings each week. The attendance for the films varies greatly depending on what's happening on campus and the films that are showing." For example when the film society showed the classic hit, *Godfather* about eighty people went to the showing, how-

ever, when *The Bridge on the River Kwai* was showed as little as ten people attended. Needless to say the film society is always looking for new members.

The faculty at Ursinus has proven to take an interest in the film society with many Professors in full attendance at many of the showings. Many Professors like Dr. Mizenko, Dr. Doughty, and as well as others have even introduced films before the actual viewings of films. Dr. Husson has also helped out the Film Society a great deal with suggestions and introductions throughout the last two semesters. Dr. Husson has this to say about the film society,

"The film society is an excellent organization that supports film as an excellent part of culture and views films of high quality and high level."

So what's in store for next semester for the film society? The Society is working on some special events and some conjunctions with faculty members and of course, new films. They are doing their best to put together a wide range of films featuring new and old classics in various genres.

The film society is open to new suggestions, new ideas and of course new members. For more information on the film society you can look on the film society's website at the Ursinus homepage.

Guys, Have you ever wanted to learn social dances, like the Samba, Tango, Waltz or Lindy?

Here's your chance!

Escape Velocity will be learning social dances this semester and all of next semester and they need your help!

If you're interested, attend a class!

Classes are on Tuesday evenings from 5 - 6:30 pm in the New Dance Studio with Escape Velocity!

Eminem Craze: 8-mile, A must see

Kate Juliano
Grizzly Opinions Editor

Eminem: he either makes you want to swoon or choke, you love or hate him. Like him or not, *8 Mile* is generating a ton of buzz, so Eminem, his controversies, and his music aren't going anywhere.

8 Mile tells the story of young rapper Jimmy "Rabbit" Smith Jr. (Eminem) hoping for a ticket out of the poverty-stricken section



of Detroit where he lives with his alcoholic single mother (Kim Basinger). Rapping is his way to cope with a life that, as the movie somberly depicts, is pathetic and seems to be going nowhere. Fu-

ture, his best friend (Mekhi Phifer), hosts a series of "battles" at The Shelter, an old warehouse. Battles are for up-and-coming rappers to compete for the prizes of respect

and notoriety within the community. After Rabbit humiliates himself at his first battle, Future attempts to get him to try again, but Rabbit is hesitant. Not only is he

facing resistance from the rest of the community for "choking" at the battle, he is the only white rapper at the battles among a mob of African-Americans who aren't exactly friendly to him. It is up to Rabbit whether he'll stay in the dead-end "8 Mile" for the rest of his life, or "find his voice," as the movie trailers have been advertising.

Students at Ursinus seem to agree that *8-Mile* is a must-see. Junior Johanna Nash said, "Going into the theater, [I was thinking], 'Eminem can't act, what does he think he's doing?' But it was all about his

character and I completely forgot that it was Eminem...He's very real."

Sophomore Crystal



McCarney echoed these sentiments by saying, "I think [the movie] is a breakthrough for Eminem because you got to see a more sensitive side through the character he was playing as well

as the obvious passion he has for what he does."

Eminem's Rabbit seems fairly tame compared to the controversial rapper himself. In the movie, he gets beat up and faces one letdown after another. As a member of the audience, you can't help but feel pity for Rabbit. How many of you can honestly say that about Eminem?

If anyone has anything negative to say about *8-Mile*, hold that thought: Joanne Wiles from the William Morris Agency told *US* magazine, "I think he's a total movie star...It was a smart gamble to cast him in that role." Hmm...could his next role be "Eminem: Oscar contender?" We'll keep you posted.



Rappers Hitting The Big Screen

Jerel D. Smith
Grizzly Staff Writer

Deep Blue Sea, Like Mike, Belly, Friday, Next Friday, Brown Sugar—do any of these movies sound familiar? See any similarities between them? The common thread is that these movies all feature non-actors as their stars.

Many rappers and singers are now featured in films. The artists we enjoy hearing on our stereos, or seeing in music videos, we can now watch at the movie theater too.

Rappers such as LL Cool J, DMX, Ice Cube, and Mos Def, have been seen in some major movies on the big screen. There are different points of view when it comes to rappers in movies. Erin Dickerson,

a n. Ursinus student n o w studying abroad, was near a video shoot in London for Toni Braxton.

She said, "Singers are like actors for their videos. They might as

well be put i n movies. They a re doing it already a n y - way."



On the opposing opinion's side, Seymour Levin, a local independent filmmaker from Kimberton, PA, says that he is not a fan of the trend. Even though he is producing a film with rapper Mos Def, Levin maintains, "To me, it's the easy way out. Instead of going out and finding talent in the acting industry, producers are taking the easy way out and boosting their ratings before the film is even released by using someone popular in pop culture like rap stars."

Samuel Jackson is an actor who spoke out about this issue in an interview on BET's *106 and Park*. He said that he wasn't against rappers in the industry, but he would prefer to see people who are professional actors featured in

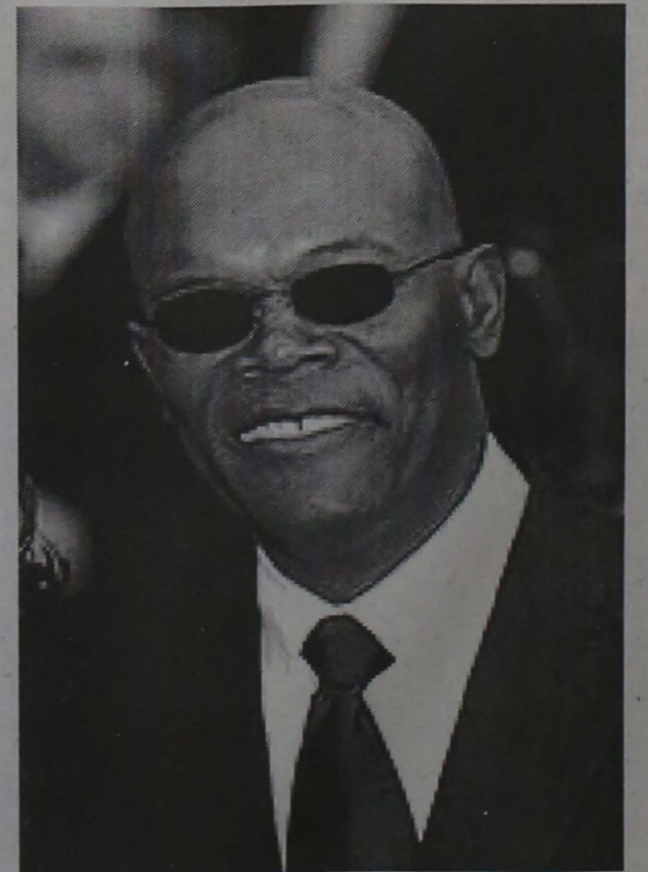
movies. Jackson added, "Let some of the new young talent get an opportunity, before you give someone that isn't in the business in to take over a major role."

Despite the criticism, there are three new or upcoming movies starring rap-

pers turned actors.

8 mile, featuring controversial rap artist Eminem, is now in theaters. Another popular rapper, JaRule, will play a major role alongside Steven Segal in *Half Past Dead*, which opens November 15, 2002. Ice Cube, fea-

tured in two of his own films, *Friday* and *Next Friday*, will star in yet a third; *The Friday After Next* is slated for release on November 22, 2002.

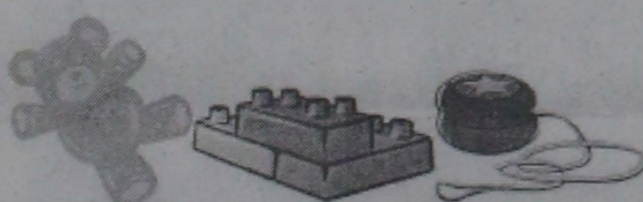


Toys! Toys! Toys! Toys!

**Kids need them!
So you get them!
And we'll collect them!**

The RLO office is collecting toys for Big Brothers/ Big Sisters Program of Montgomery County!

Donations will be accepted after Thanksgiving break. Look for drop off boxes in the Library and Corson.



Casting Call

Ann Marie Ricard
U-Wire

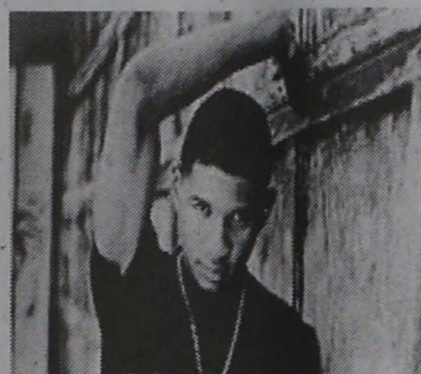
SEATTLE, Nov. 19 / PRNewswire/ —

Alicia Keys, Justin Timberlake, Usher, Reese Witherspoon, Kirsten Dunst, they all have this in common — massive talent and worldwide exposure. A new Web site, TalentMatch.com, now creates unprecedented opportunities for young, aspiring actors, models, bands, singers, musicians, comedians, writers, directors, artists and dancers to gain access to the same worldwide exposure.

The new site begins its "casting call" today and is offering artists who sign up between now and January 0, 2003, a free Premium Membership as well as an entry into TalentMatch.com's 2003 International Talent search Contest.

By signing up now, artists will have time to put together their free portfolio in advance of the world premiere, public launch of the site, scheduled for January 21,

2003. TalentMatch.com makes it easy for talent to display photos, audio, videos, resumes and all the relevant information talent agencies



and entertainment venues need to evaluate and book artists. The online community is the most comprehensive venue ever developed for artists of all genres to collaborate, be seen, heard, read, discovered and enjoyed.

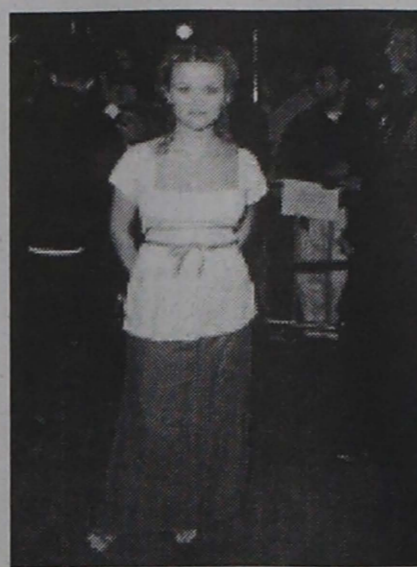
The site is created by the proven development team from the original Kiss.com, and executives from both Kiss.com and

Classmates.com — two highly successful online subscription communities that shaped the entire direction of their respective categories.

TalentMatch.com is designed as a community site to offer artists all the necessary tools to showcase their talents to fellow artists, the entertainment industry and potential fans worldwide. For instance, the Premium Membership allows the artist to easily upload six photos, three five-minute audio tracks, two ten-minute videos or film — which no other site on the Web allows — a resume and one document, which could be a manuscript, a poem, the first chapter of a book or whatever the artist thinks is applicable to their talent. The new online community provides the easiest and fastest way for the general public and entertainment, publishing and advertising industries to evaluate raw and emerging talent.

Programs like American Idol are

fantastic, but they weed through thousands of entrants to only provide exposure for a handful of



artists — and those are typically only singers. We recognize that it has become increasingly difficult for lesser-known, aspiring artists to find a stage," said Duane Dahl, founder and CEO, TalentMatch.com. "The Internet

allows TalentMatch.com to create a place for all artists — not a select few — to share their talent with the world."

The new site will also provide artists with a forum to receive feedback on their talent from well-recognized talent coaches. Additionally, the site offers features that allow the artists to communicate with their fans and industry members alike; to provide them with upcoming gig locations or simply to interact and provide updates.

TalentMatch.com will offer a number of fun features for the general public to participate in, including Smash or Trash, which will allow people to listen and view the latest showcased talent on TalentMatch.com and vote whether they think the artists will be a smash or, well, trash. The X Files will be a comic look at those performers who, perhaps at this stage, are not so ready for primetime.

About TalentMatch.com
TalentMatch.com (www.TalentMatch.com) is a comprehensive, subscription online entertainment community designed to help aspiring and accomplished actors, models, bands, singers, musicians, comedians, writers, directors, artists and dancers to easily gain support, share their talents and gain worldwide exposure. The online community provides a wide selection of high-quality portfolios, content and support services for talent, the industry and the fans who support them. The site is the most far-reaching venue ever created for artists of all genres to collaborate, be seen, heard, read, discovered and enjoyed. TalentMatch.com is the first in a series of dynamically scalable, rapid-growth communities built by the Seattle-based MarketRange, Inc team. MarketRange is co-founded by former Kiss.com and Udate.com (udat.ob), CEO, Duane Dahl, senior developers of the original Kiss.com and senior management from Classmates.com.

High Self-Esteem Can Be Deadly, Study Says

Jennifer Orrock
U-Wire

(U-WIRE) COLLEGE PARK, Md. — Low self-esteem is not an excuse for personal and social problems, and high self-esteem could actually lead to dangerous behavior, according to a new study by psychologists.

Contrary to popular modern teaching methods, which have driven teachers in all grade levels to reinforce self-confidence in students, grades and other behavior are not directly correlated to self-esteem. High self-esteem is not directly linked to good behavior and the reverse is also true, said professors Brad J. Bushman of Iowa State University and Roy F. Baumeister of Case Western Reserve University.

The researchers performed two experiments earlier this year to determine the effects of self-es-

teem on behavior. Participants were asked to write essays, which were either criticized or praised by the researchers. Angered participants were allowed to deliver blasts of loud noise through headphones in reaction to their evaluators. The experiment found people with low self-esteem (as determined by the 1959 Janis & Field scale) did not exert any more aggression toward their evaluator than did those with high self-esteem. The study also found narcissists, or those who demonstrate self-love, reacted with more aggression to their evaluators than did non-narcissists.

Narcissism is defined by Bushman as the love that an individual holds for oneself. Self-esteem is shaped by how an individual comes to see him or herself in the eyes of others, according to Linda Moghadam, a professor of sociology at this university. Often self-esteem can be

ignored as a cause for action because different people value different things, she said. For instance, a student failing a class can still have a high self-esteem; the individual simply may not value schoolwork as a measure of success.

In a second experiment, the researchers used the same scale to measure the self-esteem and narcissism levels of violent offenders — those convicted of murder, forced rape, assault and armed robbery — compared to those of non-offenders. The violent offenders had significantly higher levels of narcissism than the non-offenders, but the two groups had the same self-esteem levels.

Bushman said self-esteem is not solely responsible for aggression. He argues that, while it is impossible to know for sure, the recent sniper attacks that plagued the Washington area were probably

fuelled by self-love held by the snipers.

"One factor in aggressive tendencies is narcissism, particularly the sense of entitlement," Bushman said. "Narcissists who think they are entitled to respect and admiration from others become frustrated, angry and aggressive when they do not receive what they think they are entitled to receive." The researchers have also found that high self-esteem may spur some people to do socially unacceptable things that they see as positive contributions. "From my clinical experience, there is very often somebody who may do terrible things in society's standards and see themselves as doing positive things, or as leaving their statement on the world," said Jerry Kaufman, director of mental health at the University Health Center. In this respect they may have very

high self-esteem, but clearly display negative behavior.

Kaufman also said people with high self-esteem are more likely to contribute positively to society, so the benefits of self-esteem should not be forgotten. "It has been shown time and again that positive reinforcement works better than negative reinforcement," he said. In order to create positive environments, Kaufman said, it is important to have realistic expectations of people. Bushman said he feels schools today are preoccupied with worries about self-esteem and ignore what really is important: academics. "Schools have it backwards," he said. "Self-esteem should follow good performance, not precede it." Francine Sacchetti, the curriculum specialist at the Center for Young Children, disagrees with Bushman. "You cannot teach self-confidence sepa-

rate from academics," she said.

"The best teachers are concerned about the children's abilities to be problem solvers and critical thinkers. The end result should be children who can succeed academically because they have learned to be thinkers and have self-confidence because they have had many experiences that prove to them that they can do it." Sacchetti stresses that schools need to empower children to "think, problem-solve, and feel positive about their efforts."

Kaufman also argues that schools can't just ignore self-esteem. Moghadam takes a similar stance, stressing that schools should teach students that satisfaction comes from doing their best work. "If you feel good about yourself and have confidence you are more likely to try new things and contribute positively to society," she said.

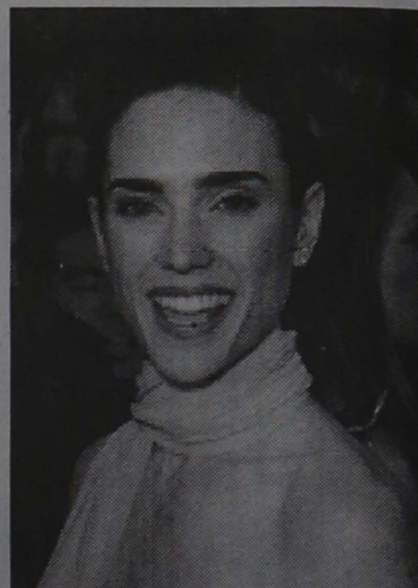
Celebrities Whittling Away in Hollywood

Kelly Gray
Grizzly Editor-in-Chief

Though it has been happening for many years, women in Hollywood have begun to shrink again.

In a recent article from *Cosmopolitan*, writer Lesley Goober began to investigate why women in Hollywood are losing more and more weight for movie and television roles.

When a woman auditions for a role, the producer or director may



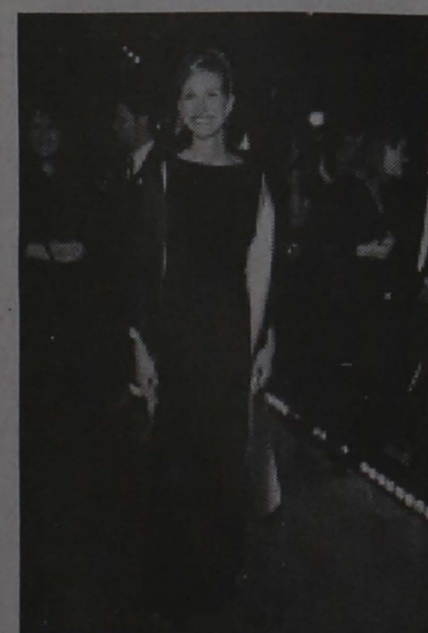
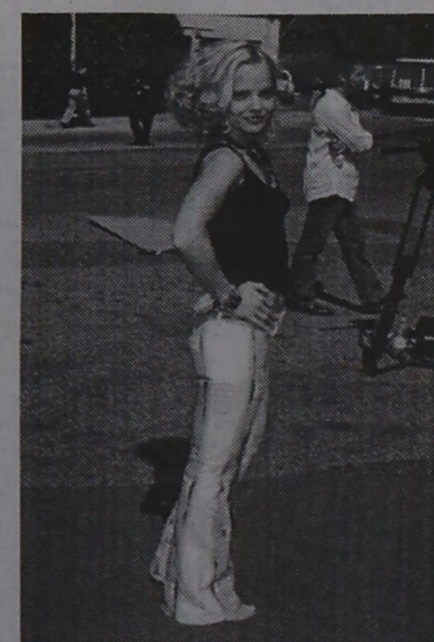
For one instance, when *Friends* first aired the stars were not super skinny. However, over the years, the female stars have become increasingly skinny.

Another factor contributing to the sudden skinny actress is the fashion world, according to *Cosmopolitan*. Because fashion models are mostly skin and bones, when female celebrities are photographed, they have to fit into those hip and trendy clothes. Star stylist Danna Weiss said, "In Hollywood,



they do not finish their food, eat only the crusts of bread or the hollow part of a bagel, and chew sugarless gum to keep food away from their mouths and forget about eating according to *Cosmopolitan*. But in interviews, celebrities will order fattening and healthy food to show reporters that they do eat healthy.

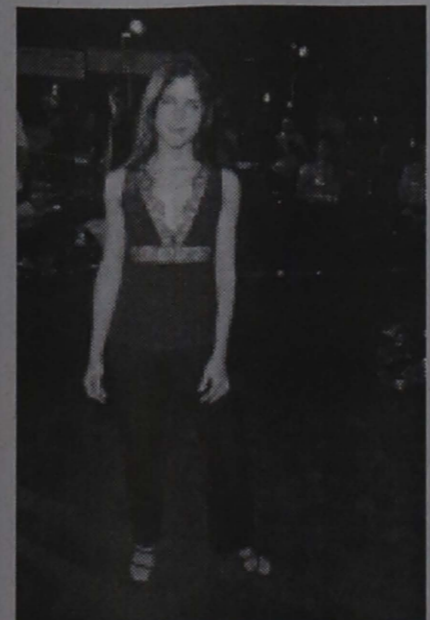
Even on sets, women compete against each other to see who is the skinniest. For instance, Courtney Thorne-Smith left *Ally McBeal* because of the weight



lose ten to fifteen pounds. At times, some women take extreme measures to lose the weight, which looks like these women forget to bring some of them with them at public events.

Some of actresses who have been under their spotlight for their major weight losses are Julia Roberts, Jennifer Connelly, Selma Blair, Christina Ricci, Brittany Murphy, and Mena Suvari. In the past couple of years, these women have gone from size 4 to 2 or 0.

According to *Cosmopolitan*, one reason why women in Hollywood are tempted to lose 10 or 15 pounds is because the camera supposedly adds a ten extra pounds.

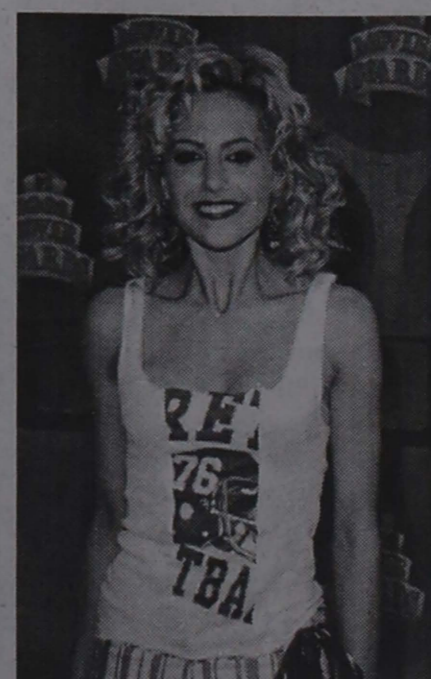


being overweight is anything over a size 6." Also, some older ac-

tresses feel they have to compete with the bodies of actresses who are twenty years old.

But, the press can also contribute to the eating habits of female celebrities. In *Cosmopolitan*, Selma Blair recalled one incident about the press commented on her weight. When her show, *Zoe*, was cancelled in 2000, a writer wrote that the show failed because they had a "pudgy girl" in the lead.

There are many ways that female celebrities control their eating habits. Some women pour tons of salt or drench their food with ketchup half way in between so



competition with Calista Flockhart and Portia De Rossi. When Thorne-Smith put some weight on the producers made a comment to her.

Some have come to the conclusion, that dieting has become a drug in Hollywood. Personal trainer Michael George, who works Meg Ryan and Julianne Moore, has turned celebrities away when they come to him because they have no more weight to lose. However, unfortunately there will always be some there to help them lose the weight that is not there.

tell the woman to lose some weight for the role. When a woman hears those words, their first instinct is

Howard, Roesch Look to Lead Wrestling to C.C. Championship

Sean Brennan
Grizzly Sports Writer

Ursinus College wrestling has one goal in mind for the upcoming season—to win the Centennial Conference Championship.

With the wrestling team fielding over 35 athletes, this goal may soon be a reality.

The wrestling team is full of young talent because of the successful back-to-back recruiting classes Coach Racich has been able to integrate into his program.

For the first time in his twenty-three years, Head Coach Bill Racich returns all ten starters from a team that won 11 matches in 2002.

The two young guns for Ursinus wrestling are not only teammates, but roommates as well.

Sophomores Sean Howard and Scott Roesch have promised to "wreak havoc on any opponent" that they will face this year.

Sean Howard is a lock for his weight class of 157 lbs. because he was the Centennial Conference Champion last year and defeated a returning NCAA All

American to gain a berth at the NCAA Championships in 2002.

Howard remarked, "I had a good year and I learned from it. I now know what it takes to be an NCAA champion [...] The only pain that matters is the pain you inflict."

Through the extreme workout

regimen that Howard has put himself through, he has gained the nickname "Hardcore Howard" by his teammates.

Scott Roesch, a freshman last year, set an Ursinus College record with 41 wins in a season.

Scott has been training hard for

his upcoming season and can already sense that the 149 lbs. weight class is his for the taken.

"I've been lifting weights twice a day for almost six months now. I am lean and I am mean. My competitors will flinch when they hear the name of Scott Roesch!"

It is easy to see with the enthusiasm of "Hardcore Howard" and the confidence of young Scott Roesch that the Bears have a legitimate shot at winning the Centennial Conference championship.

The Centennial Conference better be on the look out for a better and younger Ursinus College wrestling team this year.

Sean "Hardcore" Howard assessed the team's chances this year saying, "We're young but we have incredible talent on our team this year. We are not going to rely on potential as a team."

"Potential is something that a team can be. I know we're capable of winning a conference title, we have the ability."

The team's first home match is this Saturday.



Head Coach Bill Racich, Sean Howard and Athletic Director Brian Thomas last season after winning the Centennial Conference Championship.

Eagles Win But Pay the Price

Joe Davido
Grizzly Sports Writer

Once again, the Eagles (7-3) bounce back from a tough loss with a 38-14 win over the Arizona Cardinals (4-6). But this time, it cost them dearly as their star quarterback, Donovan McNabb, is knocked out for the rest of the regular season.

McNabb led the Eagles to first place in the NFC East but it will now be up to back-up quarterback, Koy Detmer, to keep them there.

McNabb, one of the league's premiere quarterbacks, was injured on the game's first series when linebacker LeVar Woods and safety Adrian Wilson sacked him. He fumbled the ball while staying on the turf with his leg held underneath him as he fell. McNabb did not miss a series and played the rest of the game with his ankle heavily taped.

Initially thought to be a sprained ankle, McNabb was diagnosed with a fractured fibula and is expected to miss six to eight weeks.

"I never got hurt in college. I never got hurt in high school," McNabb said. "So to get hurt now, is something you have to deal with. You see so many of your friends and teammates get hurt and how they dealt with it, so I have to do the same."

Despite his injury, McNabb remained in the pocket and matched his career high by throwing four touchdown passes. He went 20-of-25 for 255 yards and an interception before leaving midway through the fourth quarter. While McNabb praised the entire offense, Eagles linebacker Shawn Barber gave most of the credit to Donovan.

"That's Donovan," Barber said.

"He's the X-factor, he's the leader of this team and he's going to take us as far as we want to go. The guys in the locker room probably don't see it as a big deal because we are used to him doing that. We take it as a given. He's going to play no matter what. He's going to play through injury, play through pain, and that's why he is one of the greatest quarterbacks around."

Staley helped support McNabb by rushing for 113 yards and catching three passes for 82 yards and a touchdown. Staley, who carried 28 times, reached 100 yards rushing for a third time this season.

Eagles wide-receiver James Thrash finished with seven catches for 63 yards and one touchdown. Dorsey Levens and Todd Pinkston each added one touchdown for the Eagles.

For the Cardinals (4-6), Jake Plummer went 21-of-36 for 170 yards with two touchdowns, one interception and was sacked four times. The Cardinals have now lost four straight games.

"Our football team out there today, defensively especially, was run over by their football team," Arizona coach Dave McGinnis said.

The Eagles now have to face the dreaded San Francisco 49ers (7-3) next Monday, November 25th at 9:00pm. For one to say that this game will be a challenge is an understatement. I pick the Eagles to lose next week to the 49ers because I don't think Koy Detmer has the ability to take control of the Eagles offense.

Eagles 13, San Francisco 27

Dougherty Rockets Off to National Meet

Neil Schafer
X-Country Coach

No one likes second place. Everybody likes to win. But after the NCAA Midwest Regional Cross-Country Meet at Salisbury University, Katie Dougherty was happy with being second best. But not entirely satisfied.

"I should have won," said Dougherty soon after she walked through the finisher's chute.

Of course nobody likes to lose. Dougherty received a lot of congratulations from her peers and other coaches for the way she took command of the race.

After elbowing her way to the front of the 237-runner field, Dougherty took control by blazing through a 5:36 opening mile. She held an 8-second lead in the first mile and increased that lead to 15 seconds.

At the three-mile mark she led eventual winner Callie Bradley of Dickinson College by 12 seconds.

But then, as it happened at the DeSales Invitational and the Conference meet, Bradley surged to the lead.

Dougherty wasn't done yet. She hung with Bradley for the last half mile to sweep easily into her second straight NCAA Division III National Cross-Country Championship Meet.

Her time of 21:04 was 11 seconds faster than her September performance at the Tidewater Classic on the same course.

Bradley finished two ticks in front of Katie.

"She ran a gutsy race. She really took control," said Moravian head coach Mark Will-Weber.

Will-Weber should know about controlling races. Will-Weber's Greyhounds have qualified for the national meet for the past six or seven years in similar fashion.

Other coaches described Dougherty's performance as "awesome" and "electrifying." One spectator made the comment, "that is what makes cross

country—bold performances that set people back on their heels."

"Katie knew what she had to do and she did it. She deserves a lot of the credit—she made up a game plan and carried it out," said Ursinus Coach Neil Schafer.

Schafer was happy with his other athletes as well. Freshman Liz Goudie capped off a fine season with a clocking of 26:29 over the 6000-meter course. Despite muddy conditions, Liz muscled her way to finish in the top two-thirds of the field.

On the men's side, Ursinus shone brightly. Finish 30th out of 34 teams was an accomplishment for the entire program.

Ursinus has not been able to score at the Regional meet since 1999. Freshmen Joe Szymanski and Kevin Metz duelled in the final 100 meters to finish with awesome times of 28:05 and 28:08 respectively.

The 8000-meter course was a welcome sight for the runners after battling tough course like DeSales and Hunsberger Woods in the past three weeks.

Freshman Eric Wickersham accomplished his season goal of breaking thirty minutes with a 29:58 clocking.

"Joe, Kevin and Eric all gave the program a much needed lift. They are the core for next year," said Schafer.

Not to be outdone, freshman Josh Pregnar bettered his personal best to 32:17. His time was about five (yes five!) minutes faster than his previous best for the course. Sophomore Aziz Shaikh also PR'ed by running 35:48 over the 8-K course.

All the runners deserve a pat on the back for their fine efforts all season and at the Regional meet.

Next week: Dougherty will run in Northfield, Minnesota! Good luck Katie!

On Your Mark...Indoor Track Ready to Go

Bridgett Hussey
Grizzly Sports Writer

On your mark, get set, go! The men's and women's indoor track teams are ready to get their season started.

The men's team has more depth than it has had in the last several years and is looking to be much stronger this year. The team returns experienced runners Adam Keagy, Joel McElwee, Rich Watson, and Evan DiBlassio. These runners turned some heads at the conference meet with some performances that were not expected by other teams.

Junior Joel McElwee states, "Only having 4 or 5 runners going to meets last year made it difficult to cover a lot of events and took a toll on those who had to run several events at a meet. This year we have closer to 15-20 guys out for the team, so we will

be able to cover more events, be able to concentrate more on certain events, and just be a much stronger team in general."

This team is expecting to be very competitive in the 4x200 and 4x400-meter relays as well as the sprinting events. They are still lacking in the field and distance events, but are hoping to pick up some cross-country runners and other fall athletes once their seasons are over.

The women's team is also looking forward to a successful season. They have a strong mix of talent returning as well as freshmen newcomers that are willing to step up and fill the shoes of those that have graduated.

Junior Katie Dougherty brings much experience to this team. Dougherty received first team All-Conference honors last season in cross-country, indoor and outdoor track. She has recently earned

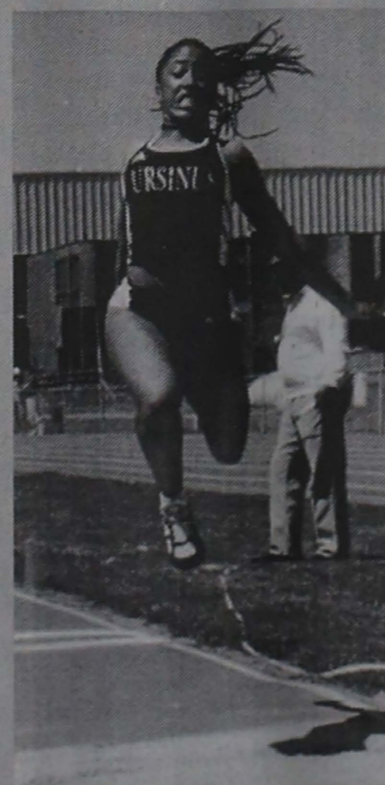
First team All-Conference honors in cross-country.

Katie has not yet joined the indoor team because her cross-country season is not over. She has qualified for Regionals in Salisbury, MD this coming weekend.

When Dougherty returns, she will most likely focus on the distance events such as the 3000 and 5000-meter races.

Sophomore Heather Pugh states, "We have a lot of great people on the team and are optimistic about the upcoming season. We hope to finish in the top three at the conference meet."

The Bears travel to Bucknell University for their first meet on December 7. Many other meets are to follow including Grizzly Invitational here at Ursinus on February 8th and the Conference Championships also.



The Indoor Track team looks toward a strong season.



Katie Dougherty will run at Nationals in Minnesota next week. This photo is from an earlier meet during the Ursinus Cross-Country season.

Amazing Alcoholic Facts

Katherine Jones
Grizzly Staff Writer

Ever had a hangover? Have you ever been caught drinking and had to find a way to get out of it? Well then this article is just the ticket for you. Here's a few amazing facts I gathered on beer, alcohol, and drinking in general. So here's to all you party goers out there!

Fact #1: Coffee does not help to sober someone up. Actually, it may have the opposite effect. And from my own experience, it only makes the person an

awake drunk.

Fact #2: In Malaysia, parents bathe their babies beer to protect against disease. So if your parents just happen to stop by on a Sunday morning after some heavy partying and smell you, just tell them you were sick and trying everything to get better.

Fact #3: The foam of a beer will go down if you lick your finger and then touch the top of the head. This also works with sodas

or any other drink with foam.

Fact #4: At any given moment, 0.7% of the world is drunk. That's a scary thought! And 0.6% of them are probably college students.

Fact #5: Alcohol is found by some lab screenings up to twelve hours after someone's last drink. This is a testament to a policy I think everyone should follow: if you're going to drink, be in a place that you can stay over-

night.

Fact #6: Beer was commonly served with breakfast in medieval England. Beer, the English version of the Bloody Mary. The breakfast of champions!

I am by no means encouraging drinking. These facts are funny no matter whether you drink or not. So take them lightly, and have fun. Don't party too hard!



The Grizzly Poetry Corner

Crayola Children

Foolish is those who never could paint
But learned by a love of regret
Words that could never be
Are
Because of ultraviolet love
What is ultraviolet pain under the moon
So I cry turpentine tears on ultraviolet paint
That is on a invisible canvas
Words of unwise are easy to write with pain
Being they are Crayola children

Crayons that color without thought but with their mis-taken
Love for the paper
It's a temper tantrum reaction
It isn't love
Love knows no regret, it is above it
An artist that paints with a new paint is not bare
Or brief
But new
But a child cannot see itself grow
It only cries from growing pain

That's Nice

If I told you
That I drown in your eyes
Suffocate from your smile
From across a cafeteria
You would smile
Probably say
"That's nice"
You might...

Cause you wouldn't understand
How it is to dream you into words
Touch you without sound
And still love you in sight
"That's nice" You'd probably...say
You might...
Say

Poetry By:

Harry
"Fire"
Michel

Thanks to Harry Michel, one of our contributors, we have been able to bring the Poetry Corner to The Grizzly. We'd be thrilled with making the Poetry Corner a weekly spot in the Grizzly, but in order to do that we need YOUR help.

If you have any poetry that you would like printed in the Ursinus paper, please send them to grizzly@ursinus.edu and don't forget to make sure your name is included in the document. If you intend on having the poem appear anonymously please indicate that as well. Thank you!

Allen Iverson: The Man, The Myth, The Player

Joseph Summers
Grizzly Staff Editor

I was listening to 610 WIP on my way home from work the other day when I heard Howard Eskin saying how we should trade Iverson before the end of the season. He added that AI has reached his peak in Philadelphia and the Sixers should deal him while the team can still get good value for him. I have to admit, I was very disappointed when I heard this. There are people in this city who want to get rid of the heart and soul of this team? True star players don't come along very often. In Philadelphia, we've had Wilt, Dr. J and Barkley. I think that Iverson ranks as one of these true star players. Granted Iverson has attained many spectacular accomplishments during his first six years in the league, but to say that he has reached his plateau as a player who can help the Sixers win a Championship is ridiculous.

There are certainly other issues that factor into some people's opinion of Iverson. This summer was

undoubtedly a difficult time for the three-time NBA scoring champion. It began with the notorious "practice" press conference where he was bombarded by media ridicule, which became national news in less than twenty-four hours. Then there was Iverson's supposed run-in with the law, which was totally blown out of proportion. It made the front page of the Daily News almost three weeks straight. Talk about media sensationalism! By the way, all charges were dropped for all you ignorant people who don't pay attention to the news.

So everything is cool, right? No wrap sheet and Iverson has promised to go the extra mile, to get to every practice early, to lift weights, and to get his teammates more involved. The fact is that, no matter what he does, people will incessantly try to curtail Iverson's efforts to be the consummate professional simply because they don't like his image or are insensitive to

his past. It is a plain fact that everything a professional athlete does is put under a microscope for everyone to see, but to question the man's every move is simply ridiculous. Sure, his look is the kind that few parents would want their children to emulate and his background is one that only a select few of us can identify with, but try to look beyond the skin-deep, superficial stuff. He is the type of person who refuses to turn his back on his friends despite incessant requests from others to do it because it will improve his image. He is the type of father who is seldom seen without his two children by his side when he's not on the court.

Allen Iverson, although he has been subjected to disparagement throughout his six years in the NBA for the fact that he refuses to wear a suit or brownnose his critics, has been quite a trendsetter both on and off the court. Can you remember who wore their hair in

cornrows before AI? I can't. Do you remember as many people in the basketball world sporting tattoos as they do now? This could be irony, but I doubt it. Who modernized the crossover dribble and made it the most practiced move on basketball courts? I could take a guess. While people choose to attack Iverson for denying convention, I choose to applaud him for his individualism. Any way you look at it, he is an innovator.

Enough defending Iverson's personality for now; Let's talk about his game. As he has been since he entered the league, he is still undeniably the quickest player in the game. Proof of this quickness is the fact that he led the NBA in steals last season with 2.8 per game. He breaks on the ball better than most NFL cornerbacks, which leads to fast break points for his team. This quickness also allows Iverson to blow by defenders, making them look like helpless children. Although the instate-

ment of zone defense in the NBA has somewhat limited what Iverson can do in terms of getting to the basket, it also leaves other Sixers open. With the addition of a few guys who can knock down the open jumper on this year's team, defenders are forced to either guard Iverson's drive or give Van Horn or McKie an open jump shot.

No one can deny Iverson's ability to score so I am not going to harp on that fact. Career 27 points per game and NBA scoring title for the past three years is all I have to say about that. One thing that an average fan that doesn't live in Philadelphia might not recognize is Iverson's court vision and ability to pass. If you take a look back to the beginning of Iverson's career, when he played along players who could score (ex. Stackhouse and Coleman), he averaged about seven assists per game and shot between 42 and 46 percent from the field. It is true that the Sixers had losing records then, but they

also didn't have a mature Allen Iverson nor did they have Larry Brown as their coach.

Iverson's hustle and desire to win are intrinsic values that not even the greatest of coaches can teach. They can be enforced, but not taught. Either player has these traits or they don't and Iverson has been the quintessential team player in this regard throughout his entire career. What percentage of the game do you see Iverson on the floor, diving for a loose ball? How many times has he been knocked down and got back up? How often does he shrug off injury in order to help his team win? These are just a few of the reasons why I want Allen Iverson in Philly for the long run. He plays the game just the way the people from a working-class city like Philadelphia want to see it be played: with unparalleled heart and desire. So when you hear a so-called experts laboring to trade Iverson, do me a favor and watch how he plays the game.

Greek Corner

Tau Sigma Gamma will be having their open rush dated this Friday, November 22nd. The dated is open to all students on campus who want to come out and celebrate before the week of finals start. Tickets are on sale now outside of Wismer during lunch and dinner, selling at \$15 stag, and \$20 for couples. If you cannot stop by during meals, be sure to come up to Reimert 206 and ask for Kyle (3446), Monica (3449) or Jo (3447). Remember, this is the last dated of the semester so be sure to come out and party with the piggies of Tau Sigma Gamma!

If you fraternity or sorority would like to advertisement upcoming dateds or rushes... please email Kelly Gray at kegray@ursinus.edu

On Saturday, November 23rd the Sisters of Upsilon Phi Delta are holding a TOGA Party in WPL @ 10pm open to the entire campus! Free food, Free Music and people in Togas - what more could you ask for? So, when at Ursinus, do like the Ursinians and... TOGA!

Also, On Saturday, November 23rd the Sisters of Upsilon Phi Delta are having a rush for all eligible freshman, sophomore, and junior women. We are going to a Philadelphia Elementary School and tutoring, as part of Philadelphia Cares "Discovery!" program. Contact Tia @ x3043 or email upd@ursinus.edu for more information.

Rape Increasing On College Campuses

Ansley Brown
U-Wire

(U-WIRE) HONOLULU — In college, parties are prevalent, alcohol flows freely, and sexual assaults are becoming commonplace. A study published this year with support from the U.S. Department of Justice brings to light a new epidemic: The underreporting of sexual assaults. During September of this semester, there was a party on the University of Hawaii's campus held annually by law school students. Early that morning, the Honolulu Police Department and Campus Security responded to a call about an apparent sexual assault. Several male students reported seeing another male assaulting a female.

When HPD and Campus Security arrived, the girl had left. The witnesses recounted what they had seen, but, because the girl was gone, no formal report was made. University of Hawaii Campus Security captain Donald Dawson stated that "there was no crime because there was no victim." If the University of Hawaii had policies allowing third-party reporting, this incident would have been made public to all students and faculty while keeping the victim's identification confidential. Reporting sexual assaults is helpful in preventing similar crimes from occurring and in protecting the personal safety of students and employees. Congress passed the Student Right-

to-Know and Campus Security Act in 1990 to require all Title IV eligible schools to publicly disclose crime statistics and security policies and procedures on campus. Fewer than 40 percent of colleges and universities are in full-compliance with the law that requires crime statistics on rapes and sexual assaults. In 2001 there were 249,000 victims of rape, attempted rape or sexual assault. These are only the reported incidents. College campuses have become an area of increased sexual assaults. Based on a survey of 2,438 institutions, failure to report all required data was common, as were problems related to investigating sexual assault cases.

All Title IV eligible schools are required to provide Annual Security Reports detailing the amounts of on-campus crimes including forced and non-forced sexual assaults, burglary, theft and vandalism. There are several problems that have arisen when reporting sexual crimes. As a result of highly publicized campus sexual assault trials, there have been numerous allegations of reports being mishandled by school officials. Only 37.6 percent of all schools require sexual assault training for campus security officers. While sexual assault training for campus security is fairly common at four-year public institutions, at many other schools, training is not

provided to the people to whom formal complaints are likely to be submitted. On the whole, few campuses provide sexual assault response or sensitivity training to those most likely to first hear of sexual assaults on their campus: Friends and fellow students. Very few female victims of rape (3.2 percent) or attempted rape (2.3 percent) report their victimization to the police or to campus security. However, two-thirds of rape victims disclosed their experience to a friend. A substantial majority of these victims do not define their experiences using legal terms. That is, even though the incident is legally a criminal offense, they do not call their victimization a "rape." Active support

from friends is the primary factor that distinguishes victims who report the crime to campus or local authorities from those who remain silent. The most commonly mentioned policies and practices thought to facilitate reporting of sexual assaults include provisions for confidential, anonymous, and third-party reporting options. UH's annual security reports are only up to date through 2000 with a reported five forcible sexual assaults that year. In February 2001, there were reports of attempted sexual assaults in the dorms, but these are the most up-to-date statistics.

Workouts Help Students Get Through the Winter Days

Marissa Young
U-Wire

(U-WIRE) PROVO, Utah — Winter is right around the corner. You can feel it in the crisp air that stings your nostrils and see it as the golden leaves fall from the frost-bitten trees. You may want to just curl up with a good book or your favorite movie and a cup of hot cocoa, but don't let the long cold nights put your workouts to sleep. These steps will keep you motivated all winter long.

1. Remind yourself of the benefits. Hundreds of studies show the rewards of frequent exercise. In the winter months full of long dark nights and frigid days, working out has been known to counter depression, especially a common seasonal depression known as SADD. Exercise stimulates endorphins in the brain and elevates mood. A good run a few times a week will actually boost your energy as well.

A recent study showed that physically active people sleep better and have more energy throughout the day than their sedentary counterparts. In addition, physical activity stimulates the brain and helps increase your ability to focus.

2. Set Small Goals. Be realistic with yourself. Winter can be very busy and overwhelming. With finals, family and shopping, what else can make the priority list? If you set small, reasonable goals, however, you won't be overwhelmed. Set a goal to spend an hour a day doing something physically active. Even a brisk, 30-minute walk is better than not doing anything at all. Don't expect to spend two or three hours at the gym; you probably won't swing it. Work on maintaining rather than losing weight. The holidays are not the best time to set a weight-loss goal; there's way too much tasty food around. Work on disciplining yourself to stay active and maintain a healthy weight. That way you won't get discouraged.

3. Give yourself some slack. Sometimes you just don't have time to fit everything in. You have two research papers, a final, and a group project this week. Yoga may

have to wait. Don't beat yourself up over a missed workout, that's self-defeating. If you've worked out five days in a week, great; if you've only made it to the gym once, that's something. Concentrate on the positive. Don't make yourself feel so guilty that you give it up altogether. Avoid being too hard on yourself and admit that sometimes there just isn't time. That said, don't confuse business with laziness.

4. Practice Discipline — Make it a priority. You may be busy, but don't constantly bow out of a workout with a lame excuse. It's one thing to be truly exhausted and it's completely another to be just plain lazy. If you know you should and you know you can, do it. Stay consistent. If you get yourself out and doing something, pretty soon it will be a habit that you'll look forward to. You'll feel better, and when spring comes and you want to hike Timp or start running again, you won't be wheezing alongside the hottie you wanted to impress.

5. Eat to feel good. If you're working out, chances are your body is going to want healthy fuel. But let's be honest. It's the holidays and you love pumpkin pie and eggnog. But all that sugar and fat just won't sit well with your stomach. It's okay to indulge — moderately. You know when your body feels good. Putting the right fuel in it is going to help every aspect of your life, and not only will your concentration improve with a nutritious diet, so will your physique. "Eat a variety of fruits, vegetables and whole grains and you won't even want the sweets," said Kris Zufelt, 36, a fitness consultant at Gold's Gym. She says staying fit is like a fitness triangle. "Proper nutrition, cardio and weight lifting will keep you in shape for life," she says.

6. Choose a variety of activities. Since it just seems harder to get off the couch during winter, make sure that you're not boring yourself to death with the same workout. If your mind is bored, chances are your body isn't getting great benefits either. "Cross-training is good because it works different muscle

groups and doesn't allow your body to slip into a workout coma, where your body stops burning the maximum amount of calories," says fitness trainer Melanie Webb, 27. Alternate running, yoga, swimming and other aerobic and anaerobic activity. You'll be able to get out of the house or off the couch a lot more often. If a gym pass isn't your style and you don't like to run, try something new. It doesn't have to be expensive. Buy some hand weights or a punching bag. Do sit-ups every night with your roommates. Play intramural sports. You know what you'll enjoy. The point is to do it.

7. Play. "I'll be snowboarding every weekend this winter," says Keola Keala, 26, Club Director of Gold's Gym. If you just can't drag yourself into a workout, no problem. The snow offers great recreation for everyone from the athlete to the novice. You live in a great place for outdoor winter sports. Go snowboarding. If you don't know how, get a friend to teach you or take a class at a resort. Chances are you know someone who'll hit the slopes with you. Skiing is also a great workout, and lots of fun if you love speed. Low on funds? Go night boarding or skiing. It's the same sport at half the price. Can't handle the cold or don't have all the gear required? Try ice-skating. This sport improves both balance and strength. You don't have to be an Olympic figure skater to enjoy it. If all else fails and you just can't fork out any cash, grab a sled and go to the nearest park with your buddies. You'd be surprised how many calories you can burn carrying a sled up a hill a few hundred times or having a snowball fight. Working out doesn't always have to feel like work. Build a snowman. Let go of your adult inhibitions and burn calories while you're at it.

Let's recount: working out will help you smile through the short gray days, your energy levels and focus will improve and you'll maintain the physique you've worked hard for. Still need motivation?

For Sale:
94 Ford Escort, 2 doors, AC,
Manual Transmission, 55,700 miles,
Very Good Condition, \$2,500.
Contact Dr. Colette Trout
Ext. 2432, ctrout@ursinus.edu,
(610) 489-3638 (home, evening)

What Would College Students Buy If They Had Extra Cash?

Everyone knows that college students are short on cash, but what would they do if they had some extra money?

Results from a new national survey of college-aged women show what most young women would do - buy new clothes! The survey, which was conducted among 406 women aged 18-24, asked how they would most likely spend an extra \$286. When given a choice of four things to spend the money on, clothes came in first—35 percent of those surveyed stated that they would buy one new outfit they normally wouldn't be able to afford, followed by 28 percent who would choose 6 months of cell phone usage, 13 percent who would buy 17 new CDs and 13 percent who would get manicures every two weeks for a year. The good news is that if women are already spending up to \$35 per month on birth control pills they may now be able to have that extra money and the new outfit! By using Smart Woman Rx, a discount pharmacy service, a woman can save up to

\$286 on birth control pills per year. The birth control pill is the most common method of contraception among women aged 15-24, and the average cost of birth control pills is \$20-35 per cycle. But now, women can purchase birth control pills via Smart Woman Rx for as little as \$13 per pack, regardless of insurance coverage and without insurance co-pays or reimbursement paperwork, thereby saving up to \$286 per year. Ordering birth control pills via Smart Woman Rx is easy. Women who would like to participate can either call (866) 376-6523 toll-free, or enroll online at www.smartwomanrx.com.

Since many different brands of oral contraceptives contain the same ingredients and similar doses, if a woman doesn't currently have a prescription for one of the brands offered by Smart Woman Rx, she should talk to her healthcare provider about which one might be right for her. If she has a prescription for one of the brands offered, a program pharmacist will gladly

contact her current pharmacy or health care provider to obtain the prescription.

College students should visit www.smartwomanrx.com for additional information, because who wouldn't want some extra money to spare? The study was conducted by Opinion Research Corporation August 15-September 15, 2002. The margin of error is plus or minus five percentage points.

The average cost of oral contraceptives is \$20-35 monthly. By using Smart Woman Rx, a woman can purchase oral contraceptives for as little as \$13 monthly. If a woman currently pays \$35 for oral contraceptives monthly, purchasing them via Smart Woman Rx could result in savings of \$22 monthly, or \$286 over 13 cycles/one year.

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Next Issue...
See What Happened With Swappin' Suites