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Putting the "Art" back in a Liberal Arts Education

Lauren Springer
Grizzly Staff Writer

How many of you have entered the Berman Museum of Art on your own free will? Or seen an Ursinus theater production for entertainment and not to fulfill a class requirement? Or know where art classes are held on campus? Considering the number of you who cannot positively answer these questions, it appears as though the Ursinus community seems to minimize the "arts" in a liberal arts college.

Perhaps this sad trend is part of the reason Ursinus has opted to set into motion plans for a new \$15 million arts center.

President Strassburger is quoted on the college's website, saying, "The arts are an integral part of

the intellectual life. Strength in the arts strengthens all of liberal education."

In an effort to increase student interest and participation in the creative and performing arts, Ursinus received substantial monetary gifts from the Sylvan Foundation in Wayne and cable television executive H.F. Gerry Lenfest.

The two generous donations, totaling \$15 million, along with the profits from additional fundraising, will be used to create a new building housing classrooms and studios for teaching the arts, performing areas which serve, according to President Strassburger, as "venues for much of the touring theater,

dance and music that enrich so many other campuses."

It was decided by a joint student-faculty committee last year that Ursinus ought to do more to integrate the arts into the college's curriculum and community. Plans for the new Arts Center began to formulate quickly.

Though the initial momentum for realizing such goals was strong, efforts to break ground on the new art center are rumored to be waning. Now there are whispers of a delay in the construction of the new facility.

Sally Widman put to rest such rumors. Widman explained, "There is no change in the plan, and the plan has always been to break ground next spring." The

center is scheduled to open in January of 2005, Widman said, if the funding is available. She explained that the new arts center is a \$25 million project and currently there is \$16 million available.

"Nine million dollars is yet to be raised," Widman said, "and our fund-raising people are working on that."

Widman said that the college's annual report was released on Friday with details regarding plans for the arts center.

Ursinus officials seem eager to enrich the campus with a greater integration of the arts. Hopefully their excitement will spread to students as quickly as did the rumors about the delay in construction.



In the near future, Berman will not be the only place to find art on campus

Celebrating the Holidays Around the World

Quinn Dinsmore
Grizzly News Editor

As Ursinus students focus on finals and the upcoming winter break, millions of people around the world are preparing to celebrate a wide variety of holidays, ranging from non-religious observances to traditions celebrating spirituality.

The history of Christmas as a December holiday dates back over 4000 years. The 12 days of Christmas, the giving of gifts, carnivals with floats, carolers, and feasts were commonplace in the lives of the early Mesopotamians.

Another Christmas tradition emerged when the sun would disappear during the winter months in Scandinavia. As the first light appeared, a great festival called the Yuletide would be held. A special feast would be

served around the burning of the Yule log to celebrate the return of the sun. Christmas remains a non-religious holiday for many people, a time to enjoy the season with family and friends.

The Christmas story celebrated by Christians marks the arrival of the Christ child. The holy couple, Joseph, a carpenter, and Mary, a young virgin, lived in Nazareth. During their trip to be registered, Mary gave birth to a son named Jesus, considered the Savior of the world.

When the child was born, a great star appeared over Bethlehem observed for miles. Angels appeared to shepherds tending their flocks and three magi followed the bright star to the manger. Millions of Christians celebrate the birth of the

Son of God with jubilation as the Messiah came to earth.

Every year between the end of November and the end of December, Jewish people celebrate the holiday of Chanukah, the Festival of Lights. The holiday commemorates events 2,300 years old, marking the victory over the Syrians and the rededication of the Jerusalem Temple.

The Festival of the Lights lasts for eight days to honor the miracle of the oil lasting more than a week after the temple was destroyed. In America, families celebrate Chanukah by giving gifts, entertaining friends and family, eating special foods, and lighting the holiday menorah.

Kwanzaa is a 7-day festival celebrating the history and cul-

ture of African American people. It is a time of community gathering and reflection, and concludes on New Year's Day. Each evening, a family member, usually the youngest child, lights candles in a special candleholder and discusses one of the seven principles of Kwanzaa.

On the sixth day, New Year's Eve, family and friends enjoy a large feast. The seven principles of Kwanzaa include unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith.

Ramadan is the ninth month of the Muslim calendar during which Muslims fast from dawn to sunset, and eat small meals and visit with friends and family in the evening. It is a time of worship

and contemplation, as well as an opportunity to strengthen family and community ties.

During the Fast of Ramadan, strict restraints are placed on the daily lives of Muslims during the day, as they cannot eat or drink until sunset. On the evening of the 27th day of Ramadan, Muslims celebrate the Night of Creed.

It is believed that on this night, the Prophet Muhammad first received the revelation of the Holy Qur'an, and God

determines the course of the world for the following year. A feast occurs after the end of Ramadan when the crescent moon is officially sighted.

Diwali, or the Festival of Lights, is perhaps the most well known of the Indian festivals.

The common practice is to light small oil lamps, diyas, for the home, courtyards, and gardens, as well as on rooftops and outer walls.

As a family festival, it is celebrated 20 days after Dussehra in October or November. Diwali celebrates the triumph of the wife of Lord Krishna over a demon in a battle of good and evil. The festival of lights symbolizes the victory of righteousness and the lifting of spiritual darkness.

In spite of the differences among religions and traditions, few can deny the power and magic of the holidays and the common experience of joy and celebration around the world.

So in this time of campus stress and anticipation of vacation, happy holidays!

There is no Need to be Violent

Dana Mazzenga
Grizzly Staff Writer

What do you get when you mix college students, beer, and music? Unfortunately, college campuses are finding that the answer is "fights" more so than "fun," and these fights are getting out of hand. On November 10, 2002, a fight at the University of Maryland resulted in a student being stabbed to death. Ursinus students, too, cannot deny that there have been several fights on campus this year. There appear to be three common threads that join Ursinus fights with other colleges: alcohol, highly populated parties, and non-student visitors.

"It seems like there've been a lot of fights on campus recently," said one Ursinus student. He described an incident that occurred between some males at the Tau Sigma Gamma dated on November 22. The student claimed that the fight

was a result of someone spilling beer on another, and that the fight was partly initiated by a non-student visitor.

Junior Joanna Nash said, "There are several fights that I can think of off the top of my head that already happened this year. It's funny though... they all seem to involve kids that are not students here."

This was case with the recent murder at the University of Maryland. Sophomore Brandon J. Malstrom was walking home from a party when several local kids jumped him. The attackers had been kicked out of a campus party earlier that night and were angry.

Nash continued, "Just a couple weeks ago, there were a bunch of guys who came to our party, who were not students here, and who literally trashed our place. It was disgusting...so rude."

She claimed that the visitors had little regard for other people's things and once they were told to leave, became even more rowdy and threatening.

While it seems silly to ask college students to stop drinking and

allowing lots of kids into parties, something concerning the issue needs to be done. Many students feel that there needs to be a closer watch on how much people drink. Others claim that non-students should be prohibited from attend-

ing parties. Another student simply added, "Beer and strangers just don't mix."

Regardless, beer will always play a part in college parties and students will always have friends visiting from home, and want to show

them how fun their college can be. However, the excessive amount of fights on campus must be acknowledged. Students must drink, invite, and behave with moderation. No one wants a case like that of Brandon J. Malstrom here at Ursinus.

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Graduates: Trying to Find a Job that Pays

Kelly Gray
Grizzly Editor-in-Chief

As a college student draws closer to their graduation date, he or she begins to worry about a job. With the job market at a severe low, college students are starting to become anxious. Though looking for a job may be difficult, it is even harder to find a job that actually pays enough to support a student after college. Now, students are entering the work force trying to find a job that comes with a good salary.

Since employers have cut back on college recruitment, it is harder to find jobs according to www.youngmoney.com. However, when students find jobs, most likely the salary is lower and there are not receiving all the benefits they need.

In an article by Cindy Wong of the University of Miami, because the economy is at depressed stage, companies are offering smaller salaries than years before. One example, computer science majors are receiving offers lower than \$50,000 salaries. For logistics management majors, their salaries decreased to \$39,407, which is about 9.1% lower. Other majors such as business administrations fell to \$36,429 a year and for liberal arts majors their salaries have begun to drop below \$30,000.

At this point, the best jobs with the best salaries are in the ac-

counting, federal government, and healthcare fields. In the healthcare industry, nursing majors are averaging \$38,459 a year. However, even higher, accounting majors can look for a salary of \$39,768. Compared to last year, accounting firms are anticipated to hire thirty percent more college graduates. The federal government is hiring more college graduates and has raised its salary from \$35,188 to \$40,598.

One of the best websites, according to Career Services, for finding out salaries is www.salary.com. On this website, you can type in your profession or major area with the area code or county of where you would like to work. After you pick the field you want to work in and where you want to work, then you pick the specific job you want to work. In the education field there are many different opportunities such as a Teacher or a Professor. For instance, a graduate who wants to be a teacher in Collegeville area and who has a bachelor's degree with two to four years experience can expect their salary to start at \$35,970 and the highest salary is \$53,325.

Though the job market may not be great right now, there are many tools that helps students find jobs that offer good salaries.

Greek Corner

The Brothers of Zeta Chi are holding their Annual Holiday Canned Food Drive from November 20th to December 6th. All types of donations are welcome. Cans can be dropped off at 944 Main Street, or you can talk to anyone of the brothers if you have donations. All donations will be given to the Norristown Area Salvation Army

Children Violent with Other Children

Sean Brennan
Grizzly Staff Writer

Nearly every day the news reports stories about children committing acts of violence, often against other children.

According to *APA Online*, research has shown that violent or aggressive behavior is often learned early in life. However, parents, family members, and others who care for children can help them learn to deal with emotions without using violence. Parents and others can also take steps to reduce or minimize violence.

There are several suggestions that the *APA* recommends that will make a difference in reducing the violence your child is exposed to.

Every child needs a strong, loving relationship with a parent or

other adult to feel secure and to develop a sense of trust. Behavior problems and delinquency are less likely to develop in children whose parents are involved in their lives, especially at an early age.

Children depend on their parents and family members for encouragement, protection, and support as they learn to think for themselves. Without proper supervision, children do not receive the guidance they need. Studies report that unsupervised children often have behavior problems.

Insist on knowing where your children are at all times and who their friends are. When you are unable to watch your children, ask someone you trust to watch them

for you. Never leave young children home alone, even for a short time.

Children often learn by example. The behavior, values, and attitudes of parents and siblings have a strong influence on children. Values of respect, honesty, and pride in your family and heritage can be important sources of strength for children.

Most children may sometimes act aggressively and hit another person. Be firm with your children about the possible dangers of violent behavior. Remember also to praise your children when they solve problems constructively without resorting to violence. Children are more likely to repeat good

behaviors when they are rewarded with attention and praise.

Violence in the home can be frightening and harmful to children. Children need a safe and loving home where they do not have to grow up in fear. A child who has seen violence at home does not always become violent, but he or she may be more likely to try to resolve conflicts with violence.

It is important to support your children in standing up against violence. Teach them to respond with calm but firm words when others insult, threaten, or hit another person. Help them understand that it takes more courage and leadership to resist violence than to go along with it.

An Unexpected Difference

Julie Micklos
Special to the Grizzly

I bet when you walk through Ursinus' campus, you don't even realize how many people you say hi to—or just how many you make eye contact with. Body language and hospitality are two things we take for granted in the United States, especially on our college campus. I didn't realize how big a part it played in our culture until I left it.

I'm Julie Micklos, currently a junior at Ursinus, who is studying abroad in London for this fall semester. One of the biggest differences between the US and the UK so far is something I didn't expect. I knew they would drink tea a lot and have fun accents, but what I didn't know was that British people might speak the same language as us, but they have a different sense of hospitality and body language.

Don't get me wrong—I knew

living with a home stay family would be a major adjustment from my suite in Reimert. What I didn't know is that it would be so different from living with my family at home. When I arrived, I thought that we would talk about where I'm from and my family. I'm sure all of you have had an experience where you are pulling a friend out the door just to avoid your parent's questions being thrown at them. My mom usually gives people I bring home the third degree. So needless to say, it surprised me that the family I am living with wasn't more interested in me. I have come to realize that British people are private people who don't go around telling everyone everything about themselves. Asking too many questions is seen as rude.

When I got lost in my home stay neighborhood (yes, I know...I know...but it's not as small as Ursinus), I faced a challenge con-

cerning body language. There were a lot of people around, but it was hard to approach them. People here in the UK keep their head down while walking on the street and avoid eye contact at all costs. This was surprising for me, especially after getting used to the atmosphere of Ursinus. Once I did get their attention, most of them had never heard of my street before. Luckily, I made it home and I haven't been lost since. It's funny that no one says hello or asks how you are doing. This is probably a result of being in the city where you obviously can't say hello to every single person you pass—it's not realistic. Along with the fact that people here tend to be more reserved, they avoid conversation while Americans embrace it.

While traveling on the tube, the British equivalent of the subway, I have noticed that British people

never talk. If someone does speak, they are probably from out of town. It's almost a game that the British people play on the tube—they don't talk or look at one another. The game ends when you catch them staring at your obviously American white Nikes or orange American Eagle wind pants. These are the times that I laugh to myself and realize they are just as curious as we are in Wismer during lunch.

I know it can be somewhat annoying knowing all the faces that you pass while walking around campus, but we should appreciate our innate sense of American friendliness. Americans not only reach out to their friends, but also complete strangers as well. British people on the other hand, are friendly only if they know you well. Relationships with British people aren't any less valuable, they just take some more effort to get started.

Sober For Good

Brooks Reuter
Grizzly Staff Writer

When reading "Sober for Good" I found it interesting reading the stories and struggles of different people as they dealt with their drinking problems. I particularly found it more interesting reading the book, after reading "Drinking: A Love Story," by Caroline Knapp because Knapp's book was more or less a story just about her life and the struggles she went through getting sober. However, I found "Sober for Good" interesting because it had stories about many different people and what each of them went through.

When going through the questions to think about I found the most interesting question to be: Why are a few people able to continue drinking in moderation, while others can never drink again? I found this interesting because I found myself earlier in the year dead set in thinking that there was no way an alcoholic could possibly be able to casually drink after getting sober. I remember in class discussion I made a comment saying that someone who has had a problem with alcohol could never drink casually because they wouldn't know when to say when. This past week however, something I thought I would never see happen did. I have a friend who has been a recovering alcoholic since he was 14 years old. He is now 22, and a couple of my friends and I were hanging out and casu-

ally drinking a couple beers. On many occasions I have seen people offer my friend something to drink and he has always turned them down. Not since I have known the kid have I ever seen him put anything alcoholic up to his lips. He was thirsty and when he asked if we had anything to drink in the room we told him that we only had beer, and then he asked for a sip of mine. At first I was hesitant to hand it to him, but I did. And everyone in the room knew him and his story and they were equally as shocked as I was to see him have a sip of beer. He told us that he would have a sip of beer every now and then when he is really thirsty, but he has the will power to not drink in excess.

After that happened I had to totally change my perspective on the question of why someone can drink casually and someone else can't. "Moderate drinking is like sleeping with a dragon. As long as the monster is asleep, you are okay. It's when it wakes up that you're in trouble (179)." I found this to be a very interesting quote, because I believe that it is true. When a recovering alcoholic decides to attempt to drink casually they have to be very careful. It is a very fine line they walk. At that point in their life the reason some recovering alcoholics can eventually return to social drinking and others can't is all a matter of will power. Some people will have the will power to

make the decision when to stop drinking and others will not know when to say when.

While for a recovering alcoholic attempting to return to a social drinking scene could be a really dangerous step in their life, they are walking a very fine line between not having a problem and relapse. For someone who has an alcohol problem the hardest thing to do is admit they have a problem. In almost everything I have ever heard about alcoholics the phrase "the hardest part is admitting you have a problem." It is interesting that some recovering alcoholics can be recovering while never really admitting that they were an alcoholic. I found myself agreeing with the book when it comes to this topic, because I think that whether or not someone puts the alcoholic label on themselves, they at one point in their life, have to see that they have a problem with alcohol. The book states "at some point, however, regardless of what labels they used and how much they drank, virtually all of the masters saw the connection between alcohol and problems they were having in their day-to-day lives (26)."

I particularly found the story of Liz B. very interesting. One of the reasons this story was so interesting to me was because Liz wasn't the typical alcoholic drinking a bottle of hard liquor everyday. Liz would drink four to five glasses of wine a day, and she spread it out over a

couple hours. It was, however, the fact that she did this everyday for ten years. Liz said that drinking at dinner parties became a treat because of the expensive wine. She said she wouldn't drink it for the effect but she would drink it for the taste, and she always wound up the same way. I found this interesting because it made me realize if you aren't drinking to get drunk, but you are still drinking heavily, you can have a problem with alcohol. Liz's story really made me think because before reading this book I never thought it was possible for someone who drank because they enjoy the taste of alcohol to be an alcoholic.

After reading "Drinking: A Love Story" I found myself very intrigued reading about Caroline Knapp and her struggles with her drinking problem, but after reading "Sober for Good" I found myself getting more into each person's story. I would also have to say that I found myself agree more with the points that this book made than I did with some of the points that Caroline Knapp made. However, after reading both books my perspective on people with alcohol problems have changed. I will end my paper with what I feel is a very powerful quote from Kerry G. "Sober life is a gift, and I'm basically a happy person today. I'd have to be nuts to throw that away for the hell and despair of booze. I found myself when I put down the drinks (263)."

Stress Triggers at Ursinus College

Fallon Szarko
Grizzly Staff Writer

With finals and the end of the fall semester quickly approaching, many Ursinus students are feeling stressed.

According to *The Badger Herald*, about 25 percent of college students feel like quitting school due to stress. Students' post September 11th stress levels were extremely high. Freshmen students have to deal with stress triggers like leaving home for the

first time, and changes in relationships with family and friends. Students financing their education on their own must bear a double burden: balancing academics with a part or full-time job, in order to get a paycheck. Also, uncertainty about the possibility of war, less stable home lives, and the fact there are so many smart, motivated students to compete with in a college setting, also cause stress for students. More people are attending college today than would have in the past, which has sharply

increased competition among students.

Junior Kristin Servent says, "It's stressful trying to balance maintaining my GPA and being involved in extracurricular activities in preparation for graduate school."

According to Campus Blues, stress triggers can also be obstacles a student faces to achieving his or her goals. Additionally, challenges in life and transitional periods are stress triggers. For example, a student in his/her fresh-

man year who must deal with the transition into college life, living away from home, and academically rigorous classes has several potential stress triggers.

Not unlike freshmen at the beginning of their college experiences, seniors about to begin their final semester feel stressed as well. Many are worried about finding a job after graduation, especially in today's ultra-competitive job market.

During the upcoming Thanksgiving and Winter breaks,

students returning home will have to make the transition from living away at school to living at home again with their parents, which is another stress trigger according to Nancy Anderson, director of The College of Wooster's Student Health Center. Junior Amy Gooding said, "I will be busy over break doing work and studying for finals. It's hard re-adjusting to my parents' rules, such as curfew, that I don't have when I'm at school." Furthermore, while most students are in a rush to go out and

see their friends, their parents would like them to stay home and visit, which presents another potential conflict. Parents who pester their sons and daughters about grades also add pressure. To dispel some of the tension, students are advised to communicate as much as possible with their parents.

What triggers STRESS for you here at UC????
Let us know at
GRIZZLY@URSINUS.EDU

Stress Busters

Blake Forrest
Grizzly Staff Writer

It sounds all too familiar: you have two tests, a ten page paper, and a group project due by the end of the week. If you can relate to this scenario, you've probably been stressed out.

Stress can be triggered by many things. At the college level some common causes of stress are: strenuous classes, relationship problems, or living situations. So what can you do to relieve your stress?

Junior Jo Nash says that the best way to battle the stress of back-to-back exams is to watch a movie with some friends or surf the Internet. Junior Fallon Szarko said she hits the fitness center. In senior Lauren Springer's opinion, "SLEEP!" is the best thing for anyone who is stressing over schoolwork or relationships.

These are all good solutions according to www.webmd.com. The

site says physical activity is a good remedy because it is a "natural response to stress." Sleep is a good way to bust stress too because it is likely that, by staying up late, you're not getting the recommended eight hours per night. Another suggestion they give is to eat sensibly, instead of skipping meals, and to use meal times as a break from your studies.

According to www.wholefitness.com some other ways of stress relief include: visualization, breathing exercises, relaxation exercises, singing in the shower, or stretching. They also recommend picking up a new hobby. This is a great way to expand your interest and relieve stress at the same time.

Evaluating your situation to discover the source of your stress is the best way to decide which relaxation methods might work for

you. If the formal types of stress relief aren't your style, you can try a few more fun and easy approaches. Some possibilities include taking a long, warm bath, going to the zoo, baking, or taking a trip down memory lane to the playground.

However, if you'd like to prevent stress before it happens, try to avoid procrastination. Having a set study schedule is sure to help keep your stress level low.

So next time the phrase, "I'm stressed out!" leaves your lips, remember some of these helpful tips—and try to relax!

How do you bust your stress??
Let us know at
GRIZZLY@EDU!

Getting it on the Natural Way

The Girl Next Door
Special to The Grizzly

So you want to help the earth but don't know where to start? We live in a devious society, so why not start in the bedroom? You can heat it up in bed without adding to global warming!

1.) If you like to see what's going on (or down), do it during the day. Using natural sunlight will not only add to the mood, but you can feel good knowing that you are conserving our precious energy resources.

2.) Fruit in bed? Go for it! Just make sure it's organic and GE-free. Strawberries are quite a sexy food. However, if they are genetically engineered with fish DNA (to make them heartier in cold weather) your blood will only be boiling with anger towards industrial agriculture.

3.) Think oysters and other shellfish are aphrodisiacs? Chances are that the effects of these foods won't be in your partner's favor. Mercury levels in shellfish are dangerously high and our oceans are being destroyed. Protect yourself and the planet by opting for friendlier mood enhancers like guarana and other herbal drinks.

4.) Think it's exciting to do it on the lawn? Forget about who might see you and think about what you are rolling around in. Do you really want your bare butt touching grass that has been bathed in pesticides and chemical fertilizers? Before doing the deed, switch to natural alternatives.

5.) It's all about the motion, but not if you are using petroleum jelly based lubricants. Esso (ExxonMobil) is already screwing

over our planet, but you don't have to!

6.) Make love not war.

7.) Save water, shower with a friend.

8.) If beverages contained in cans and bottles add to your game, by all means please recycle! Encourage your friends to do the same. Both the earth, and your conscience, will be a lot cleaner.

9.) Music can make a great time better. Make sure your CD player is powered by rechargeable batteries. Disposable batteries contain hazardous materials that can leak or get into the environment by means of landfills or municipal incinerators. By far, that's not music to my ears.

10.) While protecting the environment, remember to protect yourself.

Want to KNOW what Ursinus Students really think of UC??

Come see the Ursinus Students vision of a Tour on Campus!!

Saturday
WLL
1 p.m.

Presented by the Television
Production Class 2002

Fear vs. Phobia

Eileen Algeo
Grizzly Staff Writer

As college students, we fear many things: biology labs, professors, term papers, school loans, etc. But how do we know these fears are just that, and nothing more?

Considering that the Greek translation for "fear/dread" is "phobia", it is difficult to make a clear distinction between the two terms; however, there is a real difference between them. The function of fear is to protect from danger. When we see or hear something we believe to be a threat, our bodies react. Our hearts race, breathing increases, and perhaps we sweat a little. This is a natural experience that may occur on a daily basis. Phobias are similar, yet they affect us at a much deeper level.

According to the National Women's Health Information Center, a phobia is something a person fears to the point where they feel they have to change how they live their everyday lives. Whereas fear can happen to anyone at any time, a phobia is a complex experience and is considered a type of anxiety disorder. Ursinus Psychology Professor Dr. Chambliss notes, "Phobias involve a marked avoidance of the feared stimulus. The phobia perpetuates the fear and can compromise functioning."

There are two types of phobias: specific and complex. Specific phobias are more common, involving the fear of specific objects or situations (snakes, water, enclosed spaces). These phobias begin suddenly and, in most cases, out of the blue. In many instances, the feared object poses little or no threat of danger at all. Thus the person's fright is not based on reality and, therefore, is considered an irrational fear. However, these fears can also develop as a result of a specific trauma, but it is important not to confuse a phobia with Post Traumatic Stress Disorder (another anxiety disorder).

Complex phobias are less common (affecting only 1 to 5 percent of the population) and are more deeply rooted than specific phobias. These fears include agoraphobia (fear of public places) and social phobia (the belief that everyone is watching and waiting to make fun). These types of phobias typically cause more stress and are harder to treat.

Though experiencing the emotion of fear can certainly be an unpleasant event, it does not necessarily mean a phobia is to blame. Fear is a natural reaction that serves as a survival technique. Phobias, on the other hand, are usually based on unwarranted fear. They negatively and inconveniently influence peoples' lives and should be treated.

For More Information:
The National Women's Health Information Center: <http://www.4woman.gov/faq/phobia.htm>
Psycho Motor: <http://www.btinternet.com/~davhill/phobias.htm>
Psychology Information Online: <http://www.psychologyinfo.com/problems/phobias.html>

Gymnastics Team Has High Expectations

Amy Beyer
Grizzly Sports Writer

The Ursinus women's gymnastic team will start their season on January 11th at the University of Pennsylvania.

Head Coach Jeff Schepers has high expectations for the team which placed fourth at the NCGA National Championships last year.

"My expectation for the season is to get everyone to hit their potential. As for qualifying to Nationals, we will have to wait and see," said Schepers. "I think we can do it but not as easy in the past due to the lack of depth."

The team lost six seniors including Jumaah Johnson who won four All-American honors at Nationals last year.

"Coming off from a successful season last year our expectations are high. However, after losing six seniors and only gaining three freshmen, we'll have to take it one day at a time," said Captain Kristen Grimmel.

With only twelve gymnasts on the roster, two of which are injured, the risk of others becoming injured is a worry.

"A major injury could set us back," said Schepers.

However, Schepers believes the

biggest improvement for the team this year is the new assistant coach, John Anderson. Anderson is a certified strength and conditioning

trainer.

"Physically, the girls are at their peak," said Schepers. "All they need to do is incorporate that into

gymnastics which will make a recipe for a good outcome."

Even with the gymnast in peak condition, they will still have to put their best foot forward at the meets. With only nine meets on the schedule, five of those meets are against Division I teams.

However, out of the Division III teams, Schepers predicts that Cortland will give them the toughest competition.

"I think it's going to be harder this year because we have less people and we have to be careful, but we have a lot of potential as a team," said Captain Shawna Eddy.

Schepers has high hopes for Grimmel who won two All-American honors last year at Nationals.

Also, this year for the first time, junior Jessica Cowden will be competing with a Super E skill on bars.

A Super E skill is the highest level skill a gymnast can do for value.

The gymnasts, who have been training since September 17th, are ready and hopeful to start the new season.

Their first home meet is on January 31st at 6 p.m. against Temple University.



McNabb's Injury Sparks Controversy Between Athletes and Athletic Trainers

Bridget Hussey
Grizzly Sports Writer

Philadelphia Eagle fans had their hearts in their throats when it was learned that their franchise quarterback, Donovan McNabb, did not have a sprained ankle; he had a broken one.

After being injured on the third play of the game versus the Arizona Cardinals, McNabb went on to complete 20-of-25 passes, the highest completion rate of his career, for 255-yards and four touchdowns.

This incredible performance may have earned the Eagles a win, but why was their star player permitted to stay in the game, which

could make the injury worse and jeopardize the rest of the season?

McNabb had told the coaches and medical staff that the injury felt like any number of sprains he had suffered while playing pickup basketball games according to the Philadelphia Daily News.

According to AP reports, Eagles Coach Andy Reid stated, "Donovan was sure he had sprained his ankle. Between Donovan's description and the examination of the medical staff, all signs pointed towards a normal ankle sprain."

Maybe, in their heart of hearts,

they wanted to believe it was just a sprain.

But, could this ever occur in college athletics? Would a student athlete be permitted to continue playing under the same circumstance?

According to Ursinus College head athletic trainer Pam Chlad, Ursinus functions under the direction of wellness physicians and orthopedic surgeon Gary Canner.

They also function under the Personal Physicians' License as athletic trainers, which directs them in their response to injuries.

The NCAA gives specific guide-

lines in most significant injuries.

The National Athletic Trainers Association sets guidelines and standards in accordance with standard medical practice (American Medical Association).

The first thing that would be done after an injury occurs would be an athletic trainer would evaluate the injury. The athlete would undergo functional and neurological tests to make sure there is full motion and strength throughout the joints, no neurological or circulatory problems, no new instabilities in the joints, and that they can pass functional tests (running and jumping).

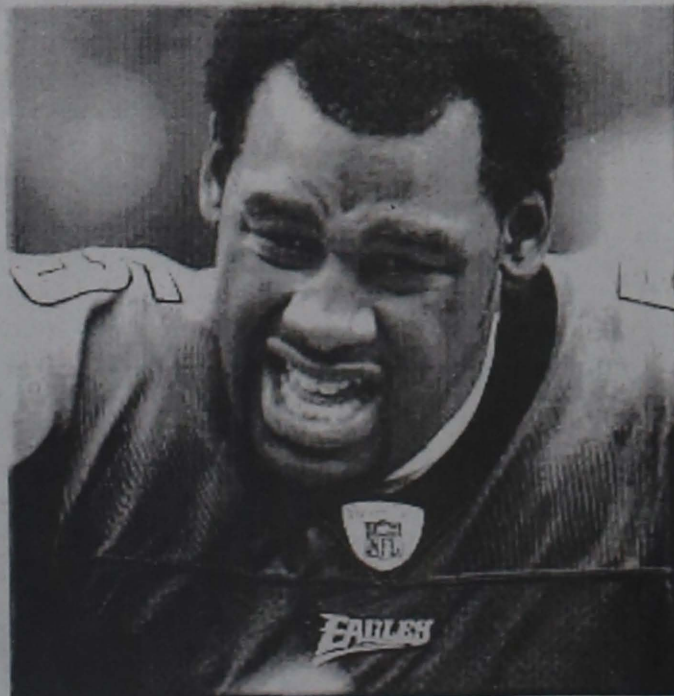
If there is any suspicion that there could be a fracture, the athlete would not be put into the athletic competition.

Then, the orthopedic surgeon determines if the athlete needs X-rays. If it were an emergency situation, like that of McNabb, the athlete would go to the emergency room to get x-rays. McNabb refused the x-rays.

Chlad explains that the physicians took a big chance by allowing McNabb to continue playing.

"He was very lucky that continuing to play did not injure the ankle further."

She adds, "There is a fine line in the heat of the game, sometimes we just don't know until the game is over what the severity of an injury is."



QB Donovan McNabb

ANDY REID SAYS:

On the decision to bypass surgery: "I'm fine with it. We tried to exhaust all means possible so it is done the right way. He's fine. He's rehabbing it and he's doing fine. They cut a little window in the cast so he can receive some stimulation on it."

How do Ursinus Athletes Prevent Injuries?

Amy Beyer
Grizzly Sports Writer

With winter sports underway, many athletes here at Ursinus are attending multiple practices and games.

Although sports are fun, if an athlete isn't careful, a good time can lead to a lot of pain or injuries.

However, researchers from the American Academy of Orthopaedic Surgeons suggest that injury rates could be reduced by 25 percent if athletes took appropriate preventative action.

There are 6 steps an athlete can follow to help prevent injuries.

First of all, an athlete should be in proper physical condition to play a sport. This includes adequately training for a sport by following a regular conditioning program of exercises designed specifically for their sport.

Secondly, an athlete should know the rules of the game and abide by them. Rules are designed to help keep things safe and athletes healthy.

Thirdly, an athlete should never play a sport without wearing the correct protective gear and equipment appropriate for their sport.

Furthermore, rest is a critical component of proper training, especially for athletes with high consecutive days of training.

Rest can make an athlete stronger and prevent injuries from fa-

tigue, poor judgment, and overuse.

Most importantly an athlete should always warm-up before playing. The best warm-up is one that suits your sport.

Last but not least, an athlete should avoid playing when in pain. Athletes need to pay attention to the warning signs their bodies are giving them which could indicate that there is a problem.

After researching sport injuries, I decided to ask some athletes here at Ursinus what they do to prevent injuries.

Jessica Cowden, a third year gymnast, said, "Always start with a good warm up. In my sport, never do anything by yourself that you are not ready to do."

Erica Maurer, a third year basketball player, said, "You have to be in shape. If you start out in full speed and you're not in shape, you can really hurt yourself."

Michelle Henry, Head Trainer for the winter sports teams, said the trainers here at Ursinus concentrate on athletes flexibility and proper warm-ups and cool downs. Henry said problems occur when athletes don't gradually work their way into a workout and they end up overloading their muscles to fast.

For more information on sport prevention, visit www.aaos.org.

Luciano Named CC and ECAC Player of the Week

Bill Stiles
Assistant Athletic Dir.

Ursinus senior forward **Dan Luciano (Delran, NJ/Delran)** was named the Centennial Conference and ECAC Men's Basketball Player of the Week.

Luciano averaged 20.5 points and 14.5 rebounds in a pair of Bear victories.

He scored 20 points, grabbed 14 rebounds, blocked five shots and had three assists in the 79-66 win over Eastern.

Luciano followed that with a 21-point, 15-rebound effort in the 69-68 win at Lebanon Valley.

He shot 59.3 percent from the floor (16-27) on the week.



The Ursinus Mens' Basketball team first home game after Winter Break is Jan. 22 vs. Swarthmore.

FINAL EXAM SCHEDULE

Thursday, December 5, 2002

Final Exam Schedule

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Anthropology

ANTH 100	Sociocult Anth	Oboler, Regina	12/11/2002 9 - 12pm	Bomberger Hall	120A
ANTH 252	Peoples/Environ	Oboler, Regina	12/14/2002 9 - 12pm	Bomberger Hall	120C

Anthropology/Sociology

ANSO 300	Methods	Ussery, Maggie	12/09/2002 9 - 12pm	F. W. Olin Hall	303
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Art

ART 201	Studio Art I	Xaras, Ted	12/14/2002 1 - 4pm	Ritter Center	GYM
ART 203A	Printmaking	Xaras, Ted	12/11/2002 1 - 4pm	Ritter Center	GYM
ART 203B	Sculpture	Hromych, Alex	12/10/2002 1 - 4pm	Ritter Center	GYM
ART 204 A	Photography	Camp, Don	12/10/2002 1 - 4pm	Pfahler Hall	007
ART 204 B	Photography	Camp, Don	ARRANGE	ARRANGE	TBA
ART 204 C	Photography	Camp, Don	12/14/2002 1 - 4pm	Pfahler Hall	107
ART 213	Hist of Art III	Verstegen, Ian	12/09/2002 1 - 4pm	F. W. Olin Hall	108
ART 301	Drawing	Xaras, Ted	12/12/2002 9 - 12pm	Ritter Center	GYM
ART 340	American Art	Verstegen, Ian	12/11/2002 1 - 4pm	F. W. Olin Hall	108
ART 350	Intro Visual Arts	Verstegen, Ian	12/13/2002 9 - 12pm	Ritter Center	GYM

Biochemistry/Molecular Biology

BCMB 351	Biochemistry I	Ruttledge, Thomas	12/09/2002 1 - 4pm	Pfahler Hall	210
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Biology

BIO 100Q A	Intro Bio	Allen, A. Curtis	12/13/2002 9 - 12pm	Thomas Hall	324
BIO 100Q B	Intro Bio	Fields, Mary	12/13/2002 9 - 12pm	Thomas Hall	324
BIO 100Q C	Intro Bio	Sherwood, Robin	12/13/2002 9 - 12pm	Pfahler Hall	Aud
BIO 111W A	Organism & Evol	Dawley, Robert	12/10/2002 9 - 12pm	Pfahler Hall	Aud
BIO 111W B	Organism & Evol	Dawley, Ellen	12/11/2002 9 - 12pm	Pfahler Hall	Aud
BIO 111W C	Organism & Evol	Small, Peter	12/14/2002 9 - 12pm	Pfahler Hall	Aud
BIO 213 A	Genetics	Lyczak, Rebecca	12/14/2002 9 - 12pm	Thomas Hall	324
BIO 213 B	Genetics	Kohn, Rebecca	12/09/2002 9 - 12pm	Thomas Hall	324
BIO 250	Environmntl Bio	Sidie, James	12/09/2002 9 - 12pm	Pfahler Hall	207
BIO 306	Human Physiology	Bailey, Beth	12/11/2002 9 - 12pm	Thomas Hall	324
BIO 345	Microbiology	Lobo, Anthony	12/14/2002 9 - 12pm	F. W. Olin Hall	303
BIO 350S	Structural Bio	Roberts, Rebecca	12/13/2002 9 - 12pm	Pfahler Hall	210
BIO 350T	Pharmacology	Sidie, James	12/10/2002 9 - 12pm	Pfahler Hall	207
BIO 415W	Ecology	Small, Peter	12/13/2002 9 - 12pm	Pfahler Hall	207
BIO 449W	Immunology	Lobo, Anthony	12/11/2002 9 - 12pm	Thomas Hall	319

Business and Economics

BE 100 A	Global Economy	McLennan, Michele	12/12/2002 9 - 12pm	Bomberger Hall	200
BE 100 B	Global Economy	Economopoulos, Deborah	12/13/2002 9 - 12pm	Bomberger Hall	200
BE 100 C	Global Economy	Randall, Karen	12/10/2002 1 - 4pm	Pfahler Hall	106
BE 100 D	Global Economy	Economopoulos, Andrew	12/12/2002 9 - 12pm	F. W. Olin Hall	107
BE 140 A	Financial Acct	Harris, Cindy	12/11/2002 9 - 12pm	Bomberger Hall	209
BE 140 B	Financial Acct	Harris, Cindy	12/14/2002 9 - 12pm	Bomberger Hall	209
BE 211 A	Managerial Econ	McLennan, Michele	12/11/2002 9 - 12pm	Bomberger Hall	106
BE 211 B	Managerial Econ	McLennan, Michele	12/14/2002 9 - 12pm	Bomberger Hall	200
BE 212	Intermed Macro	Economopoulos, Andrew	12/13/2002 9 - 12pm	Bomberger Hall	106
BE 230 A	Management	Bowers, Stephen	12/10/2002 9 - 12pm	Bomberger Hall	100
BE 230 B	Management	Bowers, Stephen	12/12/2002 9 - 12pm	Bomberger Hall	209
BE 270	Financial Mkts	Markstein, Bernard	12/09/2002 1 - 4pm	Bomberger Hall	106
BE 331	Organizational	Goodman, Sheryl	12/12/2002 9 - 12pm	Ritter Center	202
BE 361	Int'l Trade	O'Neill, Heather	12/10/2002 1 - 4pm	Bomberger Hall	120C
BE 371	Managerial Fin	Randall, Karen	12/13/2002 9 - 12pm	Bomberger Hall	120A
BE 380	Marketing	Baylor, Mark	12/12/2002 9 - 12pm	Pfahler Hall	Aud
BE 430	Bus Strategy	Bowers, Stephen	12/09/2002 9 - 12pm	Bomberger Hall	120A

Chemistry

CHEM 105 A	General Chem I	Hess, Ronald	12/10/2002 9 - 12pm	Pfahler Hall	208
CHEM 105 B	General Chem I	Price, Andrew	12/11/2002 9 - 12pm	Pfahler Hall	207
CHEM 105 C	General Chem I	Hess, Ronald	12/11/2002 9 - 12pm	Pfahler Hall	208
CHEM 105 D	General Chem I	Price, Andrew	12/14/2002 9 - 12pm	Pfahler Hall	207
CHEM 105 E	General Chem I	Williamsen, Eric	12/14/2002 9 - 12pm	Pfahler Hall	209
CHEM 105 F	General Chem I	Williamsen, Eric	12/09/2002 9 - 12pm	Pfahler Hall	209
CHEM 105A A	Gen Chem I Lab	Hess, Ronald	12/12/2002 9 - 12pm	Pfahler Hall	209
CHEM 105A B	Gen Chem I Lab	Price, Andrew	12/10/2002 1 - 4pm	Pfahler Hall	209
CHEM 105A C	Gen Chem I Lab	Hess, Ronald	12/14/2002 1 - 4pm	Pfahler Hall	209
CHEM 105A D	Gen Chem I Lab	Hoganson, Curtis	12/11/2002 1 - 4pm	Pfahler Hall	209
CHEM 105A E	Gen Chem I Lab	Hoganson, Curtis	ARRANGE	ARRANGE	TBA
CHEM 105A F	Gen Chem I Lab	Knechel, Marian	12/09/2002 1 - 4pm	Pfahler Hall	Aud
CHEM 205 A	Organic Chem II	Tortorelli, Victor	12/10/2002 9 - 12pm	Pfahler Hall	210
CHEM 205 B	Organic Chem II	Ruttledge, Thomas	12/11/2002 9 - 12pm	Pfahler Hall	210
CHEM 205 C	Organic Chem II	Ruttledge, Thomas	12/14/2002 9 - 12pm	Pfahler Hall	210
CHEM 205A A	Org Chem II Lab	Tortorelli, Victor	12/10/2002 1 - 4pm	Pfahler Hall	210
CHEM 205A B	Org Chem II Lab	Tortorelli, Victor	12/14/2002 1 - 4pm	Pfahler Hall	210
CHEM 205A C	Org Chem II Lab	Knechel, Marian	12/11/2002 1 - 4pm	Pfahler Hall	210
CHEM 205A D	Org Chem II Lab	Knechel, Marian	ARRANGE	ARRANGE	TBA
CHEM 209	Computers/Chem	Williamsen, Eric	ARRANGE	ARRANGE	TBA
CHEM 211	Spectral Interp	Abbott, Scot	12/09/2002 1 - 4pm	Pfahler Hall	207
CHEM 309	Phys Chem I	Hoganson, Curtis	12/11/2002 9 - 12pm	Pfahler Hall	109
CHEM 309A A	Phys Chem Lab	Hoganson, Curtis	12/12/2002 9 - 12pm	Pfahler Hall	208
CHEM 313	Instr Analysis	Abbott, Scot	12/14/2002 9 - 12pm	F. W. Olin Hall	101

Communication Studies & Theatre

CST 102 A	Public Speaking	Goldberg, Marcia	12/12/2002 9 - 12pm	Helfferich Hall	208
CST 102 B	Public Speaking	Goldberg, Marcia	12/14/2002 9 - 12pm	Ritter Center	202
CST 102 C	Public Speaking	Goldberg, Marcia	12/11/2002 9 - 12pm	Ritter Center	202
CST 105 A	Mass Media & So	Husson, Bill	12/13/2002 1 - 4pm	F. W. Olin Hall	108
CST 105 B	Mass Media & So	Moore, Aaron	12/13/2002 1 - 4pm	F. W. Olin Hall	107
CST 105 C	Mass Media & So	Moore, Aaron	12/09/2002 9 - 12pm	F. W. Olin Hall	108
CST 110 A	Interpersonal	Goodman, Sheryl	12/13/2002 9 - 12pm	Ritter Center	210
CST 110 B	Interpersonal	Hirschmann, Krista	12/09/2002 1 - 4pm	Ritter Center	210
CST 110 C	Interpersonal	Hirschmann, Krista	12/13/2002 9 - 12pm	Ritter Center	202
CST 111	Intro to Theatr	Scudera, Domenick	12/09/2002 9 - 12pm	Ritter Center	210
CST 200W A	Comm Theory & Res	Goodman, Sheryl	12/10/2002 1 - 4pm	Ritter Center	210
CST 200W B	Comm Theory & Res	Husson, Bill	12/09/2002 9 - 12pm	Ritter Center	202
CST 207	Journalism I	Edwards, Lynne	12/13/2002 9 - 12pm	F. W. Olin Hall	007
CST 210	Television Prod	Moore, Aaron	12/09/2002 1 - 4pm	Ritter Center	STUD
CST 250	Advocacy/Argum	Czubaroff, Jeanine	12/10/2002 1 - 4pm	Ritter Center	202
CST 280	Film Studies	Husson, Bill	12/14/2002 1 - 4pm	F. W. Olin Hall	108
CST 292	Solo Perform	Raphael, Timothy	12/10/2002 1 - 4pm	Ritter Center	Thea
CST 352	Organizational	Goodman, Sheryl	12/12/2002 9 - 12pm	Ritter Center	202

CST 364	Comm Campaigns	Edwards,Lynne	12/14/2002 9 - 12pm	F. W. Olin Hall	107
CST 372	Perform America	Raphael,Timothy	12/13/2002 9 - 12pm	F. W. Olin Hall	317
Computer Science					
CS 271	Computer Sci I	Jessup,Peter	12/11/2002 9 - 12pm	PfahlerHall	209
CS 373W	Theory Computat	Hagelgans,Nancy	12/14/2002 9 - 12pm	PfahlerHall	106
CS 473	Topics in CS I	Jessup,Peter	12/10/2002 9 - 12pm	PfahlerHall	209
East Asian Studies					
EAS 299	Japan/Lit&Film	Mizenko,Matthew	12/11/2002 1 - 4pm	F. W. Olin Hall	103
Economics & Business Admin					
ECBA 100 A	Intro to Econ	McLennan,Michele	12/12/2002 9 - 12pm	Bomberger Hall	200
ECBA 100 B	Intro to Econ	Economopoulos,Deborah	12/13/2002 9 - 12pm	Bomberger Hall	200
ECBA 100 C	Intro to Econ	Randall,Karen	12/10/2002 1 - 4pm	PfahlerHall	106
ECBA 105 A	Financial Acct	Harris,Cindy	12/11/2002 9 - 12pm	Bomberger Hall	209
ECBA 105 B	Financial Acct	Harris,Cindy	12/14/2002 9 - 12pm	Bomberger Hall	209
ECBA 203	Int Fin Acct I	Harris,Cindy	12/09/2002 9 - 12pm	Bomberger Hall	209
ECBA 218 A	Management	Bowers,Stephen	12/10/2002 9 - 12pm	Bomberger Hall	100
ECBA 218 B	Management	Bowers,Stephen	12/12/2002 9 - 12pm	Bomberger Hall	209
ECBA 251 A	Micro Theory	McLennan,Michele	12/11/2002 9 - 12pm	Bomberger Hall	106
ECBA 251 B	Micro Theory	McLennan,Michele	12/14/2002 9 - 12pm	Bomberger Hall	200
ECBA 252	Macro Theory	Economopoulos,Andrew	12/13/2002 9 - 12pm	Bomberger Hall	106
ECBA 305Q A	Research Method	O'Neill,Heather	12/09/2002 1 - 4pm	Bomberger Hall	209
ECBA 305Q B	Research Method	O'Neill,Heather	12/13/2002 9 - 12pm	Bomberger Hall	209
ECBA 307	Marketing	Baylor,Mark	12/12/2002 9 - 12pm	PfahlerHall	Aud
ECBA 308	Int'l Trade	O'Neill,Heather	12/10/2002 1 - 4pm	Bomberger Hall	120C
ECBA 316	Financial Mkts	Markstein,Bernard	12/09/2002 1 - 4pm	Bomberger Hall	106
ECBA 326	Managerial Fin	Randall,Karen	12/13/2002 9 - 12pm	Bomberger Hall	120A
ECBA 410W	Bus Strategy	Bowers,Stephen	12/09/2002 9 - 12pm	BombergerHall	120A
Education					
EDUC 441 A	Gen Teach Meth	Gross,Pat	ARRANGE	ARRANGE	TBA
EDUC 441 B	Gen Teach Meth	Stryker,Judith	ARRANGE	ARRANGE	TBA
Engl for Speakers of Other Lan					
ESOL 100	ESOL	Smythe,Judy	12/14/2002 9 - 12pm	F. W. Olin Hall	205
English					
ENGL 100 A	First-Year Comp	Martinez,Valerie	12/09/2002 1 - 4pm	F. W. Olin Hall	201
ENGL 100 B	First-Year Comp	Agostinelli,Jane	12/09/2002 1 - 4pm	F. W. Olin Hall	009
ENGL 100 C	First-Year Comp	Leftwich-Needham,Stephanie	12/11/2002 9 - 12pm	F. W. Olin Hall	009
ENGL 100 D	First-Year Comp	Schroeder,Patricia	12/13/2002 9 - 12pm	F. W. Olin Hall	101
ENGL 100 E	First-Year Comp	Agostinelli,Jane	12/13/2002 9 - 12pm	F. W. Olin Hall	102
ENGL 100 F	First-Year Comp	Deblasis,Amy	12/14/2002 9 - 12pm	F. W. Olin Hall	201
ENGL 100 G	First-Year Comp	Keita,Nzadi	12/09/2002 9 - 12pm	F. W. Olin Hall	201
ENGL 100 H	First-Year Comp	Friedman,Amy	12/10/2002 1 - 4pm	F. W. Olin Hall	009
ENGL 100 I	First-Year Comp	Bates,Nancy	12/10/2002 1 - 4pm	F. W. Olin Hall	303
ENGL 100 J	First-Year Comp	Leftwich-Needham,Stephanie	12/09/2002 9 - 12pm	Bomberger Hall	200
ENGL 200W A	Intro to Lit	Jaroff,Rebecca	12/10/2002 9 - 12pm	F. W. Olin Hall	205
ENGL 200W B	Intro to Lit	Jaroff,Rebecca	12/12/2002 9 - 12pm	Ritter Center	210
ENGL 201	Brit Lit I	Lionarons,Joyce	12/12/2002 9 - 12pm	F. W. Olin Hall	101
ENGL 202	Brit Lit II	Perreten,Peter	12/10/2002 9 - 12pm	F. W. Olin Hall	317
ENGL 203	American Lit	Schroeder,Patricia	12/12/2002 9 - 12pm	F. W. Olin Hall	103
ENGL 205 A	Fiction Writing	Volkmer,Jon	12/14/2002 1 - 4pm	F. W. Olin Hall	205
ENGL 205 B	Fiction Writing	Volkmer,Jon	12/11/2002 1 - 4pm	F. W. Olin Hall	205
ENGL 206	Poetry Writing	Martinez,Valerie	12/11/2002 1 - 4pm	F. W. Olin Hall	102
ENGL 209G	Spoken Word	Keita,Nzadi	12/10/2002 1 - 4pm	F. W. Olin Hall	107
ENGL 228	Women's Lit	Martinez,Valerie	12/13/2002 9 - 12pm	F. W. Olin Hall	201
ENGL 280	Film Studies	Husson,Bill	12/14/2002 1 - 4pm	F. W. Olin Hall	108
ENGL 340	American Drama	Schroeder,Patricia	12/11/2002 1 - 4pm	F. W. Olin Hall	301
ENGL 342	Amer Innocents	Jaroff,Rebecca	12/13/2002 9 - 12pm	Helfferrich Hall	204
ENGL 441	Autobiographies	Perreten,Peter	12/11/2002 1 - 4pm	F. W. Olin Hall	217
Environmental Studies					
ENV 100	Issues Env St	Wallace,Richard	12/13/2002 9 - 12pm	PfahlerHall	209
ENV 250	Environmntl Bio	Sidie,James	12/09/2002 9 - 12pm	PfahlerHall	207
ENV 252	Peoples/Environ	Oboler,Regina	12/14/2002 9 - 12pm	Bomberger Hall	120C
ENV 350	Wildlife Policy	Wallace,Richard	12/10/2002 1 - 4pm	PfahlerHall	107
ENV 415W	Ecology	Small,Peter	12/13/2002 9 - 12pm	PfahlerHall	207
Exercise & Sport Science					
ESS 100 A	Wellness/Fit	Borsdorf,Laura	12/11/2002 9 - 12pm	Helfferrich Hall	208
ESS 100 B	Wellness/Fit	Henry,Michelle	12/09/2002 9 - 12pm	Helfferrich Hall	208
ESS 232W	Current Trends	Davidson,Randy	12/13/2002 9 - 12pm	Helfferrich Hall	208
ESS 267	Emergency Care	Davidson,Randy	12/11/2002 9 - 12pm	Helfferrich Hall	201
ESS 333	Drugs & Alcohol	Thompson,Peter	12/10/2002 1 - 4pm	Helfferrich Hall	208
ESS 334	Nutrition	Chlad,Pamela	12/12/2002 9 - 12pm	Helfferrich Hall	204
ESS 347	Well/Fit Adult	Borsdorf,Laura	12/14/2002 9 - 12pm	Helfferrich Hall	208
ESS 351	Struct Kines	Wailgum,Tina	12/09/2002 1 - 4pm	Helfferrich Hall	204
ESS 356	Elem Meth H&PE	Engstrom,Del	12/14/2002 9 - 12pm	Helfferrich Hall	204
French					
FREN 101	Elementary Fren	Minier-Fineman,Sylvie	12/13/2002 1 - 4pm	F. W. Olin Hall	301
FREN 111 A	Interm Fren I	Minier-Fineman,Sylvie	12/14/2002 9 - 12pm	F. W. Olin Hall	008
FREN 111 B	Interm Fren I	Novack,Frances	12/13/2002 1 - 4pm	F. W. Olin Hall	201
FREN 201 A	Conv & Comp	Trout,Colette	12/14/2002 9 - 12pm	Myrin Library	201
FREN 201 B	Conv & Comp	Trout,Colette	12/11/2002 9 - 12pm	Myrin Library	201
FREN 251	Intro Fren Lit	Lucas,Annette	12/13/2002 9 - 12pm	Bomberger Hall	120C
FREN 314	France Today	Trout,Colette	12/11/2002 1 - 4pm	F. W. Olin Hall	101
FREN 345	Love & Passion	Novack,Frances	12/10/2002 1 - 4pm	F. W. Olin Hall	103
German					
GER 101	Elementary Ger	Luttcher-Hoorfar,Benita	12/14/2002 9 - 12pm	F. W. Olin Hall	108
GER 111	Interm Ger I	Lourie,Elizabeth	12/13/2002 1 - 4pm	F. W. Olin Hall	305
GER 201	Conv & Comp	Luttcher-Hoorfar,Benita	12/13/2002 1 - 4pm	F. W. Olin Hall	103
GER 251	Intro Ger Lit	Luborsky,Peter	ARRANGE	ARRANGE	TBA
GER 328	Adv Ger Grammar	Luborsky,Peter	12/10/2002 1 - 4pm	F. W. Olin Hall	317
Greek					
GRK 101	Elementary Grk	Wickersham,John	12/13/2002 1 - 4pm	F. W. Olin Hall	205
GRK 201	5th C. Athens	Wickersham,John	12/10/2002 1 - 4pm	F. W. Olin Hall	205
History					
HIST 101	Hist Trad Civ	Clark,Hugh	12/11/2002 9 - 12pm	F. W. Olin Hall	201
HIST 221	Intro Am Hist	Gross,Kali	12/12/2002 9 - 12pm	F. W. Olin Hall	008

HIST 241	Hist/Cult China	Clark,Hugh	12/12/2002 9 - 12pm	F. W. Olin Hall	301
HIST 300P	Socialism	King,Richard	12/13/2002 9 - 12pm	F. W. Olin Hall	301
HIST 306	Ideas & Ideolog	King,Richard	12/09/2002 9 - 12pm	F. W. Olin Hall	305
HIST 308	Nazi Germany	Doughty,Ross	12/11/2002 9 - 12pm	F. W. Olin Hall	301
HIST 321	Colonial Amer	Hemphill,Dallett	ARRANGE	ARRANGE	TBA
HIST 321 W1	Colonial Amer	Hemphill,Dallett	ARRANGE	ARRANGE	TBA
HIST 343	Chinese Thought	Clark,Hugh	12/14/2002 9 - 12pm	F. W. Olin Hall	301
HIST 368	Warfare&Society	Doughty,Ross	12/09/2002 1 - 4pm	F. W. Olin Hall	301
Interdivisional Studies (IDS)					
IDS 101 A	World Lit I	Lionarons,Joyce	12/09/2002 9 - 12pm	F. W. Olin Hall	101
IDS 101 B	World Lit I	Novack,Frances	12/14/2002 9 - 12pm	F. W. Olin Hall	102
IDS 102	World Lit II	Friedman,Amy	12/13/2002 9 - 12pm	F. W. Olin Hall	107
IDS 102 BA	World Lit II	Keita,Nzadi	12/14/2002 1 - 4pm	Unity House	HOUS
IDS 102 BB	World Lit II	Garcia,Leilani	12/14/2002 1 - 4pm	Pfahler Hall	207
IDS 110A	Dance as Art	Copel,Melinda	12/11/2002 1 - 4pm	Helfferich Hall	Danc
IDS 290	Writing Fellows	Fritz,Francis	ARRANGE	ARRANGE	TBA
Italian					
ITAL 101	Elem Italian I	Steyaert,Giovanna	12/14/2002 9 - 12pm	F. W. Olin Hall	103
Japanese (JPN)					
JPN 101 A	Elem Jpn I	Mizenko,Matthew	12/11/2002 9 - 12pm	F. W. Olin Hall	008
JPN 101 B	Elem Jpn I	Iwakuma,Miho	12/13/2002 1 - 4pm	F. W. Olin Hall	008
JPN 111	Adv Elem Jpn	Mizenko,Matthew	12/14/2002 9 - 12pm	F. W. Olin Hall	217
JPN 211	Interm Jpn I	Iwakuma,Miho	12/09/2002 9 - 12pm	F. W. Olin Hall	008
Latin					
LAT 101	Elemntry Latin	Lemieur,Deborah	12/10/2002 9 - 12pm	F. W. Olin Hall	102
LAT 201	Aeneas-Hannibal	Lemieur,Deborah	12/11/2002 9 - 12pm	F. W. Olin Hall	217
LAT 305	Vergil's Aeneid	Wickersham,John	12/09/2002 9 - 12pm	F. W. Olin Hall	205
Mathematics					
MATH 105	Calc for EcBA	Matthews,Ellen	12/10/2002 9 - 12pm	Pfahler Hall	001
MATH 107 A	Calc w/ Review	Wait,Rosemarie	12/10/2002 9 - 12pm	Pfahler Hall	012
MATH 107 B	Calc w/ Review	Goebeler,Thomas	12/11/2002 9 - 12pm	Pfahler Hall	107
MATH 111 A	Calculus I	Berman,Leah	12/10/2002 9 - 12pm	Pfahler Hall	106
MATH 111 B	Calculus I	Berman,Leah	12/11/2002 9 - 12pm	Pfahler Hall	106
MATH 112 A	Calculus II	Wait,Rosemarie	12/11/2002 9 - 12pm	Pfahler Hall	012
MATH 112 B	Calculus II	Wait,Rosemarie	12/14/2002 9 - 12pm	Pfahler Hall	012
MATH 112 C	Calculus II	Goebeler,Thomas	12/14/2002 9 - 12pm	Pfahler Hall	107
MATH 211	Multivar Calc	Hagelgans,Nancy	12/09/2002 9 - 12pm	Pfahler Hall	001
MATH 211 B	Multivar Calc	Yahdi,Mohammed	12/09/2002 9 - 12pm	Pfahler Hall	109
MATH 214	Diff Eq & Model	Yahdi,Mohammed	12/10/2002 1 - 4pm	Pfahler Hall	109
MATH 235	Linear Algebra	Berman,Leah	12/14/2002 9 - 12pm	Pfahler Hall	007
MATH 241Q A	Statistics I	Neslen,Jeff	12/11/2002 9 - 12pm	F. W. Olin Hall	102
MATH 241Q B	Statistics I	Neslen,Jeff	12/14/2002 9 - 12pm	Pfahler Hall	109
MATH 241Q C	Statistics I	Goebeler,Thomas	12/09/2002 9 - 12pm	Pfahler Hall	107
MATH 241Q D	Statistics I	Neslen,Jeff	12/10/2002 9 - 12pm	F. W. Olin Hall	008
MATH 243	Biostatistics	Coleman,Roger	12/09/2002 9 - 12pm	Pfahler Hall	106
MATH 311 W	Intro Analys I	Yahdi,Mohammed	12/09/2002 1 - 4pm	Pfahler Hall	109
MATH 341	Probability	Coleman,Roger	12/12/2002 9 - 12pm	Pfahler Hall	109
Music					
MUS 100	Intro to Music	French,John	12/10/2002 1 - 4pm	Bomberger Hall	226
MUS 121	Fundamentals	David,Norman	12/12/2002 9 - 12pm	Bomberger Hall	014
MUS 307	Music in Theatre	French,John	12/11/2002 1 - 4pm	Bomberger Hall	226
Philosophy and Religion					
PHIL 100	Intro To Phil	Rice,Charles	12/10/2002 1 - 4pm	F. W. Olin Hall	102
PHIL 101	Knowledge, Value	Florka,Roger	12/10/2002 9 - 12pm	F. W. Olin Hall	201
PHIL 211	World Religions	Rein,Nathan	12/09/2002 9 - 12pm	F. W. Olin Hall	102
PHIL 237 A	Pol Philosophy	Stern,Paul	12/14/2002 9 - 12pm	Bomberger Hall	120A
PHIL 237 B	Pol Philosophy	Stern,Paul	12/09/2002 9 - 12pm	Bomberger Hall	100
PHIL 274	Phil of Mind	Goetz,Stewart	12/09/2002 1 - 4pm	Pfahler Hall	208
PHIL 322	Chinese Thought	Clark,Hugh	12/14/2002 9 - 12pm	F. W. Olin Hall	301
PHIL 354	Early Modern Phil	Florka,Roger	12/10/2002 1 - 4pm	F. W. Olin Hall	201
Physics					
PHYS 111Q	Gen Physics I	Riley,Lewis	12/09/2002 9 - 12pm	Pfahler Hall	Aud
PHYS 207	Modern Physics	Riley,Lewis	12/11/2002 9 - 12pm	Pfahler Hall	013
PHYS 210	Int Class Phys	Cellucci,Christopher	12/14/2002 9 - 12pm	Pfahler Hall	013
PHYS 210A	Int Phys Lab	Cellucci,Christopher	ARRANGE	ARRANGE	TBA
PHYS 301	Astrophysics	Nagy,Doug	ARRANGE	ARRANGE	TBA
PHYS 315	Math Physics	Nagy,Doug	ARRANGE	ARRANGE	TBA
Politics					
POL 100 A	Politics & Govt	Winslow,Samuel	12/09/2002 9 - 12pm	Pfahler Hall	007
POL 100 B	Politics & Govt	Winslow,Samuel	12/12/2002 9 - 12pm	Pfahler Hall	106
POL 100 C	Politics & Govt	Winslow,Samuel	12/14/2002 1 - 4pm	Pfahler Hall	106
POL 237 A	Pol Philosophy	Stern,Paul	12/14/2002 9 - 12pm	Bomberger Hall	120A
POL 237 B	Pol Philosophy	Stern,Paul	12/09/2002 9 - 12pm	Bomberger Hall	100
POL 242	Comp Politics	Hood,Steven	12/14/2002 9 - 12pm	Bomberger Hall	106
POL 242 B	Comp Politics	Evans,Rebecca	12/14/2002 9 - 12pm	Ritter Center	210
POL 310	Congress & Pres	Fitzpatrick, Gerard	12/13/2002 9 - 12pm	F. W. Olin Hall	305
POL 324	Pol Parties & El	Fitzpatrick, Gerard	12/10/2002 1 - 4pm	Myrin Library	225
POL 347	Chinese Politic	Hood,Steven	12/09/2002 9 - 12pm	Bomberger Hall	120C
POL 352	Theories of IR	Evans,Rebecca	12/13/2002 9 - 12pm	F. W. Olin Hall	205
POL 399	Human Rights	Melrose,Joseph	12/11/2002 1 - 4pm	Bomberger Hall	120A
POL 399M	Leadership	Kane,Houghton	12/09/2002 1 - 4pm	Bomberger Hall	100
POL 442W	Sem Comp Pol	Hood,Steven	12/12/2002 9 - 12pm	F. W. Olin Hall	305
Psychology					
PSYC 100	Intro Psycholgy	Staff,Department	12/09/2002 9 - 12pm	F. W. Olin Hall	AUD
PSYC 100 B	Intro Psycholgy	Staff,Department	12/09/2002 9 - 12pm	F. W. Olin Hall	107
PSYC 110	Research Method	Richardson,Kenneth	12/14/2002 9 - 12pm	Thomas Hall	319
PSYC 210W	Experimental Ps	Rideout,Bruce	12/10/2002 1 - 4pm	Thomas Hall	319
PSYC 260	Mntl Hlth-Abno	Chambliss,Cathy	12/12/2002 9 - 12pm	Thomas Hall	324
PSYC 265	Educational Psy	Caruso,Kathy	12/13/2002 9 - 12pm	Thomas Hall	323
PSYC 320	Sensation & Per	Rideout,Bruce	12/11/2002 1 - 4pm	Thomas Hall	319
PSYC 327	Neurosci Lab	Rideout,Bruce	12/14/2002 1 - 4pm	Thomas Hall	307
PSYC 335	App Cog Neuro	Jewell,John	12/10/2002 1 - 4pm	Thomas Hall	323
PSYC 337	AppCog Neur Lab	Jewell,John	ARRANGE	ARRANGE	TBA
PSYC 355	Adolescent Psy	DaCosta,Kneia	12/11/2002 9 - 12pm	Thomas Hall	323
PSYC 360	Community Psych	Principe,Gabrielle	12/13/2002 9 - 12pm	Thomas Hall	319
PSYC 365	Organizational	Richardson,Kenneth	12/12/2002 9 - 12pm	Thomas Hall	323
PSYC 455	Personality	Salvucci,Louisa	12/14/2002 9 - 12pm	Thomas Hall	323
Sociology					
SOC 100 A	Intro To Soc	Ussery,Maggie	12/11/2002 9 - 12pm	Bomberger Hall	200

SWAPPIN' SUITES

The Results of Swappin' Suites...

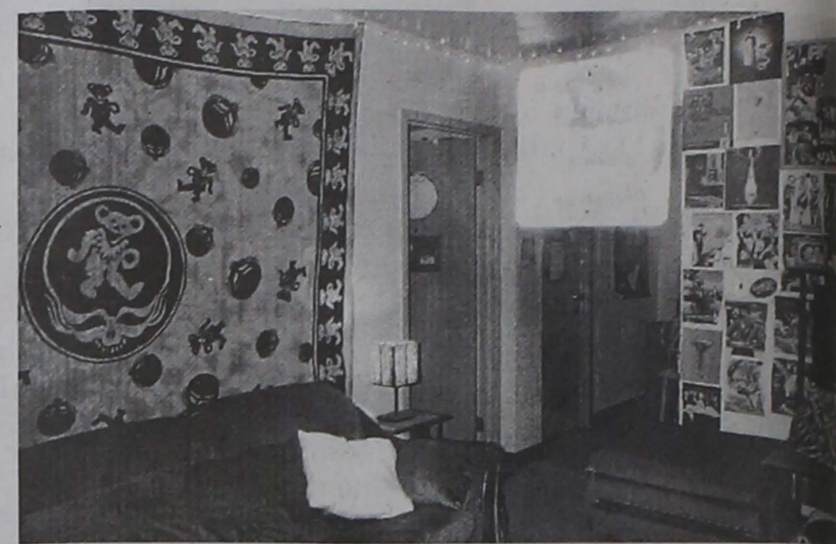
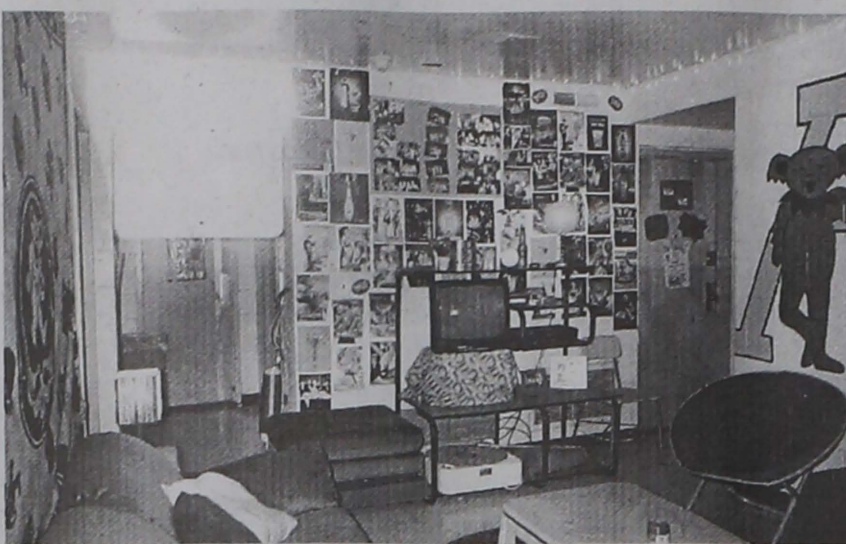
Finally, the first Swappin' Suites for the Grizzly is finished!

The participants were the girls of Reimert 106 and Reimert 204. Everyone was able to put in their own ideas about decorating for each room. Unfortunately, due to creative differences the girls of 106 and the girls fo 204 ended up decorating their own common rooms! Most likely the participants of the show "Trading Spaces" would like to do their own room instead of a friend's. Thanks to Dr. Edwards, Ann Antanavage, Kelly Gray, Molly Alberts, Marissa Rotz, Allison Rainey, Amanda Morello, Noelle Bolletino, Alexia Howell, Keri Ferrar, and Kristin Bell.

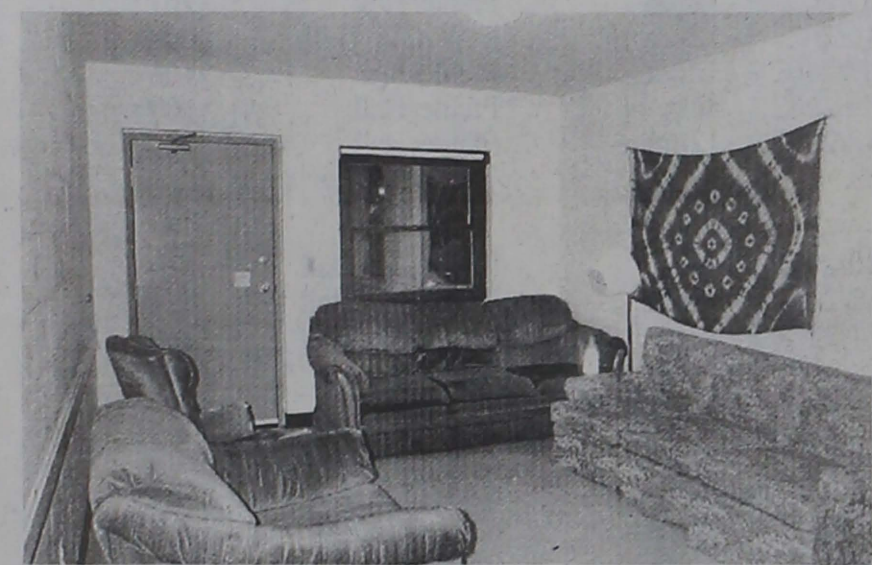
Reimert 106 "BEFORE"



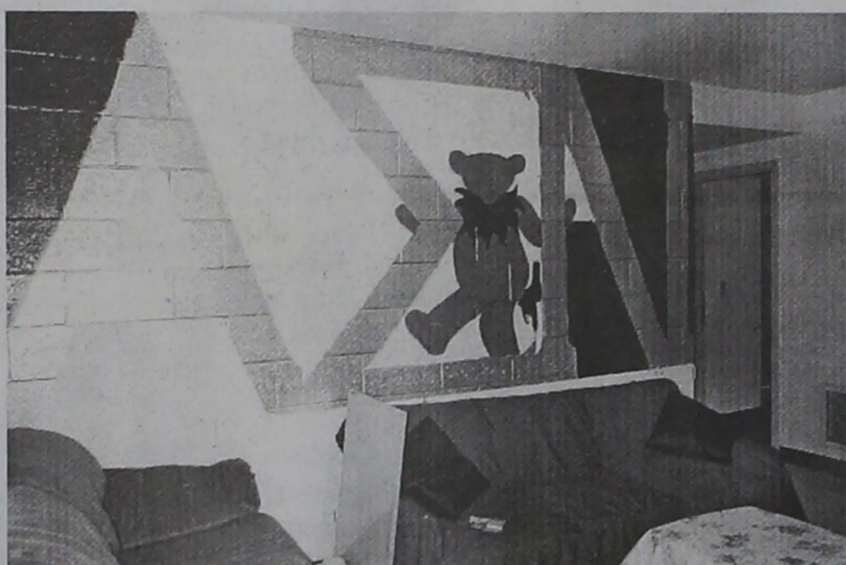
Reimert 106 "AFTER"



Reimert 204 "BEFORE"



Reimert 204 "AFTER"



SOC 100 B	Intro To Soc	Gallagher, Thomas	12/13/2002 9 - 12pm	F. W. Olin Hall	303
SOC 255	Am Ethnic Group	Oboler, Regina	12/12/2002 9 - 12pm	Bomberger Hall	120A
SOC 265	Criminology	Gallagher, Thomas	12/11/2002 1 - 4pm	F. W. Olin Hall	303
SOC 360M	Soc of Religion	Gallagher, Thomas	12/14/2002 1 - 4pm	F. W. Olin Hall	303
SOC 360Q	Gender, Race & Wrk	Ussery, Maggie	12/10/2002 1 - 4pm	Bomberger Hall	120A
Spanish					
SPAN 101 A	Elem Span I	Alvarez, Paula	12/12/2002 1 - 4pm	F. W. Olin Hall	Aud
SPAN 101 B	Elem Span I	Alvarez, Paula	12/12/2002 1 - 4pm	F. W. Olin Hall	Aud
SPAN 101 C	Elem Span I	Virgilio, Henry	12/12/2002 1 - 4pm	F. W. Olin Hall	Aud
SPAN 101 D	Elem Span I	Virgilio, Henry	12/12/2002 1 - 4pm	F. W. Olin Hall	Aud
SPAN 101 E	Elem Span I	Marrecau, Annette	12/12/2002 1 - 4pm	F. W. Olin Hall	Aud
SPAN 111 A	Interm Span I	Steyaert, Giovanna	12/12/2002 1 - 4pm	F. W. Olin Hall	Aud
SPAN 111 B	Interm Span I	Steyaert, Giovanna	12/12/2002 1 - 4pm	F. W. Olin Hall	Aud
SPAN 111 C	Interm Span I	de Arana, Juan-Ramon	12/12/2002 1 - 4pm	F. W. Olin Hall	Aud
SPAN 111 D	Interm Span I	Steyaert, Giovanna	12/12/2002 1 - 4pm	F. W. Olin Hall	Aud
SPAN 111 E	Interm Span I	Smith, Marlene	12/12/2002 1 - 4pm	F. W. Olin Hall	Aud
SPAN 201 A	Conv & Comp	Cameron, Douglas	12/11/2002 9 - 12pm	F. W. Olin Hall	305
SPAN 201 B	Conv & Comp	Biel, Cindy	12/14/2002 9 - 12pm	Bomberger Hall	100
SPAN 201 C	Conv & Comp	Hardin, Melissa	12/13/2002 1 - 4pm	Pfahler Hall	208
SPAN 201 D	Conv & Comp	Garcia, Leilani	12/13/2002 1 - 4pm	F. W. Olin Hall	101
SPAN 251	Survey Span Lit	de Arana, Juan-Ramon	12/11/2002 9 - 12pm	F. W. Olin Hall	303
SPAN 251 B	Survey Span Lit	Biel, Cindy	12/11/2002 9 - 12pm	Bomberger Hall	120C
SPAN 340	Mexican Cinema	Cameron, Douglas	ARRANGE	ARRANGE	TBA
SPAN 352	Cont Hisp Novel	Smith, Marlene	12/12/2002 9 - 12pm	F. W. Olin Hall	201
Women's Studies					
WMS 200	Women's Studies	Asbury, Kathleen	12/10/2002 1 - 4pm	Thomas Hall	314
WMS 228	Women's Lit	Martinez, Valerie	12/13/2002 9 - 12pm	F. W. Olin Hall	201