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The Grizzly, February 10, 2005

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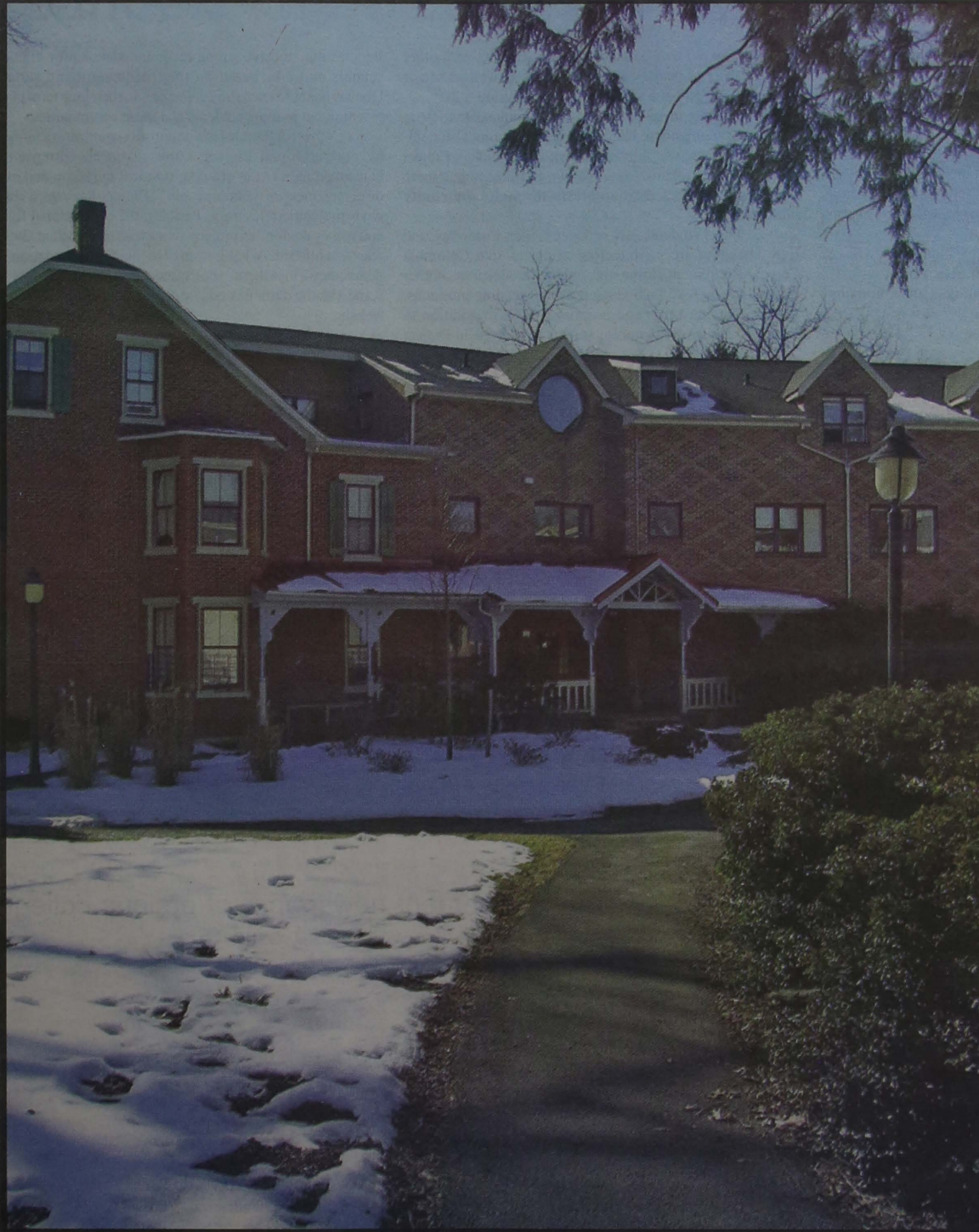
Lauren A. Perotti, Lindsey Fund, Jenn McCann, Megan Helzner, Katy Diana, Hilary McNamara, Cecily Macconchie, Esther Kim, Bart Brooks, Defne Sarsilmaz, Kevin Murphy, Matthew Pastor, and Dave Marcheskie

the grizzly

thursday, february 10, 2005

the student newspaper of ursinus college

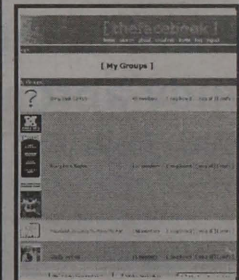
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SPINT Housing Information Sessions Begin

collegeville, pa

volume 29 issue 16

Project Pericles: Ursinus students serving the community

KATY DIANA

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Ursinus was recently chosen as one of the prestigious pilot schools for Project Pericles. Students and teachers alike are taking initiative, from learning about local watersheds to working at soup kitchens to tutoring.

Project Pericles, according to program director Dr. Kane, encourages students to understand the relationship between community service and a successful democracy. Students involved will not only help build a stronger community with their service, but also strengthen our country with their leadership.

New courses such as Creative Nonfiction with Dr. Zwerling and Watershed Research and Action with Dr. Goddard are promoting civic commitment and community involvement. In Creative Nonfiction the class is half senior citizens and half Ursinus students, both writing about their

communities. The Watershed class is working with other students from a local elementary school as well as senior citizens to research the effects of water pollution.

In addition, several new extracurricular activities are taking root. Sophomore Katie Ringler is heading a student-run volunteer crew at the Norristown Food Bank. "Project Pericles," she explains, "is a way to get the campus more involved and meet their interests through community involvement."

Other students such as Erica Keller, Casey Joy, and Kate DAndrea are volunteering at places like Columbia Cottage Retirement Home and Eagleville Hospital. Other efforts include SAT Prep classes, school reading programs, Habitat for Humanity, and hospital visits. In addition to gaining volunteer experience, students involved in Project

Pericles may receive strong recommendations for graduate schools and jobs based on their dedication and service. Ursinus hopes to keep Project Pericles in their long term plans, reaching out to more students and more communities.

Project Pericles is a nonprofit organization founded by philanthropist Eugene Lang, a retired entrepreneur concerned about "the growing political cynicism and civic disengagement of young people" (Project Pericles website www.projectpericles.org). Pericles, the inspirational figure and namesake for this project, was a leader in ancient Greece who established "what became the modern foundation for democracy" in Athens. For more information, contact Dr. Kane (hkane@ursinus.edu) or go to the Project Pericles website.

Faculty nominations for Commencement Awards

Special to the Grizzly from the Dean's Office

Lindback Distinguished Teaching Award, 2005

For many years Ursinus has recognized faculty for outstanding teaching by awarding the Lindback Distinguished Teaching Award. The award is given, as part of Commencement ceremonies in May, to a full-time faculty member in recognition of teaching excellence. The recipient is selected from among faculty members nominated by students, and recommended by a faculty committee comprised of previous recipients of the distinguished teaching award.

Any student may nominate one or more faculty members. Nominations must be submitted to the Office of the Dean of the College by **Friday, March 18, 2005**. A committee of previous winners will review the nominations and recommend a short list to the President who, under the terms established for the award, makes the final selection.

The following faculty members are not eligible for the Lindback Award by virtue of having previously received a distinguished teaching award:

J. de Arana C. Chambliss S.R. Doughty G Fago J. French S. Goetz R. Hess S. Hood M. Kelley A. Lobo A. Lucas M. McLennan J. Neslen H. O'Neill P. Perreten A. Price P. Schroeder P. Small P. Stern C. Trout V. Tortorelli T. Wailgum J. Wickersham T. Xaras

Jones Award for Distinguished Advising and Mentoring, 2005

The Jones award recognizes faculty members for outstanding advising and mentoring. The award will be given as part of the Commencement ceremonies in May 2005 to a full-time faculty member. The recipient will be selected from among faculty members nominated by students and recommended by a committee composed of faculty and administrators. The committee recommends a short list to the President who, under the terms established for the award, makes a final selection.

Any student may nominate one or more faculty members. Nominations must be submitted to the Office of the Dean of the College in Corson Hall by **Friday, March 18, 2005**.

Where in the world is your study abroad application?

HILARY MCNAMARA

himcnamara@ursinus.edu

It is that time of the year again! Are you interested in meeting new people, learning or improving a foreign language, becoming more independent and most importantly, having fun? If so, study abroad is for you! Study abroad is an opportunity to immerse yourself in a culture totally unlike your own. In traveling to another country, you learn to accept others' ways of life, while at the same time becoming a part of their lifestyle.

Every year, many Ursinus students study abroad in numerous countries, between Italy to Spain or to Japan, and with good reason. Some students go to further develop a specific major and others go purely for enjoyment. Either way, studying abroad is a great way to expand your horizons beyond the Ursinus College campus. Laura Freitag, a junior Exercise and Sports Science major who studied in Florence, Italy, fall 2004 says, "It was a wonderful learning experience. I discovered a lot about myself, Italian culture, and the rest of Europe as well. I would definitely recommend studying abroad because it is a once in a lifetime opportunity. Plus, I had so much fun!"

Programs still open in 2005/2006 are Ursinus in London, Paris and Tuebingen. Study abroad application deadlines for summer 2005, fall 2005, and spring 2006 are due by February 15, 2005. If you have any questions, come to the Study Abroad Question and Answer Session on February 9, 2005 from 12-1:30 in Wisner Parents Lounge. Bring your excitement and any questions you have! If you cannot make it to the meeting, the regular study abroad office hours are in Olin 219, Tuesdays 9-11 am; Wednesdays 8:30-10:30 am; Thursdays and Fridays 1:30-3:30 pm. Also, answers to questions you may have regarding the application process can be found on the Ursinus College Website. Spots fill up quickly, so grab your passport and hand in that application by February 15th!

Don't forget! Ursinus Study Abroad applications are due by February 15, 2005.

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Break out your microphone and your best spandex... here comes Airband

JENN MCCANN

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Get ready for the 22nd annual AIRBAND—the only night of the semester you can dress up in the craziest outfit you can find and lip-synch your favorite 80's tune or sitcom theme song in front of the whole school, and feel really good about it (not to mention remember it) the next day!

AIRBAND is an Ursinus College tradition that is sponsored by the Residence Life Office. Groups of students or faculty members put together lip-synching acts that leave the audience rolling in the aisles with laughter, year after year. For example, last year's Best Overall Act was a dance number choreographed to a medley of "hit" songs, such as "Calculus" and "The Hardest Part of Breaking Up" by 2gether, "The Call" by the Backstreet Boys, and "Idiot Boyfriend" by Jimmy Fallon. Brian Boland, a junior who was a part of the act, said, "I was a little hesitant about participating in AIRBAND at first. I had a lot of misconceptions about it, but I ended up having a blast doing it. It was a lot of fun to put on the good show that we did. The best part was that it was for a good cause. I'm definitely looking forward to doing it again this year!" Just ask anyone who has participated in past AIRBANDS—performers and viewers alike will tell you that the night is a great time for an even greater cause.

Each year the RLO, along with the student committee chairs, choose a charity in which to donate the proceeds. Last year the RLO chose the Laurel House, which is a residential home for youth and teenagers in crisis. Ursinus College, through AIRBAND, was able to donate almost \$15,000 to the Laurel House.

This year, the RLO along with student chairs Shelby Cochran, Brenden Connor, and Vanessa McGrath have chosen the Lea F. Sullivan Scholarship Fund. Lea Sullivan graduated from Radnor High School to go on to Harvard University for her undergraduate studies. She was a third-year medical student at Jefferson when her life was ended abruptly by a gruesome attack on a crowded city street in broad daylight. Although the bystanders didn't help Sullivan during the attack, they were able to get the license plate number of the attacker (who has since been apprehended). This attack, which lasted not even a minute, robbed the Sullivan family of a lifetime of memories with their daughter and sister. Lea Sullivan's brother, Luke, is a sophomore at Ursinus. The Sullivan family is very thankful that the proceeds from AIRBAND will go to benefit Lea's scholarship fund, which they have created through Jefferson to honor her name. It will go to help a medical student with similar goals as Lea.

In hopes to top last year's donation, the AIRBAND committee is adding to the fun by sponsoring other events to help raise money for this charity. On February 9th the Residence Life Office sponsored the Date Auction where students could buy themselves a Valentine.

Mark your calendars for February 12th, because Wismer Lower Lounge is hosted a Drag Show you don't want to miss!

As for AIRBAND itself, you have plenty of time to fine-tune your act—the show will take place on April 8th in Wismer Dining Hall. As usual, the faculty and staff judges will be awarding trophies to acts with the best costumes, best choreography, and best overall performance, to name a few. But registration is coming soon: FEBRUARY 14th-18th! The registration fee is \$100, and each act receives up to ten free

admission tickets. You do not want to be the only one left out from the year's AIRBAND, so get your act together now and GET AMPED FOR AIRBAND!!!

Want to see your fellow students in Drag?

Then come on out to Wismer Lower Lounge on Saturday, February 12th from 7pm-9pm

Sign-ups and ticket sales will be held outside Wismer this week.

\$3 per ticket

All proceeds will go to the Airband



www.wikipedia.com

Upcoming Events

Friday - Feb. 11

*The Lorelei Dance,
Gypsy Rose, 8pm

Saturday - Feb. 12

*S.U.N. "Underground Railroad Tour"
Lancaster County, Pa.

*Drag Show

Wismer Lower Lounge, 7pm

Monday - Feb. 14 (Valentine's Day)

* Japanese Film: "Tokyo Story"
Olin Aud., 6pm

Tuesday - Feb. 15

*Pew Lecture: Tyrone Brown
Pfähler Aud., 7pm

*Japanese Prints

Berman Museum

Wednesday - Feb. 16

*Artist talk: Sally Grizzell Larson

Berman Museum Upper Gallery

USGA updates

MEGAN HELZNER

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USGA has largely focused on tsunami relief efforts over the past few weeks. All money raised from campus events goes directly to the International Medical Corps www.imeworldwide.org. After a successful Dating Game hosted by the freshman and junior classes, USGA members and member organizations are in the process of planning additional fund-raising events. The Gay-Straight Alliance will host a yet-to-be-named event on the 23rd to benefit the tsunami relief efforts. And, at the end of February, the class of 2007 will host a Toga Party to benefit the fundraising efforts on campus.

Throughout the month of March, every week, different campus organizations will host activities or events aimed at raising money for this important cause. SASA will sponsor a Henna Night, and other student organizations have committed to putting on a concert and a dance-a-thon. The Midnight Breakfast in Wismer that was in the works postponed until a later date as are the Jell-O Wrestling Competition and Mr. Ursinus pageant.

The rule USGA enacted last semester, stating that any member of USGA must be at the meeting preceding a vote on a new club or organization, is now in effect. At the meeting on January 26, student presenters proposed their clubs to USGA for approval. At the

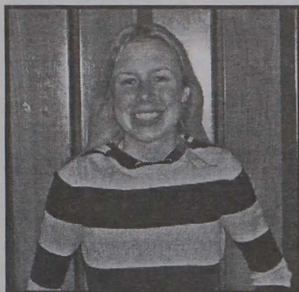
following meeting, on February 2, WeC.A.N., a non-partisan political/social rights group got voted in, while the UC Boxing Club got voted down as did Students Opposed to Drunk Driving.

At the meeting on the 2, a Career Services representative came to speak to students about the already widely publicized Ursinus Job and Internship Fair. The fair will place on Wednesday, February 23 and 50 organizations will attend. Career Services strongly recommends that students bring copies of their resumes. They are providing two open houses - "Resumania" - on February 9 and 16 for students to come in and have a career counselor review and help improve their resume.

USGA is planning the annual Basket Bingo for April 10. At this event, a variety of donated items are given off to players. All proceeds from this event benefit the Make a Wish Foundation www.wish.org. The USGA encourages students to invite their families to attend this fun annual event - in the past, parents have really enjoyed coming to campus and winning such prizes as Longaberger baskets.

Check your inboxes for more information regarding future USGA meetings. All are welcome to attend.

The burning question: how to prevent a urinary tract infection



LANE TAYLOR
Everything You Never
Knew You Wanted to
Know About Sex

Nothing ruins a day more than missing your morning routine: you're in a hurry because you've overslept, your stall is out of toilet paper or, in the worst-case scenario, you discover an unexpected burning sensation.

Dealing with the pain, and figuring out why an appendage you have been so kind

to is putting you through such misery will ruin a day or week. For some, a burning sensation while urinating signifies only a doctor's appointment and a diagnosis; for many others it causes alarm and a run-through of any past coital activities that may have led to this symptom.

Urinary tract infections are not necessarily, or even usually, a sign of a sexually-transmitted infection.

According to the National Institute of Diabetes and Digestive and Kidney Diseases, the most common cause of UTIs is the bacterium *E. coli*, which usually resides in the colon and is transferred to the urethra where it clings and multiplies. The tactic for preventing this is wiping front to back instead of back to front, which is often how the *E. coli* bacteria is transferred to the urethra. In some cases, the infection may spread to the bladder, and if left untreated may continue on to the kidneys. For infections such as these, antibiotics are normally prescribed.

Two other microbes that may cause UTIs are *Mycoplasma* and *Chlamydia*, which unlike an *E. Coli*-triggered infection, may be sexually-transmitted, and are also treated with antibiotics. Along those lines, in some cases a burning sensation is a symptom of several other STDs, typically seen with a Gonorrhea infection. However, with Gonorrhea, 80% of women feel no symptoms until the infection has progressed. 20% of men also feel no symptoms, but for those who do I once heard Gonorrhea described as "thousands of little arrows traveling through the penis while peeing." (Just a little added incentive to use a condom.) This is an important distinction because a burning sensation while urinating is not the ultimate sign that you've been infected with an STD, and in many cases, if there was infection this symptom may not be present. If you are sexually active, it is important to be tested and

aware of the risks, and to not depend on a painful morning at the toilet or urinal to discover whether or not you have a sexually-transmitted infection.

Although scientists and researchers have yet to discover the reason, women tend to develop minor UTIs as a result of sex. Some researchers have linked this to spermicides, specifically nonoxonyl-9, because it is the active ingredient in all spermicides found in the United States. However, the UTIs that develop in sexually active women are usually very minor.

Luckily, our friends at the Institute put down their pancreases and prescription pads to give the concerned and curious among us hints at how to avoid such infections. Some physicians give the following suggestions for women: drink plenty of water and cranberry juice (which will also aid in the passing of a minor infection), take showers instead of baths, cleanse the genital area before sex, and do not use douches or feminine sprays because they may cause irritation of the urethra.

Another suggestion that seems to help is to urinate right after sex, as well as whenever the need is felt, in order to cleanse the urethra. Holding it in seems to be an enemy of UTI prevention. With new information and tactics on making the most of your kidneys, in addition to having learned new prevention methods and causes, you can avoid these scenarios, an unpleasant morning, and a ruined week.

The literary side of music: two reviews



PETE BREGMAN

I know—books don't make sound unless you drop them. Despite that fact, however, over the break I read two very musical books. They both happened to be autobiographies of artists I love, and they were both surprisingly good reads.

The first was *Scar Tissue*, by Anthony Kiedis, lead singer of the Red Hot Chili Peppers. I have to admit, as much as I like the Red Hot Chili Peppers, I wasn't expecting the book to be all that deep. In case you may have forgotten, these are the guys who got famous

because they used to perform wearing nothing but socks—and *not* on their feet.

However, I was pleasantly surprised. Though Kiedis isn't the next Faulkner, he definitely knows how to write an entertaining and insightful book. It starts out with his childhood which was definitely turbulent; his father was one of the biggest drug dealers in the LA scene in the 70s. Anthony started doing drugs before he turned 10 and lost his virginity soon thereafter to one of his father's girlfriends. If that sounds bad, it only gets worse. It continues to detail the creation of the Chili Peppers and its various incarnations (they went through four guitarists, three drummers and an assortment of other switch-ups).

Much of the book centers on Anthony's struggle with heroin and cocaine addictions, but he describes his feelings and experiences in such a way that you feel as if you were a part of them. An added bonus of reading this book is that it provides much greater insight into Anthony's lyrics (For instance, "I Could Have Lied" is about Sinead O'Connor!).

The second autobiography that I had the chance to read is Bob Dylan's *Chronicles: Volume 1*. This is an amazing book if you like folk or blues music. Dylan finally lifts the veil and sheds light on much of the mystery surrounding his life and work. A lot of the narrative is spent on his time in New York City as a young man, as well as coming into his own as a singer/songwriter and joining the folk movement. He discusses at length the musicians who influenced him, from the obvious (Woody Guthrie), to the surprising (Public Enemy). Dylan also describes the weight of being dubbed a "god," and even explains how he intentionally made bad albums so people would leave him alone. This book makes it clear that Bob Dylan is a vital part of American musical history, but that, after all, he's still only human.

I highly recommend both of these books. If you like the artists, you can gain new insight into their lives, but if you don't, they're both good stories. An enjoyable idea is to read the stories while actually listening to the music about which the books are talking—you may begin to hear it in a whole new way.

As for now, just wait until next week, when I'll try to actually review some music.

And, as a reminder, if you have any questions/comments, or just want to talk, you can email me at pebregman@ursinus.edu.

DRESS TO IMPRESS

URSINUS COLLEGE

JOB & INTERNSHIP FAIR 2005

Wednesday, February 23, 2005

New Member Education: three weeks of boredom for non-Greeks?

HILARY MCNAMARA
himcnamara@ursinus.edu

Are you abstaining from participating in the New Member Education process this year? Are you worried about having nothing to do during these next few weeks? Worry no more! There are numerous activities and events taking place both on and around Ursinus' campus that will keep you occupied!

Many clubs and organizations on campus are coming together to provide students with ample opportunities to have fun and also raise money for the Ursinus tsunami relief effort. Come out on February 16th and support your favorite man on campus in the Mr. Ursinus contest, sponsored by the Campus Activities Board (CAB). Several male students will have the opportunity to answer questions and show their talents to win over the judges, but only one will be crowned as Mr. Ursinus.

Also, the Gay Straight Alliance (GSA) is planning an event for February 23rd which will, along

with the Mr. Ursinus contest, raise money for tsunami victims. Keep checking your email for more details!

In addition, the Film Society will be showing movies, free of charge, in Olin auditorium, starting Saturday, February 12th, at 7 pm, at which point *Scarface* will be shown. This presentation will be followed by a screening of *The Producers* on February 19th. So, grab your friends and some popcorn and stop by! If you would prefer to view a more recent movie, however, you can always take a 10-minute drive to the Regal Cinemas Marketplace 24 in Oaks!

Not only does Ursinus offer great on-campus activities, but its proximity to Philadelphia also makes it easy for students to explore the downtown area and become better acquainted with the city. There are several events and places to visit in Philadelphia during the month of February. The Philadelphia Car Show is taking place at the Pennsylvania Convention Center until Sunday, February 13th, and the cost for admission is \$13. Also, in honor of Black History Month, the African American Museum is having an exhibit focusing on "looking back on our past as we move toward our future."

Or, if you like animals and do not mind a little walk in the brisk February air, the Philadelphia Zoo is open throughout the winter with its numerous animal exhibits, including those of Australian animals, as well as the Reptile and Amphibian House.

Another option during the next couple weeks is the Philadelphia Art Museum, which is constantly updating their exciting and interesting exhibits. For instance, the work of surrealist Salvador Dali will be featured in an exhibit from February 16th until May 15th. Over 200 of his masterpieces will be shown, some of which are being featured in the United States for the first time!

All of these events and more are happening on or around the Ursinus College campus and are easily accessible. The USGA, the GSA, and the Film Society will keep you posted on other possible activities, so keep checking your email!

These next few weeks on the Ursinus campus can be fun and interesting, even if you are not joining a Greek organization.

Red-and-Golds at Ursinus

CECILY MACCONCHIE
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We have all seen them. They are the kids at the parties whom no one knows. Some of us swear that they are the reason Wismer is serving exceptionally good food for the day. They are the Red-and-Golds, the prospective students who spend a night with a host student and a day attending classes and participating in campus events to really get a feel for Ursinus.

According to Ursinus freshman, Brittany Perry, the Red-and-Gold program is an effective one. Brittany had a lot of fun with her Red-and-Gold, a girl who was very quiet in the beginning but opened up throughout the course of her stay.

"We had a lot of fun," explains Brittany. "I think the program is great. It gives the prospective student a chance to really experience the college, [instead of just hearing] about it."

Junior Jenn McCann shares a similar sentiment about the program. She has been a Red-and-Gold host in the past and thinks it's a great way to see what the next four years are going to be like.

The Red-and-Gold process is simple but important. Students interested in hosting Red-and-Golds can request to do so in the Admissions Office, explains McCann. When a Red-and-Gold is assigned

to a student, the student brings him or her home, where the Red-and-Gold is shown around, brought to club meetings, parties, or simply around to meet current students.

The next day, the Red-and-Gold attends classes within the major he or she is planning on pursuing and may meet coaches for his or her respective sport, depending on whether or not the Red-and-Gold intends to continue in a sport at Ursinus. By spending this significant amount of time on

the campus, the prospective student is not just hearing about life at Ursinus, but is actually living it—this is what is so beneficial about the Red-and-Gold program. By participating in it, a senior in high school can experience Ursinus first hand, and may even meet the people with whom he or she will be spending his or her college career. If you are interested in becoming a Red-and-Gold host, simply make a visit to the Admissions Office and express your interest.

career corner

Dress to Impress for the UC Job & Internship Fair on Wednesday, February 23, 2005

First impressions are critical! Employers will make assumptions about your professional credibility and potential performance based upon your appearance and presentation during a first meeting. It's very difficult to overcome a poor first impression, regardless of your knowledge or expertise.

For the UC Job & Internship Fair, Career Services recommends that graduating seniors dress in professional attire. This means a conservative suit for both men and women. Underclass students seeking internships should wear professional or business casual attire. This means leave your jeans, sweats, and scrubs at home! This is your time to shine—give yourself the competitive edge!

Below are some general tips for dressing to impress:

- Develop a look that is simple and successful when selecting an outfit. Keep the focus on you and your qualifications rather than on what you are wearing.
- Clothing should fit well and be cleaned and pressed. Shoes should be polished.
- Make sure your hair is clean, neat and styled in a professional manner.
- Brush your teeth and have fresh breath. Do not keep gum or candy in your mouth.
- Display no visible body piercings, except for conservative ear piercings for women.
- Cover visible tattoos to avoid distraction.

Additional resources to help you prepare for an interview or for the Job & Internship Fair:

- UC Guide to dressing for success at the Job & Internship Fair <http://webpages.ursinus.edu/career> (Click on "Fair Preparation")
- Dress to Impress: a Guide <http://amdt.wsu.edu/research/dti/>

grizzly classifieds

Spring Break 2005- Travel with STS, America's #1 Student Tour Operator. Jamaica, Cancun, Acapulco, Bahamas and Florida. Now hiring campus reps. Call for discounts: 1-800-648-4849 or www.ststravel.com.

TheFacebook.com, I hate you: A victim's story

ESTHER KIM
eskim@ursinus.edu

TheFacebook.com was launched on February 24, 2004, and nearly a year later on February 1, 2004, Ursinus College was finally added to their "elite" list of colleges and universities permitted to access the website.

The elitist quality of facebook.com created by their "member-schools only" rule is perhaps the allure of the site. We always want what we can't have, and it seems that finally granting Ursinus students membership into TheFacebook.com has created a greater frenzy than if it had allowed us in from the beginning. Demand is always greater when supply is lower.

But I have to ask myself, at a school with fewer than 1600 students, is this online social network really necessary?

My friends at larger schools, such as Stanford University, New York University, George Washington University, and the Claremont Consortium of Colleges in California find that TheFacebook.com is useful for keeping in touch with old friends and for looking up that elusive guy or girl

whose name they don't know because of the large size of their schools.

Sure, it's nice to keep in touch with your all your friends cross-country, it really is. But at Ursinus, really, how hard is it to find out the name of another student? Usually you ask a few people and 99.999% of the time, you'll be able to find out his name, his major, where he lives, what sports he plays, who he's friends with and who he's hooked up with so far.

I'm not going to lie, for awhile I thought that it sucked that Ursinus wasn't included in this 'elite' online social web. But now I've tasted a little bit of this ridiculous idea, I'm simply left frustrated and a little bit sad. Even victimized, almost.

I thought that Instant Messenger left us with enough procrastination by checking our buddies' profiles and away messages to AIM-stalk them. Apparently that's not enough, and now we can TheFacebook-stalk others too!

Instead of trying to have a real conversation to ask a friend, "hey who's that guy over there?" or "who's that girl at that table?" now we can spend hours on

TheFacebook.com, scouring the site for his/her profile, so that we can find out his/her interests, hobbies, activities, screen name, birthday, and stalk his/her friends as well. Hey, who needs social skills and real talking when you've got TheFacebook.com?

Our generation is already screwed over because of laziness and internet addictions. I'd like to see in five years how graduation rates and student retention numbers compare to that of five years ago. Maybe that's a little bit dramatic, but hey, AIM and TheFacebook eats our time and our plans for the day. One of my suitemates spent a good deal of time trying to convince me to go the gym with her (although I had already gone), but the time she could've been at

the gym (which was an hour and a half ago) has been already spent on TheFacebook.com, writing her profile and building her buddy list.

Let's look on the bright side: maybe now, Wismer and the gym won't be as crowded given all the kids will be glued to their wonderful Ursinusian laptops. That sounds awesome: more food and a better workout in a less odiferous gym. Oh yeah, and New Member Education starts so those involved probably won't even have time for all this anyway. I just want all this insanity to die down soon. After the first half hour, TheFacebook.com lost its appeal. But hey, add me if you'd like, I'm just not going to waste my time trying to look for you.

How great is the nuclear terror threat?

DEFNE SARSILMAZ
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We hear it all the time: "Weapons of mass destruction... Nuclear threat... Missiles..." But how great is the threat? Do American people really have a reason to be afraid? Moreover, do citizens of the world have a reason to be afraid?

Ever since the collapse of the Soviet Union, policy-makers have worried about terrorists obtaining nuclear weapons. Some of the nuclear materials of Russia went missing and nuclear scientists are targets for groups interested in obtaining nuclear weapons. People like Bin Laden and Saddam have claimed to possess weapons of mass destruction, whether they were faking it or really meant it. Are these facts strong enough to make us believe that there is a great nuclear threat?

Security experts say that the chances for terrorists to obtain a nuclear weapon and the long-range missile to deliver it are slim. Amy Smithson, director of the Chemical and Biological Weapons Nonproliferation Project, believes that a lot of the people are overreacting to nuclear threat. "Fear is not conducive to good policy-making and good programs," she states.

The challenge for terrorists is not only obtaining a weapon of mass destruction, but to deliver it in ways that kill many people. One of the famous scare stories tells us how terrorists can infect a whole city with deadly anthrax spores, using a 'drone aircraft,' which has a crop-spraying function. The fact is that the plane, an M-18 Dromeda, only has a range of 250 to 300 miles, which means that the aircraft would need to stop for refueling numerous times traveling from Iraq to Britain. This indicates that even if terrorists do possess weapons, it is not that easy to deliver them.

A US scientist, who visited North Korea's nuclear facilities in the beginning of 2004, said that he did not believe that the country could turn its nuclear technology into a weapon.

The US recently suggested that Iran is developing nuclear weapons. Although Iran claims it has rights to develop nuclear weapons, it says that the nuclear power is being developed for electricity. Everyone hopes that the US uses diplomatic ways to reach Iran and does not pull the country into a messy war again, as it is the case in Iraq.

The Nuclear Non-Proliferation Treaty (NPT) allows only the United States, Great Britain, France, China and Russia to possess nuclear weapons. The rest of the countries are limited to use nuclear power for peaceful reasons. While North Korea left the NPT, Iran is threatening to leave as well. As for now, eight countries are known to possess nuclear weapons: the US, Russia, Britain, China, France, India, Pakistan, and Israel (the US never constrained Israel from developing weapons). Iraq, Iran, and North Korea are considered as an 'axis of evil' by President Bush.

However, Saddam had gotten rid of his unconventional weapons long before the US invaded Iraq. It remains blurry why President Bush moved first against a country that posed a smaller proliferation risk than North Korea and even an American ally, Pakistan.

While the US does not really have a reason to be afraid of a nuclear threat, many believe that the rest of the world has a reason to be afraid from the US. After all, out of all the nations, the US is the only country that ever used an atomic bomb against a hostile target.

Iraqi Election: Why I really hate Bush

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President Bush's speech to Congress on February 3rd was one buoyed by the recent elections in Iraq. He claimed that the elections in Iraq, as well as the progress between the Israeli-Palestinian conflict, was leading to liberty and peace in the region.

His main selling point in that topic was that he was bringing about "freedom from fear."

Does the hypocrisy of that statement astound you as much as it does me? I cannot even begin to fathom how to respond to that one. There is a sheer overabundance of acts and statements that he has made that do nothing but perpetuate fear. Bush attempts to cite September 11th, terrorism, al-Qaeda, Saddam Hussein, and plenty of other sources to scare Americans into submitting to his will.

America is a decent country, with decent people, who generally want to see the world become a decent place to live in. Yet the amount of un-democratic things Bush has done completely strips any attempt at honest democracy America may have.

If one wants to witness bravery, read about the Iraqi elections. Read the interviews given by the people who voted. There is uncommon strength and pride in the region that has not been seen since before the days of Saddam Hussein. But

the message is also generally the same: they say to America, "thank you for your help but please leave now. We'll take care of our own affairs."

Frankly, I'm not surprised. Bush used fear and invalid reasons to enter the war with Iraq and bring about general upheaval and destruction in the land. Granted, ridding Iraq of Saddam Hussein was a noble goal, and that was accomplished. At the same time, Bush entered the war for all the wrong reasons. He lied and tricked the majority of Americans; he capitulated on their fears and used it to rally support to a non-existent cause. Then he turns around and has the audacity to say that democracy is the best form of government because it allows for freedom from fear?

That's ok. I'm not too worried. Why? Because I have the Declaration of Independence on my side, and the Declaration of Independence gives the right to the people to oust elected officials when they are not doing their job, especially if they bring about serious harm and malcontent to America (or even to the world): "...when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government."

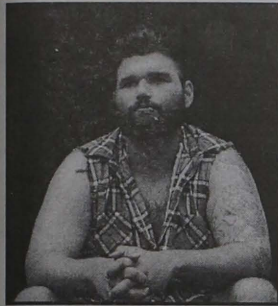
Bush has abused and usurped for far too long. If he cannot be ousted from office, then let us at least make his last four years in the White House an extremely painful affair.

Subscription society

Is it just me, or does just about everything have a monthly fee associated with it now? Back when I was a kid, there was only one regular payment that I had to make: \$1.75 for the newest Wolverine comic book. Now, perhaps, just perhaps, my parents also had a mortgage and the standard adult home-owner bills, but not too many. We have a well and septic tank, so no water bill. The furthest our phone ever called was Reading to talk to my aunt.

However, I can only assume that the cost of electricity was at a premium from 1986 to 1992, as my dad always threatened to charge me a nickel if I as so much exited a room with the light still on.

Anyways, things have apparently made advancements since 1992 in billing technology. While



GOODY

The Skipped Diploma: Musings of a Social Senior

broadcast TV is still available for free, it has become an American inevitability, it seems, that anything under 53 channels (one of which is stagnant portrait) is utterly unacceptable. And still I find myself searching for something of interest to watch at 4 a.m. whether it be broadcast in Lancaster or Collegeville Cable.

Furthermore, I don't understand the monthly fee for Tivo. I mean you pay for the unit, then the monthly fee for the cable as well. As far as I can remember, a VCR records with no monthly fees. Plus, if you don't see a movie or TV show because your VCR doesn't automatically record it even if you didn't know it was on, can you technically miss it?

I played with a Sirius Satellite Radio over break. It was actually pretty cool, as I could pretty much constantly listen to Sabbath and Skynyrd. However, I don't feel that I could have safely station-surfed while being distracted by operating a motor vehicle. Plus it lacks the quaint charm of a blank CD marked, with a Sharpie, "Party Mix 3."

The internet has also become a bastion for monthly bills. Not only is there the standard ISP fee so that you can go to websites and receive drunken IMs from your friend such as "Maggy Mayne (3:00:41 AM): a o9y' come here" Totally worth 19.98 a month. But on top of that, now individual sites such as ESPN, Napster, and Lightspeed Sorority all now charge fees to see the hardcore stuff. Um... I mean hardcore exclusive site content. Time for a rapid change of subject.

But yeah, I miss the good old days where subscribing to something meant simply getting a magazine every month. No bills for TV, TV Recorders, Radios, Cell Phones, Internet, unlimited video rental plans, GPS in your car or whatever they'll discover to advance monthly charge technology. The way I see it, I don't think I'm going to be able to afford all sorts of monthly bills on top of rent, car payments, insurance, etc. once I graduate. But I have a solution...if I've lived with my folks for 21 years, I'm sure I can stand another 15-20.

Goody is a senior. You can reach him at jagood@ursinus.edu.

Lost ball

This column will prove to be a milestone for me. It's the first one I will have turned in on time. In fact, days early.



CAM FURMAN
It's the Mind

Because my fellow readers, I am off to Florida. If you are looking at a map, that's the one that looks a bit like a boot, only without Italy written across it. Although, ironically, I will be in the city of Naples.

There are those who tell me, and I have no reason not to believe them, that while I'm in Florida there will be some sort of football event going on. Having grown up with virtually no interest whatever in that particular sport, my enthusiasm for the Super Bowl is predictably limited. I have been told to root for the Eagles because I live near Philadelphia, and I have been told to root for the Patriots by my best friend, because he is from their area. You can imagine the pickle I would be in if I cared.

But no, my reasons for going to Florida are quite different. Primarily it is to visit my aunt, who moved down there to escape the cold of Pennsylvania. She lived in Erie, and if anyone reading has ever been to Erie, you couldn't blame her. Erie is a particular kind of cold, lake cold. No good.

But the primary reason tends to be somewhat overshadowed, unfairly, by the secondary reason for the trip. I will be participating in a sport of a completely different kind from football.

I say sport, but some would argue it shouldn't be classified as such. I will be golfing. Those of you who might have otherwise approved of a trip to Florida may now be second guessing that approval.

But I like golf. This is the problem. My joy of golf is like a penguin's joy of flying. I'm never going to be any good at it. Not only that, quite often I am frustrated by it. The game has become my particular form of practicing self-hatred. I'm not terrible by any means, but I'm not good either. My father keeps telling me that if I play more my game would improve. I suspect he's lying to me.

The particular event I am playing in is the annual Tommy Bahama Golf Tournament. Playing alongside me will be my father, aunt, and my aunt's friend.

My chance of playing better than anyone in my particular foursome is almost nonexistent. My father is better than me, so he's out. My aunt plays more than me, and apparently her friend is a ringer. Not to mention the fact that they get to play from the red tees, which are designated by gender, and not, as I feel is only fair, by ability.

I've been told that when we aren't golfing, we will be going to the beach. I will save my dislike of beaches for another column. Also, I'm almost certain there will be a Super Bowl watching party (Go Eagles...or Pats...whichever).

On the plus side, last time my father played golf in Florida, he came across an alligator on the course, so there's always being eaten to look forward to. Or is it crocodiles that are the aggressive ones? Either way, if my ball lands near anything with that many teeth, it's going to be considered lost.

Cam is a senior. You can reach him at cafurman@ursinus.edu

Blogging for dummies

Everyone wants effective blog posts, but too many people these days just don't know how to attain that goal. Well, I am here to help. If you just follow this easy guide, you'll be on your way to effective blogging in no time flat!

First, you must start with what we in the business like to call an "attention grabber." Try something like "I hate my life" or maybe "Killing myself sounds like a delightful idea." This will force the readers to read on because there will be a burning question in their minds: "WHY!?" The trick is, however, to never ever EVER answer that question.

Ever.

Seriously, guys. Ever.

Okay, so now that you've grabbed the readers' attention, you have to give a half-assed attempt at explaining why. Key word: "half-assed." Try using some vague sweeping generalizations like "People suck" or "I wish teachers weren't constructed from demon bowels" or "Who needs friends? Friends are worthless." Naturally, the reader will be skeptical of such bold remarks, but you have to hammer home your point! Try some extreme exaggerations. For instance, if you just had a fight with a friend, say "All of my friends hate me." Or if you just got a C on a test, say "There goes my scholarship." Or, if your girlfriend just broke up with you,

say "I am lost in the abyss of broken-heartedness! I shall never love again!" The point here is to evoke one and only one emotion in your reader: pity.

Next, you must give the reader a slight glimpse of something reasonable. Yes, here is your concession that you might be overreacting. Say something like "You know,

maybe I'm overreacting. Maybe things aren't as bad as I'm making them seem. Maybe locking myself in my room and blasting Dashboard is not the ideal solution." This will elicit a "Well... duh!" from your readers, which you don't want. You just want to toy with their emotions, which is why you want to throw in some more self-degradation. Try saying "I hate that about myself! I always make a big deal out of nothing! I'm so stupid!" Surely, the reader will sigh and be confused. This is where you want to leave him or her.

Wrap up quickly with an emphatic restatement of the thesis, if you will. So, something like "I hate myself" or "Here come my wrists, razor blade!" Use your imagination!

Well, now you all know the secrets to a great and effective blog. Use these tips wisely, and Happy Blogging!

Matt and Dan are freshmen. You can reach them at maflytnz@ursinus.edu and dasergeant@ursinus.edu.



MATT FLYNTZ
DAN SERGEANT

Communism for Dummies

Wrestling team continues annihilating its opponents

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The setting could not have been more perfect. Senior night at home in front of the Ursinus faithful was definitely a match to remember.

The night began with two wins for the Bears.

Junior, Eddie Murray, gave Ursinus a 6-0 lead on a forfeit win to improve his record to 35-0 this year.

Freshman Anthony Valles collected the next three points on an 11-5 decision victory over Mike Tenehaus at 133. Valles used two takedowns in the first period for a 4-1 lead. He then tallied four more points in the second, made two escapes in the third and earned a riding time point for the win.

Muhlenberg was finally able to mark the board in the 141 pound match with a 4-2 decision.

Muhlenberg then proceeded to take

the next two matches in the 149 and 157 pound classes with a decision win and a major decision win to give Muhlenberg a 10-9 overall lead, but that lead would not last long.

At 165 pounds, senior Scott Roesch pinned Chris Gibson in two-minutes and thirty-eight seconds to give the Bears a 15-10 lead.

Junior Kyle Capella scored seven points in the third period and with much ease took the match with a 10-1 decision.



The Bear's strength and victories did not cease there, however.

Junior Mike Troutman, wrestling in the 184 pound weight class, vigorously dominated his opponent, with a 20-4

technical fall victory in a three-minute and thirty-seven second match.

His victory along with the many others, took triumph out of reach for the Mules. Troutman posted six takedowns including five in the first period to collect his 32nd win this season.

After the match, Senior Jason Sabol remarked, "It has proved to be a great atmosphere to be a part of, and I am going to miss wrestling for Ursinus, once I graduate. Hopefully we can make this season really memorable."

McGarvey, Smith rally Bears past Washington

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What started to look like a sure Washington victory, turned into an Ursinus rally Wednesday night as the Bears came back from 11 down mid-way through the 2nd half to take home an 89-80 victory over Washington.

The Bears (11-9 overall, 8-5 Centennial Conference) trailed 59-48 with 12:32 left in the game. It was turning out to look like a disappointing loss when junior guard Mike McGarvey drained a three to spark a run that the Bears would feed off of until time ran out.

When asked what Coach Kevin Small said at halftime, McGarvey replied, "He told us it was gut check time, asked us how much we wanted the game because the way we played in the first half didn't show that we were the much better team."

Early in the game it appeared that the Bears still had that early season one-point loss to Washington (8-11 overall, 5-7 Centennial Conference) on their minds, allowing the Shoremen to connect on 8 three's, grab numerous offensive rebounds, and take a 39-31 halftime lead.

However, as the Bears started to heat up, the Shoremen went cold. Ursinus shot 68% from the field in the 2nd half, while the Shoremen could only amass 3 treys in the final 20 minutes.

McGarvey scored 22 of his game high 24 points in the 2nd half, but was not the

only Bear to help jump start the offense late in the game.

Shortly after McGarvey's three, freshmen Nick Shattuck stole the ball and tossed it to junior forward Joe Scholz who threw it down and not only got the team pumped, but the crowd as well.

Freshmen guard Tim Smith made his presence felt by coming off the bench to score a career high 19 points, and dishing out 6 assists.

"Tim was a major part in the win. He showed how much talent he really has and the composure to run the team at the point in a close game," added McGarvey, "He had six assists and a few steals and his free throw shooting was clutch the whole the second half."

Smith went 11-13 from the line, hitting two of them at a crucial point in the game when the rally was getting started, along with a fast break lay-up that also helped spur the Bears 15-5 run, giving them the lead and the victory.

Will Furey continued his dominance in the paint with 19 points. Nick Shattuck, who scored 10 points in Wednesday's match-up, has been a major contributor and key reserve for the Bears all year. Matt Fabian pulled down a game high 12 rebounds.

Despite their loss to Franklin and Marshall in their following game by a score of 91-60, the Bears still remain in fifth place in the Centennial Conference. As it stands now, the Bears are in position to gain a playoff seed.

Dubb's digit

3

Dubb's Digit is a weekly blurb written by Jason "Dubb" Davis about some kind of significant or obscure stat that somehow relates to Ursinus Sports.

Well here it is folks, Dubb's Digit. This is a little thing I used to do back in high school, so I figured why not continue it here at UC. Well that, and my older brother pretty much volunteered me.

So here you go, Dubb's first digit here at Ursinus, and it's a doozy. I picked three not only because of the sheer beauty of the number, but also for the number of Ursinus indoor track and field records broken during their meet on January 28th. I would like to say congratulations to Audrey McKenna for setting the school record in the women's 55m with a time of 7.50, Matt Granteed, who actually broke his own mark in the men's 55m hurdles with a time of 8.10, and Steve Stern, who broke the record in the men's 55m by posting a time of 6.60. All three of the runners are my fellow members of the '08 class. Way to go guys, '08 already making a name for itself!

Daley and Guntli come up big

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The Lady Bears basketball team traveled to Washington College last Tuesday, February 1st, to take on the Shorewomen in a Centennial Conference showdown.

The boards caught on fire fast as the women started out quick with a 6-2 lead thanks to a jumper by Liz Munn.

The first six minutes of the game were nothing but the Daley show as she knocked down seven points pushing the bears to a 9-2 lead.

Later in the game, Daley sank two buckets from mid-range, while Dana Alf sank a crucial three-pointer.

Towards the end of the half, the Bears took the biggest lead of the night with an impressive score of 34-17. Efforts were large on Guntli's part as she shot a lay-up to finish the half with a comfortable 17 point lead.

After half-time, the Bears rattled the

scoreboard as the team took a 61-38 lead. This game ended with a final score of 79-34.

Molly Guntli scored a career high 25 points. Guntli wrestled along the boards, earned 11 rebounds, and was 8-12 from the floor. Molly shot 9 out of 12 of her best shots from the foul line.

Molly was modest after her career best game by keeping the focus on the team. "It was a great win over Washington. They're a really scrappy team so we knew we needed to play smart the entire game. They aren't a very tall team so we had to get the ball inside to Mary Kate, Julia and I for the posts to score which my teammates did very well. We're playing very well this year and we have a good chance to make the last playoff spot."

The Bears improved their record to 5 wins and 7 losses in the Centennial Conference, and hold a solid overall record of 9-10.