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The Grizzly, November 10, 2005

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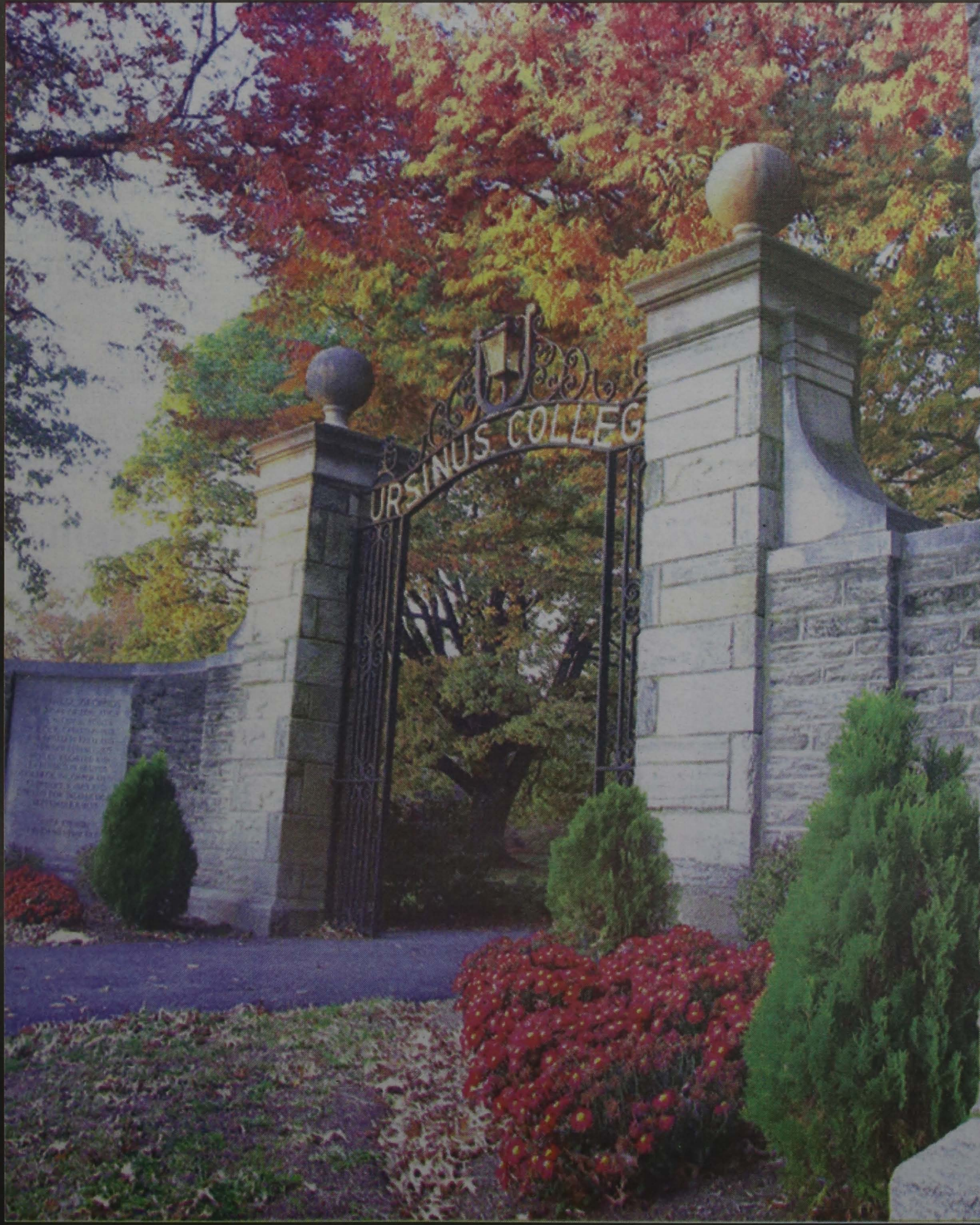
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the grizzly

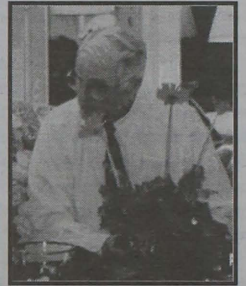
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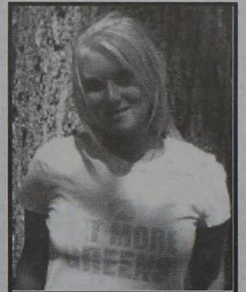


*There is a beautiful spirit breathing now
Its mellow richness on the clustered trees*
Henry Wadsworth Longfellow, "Autumn"

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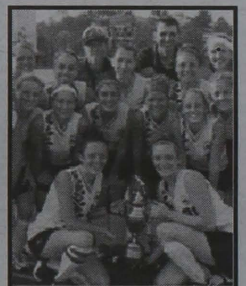
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News

Congress to campus

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As part of the national Congress to Campus program, two retired congressmen visited campus last week. Jim Lloyd, a Democrat from California, and Louis Frey, a Republican from Florida, arrived on campus on Monday evening and departed on Wednesday evening.

Buddies through several decades, the congressmen cracked jokes about their respective political parties, current events, and each other. But each passing topic made the generation gap more apparent. Congressman Lloyd and Congressman Frey spoke of their respective opinions with no animosity. They spoke about a time when politics was less personal and when Republicans and Democrats could respect each other.

Their jam-packed schedule included several opportunities to engage with Ursinus students, and the congressmen seemed to enjoy every minute. Though Lloyd and Frey are both relishing life in their late seventies and early eighties, the men hustled and bustled their way across campus several times to talk with students in several classes each day.

On Tuesday, the congressmen had a full day, visiting four classes from 9:15 in the morning until 4:15 in the afternoon. Mr. Lloyd and Mr. Frey sat down with students studying leadership, journalism, environmental ethics, and human rights to discuss varied topics such as upcoming elections, immigration, party politics, and the media.



On the recent indictment of Lewis "Scooter" Libby: "In politics, a day is a lifetime," said Frey. "I have two rules: don't get into a fight with the press, and explain when you're in trouble." In Professor Jaroff's journalism class, Mr. Frey explained how the relationship between the media and politics changed after the Watergate scandal. Before, the media trusted the government in general, and allowed certain discretions to go unpublicized. But now no secrets are safe and reporters attack the government and its policies daily.

Frey also talked about potential presidential candidates. "I think Hillary'll be the nominee, with a 50/50 shot of the presidency."

Congressman Lloyd remarked on future elections as well. When asked what problems Democrats will face for the 2008 presidential election, he pointed to the lack of true leadership within the party. The prescription, he believes, lies not just in winning debates or better campaign ads. Lloyd stated that what the Democrats need in the next major election is a gimmick, along the lines of Roosevelt's "New Deal" programs. A popular gimmick, or slogan, will help center the party and give it increased focus and motivation.

Congressman Frey is an accomplished attorney and public speaker. In 2001, he co-edited a book called *Inside the House - Former Members Reveal How Congress Really Works*. He served in the House of Representatives from 1969 to 1979 and was in the Republican leadership from 1973 to 1976. Congressman Lloyd was the Director of Public Affairs and Cold War Activities in Guantanamo Bay during the Cuban Missile Crisis in 1963. He was elected to the House in 1974 and served three consecutive terms.

Spotlight: spyware protection

DAN LAMSON

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You are surfing the internet, looking at your favorite page when a pop-up appears saying that your computer is infested with spyware. What do you do?

If you answered close the box and do not click, you made the correct decision. You may ask, "Why not? It says to click to clean my computer!"

The answer to that is simple. It is lying. I could make a popup that said in order to purge your system of spyware, jump out your window. Would you listen to that? I hope not.

When dealing with that type of popup, it is important not to follow the links they promote, because they will either lead you to a site where spyware can be downloaded onto your laptop or to a site where you can buy a program to clean your computer of these malicious programs.

"Why shouldn't I follow it if I could buy software to clean my computer?" The answer to this is because the best software is free and should be installed on your laptop already!

There is a program called Lavasoft Ad-Aware which is easy to use and will save you a great deal of hassle in the long run. The program is located in the program list of the start menu, under the menu option of the name listed above.

Run the program and be sure to update to the latest definitions. Then click the "scan now" button followed by start.

The process is now automated. All you need to do is wait, and when the scan is done make sure all the bad items are selected and then click next. Then you are done!

"Well that's dandy, but what is this spyware stuff anyways?" you may think. It is basically any software that covertly gathers user information through the user's Internet connection without his or her knowledge, usually for advertising purposes.

Spyware applications are typically bundled as a hidden component of freeware programs that can be downloaded from the Internet. Once installed, the spyware monitors user activity on the Internet and transmits that information in the background to someone else. These programs can cause hijackings and also can cause your computer to run extremely slowly.

What does that mean? Many programs that say they are free come with a very high price. That price is your privacy and computer accessibility. Even seemingly innocent

programs like WeatherBug and BearShare can cause your computer massive problems.

Be careful what you install on you computer, and if you have any questions about whether a certain program is bad for your computer, call Tech Support at x2244 before you install the program. Some of these programs can wreak havoc on your system and are almost impossible to remove.

A few final tips to remember are to never install a shifty looking program and to run spyware cleaning programs often. But most importantly, think before you click!

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Honor code debate continues

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Should Ursinus adopt an honor code? What is an honor code and why should or shouldn't we have one? Read on and decide for yourself.

Of the 11 colleges in the Centennial Conference, seven have honor codes, and Haverford was featured in a Newsweek/Kaplan poll as "Hottest" for its honor code.

Honor codes typically work best at small private colleges, with an intimate environment and a strong sense of community, according to Donald McCabe in "Honesty and Honor Codes."

"It does seem like it would be natural for Ursinus to have an honor code," said Judith Levy, dean of the college.

So why doesn't Ursinus have one?

Ursinus has considered instituting an honor code before, Levy said. In the mid-90s, when the dean first joined Ursinus, there was a college-wide exploration of the issue. Due to mixed feelings from both faculty and students, the subject was dropped.

Those mixed feelings remain.

Senior Katy Diana disagrees with the nominal implications of an honor code. "Saying that Ursinus needs an honor code suggests that there isn't enough honor here in the first place," she said. "It suggests that we need some

form of guidance besides our own morals and besides the law."

Diana also questions the effectiveness of an honor code. "I think it might backfire and lead to more cheating," she said. Diana doesn't trust students and thinks putting an honor code in place will make it easier for dishonorable students to cheat and to get away with it.

Levy stated that she personally believes in an honor code's effectiveness from her previous experience. "Both my undergraduate and graduate experiences were at schools with honor codes, and I previously taught at Wellesley College, which also had an honor code," Levy explained. When she taught at a larger school without an honor code, her department was the first to institute one, which soon spread to the entire school.

Honor Codes at other schools require all incoming students to sign something—a document, banner or wall—to pledge themselves to the code. The colleges then allow students to take all their exams un-proctored, giving more freedom to academic life. An all-student judicial board is established as well to hear cases of cheating and decide on proper punishments for their fellow students. It is also students' duty under the honor code to report any other instances of cheating they see.

Levy is concerned with this aspect of an honor code. "I don't want students to think they are having something

taken away from them," she said, in regard to the requirement of students to report their peers. Diana agreed that this was a troubling aspect of an honor code. "If the honor code we're proposing requires us to turn in people we know are cheating, then there's more of an opportunity for blackmail," she said.

Diana, even as a student, doesn't see the benefits in the stipulations of an honor code. Un-proctored exams do not appeal to her. "It doesn't give the students a chance to ask teachers about questions they may have," she said.

In regard to an all-student judicial board, she worries about the objectivity of students. "I don't think students can really be objective with one another and people who have friends on the board will be favored more, turning it into a popularity contest of sorts," she added.

Recently, students and faculty gave a big push to institute an honor code, Levy said. "If we could do it, it would be great," she added. "But if it's pushed by the administration, then the faculty won't consent. It needs to be owned by them so they can take pride in it and truly enforce it."

Diana said, "I just don't think honor codes are absolutely necessary. I think that people should act on their own accord and not because there's a fancy new code hanging over our heads."

Human rights activist speaks at UC

SARAH KECK

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Mark Konrad, founder and executive director of Global Importune, spoke to a group of students at Ursinus College last Wednesday night.

Global Importune is a human rights organization dedicated to raising global awareness regarding human rights and human rights violations. Over the past five years, Konrad has written more than 7,100 letters of concern on behalf of more than 800 political prisoners around the world.

Wearing a t-shirt displaying the phrase, "agitated, agitator, agitating," Konrad immediately posed a question to the small group of students congregated to hear him speak. "What are human rights?" he asked. Without waiting for a response, he answered by saying, "those rights that everyone are entitled to."

Konrad began advocating for the rights of political prisoners in 1996, and, in 2000, took on the task full time with the development of Global Importune. "Importune," he explained, "means to urge or push with urgent persistence." This persistence is one factor that has led to the release of 150 political prisoners. "We don't have too many successes, but every now and then..." he said and then let his voice trail off.

Every month, Konrad visits the website for Amnesty International, a worldwide movement of people campaigning for internationally recognized human rights. He takes down the names of current political prisoners and writes letters on their behalf. He then makes copies of the letters and sends them to members of Global Importune. Members sign the letters and mail them back to Konrad. Once all of the letters are returned, Konrad sends them to international politicians. "[It is of] no cost to them," Konrad said in reference to the nearly 365 people that are involved in this letter-signing group, currently the largest affiliated with Amnesty International.

Global Importune advocates for the rights of Prisoners of Conscience (POCs), those imprisoned due to ethnicity, sexuality, journalistic involvement or personal beliefs. "[We] don't advocate the use of violence," Konrad said, explaining why they never wrote on behalf of Nelson Mandela and other political prisoners who have vindicated violence.

Konrad has been arrested and spent time in jail on several occasions for his passion and commitment to this cause. He has also been banned from China. Nevertheless, he doesn't allow himself to fall in defeat. In fact, he uses these experiences as fuel to keep himself actively involved in the cause. "It's truly amazing once you start doing it how easy it becomes," he said of these radical measures. Konrad is also motivated by the prisoners who have told him that treatment they received improved once letters started coming on their behalf.

At the conclusion of his talk, Konrad told students that he wanted to introduce them to the best human rights activists. He then turned a mirror on the crowd. "You get so much out of just volunteering," he said.

"Take the time to sign a letter to save a life."

corner

career

Mind your Peas and Q's: Career Services serves up success!

Remember the Seinfeld episode when George Costanza got caught double dipping with a large tortilla chip? Are you guilty of this sort of unfortunate dining or dipping disaster? Have you been caught slurping your soup, talking with your mouth full, or blowing your nose in your napkin during dinner? Have you considered that your everyday dining practice might not cut it if you were sharing a meal with a potential employer in an interview setting?

Well have no fear - Career Services is here to help you learn how to make dining over an interview a delightful, not dreaded, experience. The Career Services Office invites you to join a simulated business interview dining experience which includes a full three-course meal designed to polish your dining etiquette skills. Get tips to help you strengthen your ability to "chat and chew" while maintaining a professional appearance. Learn the do's and don'ts of interview dining. Topics covered include negotiating the table setting (including flatware, china and glassware), when to sit, how and where to place your napkin, and when and how to pass. We will also discuss the art of eating french fries, buttering bread and twirling spaghetti!

Join us for an evening of fun, food and formal etiquette instruction on Tuesday, November 15, at 5:00 pm in the faculty and staff dining room. You must make reservations in advance of the event, and a registration fee of \$5 is required in order to participate. The fee will cover the wonderful meal and educational materials. Stop in Career Services to sign up, call 2274 or email career@ursinus.edu. Act quickly, because space is limited and will be on a "first come, first served" basis!

An Epic skate shop

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Recently opened Epic Board Shop provides skate and snowboard enthusiasts with their outfitting needs right here in Collegeville. Located on Main St., between 4th and 5th Ave., Epic is just a short walk from campus.

In addition to hard-goods such as snow and skateboards, Epic also sells apparel for both guys and girls. The shop carries brands such as Independent, Zoo York, Elements, Enjoi, Bon Fire and lesser known labels such as Slide. Multicolored Beanies, skate shoes, and belts line a wall while wallets and women's sunglasses by Angel can be found at the counter. Snowboarding apparel for both men and women, including jackets, pants, and water-proof gloves, fill the racks. While styles and sizes were limited, a cluster of boxes being feverishly unpacked show signs of selection to come.

While Epic's snowboard collection is growing, the shop's specialty lies in its large assortment of skateboard decks and accessories. The store's skateboard selection is worth checking out for the Ursinus student who prefers coasting to class above walking.

Opening in late September, Epic has become a haven for local skaters, as mop-headed teens meandered about the store. An in-store Xbox begs to be played and adds to the "hang-out" vibe of the shop.

Prices were typical of the average board shop with logo t-shirts fetching \$20 and an OP long-board to cruise campus costing \$117.

While permanent hours are still in the works, Epic is typically open from 12-8pm daily.

DiBlasio to perform at Ursinus

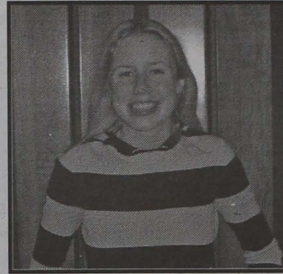
Renowned saxophonist Denis DiBlasio will be the featured performer with the Ursinus College Jazz Ensemble at 8 p.m. on Thursday, Nov 17, in Bomberger Auditorium. The performance will cap off a two-day music residency during which DiBlasio will work with members of the Ursinus ensemble. The event is free, open to the public, and no reservations are necessary.

DiBlasio is currently the director of the jazz department and conducts the Jazz Lab Band at Rowan University in Glassboro, N.J. He has performed and served as musical director for Maynard Ferguson's band for five years, and has played and taught across the United States and around the world as a clinician for the Yamaha Musical Corporation. His group, the Denis DiBlasio Quartet, has released several albums, heralded by critics and jazz enthusiasts alike.

Jazz pianist Tom Lawton returns to Ursinus as a special guest performer with DeBlasio and the ensemble. A resident of Montgomery County, Pa., Lawton is a lecturer in jazz piano at Temple University and an instructor at Bucks County Community College. He is an active free lance musician, composer and recording artist who performs frequently with leading jazz artists in Philadelphia, New York City and internationally.

Scientific Sexual Healing

What does the average person get out of sex? Most would respond: a closeness with their partner and the evolutionary aspect that drives us mammals to mate, pleasure. However in reality, people engaging in safe, consensual sex are taking much more from the experience than simply the experience. Recent studies have shown that the benefits one can experience from sex go beyond orgasmic satisfaction and can actually improve one's health and daily life. And, as I am constantly ready to defy those that have negative opinions and judgments over the private sex lives of others, I write again to destroy the senseless stigma placed on sex with scientific, solid, reasoning as to why there is absolutely nothing wrong with having sex.



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

According to Momscape.com, having an active sex life in a committed relationship can have a significant impact on your health. Endorphins, which are chemicals in our body that have a "feel-good" effect when released, are released during sex and can aid in alleviating pain. Sex can also benefit and strengthen the immune system due to chemicals that are released during intercourse, according to Paul Pearsall, PhD. A study was conducted by Dr. David Weeks of The Royal Edinburgh Hospital that even asserts that sex causes the aging process to slow (Momscape.com).

One of the most thrilling aspects of "sexual healing" is that it impacts both men and women substantially. According to *Men's Health* magazine editor, Hugh O'Neill, men who engage in intercourse at least three times a week lower their chances of acquiring prostate difficulties. Testosterone flow is also encouraged during sex, which impacts bone and muscle strength. Regarding women's health, the chemical oxytocin is released during sex which causes feelings of affection and nurturing (Momscape.com). WorldHealth.net also seems to associate oxytocin with both men and women, and what causes

its release is actually feelings of affection and love. Because this hormone causes an increase in sexual longing, it can lead to the amount of sex a couple engages in to amplify (WorldHealth.net). Also, the female hormones secreted during sex are extremely beneficial in preventing heart disease and softening the tract of the vagina (WorldHealth.net). And according to WorldHealth.net, the steroid DHEA is released during intercourse in both men and women and has been linked to the growth of muscle mass, depression prevention, enhanced sex drive, and longevity.

Both websites discuss sex as a form of exercise, and state that having sex three times a week, every week, for one year burns as many calories as running (Momscape.com) or jogging (WorldHealth.net) 75 miles. And because it's a form of exercise, it decreases the level of cholesterol in the body and cause an increase in energy. It also causes the amount of oxygen in the body to increase which causes stimulation throughout the assorted systems of the body (WorldHealth.net).

Sex has also been linked to stress reduction and relaxation, which is extremely advantageous for both the body and mind. (The circulatory system in specific benefits from the stress reduction and relaxation associated with sex.) Sex is also believed to have the ability to alleviate pain in some instances, specifically when regarding joints and headaches (WorldHealth.net).

Momscape.com stresses the importance of being in a trusting relationship, because uncomfortable and mistrustful relationships can often cause anxiety which would counteract and inhibit many of the health benefits.

The scientific and public health communities are now accepting sex as a beneficial and healthy aspect of life, so perhaps with a little help from both you and them, those still trapped in archaic convictions circa 1950 can modernize and then begin to exercise. But if they can't be won over, that certainly shouldn't stop those of us less concerned with stigma and more concerned with physical health to start or continue working out.

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REPEAT! Dynasty built in second CC Crown

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Dynasty - that would be the word to use when describing the Ursinus Field Hockey team. The Bears beat #15 Gettysburg College in the Centennial Conference Championship game this past Sunday.

This is the Bears second conference championship in two years. Last year they knocked off Franklin & Marshall in overtime to win the first title in program history. Sunday the Bears held the trophy high once again reigning victorious over the conference.

Last Saturday the Bears beat the #4 seed Johns Hopkins in the tournament semi-finals to advance to the championship game Sunday afternoon. The second game on Saturday was Gettysburg and McDaniel College; Gettysburg beat McDaniel to advance to the finals.

Sunday afternoon rolled around with beautiful sunny weather and just a slight chill in the air. It was a perfect day for the Bears to end a perfect run at another title. The 'Burg tried to stop the force of sophomore standout Lindsay Cappa, but they just could not. Cappa scored the first goal of the game with a little help from junior Karen Wendler. Cappa then netted the second goal of the game with a pass from Kait Sutherland. This was Lindsay Cappa's second straight two-goal performance, making her a clear tournament MVP candidate.

With regulation time expired in the first half, the last play of the game was a penalty corner for the Bears. Sutherland's corner pass found Karen Wendler who sank the shot right in to end the half. At intermission the score was 3-0 and the Bears were well on the way to earning their second straight title.

In the beginning of the second half, Krissy Browning for the Bullets scored a goal to downgrade the lead to two. Jess Rodgers, however, scored a goal in the second half to bump the lead back up to three. Two minutes later the lone senior, Ashley Ettinger, scored her last conference point by earning the assist on Kait Sutherland's goal. This would end the Bullets hopes for a comeback.

Seconds on the scoreboard were counting down to the celebration of the 2005 Centennial Conference Champi-

ons. The Ursinus College Bears beat the Gettysburg College Bullets 5-1 in the title game. Tagging the word dynasty to this squad is appropriate as this is the Centennial



Conference's first team to win the title two times in a row. With the win, the Bears earned an automatic NCAA playoff bid.

The team's single senior leader gives the squad much needed experience with such a young team. Ashley Ettinger called this win, "a true testament to our team and coaches." Her leadership proves to shine through as she talks about the next step for the squad. "We have worked way too hard to be satisfied with a conference title," she said. "This season has been amazing and no one could ask for a better coaching staff and group of teammates to compete with." Ashley Ettinger was named Centennial Conference Player of the Year for 2005.

Ettinger, a senior co-captain, is the third consecutive Ursinus player to earn Player of the Year honors. She is also making her second appearance on the All-CC first team as one of two players to receive a unanimous selection this year, while being named an honorable-mention choice in 2003. Ettinger has tallied seven goals and nine assists in 20 starts this season.

Lamina is making her second All-CC appearance and is the only sophomore on the first team. Lamina has re-

corded 106 saves this season while posting an .822 saves percentage. Starting in 19 games, she has posted a 17-2 record with three shutouts.

Wendler, a junior defender, earned her first conference honor with a spot on the first team. She ranked fourth on the team with 10 goals and four assists for 24 points. Wendler was named CC Player of the Week for scoring the game-winning goal in a 1-0 upset of No. 3 TCNJ and adding an assist against Washington.

Doutt, a junior defender, was selected to the All-CC second team for her first conference nod. She anchored a defense that has given up only 23 goals in 20 games for a 1.84 goals-against average. In addition, Doutt has tallied three assists for the season.

Cappa, a sophomore forward, received her first conference accolades in 2005. She lead the team with 17 goals and two assists for 36 points. Cappa was named CC Player of the Week three times, including this week for scoring four goals in the CC championships. She has started all 20 games and has tallied five game-winning goals.

Rogers, a junior forward, made her first All-CC appearance in 2005 as an honorable-mention selection. Rogers started all 20 games and ranks second on the squad with 12 goals and five assists for 29 points. She has had four multiple-goal games, including three game winners.

Ursinus is now going to take this talent to the Regional Playoffs, making it the Bears second appearance to the NCAA Playoffs. Ursinus College was chosen to be the host site of this Regional Tournament. Daily admission is \$5.00 for adults, \$3.00 for students (with school I.D.) and \$2.00 for children under 12.

The Bears, 18-2 and ranked No. 2 in the latest NFCA Division III poll, will play the winner of the first round game between Williams (13-4) and Western New England (19-4) in the second round on Saturday. Game time is 11 a.m.

Cortland State (14-2) will face the winner of Utica (12-4) and Babson (18-4) in the other second-round game at 2 p.m.

Saturday's winners will meet in the third round on Sunday at 1 p.m. for a berth in the national final four.

Fad Diets: sometimes it is ok not to be trendy



CECILY MACCONCHIE
Health advice for the couch potato in all of us

The other day, while I was on the treadmill, I looked up and found myself watching a commercial for Applebees. "Oh great," I thought, "this is exactly what I need to be watching while I'm running." The next commercial that came on was for LA Weight Loss Centers. The commercials followed this pattern throughout the rest of my workout. There would be

loss program. This pattern is ridiculous. It is almost as though we are being set up to eat unhealthfully and then we are forced to buy into fad diets.

Fad diets have been around for longer than many of us realize. In 1863, "A Letter on Corpulence Addressed to the Public" was written by an undertaker named William Banting. It is considered the first diet book. Then, in the 1930s, the grapefruit juice diet, which allows only certain vegetables and insists on grapefruit or grapefruit juice at every meal, became popular. Weight Watchers was founded by a New York housewife in 1961 and a decade later, in 1972, Dr. Robert Atkins published "Dr. Atkins' Diet Revolution."

The Beverly Hills Diet, a six week plan beginning with a solid fruit diet for ten days, and The Rotation Diet, which alternates high and low calorie days, both became popular in the 1980s. The 1990s brought high-protein diets like "The Complete Scarsdale Medical Diet" and low fat diets, such as "The Dean Ornish Life Choice Diet." In 1997 "Dr. Atkins' New Diet Revolution" became a best seller. In 2005, Atkins Nutritionals filed for bankruptcy and the "Bread for Life" diet, which requires eating more than ten slices of bread per

day, was published, indicating the end of the low-carb age (The Asbury Park Press).

It is important that we be aware of fad diets and not buy into them, as they are not healthy means of weight loss. Yes, they promise quick weight loss and usually they deliver, but the way they go about it is all wrong. Cutting one type of food, such as carbohydrates or fat, completely out of a diet is not healthy. Diets which focus on only certain specific elements, such as high protein diets, are also unsafe because they can raise cholesterol. In addition, most fad diets do not require daily exercise, which is necessary for physical well being.

Most people who go on fad diets gain back all the weight they lose because as soon as these diets are stopped, dieters go back to their old habits. For this reason, the only way to effectively become healthy and stay that way is to eat a diet containing a little bit of every type of food, carbohydrates, fat, protein, fruits and vegetables. When a healthful diet is combined with exercise, we are left with a lifestyle that can be maintained quite easily. When it comes to fad diets, it is better not to be trendy.

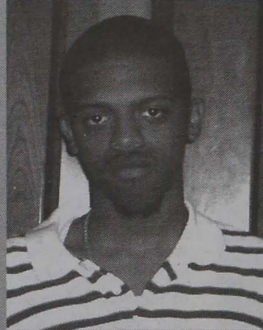
My mouth runneth over

I would like to start this article by apologizing for not having an article last week. My week was so crazy and I did not feel any inspiration to write. I found that many people read the paper in search of my article, which was unexpected on my behalf. It does feel good to be appreciated and I would like to extend my thanks to you for reading - now to this week's rant.

"And the tongue is a fire, a world of iniquity; so is the tongue among our members, that it defileth the whole body, and setteth on fire the course of nature; and it is set on fire of hell" (Holy Bible, James 3:6 KJV) ...the bottom line: Your mouth can cause a lot of trouble.

Ursinus College is a small campus with just over 1500 people; everybody knows or has at least seen everybody else. With such a small campus, it is hard to have secrets or any form of confidentiality.

Our precious school is known for its laptop initiative, challenging academics, and CIE. I think that something else needs to be added to that list, GOSSIP! Gossip is an epidemic on campus that is not limited to a certain gender or race. A person cannot as much as belch in the bathroom without the campus hearing about how that person is suffering with lung cancer. People live for the latest news on fellow students, faculty, alumni, cleaning staff, etc.



DARRON HARLEY
The Left Side of the Hallway

I understand that finding out secrets about people is an exciting thing. Knowing that you have discovered something about somebody that they probably did not want you to know can be down right fun. However, the reality is that gossip only hurts people.

I am tired of hearing about people's secret lives on this campus. I have been known as a gossip hound from time to time, but I have grown past that stage. Being on the other end is another experience. Gossip is fun as long as you are not the subject. Spreading rumors can be literally life threatening.

People have fought, divorced, murdered, and even committed suicide based on what people have said about them. The tongue is one of the most damaging organs you possess; what you say can ruin the life of someone else if you are not careful.

The older I get, the more I appreciate silence. I am learning that a person has to practice being quiet. I remember my mother telling me "the loudest wagon makes the most noise." The people who always have something to say about everybody and everything are usually the people who really have nothing of sense to say.

I am putting my own inner gossip hound in check. If we have time to spread rumors about other people, it means we are not doing enough with our own lives. Worry about you. I am sure you have enough problems to discuss with yourself.

The Back Row: Assault on Precinct Thirteen

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Of all of John Carpenter's early works, *Assault on Precinct Thirteen* (1976) is one of his most underrated. In 2005, an Ethan Hawke version joined the ranks of Carpenter movies that suffer from bad remakes (*The Fog*) and worse sequels (*Halloween*, *Escape from New York*, *Vampires*) leaving few who remember the original flick about a group of cops and criminals banding together to ward off the faceless gang outside.

On a steamy California afternoon, Lieutenant Ethan Bishop (Austin Stoker) is overseeing a skeleton crew in watching over an all-but abandoned police station on its last night when a prison convoy makes a detour while transporting death-row inmate Napoleon Wilson (Darwin Joston). Meanwhile, a distraught man being pursued by a murderous gang stumbles into the station after killing one of their members. As the sun sets and the gang surrounds the station, Bishop, Wilson, a few secretaries (Laurie Zimmer and Nancy Kyes), and another inmate (Tony Burton) are left stranded and rapidly running out of ammo, forced to unite and use their wits to survive until morning.

On the surface, *Assault on Precinct 13* comes off as a gritty action thriller about the line between cop and criminal and the ability of a common enemy to unite. However, Carpenter makes full use of the claustrophobic setting and faceless gang members to create a modern day Western with a strong feel of George Romero right out of *Night of the Living Dead* thrown in for good measure. Although the movie starts a little slow after its bloody beginning, *Assault on Precinct 13* takes no prisoners, making it clear that no one, be they man, woman, or child, is safe from the gang's murderous wrath, leading to one of the most disturbing scenes caught on film.

From the start, the care that Carpenter put into his characters is apparent. Even the most annoying ones have some redeeming qualities that you will miss after they are killed. With Wilson, the psychopathic killer, there had to be a great temptation on Carpenter's part to lapse into clichés and create a cookie-cutter criminal. Instead, the audience gets a guarded man who has made some serious mistakes in his life, and realizes he is soon going to have to pay the price for them.

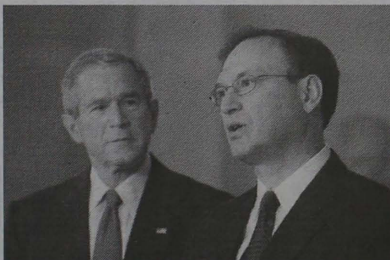
Quite simply, I loved this movie. It has likeable secondary characters that do not leave you wishing they would just hurry up and die already, as well as some surprising jump scares. However, I cannot ignore the fact that the ending seemed anticlimactic compared to all of the challenges already overcome earlier on in the movie. *Assault on Precinct 13* manages to lose steam right when it is most needed to keep the audience rooting for the survivors. Despite being made in the mid-70's, this movie stands up to the toll of time surprisingly well, managing only to look dated in some of the wardrobe. For an even better use of the claustrophobia present throughout the cramped police station, I highly recommend John Carpenter's *The Thing*, where the only thing more deadly than the shape-shifting alien in their midst is the raging sense of paranoia.

Who is Samuel Alito?

ASHLEY HIGGINS
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President Bush has recently nominated Circuit Court Judge Samuel Alito to replace the retiring Sandra Day O'Connor on the US Supreme Court. Alito is a favorite among conservatives in politics.

Alito appears to have a long-held friendship with the Bush family and is often compared to fellow conservative Antonin Scalia. Alito has in fact been nicknamed Scalito for such similarities with Scalia, which include a prominent Italian background, strong conservatism, and



opposition to legalized abortion. In his years on the third Circuit Court, Alito has adamantly stuck to his strongly rightward tendencies. In the 1991 case *Planned Parenthood v. Casey*, Alito was the only dissenting vote. The overruling majority on this case repealed a Pennsylvania law that required a woman to notify her husband of plans to have an abortion before the procedure.

Other incidents of bad decision-making include the 1999 *ACLU v. Schundler* case and the 1996 *Homar v. Gilbert*

case. In the *ACLU v. Schundler* case, Alito ruled that a Christian-themed Christmas display outside a hospital was not in violation of the separation of church and state because a plastic Santa (obviously an entirely secular symbol) was also present among Nativity figures. In the *Homar v. Gilbert* case, Alito represented the dissenting opinion in a ruling that upheld due process. A state university had suspended a campus police officer without pay before he was brought to a hearing. Alito supported the university's decision, which was in violation of due process.

Though some of Alito's decisions on the Circuit Court are controversial, he is strongly lauded for his legal experience. Alito is a 1975 Yale Law school graduate, and was nominated by President Reagan in 1987 to be a US attorney in New Jersey. President Bush Senior nominated Alito to the third Circuit Court in 1990. Though his legal career is impressive, someone with his extremist views has no place on the US Supreme court. Democratic Sen. Charles Schumer, for one, panned Bush's choice, and perhaps put it best with the following: "It is sad that the president felt he had to pick a nominee likely to divide America instead of choosing a nominee in the mold of Sandra Day O'Connor, who would unify us."

Whatever doesn't kill you makes the Avian Flu's job easier

Our beloved nation has enemies clawing at our gates and here we sit, asleep on the watch! What is wrong with the leadership in this country? Can they not see that the avian flu will kill us all?

Granted, the United States has not yet been affected by the avian flu, but let us not fall back into 9/10/01 thinking! Remember 9/10/01, America? Now that was a good day. We were the good guys back then – beating up Nazis, stopping genocides, handing out candy to impoverished children – and then WHAM-O along comes 9/11/01 and suddenly we wake up lying in a ditch, covered with raw sewage, and using our boxer-briefs as tourniquets. I say NEVER AGAIN!

Just as we could have stopped the terrorists, so can we stop the avian flu from tainting our Land of the Free with its taint-ness. Ladies and gentleman, I am calling on the President of the United States and Congress, on behalf of every true American (that is, white, male, land-owning Protestants) to order a preemptive strike, if you will. We need a Global War on avian flu!



**MATT FLYNTZ
DAN SERGEANT**
Communism for Dummies

And I do not mean a metaphorical war either. No, I mean real, old-fashioned, butt-whooping, fire-bombing, Normandy-landing kind of war. The kind of war your mother told you to stop pretending you were in while you were playing with your plastic army men in the sandbox. Our Honorable Leader George W. Bush once said that if you are not with us, you are with the terrorists. Well, I think the same goes for avian flu. You can either stand with us, or with the flu!

I propose that duck hunting be made not only legal, but mandatory. And not just ducks, either – anything with wings should be pumped so full of lead that it could double as a pencil. Some bleeding-heart liberals might whine and protest, saying, "Birds are vital to our ecosystem!" or "What about the thousands

of innocent bats who will be killed alongside the birds?"

Well, let me tell them a thing or two – you cannot filibuster the avian flu, folks. It is coming, whether you want it or not; just like the Rapture and the next season of the *Simple Life*.

Back to the butt-whooping. We should order military strikes on all chicken coops worldwide, even those who might have set up sleeper-cell chicken coops *right inside our own borders!* In their place, we should set up free, democratic cow pastures instead. Lady Freedom, let your beacon shine!

The coming years will be hard as brave Americans the world over struggle to bomb and shoot the ever-loving tar out of the avian flu. Even so, we must stand united as a country, lest the enemy see weakness in our resolve. After all, we cannot afford to make the same mistakes we did with SARs. No sir, we would not want that.

Dan Sergeant and Matt Flyntz are neither land-owning nor Protestant. Please send vaccines to dasergeant@ursinus.edu and maflyntz@ursinus.edu.

Endings to famous literature adjusted for propaganda the War on Terror

In this time of war, the Administration wants you to know it is okay. This is a time of hopefulness, of rebuilding. We need to stop this stream of unpatriotic sentiment that runs through the classic literature, to revamp for a more topical narrative. We did not let Little Red Riding Hood get eaten by the wolf for good, did we? (Just long enough so she learned her lesson, the little communist). America needs to pull together and we need strong messages of solidarity. Like "Dulce et decorum est." So do not think of this as censorship, think of it as a "post-emptive strike."

Hamlet

Hamlet: Ah, Claudius has murdered my father! I must enact revenge! Slowly.
Horatio: You could just kill the lout.
Hamlet: No, if I kill him in prayer, he will be sent to heaven, and that's too good for him. I must be much more wishy-washy about this.

Horatio: Couldn't you just – ?

Hamlet: No. I want to make various resolutions and then not follow through or enforce them.

Horatio: Oh hell. *Horatio stabs Claudius.* There, it's off your conscience.

Hamlet: Uh, thanks.

Horatio: I was the only one who was going to survive this bloody play anyhow.

No Exit (Sartre)

Garcin: Don't you see this is our punishment? All of us here, together, for eternity.
Oh My:

Garcin: Hell is – Other People!
Room stands in shock. Garcin fumbles with the door knob in exclamation.

Garcin: Oh wait, it's just jammed. Nevermind. *Door opens and he walks out. Curtain.*

1984



CHRISTOPHER CURLEY
The 7 ½ Floor

Winston was listening to the television. At present only music was coming out of it, but there was a possibility that at any moment there might be a special bulletin from the Secretary of Defense. The news from the Middle Eastern front was disquieting in the extreme. On and off he had been worrying about it all day. An insurgent army was moving southward at terrifying speed. The mid-day bulletin had not mentioned any definite area, but it was probable that already Kurdistan was a battlefield. Najaf and the Syrian border were in danger. One did not have to look at the map to see what it meant. It was not merely a question of losing Fallujah: for the first time in the whole war, the territory was menaced. But it was all right, everything was all right, the struggle was finished. He had won the victory over himself. He loved America.*

*Actually, this is only funny in the way "watching the murder of innocents" or "NASCAR" is funny. Cribbed heavily from Orwell, place and title names swapped.

Chris Curley believes in the Cause. Pledges of unswerving loyalty should be sent to chcurley@ursinus.edu

Would you like your own column in the Grizzly? Email us with your ideas at grizzly@ursinus.edu

Greek Corner

The sisters of Omega Chi and the brothers of Delta Pi Sigma are holding their annual open dated this Saturday, Nov. 12. Tickets are \$15 stag and \$20 per couple. Buses will be leaving from Reimert at 7:30 p.m. There will be a bus leaving at 9 p.m. for sports and other activities.

The sisters of Phi Alpha Psi and the brothers of Delta Mu Sigma will be holding a South of the Border rush tonight, Nov. 10 at 8 p.m. at Keigwin.

The sisters of Phi Alpha Psi will also be holding a Touchdown Tailgate rush at 8:30 p.m. on Monday, Nov. 14 at Keigwin.

The sisters of Alpha Sigma Nu will be holding an Athletic rush at the end of this week – look for flyers. They will also be holding a Games rush with the brothers of Pi Omega Delta on Saturday, Nov. 12 at 8 p.m. It will open to the campus later that night. Both events will be held at Todd.

The sisters of Sigma Sigma Sigma will be holding a Sigma in the City rush in the Paisley Lounge on Monday, Nov. 14 at 7:30 p.m.

No crown but earn bid to ECAC

DANIELLE LANGDON
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Under the leadership of Coach Jeff Ykoruk, women's soccer has become the success story of the season! The fourth seeded Bears are now advancing to Women's Soccer Centennial Conference semifinals after defeating Gettysburg, the defending champions, last Wednesday. They managed to pull off the win with just two penalty kicks! Sophomores Elaine DiFelicantonio and Jess Hartline each made their penalty shots, while freshman goalie Lisa Clark blocked two Gettysburg attempts.

Sophomore Chelsea Morin scored one for the Bears, while Katie Myers also shot one for the Bullets tying up the competition, forcing two overtime periods. The 20 minute overtime remained scoreless causing both teams to take penalty shots. Megan Murphy, of Gettysburg, took the first shot far to the left just missing the goal post. Junior Lauren Washam was up next for Ursinus; her shot, however, was too far to the right. Clark stopped the next shot attempt by Gettysburg's Laurie Goon. DiFelicantonio was up next, under pressure to break the tie; she successfully buried her shot in goal for a 1-0 lead. Next, Stephanie Heath kicked a remarkable shot, but not remarkable enough to put it past Clark. Hartline then stepped up and scored putting Ursinus ahead 2-0. Gettysburg was now under pressure to make their last two shots in order to stay alive. Katie Ferraro, unable to make the next shot for the Bullets, sent Ursinus spirits sky high and on the way to the CC semifinals.

Ursinus also managed to defeat Gettysburg 1-0 during the regular season

for the first time in program history. They are now looking forward to playing top-seeded Dickinson in the first semifinal game on Saturday at 11:30 am. This is the third year in a row Ursinus has qualified for the tournament. Last year, the ladies were sent to the CC semifinals after defeating Muhlenberg 1-0 in the first playoff game.

Freshman forward Amanda Leatherman has been named CC Women's Soccer Player of the Week for October 17-23. She scored six goals with two assists during the regular season with a total of 14 points. During three conference victories for the Bears, Leatherman dominated with four goals and one assist. Not only did Leatherman have the game winning shot against Bryn Mawr and McDaniel, she also assisted the game winner in overtime against Franklin and Marshal. Sophomore Noelle Bisinger and Washam were also selected for second team all Centennial Conference.

Ashley Potter (also a sophomore) and Bisinger have conquered the field throughout the fall season. Bisinger leads the team with eight goals (five of which were game winners), three assists, and 19 points. With 13 wins, four shut outs, and 54 saves in goal, Potter has successfully displayed her talent in the net. Ursinus Women's Soccer has an overall record of; 13-3-2 and 7-2-1 in the CC.

The Bears unfortunately lost on Saturday in the Centennial Conference Semifinals to Dickinson College by the slimmest of margins 1-0. However, the Bears did become the second seed in the ECAC Tournament held at Pennstate this weekend. They will either face Carnegie-Mellon or Washington & Jefferson this Saturday at 2 p.m. This is the Bears first time in the ECAC tournament in program history.

Women's Rugby Division III Champions

KAREN GUARDIANI
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The Ursinus College Women's Rugby Club made history this weekend, as they clenched the Division III league championships for the first time since the club formed in 1995.

The Lady Bears traveled to Bethlehem, Pa. for the preliminary playoff match against the number one seeded La Salle Explorers. They dominated the entire match, and finished with a final score of 30-0.

The scrums remained relatively even throughout the match, but the Ursinus mauls were significantly stronger, allowing them to keep the ball in La Salle territory throughout the majority of the game. The explorers had trouble containing the back line, as they gained major running yardage as well.

Freshman Chelsey Morien ran in for two tries, while sophomores Jaime Malarchik and Tarah Pearson, as well as juniors Rachel Margolis and Caitlin O'Connor, each put in one. Junior fullback Kari Sears dominated the kicking game, spoiling several La Salle attempts at encroaching into Ursinus territory. The defensive line allowed for very few breakaways and forced several La Salle turnovers.

Saturday's victory put Ursinus into the winner's bracket, where they would face Bryn Mawr the following day. Despite the fact that they were slightly worn down, the Bears came out strong and soundly defeated their opponents, once again by a score of 30-0.

They maintained their consistent level of play and completely shut down Bryn

Mawr's offense with ruthless tackling and impeccable defense. The scrums favored Ursinus throughout the majority of the match, as they steadily pushed for yardage and hovered around the try line for the majority of the time.

Jaime Malarchik led the way offensively, scoring two tries, while Chelsey Morien, senior Nickie Tamny, junior Caitlin Hanlon, and senior Nina Graham each came up with one.

"It was a jolly good show," joked head coach Chris Walsh. "These were two of the best performances we have given all year. We execute the basics better than any of the teams we face, and that is why we have been winning. These girls certainly have something to be proud of."

The record-breaking victory was particularly meaningful for Ursinus' seniors, Allie Hunter, Nickie Tamny, and Karen Guardiani.

"Our team has grown so much over the past four years," explained Hunter. "During one of the first games when I was a freshman, Ursinus scored a try. Everyone was so excited because apparently it was the first time the team had ever scored since being formed. If you compare that with two 30-0 wins in playoffs you can really see how far our team has come."

Ursinus capped off its season with an impressive record of 7-1. The team is now in a position to potentially advance to compete in Division II for the fall semester of next year. The league will review the team's performances and possibly even schedule a match with a Division II team to see how they measure up to more competitive opponent. As for now, the team is content with the fact that this season's hard work has yielded such an incredible reward.

Season long T.O. for Owens in Philadelphia

DAVE MARCHESKIE
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Yes. No. Maybe-So. Yes, says head coach Andy Reid. Terrell Owens is definitely gone...for good. Philadelphia Eagles superstar wide-out received a suspension Monday for the maximum amount of games (four) by NFL rule for conduct that was deemed "detrimental to the team."

Last Thursday night after practice, T.O. was interviewed by ESPN. During the interview, Owens criticized the organization for having a "lack of class" for not celebrating his 100th touchdown reception. Other comments were directed to the team, and specifically quarterback Donovan McNabb.

The Eagles organization gave Owens a written apology to read during a press conference last Friday. Owens specifically was ordered to apologize to the organiza-

tion, the team, and Donovan personally. He apologized to the organization only.

Andy Reid sent T.O. home on Saturday afternoon suspending him for the Sunday Night ESPN game vs. the Washington Redskins. His suspension resulted from his conduct and refusal to apologize to the team. The Eagles lost 17-10.

The soap opera ended on Monday with head coach Andy Reid calling Owens in the afternoon and giving him an ultimatum; apologize or stay home. Apparently, Owens chose the latter. Now T.O. is a free agent after serving his four-game suspension without pay. Those four game checks are worth over \$800,000.

Andy Reid specifically noted in a press conference on Monday that it was his decision alone and the players are not to be involved in this matter. Some fans on campus supported Reid's decision. Sopho-

more Dan Witmer stated, "I think the Eagles are better off without T.O. because he takes away from their focus on the game." Junior Amanda D'Amico proclaimed that T.O. "Deserved his suspension."

In a city of "Brotherly Love" the Eagles are sick of the family fighting. Negative tension was so thick on the team that a fist fight erupted last week between Owens and defensive end Hugh Douglass. Douglass is nicknamed the team's "ambassador."

Now it will be interesting to see who will pick T.O. up after the suspension is over. This is not the first time he has been suspended. Owens was suspended in 2000 in San Francisco by head coach Steve Mariucci for his infamous "Dallas Star" celebration.

Donovan McNabb summed up the situation by saying, "Obviously it is tough losing a guy of his caliber, his ability, but I think we might be better off." Indeed.

Bearly Reminder

Saturday November 12th
Football at Dickinson-
1 p.m.

**Field Hockey vs. Williams/
Western New England- TBA**
(Regional Playoffs at Ursinus)

**Women's Soccer vs.
Carnegie Mellon/ Washington
& Jefferson- TBA**
(ECAC Tournament at
Penn State University)

M&W XC at Dickinson
(NCAA Regional Champion-
ships)