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The Grizzly, April 12, 2007

Kerri Landis

Marlena M. McMahon-Purk

Erica Kehler

Katie Ringler

Sarah Keck

See next page for additional authors

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Authors

Kerri Landis, Marlena M. McMahon-Purk, Erica Kehler, Katie Ringle, Sarah Keck, Erin Padovani, Salia Zouande, Lane Taylor, Tiffany Friedman, Heather Turnbach, Jon Gagas, Brandon Brown, Alex Ernst, Matthew Pastor, and Danielle Langdon

The Grizzly

Thursday, April 12, 2007

The student newspaper of Ursinus College

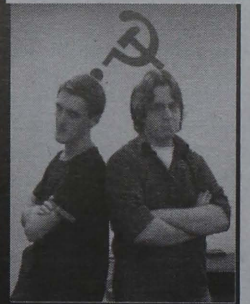
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Visiting Japanese taiko drummers play to a full Lenfest Auditorium

Project Pericles continues to succeed in community service

ERICA KEHLER

erkeehler@ursinus.edu

KATIE RINGLER

karingler@ursinus.edu

Over the past three years, community service has boomed at Ursinus through the development of student-run Project Pericles service programs. Project Pericles is a national, nonprofit organization that encourages and facilitates commitments by colleges and universities to include education for social responsibility and participatory citizenship as an essential part of their educational programs.

At Ursinus, Project Pericles has manifested itself through civic engagement and leadership academic courses, as well as through service projects aimed at promoting social responsibility and participatory citizenship. There are currently a total of seven ongoing service projects with 100 student volunteers.

Three of these programs focus on engaging children in the community. Volunteers for ACLAMO after school program in Pottstown help students from Spanish-speaking backgrounds with homework and reading. Headstart Reading Program seeks to get young children interested in reading at an early age by coupling story time with a craft or activity. At St. Christopher's Hospital, groups of five students at a time entertain young patients with a fun activity on the weekend.

Two service programs strive to create awareness about hunger issues through service to local food banks. The newest addition to the Project Pericles is Wismer on

Wheels, in which volunteers package leftover food from Wismer after dinner to donate to a soup kitchen in Phoenixville. The Meal Service Team runs the evening hours at a Norristown food bank once a week, cooks meals at a soup kitchen in Lansdale, and organizes hunger awareness events, such as the 12-Hour Famine.

The Norristown Mentoring Program encourages high school students to pursue college options by building relationships between Ursinus students and Norristown High School students. The ESL Program for Ursinus Spanish-speaking staff pairs students interested in Spanish with staff members interested in improving their English language skills, creating a stronger campus community. This project is featured on Ursinus' Project Pericles home Web site.

These Project Pericles service programs have given students an opportunity to connect with and build the greater community through service while reflecting on issues of civic engagement and social responsibility. Next year in the fall semester, a one-credit Project Pericles Leadership Course (POL299A), taught by Dr. Houghton Kane, will be offered for underclassmen interested in learning more about these issues and how they can take on more of a leadership role on campus and in the community based on these principles.

For more information about or to get involved in the Project Pericles service programs, please contact Erica Kehler at erkeehler@ursinus.edu, or Katie Ringler, at karingler@ursinus.edu. For more information regarding the Project Pericles Leadership Course, please contact Dr. Houghton Kane, at hkane@ursinus.edu. General information about Project Pericles can be found at www.projectpericles.org.

Macs lag in environmental friendliness, according to Greenpeace

SARAH KECK

sakeck@ursinus.edu

Are you a Mac or PC Person? On the Ursinus College campus, through the acclaimed "Laptop Initiative," students and faculty inadvertently become PC People, for the most part. Ursinus has been a "laptopped" campus since 2002, providing students with a computer upon matriculation into the college followed by at least one upgrade before graduation.

Despite the "robust and reliable" computing network environment that the College boasts on its Web site, some students and faculty still remain diehard Mac People. The Associated Press, however, reports that Greenpeace International released rankings for the environmental friendliness among electronic makers, and ranked Apple Inc., the maker of Mac computers, last among major electronic makers.

"Greenpeace is the leading independent campaigning organization that uses peaceful direct action and creative communication to expose global environmental problems and to promote to a green and peaceful future." (www.greenpeace.org/usa/about)

Sheryl Seitz, a spokeswoman for Apple Inc. rejected the newly announced ranking. "Apple has a strong environmental track record and has led the industry in restricting and banning toxic substances such as mercury, cadmium and hexavalent chromium, as well as many BFRs (brominated flame retardants)," Seitz said in a public statement.

Hexavalent chromium became recognized when the motion picture "Erin Brockovich" was released; the movie portrayed the real-life story of a woman who fought the corporation Pacific Gas & Electric for the role they played in the contamination of hexavalent chromium in drinking water in Southern California. Mercury, at one time, was a household name, found primarily in thermometers. Cadmium can be found in many battery types. All three of these chemical compounds have been identified as carcinogens.

A Greenpeace spokeswoman, Iza Kruszewska, responded to Seitz by acknowledging Apple's willingness to meet legal requirements and basic standards, but still has not stopped using these dangerous carcinogens in their manufacturing.

Lenovo Group Ltd., a Chinese electronic manufacturing company, was praised by Greenpeace for their "bucking trends" in China.

The Green Electronic Council, which is an environmental control and activist group funded by the U.S. Environmental Protection Agency, has typically given Apple better scores than Lenovo and the popular Dell, Inc. Their standards are based on 23 criteria which include materials used, energy conservation and packaging. Greenpeace, on the other hand, ranks the same electronic makers based on their use of hazardous chemicals

in production and efforts to recycle broken or obsolete devices.

An ongoing dialogue with Greenpeace and pressure from consumers to buy more environmentally friendly products has created a competitive spirit among electronic makers; top-ranking companies are moving in the direction of trying to become Greenpeace's first ranked "Green" electronic manufacturing company. In the past year, nine out of the 14 companies Greenpeace ranks have risen to the challenge, scoring a five out of a potential ten points. Nokia was the closest ranked to Lenovo, followed then by a tied Dell and Sony Ericsson.

For more information on how these Greenpeace rankings affect your electronics, visit www.greenpeace.org/electronics. For the full report and rankings, visit <http://www.greenpeace.org/international/campaigns/toxics/electronics/how-the-companies-line-up>.

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TO ADVERTISE:
E-mail: grizzly@ursinus.edu
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P.O. Box 8000
Collegeville, PA 19426

grizzly@ursinus.edu

New dorm progress

ERIN PADOVANI

erpadovani@ursinus.edu

You would have to be living in a cave to not notice the new structure being built across from Richter-North.

Yes, Ursinus College will have another residence hall in which students can live. The new dorm has not been named yet; as of now, it is conveniently being called "the new hall."

The new structure will be able to house approximately 188 students. Residence Life plans on offering this housing to students of all years, from freshmen to seniors. The layout of the new hall will mirror Richter-North; singles, doubles, and suites will be available to students.

Callie Pagano, a current senior, believes that freshmen should be kept together during their first year at Ursinus. "I think it's important for freshman to acclimate themselves with the campus together. They can learn a lot about themselves and other freshmen if the orientation process is kept separate from upperclassmen." At this juncture, it is unknown as to how, if at all, freshmen will be separated from upperclassmen.

For students who may be irritated from living in the old and often run-down Main Street houses, the new dorm will provide newer, cleaner living spaces.

According to Andrew Feick, Director of Facilities, students who live in the new hall will enjoy large central lounges that are particularly nice. The new structure will also

provide more capacity for Ursinus College's growing student body. Feick explains that, "this residence hall is key for the college's goal to grow to a 1,700 student body."

Construction on the structure began last April. The new hall should be completed this July. As with most major projects, there were a few trials and tribulations that the construction crew had to endure. The amount of rain we accumulated this fall set back completion for a short period of time, and the winter weather that occurred in January and February were also a hindrance. For several days, no work could be completed on the residence hall. Additionally, there was a problem with the brick on the front of the central tower: it needed to be replaced. Despite the aforementioned problems, the project still remains on schedule for completion.

Current students have suffered slightly due to the construction of the residence hall. Sophomore Sara Paulus, whose bedroom window faces the construction site, shares that construction has been anything but peaceful. "It's a little frustrating to be woken up at six or seven in the morning by jackhammers and bulldozers. The view is not the most beautiful, but I know in the end, the dorm will be very helpful to the campus." Sara also commented on how quickly the dorm seems to have been built.

If you are interested in watching the progress of the residence hall, you can certainly take a stroll around Richter-North and see the building. Thanks to technology, though, one can see the developments from the comfort of his or her own room. All you need to do is visit <http://construction.ursinus.edu/view/index.shtml> to find a live link of the construction camera. The camera is mounted on Richter-North.

Ursinus freshmen fall behind in Collegiate

Learning Assessment

SALIA ZOUANDE

sazouande@ursinus.edu

Ursinus College is participating with a consortium of colleges to study a new assessment tool, the Collegiate Learning Assessment (CLA). The CLA attempts to evaluate the ability of Ursinus College freshmen and seniors to engage in real-life writing, analysis and interpretation of information. The test takes 90 minutes and has a series of interesting exercises engaging students in critical thinking, reasoning and more.

Students are encouraged to participate in this study and contribute to the college-wide assessment effort. There have already been three sessions of this test. For those students willing to participate in this capital college assessment test, small tokens of appreciation are given in the form of gift cards to Wawa and similar rewards.

Now, why are we participating, and why do we think the CLA matters? This is quite simple; this test examines "critical thinking," an area that is very difficult to test.

On one hand, the CLA allows Ursinus College students to compare themselves to other students from similar liberal arts colleges. On the other hand, the CLA allows Ursinus College to compare the freshmen class and the graduating senior class.

The CLA also examines the "value added" component of the liberal arts college experience offered by Ursinus College. Students should be aware of the fact that they obtain individual scores that help them identify areas in which they might need to work a little harder.

The CLA is not a content-based test; its ultimate purpose has been to identify how well students can interpret data and manage information using critical thinking skills acquired while in high school for freshmen and in college for seniors. It is the Dean's hope that there is an increase in those skills.

Assessment is a very important issue in higher education, and Ursinus College is constantly examining how effective or successful the college is in meeting academic goals. The regional accreditation agency that Ursinus belongs to requires assessment and the CLA is an innovative tool that helps Ursinus College examine an important component of the liberal arts experience. The CLA is one of many tools that the college uses because it can be administered to all students, no matter what discipline they have chosen to study.

The CLA has received press in higher education institutions because it tests the skills liberal colleges claim to teach.

Ursinus College used the CLA last year to test its students and the students performed well. The freshmen results were as expected by the school; however, this year the freshmen performed "below expected" and some faculty members and administrators were concerned that they did not take the test seriously.

For anymore information about the CLA, please contact Dr. Davidson, at rdavidson@ursinus.edu. For additional information, feel free to contact Dean Lucas, at alucas@ursinus.edu.

There are several links where you can learn more in detail about the CLA. Please take the time to visit http://www.cae.org/content/pro_collegiate.htm and http://www.cic.org/projects_services/coops/cla.asp.

COMMENTS SOUGHT FOR TENURE REVIEW

In accordance with the Ursinus College Faculty Handbook, student comments on teaching effectiveness and student-faculty interaction are invited at the time of a faculty member's review for tenure. Although student letters must be signed to be considered, student names may be withheld, upon request, when their comments are shared with the Promotion and Tenure Committee, and the faculty member.

This spring, the following member of the faculty is being reviewed for tenure:
Dr. Jonathan Marks, Politics

Your feedback is strongly encouraged and will assist the Committee in its review process. Letters should be sent to Dean Judith T. Levy, Office of the Dean by April 27, 2007.

Spread your legs and turn your head and cough

LANE TAYLOR
lataylor@ursinus.edu

Most people hate the hassles involved with a doctor's appointment. Such an appointment usually involves scheduling, transportation, and the awkward minutes spent sitting in a waiting room wondering what's wrong with those around you. If that wasn't bad enough, the doctor keeps insisting that you make an appointment with a gynecologist, urologist, or that you "turn your head and cough" during the examination, and who wants their genitals poked and prodded without a little candlelight and mood music? However, gynecological and testicular exams are essential in maintaining excellent sexual and physical health and are as simple as a few deep breaths and the determination to take the first steps into the office and sexual wellness.

According to Planned Parenthood, women should schedule gynecological exams on a yearly basis to aid in the detection of breast and cervical cancer, to diagnose and treat sexually transmitted infections (STIs), and to monitor vaginal and uterine health. It has been determined that women who do not seek regular examinations are seven times more likely to be diagnosed with cervical cancer. Routine gynecological exams include discussing medical and sexual histories, optional blood work and counseling, and breast and pelvic examinations. Pap smears are also routinely given to detect abnormal cell growth or infections of the cervix. This test can also monitor thinning of the vaginal lining, which implies low levels of estrogen. There are certain conditions that may make your visits more frequent, such as pregnancy or planning to become pregnant, a family history of breast cancer before meno-

pause, an STI or a partner who has an STI, a history of sexual health and pelvic concerns, or a new sex partner. While gynecological exams are usually unnecessary prior to becoming sexually active or turning 18 (which means the vast majority of women here should have had an exam or are now planning one), any irregular pain, lump, itching, discharge or other significant change in vaginal, abdominal, and breast areas require immediate attention regardless of age or the date of your last appointment.

For men (most of whom reading this are probably breathing a sigh of relief for being born with a Y-chromosome and a penis), monitoring sexual health is somewhat simpler, but just as critical. I am referring to the discussion of your sexual history and testicular examinations, both of which can be completed in the office of your general practitioner. A good general practitioner will ask you about your sexual history, address your comments and concerns, and discuss those of his or hers. According to TeensHealth.org, during a testicular exam, the doctor is checking for a variety of conditions, one of which is a hernia. A hernia in the scrotum is usually the result of part of the intestine pushing into the scrotum, which can often be detected through a manual exam and treated through surgery. Your doctor will also be manually checking for any lumps or unusual swelling, enlargement, or hardness. (The doctor will examine one testicle at a time.) Like gynecological exams, these exams should occur on a yearly basis. You can also perform a self-examination, which, thanks primarily to The TCRC Self-Examination Web site, is fairly simple, and much like breast self-exams, should be performed monthly. This exam requires you to stand in front of a mirror, examine both testicles for swelling, and then examine each testicle with both hands by rolling them between your thumbs (positioned in front) and middle and index fingers (positioned in back). Locate the epididymis, which is a tube-like structure in the back that carries and

collects sperm, so you can familiarize yourself with it and not mistake it for a cancerous lump. Malignant lumps are usually found on the side and sometimes the front of the testicle, and epididymal lumps are not malignant. You should visit your doctor, or preferably, an urologist, if you find any change in the size of either testicle, an achy feeling or feeling of heaviness in the groin or lower abdomen, unusual pain, discomfort, fluid collection in the scrotum, or breast tenderness or enlargement.

If you find anything unusual or you're unsure about whether or not something is significant, get it checked it out just to be safe. And with one hell of a Wellness staff and a convenient location, there's no reason not to stop by while on a condom run or pamphlet run, "just to be safe."

Relay for Life fast approaching

ERIN PADOVANI
erpadovani@ursinus.edu

If you are an avid *Grizzly* reader, I'm sure that you have spotted the numerous articles previewing the ever-popular event, Relay for Life. Not long ago, an article discussed "The Power of Purple": the tag line for the American Cancer Society. This color represents how hard work and volunteering contributes to cancer patients and their families. Another article focused on the CAC, or Colleges Against Cancer. Sarah Beltrami, and the spokesperson for Relay for Life on campus, explained that she, along with Joe Joyce and Jonelle Hendrix, founded the organization at Ursinus. CAC provides college students, faculty, and staff an opportunity to make a difference in the fight against cancer year-round. CAC is currently on more than 175 college campuses throughout the nation and has four different strategic directions: advocacy, survivorship, Relay for Life, and cancer education.

Finally, you may have heard about the campaign to write a letter to the state Senate to pass the Clean Indoor Air Act. Students gathered around Wismer on Feb. 28 with petitions for students and faculty to sign. Surprisingly, Ursinus College was one of the only colleges in Pennsylvania to take part in this movement.

Relay for Life was a huge success last year. But, it seems as though this year students have begun prepara-

tions even earlier than usual for the event. Everyone is adamant to raise more money than they did last year. Relay for Life will take place April 20 at noon, and end April 21 at noon. Participants form groups of about 20 for the event. These groups raise as much money as possible before the event. Sarah shared that Ursinus teams have already raised \$3,000 more compared to last year, and fundraising last year did not begin nearly as early as it did this year.

There are several reasons why the campus should be excited about Relay for Life. First, the money goes to a great cause: the American Cancer Society (ACS). Last year, Ursinus raised \$38,000. Secondly, students have the opportunity to have a very fun night. Relay for Life brings together teams, clubs, and Greek organizations for an amazing cause. Students who may not have expected to be interested in helping also have the opportunity to be truly moved by the message of Relay. Third, it makes Ursinus look great to the public. The school has won awards for our level of participation and the amount of money we have earned. For the size of our school, we surpassed the target quotas set forth by the American Cancer Society. So, why not do it again this year? Lastly, the money really does make a difference. Even though the money goes to the American Cancer Society as a whole, we can see the effects of the contribution close to home. There is an ACS Hope Lodge being built in the Philadelphia area and a home for cancer patients and their families to live in during chemotherapy and radiation for no cost, as well. Hopefully this year's Relay for

Career Corner

CAREER SERVICES
www.ursinus.edu/career

Employment Managers say that writing a thank-you letter or sending a thank-you e-mail after an interview is a must! Plan to send out your thank-you letters as soon as possible (preferably within 24 hours) after your interview.

According to a recent survey by the Emily Post Institute, 70% of employment managers said that e-mailing thank-you notes was appropriate. A survey by CareerBuilder.com found that nearly 15 percent of hiring managers would reject a job candidate who neglected to send a thank-you letter/e-mail after the interview. Consider the following when sending thanks.

*Make it short! Lengthy, flowery, notes will not endear you to any employer.

*Address the note to the person who will be most involved in the selection decision. Ask for business cards during the interview to get the correct spelling of the interviewer and the organization.

*Use the note to confirm your interest in the position. Include details of experience related to the position that was not covered in your interview. Reaffirm your excitement about the opportunity.

*Maintain a professional tone in the note. The note will probably become part of your personnel file and be read by others.

*Organize your note. Here is a suggested format: 1st paragraph: Express your appreciation for the interview & the opportunity to discuss the position. 2nd paragraph: Personalize it! Trigger the reader's memory about you and include something that you discussed. 3rd paragraph: Reaffirm your interest in the position and tell the employer that you look forward to hearing from them. Offer to provide additional information including references, transcripts, or other documents of interest.

So, mind your manners and get in the habit of sending thank-you letters to anyone who has helped you move forward. Be sure to send a note of thanks to faculty and staff who serve as references for you, too!

Excerpts taken from Whitman College Career Services

Life will be an ever bigger success than last year. Even if you have chosen not to participate in the event, you can still contribute by making a donation to a team.

grizzly@ursinus.edu

Ursinus, break the silence!

TIFFANY FRIEDMAN

tifriedman@ursinus.edu

On Wednesday, April 18, you may notice that the Ursinus campus seems a little quieter. On that day, UC students will join the thousands of other students from different campuses nationwide to protest the discrimination, harassment, and abuse faced by lesbian, gay, bisexual, and transgendered (LGBT) students and their allies in schools. The protest, entitled Day of Silence, has become the largest student-led action aimed at creating safer schools for all, regardless of sexual orientation, gender identity, or gender expression.

Ursinus has participated in the protest since 2004, but the Day of Silence has been in existence since 1996, where it was first practiced at the University of Virginia. Organized by GLSEN (Gay, Lesbian and Straight Education Network), the protest has aimed to promote tolerance and acceptance of any sexual orientation. Since the original protest, each subsequent year, thousands of students and teachers have taken personal vows to remain completely silent in order to mirror the forced silence experienced by LGBT youths across America that is a result of homophobia.

During the day of protest, the GSA (Gay-Straight Alliance) and anyone else who wishes to participate will be handing out statistics about homophobia, Day of Silence t-shirts, and rainbow ribbons. All those involved will also hand out "speaking cards," that read:

"Please understand my reasons for not speaking today. I am participating in the Day of Silence, a national youth movement protesting the silence faced by lesbian, gay, bisexual and transgendered people and their allies in schools. My deliberate silence echoes that silence, which is caused by harassment, prejudice, and discrimination. I believe that ending the silence is the first step toward fighting these injustices. Think about the voices you are not hearing today. What are you going to do to end the silence?"

A 2005 Survey of National School Climate given by GLSEN reported that more than 64% of LGBT students report verbal, sexual or physical harassment at school, and 29% report

missing at least one day of school per month out of fear for their personal safety. The Day of Silence aims at eliminating these statistics. By participating in the protest, students have the ability to make anti-LGBT bullying and harassment unacceptable in America's schools.

This year at Ursinus, the Day of Silence will be especially interesting because CoSA falls on the same day. Concerns from students and professors have been expressed, but Junior and GSA Secretary Hallie Andrew encourages students not to worry: "Students are afraid that they won't be able to show their support of the LGBT community because they'll have to give presentations and break their vow of silence, but the Day of Silence is a lot more laid back than most people think. We get over 100 supporters every year; some people remain completely silent all day, some people remain silent for a few hours, and some people aren't silent, but wear the t-shirt in support." Students can show their support in many ways and CoSA should not effect the number of participants. Andrew admits, "I'm still trying to decide what I'm going to commit to, but I'll definitely be supporting the LGBT community here and across country. I think the important thing for people to know is that it's a personal decision, you commit to what you feel comfortable with. If I can do it on my 21st birthday, anyone should be able to do it."

Participants may take the vow of silence from 8 a.m. until 5 p.m. (unless one is speaking for CoSA). T-Shirts, information cards, and rainbow ribbons will be made available to participants. There will also be a "Breaking the Silence" party afterward that will include ice cream sundaes and more.

Anyone is welcome to participate, and sign-up tables will be outside of Wismer Monday and Tuesday before the day of the event. Watch for emails from the GSA closer to the event. Anyone with questions can e-mail GSA Treasurer Robin Pierce, at ropierce@ursinus.edu.

Nutrition tips for the UC student: the veggie report

HEATHER TURNBACH

heturnbach@ursinus.edu

"Eat your veggies" is an all too familiar saying among mothers everywhere, and one not to be brushed off. (Mom had a point when she put the broccoli and brussels sprouts on our plates.) Although we have heard it a million times, eating vegetables really does provide many health benefits.

Vegetables naturally contain different vitamins, minerals, and other chemicals that help keep the body healthy. Studies have found that veggies aid in the protection against heart disease, stroke, high blood pressure, some types of cancer, eye disease, and gastrointestinal troubles.

Vegetables are also one of the best foods for weight control, as they are low in fat and calories, providing dietary fiber and energy. High fiber fills the stomach faster, limiting the amount of food consumed. The vitamins and minerals found in veggies also give a boost of energy production within muscle cells, allowing one to gain a natural feeling of vitality.

Almost all processed foods contain sodium, which causes the body to hold excess water in the intestinal areas. For those of us looking to shed some water weight, eating vegetables can be your weapon, as they are low in sodium. It is estimated that the average person holds about five pounds of additional water weight due to high sodium contents. Eating vegetables can naturally lower that amount, thus lowering the extra weight one might currently be carrying.

The latest MyPyramid guidelines recommend a daily intake of 2 1/2 cups of vegetables for a person eating a 2,000-calorie diet per day. (Higher or lower amounts are recommended, depending on your caloric needs.) But with such an extensive variety of vitamins and other nutrients, which veggies should we be choosing? One good rule is to "eat a rainbow." If you are a rookie in the vegetable department, choosing any is probably a good start. But to get the most out of your veggies, here are a few color tips.

The blues and purples contain phytonutrients, such as polyphenols and anthocyanins. Their pigments also show their strong level of antioxidants. Blue and purple produce also adds extra protection against some types of cancer and urinary tract infections, and may help boost brain health and vision. Some of the vegetables in this category include purple asparagus, Belgian endive, purple cabbage, eggplant, peppers, and purple-fleshed potatoes.

Next is the usual color we assume when we think "vegetable:" the greens. Green vegetables contain varying amounts of potent phytochemicals, such as lutein and indoles. The nutrient-rich produce can help lower cancer risk, improve eye health, and keep bones and teeth strong. Artichokes, arugula, asparagus, green beans, broccoli, brussels sprouts, green cabbage, celery, cucumbers, endive, leeks, lettuce, okra, green onions, peas, green peppers, spinach, watercress, and zucchini are a few of the green vegetables included in this category.

Heart-healthy and cholesterol-controlling, the tan and white vegetables contain important sources of phytonutrients, such as allicin. They may also lower the risk of some types of cancer. Some of these vegetables include cauliflower, garlic, ginger, mushrooms, onions, parsnips, white potatoes, shallots, and turnips.

Yellow and orange vegetables have a number of antioxidants, a significant one being vitamin C. They also contain phytonutrients like carotenoids and bioflavonoids, which help promote heart and vision health, as well as a healthy immune system. They may also protect against cancer. Vegetables such as carrots, sweet corn, yellow peppers, pumpkin, rutabagas, butternut squash, and sweet potatoes are good ones to consider.

Finally, we have the red vegetables, which contain phytonutrients with health-promoting properties, such as lycopene, ellagic acid, and anthocyanins. They may help maintain heart health, memory function, and urinary tract health, as well as lower the risk of some types of cancer. Some of these include beets, red onions, red peppers, red potatoes, radicchio, radishes, rhubarb and tomatoes.

In many cases, the darker the vegetable color, the more nutrients it possesses. For example, spinach contains about eight times as much vitamin C as iceberg lettuce does.

When choosing vegetables, try to pick ones that are grown organically, if possible. Fresh organic produce contains on average 50% more vitamins, minerals, enzymes, and other micro-nutrients than intensively farmed produce.

Because all vegetables contain a unique mix of vitamins, fibers, and phytonutrients, it is important to choose from a variety of shades and colors. Eating with the seasons is also one way to ensure you are eating a healthy mix of different seasonal fruit and vegetables.

Mix and color are the keys in getting the most out of your veggies and maintaining a healthy diet.

Dear Mahmoud...

JON GAGAS

jogagas@ursinus.edu

Dear Mahmoud Ahmadinejad,

Listen, we gotta talk.

You have your good qualities, sure. You're not even close to being as downright barbaric as Saddam Hussein, who was presented at his trial with the Joseph Stalin "Paranoid Leadership and Contempt for One's Own People That Directly Results in the Death of Such an Astronomically High Number of Innocent People that Any Unfortunate Saps Who Try to Write About You Have no Choice But to Turn to Absurdism, Which is a Terribly Difficult Genre in Which to Write" Award, a plaque, a semiformal dinner which featured a choice between chicken parmesan, roast beef, and a questionable "vegetarian option," and a quick and dirty hanging. Good for you, Ahmadinejad - I've heard the chicken parm is *terribly* dry.

The white suits: *love 'em*. It's a bold, even risky fashion move, but you make it work. Nice. You've got a photogenic smile, and you *must* tell me what you do to your beard: I try to keep mine trimmed, but sometimes I feel like it's a losing battle.

Then there's the Salman Rushdie thing - that's still going on, right? I haven't read much of him, but *Shalimar the Clown* is pretty high on my list. Granted, I'm very much against the idea of putting out a religious hit on someone because you're offended by his novel (I know, I know, it was Khomeini, not you), but books are expensive these days: if an angry fundamentalist Muslim kills Rushdie for the reward money, Penguin will probably put out a cheap edition of his collected works, which will save me both money and time spent waiting in line at Borders behind white kids with stupid patches on their bags. But would you mind putting a hold on the *fatwa* until after his talk in Philadelphia next year? I hear he's speaking at the Kimmel Center, which is a great venue, and I'd kind of like to see him. Thanks.

Sadly, Mahmoud, our relationship is less a match made in heaven and more like sleeping with a hooker in Amsterdam: it's great at first, but it leaves you feeling really skeezy and worrying for weeks about whether you've contracted the clap or some foreign STD you've never even heard of.

First, there's your letter to our own illustrious leader, George W. Bush. Granted, it proves that you're a far better writer than he is, even when translated from Farsi. Score one (admittedly, easy) point for you. You made some valid points quite eloquently, like that perhaps it's wrong to throw people in Guantanamo Bay indefinitely without trial to see whether they belong there or not, that the war in Iraq was waged on false pretenses and has caused and continues to cause incalculable suffering to the people of the Middle East, that western media failed the American people and the world by allowing themselves to be turned into fear-mongering propaganda tools after September 11 instead of questioning the government like they're supposed to, and that supporting dictators in Latin America isn't a very nice thing to do (I'm looking at you, Elliott Abrams). And yet, at the end of the letter you start talking Bush's language, except stripped of the whole "freedom" and "democracy" ruse which he's so fond of using - scary, scary shit: "Those with insight can already hear the sounds of the shattering and fall of the ideology and thoughts of the liberal democratic systems. We increasingly see that people around the world are flocking towards a main focal point - that is the Al-

mighty God . . . Mr. President, whether we like it or not, the world is gravitating towards faith in the Almighty and justice and the will of God will prevail over all things." Now don't get me wrong, I understand that this lovely materialistic, postmodern society we've got going on doesn't have a whole lot to offer people in the way of meaning and value and all that, as evidenced by so many people over here turning to fundamentalist Christianity to fill the void with easy, tawdry spirituality, a literal reading of the Bible (except, of course, for passages like "Go, sell your possessions and give them to the poor, and you will have treasure in Heaven" (Matthew 19:21)) and those awful *Left Behind* books, but the damn Enlightenment happened, here we are, and like it or not, there's no going back now. Maybe a theocracy is better than a plutocracy, but I'd be in jail in the former, and the place I grew up in (the defunct ex-coalmining town of Carbondale, PA) has been used up and left to rot by the latter, so I can't say I'm a big fan of either. Sorry Mahmoud.

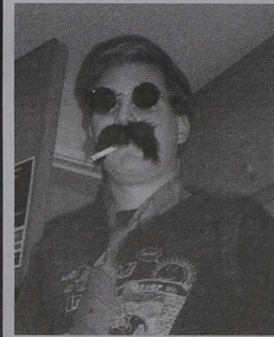
Second, you just *had* to host your infamous International Conference to Review the Global Vision of the Holocaust, didn't you? Last year, the Iraq Study Group recommends that talking to you about working together to improve the bloodbath that is Iraq might be more helpful than the poking you with a stick from afar policy our government currently practices, dismissing you altogether because you are, I think I'm quoting the president correctly here, "Evil." So if we pretend that the president actually gives a crap about what the Iraq Study Group has to say, which he doesn't (In fact, I'm pretty sure he's not much for anything with the word "Study" in it, unless it also contains the word "Bible"), then it looks like relations between your country and ours are on their way to improvement. Then you've gotta go and host that goddamn holocaust deniers' conference: it's like Magneto calling the Brotherhood of Evil Mutants back together on his satellite fortress right after Professor X has offered to talk things out. You botched that one, that's for sure.

And then most recently, there's the British sailors thing. You gave them some nice gray suits (What is it with you guys and the nice suits?), told them a few jokes, and sent them home safely, sure, but you just couldn't resist parading them on TV apologizing to the Iranian people, denouncing the war in Iraq, etc. etc. Now, I understand you've got a Ph.D., which probably means you've read some history, which probably means you're a bit peeved about your country being shat upon by Britain and the U.S. for the past couple decades, and by shat I do mean *shat*: We've perpetrated and been accomplices to atrocities against your country far worse than September 11th [To anyone offended by this claim, let's talk: Read a history book, you jingoistic, Ronald Reagan-worshipping troglodyte. Your ignorance is unbecoming]. You've been bullied for a while, I know, and you probably feel emasculated. It must have been tempting to pretend you've turned the tables for a little while by, say, capturing 15 British sailors, telling them they've entered your waters, making them apologize on national TV, and displaying your great "magnanimity" by letting them go. Makes you feel big, doesn't it? I understand: in your own small way, for just a little while, *you* get to be the one kicking sand in people's faces, rather than the other way around. But listen, I have no doubt that as soon as the story about the

Cont'd on pg. 7

More aging rock stars

It seems like every year as spring time approaches, aging rock stars emerge and choose to go on a reunion tour and possibly even cut an album of new material. Every year fans get pumped and ask the inevitable question: "Will this album suck?" The answer to this question is often varied and in response to this week's review of The Stooges' *The Weirdness*, the answer is no. Considering over 30 years have elapsed since The Stooges' last studio album, *Raw Power*, it is interesting to see the way in which Iggy Pop and the brothers Asheton regain the power and energy that made them their underground sensations. Although their career lasted for only three studio releases and a live album of their final performance, they helped pave the way for American punk.



BRANDON BROWN
Here Music

Produced by legend Steve Albini (who worked with Nirvana, the Pixies, and Bush to name a few) *The Weirdness* is polished when compared to The Stooges' other releases. With each song clocking in between two and half to three minutes, the album represents the most basic three-chord punk rock. With Albini at the helm, the pure sleazy rock and roll swagger comes through, begging to be turned up to 11. The sound is much like that of *Raw Power* or *The Stooges*, avoiding the atonal, jam, demo-esque sounds of *Fun House*. Featuring distorted rhythms, squealing guitar solos, a thin bass tone (one compared with their other albums) and Iggy's vocals cutting through the mix, this album highlights the musical maturity of both Iggy and the Stooges.

Noteworthy tracks include the title track, 'The Weirdness,' which is a slower piece in which the guitars jangle and Iggy channels his inner David Bowie. Album opener 'Trollin' is on par with anything from *Raw Power* and is almost a big FU to the music industry with the line "Rock critics wouldn't like us at all." This song is about sex, drugs, rock and roll and everything in between. 'My Idea of Fun' is anthemic, with its chorus 'My idea of fun is killing everyone,' and lines like "now is the season for war without no reason" you can just imagine fans going crazy in a small club. While most of the lyrics on this album are simple such as 'Free and Freaky,' they are perfect for a live setting with Iggy shouting the verses and a drunken audience screaming the chorus "Free and Freaky in the USA."

Although the lyrics are weak, The Stooges make up for it in their performance. Albini proves again to the world that he can get the best out of any musician. With *The Weirdness*, The Stooges have created a decent punk album with shine. This album is recommended for Stooges fans and anyone who likes some good ole fashioned punk (as in The Clash, Buzzcocks, Joan Jett, etc.). However if you find yourself reading this and have no idea who The Stooges are...Go out right now and buy *Fun House*, *The Stooges*, and *Raw Power*; they just might change your life.

“Terminator 2: Judgement Day” (1991)

I was really torn as to what movie to review this week. In the end, my all-time favorite plot device of time travel won out over all contenders. Whether it's a DeLorean, a chainsaw-wielding zombie fighter, Jean-Claude Van Damme, a phone booth, or in this case, a cyborg with an Austrian accent sent to protect a twelve-year old child, time travel rocks (bonus points if you can name all the flicks I just referenced). With that, I give you “Terminator 2: Judgment Day.”



ALEX ERNST
The Back Row

Ten years since the human resistance in the future, Sarah Connor (Linda Hamilton), was almost murdered by a killer cyborg sent back in time known as the Terminator (Arnold Schwarzenegger), the machines that rule the world are trying again. This time using the more advanced, shape-shifting T-1000 (Robert Patrick), they seek to kill 12 year-old John Connor (Edward Furlong) before he has a chance to fulfill his destiny and lead the humans against the machines. Luckily, he sent the cyborg that almost killed his mother back to protect him. Confused yet?

Terminator 2 (or T2 as I'll refer to it from here on out) is one of the rare sequels that takes all of the things that made the original so good and not only improves all them, but throws a bunch of new tricks in as well, rightfully taking its place alongside films like “Aliens” and “The Godfather: Part II.” Even now, sixteen years later, special effects that were revolutionary at the time still more than stand up to scrutiny, a feat impressive in itself. Throw onto that the fact that the flick won four Oscars, making it the only sequel in the Academy's history to win an Oscar when the original wasn't even nominated, and you have an action movie that's not just your average popcorn flick.

Even the acting is above par. Arnold Schwarzenegger delivers in his trademark role, delivering two of my favorite all time one liners, with “Come with me if you want to live” slightly winning out over “Hasta la vista, baby.” Linda Hamilton brings a surprisingly nuanced performance, showing a wounded fear beneath her new buff, tough persona. Last, but most certainly not least, Robert Patrick just oozes evil as the unstoppable T-1000. Every time I see him do that stiff armed run after the fleeing heroes, I can't help but wonder if maybe he just might have a little cyborg in him.

I can't write a review of this film without mentioning the trademark opening theme. I have to admit that this is the only instrumental film theme on my iPod, and slightly more embarrassing, it gives me goose bumps every time it comes on. All of this speaks to James Cameron's directorial prowess that allows him to make really entertaining films, be they be about chest-splitting aliens or a love story aboard a giant sinking ship.

I really, really struggled with the pick of the week but finally went with “Aliens” if only because both flicks share a lot of similarities. Female protagonist who steps up into a more proactive role from the original? Check. James Cameron directing ground-breaking special effects? Check. Ridicu-

More like “Imus in the mourning”

Today we seek to honor a legend. That legend's name is Don Imus.

Don Imus, for those of you who, like us, had no idea who the hell he was until last week, is a radio talk show host of the Howard Stern-variety who is apparently in the Radio Hall of Fame and has been ranked as one of the greatest radio personalities of all time by *Talkers* magazine. You could have fooled us – we didn't even know there was a magazine called *Talkers* (we at CfD don't read much beyond *Tiger Beat* and *Teen Cosmo*).

Anyway, Don Imus has made headlines this past week for a comment he made about the Rutgers College Girl's Basketball team (which includes eight African Americans) wherein he referred to them as “nappy-headed hos.” The uproar, as everyone except Don Imus would probably have guessed, was as immediate as it was intense. Al Sharpton, considered by many to be the Pat Robertson of the left, has called for Imus' assassination, saying “We have the ability to take him out, and I think the time has come that we exercise that ability. We don't need another \$200 billion war to get rid of one, you know, strong-arm dictator. It's a whole lot easier to have some of the covert operatives do the job and then get it over with.”

Whoops, sorry. That statement was from the *actual*

Pat Robertson, and it was *not* in reference to Don Imus but to Hugo Chavez, the democratically elected leader of a sovereign nation (ok, so maybe Chavez is certifiably insane, but who are we in America to condemn the insanity of another country's Head of State?). At any rate, my goal is not to point out how the eccentricity of the right is reflected in a man who is willing to put aside the religious convictions he has built his life upon to ensure the temporary domination of American interests over a natural resource (oil) whose significance will be vastly depleted if not altogether gone in 50 years, and that the

lous one liners? Double-check (“Game-over man, game-over!”) That's it for this week. “Ah'll be back.”

Alex Ernst is man enough to admit that a homicidal cyborg from the future giving a thumbs-up to his young ward as he is fatally lowered into molten steel brings a tear to his eye. Every single time. You can reach him at alernst@ursinus.edu.

Dear Mahmoud

cont'd from pg. 6

sailors' capture broke, Dick Cheney started getting a hard-on at the prospect of bombing you, so please, for your own benefit, you've gotta cut that shit out.

Speaking of bombs, the nuclear thing: I'd think about quitting that, too. I know, I know – Britain has nuclear weapons, America has nuclear weapons, Russia has nuclear weapons, China has nuclear weapons, so why not Iran, right? Well, I'll tell you. As my good buddy

eccentricity of the left is reflected in a man who thinks racism is bad. At least, I don't think that's my goal. I think I was talking about Don Imus or something.

So, Don Imus. He said some bad things and people got mad at him, as people should, because the things he said were indeed bad. But as much as we here at CfD disagree with Imus' assessment of the Rutgers team, we are forced, by the code of honor to which all satirists are irrevocably bound, to offer him our sincerest congratulations for having achieved a level of infamy to which all social institutions should aspire. In a culture where Sanjaya survives longer on *American Idol* than some civilians survive in Iraq, where Ann Coulter has proved that being loud and controversial is more important than being factual, and where coverage of the Somali Civil War can be pre-empted by footage of Michael Richards being a big racist crybaby, we Americans have learned that being a social pariah is infinitely better for one's success than being universally respected. Take *that*, Socrates, Buddha, and Jesus!

Of course, CfD is not completely happy with this turn of events. CfD has been offending people since day one (okay, maybe like day four or something), and yet we have still not achieved the level of notoriety that Imus has. We salute him outwardly, but inside, we are vomiting – vomiting out of sheer jealousy. When is it our turn? When

do we get calls to our superiors demanding our immediate firing? When do we get threatened with boycotts? When will Al Sharpton invite us onto his show so we can discuss just how much we suck? And, most importantly of all – when will Pat Robertson call for our assassination?

If you're a loud mouth reverend who has nothing better to do than listen to “Imus in the Morning” and read CfD, e-mail us at dasergeant@ursinus.edu and maflyntz@ursinus.edu, and we'll see if we can't provide you with some fodder for your radio show. Or, you know, you could get a real job. Either way.

Charles Krauthammer says, “We're now at the dawn of an era in which an extreme and fanatical religious ideology, undeterred by the usual calculations of prudence and self-preservation, is wielding state power and will soon be wielding nuclear power.” He's talking about you guys, of course. But the world already has a leader who subscribes to an extreme and fanatical religious ideology and wields state and nuclear power, a leader whose “eschatology is preceded by worldwide upheaval and chaos,” to borrow a few more words from dear Krauthammer, and that leader leads... us. So please, Mahmoud, chill out with the whole nuclear thing: we already have one fanatical nuclear-armed leader eagerly awaiting the apocalypse. And one's enough.

Classified ad:

Summer Jobs - Receive contact information now for summer employment at U.S. National Parks, Western Dude Ranches and Theme Parks. You must apply early. www.summerjobs-research.org.

Bears terrorize McDaniel, sit atop CC standings

MATTHEW PASTOR
mapastor@ursinus.edu

Although it was a chilly Easter Saturday, the Ursinus baseball team was hot, winning eight of their last nine games, including a double-header sweep over McDaniel to put them in a first place tie with #19 Johns Hopkins in the Centennial Conference standings. It was a mixture of solid hitting and good pitching down the stretch that gave the Bears (16-6, 7-1 Centennial Conference) their fifth and sixth consecutive wins.

In game one, McDaniel got themselves out to an early lead, thanks to a first inning run and two more by the time they entered the bottom of the third. Trailing 3-1 in their half of the third inning, the Bears used patience at the plate to tie it all up at three. Tommy Herrmann walked, followed by a Brett Umstead single. After a wild pitch advanced both runners to second and third base, David Randolph hit a sacrifice fly to score Herrmann and Brenden Evans' RBI single brought home Umstead.

After a solo homerun from McDaniel's Tom Wenrich in the fifth, the Bears hit three singles to knot the game up at 4-4. No scoring would be done until the bottom of the ninth inning, when the Bears loaded the bases with one out and Mike Ziemak stepped to the plate. Ziemak flied out for the second out of the ninth inning, but a costly error by the Green Terror (5-15, 1-7 Centennial Conference) allowed Ben Lockman to score from

third, giving Ursinus the 5-4 victory heading into the nightcap of the double-header.

In the nightcap, the Bears used a similar approach that McDaniel took in the first game as they took an early 3-1 lead after two innings of play. Although McDaniel was able to tie the game up at 4-4 in the fourth inning, Randolph was able to score thanks to Evans' RBI single in the fifth to give the Bears a late 5-4 advantage.

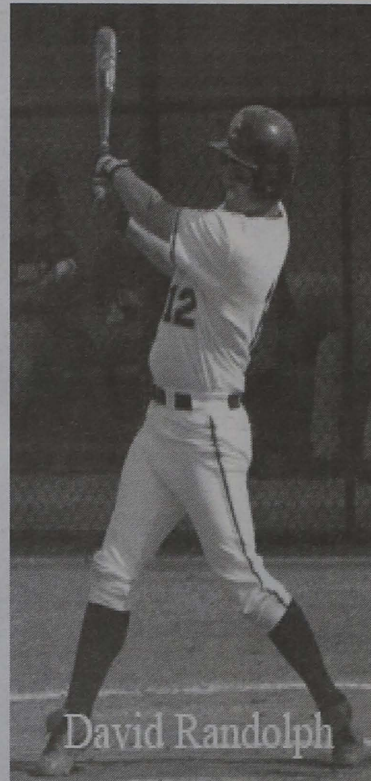
The Bears were able to extend their lead to 6-4 when Rob Caruso scored after J.C. Colon was hit by a pitch with the bases loaded. McDaniel would not give up so easily, however. The Green Terror used a string of base hits and a wild pitch by Ursinus to tie the game at 6-6 with the ninth inning lurking around the corner.

Again, it was Ursinus who came through with another late inning run, this time in the eighth inning to secure the win. After Umstead singled and stole second, Randolph singled in his at-bat to advance Umstead to third. Caruso was able to send a pitch deep to right field for the sacrifice fly, easily allowing Umstead to score from third base.

Zeb Engle, who got the win in the first game, throwing four scoreless innings while striking out seven batters, came in and got the save in the nightcap, throwing one scoreless inning and striking out one batter.

The Bears are certainly on a hot streak as of right now and can use the support of the entire student body here on campus. The

Ursinus baseball team returns to action tomorrow at home against Haverford; game time is 3:30 p.m.



Here's a look at the spring sports schedule from Thursday, April 12 to Wednesday, April 18. The spring sports teams are well into the swing of things, so show some support this week coming up!

Women's Rugby 4/14 @ Gettysburg

Baseball
4/13 vs. Haverford
4/14 @ Johns Hopkins
4/17 @ Muhlenberg
4/18 @ Widener

Softball
4/12 vs. Washington
4/14 vs. F&M
4/17 @ Haverford

Men's Lax
4/14 vs. Gettysburg
4/18 vs. Neumann

Women's Lax
4/14 vs. Gettysburg
4/17 vs. Washington

Men's Tennis
4/14 vs. Dickinson
4/16 vs. East Stroudsburg
4/17 vs. Washington

Women's Tennis
4/14 @ Gettysburg
4/16 vs. East Stroudsburg
4/18 @ Bryn Mawr

Men's Golf
4/12 @ Elizabethtown Inv.
4/18 @ Moravian w/ Desales

Women's Golf
4/16 @ F&M Invitational

Track & Field
4/13 & 4/14 @ West Chester

Bears finish second at NCGA Championships

DANIELLE LANGDON
dalangdon@ursinus.edu

The Ursinus College gymnastics team deserves high fives all around! The ladies finished in second place at the National Collegiate Gymnastics Association (NCGA) championships at the Williams Center Kachel Gym in Whitewater, Wisc. on March 23-24. Not only did they come in second, but FIVE girls were named All-Americans! The ladies stayed in a beautiful hotel and the soothing atmosphere prepared them to dominate in the championship meets.

UW-Oshkosh left Wisconsin carrying the NCGA title, ending a string of six consecutive titles for UW-La Crosse. Oshkosh only surpassed the Bears by one tenth of a point, 185.575 - 185.475. It doesn't get much closer than that! This was the second tightest finish since the NCGA's first championship in 1984. La Crosse followed Oshkosh and Ursinus with a final score of 183.35. Whitewater came in fourth with 182.975, followed by Hamline (182.575), New York-Brockport (181.50), and Ithaca (179.20).

Junior gymnast Bree Morrissey went into the meet with a broken hand, but that

was not enough to hinder her performance. She was the national champion on the floor exercises with a score of 9.775 and finished fourth in the vault with 9.500. Morrissey was named a first-team All-American in both events. Her strength and determination were made clear throughout the NCGA competition. The team's uplifting attitudes contributed to the success of each Ursinus competitor.

Senior Jess Furman racked in All-Around All-American accolades with a ninth place tie and Friday night total of 37.050 on FOUR events! She came in second place on the uneven bars (9.700) and achieved a 9.375 on floor, 9.225 on the vault, and 8.750 on the balance beam. Alongside Morrissey, Furman was named a first-team All-American on the second day of the competition after taking second on the bars with a score of 9.525. Junior Emily Marques did an exceptional job during the championship, being the only Ursinus gymnast who earned All-American honors on the beam. She came in sixth place with a score of 9.425 also to be named to the first team. On Friday night, Marques came in second with 9.425 helping to boost the overall team score.

Not only were the upper class gymnasts thriving, but so were the first year contenders. Freshman Kira Oldham-Curtis earned first-team All-American honors for coming in sixth on the floor with 9.450 and on the bars with 9.350. Curtis also swept the competition by finishing 14th in the all-around competition with a total score of 36.775.

Freshman Olivia Oller also showed her aptitude by achieving the third All-American on the bars for the Bears, scoring a 9.225 for ninth overall for second-team honors.

The girls were all extremely successful at the NCGA this year in part due to their talented head coach Jeff Schepers. Schepers was named NCGA Coach of the Year, while seniors Laura Davis, Amie Wellbaum, and Furman proved they are also worthy of praise in their academic careers. The three gymnasts were each named Academic All-Americans for posting a GPA of 3.0 or higher for two seasons in a row. Congratulations go out to all the UC gymnasts for placing second at the NCGA Championships and for an all-around terrific season!