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The Grizzly, December 6, 2007

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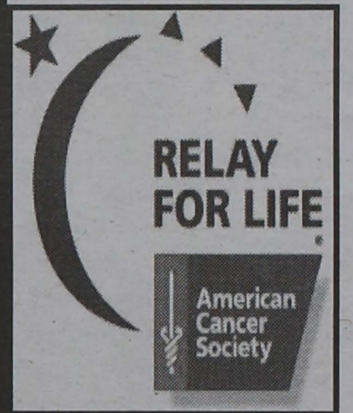
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The Grizzly

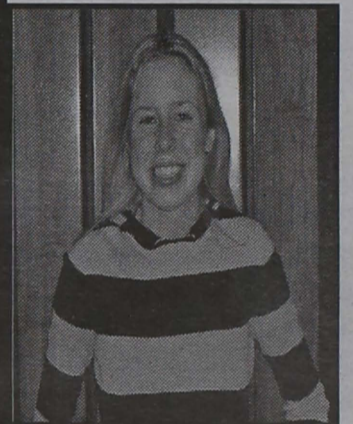
Thursday, December 6, 2007

The student newspaper of Ursinus College

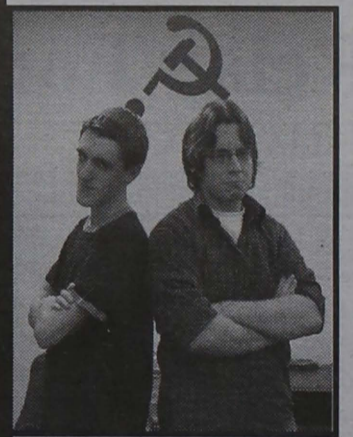
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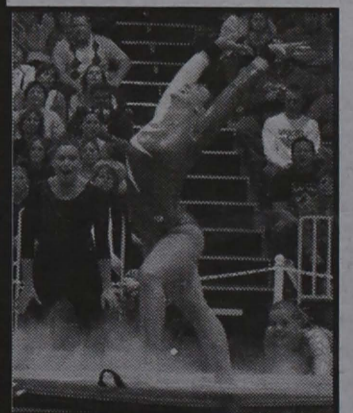
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Hell on Stage in the Kaleidoscope

Students: 'Fresh Produce' on Sale Now

ROGER LEE

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"There is nothing to do on campus!" may be the most overused phrase by Ursinus students. When Resident Director Jared Rodrigues heard of this issue, he began developing a new social outlet for the college.

This outlet is currently known as Fresh Produce Productions. The group is an initiative to promote entertainment, free-thinking, and awareness within the community. It is a programming project that hopes to evolve into a campus-wide phenomenon. While viewing documentaries in a social setting, Rodrigues hopes to provide students with something new, fun, and exciting to do on campus.

This project was made possible by the help and insight of two professors in residence, Chris Aiken and Roger Florka. As luck would have it, all three oversee students in BPS, New Hall, and Richter-North. They decided to collaborate on this project. They are all dedicated members of the Ursinus community and share a love for student programming. "I like working with professors!" says Rodrigues. "I want to encourage students to do the same whenever possible."

Rodrigues, 26, also has experience with student affairs in higher education. He felt that in the past, some colleges would underestimate their students' ability to think



'Fresh Produce Productions' offers a social outlet for students using entertainment, free thinking, and awareness. Pictured from left to right are creators Roger Florka, Jared Rodrigues, and Chris Aiken.

outside the box. Rodrigues hopes that the documentary project will be engaging, evoke emotion, and get Ursinus students to think outside of their comfort zones.

The motivation behind showing documentaries comes from Rodrigues, Aiken, and Florka's love for the art form. They want to bring that same passion to Ursinus with thought provoking films that speak directly to the students. Rodrigues says, "We sit down and select movies that identify with students and particular groups on campus."

Fresh Produce Production's first event spoke to several groups on campus. They showed the film "Rize," examining the dance form "krumping" from hip-hop, religious, and cultural perspectives. The high-energy film drew in audiences from members of S.U.N., A.L.M.A., and Escape Velocity.

"'Rize' gives you more than just good music and amazing dance," said an excited Rodrigues. He added that the film is a perfect example of what Fresh Produce Productions hopes to accomplish. "It is visually stunning on the surface with a greater significance and meaning underneath," mentioned Rodrigues.

Fresh Produce Productions is on its way to campus-wide success. Rodrigues concluded "Look out for information about our next documentary viewing. For those wondering what film will be shown...It's a surprise! You'll have to come out and see it for yourself."

Relay For Life Kicks Off in FanFare

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Last week, students, faculty, staff, and community members were invited in Wismer Lower Lounge to take part in the third annual Relay for Life kickoff. This event commemorates those who lost the fight against cancer or are still fighting, in order to better fight it as a community.

This year's Relay for Life will be held April 11-12 on the Patterson football field. Last year's event registered 37 teams, 16 survivors, and raised \$45,000. This year, Colleges Against Cancer hopes to have 47 registered teams with all the alumni returning to campus and the freshmen. They also hope to register four more survivors and raise \$65,000. The invitation for the cancer survivors goes out to community member or students who know of a relative or family member who has recently survived cancer.

This year's Relay for Life kick off is made possible by the dynamic work and support of Advocacy & Colleges Against Cancer. Advocacy & Colleges Against Cancer is an American Cancer Society (CAC) program that promotes the fight against cancer through service on campus and in the community, and works with The American Cancer Society Action Network (ACS CAN). It is a new, national, non-partisan membership organization that allows you to have a more effective voice in the political arena, a more direct impact on health care policies that affect families with cancer and much more. In addition, it costs \$10 to sign up.

The American Cancer Society estimates that 19,160

new cases of primary liver cancer and bile duct cancer will be diagnosed in the United States during 2007, and another 168,000 Americans will die of cancer due to tobacco use. The term "cancer" refers to a group of more than 100 different diseases. The common characteristics of all cancers are abnormal and rapid cell growth and the ability for the disease to spread to different areas of the body. It can be treated and is usually done so with surgery, radiation therapy, chemotherapy, hormone therapy, or biological therapy.

The Relay for Life chapter at Ursinus recently received an award from the American Cancer Society for placing fifth at the national level out of 1,000 small colleges. Bravo to Ursinus and its dynamic community for their efforts!

For more information or to sign up a team for Relay for Life 2008, please visit www.ucrelay.org.

In Case You Missed It...

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Nov. 29, 2007 – Republican Presidential candidates spar in a CNN/You-Tube debate. Topics included gun control, abortion, illegal immigration, tax laws, stem cell research, and farm subsidies. Former Massachusetts governor Mitt Romney and national front-runner Rudy Giuliani were fierce in their personal attacks against one another. Giuliani was actually booed by the audience for some of his statements against Romney.

Nov. 29, 2007 – U.S. third-quarter economic growth was at its highest in four years. The government's first estimate for third-quarter performance was an increase of 3.9%, but in actuality, the economy sailed past even the revised 4.9% mark. The performance is expected to lose momentum and slump in the fourth quarter, possibly to as low as 1.5%. According to MSNBC.com, "stronger U.S. exports to overseas buyers and more inventory investment by businesses were the main reasons for the improvement."

Nov. 30, 2007 – In the Children's Hospital and Regional Care Center of Seattle, Washington, 14-year old Dennis Lindberg died. Lindberg was a Jehovah's Witness battling leukemia. Lindberg felt that any blood transfusion would make him "unclean." His doctors predicted that he would have a 70% chance of living five more years with a transfusion. Lindberg refused, and Skagit County Superior Court Judge John Meyer denied a motion to force the transfusion on Lindberg. According to Meyer, Lindberg was mature for his age and understood the consequences of his decision.

Nov. 30, 2007 – British schoolteacher Gillian Gibbons was convicted on the charge of inciting religious hatred and was sentenced to 15 days in prison and a subsequent deportation from Sudan. Gibbons is accused of insulting Islam for an ill-fated classroom demonstration with a teddy bear, which she and the students called Muhammed. Fellow teachers defend Gibbons, saying that she made an innocent mistake by endorsing a name that students chose for the teddy bear. British Foreign Secretary David Miliband has called the Sudanese ambassador, asserting that Gibbons was not inciting hate or showing contempt for Islam.

The Grizzly

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Wings for Wishes Hosts Competitive Eating Contest

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Trappe, Pa— The holiday season has arrived and charity events are springing up everywhere. Last Wednesday night a rather unusual charity drive was hosted by the Trappe Tavern and managed by Ursinus students.

The business management group, "Wings for Wishes," decided to have a wing-eating competition in order to raise money for the Make-A-Wish Foundation. The group, lead by CEO Lauren DiTizio, was asked to come up with a business or event that would benefit the charity of their choice. "We decided that we wanted to do an event and not a business because we thought that might be more fun. And then we decided we really wanted to do something for kids, so we chose Make-A-Wish Foundation," DiTizio told NBC 10 cameras, who then broadcasted the story on the 11:00 p.m. news.

Fourteen contestants formed two groups for the first round of the competition which was a trial in speed-eating. The objective was to eat 25 wings as fast as possible and only the top two contestants in each group would advance to the next round. In the second and final rounds the four finalists raced to be the first to finish 15 wings.

Ursinus students, Bill Davis, Mike Berlin, James Sproule, and Frank DiMeglio participated in the event, but only Frank "Full Plate" DiMeglio advanced to the second round, where he finished ahead of all of his competitors.

This was not the first, but the fourth, official wing-eating competition in which the seasoned competitive eater has participated. According to DiMeglio, the key to winning is based more in preparation than in actual technique. Preparation for this wing-eating contest started three days prior to the actual event. DiMeglio practiced top-secret exercises meant to stretch the stomach and loosen jaw muscles. Unfortunately, he wishes to keep these winning secrets confidential.

In an exclusive interview with Frank "Full Plate"

DiMeglio, he revealed some of his techniques.

"For the competition I don't really have much of a strategy. My goal is just to eat as many wings and to eat them as fast as possible. I never stop chewing, and I always make sure I have a wing in my hand. I just stay relaxed and focused during the competition, and I try not to waste time looking at other competitors. I consider myself a pressure eater, so if I know someone is close I will start to eat faster. I personally like the drumsticks better so I save them for last. The other wings are more complicated, I have two techniques: one is a push and twist, and then eat the chicken; the other is to just pull the bones apart and suck out the rest."

For his victory, DiMeglio was rewarded with a Coors Light Scooter, a trophy, and other door prizes; however, he was most excited about raising money for a good cause. Other contributors include the Trappe Tavern, Coors Light, Phoenixville Hospital, and A Graphic Concern Design & Production. Radio Station WMMR announced the event sev-



Wings for Wishes team held a wing-eating competition supporting the Make a Wish Foundation. Pictured are: Lauren Derstine, Mike Berlin, CEO Lauren DiTizio, Patrick Harkins, Jen Bonini and Catherine Grigos

eral times on the air and also posted the event on their website. Also, NBC 10 sent a news team and covered the event from start to finish.

If you would like to make a donation to "Wings for Wishes," please contact one of the following group members: Lauren DiTizio, Michael Berlin, Jennifer Bonini, Lauren Derstine, Catherine Grigos, or Patrick Harkins.

Photographs and footage of the event are available on NBC 10's Website: www.nbc10.com.

The Balancing Act: Avoiding Weight Gain in College

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Has that favorite top mysteriously become too tight and those once perfect pair of jeans a little too snug? Well, it is almost the end of the first semester and the myth of the "Freshmen 15" is starting to come true.

Many students tend to blame their weight gain solely on the food served at Wismer. Although that could be part of the problem it is not the only culprit.

"There are numerous factors that can lead to weight gain besides the school's food service," said Scott Dube, Director of Dining Services. "Students forget about their late night snacking, extracurricular activities, during the weekends, and stress," Dube added.

There are several ways in which stress can contribute to weight gain; one is cortisol, a stress hormone. When the body is under stress, the fight or flight response is triggered, leading to the release of various hormones. The body also experiences a burst of energy, shifts in metabolism, and blood flow.

Weight gain can also be caused by a student's choice of foods. Though it is very tempting to eat the pizza and french fries, it is recommended that students try to stay away and select options they would eat at home.

"At school students gear their choices to fried foods and carbohydrates," Dube explained. "If they chose the

types of food that they would eat at home like vegetables and protein, weight gain would not be as much of an issue."

Dube believes that maintaining a healthy weight while at school is completely achievable. All of the vegetables are steamed and the bakery items are Trans Fat Free as well as the cooking oil. Wismer offers Weight Watchers Bread, sugar free Jell-o, and frozen yogurt. But eating right is only half of the battle. To insure a healthy lifestyle, exercise is highly encouraged.

Compared to Zack's Food Court, Wismer is the most nutritious and dietary sound option, because it is a better venue for a balanced diet. Students also need to take portion into consideration.

Eating a balanced diet and incorporating exercise is the tried and true method for maintaining a healthy weight. So, although that slice of pizza is tempting, it might be better



Wismer offers a variety of nutritious options for students. A balanced diet of proper proportion helps prevent weight gain.

to opt for a salad instead. Try spicing up a workout by bringing reading material to the gym during a cardio session. Together, this formula can help in avoiding those dreaded "Freshmen 15."

Beer and the Bedroom

Last semester, Heather Turnbach wrote an exceptionally informative article regarding the nutritional value (or lack thereof) of alcoholic beverages. This information has hopefully helped all of us consider the importance of drinking in moderation, beyond the tragically obvious consequences of vomiting and acting asinine in public. However, as finals approach, many of us will forget these facts in favor of escaping anxiety and celebrating the completion of exams and classes. Unfortunately, too much alcohol can interfere with another favorite anxiety-buster: sex. In order to help you avoid losing this method of stress relief, I've researched the effects of beer on the bedroom.

One of the most prominent sexual dysfunctions related to alcohol consumption is erectile dysfunction. According to MedlinePlus, erectile dysfunction refers to "the inability to get or maintain an erection that is firm enough for a man to have intercourse." It is important to understand that erectile dysfunction can also refer to situations in which an erection is achieved, but does not continue throughout the entirety of one's desired sexual activity. Please keep in mind that the majority of men have difficulty with erections at one point or another; the cliché, "It happens to all guys," is actually accurate. It is only when the problem persists that it is labeled "erectile dysfunction."

While most sources regarding erectile dysfunction accept that alcohol negatively affects one's ability to achieve or maintain erections, a few sources argue that it does not. I came across two sources (one penned by a

health care professional and another penned by an Ezine Articles expert - whatever that means) that argued that there is no relationship between the two. The Ezine author noted that because alcohol increases blood volume and pressure, it should increase one's ability to achieve an erection. The McKinley Health Center at the University of Illinois believes that alcohol consumption affects erectile capabilities only in excess, and this typically occurs in older men, not younger men. While it is important to consider contrary evidence, please keep in mind that the majority of the health care community accepts alcohol as an erection inhibitor.

Alcohol may also impede one's sex life beyond affecting one's physical capabilities. Though having a few drinks may loosen one's inhibitions and increase one's sex drive, alcohol use may also blur one's sense of self and impede one's ability to make choices. Alcohol may cause you to say "yes" when you wouldn't normally say "yes," or it may cause you to have trouble determining whether or not someone is consenting. Because it inhibits communication, you may also have difficulty letting your partner know exactly

what you want, and he or she may also have difficulty understanding your needs or communicating his or her needs. Because of this, some may find that the few drinks they've had to loosen up were more of a burden than a blessing.

With this in mind, have a fantastic, safe, and sexual break, and keep in mind that the eggnog may not always be the best idea if you're looking to cozy up in front of a warm fire.



LANE TAYLOR

Everything You Never Knew You Wanted to Know About Sex

Soulja Boy to the Rescue

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Dancing isn't dead; in fact, it's back and better than ever.

Earlier this year, Atlanta-based under-age rapper Soulja Boy Tell 'Em released a song entitled "Crank that," a party anthem that became as much a staple for its catchiness as its misunderstood lyrics. Unable to really use profanity, Soulja Boy Tell 'Em instead boasts of his outrageous dance skills (in a dance, I might add, that he created). The real triumph here is that Soulja Boy proved the lost art of combining song and dance was certainly not dead. In honor of "Crank that," the official song of 2007, I want to take a look at past dance crazes that both swept and utterly annoyed our nation.

"The Twist" (1960) - Chubby Checker introduced America to a dance that is still done today. "Pulp Fiction" tried to resurrect The Twist in the 90's, but it wasn't until Harry Osborne and Mary Jane Watson twisted in "Spider-Man 3" that it was finally and fully revived.

"Y.M.C.A." (1978) - The song that still remains popular at weddings, middle-school dances, and certain religious events (it was a huge hit at my Bar Mitzvah), the "Y.M.C.A." has certainly withstood the test of time. The real mystery of the song still remains: what the hell are you supposed to do before and after the chorus?

"Thriller" (1984) - Michael Jackson's ode to horror films and the undead spawned a dance that has been parodied in every aspect of pop culture, from *South Park* to *13 Going on 30*. Some call it the best music video of all time, but most know it as the only saving grace of Michael Jackson's tarnished career.

"The Electric Slide" (1989) - The song "Electric Boogie" made this dance a hit in America and all over the world. What's the easiest way to learn the steps? Just watch the person in line next to you.

"Cotton Eye Joe" (1994) - The world of hoedowns and line dancing would never be the same again, thanks to one-hit European wonders Rednex. This song single-handedly set southern dancing back almost 100 years.

"Macarena" (1997) - Will we ever be able to rid ourselves of this Los del Rio dance craze? Between 1995 and 1997, no one could turn on a radio (let alone a Spanish-language television station) without hearing or seeing this song and dance. Babies born between those three years were instinctively blessed with the ability to dance the "Macarena." This is a great back-up plan for anyone who runs out of dance moves at a party.

"Lean Back" (2004) - Possibly the easiest dance on this list, "Lean Back" was the number one single in the summer of 2004 and an answered prayer to white guys all over the world. Simply leaning the upper-body back was all anyone ever needed to do.

Career Corner: Take Time OFF with a Year ON

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What are some cool ways to spend a year or two after graduation? If you aren't ready to commit to a career path, need a little time off before heading to graduate school, or simply feel a call to serve others, consider taking a year off after graduation. Taking a "gap year" just might help you learn more about yourself and where you fit in the world.

There are hundreds of full-time volunteer and service programs for new grads. You can choose among a wide range of positions, living situations, and locations. Many provide living arrangements, professional development opportunities, stipends, and some provide Educational Awards after your year of service is completed. Programs can be faith-based or secular in focus. Put your values, education, and experience to work with those in need.

The following resources can be useful in your research:

Americorps - <http://www.americorps.org/>

Amigos de las Américas - <http://www.amigoslink.org>

Avodah (The Jewish Service Corps) - <http://www.avodah.net/>

Campaign Corps - <http://www.campaigncorps.org/>

Catholic Network of Volunteer Service - <http://www.cnvs.org/>

City Year - <http://www.cityyear.org/>

Green Corps - <http://www.greencorps.org/>

Habitat for Humanity - <http://www.habitat.org/>

Idealist - <http://www.idealist.org>

Lutheran volunteer Corps - <http://www.lutheranvolunteercorps.org/>

Peace corps - <http://www.peacecorps.org/>

World Teach - <http://www.worldteach.org/>

If you are worried that stepping out of the traditional workplace for a year will be detrimental to your long term career- stop worrying. This kind of experience shows an employer that you are resourceful and hard working. Graduate schools are also impressed with this kind of experience on your application. Visit Career Services to discuss your ideas on how to make a difference in the world through a year of service and take a year ON!

Trappe Tavern: It's a Trap!

JEREMIAH LONG

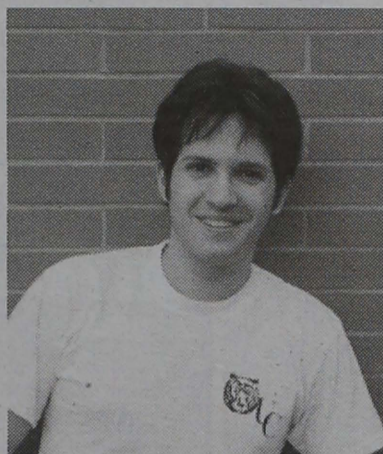
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Greetings faithful readers, this is my last review for the semester so for the rest of break you're going to need to find another way to entertain yourself. During my Thanksgiving break, my parents took me to a very chic European restaurant called Slate Bleu. It was a clear step up from where I've been eating so far in just about every way: appearance, price, presentation, price, food quality, and well you get the idea (price). To make a long story short, it scored about an 80-90%, and has made me re-look at my reviewing system.

I love being original, but at the same time it's never a bad thing to copy from more established ideas (and honestly, is there anything that hasn't been done at least once before?), so taking a page out of a Zagats book, I'm going to start putting restaurants into categories.

These categories are very important to the reviewing process so pay attention to them. They refer to the quality of the restaurant and give you an idea of what to expect from it. The categories are as follows: informal dining, casual dining and semi-formal dining. All the restaurants in the area I've reviewed so far could be considered casual dining.

The Trappe Tavern would also fall into the category of casual dining. The restaurant includes many different dining venues allowing people to eat where they like. The downstairs bar has a nice comforting feel because of its low ceiling, close tables and walls studded with various accouterments (nice two dollar word) from the area. While the upstairs is more open, allowing families to sit together while not putting them uncomfortably close to other tables. While the porch was closed, from what I saw, it looked like a popular spot for those who



want a little fresh air with their meals. Also, I hope you enjoy watching the game with your meal, because there are televisions everywhere. Most are your standard cathode ray constructs, but they have a few very large modern ones for those polygon counters out there (Appearance 9/10).

As for service, the waitress was nice and attentive, seeing to everything that I needed without being overly intrusive (I hate being babysat). The meal came in a timely fashion, though it helps that all the dinners come with soup or salad allowing the servers to give you something ahead of time (7/10).

As for the food, I don't know what I was thinking that night, because I made some poor choices in what I ordered. The Trappe has a large selection of beers on tap including a couple of micro-brews. They also carry some seasonal items in bottles for those who want something different. I wanted to try Blue Moon, which is one of the few beers served with fruit, and so I got my glass, orange slice included. It wasn't that bad, but it had a funny

after-taste that made me want to bolt it down just to get it off the table (never a good sign with beer). The Trappe has a great standard menu, but I decided to order from the dinner menu (updated daily) to get a better idea of what the average diner experiences. Everything on the dinner menu is also about twice as expensive as things found on the regular menu, so instead of a very well-priced chicken sandwich (\$5.50!) that I would have heartily enjoyed with my French onion soup, I ordered the BBQ ribs (\$16.95 sigh...). On the plus side, the French onion soup was fantastic with plenty of onions, baked cheese overflowing the cup (requiring a firm spoon or hand to pry off), and croutons. Croutons - I can't believe how many places I go that forget these little nuggets of joy. Overall, the Trappe was one of the best places I've eaten so far and its so, oh so, very well priced (Dinning 27/30).

This gives the Trappe Tavern a rousing 86%, making it the current best place for casual dining in the area.

Ursinus Student Video 'Blogs' in Japan

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Andy Brienza did not intend to make a weekly video blog on Youtube, the massive video sharing website that has taken on video media of all available kinds, but the Ursinus junior did intend to document his environment while in Sendai, Japan this fall semester and found that video web logging, or 'blogging' was the perfect way to do it.

At first overwhelmed by the bustle of Sendai, Brienza soon found it impossible not to keep his camera in the dorm. "It's hard to just relax and enjoy seeing things live and as they're meant to be seen when I have to worry about capturing it on tape, lest I lose it forever," said Brienza. "[It's] a constant pressure that I feel, the worry of losing something I can only see once. So, out of paranoia, my camera comes with me everywhere," he commented.

Most of the work comes from the commentary Brienza places on his videos. Some of them include a walk through a Sendai shopping mall, which includes beer dispensing vending machines, arcade games of all kinds, and local karaoke. He has visited the promenades and high-rises of Tokyo and verdant rice fields in nearby Ogawara.

"I make maybe 1 video a week, maybe more. I guess

a video every five days. Each one is 5-10 minutes, and half of that is just me talking to the camera," explained Brienza over email. He then posts the film on his Youtube account (<http://www.youtube.com/user/AndyInJapanN>).

Brienza knows that this is not just a trend but an ongoing social activity for students studying abroad. "I do actually have one friend who is doing the same thing that I am, but it was my idea first! Like many others, I've been drowning myself in YouTube and there are so many blogs and things like that," he explained. "When I was a child I'd always fantasize about having my own TV show...I'm glad to be able to produce [videos], even if it is for an audience of 20-30 people that's 20-30 more than I'd have without the internet," he said.

YouTube has exploded with video logs, or "vlogs," where every conceivable subject is discussed, especially travel. Intrepid YouTube users frequently give commentary on the places they travel to, and feedback among users is bustling. Brienza noted that it is strange to be the 'outsider' for once in his life while taking in the cultural aspects of Japan. "I can certainly get away with a bit more than the average person here because people just assume I'm ignorant to how things work here, and for the most part I still am," he described.

Regardless, he is confident that his video logs will continue to be satisfying for both himself and the people he meets in Sendai. His last comment, of course, was that "it's going to be tough to leave."

Hell is Other People

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Last week, Ursinus's very own Breakaway Student Productions brought existentialist Hell to the Kaleidoscope. The play, "No Exit," by Jean-Paul Sartre, ran for three nights, showcasing the skills of Ursinus students as performers, producers, designers, and directors.

The work itself is a 1944 existentialist play functioning as a metaphor for the French philosopher's thoughts, centered on the famous line "Hell is other people".

There are only four speaking characters in the entire production, one of whom is only present for a short while. The entire play is set within a Second Empire style drawing room in Hell. The valet (Grey Johnson) brings a man, Garcin (Andy Chermocha), and two women, Estelle (Lindsay Budnick) and Inez (Emily Spencer) to the room in Hell. These characters expect to be tortured in the classical sense, as described in Dante's Inferno, but soon discover that their punishment and torture is to be in the presence of the other two people.

The design of the set, costumes, and overall appearance made the play very aesthetically pleasing. The first quarter of the play set the tone with Johnson's demonic introduction, grinning like a game show host from Hell. Each of the actors served the purpose which Sartre crafted for them - exhibiting their individual torture of the others on stage with them.

In addition to the action at the forefront, there were silent actors behind a screen, portraying the visions of the three main characters of what was happening on earth after their departures. This significantly added to the play, bringing depth to the performance.

Male lead Chermocha stood out in his ability to convey both the sinful nature of the character and his desire for redemption. His struggle to come to terms with this brought out the negativity of the other two characters' lives and showcased the essence of the play. The tension between the characters was almost tangible in this production, playing on the comedy which is built into the script in order to communicate Sartre's vision of Hell to the audience.

"No Exit" is the second production by Breakaway Student Productions this year, after a very successful 10 Minute Play Festival earlier this semester. The organization is making advances for student-run theatre and will continue to do so in their plans for next semester's productions.

Interested in writing for the Features section? Email next semester's Features Editor Lane Taylor at lataylor@ursinus.edu!

Why Terrorists Do What They Do

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"If we don't stop extending our troops all around the world in nation-building missions, then we're going to have a serious problem coming down the road."

This statement was made by George W. Bush during a presidential debate with Al Gore back in 2000. It is telling that the President has not been able to heed his own advice since the attacks on September 11, as he was speaking truth back then.

Al Qaeda and other terrorists do not hate the American people for our freedom. They hate the American government for its policies in their territories and for past actions that administrations in the government have taken.

In Osama bin Laden's 1996 "fatwa" against the United States, the "Declaration of War Against the Americans Occupying the Land of the Two Holy Places" (the Arabian peninsula), U.S. support for Israel, military presence in Saudi Arabia, U.S. installation of local dictatorships, and bombing campaigns in Iraq were listed as his major grievances against U.S. policy.

Research by experts like Dr. Robert A. Pape find clear connections between occupation by foreign armies and acts of suicide terrorism, and former head of the CIA's bin Laden unit Michael Scheuer argues that the motivations for al Qaeda's activities, culminating in the insane attacks on 9/11, was to provoke the U.S. government to cease what the terrorists believe is unjust military occupation and imperialism.

Bin Laden and al Qaeda believe that the U.S. government has been in a state of war with them and their way of life, through the actions of U.S.-backed governments and from Washington, D.C. Thus the invasion of Iraq created what the CIA calls a "training and recruiting ground" for potential new terrorists (though they have had little influence so far and are unable to organize effectively), whose only rationalization is continued military presence in the

region.

Former Deputy Secretary of Defense Paul Wolfowitz, whose role was critical in forming the invasion, argued to *Vanity Fair* magazine in 2003 that after the fall of Baghdad, the ability to move the bases from Saudi Arabia to Iraq removed one of bin Laden's "principle grievances" and reasons for attacking the United States: military presence in territories like Mecca and Medina.

"[U.S. troops'] presence there over the last 12 years has been a source of enormous difficulty... It's been a huge recruiting device for al Qaeda. In fact, if you look at bin Laden, one of his principle grievances was the presence of so-called crusader forces on the holy land, Mecca and Medina," said Wolfowitz in the interview.

Bin Laden desired an invasion of Afghanistan and Iraq, wishing for a repeat of the Soviet invasion in the 70s: a quagmire. Our government needs to focus its efforts on getting bin Laden and realize that they took the terrorists' bait in continuing to occupy territories in the Middle East and Afghanistan. Osama remains trapped and useless in his hideouts around these regions. Simply because he escaped once does not justify diverting our forces to continued nation-building and astronomical spending at home. After September 11, we should not have slunk away in defeat, nor should we have created rationalizations to increase U.S. government power abroad: we should have retaliated against the thugs that attacked us and not let up until they had been found.

The terrorists want U.S. forces and government power out of their region permanently, and every day that the government continues its interventions abroad they will continue to chant their hatred of the U.S. government, gain more recruits and remain a serious threat to our national security, just as George W. Bush predicted in that debate that now seems so long ago.

New Homepage Long Overdue

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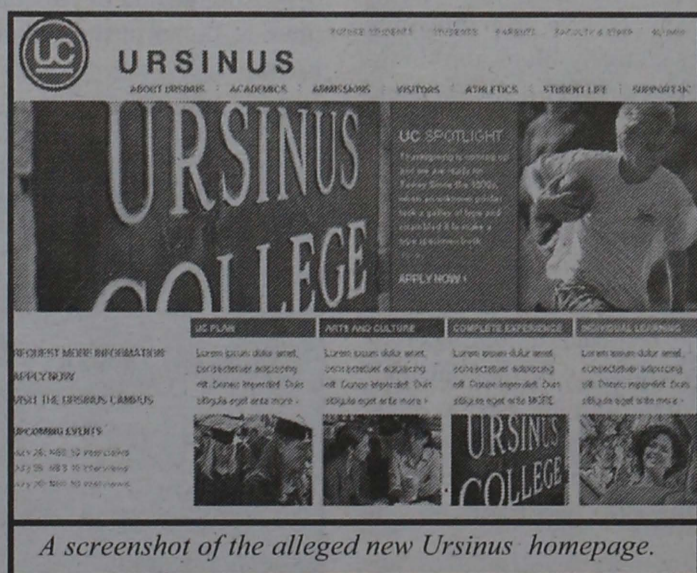
Hopefully by now you are very familiar with the Ursinus homepage. Whether you use it as the portal to Blackboard, the means to check your e-mail when you are away from school, or you are trying to figure out where your professor's office is so you can beg for that extension, the homepage has been there for you.

Chances are you have also thought about its flaws. The homepage in its current incarnation is cluttered, difficult to navigate at times, and frankly, kind of ugly. I have been staring at those pictures for four years now, and just realized that one of them was

else on the site.

Thankfully, this could all change, with your help. Floating around the Ursinus server, at the address <http://my.ursinus.edu>, is our possible salvation. Located there is a work in progress, a template for a new Ursinus College homepage. Lacking any real content and mostly covered in Lorem Ipsum (a fake printers' language used as filler), the new website is still a huge improvement over the current one.

To give you an idea of what we could possibly be looking at, a description is in order. Replacing the current color scheme is a much crisper combination of white and burgundy. The layout is also much less cluttered, and the overall feel is much cleaner. The new site still could use a



A screenshot of the alleged new Ursinus homepage.

little work (has anyone actually seen one person, much less two, sitting on the floor of the library reading?), but it is still

Concert Review: Saosin's DVD Filming

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It's not often that a live DVD filming of a band occurs in Philly. However, on November 3rd at the TLA on South Street, that's exactly what Saosin did.

With the release of their debut self-titled album happening this past September, Saosin is not entirely new to the scene. Fans anticipated their album for over three years, and now that they've been able to break new ground with getting their art "out there," it seemed a perfect time to film this DVD.

As a venue, the Theatre of Living Arts isn't what it used to be. Newly remodeled with neon chandeliers, velvet curtains that line the walls, and a refurbished bar upstairs and down, the setting proved to be perfect for this show. Although the TLA isn't as large as a spectrum or an arena, the light show and acoustics worked harmoniously enough to create a perfect atmosphere of vibrancy and beauty. On stage behind the band, there was a constant battle of well over 5,000 tree lights glowing blue, green, and white, strobing brightly and reflecting vividly off the faces of the eager crowd.

The audience and band alike became yet another outlet of electricity themselves. For over an hour the moshpit was rampant in a chaotic spree of non-stop motion. Fists pumped and almost everyone sang along word for word. The night was alive with music and Saosin used our heart-beat to thrive on stage.

As a band, the southern California quintet seem more like a family than anything. With vocalist Cove Reber constantly smiling outside of each lyric, with the humorous jokes between guitarist and frontman, and with the band's endless slew of crowd interaction, it truly felt like the audience was part of that intimacy. There's definitely something to be said about the closeness of Saosin and how, when performing, they seem to give everything they have in body and heart. I've been in front of stages from time to time where you can see bands that are just there to be there. With Saosin, every second on the stage of the TLA and every time before this show I've gone to see them, they radiate such an intense passion for what they do you can just tell this is their life, this is their heart. Live music today should always be this type of an experience.

Continued on pg. 7

a huge improvement over the current site.

Admittedly, not much is known about the new site. Senior Paul Kroon stumbled upon the website on the Ursinus server and has been spreading the word about it through Facebook. Information such as the designer, possible launch date, etc. are as yet unknown, but we can all agree that the sooner we switch over, the better.

Now, the call goes out to you, Ursinus. With your support, we can drastically improve the school's image to the Web community. Check the new site out, join the Facebook group ("New Ursinus Website"), e-mail the administration, do whatever it takes to help get rid of that digital affront that serves as a homepage now.

“The Mist” (2007)

In all honesty, I was really not looking forward to this week's flick. Between the name, which seems like a giant rip-off of “The Fog,” the track record of Stephen King works that were less-than-stellar (“Pet Sematary,” “Children of the Corn,” “The Tommyknockers,” “The Lawnmower Man,” etc., etc.), and Thomas Jane's questionable acting ability, there seemed to be more than enough strikes against it right from the get-go. I'm happy to say that I was completely blown away, and with that, let's do “The Mist.”

As a strange mist envelops a small Maine town, David Drayton (Thomas Jane), his son, and numerous other members of the town huddle for shelter in the local supermarket. When bizarre and deadly monsters begin laying siege, questions are asked, sides are taken, and more than a little blood is spilled. It's up to David to try to protect his son and find a way to escape the dangers hiding in the mist.

I've watched a lot of horror movies in my time, and I can't remember the last time I jumped out of my seat and yelled as I did when I saw “The Mist.” This movie refused to pull punches, constantly lulling you into a false sense of security before pulling the rug back out from under you.

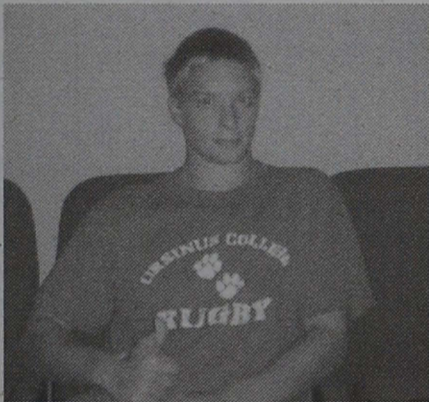
As far as acting goes, Thomas Jane was the biggest surprise here.

Playing the everyman who the audience is supposed to identify with, Jane carried the emotional burden of the film extremely well (side note: does Jane have some sort of clause in his contract that says he has to wear a tight black t-shirt in every role?). Also of note was Marcia Gay Harden's performance as the born-again-Christian Mrs. Carmody, whose dire predictions and spouting of end-time Bible verses may actually be true. Harden takes what could have been a one-note role and manages to make it into a fleshed-out, complex character.

A lot has to be said for Frank Darabont, the writer and director, previously the man behind “The Shawshank Redemption.” Rather than the happy Hollywood ending that flick had, Darabont ends “The Mist” on a down-note that manages to stick with you long after the credits roll. Recognition needs to be given for taking a chance with such a disturbing finale, one which could have easily driven audiences away. Darabont also does a great job establishing the layout of the supermarket, making it feel like a real location rather than a set, which goes a long way for drawing you into the film.

The bottom line is that “The Mist” is easily one of the best horror films this year. Packed with scares, gore, and an underlying social commentary, it not only scares you, it instills terror. It didn't help matters for me that right after the film ended, a thick fog began rolling in. That's like walking out of “Jaws” and seeing a shark fin in the ocean or leaving “Mean Girls” and going to an all-girls high school. That was a horror movie, right?

Looking ahead, keep an eye out for “Strange Wil-



ALEX ERNST
The Back Row

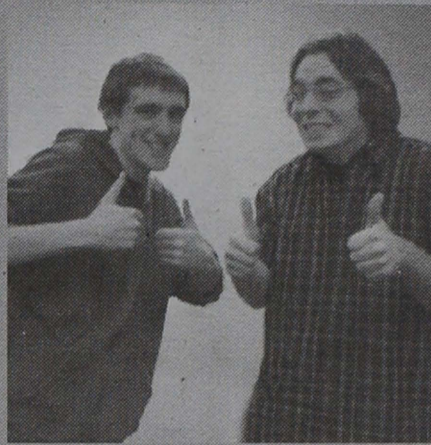
Kids Campaign for Christmas

Here's a somewhat unnerving thought: if those pundits who speak of the overwhelming importance of the Iowa Caucuses and the New Hampshire Primaries are right, the two candidates for President of the United States may be decided (or at least almost decided) by the time we students return from our multi-ethnic, non-denominational, winter celebration (or non-celebration). This thought is interesting (who *knows* what could happen between now and then?), but even more interesting is the prospect of seeing whether or not the latest campaign strategy works. That strategy has been dubbed “The Cute Kid Strategy.”

Companies have used (i.e. manipulated) cute kids to market things for ages (think Welch's), but we haven't really seen political candidates use this strategy aside from the occasional baby-kiss... until now. It all started when Barack Obama's unbearably cute daughter Sasha was asked what she wanted for Christmas. She replied, “I want my daddy to win!” The video circulated YouTube faster than any fat Star Wars kid ever could. Before you knew it, middle class white families were saying “We have to make this poor little black girl's Christmas dream come true!” Occasionally, someone would try to remind them that this particular little black girl was by no means “poor” and that she could well be receiving twenty ponies under her Christmas tree. They would not be swayed. They had become part of the Obamanation – much to the surprise of Mr. Obama himself. He insists that the response was unscripted, and you know what? I believe him.

This did not sit well with John Edwards. He had counted on the hard-working farm folk of Iowa to support him in the Caucuses, only to see them pulled away by a darling little black girl. “Two can play at this game,” he thought. Or, at least, I assume that's what he thought, for a few days later, another video emerged: this time, an advertisement for John Edwards. On screen appeared a mall Santa Claus (a very classy one, I should note) with little adorable Jack Edwards on his lap. “What do you want for Christmas

this year, little boy?” “I want the gweat people of Iowa to vote for my daddy, John Edwawds, for Pwesident. And peace on Earl!” Have you ever heard a kindergartener with a Southern drawl? I hate kindergarteners, and I hate Southern drawls, but I must say, there's something charming about the combination.



MATTHEW FLYNTZ
DAN SERGEANT
Communism for Dummies

Only moments after this ad first aired, Hillary Clinton called a press conference. She stated: “I want to take the time now to denounce the tactics of John Edwards and Barack Obama. They are manipulating their children for the sake of their campaigns. Such treatment of children is unacceptable.” She continued along these lines for quite some time. A reporter asked Mrs. Clinton, “What do you make of the claims that you are just jealous that you don't have a cute kid?” She responded, “What are you talking about? Chelsea is adorable!” “Sure... if you're a horse,” the reporter said under his breath. Mrs. Clinton apparently did not notice. She continued: “I have met these two children, and they are great kids. I love them both dearly. But, I also love the other millions of children in America, and today, I speak out to them. Kids, if you want change in the White House, tell your parents that you want them to vote for me.”

The pundits said this strategy would never work, but in only a few days, Hillary's poll numbers began to climb (granted, they have only returned to their original, pre-“Cute Kid Strategy” mark). We spoke to one mother who is giving her daughter the gift of Hillary this year. “I was going to get her Hannah Montana tickets, but she just begged and pleaded for me to vote for Hillary. I was more of Chris Dodd kind of girl, but like I say – anything for my little angel! Plus, this was a lot cheaper, and stores can't run out!”

So, who will win? Little Sasha? Little Jack? Or the hoards of kids who want the latest Christmas fad present? My money is on the latter.

Honestly, Matt and Dan would prefer Hannah Montana tickets. If you want to give us some, let us know: maflyntz@ursinus.edu and dasergeant@ursinus.edu.

derness,” a flick about a documentary show that goes out in search Bigfoot in order to try to stave off cancellation. Starring Steve Zanz, Kevin Heffernan (Farva from “Super Troopers”), Justin Long, Jonah Hill, and Allen Covert (“Grandma's Boy,” in addition to just about every Adam Sandler movie ever made), this flick looks like it has some real potential. That's it for this semester. Happy holidays, everybody.

Alex Ernst really didn't need one more thing to be afraid of. So that's mist, clowns, ventriloquist dummies...you can reach him at alernst@ursinus.edu.

Saosin, cont'd from pg. 6

Having just broken ground so recently in the music scene, yet already having played alongside epic names such as AFI, My Chemical Romance, Linkin Park, and Placebo, I believe that Saosin will continue to be recognized for this aspect of their performance. Furthermore, I'm certain that whether or not they filmed a DVD that night, the show would have been just the same. And I'm even more certain that when the footage filmed that night hits stores, even more will hear the voices of a band that deserves intense recognition, because with Saosin, it's simple to see passion and music are meant to go hand in hand.

Are you a UC Democrat? Republican? Anarchist?



We want your opinions!

Email dasergeant@ursinus.edu.



Bears Off to a 1-0 Start in League

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Chestertown, MD – The Ursinus College Bears men's basketball team eased their way past the Shoremen of Washington College 80 – 59 in a league opening blowout this past Wednesday.

The Shoremen flew out of the gates to take a 9–2 lead in the opening moments, but the Bears showed some real poise away from home to regain the lead 10 minutes into the first half. The Bears never looked back and led by as many as 24 points at one stage.

Although Ursinus put up 80 points and shot just under 55 percent from the field, the game was really a story of defense. The Bears had a significant size advantage over their Washington opponents and used their length and athleticism to really disrupt the rhythm and timing of the Washington College offense. Rob Nugent's men were held to a lowly 30 percent shooting from the floor for the game, which included a 19 percent first half performance. Tim Kohlrus, Washington's main offense weapon, was held to 5-23 from the floor by the Ursinus guards.

The Bears' offense looked explosive at times and went on some terrific runs to extend their lead and stamp their

authority on the game. However, Ursinus, which loves to push the tempo of the game and get up and down the floor in transition, looked a little turnover-prone at times. The game saw four Ursinus players reach double digit scoring, including All-American Nick Shattuck who finished with 23, and John Noonan who had 10 to go along with a career-high 11 rebounds; but the game also saw the Bears cough the ball up 23 times.

This is something coach Kevin Small will surely be urging his guys to rectify, especially with a huge game away from home again this weekend against a prolific Gettysburg offense – which was ranked second in the pre-season poll behind Ursinus and includes a potential player of the year candidate in junior guard Dan Capkin. The Bears will not want to be handing out free possessions as they look to come away 2-0 in the league after this Saturday.

However, with all that said, the Bears looked well deserving of their pre-season poll position in the league and of their national top 25 ranking, despite some opening night league jitters and careless turnovers. Coach Small has always preached to his guys about getting better and looking at the bigger picture in terms of the playoffs in February, so let's hope the Bears can learn from some of their mistakes against Washington and use that to come away with a win down in Gettysburg.

A Preview of UC Winter Sports

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With the chilly, festive period upon us, the college sports season shifts seamlessly from the fall to the winter, and this year the Bears seem ready for the cold.

This winter Ursinus will be competing in men's and women's basketball, indoor track and swimming as well as taking to the wrestling mats and gymnastics springboard.

The men's basketball team returns this season short of two all-Centennial Conference forwards in the graduated Will Furey, who led the league in three point field goal percentage last year, and Matt Fabian, who was second in the league in rebounding. However, the team returns an All-American in senior Nick Shattuck, who was named the Centennial player of the year and led the league in scoring, and has some envious potential in its rising Junior and Sophomore classes, including sophomore point-guard Remy Cousart, who led the league in assists this past season, and a Division one transfer from James Madison in Matt Hilton. The Bears will begin the season with a top-25 national ranking and as favorite to win their third conference championship in four years.

The women's basketball team has lost two 1,000-point scorers to graduation in Mary Kate Daily and Molly Guntli – who also pulled down over 1,000 rebounds in her career. However, with returning all-league guard Senior Sarah Hennessey, who ranked third in steals per game and three point field goals made last season, the defending Centennial conference champions will be looking to replicate their winning ways. This will be helped with the return of Sophomore forward Carolyn Konstanzer, who made an immediate impact last season starting 28 games and averaging just over 10 points and 6 boards per outing last year.

The Ursinus gymnastics team looks to be as strong as ever. Despite graduating an all-round All-American in Jess Furman, the Bears return four other All-Americans in Seniors Bree Morrissey and Emily Marques, as well as Sophomore's Kira Oldham-Curtis and Olivia Oller. The Bears coach, Jeff Schepers, returns as the National Collegiate Gym-

nastics Association coach of the year and the team will have high hopes of bettering their second place finish at the NCGA championship last year.



the eight wrestlers who placed in ten different weight divisions at the conference tournament return to compete again this year. Steve Kingsland, Trevor Beard, Chris Springer, Harry Keyser, Matt Williams, Mike Schwager and James Bloom all come back hoping to replicate their success of old and bring home Ursinus's tenth Centennial wrestling title and sixth consecutive title.

On the track this winter, the men's team will be led by last year's Centennial Conference Outstanding Performer and Senior Brandon Evans as well as two-time 55 meter hurdling champion Matt Granteed. The bears will be looking to go one better than their second place finish last year and capture their first title since 2003. On the women's side, the Bears will be looking to improve dramatically on their last place finish at last year's conference championships.

In the pool, the Ursinus swim team will be led, on the men's side, by Juniors Andrew Piasecki and Ryan Kennedy, who each hold school records for the 100-yard breaststroke and 200-yard backstroke respectively. For the women, Sophomore Emily Herman looked impressive with her 200- and 500-yard freestyle victories in a meet against Lycoming recently, as did the Bears' 200-yard freestyle relay team. Coach Mark Feinberg will surely be looking to mark his fourth season in charge by ensuring his team makes a significant impact in the conference this year.

Fresh Faces on the Women's Court

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Defending Centennial Champs, the Women's Basketball team has gotten a new attitude and some new players, and is looking to hook the title once again. After losing five seniors to graduation, Coach Buckley said the other teams are looking at the UC Women's team as just that, a team that lost five seniors. But he is being reassured after each practice that the team is getting stronger through hard work and dedication and is ready for another great season.



"The atmosphere has changed. We lost five seniors who were a part of our rotation. We are a different team now. We have different team perspective than we had last year," said senior Captain Sarah Hennessey. "We are very young this year and we are rebuilding. We are finding ourselves as a team and I think we are doing a great job of it. Each of us is taking on the roles that the team needs them to. We also have talented Freshmen who will contribute to our team and will have great careers within the Conference"

Coach Buckley commented on the role of Hennessey, one of two captains on the team this year. Buckley said Hennessey has really bridged the gap between upperclassmen and underclassmen in years past. She was on campus while some of last year's seniors were off campus, so she was really able to work hard with the new freshman. He is looking for both captains to keep the team together and to bridge the gap for this "new" team.

Although Tracy Maginnis, the co-captain for the women, is out to injury, she is still looking to be there for her teammates on and off the court. "I am coming back from an injury, so when I am on the sidelines I want to provide my teammates with encouragement and help them to better themselves as players. Off the court, I hope my teammates look up to me and respect me as a leader. We are a close-knit group and rely a lot on each other on and off the court," said Maginnis.

McDaniel, Dickinson, Muhlenberg, Johns Hopkins, and Gettysburg are the key teams UC is going to have to beat to have a chance at their title once again. Coach Buckley feels confident in the team, saying this team is younger but more athletic than teams in the past. "We are one team. We are all in this together," says Hennessey, "And as Captain, I would like to keep it that way."

Before the team can accomplish anything, however, according to Maginnis, they must fulfill their team's superstition. Before each game the team's trainer, Michelle Vande Berg, started making them smoothies. So now, a smoothie is a must before their games!

Coach Buckley is looking to surprise the conference with how good his other players are, and he knows that last year's graduation can only hurt them if they let it. The first home game is December 6th at 7pm against Moravian. The fans are always a positive addition to the dynamics of the game. Coach Buckley said it's nice to see friends and family come out, because he has noticed the team play better with their support. So mark your calendars, and get ready for another exciting season!