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The Grizzly, February 7, 2008

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The Grizzly

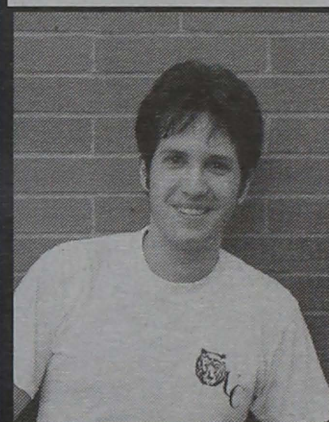
Thursday, February 7, 2008

The student newspaper of Ursinus College

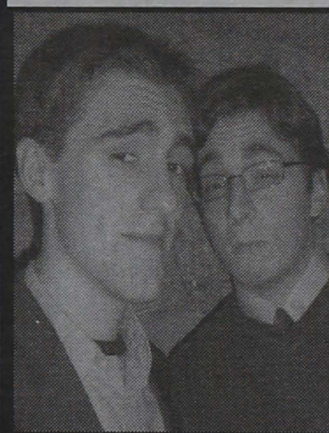
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Focus the Nation Ends on a High Note

Café Owner Advises Mindful Consumerism

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Spunky, with shocking white hair, a strong voice and a leopard print top, Judy Wicks of West Philadelphia's White Dog Café took over the microphone in Wismer Lower Lounge and quickly began firing off about important, heavy issues. With little small talk at the beginning of her speech, Wicks, clearly a woman of action and passion, spoke to the audience about the climate crisis, the increasing "wealth gap," and the "endless war" in Iraq. This Focus the Nation lecturer clearly touched on much more than climate change – an issue which she believes can only be solved by cooperation in business and beyond – she relayed many of her feelings about issues such as equality, sustainability, consumerism and diet.

As listeners dined on local, organic and free range foods provided largely by Lancaster farms and prepared special for Focus the Nation events by Wismer staff, Wicks detailed her personal history as it led into the founding of her restaurant, a Sansom Street institution famous for good food, stimulating lectures and socially-conscious consumption. As a VISTA volunteer in an Eskimo Village in her early twenties, Wicks learned a tremendous amount. "When I looked at my own culture..." she recounted, "I realized that our economy is based on envy." The Eskimos derived security from community, she noticed, rather than from money or material goods. That thought and numerous others about living consciously and ethically formed the foundation of what would become her "beautiful business."

At age 25, Wicks banded together with community members to save a block of brownstone homes where she rented. Her efforts are evident today – that very block is where the White Dog Café now stands, where she lives to this day, and where many vibrant, locally-owned stores and restaurants thrive. Living above the restaurant which grosses \$5 million annually (she donates a significant chunk to charity) helps her to stay connected to the core values of

her business. "We've become disconnected from each other and our places," she said. Commuting makes it all too easy to check our values at the door when we leave in the morning and conduct ourselves in the business world in a manner incongruent with our personal beliefs, she emphasized.

Rather than maximizing profits (she believes could easily create a franchise or expand her brand, but she has chosen not to in order to remain "authentic"), she prides herself and her staff on maximizing relationships with clients, suppliers, staff and community. Ensuring that employees are given a living wage (rather than just minimum wage, which Wicks calls "ridiculously low") is all part of her greater plan to do business in a sustainable, just manner. Buying meat from farmers who allow their animals to eat well and live "with dignity," and buying coffee and chocolate from laborers who are paid fairly and pollute little is another part of the Café's commitment to healthy, fair food and community service. Purchasing energy from windmills further evidences her dedication to create an all-around "win-win exchange" rather than "win-lose exploitation," for earth and its people.

Wicks ended her lecture by detailing some of the programs she enjoys providing for the community at her restaurant. These include talks about food security, the living poor, or refugee issues; trips to disliked, ignored, or communist countries; and events like the fun, outdoor "Birth of the Nation" party in July. So, what advice did Ms. Wicks, a mother of two, businesswoman, leader, slow food proponent and a complete powerhouse offer for us? She emphasized the importance of affecting change and doing it right now, right here..."start where you are in terms of engaging in the local economy movement." Practice what she calls "mindful consumerism," meaning buying quality rather than quantity. Challenge ourselves and our school to buy organic and support the local economy. And consider the results of our buying, eating and other actions, globally and locally.

More Money in Your Pocket?

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In response to the lagging U.S. economy, President George W. Bush introduced an economic stimulus package on Jan. 18, 2008. The \$145 billion stimulus package is based on tax breaks for both consumers and businessman. The plan calls for a one-time rebate, tax incentives for business investment, and possible extended unemployment benefits. The tax incentives are centered on the 10 percent income tax bracket being reduced 0% for the year. As a result, a single person would not have to pay taxes on the first \$8,025 of taxable income, saving a single person about \$800. Tax rebate checks could be received by consumers as early as the spring. The rebates would total about 1 percent of the U.S. Gross Domestic Product for the year, according to The Washington Post.

President Bush commented on the plan by saying, "By passing an effective growth package quickly, we can provide a shot in the arm to keep a fundamentally strong economy healthy." Bush's plan to keep the economy strong was not immediately effective on Wall Street. On the day the plan was announced, the Dow Jones Industrial Average of 30 blue-chips stocks was down 59.91 points or .05 percent, while the Standard and Poors 500 stock index fell 8.06 points or .6 percent (*The Washington Post*). It appears as if Wall Street is still fearful of a possible recession due to high energy prices, a housing crisis, and stagnant job growth.

Treasury Secretary Henry Paulson had a more positive view of the plan, believing it would create 500,000 additional jobs. Other investment professionals, however, were skeptical of the package and how quickly Washington could pass the bill. Mark Coffelt, the Chief Investment Officer of Empiric Funds stated, "Given the process, by the time it occurs, we'll probably be out of a recession" (*The Washington Post*).

Little less than a week later congressional leaders and President Bush reached a compromise on the plan, producing reduced savings of up to \$600 for individuals. Families will receive double the amount and families with children will receive an additional \$300 rebate. The revised plan will affect 117 million Americans. The House is set to discuss and vote in the first week of February, followed by the Senate soon after. If the bill passes as expected, people can look for their rebate checks as early as May.

News in Brief

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January 30, 2008: Lt. Elizabeth Whiteside, a psychiatric outpatient at Walter Reed Army Medical Center, waited for the Army to decide whether or not to give her a court-martial for endangering another soldier. Whiteside has a history of erratic behavior, even turning a gun on herself last year in Iraq.

On Monday evening she attempted to kill herself. In so doing, the 25-year-old Army reservist joined a record number of soldiers who have committed, or at least tried to commit, suicide after serving in Iraq or in Afghanistan. "I'm very disappointed with the Army," Whiteside wrote in a note. "Hopefully this will help other soldiers." She was taken to the emergency room early Tuesday. Whiteside, who is now in stable physical condition, learned Wednesday that the charges against her had been dismissed.

Jan. 31, 2008: The U.S. military is not well-prepared for a catastrophic attack on the country. The National Guard forces do not have the equipment or training they need to handle a WMD strike. Even fewer Army National Guard units are "combat-ready" today than were a year ago when the Commission on the National Guard and Reserves determined that 88 percent of the units were not prepared for the fight. The independent commission is charged by Congress to recommend changes in law and policy concerning the Guard and Reserves.

Jan. 31, 2008: A hole-in-one is rare on the golf course, but what are the chances of a blind golfer sinking one? Leo Fiyalko could not see it, but all of his friends did. Fiyalko made a hole-in-one on the fifth hole at the Cove Cay Country Club. Fiyalko is 92 and has macular degeneration. He's been golfing for 60 years now, but his 110 yard shot with a five iron on Jan. 10, 2008 was his first hole-in-one.

Feb. 1, 2008: A female suicide bomber blew herself up at the main pet market in central Baghdad. She killed at least 46 people and wounded dozens. Police said this was the deadliest bombing to strike the capital since 30,000 more American forces flooded into central Iraq last spring.

About 20 minutes later, a second female suicide bomber struck another pet market in southeastern Baghdad. This blast killed at least 18 people and wounded 25, police said.

The Grizzly

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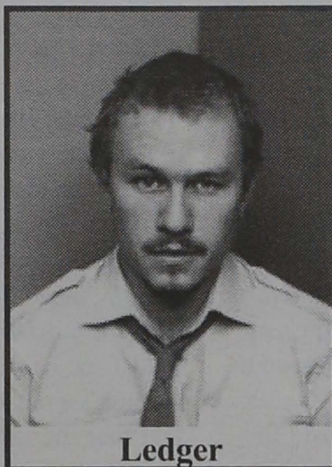
Dr. Rebecca Jaroff

Ledger's Death Still Leaves Questions

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On Jan. 22, 2008 at approximately 3:00 p.m., actor Heath Ledger was found unresponsive in his Lower Manhattan apartment. About 30 minutes later, emergency medical technicians pronounced the actor dead on the scene. Ledger was discovered naked and face-down at the foot of his bed by a housekeeper, who had arrived to remind Ledger of an appointment with a massage therapist.

Though it was originally suspected that the actor had committed suicide, this has not been confirmed by medical examiners. The results of a toxicology report are still pending. Ledger's family insists that his death was caused by an accidental overdose. Sleeping pills were found near Ledger's body at his time of death, and other anti-anxiety medications were found in his apartment by police investigators. Ledger did not leave a suicide note or anything else that would indicate that his death was intentional. Ledger's family has placed a notice of the actor's passing in *The West Australian*, a newspaper based in Ledger's hometown of Perth. The family writes, "As a close knit and very private family we have observed you so determined yet quietly traveling in your self-styled path in life, nothing would get in your way [...] no mountain too tall, no river too wide [...] Our hearts are broken." At this point, there are no indications that there will be a public memorial service for Ledger.



Ledger

Heath Ledger, who was named Heathcliff after the character from Emily Bronte's "Wuthering Heights," began his acting career in Australia at the age of 10. In 1999, Ledger moved to Los Angeles, California, and appeared in his first leading man role in the teen comedy *10 Things I Hate About You*, which was modern adaptation of William Shakespeare's "The Taming of the Shrew." Ledger quickly moved on to more dramatic and challenging roles, such as starring opposite Mel Gibson in *The Patriot*. Perhaps Ledger's most memorable role is that of Ennis Del Mar in *Brokeback Mountain*. His role as a cowboy who falls into a romantic entanglement with another man earned Ledger an Oscar nomination. It was on the set of *Brokeback Mountain* that Ledger met his now estranged wife Michele Williams, former star of the television drama *Dawson's Creek*. Though the couple had a daughter, Matilda Rose, on Oct. 28, 2005, the couple has since separated.

With so many questions left unanswered in the untimely passing of Heath Ledger, including how his death will affect the release of some of his movies (such as the latest *Batman* movie, in which Ledger plays the Joker). Ledger's words in a recent interview with WJW-TV in Cleveland are especially chilling. He remarked on how fatherhood has changed his perspective saying, "You learn more about yourself through your child, I guess. I think you also look at death differently. It's like a *Catch-22*: I feel good about dying now because I feel like I'm alive in her, you know, but at the same hand, you don't want to die because you want to be around for the rest of her life."

Arctic Mammals Battle Climate Change

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On Jan. 30, 2008, the Executive Director of the U.S. Marine Mammal Commission, Tim Ragen, came to talk to Ursinus College students and the community about climate change and its effects on Arctic marine mammals.

Ragen is a marine mammal biologist, who received his doctoral degree in Oceanography from Scripps Institution of Oceanography at the University of California, San Diego. Some of his work has included spending time studying the Alaskan fur seal with the U.S. National Marine Mammal Laboratory and serving as the program analyst in the Honolulu Laboratory of the U.S. National Marine Fisheries Service for the Hawaiian monk seal recovery program.

While many of our lives have not been adversely affected by climate change yet, the lives of marine mammals are changing quickly, and not for the better. Ragen explained that increasing global temperatures are melting greater amounts of ice in Antarctica each year, and rising sea levels are swallowing up ice sheets and tundra. So, how does this affect polar bears, seals, and walruses thousands of miles away? Ragen explained that some of these animals, including various kinds of seals and walruses, use these ice sheets to escape from predators, like the killer whale and polar bear. Some of these animals also use the ice sheets as a place to nurse and rear their young. Increased susceptibility to predators and fewer areas for these animals to rear their young could lead to a drastic decline in these species' numbers. Many Arctic marine mammals are already threatened or in declining numbers and Ragen explained that there is no way to predict how adaptable these creatures will be to the environmental changes that are likely to occur.

Currently, there is already a petition to list the polar bear as threatened under the Endangered Species Act.

Though the United States has yet to experience any serious negative effects of climate change, Ragen explained that natives in Alaska are already being affected. Due to receding ice sheets and the loss of tundra, species populations are in decline. Many of these natives depend on seals, polar bears and walruses' for survival. Recently, Alaskan natives have been worried and have voiced these concerns to member of the U.S. Marine Mammal Commission. They have noticed that while hunting for these animals, they barely see any. Not only is the quality of life becoming worse for these marine mammals, but it is also making life more difficult for an entire human population.

There is a tremendous amount of apathy in response to climate change and its effects on Arctic marine mammals. While these fascinating creatures should be a priority to government authorities and others, Ragen told the audience that, at this time, our economy is taking precedence. Ragen went on to tell the audience that if he and his co-workers had been doing their jobs properly, everyone would already know and understand the plight of Arctic marine mammals, and that conditions for them wouldn't be as bad as they currently are. While there is nothing any one of us can do about melting ice sheets or marine mammals' increased susceptibility to predators, Ragen informed everyone that we can be more careful when shipping hazardous materials, and be more vigilant when drilling for oil.

With this new awareness of the dangers faced by Arctic marine mammals, Ragen believes it is our job as informed members of society, to spread this knowledge; if we fail to attend to these challenges now, what state will Arctic polar bears, seals, and whales be in 20 years from now? As Ragen said "We will be sustainable someday, but what will be left when we are?"

NYTimes Reporter Discusses Climate Issues at FTN

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The Ursinus campus was host to numerous speakers throughout the week, all with the common purpose of spreading awareness in a campaign called "Focus the Nation." Events wrapped up Saturday, February 2 after a buffet dinner and a concert, but lectures were also given throughout the day, including one from *New York Times* environmental reporter Andrew Revkin.



Revkin

Revkin hosted a lecture at on Saturday, Feb. 2 in the Lenfest Theatre. The theatre was packed with students and faculty, but with members of the surrounding community. He was introduced by Ursinus professor Richard Wallace, who organized the program. Revkin has a background in biology and journalism. He presented a slideshow featuring current information on the condition of the climate worldwide, and of the changes that have taken place over the last few decades. Specifically, he talked about his work while traveling across the globe, and kept the crowd entertained with slides, pictures and even a sound clip from one of his travels.

Revkin stressed that everyone has an impact on the environment and showed the growing statistics of the damages being done to various continents. He has studied the effects of Hurricane Katrina, tsunamis in Asia and the burning Amazon. Revkin has also traveled for research to Russia, the Arctic, Greenland, Africa and various other continents. He has been writing about changes going on in the climate worldwide in the *New York Times* since 1995. He reminded us that we should be worried, and that many times people tend to think of global warming as a hoax.

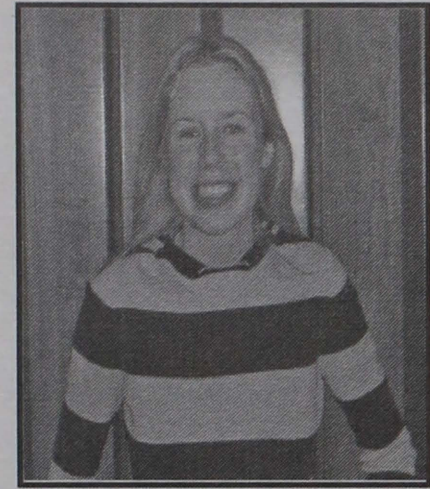
Revkin informed the crowd that global warming has been on-going. The first mention of climate change dates back to 1890, and the effect of carbon dioxide on the environment was published in 1956. He reminded us of the decrease in the "frozen days" of Alaska, the increase of rising sea levels and the influence our actions have on the overall changes to climate globally.

Though he was serious about his work, Revkin proved to have a comedic streak as well, which showed in the anecdotes and pictures he included that kept the crowd laughing. Those in attendance were very focused on his presentation, and many questions were posed after his lecture, which received a positive response.

If Revkin's presentation was any sign of how the rest of the events for "Focus the Nation" went, Ursinus was sure to have had a very successful week. For more on Revkin's writing, you can visit his website at the *New York Times* at www.nytimes.com/revkin or email questions and comments to him at revkin@nytimes.com.

Modern Menstruation Alternatives: The Menstrual Cup

There are a variety of ways in which women are first taught about the intricacies of menstruation. They might first encounter the information through a mother, a sister, a friend, or those wonderfully awkward health classes in elementary school. Whatever the means, we are usually taught that we are embarking upon a new era in our life that involves education, understanding, and becoming accustomed to occasionally feeling embarrassed when purchasing feminine products. As it turns out, the chances are that our education about our options regarding menstruation products was incomplete. So please allow me to fulfill my duty as a provider of continuing education and introduce those of you who are in the dark to the menstrual cup.



LANE TAYLOR

Everything You Never Knew You Wanted to Know About Sex

I was first introduced to the menstrual cup when I was 16 and working as camp counselor. Someone discovered that one of the older counselors used the cup, and we

had a million questions regarding this seemingly absurd alternative to the tampons that we had just gotten used to. Occasionally, I am reminded of this conversation when shopping for feminine products, but seldom else does the menstrual cup cross my mind. The inspiration for this article came from an inquisitive email that I have been begging you people to send me for three years. The fact that I (and most likely the reader) know very little about the menstrual cup is most likely because the television and magazine advertisements dedicated to tampons and pads are not used to promote the cup. In spite of the fact that it was patented in 1932, we hear very little about the menstrual cup.

The menstrual cup is a bell-shaped, vaginal insert that is approximately two inches long. Unlike tampons and pads which absorb menstrual fluid, the cup collects it, and is emptied regularly. The traditional menstrual cup is reusable, comprised of latex or silicone, and can last up to 10 years. There are also disposable menstrual cups that are soft, flexible, and latex-free (these are manufactured by Insteader Inc., and can be found on the internet and in stores). Non-disposable menstrual cups are manufactured by a variety of sources and under a variety of names, including the "DivaCup," the "Keeper," and the "LadyCup." If you have trouble locating a menstrual cup in stores (though they apparently sell them in an anarchist bookstore off of South Street), they are widely available on the Internet.

Non-disposable menstrual cups are worn lower in the vagina than tampons, and are removed by a tab at the tip of the cup. Disposable menstrual cups are worn high in the vagina like a diaphragm (which it is shaped like) and is placed over the cervix. The disposable cups are held in place by the pubic bone, while the non-disposable cups may change position and move higher in the vagina as the day progresses,

but that is completely normal. After each use, the disposable cup should be thrown away, while the non-disposable cup should be thoroughly cleaned after the menstruation period as ended. The use of cleansing hot water is considered a must, and they can also be thrown in the dishwasher. It is important to thoroughly cleanse the cup, because yeast infections have occurred in women due to unclean menstrual cups.

One of the advantages to the menstrual cup is that it requires less maintenance and concern than other methods, and is considerably safer. Unlike tampon use, menstrual cup use is not associated with Toxic Shock Syndrome (though Toxic Shock Syndrome due to tampon use is extremely rare). Menstrual cups can also be left in the vagina for 12 hours (four more than tampons) and are designed to hold 1 oz. of fluid, or about 1/3 of the blood lost during a woman's menstrual cycle. Other advantages include the fact that menstrual cups can be worn swimming, and are actually considered more reliable in the water than tampons. Unlike pads, menstrual cups do not foster warm, damp environments that can lead to bacteria growth, and unlike tampons, menstrual cups do not scratch the walls of the vagina or cause dryness by absorbing the natural fluids of the vagina. Menstrual cups are also considered more environmentally-friendly than tampons and pad because they produce less waste and they do not contain bleach or other environmentally-harmful substances.

Though the menstrual cup may sound alien to most of us, the advantages of it should make some of us think twice before disposing of it as a possibility.

**The information for this article was provided by Wikipedia.*

Wisner Student Restuarant Welcomes New Turnstile

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"It's a bird, it's a plane...no, it's a turnstile!" There is a buzz going around campus about this mysterious new addition to the Wisner Student Restaurant. This semester, students are being introduced to a turnstile that has a unique history, specific purpose and a striking appearance in the cafeteria. The mysterious new turnstile greeted students as they came back to Ursinus this past January. As a result, speculation about the story behind the new "door blocker" has filled the campus. After a discussion with Food Service Manager Scott Dube cleared the air, the mysteries of the turnstile were slowly revealed.

Many people believe that this structure was placed at the exit of Wisner to minimize the noisy alarm breakouts. Last year, students would run out of the exit doors while setting off a blazing alarm. It was an ongoing problem that USGA and Food Services tried to minimize; as a result, they decided to dismantle the alarm during the fall semester.

Dube revealed, however, that the new turn-style has nothing to do with the alarm issue. In fact, it was placed there to make the area's exit doors accessible to students. Since the turnstile was installed, they now have the opportunity to exit from those doors and have much easier access to mailboxes, Olin Plaza, or Zack's. "It's an exit and not an entrance," explains Scott Dube. Students will still need to enter from the front of Wisner, but at least they will have the opportunity to leave out a different set of doors.

Although the turnstile was assembled by Dining Services, the idea came from President Strassburger. It was his attempt at initiating better the traffic flow through Wisner. But, Ursinus needed more than just any door monitoring device. Scott Dube explains that the school purchased and installed the nostalgic door structure (the turnstile was once stationed in the Philadelphia's historic Veteran's Stadium). The school bought it off of E-bay and the rest is history.

There was also some initial concern that the turnstile may be a fire hazard. Scott Dube explains that the door stop is actually there to create a new exit in the event of a fire drill or an unfortunate fire. In the case of a drill, the doors open both ways leading out to the mailbox area and down the steps to safety. The alarm will sound out in the corridor and Campus Safety should be in the area to help attend to the students exiting from the turnstile.

However, the concern of a turnstile fire hazard still lingers in the air. The flipside is that students may in fact have a harder time leaving out of the exit doors during an emergency. The turnstile's positioning makes it hard for people to get out in a timely fashion. Instead of running to safety, people would need to form a single file line and then squeeze through the turnstile. This could cause chaos and force people to jump over the railing which adds even more dan-

ger to the mix.

After speaking with some students, a few felt that the turnstile was great, others saw it as a fire hazard and some did not care at all. In any case, the turnstile is here to stay. "It's pretty much a permanent thing," says Dube. The new exit doors in Wisner seem to be gaining popularity as the semester progresses. Now students are able to access their mail boxes and say that they have a piece of history stationed in their school cafeteria.

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Things I Wish I Knew as a Freshman: Local Hotspots

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Let's be real; Collegeville is a pretty boring town. My freshman year we did not even have the diner, the new Target or the A.C. Moore. When we were looking for things to do, we usually drove into King of Prussia, or if we were really motivated, occasionally the city. What I did not know was that just 10 minutes or so from campus are two really nice downtowns filled with restaurants and shops.

Just down 29 S (drive toward the entrance to 422, but instead of getting on, go straight down 29) there is a super cute town called Phoenixville. The town has been advertised as an up and coming community of artists and an alternative to Philly for years. Until recently, it was a struggling mill town. Phoenixville, world famously known for the theater scene of the 1958 movie *The Blob*, has plenty of fun and alternative restaurants, a movie theater, coffee shops with live music and much more.

The Colonial Theater shows popular movies as well as the classics, and with your Ursinus ID students only pay \$6. The shows change weekly, but the schedule can be found on their website: www.thecolonialtheatre.com.

Steel City Coffee House is also a fantastic find along Main Street of Phoenixville. There are usually about two

performances per week, but the coffee shop is open 7 a.m. to 11 p.m. all but Sundays and Mondays, which have shorter hours. During performances, they apply a BYOB policy if you are 21 years of age. Check out the performance schedule on their website: www.steelcitycoffeehouse.com. Other attractions of the town include Wolfgang Books, the music shop and multiple antique shops that can occupy hours of your time by just browsing.

The best thing about Phoenixville is the multiple restaurants that stretch down Main Street and others in the surrounding area. The Black Lab Bistro is a smaller restaurant offering contemporary American meals. There are a few other smaller restaurants with similar vibes and fantastic meals. Save the efforts of driving into Philly and check these places out: www.blacklabbistro.net. An Irish Pub called Molly McGuire's serves American and authentic Irish food has just opened this past fall, and it is packed on most weekends. For the 21 year-olds there is also an extensive list of imported beers on tap. On Wednesdays, the bar hosts Quizo, and Thursday through Saturday there are live bands. More information and a schedule of events can be found on their website: www.mollymaguirespubs.com. Another fun location (where Ursinus professors have been spotted on occasion) is the Iron Hill Brewery. They brew

their beers on site, but they also cook up some good burgers, crabcakes, soups and other classic American meals. Any of these numerous places are fun to go to with your friends or parents on their next visit. Check out more Phoenixville attractions on their website: www.downtownphoenixville.com.

Another town to check out is Skippack (go towards Trappe and take a right on 113, follow it into Skippack) and it is only 10 minutes away. There are 14 restaurants on the main street and 44 shops. While most of the stores are specialty shops there is one in particular that would appeal to Ursinus females; Bella's Boutique has an entire wall covered in Vera Bradley bags and other products. You can find out more about the town at their website: www.villageofskippack.com.

Hopefully this gave the freshman, and the unknowing upper classman, some insight on alternative activities off campus. For students who may not have access to a car, remember that there is always the Philly Car Share.

Satchmo's: A Unique Sub Experience

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Greetings again faithful readers, this is my first review for the semester. I hope that the past week has found you in good health and that you are not already thinking of dropping a class or two. That aside, nothing perks me up like the idea of visiting a new restaurant (P.S. some good restaurants for once would be nice). This is especially true this week as the restaurant in question only opened up about a week and a half ago. But enough about me and on to the review (and if all you are going to do is read the first paragraph, at least glance at the last one so that you know the score and can claim to have read the review).

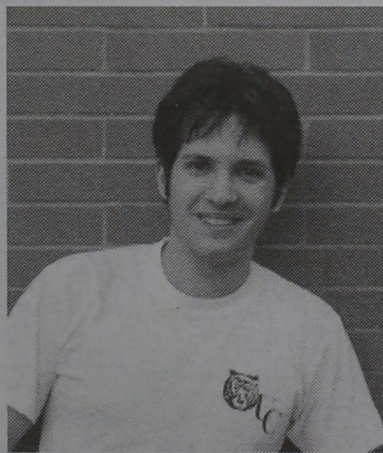
Satchmo's is what I am going to classify as an informal dining restaurant. At first glance, Satchmo's looks like your average hoagie and steak shop, but one look at the menu and you see that it carries some more uncommon items, including PoBoys (veggie, crawfish, and catfish), crabcakes and pulled pork (you can't get those at Gino's; well, you can't get much at Gino's).

With that in mind here comes the bad news. It is small, verging on cramped. The walls are still bare though I was told they would soon be covered in pictures and reviews (with any luck this one will be up there too). This means that all you see upon going inside is a nice clean black and white tile floor and four pristine white walls (well it has a ceiling too, but I just thought it was not worth a mention). This is not a place to bring the parents or grandparents. It is, however, an excellent place for those who just want to order some food, eat and leave. They even have a counter complete with bar stools to help facilitate that (Appearance 6/10).

As for service, the female staff member was friendly and nice, helping me chose what she thought was tasty on

the menu, which is a perk for a new place (it was good). That aside, there was not much else to it (8/10).

Now, on to the deciding category which will hopefully help you whether or not you want to come here at all. Well put fears to rest; if there is one thing I can say about this place, it is that Mark Vanhorn knows how to pick his meats. The waitress suggested that I try the Italian pork, and I agreed. She also suggested their soon-to-be famous sloppy fries (they're smothered with BBQ pork, onions, and cheese) but I wanted to leave without having CPR performed on me. The slow braised pork was coupled with sharp provolone and broccoli rabe (which for those unfamiliar is a Chinese broccoli, it looks like broccoli just thinner and more stretched out). Imagine my surprise when I found out this had some bite to it. It turns out the broccoli rabe is cooked with Chile peppers. Speaking of which, did I mention that they make their own dried red pepper flakes? Well, they do, and they are much spicier than those you find at the store.



But speaking of condiments, I could not believe what I saw sitting on the table next to the ketchup: *vinegar*. Rarely do you see this anymore and I think I can easily give them an extra point just for that.

As for pricing, it varies from item to item but I could place the average at around six dollars. My sandwich was \$6.50 and the fries an extra \$2.50. Though for me personally the sandwich was enough, and I just got the fries because I feel obligated to order at least two items so that the whole review isn't based on just one item off the menu (26/30) Pretty damn good.

That gives Satchmo's an 80% which in the informal dining category puts it in first place (though it is the first informal dining place I've reviewed). Satchmo's is located across the street from Wawa, so it is easy to find. For those who want a real cheesesteak instead of a heated sandwich, just walk across the street.

Career Corner: First Impressions

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First impressions are critical! Employers will make assumptions about your professional credibility and potential performance based upon your appearance and presentation during a first meeting. It is very difficult to overcome a poor first impression, regardless of your knowledge or expertise. You want to appear confident, conservative, reliable, and polished. Your clothing should appear as a natural extension of you, tailored to help you present a positive image and "shine" in the interview.

For the UC Job & Internship Fair, Career Services recommends that graduating seniors dress in professional attire. This means a conservative suit for both men and women. If you are searching for summer work, part time jobs, or internships as a freshman or sophomore, more casual dress may be acceptable; however, leave your jeans, sweats, and scrubs at home! Casual dress for an interview means khakis or slacks, dress shirt, and tie for men. For women, professional looking slacks or knee-length skirt, knit shirt, or twin set is acceptable.

This is your time to shine; give yourself the competitive edge! Below are some general tips for dressing to impress: Err on the side of conservative dress. Develop a look that is simple and successful. Keep the focus on you and your qualifications rather than on what you are wearing; Clothing should fit well and be cleaned and pressed. Shoes should be polished; Make sure your hair is clean, neat and styled in a professional manner; Brush your teeth and have fresh breath. Do not keep gum or candy in your mouth; Display no visible body piercings, except for conservative ear piercings for women; Cover visible tattoos to avoid distraction. Just remember: It's better to be overdressed than underdressed.

Check out the UC Guide to dressing for success at the Job & Internship Fair <http://webpages.ursinus.edu/career> (Click on "Fair Preparation").

Fear of Music: Tapes n Tapes (n CD-R)

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Funny thing about writing for a college paper—it never seems like a good time for an end of the year Best-Of list. The beginning of December feels too early (I wouldn't have heard Antibalas' *Security!* Or The Black Kids!) and now, well... really, by February a young man's fancy should be turned to things other than the weighty issue of *The Boxer v. The Stage Names*, y'know?

That's right, I'm talking about wuv, the kind touted in 90% of all songs everywhere by everybody since ever. True love, puppy love, lost love, and unabashed young lust, all of it and the wonderful, beautiful, shallow shitty songs it inspires.

More specifically, the mix. For a music lover, there's no more loaded gift than a mix. A diamond is forever, sure, but a mix is unreservedly temporal, a snapshot of someone's tastes and, more importantly, their own emotional state at a given moment. *This is me as I am right now*, scrawled in black felt-tip across a million 700 MB CD-Rs. Sure, you might be employing John Damielle as your temporary proxy, but the sentiment remains. In lieu of something like poetry (how revoltingly unironic, right?) the humble mix is about as close as our generation gets to a statement of romance-saddled vulnerability. Consider Nick Hornby's Rob Fleming (or John Cusack's if that's your taste), reliant on cutely concise song-lists for any sort of emotional expression. It's a risky thing – is "K-Klass Kisschase" *too* much? Does she even dig Richard Hell? – and at the same time remarkably weightless, socially speaking. What's a mix between friends, after all? For all the potential emotional unveiling, it represents a shockingly meager investment of effort, so much so that any awkwardness can be shrugged off without a second thought. Face it, a rose is a rose, and, semiologically speaking, a hell of a lot more, but who couldn't use another version of "Temptation"?

That element of ease (it takes what, half an hour at most to make a mix, maybe?) and temporal *immediacy* is what's been bugging me for the last couple of days. It's always tempting, when talking about a mix, to call it a mix-tape, the phrase just rolls off the tongue so well and carries such a punchy cultural heft, but aren't most tapes these days done on CD? I remember at six desperately wanting (who knows why) to listen to MC Hammer. I turned on the radio, popped a tape in the deck, and, chubby fingers hovering over "Record" and "Play", waited for at least an hour and a half. Who would go to that kind of effort for friggin' "Can't Touch This" these days? Putting a whole themed collection on such a beast must have been some kind of vigil, the moment when some love-besotted dope arrives at his sweet-heart's door, dripping with sweat from his labors and bearing a Rock Block of Styx, a profound statement of devotion. Or not, I don't know.

Did all that effort pay off, though? In terms of the immediate, I can't say. I was too young in the epoch of tapes to be all that worried about getting laid and making friends, but there is something weirdly memorial and solidly permanent about a tape, about the tangible spooling of iron-oxide powdered tape around plastic rings, that I don't think a mix *CD*, so faceless and abstractly digitally, can really

A Parable for Our Times

How to Read the Results of the Super Bowl as an Allegory for...

I. The War on Terror

Though they were the favorites, the "Patriots" – that is, our military – will be overrun by the "Giant" specter that is international terrorism – terrorism that first reared its horned, bespectacled head in New York. Things go pretty well for the U.S. for the first three quarters, during which Afghanistan is subdued and Baghdad taken with little resistance. But it all goes to Hell in the fourth, when insurgent forces carry an elongated rubber ball into an arbitrary rectangle of grass, thereby dashing all hope for democracy in the Middle East.

II. The '08 Election

The "Patriots," or in this instance, the patriotic (i.e., the Republican) candidate, will be defeated this November by one of the two "Giant" personalities in the race: Democrat Hillary Clinton or Barack Obama (Clinton, as it happens, is the Senator from New York, and Obama is black, and New York has a lot of black people in it). Though the Republicans/Patriots put up a good fight, and even lead the polls for a good portion of the race, they are upended in late October by the political equivalent of a hail-Mary pass: namely, the revelation that the Republican candidate had sex with something he shouldn't have had sex with.

III. Biblical Prophecy

God, popularly thought of as a "Giant" bearded figure in a white robe, will grow weary of mankind's sin of Pride – pride such as "Patriotism." In a pitched battle between good and evil, the forces of good will prevail when Jesus Christ Himself, riding a white steed, carries an elongated rubber ball into an arbitrary rectangle of grass. New Jerusalem will arise in New York (actually, East Rutherford, New Jersey) and Satan will be cast into New En-

gland, which will remain the hellish, desolate Tartarus it always has been.

IV. Whether Or Not I Will Get Laid Tonight

You won't.

V. No Seriously, I Think I Have A Shot With This Chick/Dude

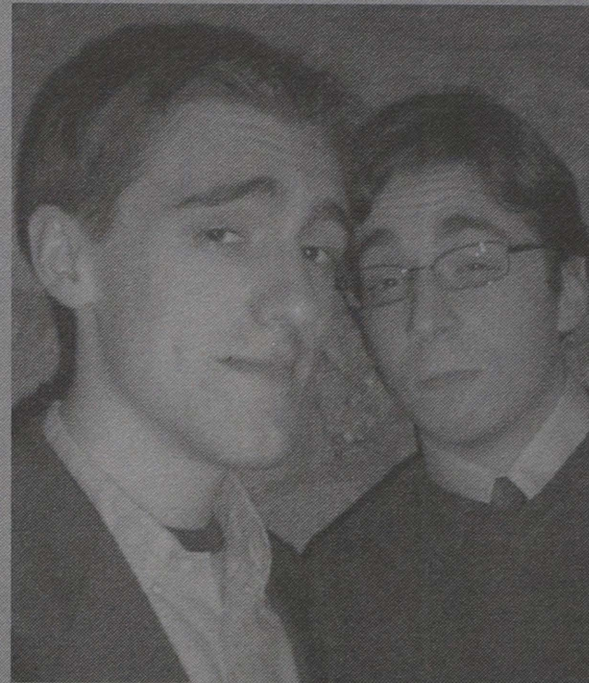
Fine. Think of wooing the object of your desire as attacking a Giant – like David and Goliath. David's most potent weapon was faith – in God, in the Israelites, and in himself, which is sort of like patriotism. So, as long as you believe in yourself, you can do anything you put your mind to.

No, wait. That would be the moral if we were reading David and Goliath allegorically. With the Super Bowl, the moral is... uh, well, maybe you're just better off as friends.

VI. The Super Bowl

That's right – the Super Bowl can be used to read the Super Bowl allegorically. The "Giants" of the game are the Patriots, who were favored by almost two touchdowns. The "Patriots" are the Giants, who hail from the most patriotic city of them all, 9-11 Town. (Or New York City, depending on whether or not you're Rudy Giuliani). So in this instance, the Patriots, who are allegorically the Giants, will be defeated by the Patriots, who are actually the Giants. Alternately, the Giants, who are the figurative Patriots, will prevail over the Giants, who are really the Patriots. So, the Giants are beating themselves, the Patriots are losing and winning, and Tom Petty for some reason is hosting the halftime show.

Ready for the commercials yet?



MATTHEW FLYNTZ
DANIEL SERGEANT
Communism for Dummies

match. I shudder to think of tomorrow's moony-eyed secret admirers. "H-hi, I, uh, I had Pandora make this custom playlist for you, um, I hope you like it."

Case in point: a few weeks ago, cleaning out my car, I found a mix from a hazy ex buried under a sheath of mapquest print-outs. "Schaeffer Mix '06." Aww. Nostalgia got the better of me, I guess, so I put it in, only to have the whole CD crap out on me halfway through some ponderous Sigur Ros epic. Sure enough, the back of the disc looked like it had had a liason with a frisky tomcat at some point, teeny little scratches scoring the entire thing. In contrast, I have in a remote shelf in my childhood bedroom a tape given to me by my very first girlfriend (or whatever you'd call it at

ten). It's all Billy Joel, for some god-forsaken reason, from "We Didn't Start the Fire" on to shit, I don't know, I have never *ever* been able to listen to it all the way through. But it still means something, probably. And it still plays like a dream.

Writing for the Opinions section of The Grizzly will help you lose 10-20 pounds of pure body fat! E-mail maflyntz@ursinus.edu to find out more!

Bringing Back the High Five

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With sexual harassment being such a hot topic in today's society it is important now more than ever to be able to distinguish between what is and what is not acceptable behavior. There might be times when you want to congratulate a coworker or classmate on a job well done but are unsure of an acceptable way to do so. Do you give them a handshake? Say kudos? Perhaps a firm slap on the behind? I have heard your cries and have come up with an easy old school solution: the high five.

High fives have been a staple of American culture since its founding. When Christopher Columbus first arrived in the New World the Native Americans greeted him with a high five. Ben Franklin is believed by some to have given George Washington a high five after he was named the first president of the United States. How can we forget the famous volleyball scene from *Top Gun* where Tom Cruise's character Maverick and Anthony Edward's character Goose exchange several high fives after winning a huge volleyball game?

There are many different forms of the high five and it can be easy to become overwhelmed. Before you start running out and tossing around high fives haphazardly, it is important to know the proper high five etiquette.

Single-Handed High Five: This is the classic high five and requires only one hand. To initiate this high five, raise your hand and set a target for your partner. Move your hand straight forward to complete the high five. This

is a great high five for most occasions, perfect for congratulating friends and celebrating at sporting events.

Flip-Side High Five: This variation is used directly after the Single-Handed High Five and involves the initiator asking for a second lesser high five while turned backwards. This is a rarely used addition which is saved for those special instances when you feel a normal high five doesn't do the current situation justice.

Double-Handed High Five: This high five is more complicated than the previous as it takes double the precision to pull it off. The increase in difficulty should be proportionate to the increase in the awesomeness of the reason for the high five. These high fives are generally used when you want to not only congratulate someone else but yourself as well.

Air High Five: There will be times when you might find yourself wanting to give a long distance high five. When this situation arises, the air high five can be utilized. This high five variation consists of the two partners simulating their respective parts of

the high five even though no contact is made; the intent is still there. On a side note it should be mentioned that a firm authoritative thumbs up is an excellent substitution when faced with this situation.

Top-Gun Windmill High Five:

This is the ultimate high five, only to be used in the most extreme circumstances! It requires unbelievable coordination, countless hours of practice, and maybe even a little bit of luck. It consists of a regular high five and then an unheard of second high five at the bottom of the windmill-shaped followthrough. I recommend several hours of watching *Top Gun* before even considering attempting this.

Following these simple guidelines will help you become a high five aficionado. Before you start, though, I should tell you that there might be some side effects associated with your new skill set. Your number of friends will more than likely triple and a spike in your GPA is not uncommon. If you are okay with these ramifications then it is time for you to get out there and put your high five mastery to work!



The rare inter-species high five

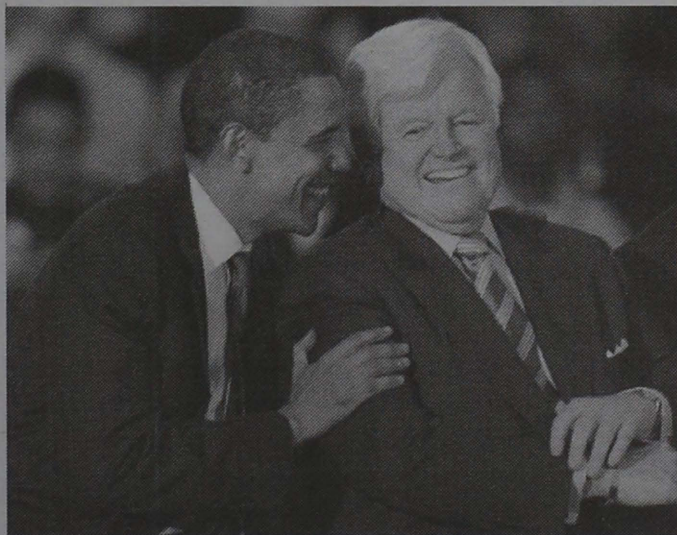
Good luck.

Endorse This!:: How Important is a Political Backing?

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Last week one of the biggest stories to come out of the Democratic primaries was Senator Ted Kennedy's endorsement of Barack Obama. Great, so what? An old Kennedy with jowls that won't quit is supporting a young upstart to gain the Democratic nomination. It's rather easy to just dismiss this as unimportant. Ted Kennedy isn't running for president, who cares what he thinks? This was my initial thought process when the media broke the news, but after seeing the reactions of other voters on CNN.com saying that this endorsement sealed the deal for them choosing Obama, I thought twice.

Political endorsements still play an important role in the election process. Cynics may deny this, but the reactions to the Kennedy endorsement really show otherwise. When a well known and respected figure comes forward to say that he or she finds a particular candidate to be best suited for the job, people listen. And in a way, it is a good guide for voters. Someone with experience like Kennedy would have a good political eye for someone who could take the leadership role well. In particular the Kennedy endorsement is a strong sign of support from the old guard of the Democrats putting faith behind a relative newcomer like Obama. It's not the kind of thing that will clinch the election for him, but it will garner him votes.



Ted Kennedy endorses Barack Obama

Important endorsements don't just come from politicians, though. Not long before Kennedy got behind Obama, the *New York Times* endorsed Hillary Clinton as the Democratic candidate for president. This was considered an important show of support given the sheer size of the Times' circulation. It also demonstrated the other key factor of endorsements, which is the press they can give a candidate. An endorsement from a newspaper is automatic free press. A show of support from a powerful politician or a respected celebrity can do amazing things once it hits the press. Such was the case with Kennedy's endorsement of Obama and is the perfect tool to help bring in the much sought after undecided voters.

Unions and other groups promising their votes for a particular candidate can do a lot of good as well as are often a big deal in elections. Recall the Nevada caucuses where the Teachers' union feuded with the Cooks' union. They each supported different candidates and both argued over caucusing locations for fear that one side would not be able to get to polling locations. Making sure the unions that had supported one

candidate over the other was a huge deal and was expected to make a huge difference in the caucuses.

Of course things aren't always as positive. True, while support from a powerful Democratic Senator like Ted Kennedy can be a positive thing to a lot of people, it could also have its side effects. There are a lot of voters out there who will remember Kennedy more for the infamous Chappaquiddick incident than for his years in the Senate. There are plenty of people who could dismiss the *New York Times'* endorsements just because of the newspaper's reputation for being so liberal. Then there are endorsements from groups you'd rather not hear from at all.

All in all endorsements are still fairly important to the average voter no matter how you slice it. They can turn a voter onto a candidate or convince him or her to pick someone else. And sometimes endorsements can be kind of funny. Take the whole Chuck Norris endorsement of Mike Huckabee. That might have accomplished gaining the support of the few people who still find Norris funny, but it was still taken quite seriously by a lot of people. Endorsements matter, even if some critics say they don't.

Editor's Note

Last week, we published an article calling for John Edwards to drop out of the race for the Democratic nomination for president. Unfortunately, between the time we sent the paper to our printers and the time we distributed the paper, Edwards *did* drop out, making our article largely irrelevant. We apologize for any inconvenience this may have caused, and we wish John Edwards all the best.

Women's Basketball Endures Tough Loss to Mules

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The Ursinus Women's Basketball Team was flying high after an impressive four-game winning streak with only a month left in their regular season play. The team gained great confidence and energy from their wins against Gettysburg College, Bryn Mawr College, Haverford College and Swarthmore College, all major Centennial Conference opponents.

Going into their match up Wednesday, Jan. 30, with Muhlenberg College, the team had high hopes. Unfortunately the Lady Bears realized early on in the game that their competitors were ready to give them a run for their money. Right from the start of the first half, both teams were on each other's trail with Muhlenberg managing to catch the lead every time. The Muhls managed to take a generous lead of 11 leaving the score Muhlenberg 24 - Ursinus 13 midway through the first half. Junior guard for Muhlenberg, Laura Boyle, upped the score for the Muhls and eventually scored a total of 14 points during the game.

Although the team was somewhat discouraged, the Ursinus Bears kept putting up their best efforts against their opponents throughout the rest of the first half. The UC women managed to knock Muhlenberg's lead to only two points, leaving the score 26-24 with 3:26 left in the half. Ursinus senior Tracy Mcginnis helped the Bears shorten the gap by hitting one of her two foul shot attempts. Despite all their hard work to close in on Muhlenberg's lead, the Bears were scoreless for the remainder of the half while their opponents were able to score an additional ten points, making the score 36-24.



Heading into the second half, Ursinus tried to gather enough stamina to catch Muhlenberg. Although they fought valiantly, Ursinus was unable to overtake Muhlenberg for the rest of the game. Their closest attempt came with 6:49 remaining in the second half when sophomore forward Julie Brown scored a lay-up, bringing

Ursinus within seven points of the opposing team with a score of 48-41. The Lady Bears turned up short with a final score of Muhlenberg 61, Ursinus 49. This game took Ursinus to a record of 10-8, 8-3 in Centennial Conference play.

Team high scorer for Ursinus was sophomore guard Laura Krieger with 11 points made. Freshman forward Alex Shrivvers scored nine points in the game, and a team high nine rebounds. Senior guard Sarah Hennessey was also a great asset to the game, also scoring nine points and offering five assists.

Look for highlights of the Bears upcoming contest on Saturday, Feb. 2, against Johns Hopkins University. Hopefully the UC team can shake off their loss to Muhlenberg and start another winning streak to take them into the last leg of their season.

You can catch the Ursinus Women's Basketball next home court match-up on Thursday, Feb. 7, when they take on Washington College at 7:00 p.m. Throw on your Helfferich Hooligans t-shirt, and come out to support your UC Bears!

Dubble Vision: Sergeant Manning Restores Karma

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Well, I'd like to start out by saying publicly, you're welcome Giants fans. Huh? What? Didn't you say the Patriots were going to win 1 million to zero? Yup, I did. That is exactly what I did, and that is precisely why the Giants won. Period.

Look I'm not going to play around. I stuck to my word for the most part. I didn't watch a single second of the "Stupid Bowl" until the final five or so minutes and from what I understand, that was probably the only part of the game that was really all that exciting anyway. But I was wrong. Tom Coughlin outsmarted Bill Belichick, Plaxico got the best of Moss, and little Eli played bigger than Tom Brady. I was completely and utterly incorrect in my prediction; I couldn't look more like an idiot, and I couldn't be happier about it.

Something terrible happened to me this season. I faltered. Normally a rock to my beliefs, I fell victim to the evil New England Patriots. You see, any of my friends will tell you that I'm a huge supporter of the idea of Karma. What goes around comes around. What goes up must come down. You can't have your cake and eat it too. It's simple physics...I think. Well, maybe not the cake one, but you get the idea. Anyway my point is that for 18 straight weeks the Patriots defied science. They went up, they went around and each and every week I waited. I waited and I waited, but Tom Brady and friends never came down and they never came around. What was I supposed to do? Everything I stuck to in my daily life was blowing up right in my face piece by piece. It was like each of Tom Brady's 50 touchdown passes was a nuclear missile aimed at my mind.

The Patriots were good, they knew they were good, and in no way shape or form were they humble about it. Going for it on needless fourth downs, running up 50 point margins of victory, and dating super models while also having kids with superstar actresses. Even when it seemed like they might have been on their way back down to earth, the referees would throw a flag and bail them out (Ravens game). So again what was I supposed to do? I gave up. When I

saw Peyton Manning and then Brett Favre, "my knights in shining armor" fall off their white horses in consecutive weeks...I thought it was over. I accepted that maybe it was possible. Some people do get away. I guess I figured not even the Karma police let some people get away. Boy did I learn my lesson.

Two weeks into my depression, District 42 in Arizona decided to bring in the big guns. Sergeant Eli to the rescue. I should have known, never doubt a Manning. It was just like one of those TV investigator shows. Right when you think the bad guy is going to get away, the hero figures out something and gets their man. And just like TV has more than one of those shows, "CSI", "CSI: Miami", "CSI: New York"...the NFL has more than one Manning.

So for that I'd like to thank Eli for restoring my mind. Karma is real. Physics can make sense; what goes up does come down.

So finally, I'd like to say, I'll take all thank you emails to the address under my name. As it seems the single reason behind the demise of the Patriots is my questioning myself and need to be rescued

by Sergeant Manning. This just in premiering Spring 2008... "CSI: Manning."



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