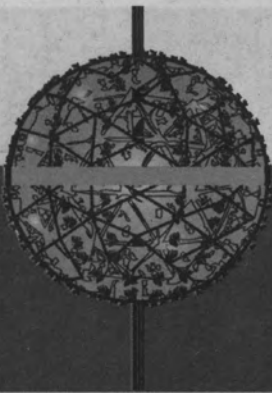


The year's best in arts,  
entertainment and  
pop culture  
page 17



*the*review

The University of Delaware's Independent Newspaper Since 1882

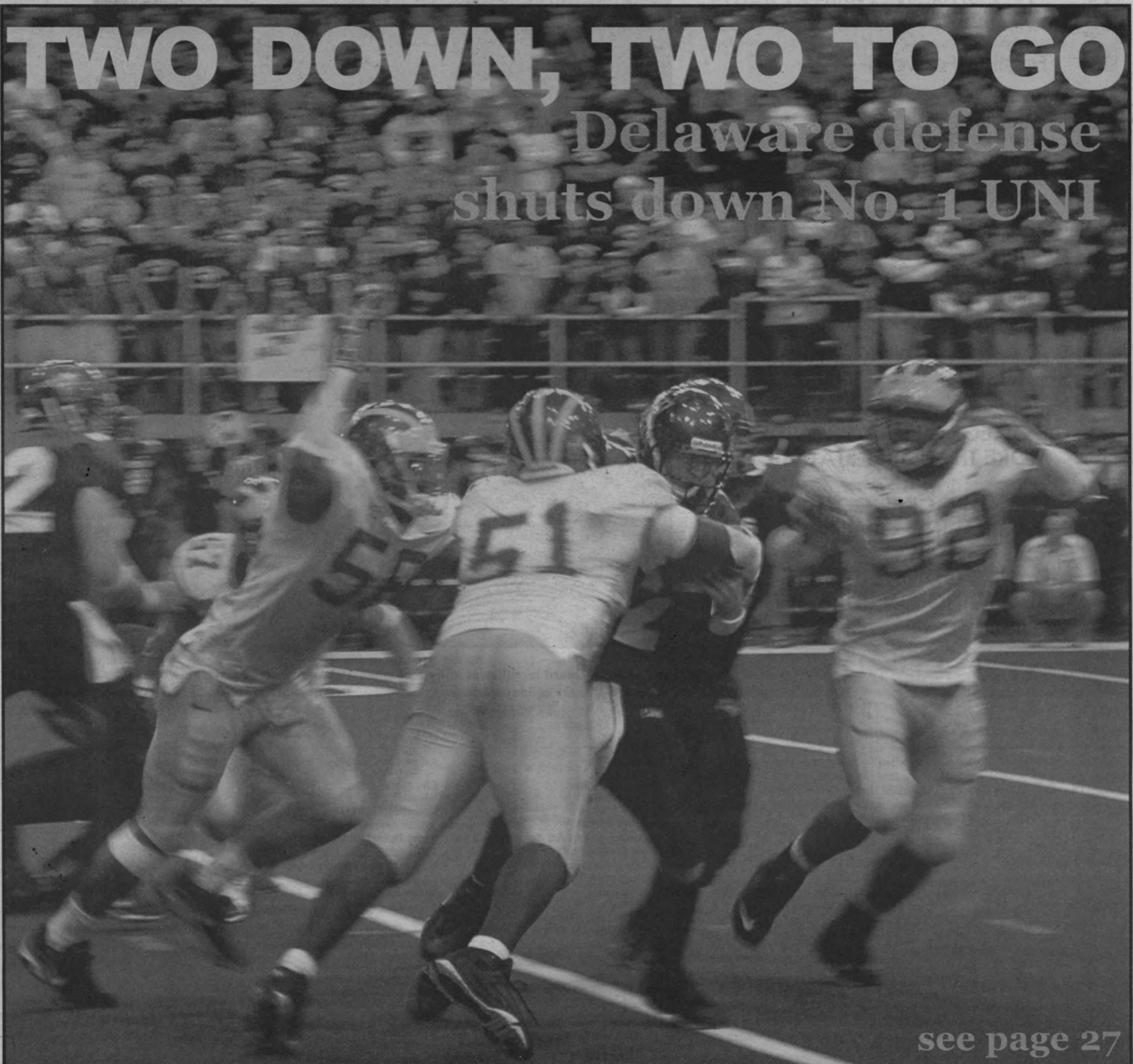


www.  
UDreview  
com

Be sure to check our Web site  
for football playoff coverage.

# TWO DOWN, TWO TO GO

Delaware defense  
shuts down No. 1 UNI



see page 27

## inside

- 2 News
- 6 Who's who in Newark
- 12 Editorial
- 13 Opinion
- 17 Mosaic's Best of 2007
- 23 Fashion Forward
- 25 Classifieds
- 27 Sports
- 29 Sports Commentary

## web exclusives

Check out these articles and more on [udreview.com](http://udreview.com)

- COLLEGE SURVEY PROVIDES MORE THAN JUST STATISTICS
- LOCAL ROCKER CONVICTED OF 2003 RAPING OF UNIV. STUDENT
- DANE'S GONE, BUT ELENA IS BLOGGING ON UDREVIEW.COM



THE REVIEW/Ricky Berl  
"The Daily Show" host Jon Stewart imitates his son on stage at the Bob Carpenter Center on Saturday.



THE REVIEW/Ricky Berl  
The National Guard recruitment office on Main Street gets into the holiday spirit.



THE REVIEW/Steven Gold  
Delaware football players celebrate their victory over Delaware State on Nov. 23 at Delaware Stadium.

The Review is published once weekly every Tuesday of the school year, except during Winter and Summer Sessions. An exclusive, online edition is published every Friday. Our main office is located at 250 Perkins Student Center, Newark, DE 19716. If you have questions about advertising or news content, see the listings below.

Display Advertising	(302) 831-1398
Classified Advertising	(302) 831-2771
Fax	(302) 831-1396
Web site	<a href="http://www.udreview.com">www.udreview.com</a>
E-mail	<a href="mailto:thereview.editorial@gmail.com">thereview.editorial@gmail.com</a>

The Review reserves the right to refuse any ads that are of an improper or inappropriate time, place and manner. The ideas and opinions of advertisements appearing in this publication are not necessarily those of The Review staff or the university.

**Editor in Chief**  
Wesley Case  
**Executive Editor**  
Sarah Lipman

**Editorial Editors**  
Jessica Lapointe, Jeff Ruoss  
**Copy Desk Chiefs**  
Kelly Durkin, Tucker Liszkiewicz  
**Photography Editor**  
Ricky Berl  
**Art Editor**  
Domenic DiBerardinis  
**Art Director**  
John Transue  
**Web site Editor**  
Paul Fenlon  
**Blogger**  
Elena Chin

**Managing News Editors**  
Katie Rogers, Brittany Talarico

**Administrative News Editor**  
Jennifer Hayes  
**City News Editor**  
Josh Shannon  
**National/State News Editor**  
Brian Anderson  
**News Features Editor**  
Sara Wahlberg  
**Student Affairs News Editor**  
Amy Prazniak  
**Senior News Reporter**  
Jennifer Heine

**Managing Mosaic Editors**  
Laura Dattaro, Andrea Ramsay  
**Features Editors**  
Caitlin Birch, Liz Seasholtz  
**Entertainment Editors**  
Adam Asher, Sammi Cassin  
**delaware Undressed Columnist**  
Sarah Niles  
**Fashion Forward Columnist**  
Larissa Cruz

**Managing Sports Editors**  
Kevin Mackiewicz, Michael LoRe  
**Sports Editors**  
Greg Arent, Seif Hussain

**Copy Editors**  
Sarah Esralew, Elisa Lala, Mike Pina, Emily Riley, Caitlin Wolters

**Advertising Director**  
Amy Prazniak  
**Business Manager**  
Lisa McGough



# Exercise abuse runs down dangerous path

## Experts say excessive workouts are a type of eating disorder

BY BRITTANY TALARICO

Managing News Editor

Throughout high school, sophomore Marla Cicchino kept a daily journal. For many adolescent girls, a journal is a place to record intimate thoughts about boys, friends or family issues, a cathartic release from reality. Cicchino was keeping a different secret, however. Her journal documented the rigid schedule of her daily life — a life consumed by obsessive calorie counting, compulsive exercising and planned binges.

Cicchino said she suffered from an eating disorder for most of high school and her freshman year at the university. She was bulimic and over-exercised as one method of purging unwanted calories.

"I was working out twice a day in two different gyms," she said. "I would go to one gym in the morning and run for at least an hour and then meet with a trainer at another gym in the afternoon."

"I wanted to exercise as much as I could."

Over-exercising fueled getting thinner, Cicchino said.

"I thought if I worked out more, I would look better and then everyone would compliment me," she said. "Control was a big aspect of it. I felt if like I could get skinnier that would fix everything."

"In the end that wasn't the answer."

Cicchino said she would consume minimal amounts of calories and work out two to three hours per day. When she began to feel really hungry, she would organize planned binges.

"I would pick out the restaurants I wanted to go to," she said. "Everything was planned. You're eating one thing and already thinking about the next thing you're going to get."

"[What] one of my therapists at home would tell me to do is put X's on my hand after everything I ate so I could see the amount."

Cicchino said after binges she would purge and not go to the gym because she felt unworthy. She had an addictive relationship with exercise.

"If felt like if I was only going to the gym three days a week that

was not good enough, and I should not bother going at all," she said. "In my mind a balance of everything wasn't good."

"I felt like if I didn't go to the gym for two hours it wasn't worth it."

The Renfrew Center Foundation is a nationally renowned, inpatient facility in Philadelphia devoted to fighting the effects eating disorders have on individuals and their families. Kelly Pedrotty, exercise coordinator at Renfrew, said the center offers an exercise program and its main goal is to help women in recovery from an eating disorder develop a healthy relationship with exercise.

"We do exercise intervention," Pedrotty said. "We teach women how to use exercise as a tool in the recovery process rather than as a symptom."

She said when she first started working at Renfrew she noticed the women there had an unhealthy relationship with exercise. Previously in the exercise field, there were a lot of professionals against using exercise in recovery for many reasons. This triggered Pedrotty and her partner, Rachel Calogero, to research exercising as part of the recovery process for eating disorders.

Renfrew is one of the first eating disorder facilities to develop a structured, supervised exercise program, Pedrotty said. The program is voluntary and on average women stay for approximately 4 to 6 weeks.

"Our program is supervised so the women are doing it in a structured environment," she said. "We are exercising with them, and we are showing them proper form and technique."

"One of the most important aspects of the program is to encourage patients to listen to their bodies."

Pedrotty said there are many terms used for over-exercising including exercise bulimia and anorexia athletica; however, currently there is no distinct term in the Diagnostic and Statistical Manual of Mental Disorders for compulsive exercising.

An exercise issue is often identified and described within the context of anorexia and bulimia nervosa, she said.

Over-exercise behaviors can include an excessive, rigid or obsessive routine which takes precedence over all other experiences, ignoring signs of fatigue, pain or sickness resulting from exercise or exercising when malnourished and dehydrated.

"Someone with an exercise issue has a very sick and unhealthy relationship with exercise," Pedrotty said.

She said over-exercising can cause osteoporosis, stress fractures, permanent injuries, cardiovascular problems, malnourishment and dehydration.

Over-exercising has been an issue for years, Pedrotty said, but is more identified with now.

"As a society we promote over-exercising," she said. "When someone is struggling with an eating disorder it goes unnoticed a lot."

Mariam Basma, nutrition counselor at Student Health Services, said 80 to 90 percent of people she sees

have some type of eating disorder.

"I don't think the rate is necessarily higher, but awareness of the service is a little bit higher," Basma said.

She said because exercise has a healthy appeal, students do not understand it can actually have harmful effects.

"I see students who think because they don't physically self-induce vomit, they do not have an eating disorder," Basma said. "I have to remind them that taking laxatives or over-exercising is a form of bulimia."

Any type of unhealthy method used to compensate for extra calories falls under an eating disorder, she said.

Basma said she typically sees students in the beginning of their eating disorder or after they have received more extensive treatment. One of the things she asks students is how much activity they partake in on a daily basis.

"If I need to, when someone is underweight, I may ask him or her to stop exercising all together until a healthy weight is reached," she said.

The promoted issue of beauty is not only about looking thin anymore, Basma said.

"It is not enough just to be thin," she said, "but you have to be thin and toned."

Basma said compulsive exercising is not restricted to the college-aged group and many people feel over-exercising is healthy because exercise is heavily promoted in today's society.

"When I worked in fitness centers there were women who were in there for hours each day," she said. "Exercise is seen as a healthy thing so how bad can it be if you're over-exercising?"

Cicchino said she came to Wellspring with her best friend because she wanted to continue getting help.

"I was e-mailing my therapist from home, but it wasn't good enough," she said. "She suggested I seek other help at school."

Cicchino said she was introduced to Nancy Nutt, the director of Wellspring.

"Nancy introduced me to the counseling center," she said. "I got into a body image group. It was very helpful and didn't put pressure on me to delve into the past."

"It was sad to hear one of the girls because she didn't want to tell her friends or her family about her disorder. Many people tend to isolate themselves."

Nutt said her specific service-related areas in the unit are fitness, nutrition, disordered eating and stress management. She also oversees the Promoters of Wellness Program (POW!) which is comprised of two sub organizations, one which focuses on sexuality and the other in the areas of disordered eating, fitness and nutrition.

Wellspring is more of an assessment type of agency and a referral resource agency on campus, she said.

"We are not the treatment agency or the intervention agency," Nutt said. "Our office is a first stop place. Students can come here to get



THE REVIEW/Ricky Berl

**Compulsive exercising is classified as a symptom of an eating disorder.**

a brief idea or screening or assessment about their condition and concerns. If we deem there is an issue, we can direct them to seek intervention at places like Student Health Services and the Center for Counseling and Student Development."

Nutt said she envisions exercise bulimia within the context of the other main eating disorders.

"When we educate on it, we really don't focus on it as a separate condition," she said. "We focus on it more in the context of other disorders."

In the DSM, non-purging-type bulimia is described as an episode of bulimia nervosa in which the person has used other inappropriate compensatory behaviors such as fasting or excessive exercise, but has not regularly engaged in self-induced vomiting or the misuse of laxatives, diuretics or enemas, she said.

An individual with anorexia who has a low-calorie intake may engage in extreme exercise as part of a weight loss plan, Nutt said.

Mary Anne Lacour, psychologist at the Center for Counseling and Student Development, said there are many factors that may contribute to the onset of an eating disorder.

"I think there is a real socio-cultural piece to eating disorders along with a family piece," Lacour said. "Treatment looks at what drives the specific disorder."

An individual with an eating disorder may be using exercise to manage stressful events to distract him or her from problems that are too big to face including family issues, social problems or other adolescent problems of growing up.

Nutt said Wellspring collaborates with the Eating Disorder Coordinating Council, formed by the Center for Counseling and Student Development. This February the university will hold its second annual National Eating Disorders Awareness Week.

Senior Ashley Olivieri, a nutrition and dietetics major, is one of the student representatives organizing the NEDAW this year.

Exercise bulimia is something that is a pop-culture term right now, Olivieri said.

"I don't know if it is going to get a specific, diagnosed term later on," she said. "Over-exercising is up there with taking laxatives. There are different things you can do to get rid of those calories."

Olivieri said compulsive exercising is becoming more common on college campuses.

"I think it is becoming more prevalent because you are on our own in college, and you are in control of what you put in your body and have many gyms around campus," she said. "[The college] environment constantly re-enforces the mindset of controlling your life."

NEDAW will be held from Feb. 25 to Feb. 28, Olivieri said. The month of March is National Eating Disorder Awareness Month which correlates with the timing of NEDAW.

"The first night we are having Elizabeth Berkley, Jessie from 'Saved by the Bell,' as our keynote speaker to talk about her eating disorder," she said.

She said those planning NEDAW hope to have a doctor or counselor from Renfrew come to provide an overview on eating disorders, important statistics and possible triggers.

Cicchino said she is currently a peer educator for the POW! group SUGAR, Sexual Understanding, Growth, Awareness and Responsibility, which provides students with information covering various topics of sexuality.

"It's another part of what I do to keep myself healthy," she said.

The media has a negative effect on girls' body image, Cicchino said.

"I feel that it is so unrealistic to compare ourselves to celebrities who have all the time in the world to work out, eat right, and have clothes made perfectly for them," she said. "It makes me so sad to see how every magazine rips Britney Spears apart for being fat and disgusting when in reality she looks normal. And she just had two children, but apparently because she didn't lose all her post-maternity weight she's looked down upon."

"I think this sends a terrible message to girls."

## A Closer Look

### Dangers of exercise abuse

- Contributes to etiology, progression and maintenance of ED
- Isolates from family, friends and pleasurable activities
- Fosters shame, guilt, comparing and obsessive thinking
- Mental anguish — toll on self-esteem

— provided by Kelly Pedrotty, exercise coordinator at the Renfrew Center



# Hookah health effect myths go up in smoke

BY SAMANTHA BRIX

Staff Reporter

Hookahs are escalating in popularity all over the United States, including the university campus, which has sparked discussion among officials regarding the health effects of hookah smoking, especially in comparison to cigarettes.

Hookahs are passed around in circles at university-sponsored events such as Israel Fest and casually puffed outside residence halls such as the Gilbert complex.

An advisory released by the World Health Organization in 2005 stated a person potentially inhales the equivalent of 100 cigarettes in a 40 minute hookah session.

According to the WHO advisory, the frequent use of hookahs is associated with addiction derived from this small amount of nicotine. This is contrary to popular belief about the benign effect of small traces of nicotine found in hookah smoke.

The low levels of nicotine in hookah smoke allow smokers to inhale more smoke, exposing them to higher levels of other toxins and chemicals, such as carbon monoxide and heavy metals. The advisory states that hookah smoking is not a safe alternative to cigarette smoking.

Nursing professor, Bethany Hall-Long, said smoking is the number one contributing factor to lung cancer, and is a leading cause of respiratory and heart disease in all age groups.

"Smoking is a contributor to second-hand smoke, allergies and asthma," Hall-Long said.

Sophomore nursing major Caitlyn White said she continuously reminds her smoker roommate of the hazardous effects of smoking.

White said smoking inflames the airways and can cause chronic bronchitis and emphysema. The chronic inflammation caused by smoking affects the cells which can cause cancer.

She said warnings against smoking anything should target harmful medical effects above all else.

"Whether it's cigarettes, weed or hookah, it affects your body in a negative way," White

said.

Many health advisories against the use of tobacco are already in effect.

Patricia Drake, a nursing professor, said public information on smoking provided by the National Lung Association and warning labels on cigarette packages should be sufficient information for people to refuse smoking.

She said increased risk of lung cancer is of primary concern for all smokers.

Senior and hookah smoker Zachary Fry stated in an e-mail message that he thinks smoking hookahs is as dangerous, if not worse, than smoking cigarettes, because they lack filters. Yet, Fry said he continues to indulge in the Middle Eastern tradition approximately once every two weeks.

Smoking hookah is a social activity that is not difficult to lure others into, he said.

"It seems like whenever you break out the hookah there's always a crowd of people interested in it and willing to try it," Fry said.

Junior Conrad Pflumm, a plant science major, said he started the Stony Brook Shisha Society at Stony Brook University, where he previously attended. Pflumm said the club was successful in petitioning for money from the school to fund hookah smoking sessions on the quad. When he arrived at the University of Delaware, he quickly found other shisha lovers.

"I brought my hookah to the Green and people would pop over to smoke," he said.

Pflumm said he believes smoking hookah is less harmful than smoking cigarettes.

"There's absolutely no tar and very small amounts of nicotine," he said.

Pflumm said a hookah is operated by packing shisha, molasses-dipped tobacco, into a clay bowl, covering it with tin foil and adding charcoal on top. When you light the charcoal and inhale through the hose of the hookah, the tobacco burns and smoke is pulled down and filtered through the water. The smoke then flows up through the tube, and finally into your mouth and lungs. He said he enjoys the mellow, light-headed feeling that results from the process.

Yana Babii, manager of Mirage Café and Grill in Frederick, Md., said hookah bars are not currently required to post any health warnings against smoking hookah, but that customers should be aware of possible dangers.

"The same advisories against smoking cigarettes should be in effect," Babii said.

If such warnings were to be mandated by law, she said she does not think they would compromise business.

"I think we would get just as many customers, because there are so many health advisories about smoking cigarettes and still there are millions of people who smoke," Babii said.

Lisa Lawrence, waitress at Horus, a restaurant and hookah bar in Manhattan, said the appeal of smoking hookah draws a young crowd to the restaurant.

"People think it's cool," Lawrence said. "They feel like they're smoking something that will make them high without actually getting high," she said.

Some people enjoy the light-headed sensation that quickly follows hookah puffs, Lawrence said.

She said she thinks smoking hookah is less harmful than smoking cigarettes. The lack of nicotine in hookah prevents addiction, and the fruity flavors provide for smoother inhalation.

Horus indulges almost all ages of legal smokers, she said, with 60-year-olds being the



THE REVIEW/Virginia Rollison

According to the World Health Organization, smoking hookah is not safer than smoking cigarettes.

oldest. The weekends usually bring in the younger crowds, with 18- to 30-year-old smokers showing up most often.

Lawrence said she doesn't know if any health advisories against hookah smoking are in place, but doubts any such warnings would hurt business.

"Since we have younger people come, they're less likely to listen [to health advisories]," she said.

"It's kind of a big trend, Lawrence said. "You go out at night and have dinner and smoke hookah. It's the cool thing to do."

## Delaware senator named keynote speaker

BY JENNIFER HAYES

Administrative News Editor

Sen. Tom R. Carper, D-Del., has been chosen to be the Class of 2008's keynote speaker at the Jan. 5 Winter Commencement ceremony.

Carper, who received his Master's Degree in business administration from the university in 1975, has served two terms as senator since 2001. He has also served as Delaware's state treasurer, congressman and governor.

Carper said he has always enjoyed speaking at commencements and looks forward to addressing students at the university.

"It's such a joyous occasion," he said. "To be able to share that joy with the graduates and their families and friends is very special. It reminds me of my own graduation, which was a very happy day."

Pete Hayward, secretary and university vice president, stated in an e-mail message that Winter Commencement speakers are chosen by the president with input from members of the senior admin-

istration. They seek to choose university graduates with worthy accomplishments in their respective professions.

"Tom Carper has a long and distinguished career of public service to the State of Delaware," Hayward said. "During his almost 30 years of public service he has worked tirelessly to develop practical solutions to real problems."

Carper is highly respected within the university and has maintained a strong relationship with the university community, he said.

"He has been instrumental both at the state and federal level in securing research and construction dollars for the university," Hayward said. "He is a loyal Blue Hen who comes back to campus frequently to speak or to watch our athletic teams compete."

Provost Dan Rich stated in an e-mail message that Carper's high record of public service makes him



Courtesy of Tom R. Carper

Sen. Tom R. Carper said he looks forward to speaking at Winter Commencement on Jan. 5.

an ideal speaker. He is able to relate to students at every level, he said.

"He has always demonstrated a great investment in the educational success of young people,

and he has always been actively supportive of the success of UD students," Rich said.

Carper said he plans to talk to the graduating class about leadership, in both the qualities of a strong leader and the students' roles as future leaders. He said he wants to speak directly to the students in ways relevant to their lives.

"I also expect to talk a bit about civil service," Carper said. "Not just public service but service to others and encouraging them to find a place for that in their lives regardless of what path they take in life."

Senior Kevin Miller, who will be graduating this winter, said Carper is a good choice for

keynote speaker because of his background with the university and the state of Delaware.

"He is someone who has clearly been very successful in his life, so I feel like he's got a lot he can relate to us about and will be helpful," Miller said.

He said political figures make excellent commencement speakers because they have important roles in students' lives.

"They are a good choice as long as they're not coming and pushing their political agenda," Miller said. "But I think they are figures that are important in our country, and they are people that are going to be controlling policies that we are going to live with, so to hear their opinions and views on things is important."

Senior Sonrisa Lewis, who will also be attending the commencement, said she was disappointed when she learned Carper was the speaker, because she had heard him speak before and hoped for someone new.

"He is a good speaker though, so I hope he has a good message for everybody," Lewis said.





Courtesy of Joe DiGregorio

Executive chef Joe DiGregorio said every day at Vita Nova is like a grand opening because of staff changes.

## Vita Nova chef serves up a recipe for success

BY JAMIE TRAVIS

Staff Reporter

Soothing music plays as bow-tied waiters smile and ask what appetizer guests would like with the Grilled Vegetable Galette. Servers reveal gourmet meals simultaneously beneath identical silver plate covers.

But behind the swinging doors, there are sauces splashing, orders barked and plates arranged with décor as Joe DiGregorio, executive chef and director of education for the hotel restaurant and institutional management program's food service lab, manages the chaos with composure.

A chef-turned-educator, DiGregorio has contributed to disguising the second floor of Trabant University Center from the busy fast food court on the floor below.

At Vita Nova, elegance prevails, transforming students from plastic forks to not knowing which fork to use. Entirely student-run, the fine-dining restaurant has been part of the Hotel, Restaurant and Institutional Management department since 1996. DiGregorio has been there since the beginning.

"After working in a restaurant in high school for four years, the owner led me into the business," DiGregorio said. "He saw a spark in what I was doing."

DiGregorio was born in Philadelphia and raised in southern New Jersey. After learning he had a knack for cooking, he attended the Culinary Institute of America. From there, he became Chef di Parti Saucier of the flagship restaurant in the Playboy Hotel and Casino in Atlantic City. There he began mastering how to make sauces, a skill he hopes to pass on to students.

"The sauce is a key part of the meal," DiGregorio said. "To make a proper sauce is important."

One of his specialties is glaze de viande, a meat glaze that takes two days to prepare.

"What I really like to make changes from year to year," DiGregorio said. "Last year was any

kind of homemade pasta, this year is anything with figs and good bleu cheese, and I'm thinking pomegranate for the spring."

DiGregorio said his inspiration comes from his Italian background on his mother's side. His grandparents came to America from Foggia, Italy.

"I can still hear the broken English when they spoke and the smell of Sunday dinner cooking in their Philadelphia row home," he said.

From Atlantic City to Colorado, Philadelphia, New Jersey and Europe, DiGregorio is a well-traveled chef, and he said his experiences have only added to his skill. Having worked in so many cities across the world, DiGregorio recalls his most memorable moment on the job.

While working as a sous chef in Beano's Cabin, a restaurant in Beaver Creek, Colo. he said he had an exciting moment on the job.

"The waiter said that there is a gentleman at one of the tables in the dining room who would like to speak to whoever made his meal — that would be me. I didn't know if this was going to be a good thing or a bad thing. It was good, the man was Steve Wynn, of Vegas fame. He introduced me to his family and offered me a job on the spot at his Vegas property."

When he began looking for an executive chef position, the university was also looking to fill the position at Vita Nova.

"This is something different than what you find anywhere else," he said. "It's not a standard classroom. The challenges are not the same than if you were in a normal setting."

Senior Allison Guarino, a Vita Nova staff member, said the restaurant is unlike others.

"One of the great things about Vita Nova is that there is no typical day," Guarino said. "Every day we are a different position within the restaurant. So one day I will be at the Darden Bistro and the next I will be serving bread in the main dining room."

She said there is even a person solely in charge of butter.

With approximately 70 students rotating 17 positions daily, DiGregorio said a little chaos is inevitable and the constant rotation is one reason he said the job at Vita Nova is always exciting.

"Every day is like opening day," he said.

Senior Jillian Stanley said she thinks the staff, including DiGregorio, works well with the students.

"The professional staff at Vita Nova is incredible," Stanley said. "They are so knowledgeable and really teach you a lot about the industry."

As an instructor, DiGregorio said he teaches students how a professional kitchen operates and classes focus more on using equipment and ingredients, rather than just cooking.

"We have a double-edged sword," DiGregorio said. "We're working for the students and for paying guests."

By taking on work at this unique restaurant, DiGregorio said in his transition from chef to instructor, he has had to learn a lot more patience.

Guarino said he has been successful in doing so.

"Joe DiGregorio has this uncanny ability to stay completely calm and pleasant when there are 25 students in the kitchen asking 25 questions each," she said.

He has advice to aspiring Emerils or Rachael Ray.

"You're not going to be a star when you come into the kitchen," he said. "Every kid in high school who wants to play in the NFL doesn't make it there. It's a lot like that."

He said he encourages students to travel, and recognizes that the industry demands long hours.

"But rewards are there to go along with the long hours," he said.

DiGregorio said he is not all work without play. In his free time, he is learning how to play the guitar.

"I've actually won a few hands of poker lately," he said.

## Education funding denied in schools

BY DANIELLE GOLD

Staff Reporter

For the second year in a row, the Department of Education did not include any direct funding in their budget request for Vision 2015, an educational initiative composed of schemes and programs to strengthen Delaware's public education system.

On Nov. 21, the department requested more than \$1 billion for public education operating expenses and \$217,900,000 for statewide capital expenses for the 2009 fiscal year. However, the \$500,000 Vision 2015 requested was not included, although initiatives similar to Vision 2015 programs were funded.

The \$500,000 would go toward creating a second group of schools using Vision 2015 practices. Currently four districts and two charter schools make up the first cohort and are a part of the Vision Network. They have engaged in leadership training, as well as preparation for the development of research-based educational strategies.

Paul Herdman, president of the Rodel Foundation, financial supporter of Vision 2015, said leaders of the program asked for \$35.4 million last year based on the evaluations of the Boston Consulting Group.

"We genuinely believed it was a reasonable start in a \$6.3 billion budget, but revenues weren't where we wanted them to be," Herdman said. "Likewise, this year we don't see new revenue being readily available."

The goal of Vision 2015 is to create a world-class education system based on research of the attributes of education systems around the world.

Due to the state of the economy, it is difficult for the state to find extra funds for secondary programs after dealing with fundamental state needs.

Herdman said while the lack of funding will not bring Vision 2015 to an end, it would hinder its progress.

"If we don't get the funding, it will spoil how fast we can grow the schools involved," he said. "We have adequate resources from the private sector to continue the commitments we have, but it's a matter of needing public support."

Robert Rescigno, a Vision Network liaison, said the issue of state funding is a matter of preservation.

"In realistic terms, to bring sustainability overtime, looking out over the next three to five years, and to grow [Vision 2015] to a state-wide level, at some point in time we will need a commitment from the state."

Kathy Demarest, community relations public information officer for the New Castle County Vocational-Technical School District, said the \$500,000 would not prevent the district from implementing Vision 2015 pro-

grams. Demarest said the district, which is part of the Vision Network, hopes the coalition will search for other funding venues. Though the district officials were upset the funds requested by Vision 2015 were not met, they understand the state has to balance the needs of educational programs across the state under tight fiscal circumstances, Demarest said.

Demarest said the strong support of the private sector has created a feeling of constant support for private funding, but state funding is also needed. Foundations, corporations and the Delaware Business Roundtable have collectively contributed around \$5 million to support Vision 2015.

"There is probably a feeling that perhaps because there has been some complimentary funding from grants and the private sector that we could continue to get additional private funding," she said. "If the financial picture changes and the economy picks up, we would hope that funding would be revisited [by the state]."

The university has also contributed by providing leadership training. Dennis Loftus, director of the Delaware Academy for School Leadership at the university, has helped to develop executive leadership training programs along with other Vision 2015 partners for school leaders.

"This is just the first step of the journey, so we're hopeful and confident they will get funding," Loftus said. "Whether or not that funding is from the state is another story."

Herdman said he believes the state has been generally supportive of Vision 2015 initiatives.

"Governor [Ruth Ann] Minner has been supportive of education overall, but the combination of this being her last year and the tight fiscal climate has made it difficult to gauge on new initiatives," Herdman said.

Dan Rich, university provost and a member of the Vision 2015 implementation team, stated in an e-mail message that Governor Minner has recently created a task force, Leadership for Educational Achievement in Delaware, to look into improving public education funding so that Vision 2015 initiatives can be more readily executed.

Rich said funding for Vision 2015 is important for all Delaware students as it would prepare students for higher education.

"As the implementation of Vision 2015 strengthens public education, more students from Delaware will be prepared for success at the university," he said.

Rescigno said teamwork is needed to continue the accomplishments of Vision 2015.

"Timing is everything and right now unfortunately the state is facing a lot of financial challenges," he said. "It's tough on everybody and we all need to work together."



## who's who in Newark

# Life-long Newarker retires from city job

BY SARA WAHLBERG

News Features Editor

It is certainly rare for a high school senior to turn their part-time, after-school job into a career lasting more than 40 years, but Newark city secretary Sue Lamblack has done just that.

Sitting in her cozy office tucked into a back corner of the city municipal building, Lamblack is surrounded by nearly a dozen awards hanging on the wall, pictures of her family and a desk cluttered with paperwork. The atmosphere of her office displays the importance of her work for the city.

In February, however, Lamblack will be retiring after 43 years of service to Newark as the city secretary, taking with her plenty of knowledge, experience and accomplishments.

Lamblack said she began working for the city government when she was a senior business student at Newark High School, and started full-time after graduation in June 1965.

She said her first job responsibilities included basic office work, such as sorting minutes, typing notices and answering telephones.

"Minutes back then were done verbatim and there were sometimes meetings done every week," Lamblack said. "Collating minutes was a boring job but someone had to do it and I was at the low end of the chain."

Since then, she said she moved up the ladder until she was appointed city secretary and treasurer of Newark in 1984.

Her job has allowed her to travel all over the world and receive multiple recognitions and awards, Lamblack said. As the president of the International Institute of Municipal Clerks in 1998, she traveled from South Africa to the Netherlands to teach professionalism and the value of education for municipal clerks.

"Everywhere I went I was ambassador for Newark, Del.," she said. "That was quite an honor."

In addition, Lamblack said she helped create the educational institute to train municipal clerks at the university, for which she was awarded the Quill Award. It was the first institute to educate professional municipal clerks in the state.

She said in her 43 years of working for the city, she has seen a lot of change.

"Newark has grown from a sleepy little college town to a thriving, and I think exciting, large city of Delaware," Lamblack said.

She said one of her proudest accomplishments was proposing a company store for Newark after she noticed that the Newark logo was hard to find in comparison to university merchandise.

"I went to council and told them we are doing a horrible job at selling ourselves and of putting our name on the map," Lamblack said. "I said, 'I have an idea that maybe we can do something.'"

She said the logo she helped create is now on everything from T-shirts to briefcases, and in her travels she passed it on throughout the world to let everyone know what Newark has to offer.

Lamblack said her passion for the job comes from her love of municipal government, and the ability to interact with the citizens of the city.

Part of her job is to notify the people living in Newark about everything that is



Courtesy of Sue Lamblack

City secretary Sue Lamblack began working for the city more than 40 years ago.

going on and to act as a liaison between the citizens and the city council, which she said she finds satisfying.

"We are kind of like a hub of a wheel," Lamblack said. "We're here for the citizen-

ry."

This includes fielding all complaints, even the oddest ones. She said one woman called her office to complain about the cable company.

"She was fearful that she was being watched by aliens and that she knew it was coming into her house through the cable," Lamblack said.

Although complaints like these are rare, she said helping the citizens of Newark and being able to enact change on her level quickly, was what kept her in the job for so long. She said local government does not have a lot of red tape or paperwork, and it can be more satisfying to see change happen without months or years of planning.

"I like working with the people and I love municipal government," she said. "I just think it's where everything happens."

Mayor Vance A. Funk III said he believes Lamblack has been an asset to the city since she was hired in the '60s.

"The most valuable thing she does is she keeps us out of trouble because she has so much more knowledge than anyone else in the city about the way the city runs," Funk said.

As for retirement, Lamblack said she thinks it is time to move on and do other things while she is still young enough to do them. She said she hopes to go into business with her son or continue using her knowledge to teach municipal clerks, but she does not have any plans yet.

"I don't plan to do any one thing, I plan to be able to do lots of things," Lamblack said.

Funk said Lamblack will be missed by the city for her experience and knowledge, but mostly for her passion for Newark.

"She just really cares about the city," he said. "I don't know how else to describe that."

# Lead in toys brings down holiday cheer

BY ESTHER WALSH

Staff Reporter

At the onset of the nation's busiest shopping season, federal regulators urge consumers to beware of poisonous materials found in toys. Over the past several months, millions of Chinese-made toys and other imported products were recalled due to their dangerously high levels of lead. The toxins found in children's toy boxes worldwide have the non-profit Public Interest Research Group pushing Congress to strengthen product safety laws.

Ed Mierzwinski, federal consumer program director of PIRG said PIRG's 22nd annual report of hazardous toys, "Trouble in Toyland," recently found approximately 60 different toys tainted with dangerous substances.

"The most shocking thing is that the toy industry claims they've cleaned up their act, but we found 59 [toys] that could pose hazards to children," Mierzwinski said.

Toys including the popular Diddl Alphabet necklace, a stuffed Curious George doll, a hand-sized John Deere front-end loader and children's jewelry sold at various stores were listed in the annual report.

According to the Trans World News Web

site, more than 21 million Chinese-made toys were recalled because of their dangerous levels of lead and hazardous magnets. Aqua Dots, a toy in high demand this holiday season, was recalled because when ingested, the body metabolizes a chemical in the beads into a date rape drug (gamma hydroxyl butyrate).

Many cases of children's jewelry have been found containing high amounts of lead. The Consumer Product Safety Commission has recalled more than 150 million pieces of children's jewelry since 2004. Mierzwinski said the CPSC needs to do more than take jewelry off the shelves.

"Lead paint is getting through in jewelries even though they are doing these recalls," he said. "The CPSC needs more authority, as well to impose civil penalties on companies that break the law. Companies are not scared of the CPSC and so that's why they are being so sloppy."

Junior Deb Rebarber said she first became aware of toys tainted with lead when she worked at a doctor's office.

"I used to work at a pediatrician and heard all about this thing," Rebarber said. "Parents were going nuts when the news broke."

Mierzwinski said the nation's largest toy-maker, Mattel, has been in trouble all year long with the CPSC. Mattel has recalled 25 million toys worldwide due to lead violations and toys containing dangerous magnets that fall out.

Junior Jason Dague said he is aware of Mattel's recalls and companies need to strengthen their product safety laws.

"I have been shopping, I know about the lead issues and I don't buy Mattel," Dague said. "They need tougher quality assurance by these companies and tighter oversight at the production level."

According to the Washington Post, the Center for Environmental Health found toys such as Dora the Explorer Game Pack and SpongeBob Square Pants bat and ball set to be tainted with lead. CEH also discovered a Starletz ceramic tea set to be contaminated with more than 20 times the legal amount of lead.

Mierzwinski said Congress still has a lot of work to do to make the CPSC strong enough to protect public citizens.

"We believe the CPSC needs three things," he said. "CPSC needs to ban lead in children's toys unless in trace amounts. They

need greater authority to do import's surveillance and put more importer inspectors at the ports. And third we need to give the CPSC more money and staff and authority to do wrong doers accountable."

Mierzwinski said the CPSC's current budget is less than half of its budget in 1973. They are responsible for more than 10,000 different products and hundreds of ports, but have 15 inspectors to guard these import entry points.

The CPSC needs to impose greater civil penalties on companies that break the law and gain greater authority to issue recalls, he said.

"The CPSC is a small agency with a big job and companies aren't afraid of it," Mierzwinski said. "Companies are more afraid of Wal-mart's demand for low prices than they are that the CPSC will hurt them."

Rebarber said if she was a parent she would act fast to ensure her child's safety.

"I would find out the necessary steps to making sure my child is OK and then get rid of all the contaminated toys and contact the company with a complaint," she said. "At my office, there is always a nurse available for questions so parents should definitely take advantage of that."





Courtesy of DART First State/Patty Boyd

Newark showcased its new trolley bus last Wednesday.

## Newark trolley rolls into town

BY CHRISTINE GORDY

Staff Reporter

Last Wednesday Newark unveiled its new trolley system, which is designed to make the downtown area more accessible, while giving a new look to public transportation.

DART bus driver Dallas Gint described the trolley as a nostalgic "rubber tire" model, independent of tracks.

Singing the Rice-a-Roni jingle, Gint said the trolley reminded him of the trolleys in San Francisco.

The design of the trolley is reminiscent of historic trolleys, painted navy and gold with wooden accents. Inside are wooden benches, brass poles and leather straps for standing passengers.

Some may say it looks nostalgic, but it is still equipped for modern needs. The trolley can hold up to 28 seated passengers and 21 standing passengers.

The trolley system, along with a transit hub that will open in Newark in April 2008, will make it easier for people to get around, Gint said. The best part of the trolley is how it dovetails with the other UNICITY buses, he said.

"[Students] can take the UD bus to Main Street, then pick up the trolley to go over to Elkton Road to do some shopping or maybe get some lunch, then catch another bus that goes to the Christiana Mall or Wilmington," she said. "It's really good for bringing two cities together and should be considered an asset to New Castle County."

Newark Mayor Vance A. Funk III said the idea came about when a representative from the Delaware Department of Transportation approached him in 2004, asking for Newark to establish a transit hub in Newark.

Funk said he agreed, but only if DelDOT established the trolley system for downtown Newark.

The trolley will operate on a loop around the city, with stops including the Newark Municipal Building, College Square and the intersection of Main Street and South College Avenue. It will run regularly on weekdays from 9 a.m. to 4:30 p.m.

The trolley was displayed at a ribbon-cutting ceremony at the Newark Municipal Building Wednesday. Approximately 30 people turned out to see Funk cut the ribbon, which was attached to the doors of the trolley.

Funk said besides improving transportation in Newark, the trolley would be a way to kick off the transit hub and celebrate Newark's 250th anniversary because it is visually appealing.

"The city's 250th anniversary is a really big deal for us, so we wanted to introduce something to the community that would inspire residents, students and visitors to the area," he said.

Seeing as downtown and Main Street are always crowded with traffic, he said he hopes students will opt to take the trolley and reduce congestion.

According to a press release, the trolley costs approximately \$312,000—about the same as the other DelDOT vehicles of similar size. It will receive weekly maintenance and has an anticipated service life of 12 years.

Riders will be charged 25 cents.

Freshman Monica Montesa said she would ride the trolley because it costs only a quarter. It would be a nice back-up or alternative to walking, she said.

However, she said she feels the idea of a trolley riding down Main Street is odd.

"It's cute. It makes Newark a little more quaint," Montesa said. "I always felt like trolleys were for tours—and there isn't much to tour in Newark."

## New environmental waste facility cleans up Newark

BY JOSH SHANNON

City News Editor

Silhouetted against the late-afternoon sun, Ian Chiappa stood in the bed of his truck's trailer, buried up to his knees with leaves.

With a rake, Chiappa, a Newark resident, pushed the leaves out of the trailer and into the sprawling pile of branches and leaves at the newest yard waste recycling facility set up by the Delaware Department of Natural Resources & Environmental Control.

Using the facility is better for the environment and more appealing than composting in his backyard, Chiappa said.

"My backyard is really not that big," he said. "This is a lot better than putting it out back where you can still see it."

Bill Miller, an environmental scientist for DNREC, said the facility, located on Polly Drummond Hill Road, near Newark, is intended to provide residents with an environmentally-sound option for disposing of their yard waste.

It is also intended to help residents cope with the ban on yard waste in the Cherry Island landfill, Miller said. After Jan. 24, residents of New Castle County will no longer be permitted to send leaves, grass clippings, tree branches or other yard waste to the landfill with their regular garbage.

"The facility was developed to help New Castle County residents transition into the yard-waste ban," Miller said. "For people who don't have mulching mowers or already compost on their own, this is a way to transition."

He said residents can drop off their yard waste for free at the facility, which is a part of White Clay Creek State Park. The site is open on Fridays, Saturdays and Sundays from 8:30 a.m. to 4:30 p.m.

The material collected will be turned into mulch, which will be made available for free to the public.

"As the site starts to fill up, a contractor will push it into a pile," Miller said. "A few times a year, another contractor will come in to grind it."

Earlier this year, the state legis-

lature instructed DNREC to create three yard-waste recycling sites to help residents deal with the ban. A similar facility in Bear opened in July and a third is expected to open in northern New Castle County in January, Miller said.

The Polly Drummond Hill facility opened Nov. 9.

Jim Short, spokesman for DNREC, said the site is projected to cost up to \$40,000 per year to operate. The actual cost will depend on the amount of material collected.

The money will come out of DNREC's penalty fund, Short said. "Money accrues in the account from people who get fines for various environmental violations," he said.

Community reaction to the sites has been positive so far, Miller said.

"People love it," he said. "We've been very happy with the amount of people using it."

Hockessin resident Steve Reilly, who was dropping off a load of leaves and brush Friday, said he believes the facility is a good idea.

"Anything that can be recycled should be recycled," Reilly said.

Bernice Smith, a Newark resident, said she does all of her own composting, but thinks the facility is a good idea.

"Its time has come," Smith said. "It's imperative people realize there is a limited amount of space and we have to use it wisely."

Newark resident David Jones said he disagrees with the ban, but does appreciate the facility as an alternative.

"If it weren't for that, you would have a lot of people throwing [yard waste] on the roadside," Jones said. "It will help, but it's not a complete solution."

Diane Davidson, a Newark resident, said the facility is only convenient for people who have a way to haul yard waste.

"I think they ought to have planned more and had a pickup service for people who don't have pickup trucks," Davidson said. "I guess I'll have to put it in the trunk of my car or get a neighbor to take it."

Such a program does exist, Miller said, but it comes at a cost.

The Delaware Solid Waste Authority will pick up yard waste for one dollar per bag.

There are also private yard-waste hauling companies, but many are just getting started because there was never a need for them before, he said.

"It's a Catch-22," Miller said. "You don't need private companies until there is a ban, but people don't want a ban until there are private companies."

The DNREC drop-off sites are intended as temporary and expected to last no longer than two years, Miller said.

"We want to help people out until those businesses bring themselves forward," he said.

Newark Public Works director Rich Lapointe said city residents have another option. Newark has long collected leaves and grass clippings for recycling, but in response to this year's ban, has added other yard waste to its program, Lapointe said.

Residents must contact the Department of Public Works to schedule a special collections pick up. The first six bundles or 32-gallon cans are free, but after that a fee applies, he said.

The yard waste is then taken to one of Newark's two recycling sites, on New London Road and Elkton Road, he said. Previously, special collections picked up yard waste at the same time as old refrigerators and other bulk items and took it all to the landfill.

Lapointe said it will cost Newark \$10,000 to recycle the yard waste.

"Unfortunately, due to budget constraints, we still have a pile of brush," he said. "Hopefully, the savings on tipping fees from not having to take yard waste to the landfill will pay for the grinder."

Smith said the best solution is for people to recycle yard waste themselves.

"All people have to do is use a mulcher mower," she said. "Let it go back into the ground where it belongs."

"We don't need our yards to look like a golf course fairway."



THE REVIEW/Josh Shannon

Newark resident Ian Chiappa deposits yard waste at the Polly Drummond Hill Road facility.



# Amazon product 'Kindles' the desire to read

BY CAITLIN WOLTERS

Copy Editor

The holiday season is known for bringing out many new creative gift ideas. This season, Amazon.com is giving customers an innovative way to read by introducing an electronic device that is set up similarly to a book, called Kindle.

Devon Corvasce, an Amazon.com spokesperson, stated in an e-mail message that Kindle, which was the subject of *Newsweek's* Nov. 26 cover story, has many benefits for readers which print versions do not have.

It has a wireless connection that allows readers to connect to Amazon.com at any time and in any place and it also has an 11 hour battery life, she said. It can be used anywhere a cell phone can be used. Kindle has more than 900,000 titles including books, newspapers and magazines that can be accessed, making it convenient — specifically for travelers who do not have to carry those items.

Corvasce said Kindle was not released for the holiday season. Rather, it was announced now because Amazon.com felt it was the best time for customers to experience the product's advantages.

William Kist, associate professor of English education at Kent State University and member of the National Council of Teachers of English, said Kindle will be a benefit to readers.

"Obviously, the advantage is convenience," Kist said. "It's apparent people want the convenience of being able to download e-books. I see that as a benefit. How can this be seen as a negative?"

He said he has seen people have negative reactions to a change in media before. This is not the first time people have worried that a new invention may change the amount of books being read.

"When you look at a lot of new media, such as the Internet and text messaging, many words of print are embedded in all of those," Kist said. "Just as the invention of television and comic books, there have always been these alarmist cries that new media is going to be the death of reading."

Kist, who recently wrote a book titled "New Literacies in Action," said that despite new studies that say reading has decreased, young people may be reading more than ever because of different medias available to them. Students are often reading electronically, so they might respond more positively to Kindle.

"Maybe they're not reading print on a page as much but they're reading online more than ever before," he said. "They're totally immersed in print, depending on how active they are on Facebook, MySpace and text messaging. There's print embedded in that media."

English professor Deborah Andrews said Kindle will be a success if consumers prefer to read books on a screen in comparison to print books. This may not be an appeal to most people because of the comfort of reading a book presents.

"I'm not super comfortable with reading a novel on screen," Andrews said. "People want something to curl up with. But it's an interesting concept."

She said she has seen Kindle in the business pages of newspapers. Predictions say companies such as Apple will try to invent similar products to surpass Kindle in the near future.

Kindle has many positive aspects including the wireless use and rapid download time from any place, Andrews said. She said she understands why Amazon.com would market this item towards frequent travelers.

"It takes seconds to connect to

Amazon.com," she said. "Sitting in an airport with a Kindle in your pocket is really something good. The everywhere-ness is good."

Andrews said she would probably not buy a Kindle for herself because it does not present the same appeal as a print book.

"I don't take my computer," she said. "I take my book. That wouldn't be for me. I have a hankering for print."

Molly Wilwol, textbook manager at Delaware Book Exchange, said it is nice for readers to be able to buy their books elsewhere.

"I think it's nice to have the extra options," Wilwol said. "You can have a hard copy, or if you prefer to read it online, it's great idea to have the extra option."

She said she does worry about having competition against a traditional bookstore because of new inventions like Kindle. However, Kindle does not currently offer textbooks to be downloaded.

Kist said it does not matter how young readers are, as long as they do read. The decrease of leisure reading has such a negative impact on young people that any type of



Courtesy of Amazon.com

Kindle allows readers to access more than 900,000 titles.

material that allows them to read easier is a step in the right direction.

"I really believe if some kid wants to use this device, who cares if it's on a screen or on a page," he said. "It's not like printed books are flying off the shelves now."

Despite not wanting to purchase a Kindle for herself, Andrews said she would consider buying one for someone else.

"I think the question is, 'Would I get it for my grandson?'" she said.

# New Google feature creeps Newark streets

BY JOSH SHANNON

City News Editor

A new service launched earlier this year by Google gives users a street-level view of roads, buildings and houses in Newark and other towns across the country.

Street View, a feature of Google Maps, allows users to take a virtual walk down the streets of many cities and towns. Users can pan through images, rotate the view 360-degrees and zoom in on a specific building or object.

Kat Malinowska, a spokeswoman for Google, stated in an e-mail message that the images are captured by vehicles driving along public streets.

"The imagery collection vehicles are standard cars equipped with imaging technology that gather 3-D geometry data," Malinowska said.

The images are not real-time, she said. Malinowska said Street View is intended to help people become familiar with an area.

"Street View provides users with a rich, immersive browsing experience directly in Google Maps, enabling greater understanding of a specific location or area," she said.

Street View debuted in May 2007 with images of San Francisco, New York and three other cities. In October, Google added images of the Philadelphia area, which includes northern Delaware.

"We're focused on making the service available in as many cities as possible, first starting with major metropolitan areas," Malinowska said.

She did not say when the pictures of

Newark were taken, but a sign visible in the images of Main Street advertises an Independence Day special, suggesting the pictures were taken in late June or early July.

Google Maps, located on the Web at Maps.google.com, displays road maps and aerial photos. Roads for which Street View is available are shown highlighted in blue.

Users can click anywhere on a highlighted street to see the street level images. Arrows superimposed on the image allow the user to move up or down the street.

Newark resident Doretha Green, who works at the university box office, said Street View could be useful to students who are new to Newark.

"They would have a better view of what they are looking for," Green said.

Graduate student Lily Santoro said Street View would be helpful.

"It would be useful for helping people find my house," Santoro said, "but it would be a little strange if it was someone I didn't want to find my house."

Santoro is not alone in her feelings. Street View has raised privacy concerns because it shows images of houses, vehicles and any people who were on the street when the images were taken.

Google cameras have caught people at what some consider inopportune times in the past.

A man in San Francisco is pictured walking into an adult bookstore. A person in New York is pictured being stopped by the police. Several Street View images show

people in the process of changing their clothes.

Malinowska said Google will remove sensitive images such as faces or license plates, if asked.

"We understand that people may not want images they feel are objectionable featured on the service and so we have provided users with easily accessible tools for flagging inappropriate or sensitive imagery for review and removal," she said.

Google has received few requests for changes, she said.

On its way through Newark, Google's camera snapped a picture of a family sitting outside their house on Thompson Circle. Other pictures show customers dining on the deck at Klondike Kate's and two women crossing South College Avenue.

Some people, such as sophomore Peter Battaglia, do not like the thought of being caught by Google's camera, even if they were not shown in an embarrassing situation.

"Having your picture online where everyone can see it would be creepy," Battaglia said.

Newark resident and university professor Jewel Walker said if he was pictured on Street View, he would feel as though Google was using his image to make money.

"They must bring people on their Web site and show them advertising," Walker said. "They wouldn't do it if they couldn't make a profit."

"My image doesn't belong to anyone to make a profit with," he said.

Others would welcome seeing their picture on Street View.

Santoro said Street View might bring fame to those pictured, such as the women on South College Avenue.

"I'm sure those ladies are mini-celebrities now because they're on Google Maps," she said.

She said she was not surprised to learn about Google Maps' newest addition.

"It seemed a logical jump," she said.

Newark Mayor Vance A. Funk III was unaware of the site and said Google did not notify him it was taking pictures in Newark. Funk called Street View "silly," but said it is most likely legal.

"We have to adhere to the constitutional privilege of free speech," he said. "Taking pictures of people in public has generally been upheld by the United States Supreme Court."

Sophomore Courtney Gamble said she would not mind her picture being on the site, but would not want her house pictured.

"If it was my house, I'd be kind of cautious because if you have a stalker, they can know where you live," Gamble said.

Often, typing a person's name and state of residence into the Google search engine will bring up his or her address listing as well as a link to see their house on Google Maps and Street View.

Walker said he would not be bothered by having his house pictured on Street View.

"Not unless they went into my house or showed people how to sneak in," he said.



# Vaccine offered for flu season

BY EDWARD KEALY

Staff Reporter

As the end of the semester rapidly approaches and the winter season is in full swing, holiday spirit is not the only thing that is infectious. The flu will soon be terrorizing immune systems for the next several months.

Sharon Bathon, assistant director at Student Health Services, said there have already been identifiable cases of the flu in Delaware.

"In the state of Delaware as of last week, there were two cases reported in the city of Dover," Bathon said. "As far as on campus, we have not had any positive flu cases."

The identification of cases marks the official beginning of flu season in Delaware, which will run until March, she said.

Martin Luta, chief at the Delaware bureau for communicable diseases, said though a few cases have been confirmed already, it is difficult to deduce how severe the flu season will be this year.

"At this time of the year, generally, the flu activity is pretty low," Luta said. "It's very difficult at this point to say what the season may turn out to be because it tends to peak in January or February. We are way before the peak."

Heidi Truschel-Light, spokeswoman for the Delaware Division of Public Health, stated in an e-mail message that vaccinations are available for people in preparation for the flu season. The Delaware Division of Public Health uses two categories in reference to the distribution of flu vaccine across the state.

"There's vaccine distributed through the Vaccines for Children Program and then there is vaccine distributed through state-operated clinics for people of all ages," Truschel-Light said.

There have been 30,880 doses ordered for the VFC program and 26,000 total doses ordered for the Division of Public Health clinics, she said.

Luta said these totals do not add up to the state population but believes the state has enough vaccines.

"At this point, all indications are that there are enough vaccines," he said.

Delaware has run out of vaccines in the past due to a variety of

reasons, Martin said.

The problem is the strain of the virus has to be identified, he said. Sometimes flu characteristics are not predictable which has led to problems in the past.

People are encouraged to get flu shots, however, there are certain people who are urged to be immunized, Luta said. The people who are at the highest risk could face health complications following an infection that could result in death.

"These are normally individuals 60 years and older, children six months to five years, or individuals who have medical conditions such as asthma, heart disease and diabetes," he said.

Bathon said the university has its own flu vaccines for students and faculty.

"We had over 1,300 doses this year," she said. "We are running our last flu clinic on Dec. 5. We have approximately 100 doses left."

The university does not plan on ordering more vaccines because Winter Session is about to begin, Bathon said.

"At this point, just from what we've seen in the past, by the time people leave here they have either made the decision not to obtain a flu vaccine or have already obtained it here or elsewhere," she said.

Despite not having enough flu vaccines for every single member of the student body and faculty, the university has not run out of vaccines in the last four years since she has been here, Bathon said.

"We've actually had enough in the past years to take us all the way through this first semester," she said. "Right up until holiday break we were still giving flu vaccine. We alert our high risk students. We make every effort to get the information out to those that want to get it."

Junior Ashley Heller said she does not usually get vaccinated for the flu.

"I don't really get sick that often," she said. "If I do it usually lasts a few days and I just deal with it."

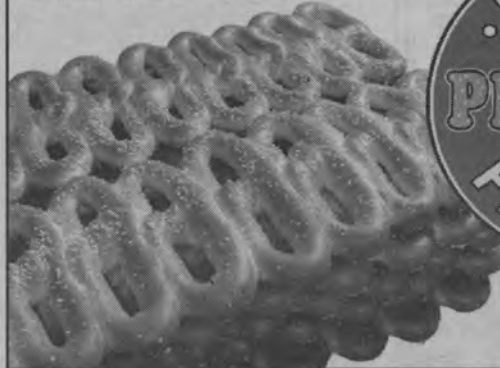
Bathon said it is common for many students not to get immunized.

"Most people of that age group are healthy and consider themselves healthy enough to be able to go through the flu season without difficulty," she said.

## "Hey UD Students, Get Twisted at the Philly Pretzel Factory!"

Located at 215 East Main Street  
(across from Bike Line)

302-737-1010



**6 Pretzels  
for  
a dollar**



Advertised locations only.  
Not valid with any other offer.

**Buy one pretzel  
hotdog or  
sausage get  
one free**



Advertised locations only.  
Not valid with any other offer.

**30 Pretzels  
for \$5**



Advertised locations only.  
Not valid with any other offer.



**The  
Deer Park Tavern**  
ESTABLISHED 1851 NEWARK, DE

108 W. Main Street  
Newark, DE 19711

302-369-9414  
[www.deerparktavern.com](http://www.deerparktavern.com)

WIFI  
Now  
Available!

**Everyday  
Low Price!**  
Bud & Bud Select  
24oz. Cans  
\$2.50!

**Tonight Tuesday Dec 4**  
Jefe - no cover  
\*\*New\*\* Tall Capt & Coke \$2.50

**Wednesday Dec 5**  
**Celebrate the last day of  
classes with**  
**BURNT SIENNA!**  
1/2 price nachos & quesadillas

**Thursday Dec 6**  
**Kristen & the Noise**  
In Your Mug - Bud or Bud Light \$1.50 or  
Any Rail Drink \$2.50  
All You Can Eat Wings \$8.95

**Friday Dec 7**  
DJ Tom Travers Awesome 80's Dance  
Party - no cover

**Saturday Dec 8**  
Mad Sweet Pangs

**Sunday Dec 9**  
Chorduroy - no cover

**Monday Dec 10**  
Monday Night Football, 1/2 price wings



**The Review will resume  
publication on Feb. 12, 2008**  
Check [udreview.com](http://udreview.com) for breaking news updates  
throughout Winter Session.




**Jack Teague**

**Direct: 292-6691**

jteague@psre.com

 Office:  
733-7000

**1202 NOTTINGHAM RD. - NEWARK**


This unique property offers a rare opportunity to own a piece of history. The original section was built c. 1700's & the front section c. 1800's. With its large foyer, high ceilings & rare restored South European Art Ceiling Frescos, you'll find an antique in remarkably good physical condition. This home also has pointed, silicone sealed brick & masonry and updated & improved plumbing, heating & electrical systems, plus added C/A. The updated roof and enclosed porches add value & character. The detached, restored carriage house works as a 3 car garage w/loft.



\$485,000 [www.psre.com/3772](http://www.psre.com/3772) Dir: From Newark: W on Main St (Rt 273); cross over Casho Mill Rd.; top of hill on right.

# A DOOR OF HOPE

**PREGNANCY CENTER**
**Free Confidential Services**

- Early Detection Pregnancy Tests
- Options Counseling
- Spiritual Counseling
- Resource Referrals

**Education and Information:**

- Pregnancy
- Abortion
- Abortion Alternatives

**Pregnant?**

- You have a right to know:

- Facts
- Options
- Solutions


[www.adoorofhope.org](http://www.adoorofhope.org)

 218 East Main Street  
Pomeroy Station, Suite 114  
Newark, DE 19711

302-737-5433

## School for Health Studies

Is your occupational calling in the health profession?

Would you like to earn a graduate degree in nutrition or physical therapy?

Consider Simmons College in Boston

- Offering programs recognized by the American Dietetic Association to prepare individuals to become Registered Dietitians.
- Providing evidence based practice in physical therapy.

**Application Deadlines:**
**Doctorate in Physical Therapy (D.P.T.)**

January 1, 2008 for June 2008 entry

**Nutrition (Master's and Certificates)**

March 1, 2008 for May 2008 entry

All programs are nationally accredited and coeducational. Graduate campus housing available. Located one block away from the Harvard University hospitals where Simmons students complete their clinical rotations and internships.


**SIMMONS**  
Learning with Purpose.

 School for Health Studies • 300 The Fenway • Boston, MA 02115  
[www.simmons.edu](http://www.simmons.edu) • [shs@simmons.edu](mailto:shs@simmons.edu) • 617.521.2605

UD Students:

## Need a late-night place to study for final exams?



- Daugherty Hall (located in the Trabant Center)
- Kent Dining Hall
- Morris Library
- Morris Library Commons (The Library Commons contains tables, chairs, vending machines, and restrooms and is located directly inside the Morris Library entrance on the right. The Commons has wired and wireless Internet access.)

**Before Exams**

Location	Friday November 30	Saturday December 1	Sunday December 2	Monday December 3	Tuesday December 4	Wednesday December 5
Morris Library	8 a.m. to 10 p.m.	9 a.m. to 10 p.m.	11 a.m. to Midnight	8 a.m. to Midnight	8 a.m. to Midnight	8 a.m. to Midnight
Morris Library Commons	8 a.m. to 10 p.m.	9 a.m. to 10 p.m.	Open 24 hours beginning at 11 a.m.	Open 24 hours	Open 24 hours	Open 24 hours

**During Exams**

Location	Thursday December 6 Reading Day No Exams	Friday December 7 Final Exams Begin	Saturday December 8 Reading Day No Exams	Sunday December 9 Reading Day No Exams
Daugherty Hall in the Trabant Center	7 a.m. to 2 a.m.	7 a.m. to 2 a.m.	9 a.m. to 2 a.m.	9 a.m. to 2 a.m.
Kent Dining Hall	9 p.m. to 2 a.m.	9 p.m. to 2 a.m.	9 p.m. to 2 a.m.	9 p.m. to 2 a.m.
Morris Library	8 a.m. to Midnight	8 a.m. to 10 p.m.	9 a.m. to 10 p.m.	11 a.m. to Midnight
Morris Library Commons	Open 24 hours	Open 24 hours	Open 24 hours	Open 24 hours

Starting on Sunday, December 2, the Commons in the Morris Library is open 24 hours until the last day of exams!

**During Exams**

Location	Monday December 10 Exams	Tuesday December 11 Exams	Wednesday December 12 Exams	Thursday December 13 Exams	Friday December 14 Last Day of Exams
Daugherty Hall in the Trabant Center	7 a.m. to 2 a.m.	7 a.m. to 2 a.m.	7 a.m. to 2 a.m.	7 a.m. to 2 a.m.	7 a.m. to 5 p.m.
Kent Dining Hall	Open 9 p.m. to 2 a.m. PJs & Pancakes 10 p.m. to Midnight!	9 p.m. to 2 a.m.	9 p.m. to 2 a.m.	9 p.m. to 2 a.m.	
Morris Library	8 a.m. to Midnight	8 a.m. to Midnight	8 a.m. to Midnight	8 a.m. to Midnight	8 a.m. to 7 p.m.
Morris Library Commons	Open 24 hours	Open 24 hours	Open 24 hours	Open 24 hours	Closes at 7 p.m.



## in the news

### VENEZUELAN CONSTITUTION REMAINS IN TACT AFTER VOTE

Venezuelan voters delivered a stinging defeat to President Hugo Chavez on Sunday, blocking proposed constitutional changes that would have given him political supremacy and accelerated the transformation of this oil-rich country into a socialist state.

Hours after the final ballots were cast, the National Electoral Council announced at 1:15 a.m. Monday that voters, by a margin of 51 to 49 percent, had rejected 69 reforms to the 1999 constitution. The modifications would have permitted the president to stand for re-election indefinitely, appoint governors to provinces he would create and control Venezuela's sizable foreign

reserves.

Chavez immediately went on national television and conceded before a roomful of government allies and other supporters.

"I thank you and I congratulate you," Chavez said calmly, directing his comments to his foes. "I recognize the decision a people have made."

Chavez admitted, though, that he had found himself in a quandary on Sunday night as votes were being tallied because the vote was so close. He said that with nearly 90 percent of 9 million ballots counted, it became clear that his opponent's victory was irreversible. "I came out of the dilemma," he said, "and I am calm."

### ROMNEY TO ADDRESS ISSUE OF HIS RELIGIOUS FAITH

After months of internal deliberation, former Gov. Mitt Romney, R-Mass., has decided to give a speech directly addressing his Mormon faith, much like then-candidate John F. Kennedy did about his Catholicism before the 1960 election.

Romney said for months he saw no need to make an issue out of his religion, despite surveys that have suggested that some voters, especially in the South, are less likely to vote for him because of his religion. In a Washington Post poll earlier this

year, his faith was regarded as a bigger stumbling block than the race of Sen. Barack Obama, D-Ill., or the gender of Sen. Hillary Rodham Clinton, D-N.Y.

But this week, Romney's campaign announced that he will give a speech about his faith Thursday at the George H. W. Bush presidential library in Texas. In a statement, spokesman Kevin Madden said that Romney will deliver a speech titled "Faith in America."

### 'STATE OF THE BAY' REPORTS ON CHESAPEAKE BAY HEALTH

The Chesapeake Bay's health slipped slightly in the last year, meriting a score of just 28 out of 100, as spring rains brought increased pollution and the blue crab population fell toward new lows, according to a report from the nonprofit Chesapeake Bay Foundation.

The annual "State of the Bay" report, unveiled Monday at the foundation's bay-side headquarters near Annapolis, Md., lowered the Chesapeake's score one point from last year. The foundation also gave the bay a letter grade of D, as it has every year since the reports began in 1998.

Foundation officials said the

—compiled from the L.A. Times and Washington Post wire reports

## police reports

### STUDENT RECEIVES COUNTERFEIT MONEY ORDER

A 25-year-old female university student received four counterfeit money orders as payment for subletting her apartment, Cpl. Scott Simpson of the Newark Police Department said.

After placing an ad to sublet her apartment in College Town Apartments for Winter Session, the victim received an email from Michelle Scott, who claimed to be a university student interested in the apartment, Simpson said. The victim then received an e-mail message from Martins Scott, who claimed to be Michelle's father and that he would pay for the apartment.

On Nov. 29, the victim received a UPS package containing four money orders for a total of \$3,400, an overpayment of \$2,600.

The victim became suspicious and went to police. Police determined the money orders were counterfeit and the package, which had a return address in Washington state, had actually been sent from Virginia, Simpson said. There are no more leads.

### MAN VICTIM OF ARMED ROBBERY

A 20-year-old male was robbed Sunday by three men, two of whom were armed, in his apartment building on Country Club Drive, Simpson said.

The victim, returning from work at approximately 6:35 a.m., was on the second floor of the building, near his apartment, when he was approached from behind by a suspect holding a handgun, Simpson said. Two more suspects came down the stairs from the third floor.

One suspect held a gun to the victim's head while the other two went through his pockets. They stole money, three cell phones, a credit card and a debit card, Simpson said.

The victim was punched in the head and kicked in the head, but reported no injuries. Police searched the area but did not find the suspects, Simpson said.

—Josh Shannon

# Textbook rentals hope to save students money

BY JENNIFER HEINE

Senior News Reporter

Rutgers Student Assembly representatives voted unanimously this past month to support a New Jersey bill that would permit the state's public universities to establish textbook rental programs. The rental programs would allow students to pay approximately half of a book's price and then return the book at the end of a semester, rather than buying the books.

Barbara Kreppel, associate vice president for administrative services, stated in an e-mail message that a textbook rental program would be possible at the University of Delaware in the future. The university has a management partnership with Barnes & Noble, a company which has book rental programs throughout the United States.

"Since we look to Barnes & Noble to advise us as to changing trends and new opportunities in the market to enhance our bookstore program, it is possible that we might receive a proposal to consider a rental program in the future," Kreppel said.

The university would need to weigh costs and benefits before adopting a textbook rental program, she said. A rental program would require the university to purchase the inventory which could cost several million dollars.

Kreppel said missing or damaged books would need to be replaced and faculty would need to use the same material for at least three years.

"This would limit the faculty's ability to select updated materials for their courses," she said.

Jim Kline, RUSA president and a senior at Rutgers, said textbook prices are the top priority on RUSA's agenda.

"As student government, we're always trying to reduce the cost of textbooks," Kline said. "It's the number one issue for student government."

If New Jersey Assembly Bill A994 is passed, it would require universities' student governments to request textbook renting programs, he said.

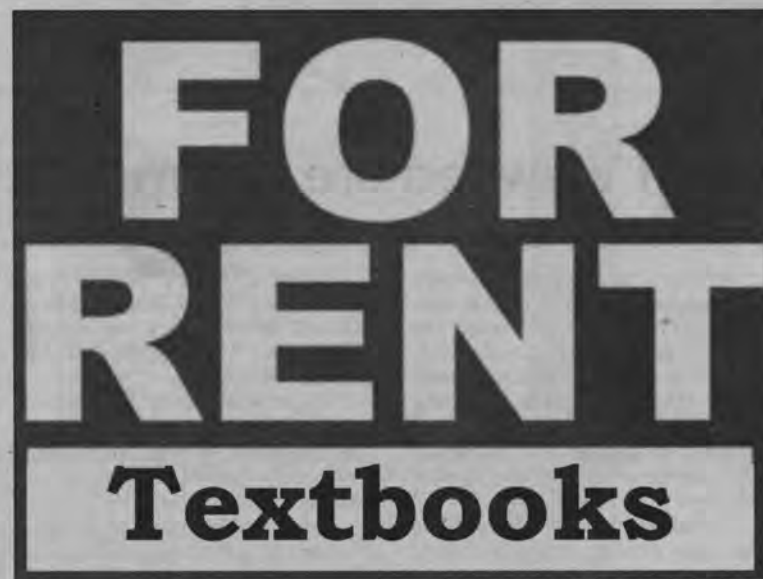
Kline said the bill would be tailored to each individual university in the state.

"The bill would work with students and administrators of each college setting up a structure that works for the college," he said.

The bill states that each university must fund the program through revenue generated from student tuition and fees, but additional funding may come from organizations not affiliated with the state.

Chris Keating, chair of the RUSA Legislative Affairs Committee and a junior at Rutgers, said RUSA supported the bill because it could help reduce textbook prices, which are a problem for students throughout the country.

"That bill seemed like it would be a great way to help students save



THE REVIEW/John Transue

money when purchasing textbooks," Keating said. "In terms of long-term success, it has a lot of potential."

The bill states that the average annual textbook rental cost should not exceed 50 percent of the average annual retail purchase cost of textbooks.

The U.S. Government Accountability Office reported in 2005 that textbook prices increased at twice the rate of inflation over the past two decades, following closely behind tuition increases.

The University of Delaware recommends each student should budget approximately \$800 per school year for textbooks. The College Board, a non-profit association, estimates students throughout the country spend \$805 to \$1,229 each on textbooks and supplies each year.

Kreppel said bookstores address the prices of textbooks by offering competitive pricing, used textbooks and buyback programs.

University officials should explore options for textbook programs and monitor the textbook market, she said.

"We need to do everything possible to provide the largest selection of used books and offer competitive pricing," Kreppel said.

Keating said textbook rental programs would be most beneficial for general required courses.

"We would probably implement it for big classes that require a lot of textbooks," he said.

Sophomore Travis DiJoseph, who spends approximately \$450 per semester on textbooks, said he would rent his textbooks if a program was offered at the university.

"For general education classes and breadth requirements, I would definitely rent," DiJoseph said.

He said he thinks a textbook renting program would ease financial burdens on students, but the quality of the rented textbooks could diminish from semester to semester.

"The only downside is books could get beat up over time," DiJoseph said.

Bill Dill, manager of Delaware

Book Exchange, said he believes textbook rental programs would ease costs on students but may not be practical to administer. He said the cost of textbooks have become so high that academic communities are looking for alternatives, but he does not think a rental program is the best solution.

"I really do believe it is politically favorable, but it could be logistically challenging," Dill said.

Textbook rental programs could have complications because professors frequently change the reading material for courses, he said. Bookstores would need to rent the textbooks for several semesters before they could earn profits on the books.

"I would imagine in order to make a program economically viable, there would have to be some coordination with the academic community to not change editions, and many times that never seems to be the case," Dill said.

Junior Brea McMillen said she thinks textbook rental programs would benefit students, but if the program was offered at the university, there would not be textbooks for all courses and some students would not use the program.

"I think [the program] depends on the availability," McMillen said. "I think it could increase popularity if people use it."

Kline said RUSA is working to get the support of the Commission of Higher Education in New Jersey and members of the state legislature to support the bill.

It is difficult to tell when the bill could be passed, he said.

"If we could get this out by fall 2008, that would be wonderful," Kline said. "It might take two-and-a-half years, but that would be satisfying. The implications of this are huge and would benefit students greatly."

University of Delaware junior Andrew Bruno said he spends approximately \$400 per semester on books and a textbook rental program would save him money.

"I don't keep any of my books, so what's the point?" Bruno said.



**ONLINE POLL**

Q: Would you prefer to have a textbook rental program?

Vote online at [www.udreview.com](http://www.udreview.com)

12



# editorial

## Street View feature is invasive

New Google application could be a safety risk

Earlier this year, Google launched Street View, a new feature of Google Maps in which users can take a virtual tour of cities and towns. Cars with cameras attached took footage from public roads, capturing images of houses, cars, people and anything, or anyone, who happened to be outside at the moment the car drove by.

Although Street View is an interesting concept, it is an invasion of privacy and a possible safety risk.

In some of the captured images, people are outside walking, eating and spending time with family and friends. License plate numbers can be seen in some of the pictures. People can be seen through some windows.

This is going too far. The Internet is a public space. Anyone with access to a computer can view the images taken in Street View. Furthermore, the citizens of the cities featured in the program have no control over whether or not their image will appear on the Internet.

Street View raises security concerns. By searching a name, extremely clear images of a neighborhood, house, car or possibly a person can be seen. This feature is setting the scene for possibly dangerous situations.

There is no way Google could possibly alter Street View to fix these problems because they are inherent in the feature. The program should be discarded all together.

Right now, Street View seems remarkable because it is a new concept that uses modern technology. However, it is also ambiguous and unnecessary.

Google Earth can look up a location and get an image. The difference between the two being the images on Google Map are not invasive. Unlike the new feature, Google Earth shows images that do not include personal details.

Street View could be useful if used only to capture images in big cities across the country. In a busy, crowded city environment, a detailed visual could be helpful when using directions to find a location. However, using Street View in smaller cities such as Newark is a terrible, invasive idea.

Street View is also impractical. For a program that does not have a specific purpose or niche, it takes too much time and effort to make and maintain. It is not worth the manpower or money it would take to take detailed images of every random street across the country.

## Textbook rentals: a smart idea

Rutgers students propose bill to end buying textbooks

Rutgers, the State University of New Jersey's Student Assembly has recently made a push to put into legislation a bill, which if passed, would make universities throughout the state of New Jersey to have a program in place to allow textbook rentals. This program would replace the current way in which textbooks must be purchased by each and every student.

The arguments against a program of this nature seem to be centered on a general theme; the universities would not be making as much money off of a rental program as they currently are with the purchase and resale method. For once, a university should take into consideration just how much money students must spend for books and do its best to help out students for a change.

According to the University of Delaware's Web site, students are expected to budget approximately \$800 per year for books alone. This is a substantial amount of money to add on to the increasingly high tuition rates students must already pay.

A rental program could be one solution to help lower some of the expenses students go through in their college careers.

Another argument against the textbook renting idea is that books may be damaged and unusable after years of renting. This is the same problem many students must face when they are currently looking to buy a used book to save money. If universities are truly worried books may be so damaged they cannot be used, institute a fee for returning damaged books or even make the person who has damaged the book just purchase it.

Barbara Kreppel, associate vice president for administrative services, stated in an e-mail message that a program such as the rental program may possibly limit professor's abilities to have the most up-to-date books for classes. But, this program would help professors choose books which will actually be used. There would be no more buying books that will never see the light of day because classes fall behind and the books are no longer needed.

In the end, a book rental program may not be the most profitable way for universities to get books to their students, but it might be the best way for students to have one less worry in an already stressful college career.

## The Newarker

THE REVIEW/Domenic DiBerardino



"This Tila Tequila show really has me questioning things..."

## LETTERS TO THE EDITOR

### A message from the president

Several incidents this fall have caused some individuals to question the university's commitment to the goals of diversity. I want to assure the entire university community that we are indeed committed to diversity. This university must provide an environment where all people feel welcome to learn, an environment that supports and sustains intellectual curiosity, critical thinking, free inquiry and respect for the views and values of everyone.

This spring, we will be holding a series of forums centering on the issues of living in a diverse world and designed to promote dialogue on diversity and related issues confronting our university. In addition to these forums, we are planning to bring several guest speakers to campus to present different viewpoints on this topic. I would encourage everyone to become engaged with these activities.

By next fall, we are committed to having in place a residential life program — revised and enhanced following the review of the Faculty Senate — that will support the intellectual, cultural and ethical development of our students.

I welcome input on this issue from all members of the university community to enrich and further this conversation.

A university must be a place that welcomes the contributions and participation of individuals from many different backgrounds, and I would ask all members of the university community to support our commitment to diversity through both words and deeds.

Patrick Harker  
University President  
[president@udel.edu](mailto:president@udel.edu)

### Noose on tree was a bottle

Because there seems to be some confusion about the alleged noose that was discovered on

Orchard Road on Oct. 31, I feel the need to clarify. I happened to walk by the tree the rope was in that day.

It was a Gatorade bottle with a rope tied around it thrown around a branch in a tree. Nothing about how the rope was tied implied a noose to me at all.

If there was a noose found on campus, students have a right to be outraged. Swift action should be taken. But, it seems to me, since very few people saw what the "noose" looked like, they have gotten carried away by condemning this university and President Patrick Harker for racism.

Please do not subject this university to even more bad press because one person called police to remove a rope with a Gatorade bottle tied to it from a tree and called it a noose. Do not be so quick to judge the situation before you understand it.

Melanie Jonas  
Senior  
[mjonas@udel.edu](mailto:mjonas@udel.edu)

## WRITE TO THE REVIEW

250 Perkins Student Center

Newark, DE 19716

Fax: 302-831-1396

E-mail: [revieweditorial@gmail.com](mailto:revieweditorial@gmail.com)or visit us online at [www.udreview.com](http://www.udreview.com)

The Editorial section is an open forum for public debate and discussion. The Review welcomes responses from its readers. The editorial staff reserves the right to edit all letters to the editor. Letters and columns represent the ideas and beliefs of the authors and should not be taken as representative of The Review. Staff editorials represent the ideas and beliefs of The Review Editorial Board on behalf of the editors. All letters become property of The Review and may be published in print or electronic form.

Check online for  
more Letters to the Editor  
and content not in print.

The Review will resume  
publication on Feb. 12.  
Check [udreview.com](http://udreview.com) over the  
winter for breaking news.



## Last issue's poll results

Q: Which area on campus do you feel needs the most improvement?

35% Campus safety  
29% Residence halls  
23% Dining halls  
13% Morris Library



# Opinion

13

## Looking at Christmas from the outside



### Cass-In-Point

Sammi Cassin

A Jewish girl's view on the holiday season

The holiday season is upon us. For many it means gathering around the Christmas tree with family and friends, drinking egg nog and singing Christmas carols.

But not me. I am one of those outcasts who never woke up early on Christmas morning to open presents, never decorated a Christmas tree and never displayed hundreds of Christmas lights from my roof or a baby Jesus on my lawn.

Yep, you guessed it, I am Jewish.

Growing up in a Jewish town and attending Jewish day schools for my entire life, I had zero non-Jewish friends. Needless to say, as a child, I never quite understood what I was missing when it came to Christmas.

As I got older I began to realize that, outside of my sheltered world of Pikesville Md., the whole world had Christmas on the brain. Suddenly I could not turn my head without seeing some reminder that Christmas was on the way.

Inevitably, two weeks before Thanksgiving every year, the advertisements would start. It seemed like every store had run new Christmas versions of their old commercials, including in-depth musical productions or Santa-hat wearing puppies intended to inspire the spirit of gift-giving and good cheer.

Soon after the commercials start, the mall decorations were sure to follow. And no, it does not come in the form of blue and yellow ribbons or a few tasteful 10 or 11-foot-tall menorahs in every window display. It is red and green all the way and twinkle lights and pine trees once again overwhelm every corner.

Not only is the mall overwhelmingly stocked with everything Christmas, but somewhere, waiting for the terrified, screaming kids in their Christmas finery, is Santa Claus and his elves.

Although some have tried, in a futile attempt, to give us Jews some sort of mythical mascot to believe in like "Harry the Hanukkah Helper" or something equally pathetic, ours' have never even come close to comparing to Santa.

We Jews cannot manage to escape the constant reminders that Christmas is on the way, what with the 100-foot Christmas tree in the middle of Rockefeller Center in New York City, and only a teeny tiny menorah hidden somewhere in the shadows.

Despite the fact that it is nearly impossible to drive down a street without coming

across a slew of light-clad houses, escaping Christmas becomes nearly impossible as the TV and movie specials start to uncontrollably flood America's television sets.

The list of Christmas movies is endless, from animated to comedy to drama to downright inspirational. "Rudolph the Red-Nosed Reindeer," "It's a Wonderful Life," "Miracle on 34th Street" — the list goes on. So I have to ask myself, why not "Miracle on Ben Yehuda Street" or "It's a Wonderful Eight Nights?" This never made any sense to me. I honestly do not think I could even name a Hanukkah movie for each night.

I do recognize that Jews have been given some moments in the spotlight.

"The Rugrats Hanukkah Special," was definitely a big whoop as it was one of the first shows of my generation to have an episode devoted to Hanukkah. Overall, however, I have been unimpressed with the efforts of my fellow Jews in the entertainment community.

Perhaps the one aspect of Christmas time that I find the most difficult to avoid is the Christmas carols.

I have never experienced actual carolers before and I never sang carols in a Christmas concert in my elementary school choir. I have, on the other hand, learned quite a few Hanukkah songs in my day — 12 years of Jewish day school.

But I think you would have trouble finding a Jewish family who would be willing to

go from neighborhood to neighborhood singing "Come Light the Menorah" or my personal favorite "I am a Latke."

Let me make it clear that for all my complaining, I really do enjoy the holiday season. To be fair to the gentiles, Christmas is very festive, and people seem to be in a genuinely better mood with all of the music and decorations in the atmosphere. The Jews have done their best to add a few festive twists of their own.

Adam Sandler, for one, pretty much put Hanukkah on the map with "The Hanukkah Song," which let kids like me know that we were not the only ones feeling a little left out during the winter holidays, and in fact, that there were some pretty sweet celebrities who celebrated Hanukkah just like us.

It is safe to say Hanukkah is normally overshadowed by Christmas during the holiday season, and even though I can get behind a good Christmas-themed Will Ferrell movie every once in a while, this year like all others, I will be counting down the days until the stores pack up their decorations and the TV stations resume their regular programming.

Personally, when Christmas Eve rolls around this year, I will be happy to be kicking back by the fire, eating Chinese food with my friends and family.

*Sammi Cassin is an entertainment editor for The Review. Her viewpoints do not necessarily represent those of the Review staff. Please send comments to scassin@udel.edu.*

## Running for the children of Tumelong Haven

### Guest Commentary

Steven Slacum

University senior spends time running for those less fortunate

The alarm went off and I was immediately awake. You may have thought it was the first day of school, but I think of it as the first day of the rest of my life. In a matter of hours, I would be at the starting line of the Philadelphia Marathon.

That morning, I would be starting (and hopefully finishing) for the children in Tumelong Haven, an orphanage located in South Africa.

Everything was falling into place. Awake by 4 a.m., out the door by 5:00 a.m., parked by 6 a.m. The only thing to do now — wait.

The next hour seemed like the longest of my life. But, one thing still was not quite right, one thing even another hour, another day or another year could not change. I was nervous — but, why? This was not about me.

These 26.2 miles, just like the 26.2 miles three weeks prior, were dedicated to

Tumelong Haven.

I remember one of my high school wrestling coaches telling me, "If you're nervous, it just means you care about it."

Think about everyone and everything in your life that creates anxiety or butterflies. You care about those people, events and tasks don't you?

I now know I was nervous about this race because I care about it.

In his book "Ultramarathon Man: Confessions of an All-Night Runner," Dean Kanazes said, "I run because it always takes me where I want to go."

For me, it is not about the physical places running takes me, but the mental ones.

I cannot pretend the race was easy. I cannot act as if there were not times I doubted my abilities and damaged my psyche. I cannot lie and say, with each step, I felt stronger and more steadfast. I cannot, and I will not.

The wall is something most runners love to hate. It is nondiscriminatory and unforgiving. It strips you naked and seizes you raw. But, like me, most will admit they also hate to love it. Coincidentally, I felt these same feelings at Tumelong. I felt as though the language, geographic and socioeconomic barriers allowed for my long-awaited and much-anticipated unveiling.

Personally, the wall proves my will. It is

at this moment I discover and uncover myself the most. It is at this moment I know real purpose, feel real passion and experience real progress. It is at this moment, when my tank is empty and my tires are bare, I hope to run on for those precious kids and that dedicated staff.

What gets you out of bed in the morning? What keeps you awake at night? What rules your thoughts even when you rule them out? For me, it is Tumelong Haven, a little orphanage in the middle of nowhere that occupies a big place in the middle of my heart.

I never thought 8,000 miles away could seem so close. Maybe it is, in fact, as close as it seems. Maybe your ears and your efforts are all they need. It is all I need. With every dollar and every donation, I become further involved with the community, further invested in the cause and further integrated with the calling.

These past two months have opened my eyes to possibility, perseverance and potential. So, why stop now? Why stop before the caterpillar becomes a beautiful butterfly?

With that, I ask for your consistent, constant and continued support — whether financially or emotionally, everything counts and everything helps. Any Goodwill-ready toys, clothes, toiletries or school supplies are more than adequate.

A friend recently told me, "Run for the

goal and roll on." I found the expression quite profound, but was unaware of its full meaning until the morning of Sunday, Nov. 18. At 10:59 a.m., I crossed the finish line of the Philadelphia Marathon. So I am done, right? Wrong.

Just because you get there does not mean it is over. Just because I ran two marathons in three weeks. Just because monetary contributions reached \$1,000 and donated supplies filled my residence hall room. I ran for the goal. It was time to roll on. With every end comes a new beginning, so here is my new beginning.

Two-hundred point eight miles in 2008. Again, you read it right. I plan to register for and race at least 200.8 miles from the time that ball drops until I walk across the stage at graduation. The races will be of varying lengths and in various locations but will be seen through an invariable light.

The mountain is not a measure of the man. Instead, this man is a measure of his mountain. Alone, I cannot give these children everything they deserve, but together, we can give them the hope they gave me. They are waiting. I am running. Are you coming?

*Steven Slacum is a senior at the university. His viewpoints do not necessarily represent those of the Review staff. Please send comments to sslacum@udel.edu.*



www.townecourt.com • www.prkplace.com  
302-368-7000

## UNHAPPY WITH YOUR CURRENT HOUSING PICK YOUR OWN LEASE TERM

FREE HEAT – HOT WATER – WATER & SEWER

Rents as Low as **\$475.00 Monthly\***

Based On Double-Occupancy Pricing In a Two Bedroom Apartment

Fully Furnished Units With All Utilities Included From

**\$525.00 PRIVATE BEDROOMS**

**\$450.00 SHARED BEDROOMS**

\*bedroom pricing call for specifics

A PeaceOutSide Campus "Certified Off Campus Housing Facility"

**!!NO DEPOSIT FOR YOUR 2008 RESERVATION!!  
BRING YOUR FRIENDS AND PICK YOUR NEIGHBORS**

24 Hour Access

### Free Tanning

2 New Stand Up 9 Minute Tanning Booths

### New Fitness Center

New Fitness Center

- Olympic Size Swimming Pool
- Internet Café & Convenience Store  
Coming Soon

- Walking Distance To Campus  
Three Curb Side UD Bus Stop's Running Every 15 Minutes
- 24 Hour Maintenance
- \$200.00 Resident Referral Program  
**HURRY BEFORE THEY ARE GONE!!!!**

- Multi Family Apartments
- Student Apartments
- Semi Private Dorm Alternative
- Corporate Suite

Over 13 Different Floor Plans to Choose From

**BIGGER – BETTER – CHEAPER**  
Then All U of D On Campus Housing

\* "That's right no premium for short term leases"  
Minimum Term: 6 Months

**TOWNECOURT**  
APARTMENTS

**PARK PLACE**  
APARTMENTS

**SCHWAB**  
Comfort. Culture. Community.

From the guys who brought you **THE 40-YEAR-OLD VIRGIN** and **KNOCKED UP**



## "AN UPROARIOUS AND TOUCHING PICTURE."

-David Denby, *The New Yorker*



Exclusive to Blu-ray™ Disc!  
**SUPERBAD "SUPERMETER"**  
BONUS FEATURE keeps tally of the  
lewd and crude lingo in the film

UNRATED

Text "getsome" to 94444 to get  
a **FREE Superbad ringtone!**

Standard text messaging charges apply. Terms and Conditions apply. May not be  
available from all service providers or to all handsets. Offer valid until 1/31/08.

## ON 2-DISC DVD AND BLU-RAY™ HIGH-DEF DEC. 4<sup>TH</sup>

Includes More Movie and Over 2 Hours of Outrageous Special Features!

© 2007 Columbia Pictures Industries, Inc. All Rights Reserved.  
© 2007 Layout and Design Sony Pictures Home Entertainment Inc. All Rights Reserved.





## Physician Assistant Students Get a Global Perspective

*Physician Assistant students traveled to Guatemala in Spring 2007 to work with an organization called Hearts in Motion, bringing care to people in makeshift clinics, churches and nutrition centers.*

**Apply Online Today**

[www.caspaonline.org](http://www.caspaonline.org)

Application Deadline: January 15, 2008

**ARCADIA**  
UNIVERSITY  
SINCE 1853



*The Physician Assistant program is offered at our campuses in Delaware and Pennsylvania.*

[www.arcadia.edu/pa](http://www.arcadia.edu/pa) • 1-877-ARCADIA (877-272-2342) • [admiss@arcadia.edu](mailto:admiss@arcadia.edu)





# SELL YOUR BOOKS PLAY THE MONEY TREE DOUBLE YOUR CASH\*

- ✓ YOU SELL BOOKS. WE PLANT TREES
- ✓ RECEIVE UP TO 50% CASH BACK
- ✓ WE BUY BACK EVERY TEXTBOOK



58 EAST MAIN STREET  
302-737-6150  
DELAWAREBOOKEXCHANGE.COM  
SEE STORE FOR EXTENDED HOURS

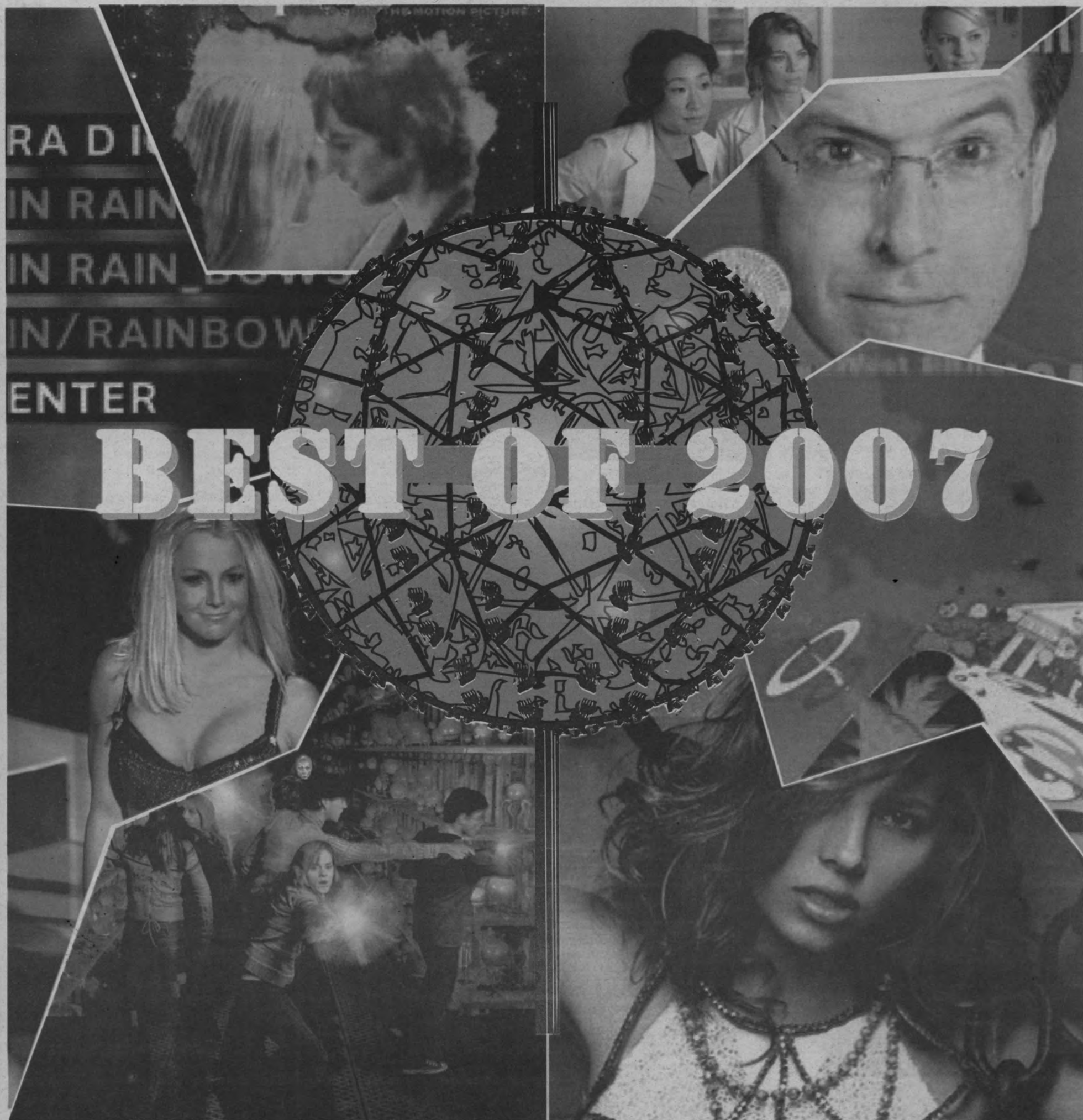
Please visit [BuildAForest.com](http://BuildAForest.com) to vote for a forest planted in your school's name.

\*Play the instore money tree game for a chance at double cash back when you sell your books. For each used (recycled) book transaction, Validis/Nebraska Book Company will make a donation to the Arbor Day Foundation. Total donation amount not to exceed \$100,000. See store for official "Sell a Book, Build a Forest" details.



# mosaic

R





## BEST OF THE BOX OFFICE IN 2007

THE REVIEW/ John Transue

Courtesy of Warner Bros.



"300" is the ultimate underdog story — the entire Persian army headed up by King Xerxes against 300 of the strongest warriors in Sparta. When the Greek army refuses to give up Sparta without a fight, King Leonidas (Gerard Butler) leads his men on a virtual suicide mission. The 300 stand strong and endure a battle with the most powerful army in the world for three days. But after a good amount of screaming, glistening muscles and blood, the Persian soldiers and computer generated monster combatants win and all 300 Spartans perish in one of the most famous last stands in history.

— Sammi Cassin, scass@udel.edu

As the third installment in the grossly popular series of unpolished pirates traipsing across the sea, "Pirates of the Caribbean: At World's End" finally delivered the fix fanatics had been awaiting. Despite its slow start, in which the Will, Elizabeth and Barbossa trio are desperately trying to rescue Jack Sparrow from his Davy Jones' Locker prison, the film more than compensates with its action-packed ending. The series' signature special effects and characters who won the hearts of viewers four years ago make up for a difficult-to-follow plot.

— Andrea Ramsay, aramsay@udel.edu



Courtesy of Buena Vista



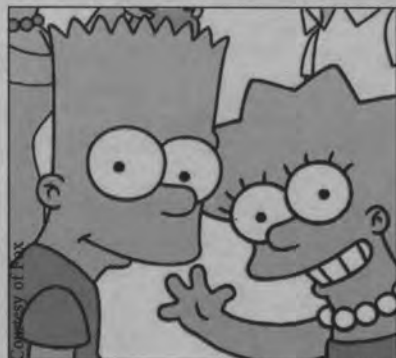
Courtesy of Warner Bros.

With new director David Yates at the helm of one of the biggest series in entertainment history, "Harry Potter and the Order of the Phoenix" is arguably the best of the five released thus far — effects, authenticity and attractiveness of characters considered. Coupled with the release of the final book, this summer was the height of the Potter obsession and wizard-clad muggles of all ages showed up to the box office in masses. With Yates continuing his reign for the sixth film due out next year, fans can be thankful the magical world has not completely come to an end.

— Andrea Ramsay

Mmmm, box office super hit. With nearly 20 seasons under its belt, it was about time for the Simpson gang to make a movie. What began as several working scripts in 2001 became the longer and uncut "The Simpsons Movie." The decision to stick to the show's roots of screwball, quick-witted comedy worked, doing it justice while still providing new material and prime celebrity guest appearances like Tom Hanks and Green Day. From pig adoptions to sled dogs to Lisa's speech about pollution titled "An Irritating Truth," it's classic Simpsons through and through.

— Sammi Cassin



Courtesy of Fox



Courtesy of Rottentomatoes.com

"Superbad," the vulgar gem produced by Judd Apatow and friends following the fabulously crude "The 40 Year Old Virgin" and "Knocked Up," did its predecessors proud. Seth (Jonah Hill) and Evan (Michael Cera) are two high school BFFs on the ultimate pre-college mission — buy alcohol and lose their virginity before graduating. "Superbad" falls on the line somewhere between coming-of-age and smut, with both sweet moments of friendship and growing up, and not so sweet ones involving profanity and male cameltoe. Bottom line — Mc Loved it.

— Sammi Cassin



Courtesy of Rottentomatoes.com

It takes a true comedian to make an unwanted pregnancy funny. Fortunately, "Knocked Up" had plenty. Judd Apatow lent his writing and directing skills to a cast that includes Jonah Hill, Seth Rogen and Paul Rudd, producing one of the biggest hits of a summer that devoted itself to the comedy. In true Apatow style, a screwball script filled with crass humor and peppered with "Did that cross the line?" scenes eventually finds its way to a final Kodak moment that shines just brightly enough to outweigh submitting viewers to, say, a crowning shot.

— Laura Dattaro, ldattaro@udel.edu

Blood, guns, girls and car chases. It's everything you could ever want from Quentin Tarantino. "Grindhouse" was comprised of two horror/exploitation films presented as one full-length feature directed by Tarantino and fellow gore guru Robert Rodriguez. Tarantino's film, a slasher flick in which the killer uses a car to murder beautiful women, and Rodriguez's film about a zombie outbreak, are joined together by various fake movie trailers which pay homage to the exploitation classics the two films emulate. Add Kurt Russell and some machetes to the mix and you've got yourself a party.

— Sammi Cassin



Courtesy of Universal Pictures

In "Hairspray," Nikki Blonsky proved you don't need to be a size zero to be a star. Likewise, Tracy Turnblad showed it's not looks that matter, but who you are and what you find important. A seriously star-studded cast rounds out the film, including Christopher Walken, Amanda Bynes, Zac Efron, Queen Latifah and a cross-dressed John Travolta. Besides the many fabulous musical numbers (new kid on the block Elijah Kelly can belt out those high notes), the film's underlying theme of moral understanding and accepting change in a segregated world is what gives the film depth.

— Sammi Cassin



"The Bourne Ultimatum," the third film in the Bourne trilogy, based on books by Robert Ludlum, was a thrilling continuation of Jason's quest for answers to his past all while being chased by a reporter viciously trying to uncover Operation BlackBriar. The masterpiece unquestionably proved Damon is worthy of his action king status, and critics across the board praised the film for its intelligence, suspense and superb acting. The film couldn't have asked for a better summer opening — debuting at No. 1 in the box office and earning \$69.3 million in its opening weekend alone.

— Andrea Ramsay



Courtesy of Universal Pictures



Courtesy of Amazon.com

Any musical film attempting to to manipulate the perfection that is The Beatles into one coherent storyline would inevitably generate a buzz months in advance. With its release, "Across the Universe" offered viewers a psychedelic explosion of color and emotions. Thankfully, the film stayed true to Beatle form — a love story between Lucy and Jude set against the backdrop of anti-war movements and political turmoil of the '60s. With a combination of live footage and animation, the visual jewel entertained audiences worldwide.

— Andrea Ramsay



# Best albums and singles

## Kanye West — "Graduation" (Roc-A-Fella Records)

In the battle of the Hip-hop heavyweights, it was only a matter of time before think-fast substance trounced cyclic club hits. This year finally saw the outcome of the smack talk showdown between two of the industry's most popular rappers, Kanye West and 50 Cent, with West emerging triumphant. His album sold approximately 266,000 more copies in its first week than 50 Cent's album, "Curtis," released the same day. The album rode on the success of its rap-along single, "Stronger," but with three more singles climbing the Billboard charts, the lucid rhymes and clean beats of "Graduation" aren't leaving anytime soon.

## The White Stripes — "Icky Thump" (Warner Bros.)

Every now and then an album comes along that knows no genre. In 2007, that album was The White Stripes' sixth release, "Icky Thump," a project as unique as its name. "Icky Thump" features the garage-band lunacy fans have come to expect of the duo, but it far exceeds simple rough-around-the-edges rock 'n' roll. Jack and Meg White took everything from Celtic bagpipes to a mariachi horn line and hit "mix" to create "Icky Thump." The album premiered on the Billboard 200 chart at No. 2 and has held a spot for 21 weeks since then, making it one of the best and most distinctive albums of 2007.

## Carrie Underwood — "Carnival Ride" (Arista Records)

"American Idol" winners either sail their way to the top of the music industry or disappear, never to utter so much as a vocal scale again. In the case of Season Four winner Carrie Underwood, superstardom was inevitable when her 2005 debut album "Some Hearts" went quintuple-platinum, but Underwood's fate was cemented after the release of her sophomore effort, "Carnival Ride," which premiered at No. 1 on the Billboard 200 chart. "Carnival Ride" is appropriately named — the 13-track album is a jaw-dropping tour of the 24-year-old's vocal range and abilities. It also features four songs co-written by Underwood, proving the country star is more than just a powerful voice.

## Jimmy Eat World — "Chase This Light" (Interscope Records)

When the Arizona alternative rockers released their fourth album, "Futures," in 2004, they left many fans wondering if the title was some kind of cruel joke. "Chase This Light," the band's 2007 release, not only delivered what fans were awaiting, but delivered it with a punch. The album successfully achieves two goals at the same time: a thorough return to its roots and a courtship of a more mature sound. Fans fell in love with a '90s band that could infallibly get them on their feet, passionately belting out every heartfelt word, and the driving tempos and crisp vocals of "Chase This Light" do just that. The album premiered at No. 5 on the Billboard 200 chart, with the assistance of its first single, "Big Casino."

## Radiohead — "In Rainbows" (self-released)

One of the best rock albums of the year cost \$0.92. In a revolutionary move, Radiohead put the pricing decision for its seventh album, "In Rainbows," in the hands of the fans, skipping a label's involvement entirely. Outside of the transaction fee, fans could give Radiohead as little or as much as they thought the album was worth through its Web site. The album features several tracks fans may recognize from Radiohead tours, reworked for the studio, but it doesn't suffer from recycled material. "In Rainbows" garnered plenty of attention in 2007, both for the unique sound Radiohead is known for and the shocking way the band chose to package that sound.

— Caitlin Birch, jecabi@udel.edu

## Rihanna — "Umbrella"

There's no other artist this year that's better to get caught in the rain with than Rihanna. When "Umbrella" hit airwaves, young girls and middle-aged women alike could be found in groups belting out harmonies of "ella ella ay's" around the country. "Umbrella" peaked at No. 1 on the Billboard Hot 100 list and has been on the charts for an impressive 32 weeks. The 19-year-old Barbados native has achieved pop-icon status through her upbeat lyrics and dance-worthy rhythms. If she continues to pump out catchy singles and collaborate with Hip-hop greats such as Jay-Z, Ne-Yo and Timbaland, her possibilities are endless.

## Colbie Caillat — "Bubbly"

After posting a few of her songs on MySpace and receiving little response, Colbie Caillat thought it was time to introduce the world to "Bubbly." Wise decision. By July 2007, her debut album "Coco" was on the shelves and "Bubbly" was a nationwide hit. With a combination of Caillat's sweet, almost raspy voice and feel good, sing-in-the-shower lyrics, "Bubbly" became a theme song for love-struck girls from east to west. Now, "Bubbly" has reached No. 5 on Billboard's Hot 100 and has been on the chart for a solid 21 weeks. Its gushy, romantic vibe gives it a good chance of rising to the coveted No. 1 spot.

## Kanye West — "Stronger"

No one needs to adhere to the old adage "What doesn't kill me makes me stronger" more than Kanye West right now. Mourning the recent death of his mother, it's ironic that his hit "Stronger" repeats the uplifting message in the chorus. In addition to its positive message, "Stronger" is full of clever rhymes and quotable one-liners. It's currently No. 10 on Billboard's Hot 100 with a 17-week run on the charts and has already landed in the No. 1 spot. West has produced yet another big hit based on his hardships and now, in light of his current personal tragedy, it looks like he has plenty of best-selling material for his next album.

## Amy Winehouse — "Rehab"

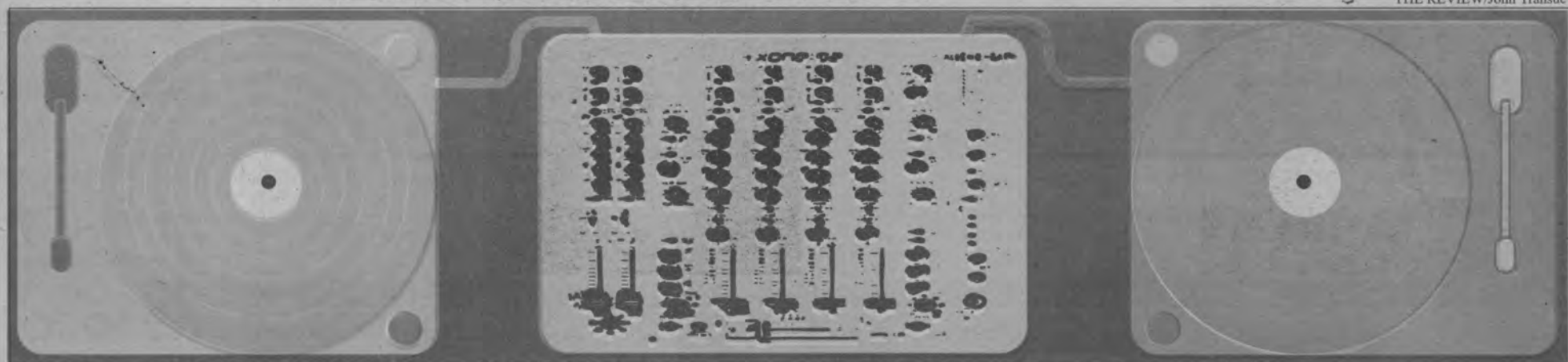
Amy Winehouse made it pretty clear in her single "Rehab" that if anyone tries to make her go she'll say "no, no, no." In hindsight, she probably should have said "yes, yes, yes" to getting help, but her defiant lyrics were a key to "Rehab's" mass appeal. The song's rebellious vibe struck a chord in the young, party-going generation while its bold message probably made many parents uneasy. Whatever emotion "Rehab" evoked, it was impossible not to sing along. Peaking on Billboard's Hot 100 chart at No. 9, "Rehab" was triumphant in the pop genre. Whether or not Amy decides to go to rehab in the future, at least people know her daddy thinks she's fine.

## Soulja Boy Tell 'Em — "Crank That"

"Crank That" is to 2007 as the "Macarena" was to 1996. Soulja Boy had the youth of America cranking it in bars, house parties and family rooms throughout the late summer and early fall. In addition, merely typing "Soulja Boy" into the YouTube search box could provide hours of entertainment. Today, "Crank That" sits at No. 6 on the Billboard Hot 100 chart and has been moving up and down for 19 weeks, hitting its peak at No. 1. "Crank That's" popularity is hard to argue, but let's just hope it won't be another 11 years before a new dance craze comes along. After all, you can only "superman" around for so much longer.

— Sarah Niles, sniles@udel.edu

Photos courtesy of Amazon.com





## Book

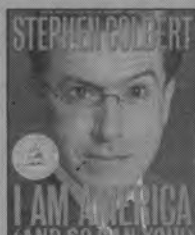


**"Harry Potter and the Deathly Hallows"**  
— J.K. Rowling, July 21.

Topped both Amazon.com and Barnes & Noble's bestseller lists only hours after the release date was announced.

**"I Am America (And So Can You!)"**  
— Stephen Colbert, Oct. 9

The Comedy Central star says he has so many opinions, his nightly show, "The Colbert Report," just couldn't contain them.



Photos courtesy of Google.com

## Phenomenon



**The Soulja Boy dance**

When the MC calls to "crank that," young and old alike raise their arms, hop to the side and break into the biggest dance craze since the Macarena.

**Facebook Applications**

Mark Zuckerberg and co. took stalking to the next level in 2007 when they introduced countless programs that allowed users to really get to know their online pals.



Photos courtesy of Google.com

## Couple



**Justin Timberlake and Jessica Biel**

It's about time the King of Pop met the girl next door. It's a match made in seventh heaven.

**Zac Efron and Vanessa Hudgens**

The stars of the ever-popular "High School Musical" turned their on-screen romance into a real-world relationship, full of scandals, premieres and screaming teenyboppers.



Photos courtesy of Google.com

## Celebrity Trends

**Getting DUI charges**

These days, DUI mug shots seem to be gracing magazine covers more frequently than glitzy paparazzi photos, as more and more celebrities are serving jail time for various drunken misdemeanors. The first two celebrity luses that come to mind are Paris Hilton and Lindsay Lohan, but the list also includes rapper Eve, "Extreme Makeover: Home Edition" host Ty Pennington and everyone's favorite "24" world-saver Kiefer Sutherland. Articles about Lohan's drunken antics, which include unflattering photos, and Hilton's 22-day jail stint last summer received more press than the over-hyped release of the final "Harry Potter" book, while Sutherland and Pennington tried to fly under the radar and apologized for their slip-ups. Whatever the case, celebrities need to stop nursing the Grey Goose and hire a chauffeur.



**Going to rehab**

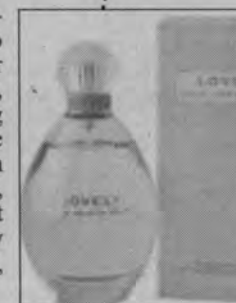
If drunk is the new sober, then rehab is the new spa visit. Celebrities seem to enter and exit rehab quicker than the tabloids can write about it. Lindsay Lohan, Britney Spears, Nicole Richie and Eve all went through rehab in 2007. The trend of celebrities flocking to rehab centers is so outstanding that VH1 is currently filming a series titled "Celebrity Rehab with Doctor Drew" to premiere Jan. 10, featuring actress Brigitte Nielsen, Daniel Baldwin, Crazy Town musician Seth Binzer, former wrestler Chyna and past "American Idol" contestant Jessica Sierra. The unfortunate thing is that some stars just bear the treatment with arms crossed, emerging from rehab only to mess up again.



**Scoring a perfume namesake**

Gone are the days where celebrities were a one-act show, sticking with a single talent of acting, singing or the like. Now the crowning achievement of a celebrity's career seems to be making their very own perfume. David Beckham, Christina Aguilera, Jennifer Lopez, Kate Moss, Mariah Carey, Mary-Kate and Ashley Olsen, Paris Hilton, Sarah Jessica Parker, Diddy and Usher all joined perfume counters at shopping mall department stores in 2007. In most cases, a licensor such as Estée Lauder or Coty produces the fragrance and gets to slap the star's name on the bottle. The star then receives a signing bonus and a cut of the sales, usually between 5 percent and 10 percent. Even more interesting is that when a star flops — say, the head-shaving, underwear-less Britney Spears — this downfall is not reflected in perfume sales; worldwide, her scent is in demand. Success has never smelled so sweet.

— Liz Seasholtz, [eseash@udel.edu](mailto:eseash@udel.edu)



Photos courtesy of Google.com

## Fashion Trends

**Ray-Ban wayfarers:**

We all have a favorite fashion icon. Whether it's James Dean or Jackie Kennedy, we worship their impeccable clothing taste, ability to fashionably transcend beyond their time and establish a distinct signature look. When a single inanimate object becomes a fashion icon, you know it's a big deal. In the last half century, this iconic piece has been seen on the likes of Tom Cruise, Audrey Hepburn, Bob Dylan, Mary-Kate and Ashley Olsen, Andy Warhol and the Blues Brothers. Last summer, stylish guys and girls made this icon their own, when they revived the timeless and much-loved Ray-Ban Wayfarer sunglasses. These unisex and unique plastic frames made blocking dangerous UVA sun rays, chic and quickly became the hottest shades to wear. The classic black color also got a refreshing makeover with white, pink, red and tortoise colors. So cheers to Ray-Ban, for giving everyone everywhere the potential to be their own fashion icons this year.



**Dresses:**

2007 was the year of the dress. Even the most tomboy of girls found a way to incorporate dresses into their wardrobes. Babydoll styles, shirt dresses, bold colors and high hems were just a few of the popular fashions that were adored and adored by women, whether they were attending a backyard barbeque, class or elegant event. They're a year-round staple simply because they provide an effortless way to look good and require minimal thinking when mixing and matching. During the winter months, there aren't many articles of clothing that work as well with layers, while complementing most accessories. Turtlenecks, leggings, tights, boots, jackets, fitted T-shirts or even tank tops are all worthy layering candidates with dresses.



**Flat boots:**

In a world where Ugg boots rule the winter wonderland, it's refreshing to see a nonconformist become a trend. The flat boot gave ladies everywhere a reason to opt for a more stylish footwear than two neutral-colored leg casts. So when chillier weather came around, flat boots were the fashionable way to go. These warm wonders come in a range of heights and occupation-inspired styles, such as the equestrian, biker, cowboy and rocker boot, and all look best with jeans tucked in them. With a variety of materials like patent, suede and leather, flat boots easily made their footprint on shoe attire and showed that they're truly made for walking.

— Larissa Cruz, [lcruz@udel.edu](mailto:lcruz@udel.edu)



Photos courtesy Ricky Berl



**Will Ferrell and Adam McKay**  
**"The Landlord"**

Parents like to make home videos of their children. Not all of those videos end up on YouTube with national attention from the media. When Will Ferrell and Adam McKay, the director and co-writer of "Anchorman: The Legend of Ron Burgundy" and "Talladega Nights: The Ballad of Ricky Bobby," made a video featuring McKay's 2-year-old daughter Pearl as a drunk, cursing landlord, that's just what happened. The video has reached more than 49.5 million hits since it was originally posted on funnyordie.com in April 2007. When Ferrell, playing a lazy freeloader, forgets to pay his rent, his landlord Pearl demands that he give her the money or she'll have him evicted. While the foul-mouthed toddler may have had some parents concerned, their worries were overshadowed by the millions of fans who found her too funny to resist.

**Username mca1018**  
**"My New Haircut"**

The key to success for many comedies is quoteable one-liners that can get tossed around in casual conversation. "My New Haircut," a video posted on YouTube on June 10, 2007, is packed with them. Since its debut, lines like "Not now chief, I'm in the fucking zone" and "Fucking skanks," along with the constant demand for "Jägerbombs, Jägerbombs," have reached a level of popularity in close competition with "Anchorman's" "I'm kind of a big deal around here" and "Borat's" "Very nice." The video is an unforgiving parody of the stereotypical guido, known to many for being arrogant, materialistic and unnaturally jacked. Regardless of its accuracy, it launched the Jägerbomb into newfound popularity and forever cemented the popped collar's place in the don't-take-me-seriously Hall of Fame.

**Chris Crocker (username itschrisrocker)**  
**"LEAVE BRITNEY ALONE!"**

Britney Spears has undoubtedly lost fans because of her trashy antics, parenting scandals and lackluster return to the stage at this year's MTV Video Music Awards. Her troubles, however, have also inspired the most committed to prove their loyalty to her. Chris Crocker, the 19-year-old self-proclaimed "Queen of Ghetto," posted his plea to "leave Britney alone" on YouTube on Sept. 10, 2007, garnering more than 13 million views, 192,785 comments, endless imitations and parodies and recognition from the likes of Jay Leno, *USA Today* and MSNBC.com. The video, shot with a sheet held tent-style over his head, features a hysterical Crocker berating the media and the public for their non-stop critique and poor treatment of Britney because she's "not well right now." Based on the harsh public reaction to his over-the-top performance, he may soon need someone to do the same for him.

— Laura Dattaro

# Best YouTube video

THE REVIEW/John Transue



**"The Price is Right"**  
**Bob Barker's Last Episode**

It was the end of an era. After 35 years as host of the daytime game show "The Price is Right," 83-year-old Bob Barker called it quits and said goodbye with a smile on his face, leaving the reigns in the hands of comedian Drew Carey. The last episode went off without any champagne or special blowout event — just the typical day of the big wheel and a game of Plinko. Barker was humble as usual, and finished his last show just the way fans would have wanted it — no different than any other. Barker signed off with a grateful goodbye and one last reminder to "Spay and neuter your pets today."



**"A Shot at Love with Tila Tequila"**  
**Brandi and Vanessa's Catfight**

To many, Tila Tequila was a virtual nobody before her ground-breaking reality show about a bisexual looking for love. Since the first episode, there has been beverage throwing, fist slinging and one big communal bed. But the best — and trashiest — moment on the show arrived when the elimination came down to the two female rivals Vanessa and Brandi. Tila chose Brandi. With a pounce, Vanessa dug her hands into Brandi's hair and proceeded to beat the you-know-what out of her. Vanessa walked out the door with a big "F—you" to Brandi, who followed minutes later, the show's pressures proving to be too much.



**"The Office"**  
**Season Four Premiere**

In the last minutes of the Season Three finale of "The Office," it didn't look like there was much hope for Jim and Pam. It seemed like Jim was going to get the job in New York and finally move on from Scranton. But wait, a twist. In the last 30 seconds of Pam's interview, Jim barged in and asked Pam out on a date. It was the moment "Jam" fans had been waiting for. When the fourth season premiered, we were once again left disappointed as Jim and Pam both admitted that yes, they had gone to dinner and mended the rift that had formed between them, but were both currently single. Bummer. But the final twist came with a much-anticipated kiss in Pam's car.



**"Grey's Anatomy"**  
**Izzie and George's first kiss**

Break-ups, hook-ups, adultery, long-lost stepsisters — sometimes "Grey's Anatomy" seems more like a Spanish soap opera than a medical drama. After the lovelorn George's shotgun wedding in Vegas to Dr. Callie Torres, it seemed like he and Izzie would never get to relieve all that sexual tension. But in Season Three, in true "Grey's Anatomy" style, the twosome shared their first kiss in the Seattle Grace elevator. In the finale, Izzie declared her love for George and in the first episode of Season Four, George declared it right back, leaving Callie in the dust and clearing the way for a relationship with best-bud turned so-wrong-it's-right lover Izzie.



**"The Sopranos"**  
**Series Finale**

Don't adjust your television. The cable is still working and the electricity didn't go out. It's just the last minute of "The Sopranos" finale. There was so much hype and speculation over what was going to happen to Tony and Co. — would Tony get what was coming to him? Would Paulie turn on Tony? Would Adriana turn up alive? Would Carmela kick Tony to the curb? Instead of answers, audiences were left with nothing more than silence, a blank screen and Journey playing in the background, providing possibly the least amount of closure of any series finale ever and one collective "What the hell?" from fans everywhere.

— Sammi Cassin

Photos courtesy of Google.com



# Everything you need to know about

# Now!

## Option 1: The Travel Agent

By Liz Seasholtz

This year, the first week of April marks the annual rite of hardworking students throughout the university, who can finally put down their books and pick up their passports. The long awaited, ever celebrated, Spring Break.

However, before you even think about bathing suit shopping, be aware of the complexities of booking a Spring Break trip. A lot of prep work is necessary, and travel agents can often be of assistance to the Spring Break novice.

Ellen Tetu, a travel agent at Uniglobe Tour and Travel located on Main Street and in Wilmington, says students should plan their trip and have deposits down by Winter Break.

She says much of the stress of this process can be relieved by involving a travel agent.

"Travel agents make sure you don't forget what you're supposed to," Tetu says. "We make the process easier. If it's a group, we

can get special pricing, and you have a contact to call if something goes wrong."

Nancy Rich, travel consultant for University Travel located in Trabant University Center, agrees that using a travel agent is like having an advocate for your trip.

"We can help identify something that is affordable and appropriate for [students]," Rich says. "We do the booking, take the deposits, outline what is expected of them, like when they need to pay, and get their documents for them."

Many students are interested in the all-inclusive Spring Break trips to places like Cancun, Jamaica and Acapulco, however Rich says University Travel does not promote these type of trips because of the alcohol involvement.

"We do not do Spring Break packages that include drinks and clubs and such," Rich says. "We book traditional packages through regular tour operators and cruise lines."

All-inclusive trips can be arranged through other travel agents though, such as Uniglobe. Tetu says many students want these types of packages because they are financially best for students.

"They can stay on the resort the whole trip, and don't need extra money," Tetu says. "With all inclusive trips, all you need is souvenir money or excursions money, like for scuba diving or jet skiing. If it's not all inclusive, you should allot at least \$100 a day."

Rich says another important fact to keep in mind about Spring Break this year is that it slightly coincides with Easter, and the Spring Breaks of many public schools.

"It's a popular time for family vacations, and students can book none too soon," she says. In any case, Rich says before you break out your flip flops and revive your summer wardrobe, honestly evaluate if you can afford Spring Break and the expected \$1,200 to \$1,500 it costs.

"Be flexible," Tetu says, "and be realistic about costs."

## Option 2: Spring Break Companies

By Adam Asher

Naturally, organizations have been capitalizing on college students' strong attraction to MTV-style Spring Break getaways by organizing all-inclusive trips to tropical places for the perfect nonstop wild night out.

Student City, one of the largest student-oriented Spring Break companies, has been doing just this for years, offering 21 destinations for students eager to get out of the classroom and onto the beach.

"It's like going on spring break with 200 of your closest friends," says Alicia Dreher, a student representative for Student City. "Everything's done for you, you don't have to spend any money. It's so easy."

Dreher oversees approximately 50 other student representatives on this campus alone who were hooked by Student City's package that she says includes hotel, travel, transportation, a 24-hour emergency staff and "basically anything else you can think of."

Student City is not the only option out

there. Student Travel Services and Sunsplash tours are also popular Spring Break travel agencies for students.

According to their Web sites, these organizations focus more on traditional hot spots like Mexico and Florida, rather than offering a broader range.

All of the different organizations offer group discounts and both Student City and Sunsplash tours offer 150 percent Best Price Guarantees. If you can find a better price they will beat it by 50 percent.

For the student worried about money, prices vary for each trip depending on what kind of package you get. For Student City, prices range from approximately \$600 for a simple flight and hotel package to close to \$2,000 for the full VIP deal including fancier hotels, or Villas in some cases, unlimited drinks and free meal plans.

For those looking for a different kind of Spring Break, Sunsplash also offers European tours to places such as Amsterdam, Paris and London.

In any case, if you haven't gotten started yet, put down this paper and call your travel agent because hotels and flights fill up fast. There are not a limited number of seats on any particular trip, but the sooner you book it, the cheaper it will be.

On the flip side, due to the university's irregular Spring Break week, anywhere you go is bound to be filled with fellow beach-going Blue Hens.

Dreher says locations like Cancun and Acapulco are frequently less crowded and filled with university students.

"I think it's a good thing that the places don't have hundreds of people so it's not too packed or overwhelming," she says.



## Alternative Spring Break options

**Who/What type:** Intervarsity

**Where:** New Orleans

**Why:** Build houses for Hurricanes Katrina and Rita victims, interact with neighborhood kids.

**Work:** Students will be building, gutting and painting houses for Hurricane Katrina victims as well as help with after-school programs and interact with neighborhood kids. Although there are some religious aspects to this trip, Intervarsity prefers it to be an interfaith trip and anyone is welcome. Intervarsity also sponsors trips to Daytona Beach and Kentucky.

**Who:** Hillel

**Where:** Uruguay

**Why:** Due to the late Spring Break, the university's Hillel leaders forgone the usual New Orleans trip for one on a more extreme level.

**Work:** Students will be building houses in a local community in collaboration with Roofs Over Uruguay while exploring the cultural aspects of the Uruguay. Although this trip contains aspects of Judaism, it's open to anyone.

**Who:** Habitat for Humanity

**Where:** Hilton Head, South Carolina

**Why:** To build houses from the ground up in impoverished areas of Hilton Head, S.C., while still participating in a semi-spring break experience.

**Work:** Although the trip is not university funded, Habitat for Humanity will take 18 students to South Carolina to work in underdeveloped communities. Students will work for four days with breaks

throughout the week to go to the beach.

**Other groups are still in the planning stages:**

The Center for Black Culture, Campus Crusade for Christ, the Baptist Student Ministry and various other religious and service groups on campus have all taken students on several alternative Spring Break trips in the past but have no definite plans yet for this coming spring break.

**To find out more** about how to be a part of an alternative Spring Break trip, you can visit the Registered Student Organizations homepage on the university Web site to find out more about each individual group and their activities or go to their alternative Spring Break interest meetings.

— Sammi Cassin

Graphics courtesy of THE REVIEW/John Transue

Before you think of digging your toes into sandy Caribbean beaches, knocking back tropical drinks in the Cancun sun or strapping on your tool belt for some relief work action, make sure your most important Spring Break companion is close by your side — your U.S. Passport.

If you plan to travel abroad for Spring Break and don't have your passport yet, winter vacation is the time to act. According to the U.S. Department of State Web site, you should apply for your passport several months in advance of the trip you plan to take, as the application completion process can be lengthy.

◆ As of June 8, the Departments of State and Homeland Security announced U.S. citizens traveling to Canada, Mexico, Bermuda or countries in the Caribbean region now need a U.S. passport.

◆ You can apply at post offices, clerks of court, other state/county/township/municipal offices and a growing number of public libraries and public colleges and universities.

◆ In Newark, the Federal Station Post Office, located at 110 East Main St., and the Newark Main Post Office, located at 401 Ogletown Road, accept passport applications six days per week.

◆ Every passport application must include an application form, which is available at any facility that accepts passport applications and can also be downloaded online; a birth certificate, social security number, driver's license or other form of identification; a \$67 application fee with a possible additional acceptance fee (\$30 at post offices); and two 2-inch-by-2-inch color headshots (on-site photography not available in Newark).

— Caitlin Birch





## delawareUNdressed The art of gift-giving



Sarah Niles  
Columnist

The holidays are a favorite time of year for many. Whether you look forward to caroling, seeing Santa at the mall or just the excuse to snack on cookies and candy canes non-stop, the holidays are full of perks. Often, though, the month of December can bring added stress to many relationships.

Planning and funding the perfect gift can bring many to the brink of insanity. If this is your first holiday season as a couple, you may worry your present could make or break the status of your relationship. Hopefully this fear is unwarranted — if the future of your twosome is dependent on gift-giving abilities then it's probably not a relationship worth being involved in.

Whether the pressure you feel when hitting the mall is reasonable or not, you're bound to worry about the message your gift sends your loved one. A good idea is to discuss the parameters before either of you opens your wallets.

Maybe you're not quite comfortable enough to discuss exactly how much each of you should be spending, but it wouldn't hurt to suggest a

price range.

Once you have figured out around how much you'll be spending you now have to face the difficult part — what should you get them?

Most girls appreciate a gift that proves her man really knows her. If your lady wears a lot of accessories, then your job is pretty easy. It's important to keep your specific girlfriend in mind, however, and not buy into the female stereotypes.

Try to cater to your woman's interests.

### Happy Holidays!

Sarah and Larissa will return in the Spring with more sexy tips and fashion favorites

If she can't get enough of a TV show, consider buying her a season. If she's a music buff, buy her tickets to a concert. Whatever her style is, taking note of things she enjoys before you start shopping is an important key to success.

Buying for boys isn't necessarily easier, but often the male gender is less likely to really look into the meaning behind his girlfriend's gift choice. Generally, most boys appreciate something they can use, like a new gadget. If your man is a huge sports fan, consider finding some cool garb from his favorite team or tickets to a game.

Deciding whether to buy for each

other's

family members

is sometimes tough.

Usually it's wise to buy for your lover's mother. A small gesture goes a long way in this department.

Most mommies appreciate a yummy smelling candle or a Bath & Body Works basket with lotions and other goodies to help her feel pampered. If she loves to cook, maybe you can find something that would go great in her kitchen. Either way, shopping together for each others' family members can be a fun bonding experience.

If you haven't met the family yet, and are not planning to do so this holiday, it's still nice to send mom flowers to show you care. Believe me, this move is sure to help you win over the mother when you do meet her.

If you're planning on doing the first familial meet and greet this season, don't fret too much. Your best bet is to be genuine. As long as you're polite and friendly, the family will have no choice but to like you.

The first holiday season with a new significant other can surely be nerve-racking, but try to let loose a little and just have fun with the whole experience. It will all come and go before you know it and the last thing anyone wants is to ring in the New Year with a head and heart full of regret.



## fashionforward

### The 'I wills' for 2008

Every Jan. 1, I compile a list of promises that I hope to keep in order to better myself and the world around me. At the start of a new year, I tend to be optimistic as I create these resolutions

while contemplating what goes, what stays, what to focus on and what to avoid in my life. Declarations such as "I will eat healthier," "I will raise my GPA" and "I will gossip less," immediately come to mind.

This year however, I decided to kick it up a notch by creating a separate list of "I wills" to an area that I have a particularly strong love for: fashion. My resolutions for 2008 might help you, too.

"I will try new things." Although this may be applied to all aspects of my life, I think everyone could use a little sprucing up when it comes to taking fashion risks. Wear something bold and daring. Shop at a store you wouldn't normally frequent. Mix and match. Pair designer labels with cheap brands. Wear bright colors. Don't be afraid to stand out against a sea of conventionality, because getting noticed is better than being ignored. Plus, you might find something you actually like when experimenting.

"I will buy organic." It's easier now more than ever to be earth-friendly with all the new organic designers and clothing available. By going green and becoming conscious of our ecological footprint, we can collectively save our humble home through shopping.

"I will clean out my closet." I hate cleaning my closet, but whenever I do, I'm thrilled with the results of organized racks, open spaces for more clothes and forgotten clothes I find. Every item in your closet should be something you love to wear. Mend clothing that need fixing, such as shirts without buttons or holes that can be sewn. Anything old, unworn or unflattering should go. Donate them to Goodwill or your little sister or have a clothing swap party with your pals.

"I will dress for my body type." This is exceptionally vital. Flattering clothing that complements your body and accentuates your figure makes a huge difference.

"I will have the wardrobe staples, even if it means splurging." Make sure you have the essentials. My personal basics include a signature piece of jewelry, a great pair of jeans, a bag that can hold my life, a cute hat for bad hair days, an outfit appropriate for a job interview, a little black dress, a pair of Converse, plain T-shirts and undershirts, comfy sweatpants and sweatshirts and a classic pea coat for fancy evenings and daily use.

For the boys: "I will go clothes shopping with a girl." Most females love clothes shopping for and with guys. They know what looks attractive, and can offer some much-needed advice when it comes to your wardrobe. So don't be scared to delve into your metrosexual side. Trust me — you'll look better for it and impress the ladies.

"I will not be too trendy." Trends are wonderful, but when overloaded, they can be vomit-inducing. Focus on one, like a voluminous top or striking color, and build around it, like with skinny jeans or neutral tones, respectively.

So when you create your catalog of "I wills" and "I won'ts," consider mine. Here's to wishing you all the best for the new year, and its new possibilities, new clothes and new you.



Larissa Cruz  
Columnist

## concertspotlight Jon Stewart

The writers strike may have caused the cast and crew of "The Daily Show" to start their holiday vacation early, but on Saturday night, students and non-students alike got their Jon Stewart fix in person for three times the length of the 30-minute show.

Audience members saw the comedian and talk show host live for the first time since the strike began, delivering jokes that went far beyond a common expectation of strictly political humor. The 45-year-old New Jersey native required no opening acts to get his crowd going, and received a standing ovation as he casually walked onto the stage of a nearly filled-to-capacity Bob Carpenter Center. From start to finish, the audience was engaged as the show felt like a long conversation with a very funny friend.

Stewart clearly did his research, opening with jokes about the recent Residence Life scandal and the Blue Hen victory in Iowa. He joked casually with the crowd, working the room like a true professional and making sarcastic remarks about their reaction to political jokes, which came sparingly considering the well-known political angle of his television show. Each jab at each figure solicited both cheers and boos, to which Stewart responded with sarcastic teasing and mockery.

In addition to his famously mediocre impressions of George Bush and Dick Cheney, he burped at the crowd and waddled around stage

imitating his dog's diarrhea, poked fun at religion and his children and made fun of the guys in the front row who called both Stewart and Senator Joe Biden (D-Del.) "gay."

"Sir, Joe Biden is not gay," he replied sarcastically to the gentleman who Stewart pointed out as "obviously there with a group of guys."

The group of hecklers actually provided more than enough material for a few

hilariously insulting improvised rants. However, they weren't the only ones who got a public one-on-one conversation. Stewart asked questions to his audience and responded to people individually.

As the show wound down, fans were even treated to a special intimate question and answer session. "Any questions?" Stewart asked before the crowd erupted in excitement to take Stewart's usual place as the interviewer and ask the most important questions they could think up and shout loudly enough.

Why doesn't he smoke pot anymore? One fan asked, to which he bluntly responded, "Because I got a job."

Another fan wanted to know his feelings on the writers strike. "I'm bored," he said, before mentioning his support of the writers and his rapid weight gain as a result of his recent inactivity.

He offered no hope of an end to the strike, but made sure to leave the crowd on a positive note, with a story of a homeless man touching himself on his front porch.

"The man looked up at me and gives me one of these," he nods his head at the crowd, "and I knew everything was going to be OK," Stewart said before bowing and walking off to thunderous applause.

A gruesome yet typically hilarious vision of hope from the king of political and social satire topped off an uproarious night of sarcasm, wit and poop jokes.



THE REVIEW RICKY ROE



# Redefine Service.

As a Peace Corps Volunteer, you learn that students can teach, and those with the least can give the most. Contact the Peace Corps today, and change your idea of what "changing the world" is all about.

**Peace Corps**

Redefine your world.

# Village Imports

Fair Trade for the Holidays

*Jewelry, scarves, journals*



Great gifts for everyone on your list!

165 E. Main St. (near Iron Hill & Subway)  
www.villageimports.com 302-368-9923  
Mon.-Sat. 10-8pm, Sun. 11-6pm

## U of D Students/Staff

### Defensive Driving Insurance Discount Course Now Available ONLINE IN DELAWARE

Auto Insurance Discount Required By Del. Law  
Upon Successful Completion Of This Online Course

**Register Today**

Go To

**www.dediving.com**

#### SPECIAL BONUS

Learn What Online Defensive Driving Benefits

Your Home State Has To Offer

All 50 States Plus DC Listed

**Delaware Defensive Driving, Inc.**

# WINTERSESSION

AT MIDDLESEX COUNTY COLLEGE

EDISON, NEW JERSEY

## 3 weeks of Concentrated Courses

December 26, 2007 – January 11, 2008

*Put your holiday break to good use!*

- Earn credits in just three weeks that transfer back to your own college.
- Pay only \$85.55 in tuition per credit for Middlesex County residents.
- Enroll by mail or in person.
- Visit our website for course offerings AND easy enrollment information.

## Enrollment has started.

**CLASS SCHEDULE**—Classes meet daily, Monday through Friday, December 26 through January 11. Morning, afternoon, and evening sessions. Check course offerings and availability from our website.

**MIDDLESEX**  
COUNTY COLLEGE

*more than you*  
**imagine**

**For information:**

**www.middlesexcc.edu**

**1.888.YOU.4MCC (1.888.968.4622)**





# classifieds

To place an ad call: 302-831-2771  
or e-mail: reviewclassy@yahoo.com  
or for display advertising call: 302-831-1398

## ANNOUNCEMENTS

**STUDENT HEALTH SERVICES  
TELEPHONE COMMENT LINE**  
Call the "comment line" with questions, comments, and/or suggestions about our services. 831-4898. [www.udel.edu/shs](http://www.udel.edu/shs).

**PREGNANT? LATE AND WORRIED?** Pregnancy testing, options counseling and contraception available through the Student Health Service Women's Health Clinic. For information or an appointment, call 831-8035  
M-F 8:30 - 12 and 1:00 - 4:00

Like music? Like supporting those who devote their lives to helping people with AIDS or who live in poverty? Then come out on Monday, November 19 to support Thula Sizwe! Stopping through Newark on their 2007 US tour, Thula Sizwe is visiting from South Africa. They perform original and traditional Zulu songs and dances in acapella. The concert will be held in the Rodney Room in Perkins Student Center. Doors open at 7:30 and the performance begins at 8:00pm. The concert is FREE, but donations for a suggested ticket price of \$3 are graciously accepted. For more information, feel free to visit Thula Sizwe's website at [www.thulasize.com](http://www.thulasize.com). See you at the concert!

## FOR RENT

**SEVERAL BRAND NEW  
HOUSES FOR RENT ON  
CAMPUS. 4&5 PERSON  
OCCUPANCIES. OFF STREET  
PARKING**  
[WWW.UDELHOUSING.COM](http://WWW.UDELHOUSING.COM)

**HOUSES 4 RENT JUNE 2008  
WALK TO CAMPUS**  
454-6448, [ud4rent@gmail.com](mailto:ud4rent@gmail.com)

**House on E. Park Place**  
Available June 2008. Great Location. 2 Full baths, 2 stories, renovated kitchen. Full base. \$2350/mo. 302.420.6301  
302.528.1983

## FOR RENT

**Hollywoods townhomes S. Chapel  
St. 4BR, 3 Full Bath, 3 stories,  
Den, W/D, A/C available**  
June 2008. Chris 302-547-9481  
[hollywoodshousing@comcast.net](mailto:hollywoodshousing@comcast.net)

South Chapel (2) 4 bedroom, 2 bath units available Winter/Spring 2008.  
Email [smithunion@verizon.net](mailto:smithunion@verizon.net)

**6 person permit 3 story house S.  
Chapel, W/D, plenty of parking,  
Available June 2008.**  
Email: [tcochran@nccde.org](mailto:tcochran@nccde.org)

**Houses 3, 4, 5, & 6 Bdrms all  
around campus. Email**  
[bluehenrentals@aol.com](mailto:bluehenrentals@aol.com) for list.  
Office open Wed. 2-4  
163 Elkton Rd.  
302-731-7000

**CIDER MILL TOWNHOUSES  
BRAND NEW Luxury townhouse  
condo's. Next to Ray St. dorms.**  
Only 10 available. Email  
[bluehenrentals@aol.com](mailto:bluehenrentals@aol.com) for details.  
Office open Wed. 2-4  
163 Elkton Rd.  
302-731-7000

**CAMPUS RENTALS-HOMES  
for 2008/2009. OVER 20  
CHOICE ADDRESSES just steps  
from UD. Leave message @  
369-1288 or email**  
[campusrentals@webtv.net](mailto:campusrentals@webtv.net) for inventory.

**HOUSES FOR RENT!  
JUNE 2008!**  
Close to campus, prime locations:  
For the complete list, email:  
[MattDutt@aol.com](mailto:MattDutt@aol.com)  
or call Matt @ (302)-737-8882

Houses for rent June 2008  
3-4 Bedrooms. No pets. E-mail for list [SmithUnion@verizon.net](mailto:SmithUnion@verizon.net)

**TOWNHOUSES FOR RENT!  
GREAT LOCATIONS!  
GREAT PRICES!  
GREAT MAINTENANCE!**  
Call for more information.  
EJS Properties  
302-368-8864

## FOR SALE

Grow lights, Hydroponics, soils, organic plant nutrients and more. Healthy Gardens and Supply 35A Salem Church Road in Newark. Hours: 1-3pm M-F.  
[www.healthygardensandsupply.com](http://www.healthygardensandsupply.com)  
1866-DC-HYDRO

## HELP WANTED

**Holcomb Behavioral Health Systems.** Positions available for Therapeutic Staff Support at locations throughout Chester County. Provide behavioral interventions to children in homes and/or schools under supervision of a Masters level child clinician. Up to \$15/hour. Flexible hours. FICA Benefit. Worker's comp. Mileage reimbursement. Limited medical benefit plan. Apply for tuition benefit after one year. Great Experience! Requires Bachelor's degree or 60 credit hours+ experience. Contact Will Stockton (610) 363-1488 or fax resumer to (484) 713-1030 or email [wstockto@holcombhhs.org](mailto:wstockto@holcombhhs.org)

**!BARTENDING! \$300 a Day Potential. No Experience Necessary.**  
Training Provided.  
1-800-965-6520 XT 175.

Customer Contact Position Innovative Consultants L.L.C., a fast growing customer contact center, is searching for friendly, energetic and detail oriented representatives. The position requires strong communication skills. Part-time day and evening shifts available with flexible hours. Located on Main St., in Newark, DE with excellent proximity to the University. Perfect for students. Rapid opportunities for promotions and pay increases.  
Starting rate \$9-\$10/hr plus incentives and/or bonuses. Contact IC-LCC 866-304-4642. Open House Tues. 6-8p and Sat. 12-2p.

Tutor for Chemistry and Math for 11th grade. Twice a week. Respond at [binshua50@aol.com](mailto:binshua50@aol.com) or 737-1576.

## HELP WANTED

Now Hiring  
Waitstaff, hosts & kitchen staff. Earn extra cash in a fun beer filled environment.  
Stewart's Brewing Company  
Governors Square Shopping Center,  
Bear (302) 836-2739

**Independent product  
consultant needed for Mark  
Cosmetics. Flexible hours  
available. Contact Christine  
Walton at (302) 383-2825 or email**  
[markdelaware@yahoo.com](mailto:markdelaware@yahoo.com)

## TRAVEL

**Spring Break 2008. Sell Trips,  
Earn Cash and Go Free. Call for  
group discounts. Best Prices  
Guaranteed! Jamaica, Cancun,  
Acapulco, Bahamas, S. Padre,  
Florida. 800-648-4849 or**  
[www.ststravel.com](http://www.ststravel.com).

Spring Break '08: The Ultimate Party  
Lowest Prices  
[www.sunsplashtours.com](http://www.sunsplashtours.com)  
1-800-426-7710.

## CAMPUS EVENTS

**Tuesday, November 13**

"Walk Out" part of Latino Heritage Month Celebration  
115 Purnell Hall  
6pm

Del'Arte  
Gore Recital Hall  
Roselle Center for the Arts  
8pm  
Admission \$12 adults, \$8 seniors, \$3 students

Comedian Michelle Bateau with Eric Andre  
Coffeehouse Series  
Perkins Student Center Scrounge  
8:30pm

**Wednesday, November 14**

"Rescue Dawn"  
Trabant Film Series  
Trabant Center University Theater  
7:30pm  
Admission \$2 with UD ID.

## CAMPUS EVENTS

**Thursday, November 15**

"Journey from the Fall" sponsored by the Vietnamese Student Organization 209/211  
Trabant Center University Theater

Symphonic Band  
Puglisi Orchestra Hall  
Roselle Center for the Arts  
8pm  
Admission \$12 adults, \$8 seniors, \$3 students

Voices Against Hunger sponsored by Battle for Life Committee of Alpha Lambda Delta  
Perkins Student Center Scrounge  
8-11pm

**Friday, November 16**

"Rush Hour 3"  
Trabant Film Series  
Trabant Center University Theater  
7:30pm  
Admission \$3 with UD ID.

"Superbad"  
Trabant Film Series  
Trabant Center University Theater  
10pm  
Admission \$3 with UD ID.


## ADVERTISING INFO

**RATES**  
University Affiliated: \$1 per line  
Outside: \$2 per line  
**Bolding: \$2 one-time fee**  
Boxing: \$5 one-time fee

## USE CAUTION WHEN RESPONDING TO ADS

The Review cannot research the reputability of advertisers or the validity of their claims. Because we care about our readership and we value our honest advertisers, we advise anyone responding to ads in our paper to be wary of those who would prey on the inexperienced and naive. Especially when responding to Help Wanted, Travel, and Research Subjects advertisements, please thoroughly investigate all claims, offers, expectations, risks, and costs. Please report any questionable business practices to our advertising department at 831-1398. No advertisers or the services or products offered are endorsed or promoted by The Review or the University of Delaware.





**SIMON EYE ASSOCIATES**  
"Eye Care for Life"

**We're Focused on Eye Care**

- Adult and Pediatric Eye Care
- Experienced Doctors
- Professional and Caring Staff
- Clear Explanations of Procedures
- Most Insurances/HMO's Accepted
- Designer Eyewear
- Contact Lenses
- Lasik Vision Correction

Bring in this ad to receive  
**\$50 Off Glasses**  
**\$25.00 Off Sunglasses**  
Complete frames & lenses  
cannot be combined with any discounts or any other discounts

(302) 239-1933 | [www.simoneye.com](http://www.simoneye.com)  
Visit our convenient location at 19 Haines Street, Suite B, Newark  
Additional locations in: Bear • Middletown • Pike Creek • Rehoboth • N. Wilmington • Wilmington

**CRIMINAL DEFENSE**  
LAW OFFICES OF FRANCIS E. FARREN, ESQ.

Former Deputy Attorney General  
Former Probation/Parole Officer


- DUI (Drunk Driving) Offenses
- Drug Offenses
- Felonies
- Misdemeanors
- Underage Drinking
- Traffic Violations

• **FREE INITIAL CONSULTATION**

**302-224-2053**


24 Prestbury Square Newark, DE 19713-2609  
fefarren@farren-law.com  
Evening & Weekend Hours By Appointment  
[www.farren-law.com](http://www.farren-law.com)

**Save so much on gear that you'll actually be able to go someplace cool to use it.**



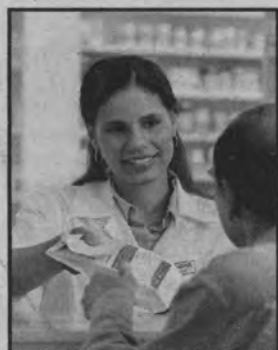
**College Students**  
Get 15% OFF full-price items.  
Must show valid college ID. Restrictions apply; visit store for details.

**Newark**  
Center Pointe Plaza  
1297 New Churchmans Rd.



# A Well Rounded Pharmacy Education.

**Introducing the new School of Pharmacy at Jefferson College of Health Professions.**

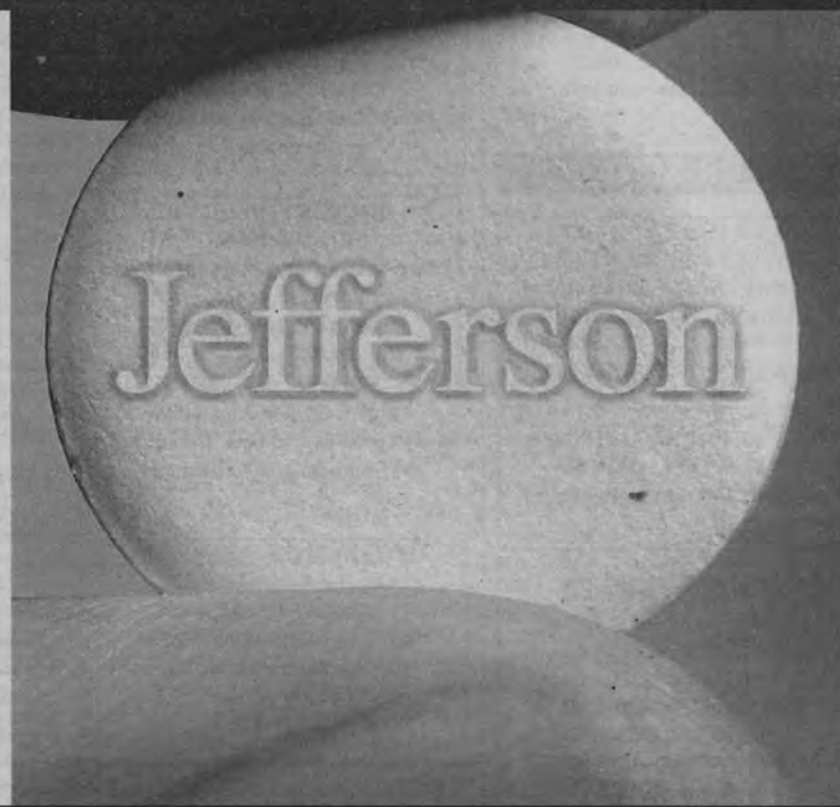


- Innovative interdisciplinary education
- Faculty who are leaders in the field
- Clinical training at a leading healthcare system
- State of the art simulation facility

**Prepare to succeed.**  
**Enroll now for September 2008.**

**877-JEFF-CHP or**  
**[www.jefferson.edu/pharmacy](http://www.jefferson.edu/pharmacy)**

 **Jefferson™**  
College of Health Professions





## Did you know?

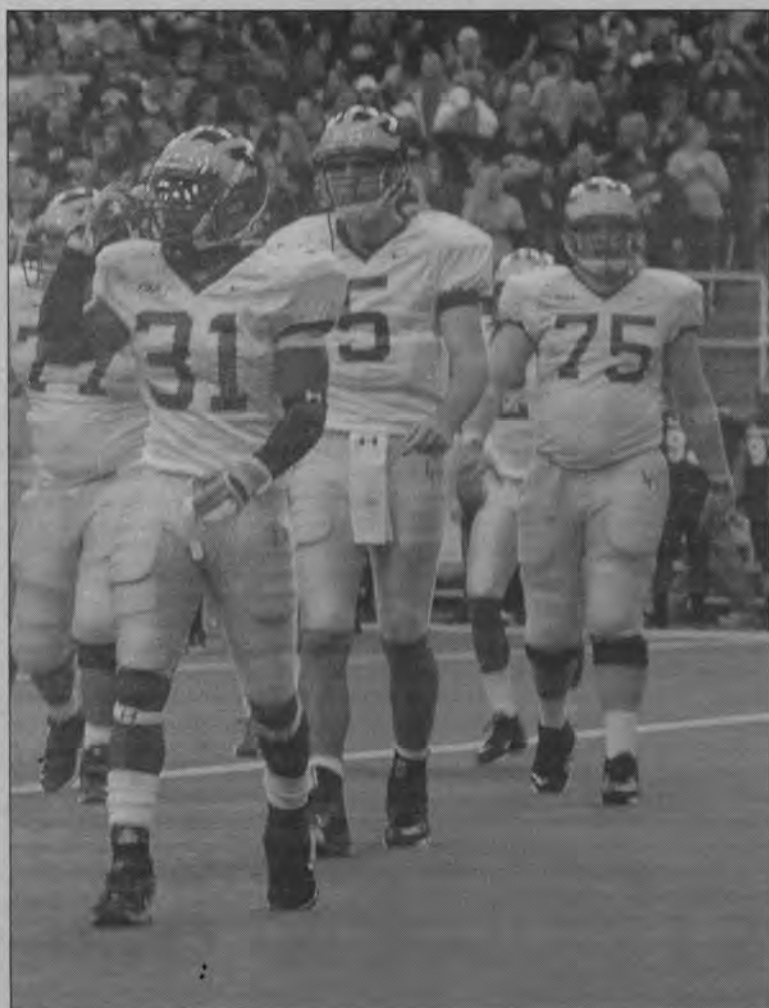
Delaware defeated Southern Illinois 48-7 in the first round of the 2003 playoffs en route to a National Championship.



# sports

Check out  
[www.udreview.com](http://www.udreview.com)  
for coverage of  
Saturday afternoon's  
football game.

27



THE REVIEW/Greg Arent

From left to right: Phillip Thaxton, Joe Flacco and Mike Byrne.

## UD one step closer to the national title

BY MICHAEL LORE

Managing Sports Editor

CEDAR FALLS, Iowa — Heading into Saturday afternoon's NCAA Football Championship Subdivision playoff quarterfinal against No. 1 Northern Iowa, Delaware coaches and players agreed that defeating UNI would be vital in winning a National Championship.

"You've got to beat the best to win it all, so why not in the second round?" junior tight end Robbie Agnone said.

No. 13 Delaware (10-3) did just that, beating the undefeated Panthers, 39-27. Northern Iowa (12-1) had won its last six home playoff games, in addition to an overall playoff record of 12-2 in the UNI-Dome coming into last Saturday's contest.

Delaware head coach K.C. Keeler said he talks to his team every Friday about winning the turnover battle. The Hens forced three takeaways, two fumbles and one interception, to the Panthers' zero.

"We're not always pretty on defense," Keeler said. "We made the plays we had to make to give us a chance to win the ballgame."

With 3:02 left until halftime and the Panthers trailing 12-10, UNI senior quarterback Eric Sanders completed a 3-yard pass to junior wide receiver Victor Williams. Williams fumbled the ball and it was recovered by Hens' junior linebacker Erik Johnson, who returned the ball 55-yards for a touchdown.

"Anytime the defense scores, it's a huge momentum swing," Johnson said.

Johnson, who had "FLY AROUND" written on his

wristband, was all over the field Saturday, leading the Hens with 11 tackles, one sack, four tackles-for-a-loss and a touchdown.

Two week's ago, Delaware's defense held No. 10 Delaware State to zero points on offense. DSU was held to 144 yards on offense, while the Hens racked up 536. Delaware also recorded three takeaways, recovering two fumbles and one interception. This gives the Hens six turnovers in the last two playoff games.

"It seems on all three levels, the defense has stepped up the past three weeks," sophomore defensive end Matt Marcorelle said after Saturday's win. "Perfect time."

Marcorelle forced and recovered Sanders' fumble early in the fourth quarter as the Panthers were inside the redzone. The force was Marcorelle's fifth of the year, and it set a university record for most forced fumbles in a single season.

"I didn't feel him or nothing," Sanders said of Marcorelle.

Sophomore safety Anthony Bratton would later intercept Sanders' pass, his first interception in more than 100 pass attempts, on a desperation pass late in the game.

Keeler said there was a thought, especially early in the game against UNI, that the Panthers were too much for the Hens.

"Early on, it didn't look good," he said. "We thought there was a chance they could have run us out of town. I told the kids there was nothing we could do as coaches."

"They manned up and got it done."

## weekly calendar

Tuesday, Dec. 4

Wednesday, Dec. 5

Men's basketball vs. Albany, 7 p.m.

Thursday, Dec. 6

Women's basketball vs. Maryland Eastern Shore, 7 p.m.

Friday, Dec. 7

Men's indoor track at Jack Pyrah Invitational (Villanova)

Women's indoor track at Jack Pyrah Invitational (Villanova)

Saturday, Dec. 8

Men's basketball at Ohio, 2 p.m.

Football at Southern Illinois, (Semifinal), 4 p.m. (ESPN)

## Volleyball falls in tourney

BY MIKE PINA

Copy Editor

QUEENS, N.Y. — Delaware's women's volleyball team saw its run at a national championship come to an end Saturday night against St. John's. Even with the loss, the Hens consider the season a major success and already have optimism for next season.

Sophomore middle hitter Michelle LaLonde said she is already psyched for next season. After Delaware's 3-1 victory over Princeton in the first round of the NCAA Tournament on Friday and the 3-1 loss to a superior St. John's squad, LaLonde has high hopes for next year.

"This is a program on the up right now and it's very exciting," LaLonde said. "This was our first taste of the NCAA Tournament and I'm excited for the newcomers next year and the returning players to make a run."

The team is captained by seniors outside hitter Colleen Walsh and setter Megan Welch. Freshman outside hitter Katie Dennehy said the two seniors will be missed because their leadership needs to be replaced if the Hens want to pick up next season where they left off.

"I'm really going to miss them and am glad we could all set the bar so high for the future,"

Dennehy said.

Head coach Bonnie Kenny said that with the returning players who will be back next year, the Hens are in good shape.

"Dennehy played as well as any competitor on the floor," Kenny said. "Kelly [Gibson] was double-teamed for most of the match, but she played at such a high level, both as an attacker and a defender."

After winning the first game of the match 30-23 against St. John's, the Hens wilted against the Red Storm's constant attack, dropping the next three games.

"We competed the entire time," Kenny said. "They were a more skilled and experienced team, but I felt like we had more chemistry and enthusiasm."

Even though the Hens lost, they became the first team out of the Colonial Athletic Association to win a game in the second round of the NCAA Tournament. Heading into the match against a St. John's team that had not lost a match at home in 24-straight contests, Delaware displayed a mentality that showed no trace of intimidation.

LaLonde said being an underdog was the last thought in her mind.

"Heading into the tournament we just had



THE REVIEW/Mike Pina

Delaware lost 3-1 to St. John's on Saturday.

to focus on playing hard and winning as many games as possible," she said. "We knew St. John's had weaknesses that could be exploited

See HENS page 30



# Women's basketball faces uphill climb

BY JACOB OWENS

Staff Reporter

"It's a team struggle right now," women's basketball head coach Tina Martin said.

After the Hens' 54-47 win over Delaware State in the first game of the season, Delaware suffered six-straight losses. As a team with only four returning upperclassmen, expectations for a dominant season were at a minimum. With the Hens' losing streak reaching six games, speculation abounds on what factors are to blame for the poor results.

"It has been more about finishing than anything else," senior captain Courtney Irving said. "We aren't taking bad shots, we're taking good open shots, but right now we just can't knock them down."

The team has made an average of 30 percent of its shots and 18.9 percent of its three-point attempts, amounting to 46.9 points per game. Delaware's opponents on the other hand average 41.8 percent of its shots, allowing them to score 64.7 points per game.

"Our offense needs to step up, if it's the freshmen, the sophomores, the juniors or our seniors, it doesn't matter," Martin said. "We're performing well on the defensive side of the court when we hold our opponents to around 60 points a game, but right now our offense has to catch up to our defense because we aren't getting it done on our side of the court."

The Hens' schedule is competitive as they faced Murray State, a team that finished last season with 20 wins and received a Women's National Invitational Tournament bid. Delaware also played Texas Christian University, a 20-game winner last year. These two, in addition to other powerhouses like Maryland and Louisville, have made the early going difficult for the Hens.

"The schedule came out in the summer and we saw Delaware State, Maryland and other big names early and I knew this schedule is more for the younger girls and will definitely help the future teams," Irving said.

The schedule appears it may break the program's long-standing success, with its losses so far equaling last year's total amount. Martin said it is important to remember college teams go through swings, but the Hens' recent success



THE REVIEW/File Photo

Forward Courtney Irving gives younger players advice.

of nine seasons with winning records, seven of those with at least 20 wins, allows a strong base to form.

"In recent history, I think our program has been one of the best at the university, but at this point we are just going to need some time," she said.

The schedule has not been very accommodating to the youth this team has, with seven freshmen and three sophomores joining the team's two juniors and two seniors. With

such inexperience, it has been imperative the upperclassmen help the younger players find their place on the team.

"It's a lot different this year, my demeanor and outlook has to be a lot different, I have to be more vocal," Irving said. "I still know I have to do the little things that make me want to be there every day. The young kids are frustrated and some times you have to go over to them and let them know that it always wasn't like this and it won't always be like this."

Junior captain Jamie Mundy said the veterans need to be leaders on the basketball court and allow the newer players to learn their place in each of the team's plays. By leading on the court, the upperclassmen believe their example provides the team with an emotional boost.

Despite the Hens' ups and downs this season, they have not played a Colonial Athletic Association game and it enables them to finish the season with a better playoff standing. Delaware ends play in December by competing in the Blue Sky Classic at Dartmouth and then travels to George Mason where the team will begin 18-straight conference games to finish the regular season.

"I know that when we play in conference, the season kind of starts over again. It's who we will be playing in the tournament," Mundy said. "I know I personally put it all out on the floor in these games more than others because I know more is on the line."

Regardless of what the future holds, Martin understands her team has to mature and develop quickly if any progress into the postseason will be made in the highly competitive CAA conference.

"We go out every day and take it to our opponents," Irving said. "It says Delaware across our chest in every game and every team isn't invincible. We are playing with a chip [on our shoulders] right now when these big names watch us walk on the court. Nobody told us that this season was going to be exactly like the previous ones."

What is most important to Mundy, Martin and Irving is perseverance because the team needs time to become a threat in Division-I basketball again.

"I can't jump ship now that things are down and seen the successes this team has had," Irving said. "I'm still a part of this team."

## Team inspired by player's refusal to quit

BY KEVIN MACKIEWICZ

Managing Sports Editor

Brian Young anticipated he would finally play basketball for the Hens this year. After sitting out his freshman year at Lafayette because of open-heart surgery and his sophomore year because he transferred to Delaware, he was ready to return to the court in 2007.



THE REVIEW/Justin Bleiler

Brian Young continues to support his team.

During the second practice of this season on a Saturday, Young ran drills with the rest of the team. After hours of a grueling workout, a few of the players ordered pizza in the locker room, just to catch up. Young said after he hung out with his teammates, he returned to his apartment to clean up after a long day.

"It wasn't until an hour-and-a-half later when [my arm] just really started to balloon and before I knew it, I couldn't even lift it," 6-foot, 7-inch Young said. "My bicep was huge. It wasn't anything I had ever seen before."

Young, a forward, experienced a terrible pain from the swelling of his arm. He was rushed to the Christiana Hospital after feeling the abnormal pain. Six hours after Young felt the initial agonizing soreness in his upper left arm, the one he shoots with, he laid in bed at the hospital undergoing surgery for Acute Compartment Syndrome.

Surgeons found it rare and unusual that ACS occurred in his bicep. Young said the other bizarre aspect of his syndrome is that he cannot pinpoint when he damaged his extremity. According to the "Internet Journal of Orthopedic Surgery," ACS in the bicep is not found in many patients. "Acute Compartment Syndrome[s] occurrence in [the] upper arm is very rare and only a few cases have been described in medical literature."

University sports medicine physician Andrew Reisman said compartment syndrome usually happens with victims of a severe car accident or to those with a broken bone. Too much stress to a certain compartment in the body causes ACS.

"Picture the compartment as a sausage casing, and within this casing, [there are]

muscles, nerves, arteries and veins," Reisman said. "There's only so much room that this casing can expand, and so if there's damage within that area [where] muscle is torn and bleeds, there is only so much it can expand before the pressure builds up in that compartment and it starts compressing back on everything else."

According to the American Academy of Orthopedic Surgeons, "if pressure within the compartment gets too high, the lack of oxygen to the tissue can damage blood vessels and nerve and muscle cells."

When Young finished practice a month and a half ago, he said he experienced the dreadful pain that arose from his artery leaking into the compartment.

"I don't want to say it feels like your arm is going to burst, but it is just such an uncomfortable feeling because your arm swells and balloons," Young said. "My hands and forearms were huge. It's something I hope to never experience again."

Young informed the doctors at approximately 4:30 a.m. on Sunday, Oct. 14, before his surgery, that his pain ranked a nine on a scale of 10. He received three surgeries, including two on Sunday, but Young said the third procedure felt the worst because the surgeons closed the skin that had been opened for four days.

In order to heal Young's ACS, the surgeon performed a fasciotomy. The doctors gave Young anesthesia and cut an incision at the area of the damaged compartment. A small portion of fascia, or soft tissue, is cut and left open for days in order to relieve pressure within the compartment.

"The only treatment is to open up that

compartment [and] to increase the space to let that pressure go before there's damage to the muscle and to the nerve," Reisman said. "You only have certain leeway before that nerve damage becomes irreversible." Young joked that the nurses never allowed him to see his arm while it was left open, as they covered the wound every day with a new bandage.

Young said although this has been a painful experience, he has learned how to cope with tough trials like ACS through other difficult situations. During his freshman year of college at Lafayette, he missed an entire basketball season because of open-heart surgery for an aortic aneurysm. His father passed away from the same condition when Young was six years old.

"It's hereditary and a part of my family, it's just something I've had to deal with," Young said. "I'm ready to move forward."

Even though Young said he desperately wants to get back on the court and play basketball, he understands he is blessed to be alive. His aneurysm, a bulge in a blood vessel, came close to rupturing.

"I use that to carry me through these rough patches [of the ACS], that I'm just fortunate to be here and to have caught it when my family did," he said.

Young's encouraging attitude rubs off on those around him. At 5-feet, 3-inches, freshman Courtney Young said she looks up to her brother with all that he has undergone.

"[ACS and open-heart surgery] put a damper on his college experience, but he always has a positive outlook," she said. "He's still shooting to play basketball and make the best of his years [at his sport]."

See BRIAN page 30



## commentary



## GREG ARENT

## All I want for Christmas

With the holidays looming, it is time to make my gift wish list. Long past the days of action figures, Super Soakers, board games and Tonka Trucks, I can only think of one thing I want for the holidays. It is not an iPod, a laptop or a new phone, in fact, it cannot fit in any box underneath a Christmas tree or next to a menorah. The present I want cannot be bought and no matter how hard my parents try, they cannot find it in stores. What I want for Christmas this year is for Delaware football to win a national championship.

On Nov. 17, the Hens lost to Villanova (7-4) 16-10. It was Delaware's second-straight loss and it meant Delaware's playoff fate would

be in the hands of the selection committee. That gloomy Saturday night, the players and coaches did not know if they would be invited to participate in the Football Championship Subdivision postseason.

After being selected as one of five Colonial Athletic Association teams to participate in the tournament, the Hens breathed a sigh of relief. In the first round, they stared at a team they had never played before, although the school is located only 43 minutes away. Delaware vs. Delaware State can be considered my early Christmas present.

The Delaware community had been waiting years for this game. After the controversy surrounding a potential game between the schools, the cheeky selection committee decided to make the game happen.

Amid the swirling discussions from commentaries written by Delaware alumnus and ESPN.com columnist Jeff Pearlman and an ESPN "Outside the Lines" special about the racial issues surrounding the game, the No. 13 Hens pecked the No. 10 Hornets into the ground. A 44-7 dominating performance by Delaware silenced the naysayers.

Next, the Hens were forced to travel to face the No. 1 Northern Iowa Panthers. Experts cited the reasons Delaware would not win. The critics said the Hens had never heard noise like that of the UNI-Dome, Northern Iowa had only allowed one 100-yard rusher all season, Delaware's defense struggled and the Panthers

had not lost all season.

None of it mattered.

After a horrible first quarter, which included two false starts and a 10-point deficit, the Hens dominated. Delaware overcame the noise, senior running back Omar Cuff rushed for 102 yards, the Hens defense caused three turnovers, resulting in 10-points and most importantly, Northern Iowa received its first loss of the season at the hands of the Hens. As the final few minutes of the game ticked away, the normally booming stadium was as quiet as a funeral home.

After being snubbed for the Walter Payton Award (given to the top offensive player in the FCS), Cuff and senior quarterback Joe Flacco battled against a finalist for the award, Panthers' senior quarterback Eric Sanders. Cuff ran for 102 yards and a touchdown, while catching seven passes for 59 yards. Flacco went 25-for-45 with 312 yards and two touchdowns, as he also scored a rushing touchdown. Sanders turned the ball over twice, both of which led to Delaware scores. As Sanders walked off the field teary-eyed, the two snubbed Hens stars walked off with cheerful grins and a continuing dream of a championship trophy.

Looking forward, Delaware will face No. 4 Southern Illinois this Saturday. The Salukis defeated Massachusetts 34-27 this past Saturday. The Salukis are 12-1 heading into the matchup against the Hens.

In order to win a championship, the Hens

must head to the Midwest to play at a tough McAndrew Stadium. If Delaware wins in Carbondale, Ill., it could face Richmond, a team that beat the Hens at Delaware Stadium 62-56 in five overtimes on Nov. 10, or they will play back-to-back FCS champion Appalachian State.

I am not worried.

Flacco and Cuff have the ability to tear apart any defense in any conference, FCS or Football Bowl Subdivision. The defense has become a powerful unit. After a mundane season, the defense has come to life in the past three weeks. The unit held Villanova to 10 points, it kept Delaware State out of the end zone and against Northern Iowa, the defense caused three turnovers and held an offense that averaged approximately 37 points per game, to only 27. The offense is the best in the FCS and the defense has finally started to click at the perfect time, giving me nothing but confidence that Delaware will win a national championship.

So, for Christmas this year, I do not need to see Santa Claus, but I do want to see something that seemed just as elusive when the season began, the Hens flying to a national title.

*Greg Arent is a sports editor for The Review. His viewpoints do not necessarily represent those of the Review staff. Send questions, comments and a National Championship T-shirt to garent@udel.edu.*



THE REVIEW/Greg Arent

Quarterback Joe Flacco passed for two touchdowns and ran for one.

## Game Summary

## NCAA Football Championship Subdivision Playoffs

## Quarterfinals

	1	2	3	4	
Delaware (13)	0	19	10	10	--- 39
Northern Iowa (1)	10	3	7	7	--- 27

Delaware senior quarterback Joe Flacco threw for 312 yards, while going 25-for-45 with three total touchdowns. The offensive line allowed five sacks on Saturday. Flacco's main target for the day, sophomore wide receiver Mark Duncan caught eight passes for 112 yards and one touchdown that came on a 7-yard reception with 13:05 remaining in the second quarter. Senior running back Omar Cuff ran for 102 yards and one touchdown on 28 carries. He also had seven receptions for 59 yards. Northern Iowa senior quarterback Eric Sanders went 26-for-38 for 291 yards with one touchdown and one interception. UNI running back Corey Lewis ran for 150 yards on 20 carries and scored two touchdowns, while averaging 7.5 yards per carry. Delaware's defense recorded four sacks for a total loss of 37 yards. Junior linebacker Erik Johnson led the defense with 11 tackles, including one sack. The Hens' defense compiled three turnovers, including fumble recoveries by sophomore defensive end Matt Marcovelle and Johnson and an interception by safety Anthony Bratton.

## Athletes fulfill passion through adult leagues

BY TIM MCDONOUGH

Staff Reporter

The T-shirts read, "Give blood, play rugby." Players say rugby is a game that remains in their blood for life. The Wilmington Rugby Club gives the opportunity to those in the area to continue playing the sport after college.

The Wilmington Rugby Club, founded in 1974, is coached by Bob Weir. Weir began playing rugby in 1973, practically by accident.

"I attended West Chester State College and tried to play football there. The coaches said I was too small and had me go to the weight room, where by chance I met some rugby players," Weir said. "After talking to them, I decided to give it a shot. I read the only two books I could find on rugby, played one game and fell in love with it."

Weir continued playing rugby before moving to Wilmington in 1981, when the city was ripe with economic opportunity, he said.

Weir played for Wilmington until 1990, which was around the time he launched his coaching career. He taught middle school students how to play touch-rugby and founded the Delaware Rugby Foundation, which provides a scholarship for rugby programs at the university.

He said rugby coaches remained rare for a long time.

"In 1996, the sport went professional worldwide, and now there was an opportunity, specifically for former players to get involved with coaching," he said.

Weir received a level-three certification and began coaching

the Wilmington Colts, taking the team to nationals a few times.

In addition to being the head coach of the Wilmington Rugby Club, Weir now involves himself with three other teams, assistant coaching on two high school teams and traveling the country working for USA Rugby after receiving certification from the International Rugby Board.

While Weir's playing days are long behind him, the Weir family tradition in rugby continues through his son Pete, a freshman and Most Valuable Player of the Hens' C-team.

"I tried plenty of other sports, but this is the first one that I have a lot of passion for," Pete said.

He said he enjoys the brotherhood, camaraderie and the social aspect of rugby. The social part of rugby is one of the main reasons the Wilmington Rugby Club has become a pipeline of sorts for former university players.

Rob Schutt, who played for the Wilmington Rugby Club since he graduated from the university, said in this sport, players have their own brotherhood.

"You can go anywhere in the world and if you see a guy with a rugby jersey on, it's like running into a friend you haven't seen in a while," Schutt said. "I see rugby players in the most random places and everyone is always real cool."

Rugby athletes describe the sport as the ultimate team game, where every player on the field has to play as one.

"There are positions for everybody — tall, short, heavy and

lean," Weir said. "The most important thing is that 15 guys playing as a team will always beat 15 individual athletes. Leadership skills and structure are integral to success."

Wilmington Rugby Club player Connor Malarkey, another university alum, said he continues playing after college because of the unity that forms with the teammates.

"It is purely a team game," Malarkey said. "It takes 15 guys that are strong at their respective positions for the team as a whole to be successful."

With the team aspect proving crucial to the game, the building of a pipeline between the university and the Wilmington Rugby Club is important because the players gain a familiarity with each other.

Schutt, a team captain, said it is impressive to see the large number of former university players coming to the Wilmington Rugby Club.

"There was a huge influx [of players] from the University of Delaware," he said. "It dropped off for a little while and now there's a new pipeline of guys coming up through there."

The love of the game keeps many players going through the tough, physical grind of the sport, Malarkey said.

"I want to go until I'm just not that good anymore," he said. "I want to continue playing until I'm not an asset anymore."

Schutt said he is not quitting anytime soon.

"I'll continue playing as long as my body lets me," he said.



## Hens to learn from loss against St. John's

Continued from page 27

by executing our great gameplan."

Kenny said she had her team ready to play during the NCAA Tournament.

"My expectations are preparing our team to win," she said. "We were all really excited when we first saw the bracket and I felt really good about the sub-regional we were in. We had an opportunity to compete at a national level and advance in the tournament."

Dennehy, who led the Hens with 22 kills Saturday, said she liked being in the underdog position because there seemed to be less pressure.

"I definitely thought we were good enough to advance to the Sweet 16," Dennehy said. "We executed every aspect of our game plan in the first game and won. We played very well in the other matches, but couldn't finish at the end."

LaLonde said the match took a turn midway through the second game with the Hens leading 18-10.

"We thought we had that game and were feeling pretty good about the cushion winning it would give us," LaLonde said. "When they came back it rattled us and when they won, they got a ton of momentum."

Kenny said her team was neck-and-neck with St. John's throughout the entire match.

"Once they knew some things we were doing on offense they were skilled enough to place tough serves so we couldn't run a play that we wanted or get the ball to the person that we wanted to," she said.

The future looks bright for the Hens with all starters returning except Welch and Walsh, Kenny said.

"The experience of winning the conference and going to the NCAA Tournament, being so close to making an appearance in the Sweet 16, it's invaluable," Kenny said. "They should be excited to get back to work after a little break and use this experience as a big growth spurt for the future."

## Brian Young gives inspiration to team

Continued from page 28

Young's motivation plays an important role with his teammates, head coach Monté Ross said. The players realize they need to make the best of every opportunity.

Ross said since the ACS in Young's arm remains such a rarity, the players understand nothing is guaranteed. The first time Ross learned of ACS was last December when former assistant coach Ryan Iversen was diagnosed with the syndrome in his leg. Young said the irony of his injury is that Iversen ran into Young last year on a defensive drill when he got ACS.

"Brian is someone who works his butt off every day at practice and those things are looked at favorably by his teammates," Ross said. "Brian has been an example through his works."

Ross said he wants Young to travel with the team because of the confidence he brings. When the other players have difficult situations, they think of Young.

"Life is 10 percent what happens [to you] and 90 percent with how you react," Ross said. "You always look at someone who has gone through a tough time and you see how they react."

Young works hard every day in order to return to the court as fast as possible. Head basketball trainer, Dan Watson, said he assesses Young's improvement during every practice. Young runs and weight lifts with his legs. The trainers stay in touch approximately every 10 days with Young's surgeon.

Reisman, who coordinates the care with the surgeon, said he makes sure Young does the proper rehabilitation regiment.

"Until a joint can go through its normal motion, it's hard to do the next steps," Reisman said. "Once the full motion returns, then [the patient] works strengthening [and after that step] they go to sport-specific functional activities. Then they go back to playing their sport."

Young currently attempts to regain full extension in his arm and continues to perform whatever is asked of him by the doctors because he refuses to give up on his dream of playing collegiate basketball. The scar from the fasciotomy, running from his armpit to the elbow, serves a constant reminder of what he has endured to get to this point.

"You got to look at the big picture and keep your eyes set on your goals," Young said. "There's a really long road ahead of me, so I can't sulk on, what was. [Playing basketball] has been my goal since I was a kid."

And not only will Young celebrate the day he hears his number called over the loud speaker to enter the court, his family anticipates the moment Young steps on the floor.

"We've been waiting for years now, and for everyone, it will be a big day," Courtney said.

## Tenacity.

The winning edge.  
The rest is history.

Natalie Morrison  
STHM 2001  
Audience Development Manager  
National Constitution Center

### For you, good enough just isn't good enough.

You're driven to go above and beyond. Temple's programs in tourism, hospitality, sport, and recreation management will help turn your ambition into achievement, giving you the leadership tools and networking resources to succeed. Don't just reach for the stars. Become one as well.


To learn more, call 215-204-3103 or visit us at [www.temple.edu/sthm/colleges](http://www.temple.edu/sthm/colleges).

Join us for one of our upcoming information sessions on main campus,  
1700 N. Broad St., Room 412, at 5 p.m.:

November 15 | December 10 | January 23


 School of Tourism  
and Hospitality Management  
TEMPLE UNIVERSITY\*

**WE'LL FIX YOUR CAR.  
YOUR GPA IS UP TO YOU.**



**Trust the Midas touch.**

**NEWARK**  
656 Kirkwood Hwy.  
(1.2 miles north of Main St. on  
Kirkwood Hwy. before Liberty Plaza)  
302-454-7179

<h2 style="margin: 0;">10%</h2> <h3 style="margin: 0;">student discount</h3> <ul style="list-style-type: none"> <li>• Discount valid on parts only</li> <li>• Must present I.D.</li> </ul>  <p style="font-size: small;">Discount off regular price. Most vehicles. Coupon must be presented at time of purchase. One coupon per total invoice. Not good with any other offer. At participating shops only. Void if copied or transferred and where prohibited by law. Expires 1/31/08.</p>	<h2 style="margin: 0;">\$19<sup>95</sup></h2> <h3 style="margin: 0;">oil change</h3> <ul style="list-style-type: none"> <li>• Up to 5 qts. 5W30 or 10W30 oil</li> <li>• New oil filter</li> <li>• Check fluid levels</li> <li>• Includes disposal fee</li> </ul> <p style="font-size: small;">Most vehicles. Diesel vehicles extra. Other grades and synthetics available at extra cost. Plus taxes where applicable. Coupon must be presented at time of purchase. Not good with any other offer. At participating shops only. Void if copied or transferred and where prohibited by law. Expires 1/31/08.</p>
--	---

- America's Leader in Brakes
- Quick and Painless Oil Changes
- Your One-Stop Shop for Maintenance Services
- FREE Brake Inspection



# A Midwest adventure with two reporters

BY MICHAEL LORE

Managing Sports Editor

CEDAR FALLS, Iowa — It was the first time in my 21 years of existence that I traveled to the Midwest region of the United States. I and my fellow sports editor Greg Arent covered the Delaware-Northern Iowa playoff football game over the weekend.

Upon reaching the state, Iowa State Representative Doris Kelley, who we met on the plane, gave us a personal tour of the area and the university. Thinking the weekend could not get any more random, we were lucky enough to run into other people from Delaware who tried to leave snowy Iowa after the game.

Sitting in Waterloo Regional Airport, we heard all flights were canceled on Sunday because the airport ran out of de-icer fluid. I was confused to think how an airport in the Midwest runs out of what I would deem an essential liquid in the winter.

While I was at the counter trying to arrange a replacement flight, Greg and I started chatting with people wearing Delaware apparel who were also desperate to get back east.

They ended up being parents of Delaware football players, who individually booked tickets to travel and see their sons play. Ed and Barb Striefsky, Jeff and Diana Herrman and Sheri Byrne-Long all met each other for the first time in Iowa and not Newark, Del.

Weird? That was my initial

reaction. Parents of children on the same Little League team or high school team usually all know each other and are a tightly-knit group. One would figure college athletes' parents would be close, sit in the same section at games and carpool to away games.

That is not the case with these three families. They all met each other minutes before meeting us, all while their kids have been on the same team for at least two years. I do not know how close or distant other families are from one another on the team, but this one case baffled me.

Talking to the parents while being transported by limousine to another airport one hour away, I learned they do not even sit in the same section of the stands at Delaware Stadium. Ed said he and his family were initially in the North endzone stands, but have since moved. Jeff thought he was sitting next to a Delaware player's brother at the UNI game. Or was it his father? Jeff said he was unsure.

I am not saying it was Jeff's fault for not asking the man's relation to a player, but I think these parents — not just those on the football team — need to be closer. All they have to do is get together and tailgate before a game, or go out to dinner afterward.

One of the parents needs to take the initiative by contacting the others and planning an event or some sort of dialogue because they are as much of a team as their children.



Check [udreview.com](http://udreview.com) for ongoing coverage of Delaware's championship run

## NEED MONEY? RECENTLY DIAGNOSED?

We need you! to donate blood for research, if you have been diagnosed with:

Lyme Disease  
Hepatitis A  
Rubella

Lupus  
Cytomegalovirus  
Toxoplasmosis

Epstein-Barr Virus  
Autoimmune Diseases  
Ask about other conditions

**\$200 per donation\***

Multiple donations  
per month are possible.

Please call today for information

**888-806-5215 x2211**

All calls strictly confidential.  
Interpreter services available.



**SeraCare Life Sciences, Inc.**  
Donor Recruitment Program

\* Plus mileage reimbursement. Screening may be necessary to qualify.

## Athletes Of The Issue



### Erik Johnson

Junior linebacker Erik Johnson gave Delaware a much-needed spark in the first half of Saturday's game over Northern Iowa. With the Hens falling behind the Panthers early in the game, Johnson recovered a fumble and sprinted to the endzone on a 55-yard return to give Delaware its first lead of the day.

Johnson led the defense with 11 tackles, including a sack in the first quarter that resulted in a 16-yard loss. Ten of Johnson's tackles were solo in Saturday's 39-27 win over UNI.

He has recorded a fumble recovery, an interception and 18 total tackles in the first two rounds of the Football Championship Subdivision playoffs.



### Michelle LaLonde

Sophomore middle hitter Michelle LaLonde played an impressive game Saturday evening with 19 kills despite Delaware losing 3-1 to St. John's at Carnesecca Arena. LaLonde was tied for third on her team with 38 total attacks.

On Friday night in the Hens' first game of the NCAA Tournament, LaLonde recorded 12 kills and 44 total attacks in a 3-1 win against Princeton.

LaLonde helped her team become the third squad in the Colonial Athletic Association to win a match in the NCAA Tournament by compiling 388 kills

during the 2007 season.





# rainbow

## MUSIC & BOOKS

54 East Main St.  
Phone: 368-7738  
Mon-Sat 10AM-9PM  
Sun 11AM-5PM



### MMMM. Eggnog and Presents...Happy Holidays.

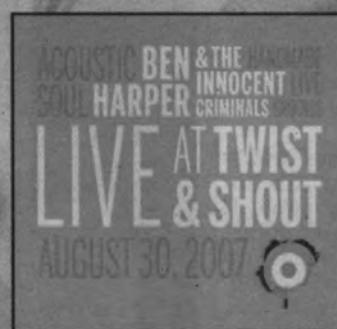
#### Music



**Daft Punk**  
"Alive 2007"  
\$13.99 ON SALE!



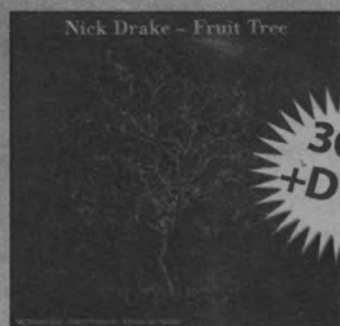
**I'm Not There**  
Original Soundtrack  
\$16.99 ON SALE!



**Ben Harper**  
"Live at Twist & Shout"  
\$11.99 ON SALE!



**B.R.M.C.**  
"American X: Baby 81 Sessions"  
\$6.99 ON SALE!



**Nick Drake**  
"Fruit Tree"  
\$49.99 ON SALE!



**Ghostface Killah**  
"Big Doe Rehab"  
\$11.99 ON SALE!



**Interpol**  
"Live EP"  
\$5.99 ON SALE!



**Sigur Ros**  
"Heima" - DVD  
\$16.99 ON SALE!



**Once**  
Music from the Motion Picture  
\$13.99 ON SALE!

#### DVD



**Superbad**  
\$25.99 ON SALE!



**Pirates of the Caribbean**  
At World's End  
\$26.99 ON SALE!



**The Hottest State**  
\$22.99 ON SALE!

AMERICAN  
INDIE!

SAVE AMERICA!  
SHOP INDIE!

SAVE AMERICA!  
SHOP INDIE!

SAVE AMERICA!  
SHOP INDIE!

SAVE A  
SHOP





A publication of the Student Health Advisory Council and the Student Health Service

UD STUDENT HEALTH SERVICE  
• LAUREL HALL •

Campus Emergencies.....911  
Appointments/Information.....831-2226  
Women's Health.....831-8035  
Sports Medicine.....831-2482  
Comment Line.....831-4898

[www.udel.edu/shs](http://www.udel.edu/shs)

UNIVERSITY OF  
DELAWARE

# Home for the HOLIDAYS

**T**he semester has had its ups and downs and now the holiday break is fast approaching.

You can't wait to go home, expectations are high and, yet — maybe it is a good idea to prepare for the trip home — besides gathering all of the laundry you hope to bring home with you.

It isn't unusual to have high expectations of "how it is supposed to be" when we have been waiting for weeks and looking forward to an event or an occasion. The problem is that we can idealize or create such high expectations that we come away disappointed that the holiday or visit home didn't live up to our hopes. We often find that the people we hoped to see weren't as we expected them to be. Friends from high school have changed and the "good ole days" fall short today in terms of the fun and good times that we remembered.

A student can quickly find that the family they left is the same family that they are returning to — there hasn't been a magic transformation of people or situations. The family troubles or challenges are still there and relationships all too often revert to the same patterns that we were used to before the student left home. It can be especially hard when students have gone away to school and have started to question old assumptions and ways of being and return home to find that their families have not necessarily been engaged in the same process.

It may be that families are not happy with some of the changes that take place for students when they go away to school. It is also possible that students have a hard time accepting some things at home since that student

has now grown and changed. While students may really value becoming more assertive and clearer in their choices and values, parents and other significant others may not look too kindly on these changes.

There is a great deal of wisdom in the saying: "Have few expectations but be very curious." It may help to go home with an openness and curiosity to "what is" instead of going home with an expectation of "how it should be." This can mean accepting the reality of people and situations with an idea of making the best of what there is for us at home. It is possible that the time home will be filled with some wonderful positive surprises as well as with some disappointments — most students describe a mixed bag of pluses and minuses. Hopefully, the positive experiences will be more plentiful than the disappointments. And hopefully you will remember to get that laundry done before you return to school.

WHEN RETURNING HOME, BE OPEN AND CURIOUS  
TO THE TRANSFORMATION IN OTHERS.



DECEMBER 2-8 IS NATIONAL  
HANDWASHING AWARENESS WEEK



# Returning to activities following common injuries

In making a decision about whether it is safe to return to sport activity, there are several factors that must be kept in mind. The first thing that needs to be determined is what type of injury occurred.

**SPRAIN:** If we sprain something, we have had a partial or a complete tear of a ligament. A ligament is a structure that connects bone to bone and provides stability about a joint. If something is strained, there is a partial or complete tear of a tendon. Tendons attach muscles to the bones and allow our joints to move. We describe sprains or strains as a Grade I, II or III with a Grade I being a minimal tear and a Grade III as being a nearly complete tear of the structure.

**BONE INJURY:** Many terms describe this type of injury (fracture, break, avulsion, etc.). They all essentially mean that the bone structure has been disrupted. If a fracture is suspected (obvious visible deformity, tenderness directly over the bone, inability to use an extremity, inability to walk), medical attention should be sought out sooner than later.

The first goal after an injury is to limit dysfunction. Following the basic principals of Rest, Ice, Compression, and Elevation (**RICE**), we try to limit the swelling.

- **REST** Immediately following an injury, we should avoid use of the injured body part to allow it to start healing.
- **ICE** Ice is always a good idea. It will limit blood flow to the injured joint and decrease swelling. While heat may feel better, it will cause increased blood flow and swelling so it will take longer to recover.

- **COMPRESSION** An external compression device such as an elastic (ACE) bandage also helps to limit swelling and will allow the affected area to feel more secure.
- **ELEVATION** Lastly, it is good to elevate the joint higher than the heart. Gravity works and the elevation will help to decrease swelling. The less swelling, the sooner you will be able to resume normal function.

Sports Medicine Physicians currently recommend that acetaminophen (Tylenol®) is the first line of medication that is used after an injury. Acetaminophen

helps to limit pain. After 48 hours, a non-steroidal anti-inflammatory medication (NSAID) such as ibuprofen (Motrin®) or naproxen (Alleve®) can be used to help with the pain and reduce swelling. The inflammatory response following the initial injury helps our bodies clean out the debris from the tissue injury and helps our bodies to heal. Then, short-term, NSAIDs can continue to be used to help with the pain and further reduce swelling and inflammation.



"WELL, WELL RIKKI. LOOKS LIKE YOU WON'T BE ENACTING ANY BELOVED CHILDREN'S LIT ANY TIME SOON."

When trying to decide when you are able to return to sport activity, we next look at the functional status of the joint involved. Is the affected joint now able to go through a full range of motion — compared to your other limb? Has the strength returned to an "acceptable" level? Can you perform the basic tasks that are necessary for the activity? Are you mentally prepared to return?

Many times, a simple home exercise program can be started which will help to speed up the recovery process. The biggest reason for a re-injury is not rehabilitating a pre-existing injury. Physicians, athletic trainers and physical therapists can teach you exercises that will speed up the recovery process and allow you to return to the recreational activities that you enjoy.

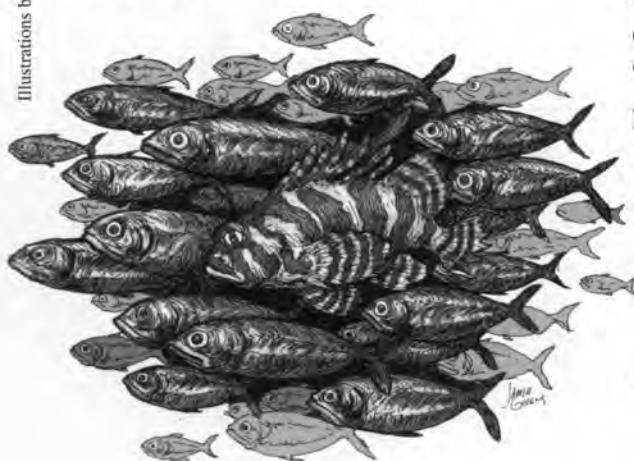
© Student Health Service • December 2007-33 • 68/15M/907/CD

## The RESPONSIBLE traveler

The following tips are adapted from recommendations made by the International Society of Travel Medicine ([www.istm.org](http://www.istm.org)).

**BE INFORMED.** Travel allows us to discover natural beauties, historical sites, and, above all, the diversity of other societies and people. Be an informed traveler before boarding an airplane and discover what the people you will meet at your destination can teach you.

Illustrations by Jamie Givens



**BE OPEN-MINDED AND PATIENT.** Experience other cultures and lifestyles.

**BE RESPECTFUL.** Local people often welcome you. Show them gratitude and respect. Respect local customs by the way you dress, behave at religious sites, and display affection.

**AVOID EXPLOITATION.** As travelers, we are perceived as rich. Be generous in a constructive way by promoting the local economy. Avoid exploitation of the local people (low salaries, overwork, and child abuse and sexual abuse).

**PROTECT THE ENVIRONMENT.** Avoid over using of water, wasting food, littering and damaging sites.

**LEAVE A GOOD IMPRESSION.** A positive experience with local people will pave the way for travelers coming after you leave.

THE KEY TO A GOOD VISIT ABROAD ISN'T TO SHED YOUR IDENTITY, BUT TO LEARN HOW TO SWIM WITH THE FLOW.

## Tips for Healthy Travel

### BEFORE YOUR TRIP

- Consider a consultation with a travel medicine specialist at least one month before travel.
- Ask your physician about special vaccines that are recommended for specific destinations.
- Assemble a first aid and medical kit containing medication for the trip to carry in your hand luggage.
- Consider evacuation and travel insurance to cover health emergencies while abroad.

### DURING YOUR TRIP

- Take precautions against malaria when you visit areas at risk. Use insect repellent to prevent mosquito bites and take malaria pills as advised.
- Road safety is important. Wear your safety belt in cars, helmet on bikes, and avoid night time driving.
- Abstain from casual sex or practice safe sex with condoms to prevent HIV and other sexually transmitted diseases.
- Before eating and drinking, verify the safety of the water and food. Have a supply of medicine for self-treatment of diarrhea.
- Minimize excessive sun exposure and use sunscreen. Sun can be more intense over water, in snow, and at higher altitudes.
- Leave animals alone. Animal bites or scratches can transmit rabies. Seek help if bitten.

If fever develops during or after a trip, seek medical help immediately. Respect and mutual discovery will make your trip a wonderful experience and will promote your security and your health, too! So enjoy yourself and have a good trip!