



I LOVE YOU, MAN Cadenza takes a look at the new comedic flick.

BACK PAGE



DRUGS!

Two Forum columnists take a look at the use of illegal drugs and Scene gives you 'the skinny' on diet pills.

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NCAA!

Men's and women's basketball are in the Final Four! Check out sports today and a special issue Monday for more.

SPECIAL ISSUE + PAGE 8



STUDENT LIFE

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Masked gunmen hold up UCollege Costa Rica class

Rafa Garcia Febles
Contributing Reporter



Two masked gunmen assaulted a University College class in Costa Rica Saturday, shortly after the students and adjunct Professor Mark Manteuffel had arrived in the country.

The Tropical Ecology class had been traveling along the country's east coast en route to a biological station, when an unidentified vehicle rammed into their bus.

The van was traveling on lit roads in a populated area when the gunmen robbed the class.

"A car came up, hit us and got in front of [our] car so it couldn't move," said a manager at the biological station who asked not to be named as a matter of job security. "Two people got out of the car. One was wearing all white and one was wearing all black. They pointed [guns] at the students and the driver."

The assailants, who have not yet been identified, took two bags from the travelers and left, injuring no one. The members of the class then moved 50 meters to a nearby restaurant where they contacted local police.

Despite being held at gunpoint, the bus did not break out in panic.

"Surprisingly, everybody was extremely calm," said the manager. "No one did anything. Everyone was stunned."

Police arrived within 10 minutes and escorted the group the rest of the way to the biology station.

"It was a little town, there were a few people there," the biology station manager said. "These are all tiny towns around there. It was in a lit area. We had just come from a place where there was a dirt road and the pavement begins. They hit us right as we got to the pavement."

According to the United States Overseas Security Advisory Council, Costa Rica's conditions have been

recently unsafe for American visitors. Robberies of this kind, which target tourists leaving the airport along country roads, have grown more common in recent years.

But according to the biology station manager, this is the first time that University students have been robbed while on the way to the station.

"I talked to the locals about this area," she said. "We talk to the other workers that are here. I've never experienced this in my life and the station has been running for 15 years."

Two members of the Tropical Ecology class who had been vacationing in Costa Rica were each robbed prior to the incident—one of them at machete-point.

Still, the manager at the biological station emphasized that the students have returned to a normal pace and to their study of native wildlife.

"We're in the middle of the rainforest in this area," she said. We go out to the forest and walk around every day. Everybody just needed to get it out. They're all better now."

The professor and students were unavailable for comment, as they were conducting research in the rainforest.

Students, many of whom are now missing wallets, cell phones and passports, spent much of the weekend wiring money and purchasing new passports at the local embassy.

Police will escort the group to the airport when they depart the country on Sunday.

Men's and women's b-ball teams ready for Final Four

Johann Qua Hiansen
Sports Reporter

Senior Jill Brandt dribbled the ball down the sideline with two Illinois Wesleyan players attempting a last-second steal. The hard part was over. With the score at 58-53 and

seconds to go, all Brandt had to do was hold on to secure a trip to the Final Four. When the buzzer sounded, Brandt burst into a smile, tossed the ball to the side, and joined the entire Washington University women's basketball team storming the court for celebratory hugs and cheers.

"I just remember dribbling down the court, smiling, thinking 'Here we go again,'" Brandt said.

No. 6 Washington University advanced to the Final Four for the first time since 2007 after defeating No. 1 Illinois Wesleyan 58-53. Wash. U., a team picked to finish fourth in the

region, handed the Titans their first loss of the season and extended their own winning streak to 14 games.

Minutes earlier and with more than 2,000 screaming Illinois Wesleyan fans, a student band with more

See FINAL FOUR, page 8



JOHANN QUA-HIANSEN | STUDENT LIFE

Senior Shanna-Lei Dacanay cuts down a piece of the net after the No. 5 Washington University women's basketball team upset the No. 1 Illinois Wesleyan Titans on their home court on Saturday, 58-53, to secure a Final Four trip for the Lady Bears. The second-ranked men's basketball team is also going to the Final Four for the third consecutive year after it upset the No. 1 St. Thomas University Tommies on their home court on Saturday, 79-64.

New execs take first steps toward adopting Google Apps

Alan Liu
Staff Reporter

The incoming Student Union Montana slate has set plans in place to outsource the student e-mail system to Google Apps for Education, with hopes of implementing the change by the start of the fall semester.

In a survey conducted in February of last year by the Student Union (SU) Technology Resources Committee, 79 percent of students chose Gmail in the event that student e-mail was outsourced.

"E-mail is something that students use every day, and I've heard so many students talk about how it needs to improve, and the fact that University is experiencing financial trouble, it makes sense to tackle this first. We can save money and improve student government at the same time," SU President-elect Jeff Nelson said.

The slate was elected two weeks ago in SU elections held on March 4 and 5 and will take office at the end of the month.

Nelson noted that Washington University spends a quarter of a million dollars to provide e-mail services to the student body each year while the cost of outsourcing to Google Apps for Education would be free.

Nelson has suggested that

the money saved from providing University e-mail go toward improving cell phone reception in the Danforth University Center (DUC) or opening an office for the prevention of sexual assault.

This initiative has existed for months and has been a frequent



topic of conversation among SU members. Nelson believes that this year, the plan can be put in place.

"The difference is and why this hasn't happened last year and why I think it can happen this year is because you need a leader of the student body who is not going to say, 'We want to do this,' and then just say 'Okay, it'll eventually get done,' but someone who will push this to get done now, and that's what I think my administration is going to do," Nelson said.

By switching to Google Apps for Education, the University would join peer institutions like

Vanderbilt and Northwestern universities and the University of Southern California.

The Google Apps for Education Suite includes Gmail, Google Calendar, Google Talk, Google Docs, Google Sites and Google Video for education. Gmail would

be taken with the security of student information.

Nelson is encouraging students to sign a petition online. He hopes that the use of a petition will signal to students that his administration will be more inclusive and that it would show the University administration that students support the change.

"If we start now, we can use Google Apps by the fall semester," Nelson said.

Among the other issues that Nelson hopes to address is St. Louis Metro, which is set to implement service cuts to its bus, light-rail train and Call-a-Ride services on March 30 to address its \$50 million budget shortfall.

Nelson said, however, that Metro is a more complex issue, and he said that he wanted to meet with the University administration to develop a well-formulated and effective plan for helping the agency first.

"I don't want to prematurely try to do something and fail," Nelson said. "I do want to meet with the Chancellor. I want to meet with the vice chancellor of administration and governmental relations, different people around campus and in the St. Louis area so that when we do do something before the school year ends, we can actually make an impact."

Olasov mourned as devoted friend

Perry Stein
News Editor



Anthony Olasov, a senior who died from accidental drowning last Tuesday while on spring break in Costa Rica, is remembered by his friends as light-hearted, funny and hard-working.

Olasov, 22, was an electrical and computer engineering major from South Carolina who was slated to graduate with honors in May. According to Kimberly Shilling, special assistant to the associate dean in the engineering school, Anthony will be receiving his degree posthumously at graduation.

Outside of academics, Anthony was actively involved in campus life and friends described him as "an all-around great guy."

Anthony was the former co-president of the College Libertarians, a teaching assistant, a technician at Student Technology Services and a member of the Electrical Engineering Student Advisory Board.

Senior Mitch Port participated in the College Libertarians with Anthony and remembers him as someone who was "passionate about his beliefs and very dedicated to whatever he was doing."

"[The College Libertarians] would have weekly meetings and discuss various different topics and he would always bring great insights. That really helped to push me in my own beliefs," Port said. "He was a very good proponent of liberty, which all of us in the College Libertarians believe in. He

Senior Anthony Olasov, 22, died while on spring break in Costa Rica, due to accidental drowning.

advocated and fought for those beliefs."

Anthony also had a substantial impact at Student Technology Services (STS), where he worked as a technician for four years.

"He was just a very nice guy, very light hearted, always kept the atmosphere upbeat," said John Bailey, a manager at STS who worked with Anthony. "He was really a great asset and were going to miss him a lot."

Bailey went on to add that he "was even the class clown of the group, but in a good sort of a way, not in a disruptive way."

Junior Joseph Tella, who had been friends with and had worked with Anthony for the past two years at STS, also noted Anthony's sense

See OLASOV, page 6

READ ALL OVER

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THE FLIPSIDE

eventcalendar

WEDNESDAY 18

History Colloquium

Eliot Hall, Room 300M, 3:30 p.m.
Richard White, professor of American history at Stanford University, will give a lecture titled, "Constructing Space: Railroads and the American West." A reception follows the talk.

Japanese Film Series

Seigle Hall, Room 103, 6:30 p.m.
Japanese film director Shohei Imamura will screen his movie, "Black Rain."

THURSDAY 19

Assembly Series: Janine Benyus

Graham Chapel, 5:30 p.m.
Janine Benyus will speak about biomimicry, the study of life that performs well in context while economizing on energy and materials. Benyus' talk, "Biomimicry: Building from Nature's Blueprints" is free and open to the public.

Jazz at Holmes

Ridgley Hall, Holmes Lounge, 8 p.m.
Portnoy, Lenihan and Guth Trio will perform. Snacks and drinks will be provided for the audience.

quoteoftheday

"This just made my day. Sometimes I go through the day without having lunch and that's not healthy, but now I'll have lunch everyday."

Gabby Lemee on Steinberg Café replacing Art Cafe

newsbriefs

Campus

CS40 prepares for upcoming elections

Elections for the executive board of the Congress of the South 40 (CS40) will be held on March 25 and 26. Candidates will be campaigning until March 24, at which time there will be an assembly held for any students interested in watching each of the candidates make a presentation.

The executive board of CS40 includes five offices: speaker, director of development, director of finance, director of public relations and director of services.

Freshmen Hannah Bowling, Marc Hendel and Brandon Lucius are running for speaker; Freshmen Sagar Chokshi, Hiu Yue Monatrice Lam and Christian Maldonado for director of development; freshmen Harish Chamarthy, Benjamin Furtick, Amelia Hetherington and He Qi for director of finance; freshmen Daniella Gafen and Gabriel Magraner for director of public relations; and freshmen Robert Levy and Jennifer Jeffers for director of services.

"I would encourage any and all students to turn out at assembly on the 24th because this is the final forum in which all candidates will really be able to make a public testament as to why they are most qualified for the job," said Jake Novick, speaker of the CS40. "Voting is an informed process, and what better way to do so than with the opportunity literally sitting on your doorstep?" (Michelle Merlin)

National

Former PA politician found guilty on all charges

Vincent Fumo, a former Pennsylvania state senator, was found guilty of fraud on Monday. The 65-year-old served as a member of the Pennsylvania state senate for 30 years and was on trial for defrauding the state and several nonprofit organizations.

The former senator was accused of using \$1.4 million belonging to Citizens Alliance for Better Neighborhood, a nonprofit group with which he worked, for political reasons.

Fumo was convicted on each of the 137 charges against him. The crimes he was found guilty of committing included conspiracy, obstruction of justice and fraud. He was also found to have used state employees to run his personal errands.

The former senator decided not to run for reelection after federal charges were pressed against him.

Fumo's defense lawyer has said that they are considering appealing the case. (Chloe Rosenberg)

Illinois mother in custody battle in toilet birth case

Elyse Mamino is at the center of a battle for custody of her child, born in November. After giving birth in a bathroom at a party in Illinois, Mamino tried to drown the newborn in the toilet but is pleading not guilty. The police also found the remains of another infant in her apartment. She is now facing charges, and no action was taken or decided in a hearing on Monday. The father, Ed Goodrich, is seeking custody in a trial that will be held this coming November.

The 4-month-old child has been placed with foster parents for now. Her name, found on Mamino's Myspace page, is Victoria Goodrich. (Michelle Merlin)

weatherforecast

Wednesday 18

Thunderstorms
High 75
Low 43



Thursday 19

Partly Cloudy
High 60
Low 34



policebeat

PROPERTY DAMAGE—March 3, 9:42 a.m.
Location: PARKING LOT NO. 10
Summary: Aramark employee reports finding broken eggs on his vehicle. Complainant reported washing the eggs from his vehicle prior to calling police to minimize the damage to his paint. Disposition: Pending.

AUTO ACCIDENT—March 4, 9:20 a.m.
Location: WALLACE DR
Summary: Top Care vehicle damaged by bollards. Disposition: Cleared.

CRISIS INTERVENTION—March 5, 12:23 a.m.
Location: DANFORTH CAMPUS
Summary: Crisis intervention. Disposition: Cleared.

INVESTIGATION—March 6, 3:48 a.m.
Location: OFF-CAMPUS
Summary: St. Louis City Police requested WUPD respond and investigate an abduction reported by the victim. Investigation revealed no abduction took place and the student was charged with filing a false police report. Disposition: Unfounded.

FALSE ID—March 6, 11:06 a.m.
Location: HURD DORM
Summary: False ID found during above investigation. Disposition: Referred to JA.

LARCENY—March 6, 11:15 a.m.
Location: POLICE DEPARTMENT
Summary: Student reported unauthorized charges on her ID card after she lost it. Same card had been used in vending machines on campus, total charges under \$5. Disposition: Pending.

RECOVERED PROPERTY—March 6, 11:49 a.m.
Location: MYERS DORM
Summary: Stolen traffic signs and barricades were discovered in a room. The signs were seized and released to Transportation. Disposition: Referred to JA.

INFORMATION ONLY REPORTS—March 6, 5:52 p.m.
Location: LIEN RESIDENCE HALL
Summary: Student reported two individuals, using pipes and duct tape, sealed her door where one could not enter or leave. Maintenance responded to remove the items. Disposition: Referred to ResLife.

DRUG OFFENSE—March 6, 10:36 p.m.
Location: LIGGETT DORM
Summary: Officers responded for a smell of smoke and found the hallway smelled of

burnt marijuana. ResLife Associate Director responded for a room search and located drug paraphernalia and marijuana. Disposition: Referred to JA.

FALSE FIRE ALARM—March 7, 12:15 a.m.
Location: LIGGETT DORM
Summary: Fire alarm pull station activated. Disposition: Pending.

INFORMATION ONLY REPORTS—March 7, 3:19 a.m.
Location: POLICE DEPARTMENT
Summary: Student was concerned over a recent e-mail and reported the incident to officers. Student will contact the Police if there are any further e-mails. Disposition: Cleared.

PROPERTY DAMAGE—March 8, 3 p.m.
Location: SHEPLEY DRIVE
Summary: Taxi, while parked on Shepley Dr., was damaged when the right tire sank into a sinkhole. Hartmann's pulled the cab free and it didn't appear to have damage. Disposition: Cleared.

AUTO ACCIDENT—March 8, 4:13 p.m.
Location: THROOP DRIVE
Summary: Vehicle struck rear bumper of Washington University Shuttle Bus on Throop dr. No reported injuries. Disposition: Cleared.

AUTO ACCIDENT—March 10, 12:25 p.m.
Location: SNOW WAY DRIVE
Summary: Two vehicles, no injuries. Disposition: Cleared.

PROPERTY DAMAGE—March 16, 8 a.m.
Location: MILLBROOK GARAGE
Summary: Staff reports someone attempted to enter his pickup truck. Damage occurred between 6:30 a.m. and 3:15 p.m.; both locks were punched, however entry was not gained. Disposition: Pending.

LARCENY—March 16, 9:07 a.m.
Location: TIETJENS HALL
Summary: A Wash. U. employee reported that between March 6 at 3 p.m. and March 16 at 8:30 a.m. unknown person(s) stole his white Mac book laptop, which was located on top of his desk in Tietjens Hall. Total loss valued at \$1,800. Disposition: Pending.

PARKING VIOLATION—March 16, 11:10 a.m.
Location: PARKING LOT NO. 35
Summary: Transportation reported a vehicle displaying a fraudulent daily pass. Vehicle towed by Hartmann's; permit seized. Disposition: Cleared.

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JENNY SHAO | STUDENT LIFE

Aarthi Arunachalam promotes Relay for Life by riding around campus on a pink scooter. The annual charity event benefitting the American Cancer Society will be held this Saturday on Francis Field.



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Help Wanted

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Majors: All Majors

Apply end: 3/19

U.S. Bureau of the Census, Suitland, MD

Recruiting for: Professional Management and Technical Trainee Positions

Majors: All Majors

Apply end: 3/19

Washington University in St. Louis, MO

Recruiting for: Career Development Fellowship

Majors: All Majors

Apply end: 3/20

Children's Rights, New York, NY

Recruiting for: Paralegal

Majors: All Majors

Apply end: 3/31

The Gallup Organization, Multiple Locations

Recruiting for: Associate Consultant, Business Development Consultant

Majors: All Majors

Apply end: 3/31

INTERNSHIPS & CO-OPS

NBC Universal, Los Angeles, CA

Recruiting for: Universal City Summer Interns, Burbank Summer Interns

Majors: All Majors

Apply end: 3/18

Randa Accessories, Chicago, IL; New York, NY

Recruiting for: Summer Internships in Fashion

Majors: All Majors

Apply end: 3/18

ESD--Environmental Systems Design, Inc., Chicago, IL

Recruiting for: Consulting Engineers (Electrical & Mechanical)

Majors: Engineering

Apply end: 3/19

Liz Claiborne, Inc., New York, NY

Recruiting for: Juicy Couture Summer Intern

Majors: All Majors

Apply end: 3/19

Washington University in St. Louis, MO

Recruiting for: Admissions; Alumni and Parents Admission Program (APAP); Facilities Project Assistants (Capital Projects, Maintenance, Operations)

Majors: All Majors

Apply end: 3/20; 3/27; 3/30

National Kidney Foundation, Creve Coeur, MO

Recruiting for: Marketing, Public Relations and Development Intern

Majors: All Majors

Apply end: 3/20

Senator Kit Bond, Washington, D.C. and various offices in MO

Recruiting for: Legislative Intern, Press Intern, District Office Intern

Majors: All Majors

Apply end: 3/21

United Way of America, St. Louis, MO

Recruiting for: Interns in Community Relations, Environment, Higher Education, Human Resources, Journalism, Marketing, Performing Arts, Public Health, Public Relations, Social Ventures

Majors: All Majors

Apply end: 3/24

Swank Motion Pictures, St. Louis, MO

Recruiting for: Copywriting Intern, College Sales On-Campus Advertising Intern

Majors: All Majors

Apply end: 3/25

St. Louis Cardinals, MO

Recruiting for: Recycling Manager, All-Star Game Interns (Attraction Manager, Credential Checker, Production Manager)

Majors: All Majors

Apply end: 4/6

EVENTS & WORKSHOPS

CAREERlink Training: 3/19, 4-5 PM, Danforth University Center, Career Center

Interviewing to Get the Offer Workshop: 3/23, 3-4 PM, Danforth University Center, Room 234

Finding an Internship Workshop: 3/24, 5-6 PM, Danforth University Center, Career Center

Nonprofit Careers: 3/25, 5-6:30 PM, Danforth University Center, Room 234
This program will feature nonprofit professionals discussing their work and dispelling any myths about the nonprofit industry. Guests include Big Brothers Big Sisters of Eastern Missouri, National Conference on Community and Justice of Metropolitan St. Louis. Guests continue to be added. Details available on CAREERlink.

Finding a Job Abroad Workshop: 3/26, 4-5 PM, Danforth University Center, Career Center

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FORUM

STAFF EDITORIAL

Montana slate offers building blocks for activism

Student Union President-elect Jeff Nelson and the Montana slate released "The Plan to Renew Activism" in the final days of campaigning. Having a detailed plan for achievable, tangible goals is an important starting point for Student Union (SU) executives. "The Plan to Renew Activism" outlines specific goals for improving students' lives, and because these goals are so concrete and specific, students have a tangible way to judge the success of the new administration and hold them accountable if their plan is unproductive. While this plan is a solid foundation for the Montana administration, it is important that the new executives use this plan as a framework for their goals rather than an all-encompassing list. "The Plan to Renew Activism" offers

some of the tools necessary to engage students, but SU will need to use these tools in innovative ways to achieve the goals of the student body.

"The Plan to Renew Activism" offers specific steps to make concrete changes, such as improving student e-mail, creating a student portal, reducing line congestion by implementing Webfood and extending campus card functionality—changes that the *Student Life* editorial board has previously urged and naturally endorses. The most important part of the plan, however, lies in the framework SU has laid to actually attempt to renew student participation in SU. As the executives note in the plan, "for some reason, many people think that there is a disconnect between the student body and their student government." Regard-

less of whether SU can actually extend campus card functionality off-campus or successfully outsource e-mail, the success of this administration can be judged by whether students feel the same disconnect from SU that they have felt in the past.

Nelson has already undertaken many efforts to communicate with the student body, including posting YouTube addresses, launching an SU Twitter and blogging about meetings with administrators. However, these efforts will only be successful if students care enough to read or listen to Nelson's communication. Anticipating this problem, Montana has laid out ways to proactively bring issues to the student body. The executives plan to use student group meetings to bring issues to the student body and to

gauge student concerns. Additionally, Montana will assemble a ground team of people within residential halls who will discuss SU issues with students.

While the framework in this plan will help to bring about much-needed changes, truly renewing activism will require taking a few more steps. After a ground team is assembled and meetings with student leaders are in place, SU will need to take the concerns and suggestions students present and respond with effective changes. The easiest way for the plan to backfire is for students to finally decide to put effort into SU and not see any results. With that in mind, both the Montana administration and the student body should amplify their efforts to communicate and mutually seek changes that improve students' lives on campus.

Study drugs

Charlie Bohlen
Staff Columnist

Chances are that every student reading this article knows what I'm talking about when I broach the subject of "study drugs." But for those naive few to whom the idea of pharmaceutical cognitive enhancement will come as a surprise, let me fill you in on an unfair advantage currently enjoyed by many of your schoolmates. Study drugs are any drug (though typically Ritalin or Adderall) either prescribed by a doctor to treat the symptoms (real or fabricated) of attention-deficit hyperactivity disorder or purchased from a classmate and used for the purposes of enhancing one's academic prowess. Most students who use them do so to stay on task when a night of test cramming looms, or to stave off the effects of sleep deprivation when the dawn finally breaks.

This is not an insignificant problem. According to one survey published in the journal *Addiction*, 7 percent of U.S. college students have abused drugs already prescribed to them for scholastic purposes and perhaps as many as 25 percent of college students—as many as have admitted to using illegal drugs such as marijuana for recreational purposes—may have broken the law to obtain study drugs even as late as 2007. And as new and better drugs enter the market, this trend is sure to continue. One new arrival, Modafinil, a potent anti-narcoleptic given to Marines on patrol in Iraq and just now starting to be widely prescribed off-label by many a U.S. doctor, promises to be a big hit on the college black market. Trust me, a big hit.

Study drugs are not currently legal as such. If obtained outside a prescription, Adderall, as a Schedule III controlled substance, carries a maximum of five years imprisonment for possession and 10 years for possession with intent to distribute. Given that these drugs are illegal and performance-enhancing, it is not surprising that this controversy is typically approached from two better-established cultural dialogues: the recreational drug debate and the debate over athletic steroids.

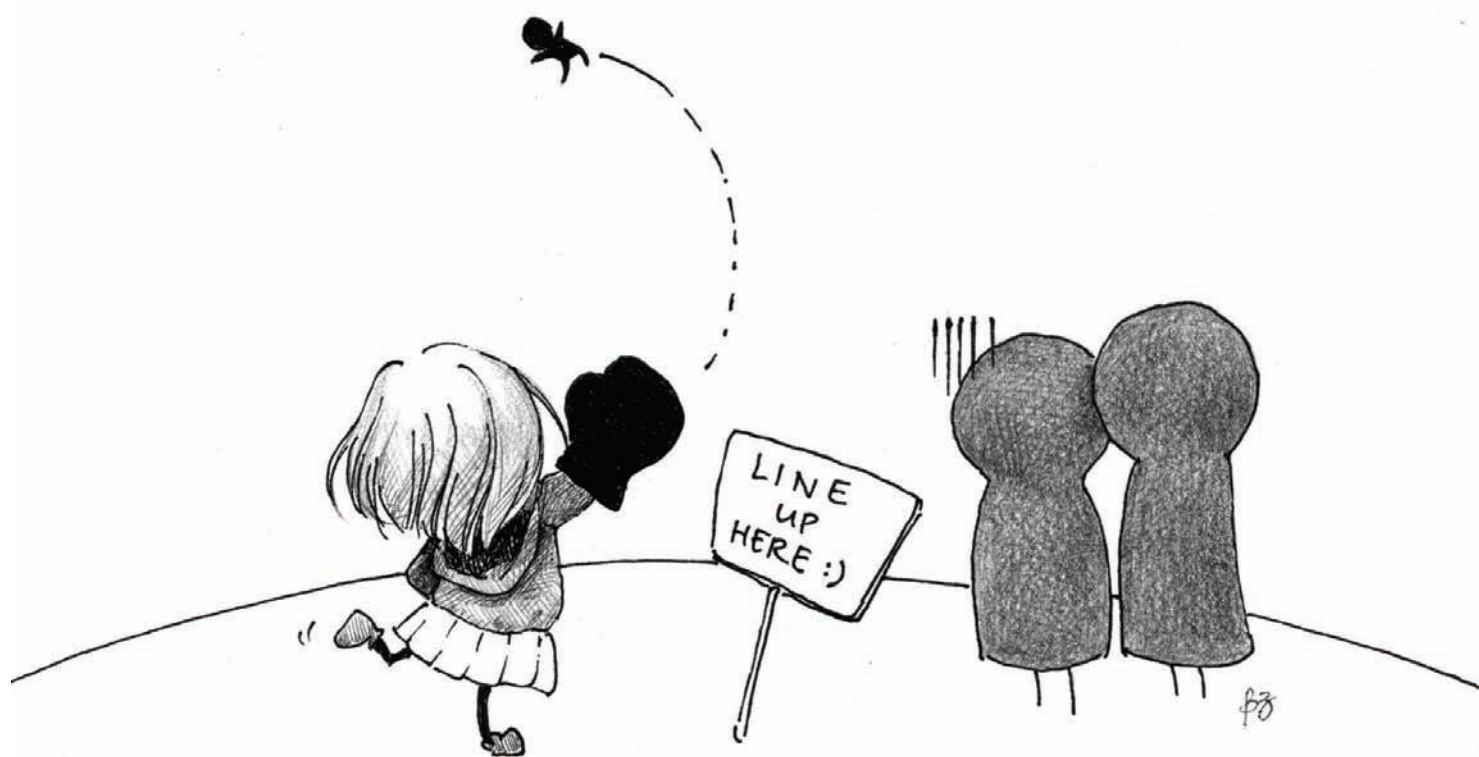
By the first line of logic, these are harmful drugs that students are risking their health with by consuming outside of a prescription, and as such, they should not be in any way

decriminalized, lest their victims become a burden on society. The problem with that analogy is that while many of these drugs do have side effects (you take too many amphetamines, and you induce psychosis, regardless of how well your Writing 1 paper turns out), most are not habit-forming and their results are beyond question. These are drugs that in many ways make us better students, more organized family members and more committed citizens. Their widespread legalization might actually aid society. It is no sure thing of course, but trying to argue down their decriminalization by an appeal to visions of crack dens and opium hovels is highly suspect and should be avoided.

By the other way of thinking, the 'roid argument, these drugs not only provide an unfair advantage to the unscrupulous, they undermine the very nature of merit-based testing. Let's say that a given student binges on these pills in the weeks just before his MCAT, artificially inflating his score. She is now on paper a better budding physician than she otherwise might have appeared. Lives hang in the balance, and you would have us discuss these vile things? I would indeed. For the fact of the matter is that unlike sports, knowledge acquisition is not a zero-sum game. You learn what you learn over a period of years, and you don't unlearn what the drugs might have contributed, as you lose the muscle mass provided by sustained steroid use. If that pre-med knows her stuff, she knows her stuff, and it doesn't really seem like it should matter that she turned to study drugs to learn it.

That they are unfair is undeniable, but come now. Your AP and SAT tutors, your private school education, were not quite fair advantages either. And I'm no idealist, but I do know that any reform that has a chance of thickening the quarterly earnings of pharmaceutical companies has a better chance than most. So I'd say it's high time that the conversation regarding these drugs earnestly began. Ours is a generation already adept at forging driver's licenses, procuring narcotics and looting the Internet of every form of commercial media fit for a day's vegetation. Let's not let our decisions regarding the very state of our mental development keep such company for long.

Charlie is a sophomore in Arts & Sciences. He can be reached via e-mail at cbohlen@wustl.edu.



BECKY ZHAO | STUDENT LIFE

Hypothetical beatings

Which five people would you most like to punch in the face?

Tom Butcher
Staff Columnist

The hypothetical question "Which five people, living or dead, would you invite to dinner" is a useful and popular exercise, but unfortunately, and perhaps because of that very popularity, it has also become somewhat boring and clichéd. How many more self-help speeches, group retreats and college admissions essays will have to feature the question before people finally tire of it? In this spirit, I propose a new question, one which still helps people prioritize their goals and values but approaches the exercise from a novel and entertaining angle: Which five people, living or dead, would you most like to punch in the face?

The question allows one to pinpoint which values they most care about in themselves and then to assert that value with a fist to the mandible of its most vigorous opponent. Or perhaps just to let him get back at that schoolyard bully, in which case he still finds something out about himself. I would encourage people, however, to really think

about their choices and not just pick the most popular examples. So on my list, for example, you won't find me trying to punch Hitler or Dick Cheney in the face; I wouldn't want to wait in line. With that in mind, here are my five people:

Aristotle: I can see you thinking right now: "Aristotle? One of the most famous philosophers of all time? Why would you punch him, you gnosiophobe?" It's simple, really: For all of his success in the fields of moral and political philosophy, Aristotle was also the creator of Aristotelian physics. Big deal, you say? Hardly. Aristotelian physics held the entire Western world in its steely grip for about 1,500 years, causing the Church to charge such visionaries as Galileo and Copernicus with heresy. Plus, he rejected what his teacher Plato taught about the equality of women and instead could not make up his mind about whether they even constituted human beings. For that, he gets socked in the kisser.

Henry David Thoreau: I don't know if you've ever gotten the chance to read "Walden," but if you ever do, do yourself a favor: DON'T READ IT. The book is dryer than sand paper and contains "revelations" that a 5 year old would find clichéd. What's that you say, Thoreau? Be honest! Live life for ourselves? Spend all of your time in a shack next to a stagnant pond? What insight! I never could have thought of that! I'm so glad he's here to tell us! This guy desperately needs a beat down.

Jean-Jacques Rousseau: It

seems to me that if you're going to accuse the greatest composer of your day of writing terrible music, and simultaneously propose a radically new theory of music, then your first opera ought not to sound like Satan dragging 666 screaming cats across a blackboard. "Le devin du village" is an affront to ears everywhere, and unfortunately, since it didn't die with Rousseau, it's also an affront to ears everywhen. And let's not forget that, despite being the foremost author of the Enlightenment and a champion of equality, he argued that women ought to be educated to be nothing more than mindless house- and sex-slaves. Knock his teeth out, I say!

John Calvin: In many ways, this 16th century theologian, one of the most important figures of the Protestant Reformation, is directly responsible for the formulation of this article. For many years now, when asked about which five people I would invite to dinner, my fifth answer was always John Calvin—so I could punch him in the face. Now that I'm dedicating an entire list to that subject, he naturally deserves a place of honor. His many doctrines eventually developed into the belief structure known as—what a narcissist!—Calvinism. This belief structure contains a doctrine called predestination, which is the belief that, even before we're born, God has chosen who he will save and who he will damn to hell. This means that sinners are in no way responsible for their own damnation and that those unfortunate enough to

be prewritten into God's "naughty list" cannot avoid an eternity-long trip to hell, no matter what they do. Besides creating a deeply troubling image of God, Calvinism also essentially abolishes any notion of free will, because God is just behind everything, pulling the strings. This year will celebrate Calvin's 500th birthday, and I can think of no better present than a few hefty blows to his mandible.

Don Barrington: This relatively unknown figure is a state senator from my home state of Oklahoma. Although he may seem fairly unassuming, he deserves a beating just as much as, if not more so, than everyone else on this list. This odorous orator, this lamentable legislator introduced and sponsored a bill that declared the watermelon to be Oklahoma's state vegetable. Yes, you read the right: vegetable. He made us the laughing stock of the nation! And it's not like we were doing that well beforehand, either! Unlike the other people on my list, Mr. Barrington is still alive, so I might actually be able to punch him in the face one day.

So there you are, five people whom I would assault, given the chance and some sort of time machine. Go ahead, make your own list—it's fun! Plus, it helps you define your values, like whether you stand for proper identification of fruits and vegetables.

Tom is a junior in Arts & Sciences. He can be reached via e-mail at tmbutcher@wustl.edu.

On heroin

AJ Sundar
Staff Columnist

Drug use has become somewhat of a taboo word in American culture. The taboo has extended so pervasively and with such penetration that we now have a war on drugs: The image brought to mind is that of several angry pills and herbs, armed with cannons and bayonets marching into the battlefield in various formations. Even Michael Phelps seems to fall victim to the drug taboo, as a few hits of marijuana led to excessive slamming by the media and perhaps a permanent mark on his public image. Such loaded rhetoric, one would hope, wouldn't extend to the enlightened academic community here at Washington University.

Unfortunately, it does. While the University's liberal alcohol policy is laudable in and of itself concerning extended freedom of choice, I find myself quite puzzled as to why other recreational drugs are strictly prohibited on campus to the degree that they

are. I would argue, instead, that there shouldn't be any limitations on any drug use whatsoever.

One might say, "But AJ, that's absurd! Heroin's so dangerous that the University should prohibit its use solely due to the level of harm it brings to the students." There's no doubting that heroin is, indeed, highly harmful when abused. However, that same level of danger also extends directly to alcohol, which the University allows so long as it is used responsibly. The University doesn't condone the abuse of alcohol, merely the responsible enjoyment of that alcohol. And yet those very same rules could be applied to the use of any drug, and so long as that drug is being used responsibly and safely, the University would be inconsistent to ban one outright and allow another.

At a more basic level, this argument of harm could apply to anything—with few exceptions, a student can abuse nearly any "substance," from cheese to table salt. Abuse of nearly anything leads to serious health problems,

See SUNDAR, page 5

YOUR VOICE: LETTERS AND GUEST COLUMNS

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The pirate bay and Web 2.0 Internet-driven culture change



GODIVA REISENBICHLER | STUDENT LIFE

Brent Sherman
Staff Columnist

As we await the verdict in the trial of The Pirate Bay, a torrent tracker accused of assisting with copyright infringement, I think it would be useful to look at how the Internet has revolutionized the dissemination of knowledge. Another question that I find myself asking is if Web 2.0—in a very broad sense user-generated content—has succeeded or failed. These two questions intertwine, and so my answers will too. I will also give my two cents on The Pirate Bay's predicament.

The Internet was originally created as a means of sharing information, and it now does it so well that ideas, called memes (pronounced like genes, get it?), can sweep the globe in a day or less, giving rise to the term "viral" to describe this type of rapid, self-propagating transmission.

This is a particularly apt description for those pieces of information that encourage you to transmit them. The classic example is the chain letter, but a more familiar example is most Facebook applications. Viral memes were not nearly as common before Web 2.0.

The Internet was a vast repository of information that the user accessed. With the advent of sites like Flickr, Wikipedia, Facebook, blogs and the like, the user not only accesses information, but he also uploads or creates new information for others to access.

Putting such capabilities in the hands of everyone leads to a great deal of noise relative to the good information. MySpace is the site that many love to hate because of the attention-grabbing people who sometimes use it. Despite the great deal of noise, MySpace has a silver lining in that band pages are a great way for people to discover new music

and listen for free.

Similarly, many blogs are little more than one person whining about his life or focused on some obscure pastime, like the restoration of antique clocks. In the first case, it is generally all noise. The latter is noise but for a small niche population.

Web 2.0 succeeds and fails based solely on what content people choose to generate. Thus,

Now, the Internet is no longer just a repositor of information that we access, but a place where we can create new information or rearrange the existing information.

many such sites have created a system that grades the content, whether by moderators—commonly found in forums, comments on blogs and such—or by the crowd itself as with YouTube, Digg and so forth. Prior to this, it was easy to be lost in a sea of information, which harkens back to the age when search engines were bad.

Now, the Internet is no longer just a repository of information that we access, but a place where we can create new information or rearrange the existing information. Both capabilities are deftly taken advantage of by wikis, especially Wikipedia. Web 2.0 enables not just rapid access to information but also the ability

to create and synthesize information.

Web 2.0 has succeeded in that there is a lot of good information readily available and that the bad information is easy enough to ignore or filter out. The system is improving, and as it does so it is shaping our culture in unforeseen ways.

Facebook and Orkut, a popular social networking Web site in foreign countries, have altered how we interact with one another. Blogs have changed how we receive our news, and we watch amateur videos on YouTube that we would have never seen before. Many more (and probably better) examples are out there.

Returning to The Pirate Bay's trial, The Pirate Bay's defense is that it provides a means that users can use toward either legal or illegal ends. Thus, it is the user and not the service that is at fault for any alleged copyright violations.

I agree with this defense because it makes more sense than blaming The Pirate Bay for users' actions. Blaming The Pirate Bay is akin to blaming alcohol makers for drunk driving, which regrettably does happen. The alcohol maker did not make the person drink and drive; it was the person's own choice. It would be senseless to punish the maker while so many others can consume alcohol responsibly.

Web 2.0 has succeeded by creating good information that is accessible. In doing so, it has fundamentally changed how we interact with each other, what media we consume and even how we learn.

A ruling against The Pirate Bay would risk stifling this change. Nevertheless, if the case goes against them, then others will rise up in their place or new technology will circumvent the issue.

Brent is a sophomore in Engineering. He can be reached via e-mail at zuklug@gmail.com.

Watchmen

Randy Brachman
Staff Columnist

I would like to read more comic books. I am a geek. I am not ashamed to admit this.

Growing up, I was always enamored with superheroes. I watched the animated "X-Men" TV show on Fox, and it pissed me off how they neutered Wolverine because they couldn't show any blood, making both his healing and his claws mostly useless. I watched "Spiderman" and wanted to be Peter Parker. I watched "Batman: The Animated Series" and any Superman cartoons I could find. The "Justice League of America" was one of the last cartoons I watched regularly. I could go on. I sat through the borefest that was "Hollywoodland." (I regret that decision.)

Although I was very much into the TV superhero scene, I never really got into comic

books. My dad had a collection from when he was in college, but they were always in the attic and thus inaccessible. And even when I could get my hands on them, his collection was never organized enough to allow me to this.

I am a geek. I am not ashamed to admit this.

read a complete (or even mostly complete) story line.

I am too impatient to start reading comic books. I don't want to wait a month for each new one to come out, only to read it in under an hour. I need a whole story in one place. The

obvious solution, then is, was and will always be, graphic novels.

After I saw "Sin City," I picked up some of the books. I finished reading all seven of them this past winter break after a few year hiatus. After I saw "V For Vendetta," I walked across the shopping center parking lot to Border's and bought the graphic novel. I read it that night. Last semester, on a total whim, I went to the comic book store on the Loop and bought a then-new graphic novel about the Joker of Batman fame. I read it on the walk back to my room.

Last year, I accidentally one-upped the movie industry. I didn't know that a "Watchmen" movie was in the works, but I read the book anyway. I'd heard that it is the very pinnacle of graphic novels as both a story and an art, and one of, if not the, best superhero stories ever thought up. And that's all true.

Now the movie has come out. I saw a midnight show on the Thursday before break. My

friends and I dressed up as characters from the book. I went as dead Comedian, which means I wore pretty much just a bathrobe and makeup. I was as close to naked as I've ever been in a movie theater before. As far as I'm concerned, this was the event of the semester.

The first I heard that there might be problems with the release was a letter on Cracked.com by Dan O'Brien in which he invites Fox to "eat all the dicks" because they might have caused problems. I immediately felt the same way DOB did. I was filled with rage. I have nothing to fear now. Any potential problems have been defused, and the show went on.

And what a show it was. All around, it was a great experience, even if Zach Snyder needs to be disallowed from ever using bullet time again.

Randy is a freshman in Arts & Sciences. He can be reached via e-mail at r.brachman@gmail.com.

SUNDAR from page 4

and yet the concept of regulation of every substance encountered in our day-to-day lives seems extremely distasteful. We generally allow people to go about their lives with limited intervention because we have faith that those individuals will make good life decisions.

Of course, self-harm isn't the only potential problem with drug use. We must always consider the harm done to other individuals while one remains under the influence of any recreational drug. And yet that same argument also applies to alcohol. Obviously, I'm not implying that every behavior-modifying substance be banned from campus—rather, I would argue that the same rules applying to alcohol be carried over to other drugs. Those who are able to use recreational drugs in a safe and responsible manner shouldn't have to suffer just because some idiots decided to harm others while under the influence. Instead, those who abuse the drug to such an extent should

be punished to a greater degree for being under the influence, much as a DUI applies to alcohol. The emphasis, after all, should be on the actions committed, not on the circumstances leading to the actions committed.

As Henry Lloyd Beecher in "Proverbs from the Plymouth Pulpit" (1887) once said, "Liberty is the soul's right to breath. And when it cannot take a long breath, laws are girded to tight. Without liberty, man is a syncope." Unless we allow individuals to make their own choices, and still punish those who misuse their liberty to infringe upon others, we will never be able to realize our potential as rational human beings. I don't do heroin or other illegal recreational drugs—but I respect another's choices to do so. And that, after all, is the true sign of a liberalized society.

AJ is a freshman in Arts & Sciences. He can be reached via e-mail at asundar@wustl.edu.

Sacrifice and military strength important to freedom

Rachel Wisdom
Op-Ed Submission

When I read the Op-Ed page of the March 4 edition of *Student Life*, I was absolutely shocked by the errors in logic in Katie Ammann's article "Where do we go from here?"

I first want to take issue with Miss Ammann's understanding of the term "America's Greatest Generation." In what seems to be a disagreement with the designation, she writes, "For every Jewish, German, Japanese or American family that lost a member, this period was hardly great." Somehow, Miss Ammann has made the leap of logic that arguing against the time period's

greatness refutes the greatness of the generation involved.

Nothing could be further from the truth. The war—as Miss Ammann correctly points out—was certainly an incredibly difficult time for the soldiers called upon to fight and die for their country and for those on the home front who worked overtime in factories, made do with less under wartime rationing and grieved for the fallen. The eventual victory may have been great, but daily life for Americans between 1941 and 1945 was not. This, however, is why we consider these people to be "America's Greatest Generation." There was an unquestioned willingness to sacrifice in these men and women that has not been present in any generation since. Pause for a moment to consider the gap between the understanding of sacrifice held by the men who stormed the beaches at

Normandy, fell in the Battle of the Bulge and raised the flag at Iwo Jima and our generation's understanding of sacrifice, which largely seems to be defined as us-

It is the strength of our military that serves to protect us and that allowed us to defeat Nazi Germany and Japan.

ing fewer plastic water bottles.

Why was our grandparents' generation so willing to sacrifice? Because they understood how absolutely necessary it was to win World War II. They understood

that the attack on Pearl Harbor was an attack on American freedoms and they understood that if they didn't fight with everything in them, they stood to lose the rights and liberties we so easily take for granted. Our grandparents understood what was at stake. They could see the horrors of the totalitarian states they were fighting and they were unwilling to surrender the country their forefathers had built and the country their grandchildren would live in, to such a government.

Miss Ammann asks at the beginning of her editorial if we will "reduce the size of our military and its arsenal." We had better hope not. It is the strength of our military that serves to protect us and that allowed us to defeat Nazi Germany and Japan. Next time we have such a threat to our freedoms and are required to take up arms, we will be grateful for our

military superiority. As Dwight Eisenhower remarked, "Until war is eliminated from international relations, unpreparedness for it is well nigh as criminal as war itself."

Miss Ammann also asks whether we will "promise ourselves...that we will do what it takes to keep peace." Once again, we should hope not. Chamberlain tried that in Munich to disastrous results. (The history of appeasement leading up to World War II should go far in answering Miss Ammann's question of whether war was really necessary "to slow the Axis nations.") What if President Roosevelt had surrendered to the Japanese on Dec. 8, 1941? It would have kept peace, but we would find ourselves in a radically different country today.

The issue comes down to whether we believe that our freedoms as Americans—freedoms

unparalleled in any country on Earth—are worth fighting and dying for. The generation who fought and won World War II unquestionably thought so, as did our founding fathers. George Washington captured it best when he said that what distinguishes an American "from every other person on earth is that he would rather die on his feet than live on his knees." Miss Ammann, of course, may disagree, and—thanks to generations of American soldiers who have defended our rights—she is free to do so. However, I would suggest that were she to live for a day in Nazi-occupied Europe, or, more recently, under Saddam Hussein's regime in Iraq, she might feel differently.

Rachel is a sophomore in Arts & Sciences. She can be reached via e-mail at rrwisdom@arts.wustl.edu.

Steinberg Café feeds Sam Fox students



ANNA HEGARTY | STUDENT LIFE

The Steinberg Café, replacing the Art Cart that was in Givens Hall, serves students on its first day of service Monday morning.

Replaces Art Cart, expands options

Anna Hegarty
Contributing Reporter

Steinberg Café opened for the first time on Monday, marking the return of coffee to the Sam Fox School of Design and Visual Art after a 1.5-semester long break. Students eager for expanded food options reacted to the café with delight.

While the reviews have included both positive and negative reactions, the new café has seen a steady flow of students coming in and out throughout the day. Although it serves fewer students than other campus dining locations, art and architecture students appreciate the fact that their options have been improved.

"I think it looks beautiful and I'm impressed by the selection. This just made my day. Sometimes I go through the day without having lunch and that's not healthy, but now I'll have lunch every day," freshman Gabby Lemee said.

The Steinberg Café replaced the Art Cart, which had been functioning as the only available food service on the art school campus. In previous years, the Art Cart was equipped with hot water, soup and coffee, but those features disappeared at the beginning of last fall semester, leaving only a limited selection of juice, soda, prepackaged

food and pastries.

The Art Cart was located in the basement of Givens Hall at a position much closer to the architecture studios than the art studios. The location of the new Steinberg Café, on the other hand, is much easier to reach from both sides of the Sam Fox School and is also accessible to students outside the school who have lectures in Steinberg Auditorium.

All the old options from the Art Cart carried over to Steinberg Café, in addition to coffee and other hot beverages, soup, kosher hot dogs and meat and vegetable paninis.

The hours of the café have also been extended from the Art Cart's schedule. It will stay open until 7 p.m. Monday through Thursday and until 5 p.m. on Friday. Saturday hours are from 11 a.m. to 3 p.m.

The Art Cart was open until 2:30 p.m. on weekdays, often posing a problem for students with studio classes later in the day.

"It's good that [the Steinberg Café] is open on Saturdays; most places on campus aren't," freshman Hannah Wrangham said. She said that the best part of the change is the availability of coffee again.

Other students say they would have liked to see more done with the new café.

"I really think they should have had a little carvery and more hot food, like in the business school. I wish they had more meal-type food rather than just snacks," freshman Brittany Mikottis said. "I wish they had wraps and I kind of want to try a hot dog."

Two University a cappella groups record with Ben Folds

Chloe Rosenberg
Staff Reporter

Two of Washington University's a cappella groups, Mosaic Whispers and the Amateurs, contributed to a record produced by Ben Folds earlier this year.

Folds, a popular pop-rock artist, pianist and composer, will soon release the album, which comprises versions of his own songs but covered by different a cappella groups.

The groups had the opportunity to participate in recording the album as the result of a competition. Mosaic Whispers and the Amateurs submitted videos of each of their groups performing a Folds song last semester and discovered afterward that they had each earned a spot in the record.

Approximately 250 a cappella groups entered the contest. After a rigorous selection process, only 13 college groups and one high school group were chosen. The University is the only school with two groups on the record. Other schools whose a cappella groups were selected include Ohio University, Princeton University and University of Chicago.

Sophomore Ellen Miller, group coordinator for Mosaic Whispers, said she entered the group into the competition on a whim. Mosaic Whispers already had a video of the group performing "Still Fighting" online, arranged by current senior Mark Partridge. Miller decided to submit it.

Later, Miller received a personal e-mail from Folds notifying her that her a cappella group was up for consideration in the competition.

According to Miller, Folds remained personally involved in the

entire process. The only role his management company played in setting up the recordings was to book the times. Folds was even in contact with members of both a cappella groups.

The Amateurs had an experience similar to that of Mosaic Whispers. Several group alumni submitted a 2006 recording of Ben Folds' "The Luckiest." Folds contacted the group alumni coordinator and 2007 graduate Emily Flanders to inform her of the good news.

Many of the students who participated in performing that arrangement have already graduated. But at Folds' request, several alumni returned to the University campus to record alongside current members of the Amateurs for the album.

"To have the opportunity to have a bit of a reunion with the added guest of Ben Folds was very fun," Flanders said. "We were ecstatic. We were most excited to get to record with Mr. Folds."

The recording was done at a studio in the 560 Building. Each of the

two groups was given four hours of recording time under the direction of Folds. None of the recordings were mixed or edited.

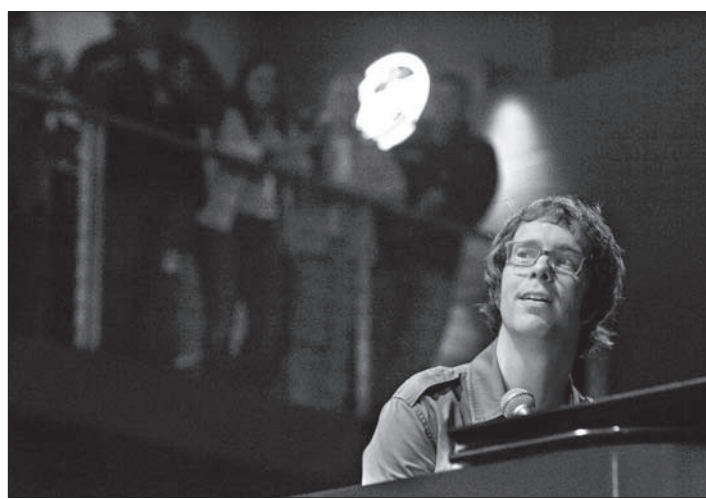
According to Miller, Folds was looking for the raw sound for which a cappella is well known.

Before they began recording, all the singers were required to sign a contract dictating that the arrangements were officially the property of the record label. According to Flanders, this ensures that the a cappella groups would not release the recordings separately.

Proceeds from the record's sales will be donated to VHI's Save the Music Foundation. In conjunction with the release, Mosaic Whispers and the Amateurs also visited local St. Louis schools to conduct publicity for the album.

"[Folds] is a really good guy. He's a goofball. He was eccentric and funny," Miller said. "The experience was pretty unreal."

The record is slated to be released on April 7. It is already available for preorder online.



RICK WOOD-MILWAUKEE JOURNAL SENTINEL / KRT

Two Washington University a cappella groups, Mosaic Whispers and the Amateurs, have contributed to a record produced by musician Ben Folds, pictured above.

OLASOV from page 1

of humor, saying that he was one of the funniest people he knew and always acted as an individual.

"During training in August we were delivering paper to the all the dorms and we were using my car, and he was just blasting and riding on top of my car and just being Anthony, and that's how I remember him, just being himself, being a funny guy," Tella said.

Bailey said that next week the

students and faculty in STS will meet and decide together how to honor Anthony in the STS community.

In the STS office now, there is a picture of Anthony with a quote from the Talmud donned with various objects that the students associate with memories of Anthony. Bailey jokingly recalled a crowbar to which Anthony glued a panic button label one day. Students have

suggested the possibility of naming something after their friend.

Although the logistics are still tentative, a University-wide memorial service is scheduled for sometime in late March. According to Shilling, it will be conducted in a casual atmosphere with eight pre-arranged speakers and some open time in which anyone can speak about their memories of Anthony.

Speakers will include Dean of the School of Engineering Salvatore Sutura, Professor Dave Richard, Anthony's parents and several of Anthony's close friends.

The College Libertarians will be attending the memorial service

together and the members are writing personal letters and sending them to Anthony's family.

"He had this great booming laugh and was always an entertainment wherever he was," Port said. "Always positive, passionate about his beliefs, very dedicated to whatever he was doing."

In memory of their son, Olosov's parents have set up the Anthony Louis Olosov Memorial Scholarship in Engineering at Washington University.

The University's flags flew at half mast for two days in Anthony's memory.

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SCENE



The skinny on diet pills

Brooke Genkin
Online Editor

According to a recent study conducted by the University of Michigan, approximately 25 percent of girls seeking to lose weight turn to diet pills. Unfortunately, many of these girls will end up disappointed, or worse, sick.

Diet pills are not very effective in promoting long-term weight loss because they act on immediate sources of weight gain instead of focusing on fat loss. Additionally, the energy-increasing ingredients such as ephedra and caffeine cause several harmful side effects, including mild to severe anxiety, bloating, stomach cramps, headaches, nausea, light-headedness, heart palpitations, high blood pressure, blurred vision and insomnia.

So why do people keep using these products? Initially, they seem to work. Diet pills promote quick weight loss, fooling the consumer into thinking that they will continue to lose weight if they continue with the product, and instilling a fear that the consumer will gain weight if he or she stops taking the pills.

So how do the products work? First, they make you lose water weight. Several pills include diuretics that they promote as "cleansing" or "flushing out" the body. Reduced water weight will make someone appear smaller and may even accentuate muscle tones, but that is only because the individual is on the verge of dehydration. Upon rehydrating, none of this weight loss is maintained.

Secondly, diet pills increase energy, reducing the need to eat. When you have tons of energy and can accomplish anything, you don't pause for food to refuel. This energy usually comes in the form of high dosages of caffeine, ephedra or guarana, all of which increase heartbeat and blood pressure and lead to anxiety, light-headedness and headaches as well as a large variety of other uncomfortable symptoms. As college students, it is important to note that stimulants of

any type may initially increase focus but when consumed in such great quantities can reduce the brain's ability to remember or process information effectively.

Thirdly, the pills suppress appetite. Diet pills fool your body into thinking you don't need to eat, so you avoid food and lose weight. The problem with this is that it alters the body's natural hunger symptoms. Once the pill regimen is stopped, hunger can come back even more ravenous than before, causing weight gain. Altering the body's ability to regulate food intake can also lead to other eating disturbances and possibly eating disorders.

Still, stores like General Nutrition Center (GNC) promote the sale of these products and claim that they are completely safe. Curious about what a sales person might say about the pills, I visited the GNC in the Galleria this past Sunday and spoke with a salesperson there.

The two most popular weight-loss pills among men and women are the Vitapak Energy supplements and Hydroxycut pills; the salesman said he assumed they are the most effective, as they are the two products that both men and women consistently come back to buy.

The Vitapak Energy packets are individual packets of approximately six vitamins, a few of which are designed to "promote fat burning" and "increase metabolism." Due to their harmless effects, and packaged with other recognizable vitamins, the ginseng and other energy boosting ingredients are well-hidden in an earthy and natural-looking way, promoting them as "safe" for the body.

On the other end of the spectrum, Hydroxycut Products look like they are right out of a commercial, with pictures of svelte men and women on the cover and promises of reducing weight by a certain poundage in a said number of weeks. Hydroxycut contains loads of caffeine (300 mg per serving), and the salesman warned of possible dehydration but claimed that otherwise they were entirely safe.



According to a recent study, 25 percent of girls use diet pills to lose weight.

The problem with claiming supplements are safe is that no higher power regulates what is sold and consumed, since dietary supplements do not need to be approved by the Food and Drug Administration (FDA).

There is one exception to the rule: Alli. Alli is the only diet pill currently on the market that has been approved for usage by the FDA. Alli was approved because it works only in the digestive system, avoiding many of the dangerous health side effects of other pills. Instead of speeding up metabolism, Alli prevents the digestion and absorption of dietary fat (approximately 1/4 of what is consumed) so that this

does not affect body composition but instead bypasses digestion and heads straight for elimination.

While this may seem like a free pass to eat all the fries and burritos you want, it is extremely important to realize that while on the Alli regimen, strict adherence to a healthy diet is essential. In fact, the pills come with manuals on healthy eating, exercise tips and lifestyle changes that promote weight loss.

Those using Alli as a quick fix will be disappointed, as it is not intended as such. Failure to adhere to a healthy diet while on the pills will result (according to the Alli Web site) in loose stools,

frequent stools/diarrhea and excess gas with oily residue. This is a product that should only be taken with your doctor's advice or recommendation and is typically used by severely overweight patients, not college students looking to drop five pounds by formal season.

When it comes to weight loss, there is no quick fix. No shake, bar or pill is going to shed pounds the way a healthy diet and increased exercise will. Weight loss is all about decreasing calorie intake and increasing energy output, i.e. burning more calories than you eat.

In order to effectively lose pounds of fat, most health professionals

recommend combining daily aerobic and weight training exercise with healthy diets of around 500 fewer calories than usual; this should amount to one to two pounds of healthy weight loss per week. As always, please seek professional advice from a doctor and nutritionist if considering embarking on a new workout or diet plan to promote weight loss.

Sources:
<http://www.teenwire.com/info-cms/2003/if-20030429p222-diet.php>
http://herbalmedicine.suite101.com/article.cfm/natural_diet_pills
<http://www.myalli.com/>

Rebecca Alper: Cleaning up the act of environmental hazards

Lana Goldsmith
Regular Features Editor

Recall a park from your hometown. Remember how convenient it was to jump on your bike or run over there to meet your friends? Think of all of the soccer games, the picnics, kids playing; so much activity takes place there.

Now imagine that this park is not usable because the land is contaminated with hazardous substances. Property like this, with problematic use or redevelopment due to hazardous substances, is called a brownfield. There are many brownfields throughout the United States, but luckily there are people like senior Rebecca Alper working to find cleanup solutions.

Alper, an environmental studies major, interned last summer with

the Agency for Toxic Substances and Disease Registry (ATSDR). The ATSDR is housed at the Centers for Disease Control and Prevention (CDC) in Atlanta, Ga., though the registry is its own separate entity. Alper learned about the internship opportunity through an e-mail from the Environmental Department administrator.

Of the 200 applicants to the program, Alper was one of only 12 who were selected. Alper was thrilled by the news.

"I was really interested in working for the CDC. I mean, it doesn't get much cooler than that," she said.

The internship was twofold. For the first component, the interns were each given projects dealing with a specific aspect of environmental health. Alper worked with the Division of Regional Operations. The ATSDR has cooperative agreements with regions and states regarding

the cleanup or redevelopment of waste sites, including brownfields. Alper reviewed grants sent to the ATSDR for new funding and also did consulting for existing cooperative agreements.

The second part of the internship was more focused on learning. The group of interns took field trips to various places in Atlanta, including some famous sites in the city. Other places the group ventured to were relevant to the environmental health field, such as the Carter Center. There were other perks to the job, like getting the chance to meet sev-

eral of the "bigwigs" of government agencies.

Alper's internship was especially rewarding when she got the chance to witness how the government responds to environmental problems. She was sent to Milwaukee, Wis., to see how ATSDR dealt with brownfields there. Traditionally, Alper noted, there has been neither enough community involvement in public health nor concern for cleaning up brownfields across the country. The ATSDR is currently assembling a guidebook for local health departments and concerned

parties on how to get involved with brownfield redevelopment projects.

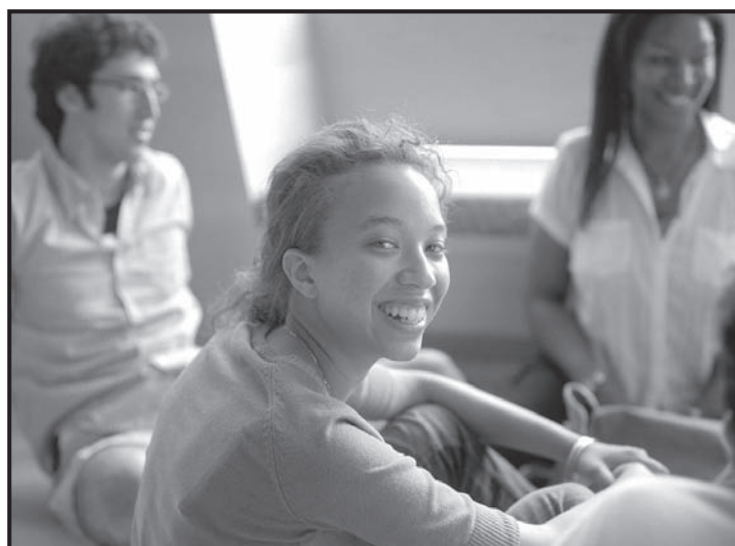
After she graduates in May, Alper will continue to work with the government in a two-year fellowship in one of the state offices of the U.S. Public Interest Research Group, a consumer advocacy group. After that, she anticipates pursuing further education.

"Eventually I would like to go to grad school and get a master's in public policy or law," she explained.

With excitement in her voice, Alper had nothing but positive things to say about her time at the

ATSDR. "I loved that experience," she said. "I'd recommend it to everyone. It was really great."

The deadline for internships at the ATSDR for this summer has already passed, but Alper encourages anyone who has questions about the program or her work to contact her. You can contact Rebecca Alper directly through her e-mail, rsalper@wustl.edu, or read about her work on the CDC Web site's intern project page: <http://cdc.gov/nceh/cleh/default.htm>.



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SPORTS

MEN'S BASKETBALL

Bears Final Four-bound for third straight year



Junior Aaron Thompson drives baseline against No. 3 Wheaton College in the Bears' regional semifinal win. Thompson scored in double figures against Wheaton and No. 1 St. Thomas in the regional final.

Alex Dropkin
Sports Editor

The so-called "bracket of death" was no match for Washington University's men's basketball team, which moved past No. 3 Wheaton College and No. 1 St. Thomas University this past weekend to advance to the national semifinals in Salem, Va.

"It's a great feeling. We understand what it's like to be out there [the Final Four], and we understand what a great accomplishment it is to make it back out there. I think we're all really excited to get on that flight and head out to Virginia, so it's a great place to celebrate Division III basketball," said captain and senior Sean Wallis.

On Friday night, the Bears took on Wheaton on their home court, winning 55-52. Wallis recorded 18 points in the game, while junior guard Aaron Thompson scored 14.

With senior forward Tyler Nading out early on foul trouble, the

Bears struggled to maintain a large lead over Wheaton. An 18-10 advantage halfway through the first period was completely erased after five scoreless minutes and a Jake Carwell layup.

The two teams kept it close for the rest of the half, but Alex Toth hit the final bucket of the period to give Wash. U. a 31-26 lead at half-time.

After Wash. U. starting strong in the second half, building a nine-point lead in under two minutes, Wheaton's Ben Panner got his team back into the game with eight straight points, cutting the lead to 44-42. Panner finished the day with 20 points.

Wheaton took the lead with 3:08 left in the game, their first since the 18:08 mark in the first half, but could not hold on for the victory. Nading scored a layup to put the Bears on top 55-52, and Kent Raymond could not connect on a three-pointer at the buzzer. Raymond, however, led all scorers with 22 points.

"I think it's our poise down the stretch. We always know that we're going to win. We believe in ourselves, and so the [past] three games were so close, but somehow, somehow we found a way," said Nading, also a co-captain.

Undefeated No. 1 St. Thomas University awaited the Bears on Saturday night.

"I'll tell you the truth: when you get into the tournament, you don't even look at [the rankings]. Like last year when we played Hope in the first round of the Final Four, they were ranked No. 1 in the nation, but we didn't even realize it," Head Coach Mark Edwards said. "You just go and play the games and hope that you can come through and do what you need to do to move on to the next round."

St. Thomas neutralized the Bears in the first half with pressure defense. Despite a strong start, the Bears committed 17 turnovers in the first half alone. The Tommies ended the first period on a 17-8 run, leading 41-33 at the half.

Wash. U. looked like a completely different team in the second half, however, opening the period on a 17-2 run and building a 50-43 lead midway through the half.

"We just realized we had to take care of the basketball to beat their press, and we made a couple of adjustments that came through. In the second half, we played like a team with a lot more confidence in what we were doing and continued to shoot the ball well, and so that final margin, that's how we opened it up," Edwards said.

Nading extended the lead to double figures with six straight points, and junior Zach Kelley's dunk with 3:21 left in the game sealed the victory and the trip to Salem.

After his ineffective night on Friday, Nading racked up 28 points against the Tommies, along with eight rebounds, four assists and three blocks. He also moved into a tie for first place with Matt Tabash for all-time career steals at Washington University.

Thompson added 17 points and nine rebounds, while Wallis had 13 points and 11 assists.

"[The foul trouble] puts it in perspective. After I got that second foul, I was like, 'Man, I don't want it to end like this,' so luckily my guys gave me a chance to play again last night, and I made the most of it," Nading said.

The No. 2 Bears will face No. 23 Guilford College on Friday, March 20, at 5 p.m. EDT at the Salem Civic Center. The game can be seen on CBS College Sports and online at NCAA.com.

Men's Box Scores

Wash. U. v. Wheaton 55-52
Points: Wallis (18)
Rebounds: Nading, Thompson, Z. Kelly, Wolf (5)
Assists: Wallis (6)

Wash. U. v. St. Thomas 79-64
Points: Nading (28)
Rebounds: Thompson (9)
Assists: Wallis (11)

WOMEN'S BASKETBALL

Spring break wins send Bears to finals

continued from page 1

than 50 members, a Titan full court press and only a four-point lead, Wash. U. was under intense pressure.

The first inbound attempt by sophomore Alex Hoover was unsuccessful as the Titan full court press left no open players. Hoover used one of the team's time-outs to get out of the jam with the score 51-47 Bears.

The next play ate up 20 seconds but Hoover's layup attempt missed and Titan Mallory Heydorn got the rebound, drawing a foul and making both free throws. With the score 51-49, Brandt stepped up, making a layup on the next possession.

Illinois Wesleyan's Claire Sheehan made a layup to keep their deficit at two but Brandt was fouled once more. Hundreds of Titan fans were yelling, screaming, taunting and doing everything they could to distract Brandt. But Brandt sank both shots, bringing the score to 53-51.

The Titans grew desperate with 36 seconds left to maintain their perfect season and fouled Brandt, who made both shots. Illinois Wesleyan missed on their next attempt and quickly fouled junior Janice Evans to keep time from expiring with only 17 seconds to go.

"Don't turn the ball over, play to win and be fearless," Evans said of her thoughts at the time. Evans led the team with 13 points and 13 rebounds. Evans made one shot and sophomore Kathryn Berger then fouled Titan Christina Solari on the next possession. Solari sank her free throws to make the last Titan points

of the game. Twelve seconds to go and Brandt was fouled one last time scoring both of her free throws to pad the 58-53 win. Two shot attempts in the last five seconds missed and Evans secured the loose ball, passing it to Brandt to get the ball out of the danger zone.

Despite the pressure, the Bears committed zero turnovers in the closing minute.

"It's awesome to hear a crowd behind you and it's even better to quiet them," junior Zoë Unruh said. "You have to give it up for our point guards' ability to handle the ball."

Senior Shanna-Lei Dacanay currently leads all of Division III with a 4.58 assist-turnover ratio while Hoover is ranked third nationally at 3.38.

Illinois Wesleyan ended their season with a 30-1 record as the Bears avenged a loss of 72-69 from Nov. 22 to the Titans. The Bears held the Titans to a season low of 53 points, 30 percent field goal and six assists.

The path to facing the nation's top ranked team in the Elite Eight wasn't easy as the Bears defeated Capital University, Transylvania University and the College of St. Benedict.

The Bears started NCAA play with a first round 77-72 victory over Capital. The Crusaders put up a fight erasing a double digit lead to tie the game at 58 with seven minutes left in the game. But Washington University, shooting a school-record 74.7 percent from the line, sealed the win with four free throws by Ward and two by Brandt in the last

30 seconds of play.

Berger's 18 points led the way for an 83-57 victory over the Pioneers in the regional final as the Bears shot a blistering 52 percent from the field.

Wash. U. then pounced on the College of St. Benedict in the Sweet 16 establishing a 23-8 lead with 5:20 left in the first half. The Bears, led by McFarlin's 11 points, never trailed as they cruised to their Elite Eight match with a 56-43 win.

"We're the epitome of a team," Dacanay said. "If you look at the minutes played, so many people share time. There is no one player that specifically stands out."

The No. 6 Bears face No. 11 Amherst in the national semifinal at 1 p.m. EDT Friday in Holland, Mich. "I know this team can do it and win [the national title] for each other," Brandt said. "There's not a negative thought about each other."

Washington University is offering free fan buses to Holland, Mich. for students, departing on Friday at 5 a.m. Students must register at Residential Life by 4 p.m. today with a \$20 refundable deposit. According to organizers, the women's bus will be back at the latest by 11:30 p.m. Saturday night, allowing students to still partake in some of Relay for Life.

"Participants are absolutely allowed to come late to the event," said senior Carol Dye, co-chair of Relay for Life's steering committee. "They will just need to make sure to pick their participant wristbands up from their team captain."

"Meet us there," Unruh said. "It's just an amazing experience as a player or as a spectator so you should definitely go."

Women's Box Scores

Wash. U. v. St. Benedict 56-43
Points: Berger (13)
Rebounds: McFarlin (11)
Assists: Dacanay (4)

Wash. U. v. Illinois Wesleyan 58-53
Points: Evans, Brandt (13)
Rebounds: Evans (13)
Assists: Brandt (3)



Sophomore Kathryn Berger drives through two Illinois Wesleyan defenders in the Wash. U. victory.

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Softball off to a quick start, wins UAA title

Josh Goldman
Senior Sports Editor

Despite losing five seniors from last season's UAA-champion and NCAA-second-round team, the Washington University softball team breezed through University Athletic Association play to take its sixth-consecutive UAA Championship in Altamonte Springs, Fla.

The team went 7-1 in conference play, with its only loss coming to No. 16 University of Rochester on March 14. Wash. U. finished conference play with a two-game lead over both Rochester and No. 6 Emory.

"It's the first part of our season. It kind of gets us off on the right foot...For all of us, getting off on the right foot is beating Emory. Those two games were really big for us," said junior Carter Malouf, a co-captain.

"The first tournament we had, we came off a little slow, but I think that was good since we got a few things out of our system before UAAs. So when we got to UAAs, we really came out strong and just powered out way through," sophomore pitcher Claire Voris said.

Before beginning UAA play, the team went 2-2 in NTC games with 5-2 and 8-1 wins against Johnson & Wales University and Plattsburgh State College and 0-9 and 2-8 losses to No. 14 John Carroll University and No. 17 Ithaca College.

UAA play began with a bang on March 10, as the Bear bats provided more than enough offense for ace Voris, who had started the season with a 1-1 record at NTC games.

The team jumped out to a 3-0 lead after junior Ashton Hitchcock hit an RBI double and senior Lindsay Cavarra singled in the second run. A fielder's choice off the bat of junior Caitlyn Hoffman made the score 3-0.

Voris would not need any more support, as she tossed her first perfect game for the Red and Green and finished the game with 10 K's. The offense helped her effort by scoring 10 runs and ending the game on the mercy rule after five innings. She also hit a two-RBI double in the game.

"You're not supposed to talk about the game while you're throwing it since you don't want to jinx it, so no one was saying anything until we were done. Then you just act like you knew about it the whole time...It's a cool thing to have for your personal to-do list, but you have other games after that that you have to stay focused for, so you can't get to carried away," Voris said.

The Red and Green's next game on March 11 against Brandeis started auspiciously, though the Bears scored two unearned runs in the bottom of the first. Freshman Olivia Cook struggled in the second inning, allowing a leadoff single and then a home run by catcher Erin Ross. A walk, bunt single and then an RBI single ended Cook's day after 1.1 innings.

Voris, who started at DH, came into the game in relief and tossed 4.1 innings of perfect ball. The Red and Green added an unearned run in the third before ending the game with an eight-run fifth inning to end the game with the mercy rule.

Voris' excellent day would not end, as she was back on the rubber against No. 16 Rochester. Voris finally surrendered a walk in the first inning but threw yet another shutout. She walked three and allowed three hits.

The Red and Green scored two of five runs in the top of the third on a home run by freshman Corissa Santos from the nine hole. A double by freshman Alyssa Abramowski and an RBI single by Malouf made the score 2-0. Three more runs in the seventh put the game out of reach.

Voris returned to the hill on March 12 to face No. 6 Emory, and the sopho-

more threw yet another shutout, scattering three hits and one walk over seven innings while striking out seven. Wash. U. scored one in the first on an Abramowski single and Malouf double and two in the sixth for a 3-0 win.

Freshman Rebecca Salisbury toed the rubber later that afternoon against Case Western Reserve, and she threw four shutout innings in the team's 9-0 win in five innings. Cook tossed the final frame. Hitchcock hit her first homer of the year and finished 2-3 with five RBI in the game.

The winning streak continued on the March 13, as Cook allowed just one solo home run in a 6-1 win over Brandeis.

In the one low moment of the tournament, Voris suffered her second loss of the season against Rochester. The Yellowjackets received a shutout performance from Beth Ameno and took the game 3-0.

Voris took the mound again on the March 14 against Emory, and she was quick to forget her loss just a few hours earlier. She allowed just three hits and no runs in seven innings, striking out nine in the game.

Santos added her second homer of the season in the 4-0 win over the rival Eagles, as the grueling UAA round robin finally ended.

Voris pitched in six of eight UAA games, going 5-1 over the five day tournament.

"Projecting out before our trip, I had planned to throw her every other game. However, it didn't work out that way. We just had to go with what we had and our gut feeling," Head Coach Leticia Pineda-Boutté said. "Although she's only a sophomore, she is definitely a lot more mature than her grade shows. She's a competitor out there, and I think that's one of her strengths."

With four freshmen receiving significant playing time, the UAA tournament served as a good sign of things to come.

"I think the team is playing really well. It was really interesting to see how well we clicked since we did lose five seniors last year, but I think we got along really well, and it showed in our play," Malouf said.

"I really was impressed with our hitting. It does pretty well anyway, but at this point in time, I think that our hitting has been one of our biggest strengths," Pineda-Boutté added.

The Red and Green continue the season today at Westminster College before hosting the Marriot West Tournament over the weekend.

"I think that all of the games we play from here on out are big games simply because we are an independent team, so we need every win from here on out in order to be given a full look at postseason play," Pineda-Boutté said.

Track & field receives six All-American nods

Women also win UAA indoor title over break

Trisha Wolf
Managing Editor

Washington University's indoor track & field team found success over spring break: Seven team members competed at the NCAA Division III Indoor Championships, with six earning All-American accolades.

The women also won the UAA title, and freshman Liz Phillips was named UAA Rookie of the Year while head coach Jeff Stiles and his staff were named UAA women's coaching staff of the year.

"[The women's UAA meet] was a really good meet for us," Assistant Coach Lane Lohr said. "We had 11 different performances that made it into the top three all time at the school. It was a really quality performance. [For the guys], it was not quite what we had hoped for, but there were some quality performances as well."

Sophomore Ben Harmon lead those named All-Americans, finishing third in the pentathlon with 3,671 points in the first year the event was held. Senior Dani Wadlington finished eighth in the 55-meter hurdles in a time of 8.32 seconds. She had set a school record in the event preliminaries, running it in 8.27 seconds.

Phillips, sophomore Taryn Surtees, junior Molly Schlamb and senior Erika Wade also finished eighth in the distance medley relay, finishing in 12:02.31. This was Wadlington's fourth All-American citation in her career while Surtees received her third citation, and Wade and Harmon their second. Senior Alli Alberts also competed in the meet, finishing 11th in the pentathlon.

In the UAA championship meet, the women finished first with a point



Senior Danielle Wadlington competes during the WU invitational on Saturday, March 29, 2008.

total of 138. The men came in fourth with 88 points. Emory University won the men's event, scoring 106 points.

"Friday we had a phenomenal meet, the men and the women," Lohr said. "The first day, everything we wanted to happen happened. Sometimes that snowballs into better results throughout the day and at the end you're zapped. The second day, the guys came out flat and couldn't get anything going. We had places with opportunities to score big points and didn't."

Wash. U. brought home six UAA titles. Phillips came in first in the mile run, running it in 5:15.18, while Wadlington won the 55 meter hurdles in 8.38 seconds. Harmon won both the long jump, leaping 6.81 meters and the high jump, clearing 1.98 meters. The team of Wadlington, seniors Wade and Krystyn Stowe and freshman Elisabeth Stocking also took

fourth in the 4x400-meter relay with a time of 4:00.33. Freshman Katie Hered won the pole vault, clearing 3.32 meters.

In other track events, senior Pierre Hoppenot finished third in the 55-meter dash in 6.58 seconds. Junior Ibby Umama finished second in the 400-meter run in 50.38 and sophomore David Spandorfer was second in the 3,000-meter run, completing the race in 8:39.44. The men also finished second in the 4x400-meter relay, running it in 3:21.19.

On the women's side, Wadlington took third in the 200-meter dash in 25.97 seconds. Schlamb finished second in the 800-meter run in 2:21.84 while freshman Erica Jackey was third in the mile run with a time of 5:17.18. Phillips ran the 3,000-meter run in 10:15.71, good enough for third place, while senior Caitlin Molloy was third in the 55-meter hurdles, coming

in with a time of 8.68 seconds. The women also finished third with a time of 12:30.92 in the distance medley relay as Stocking, Alberts and sophomores Sangeeta Hardy and Jessica Londeree competed for the Bears.

In the field, seniors Jessica Lane and Colleen Moreland tied for third in the pole vault, both clearing 3.02 meters while Wadlington and freshman Imari Mason finished second and third in the long jump with leaps of 5.44 and 5.42 meters respectively. Senior Aubrey Edwards took third in the weight throw, tossing it 15.87 meters.

These two meets concluded the indoor season for the Bears. Their outdoor season begins Saturday as the Red and Green compete at the Rhodes Open Meet in Memphis, Tenn. Wash. U. returns home on Friday March 27 to compete in the Washington University Mini Meet. Events begin at 2:30 p.m. at Bushyhead Track.

sportsbriefs

Deadline today for fan buses

The Office of Residential Life is sponsoring transportation, lodging and tickets to the Final Four of the men's and women's Division III Basketball tournaments. The bus to the men's games in Salem, Va. will leave campus at 10 p.m. Thursday night, while the bus to the women's games in Holland, Mich. will leave at 5 a.m. Friday morning. Students can sign up by going to the Residential Life office and submitting a \$20 deposit, which will be returned upon entering the bus. The deadline for signing up is at 4 p.m. today, and as of production, more signups are needed for a women's bus to Michigan.

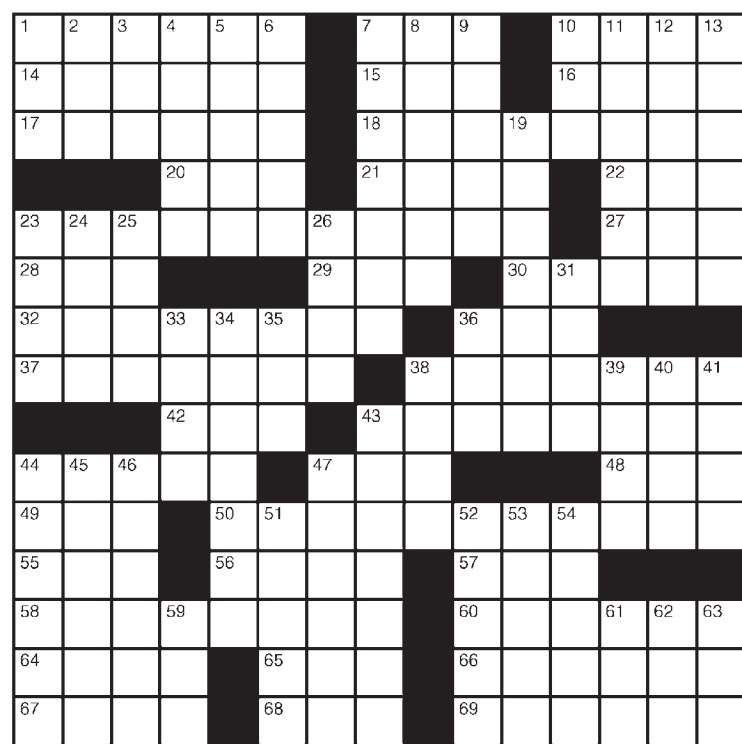
(Josh Goldman)

Voris tosses perfect game

Sophomore softball player Claire Voris tossed the eighth perfect game in school history in a 10-0 rout of Case Western Reserve University to begin UAA play on March 10. Voris struck out 10 in the five-inning game and also hit a 2 RBI double in the game. Voris pitched in six of eight UAA games, going 5-1 and helping the Bears win their sixth consecutive UAA championship. (Josh Goldman)

Crossword

- ACROSS
- Edible submarines
 - Periphery
 - Tibetan VIP
 - Noah's peak
 - Lennon's widow
 - Son of Judah
 - Papeete's location
 - Standing against
 - Container
 - Pooch pest
 - Dead heat
 - Quick beginning
 - Entire amount
 - CBS logo
 - Trifle (with)
 - Tijuana residences
 - Import-export difference
 - Actor Jude
 - Turf ventilating device
 - Badlands states
 - Turner or Kennedy
 - Body of a plane
 - More secure
 - de-lance
 - Part of NYC
 - Botch
 - Smaller distance between rails
 - Ring king
 - Uh...pardon me
 - Samuel's mentor
 - Attorneys' jargon
 - Thrash
 - Arthurian lady
 - Cape __, MA
 - Trouser fold
 - Newly decorate
 - E-mail period
 - Cautious bettor



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3/18/09

Solutions



- DOWN
- Boater or bowler
 - Period
 - Cheer
 - Small antelope
 - Dine at home
 - Wasp's defense
 - Santa's landing strip
 - Not out-of-bounds
 - Gloomy Gus
 - Gatos, CA
 - Brookner and Loos
 - Philippines city
 - Anaheim nine
 - Breakfast patty
 - Greek cheese
 - Lute's cousin
 - Calendar length
 - Lead actor
 - Mil. infraction
 - Appointment
 - Everlasting
 - Mars or Mercury
 - Spanish article
 - Old Spanish coin
 - Prohibited
 - All aflutter
 - Desiccated
 - Make turbulent
 - Envelope closer

- Golonka or Dahl
- Ice-cold
- California city
- In advance
- Raquel of "One Million Years B.C."
- Harsh light
- Made public
- Big fuss
- Old cloth
- Employ
- MPH word

Sudoku By The Mephram Group

	9		8					
						6	5	
6			2	9		7		
	8				2	5		
	7	2	6	1	4			
	6	9			7			
	2	9	1				8	
8	5							
			4				3	

Level: 1 2 3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk.

Solution to Wednesday's puzzle

4	7	8	5	9	1	2	6	3
2	6	1	3	4	7	8	5	9
9	5	3	2	8	6	1	4	7
3	9	2	4	7	5	6	1	8
5	8	6	1	3	2	7	9	4
1	4	7	9	6	8	3	2	5
8	2	9	6	5	3	4	7	1
6	3	4	7	1	9	5	8	2
7	1	5	8	2	4	9	3	6

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CADENZA

FILM REVIEW

I Love You, Man



TJ Keeley
Cadenza Reporter

Paul Rudd proves he can be a successful leading man in his latest effort, "I Love You, Man," about a man who proposes to his girlfriend, then finds that he cannot fill out his side of the wedding party. So, Peter (Rudd) goes on several man-dates in search of a best man in this hilarious bromantic comedy. Not much of a plot, I know, but it gives Rudd and Jason Segel an excuse to hang out and ad lib for 90 minutes.

Peter's fiancé Zoey (Rashida Jones), his mother and his brother (Andy Samberg) attempt to set Peter up with potential guy friends, sometimes leading to disastrous and hilarious results, as when Peter joins the poker table with friend Denise's (Jaime Pressly) husband Barry (Jon Favreau).

In the meantime, Peter is trying to sell Lou Ferrigno's house in order to have enough money to buy a plot of land for his new family. At one of his open houses, he meets Sydney (Segel), who befriends him and teaches him how to hang with guys.

"I Love You, Man" is hilarious. Excelling in sight gags, gross-out dialogue and situational comedy, it brings the laughs early and often. Rudd is the film's MVP, though opposite Segel, he is undeniably the straight man. Rudd manages to bring an effective mix of self-deprecating and sophisticated humor to his well-timed delivery, producing many purposefully awkward moments.

The supporting cast boasts some other fine comedic performances. Segel lets go of the restraint of his character from "Forgetting Sarah Marshall." Samberg plays Peter's gay brother while successfully dodging the stereotypically "gay" characteristics often present in small comedic roles. JK Simmons continues his role of small and effective comedic performances ("Juno," "Burn after Reading"). The exchanges between Pressly and Favreau proved that their screen time was far too minimal.

"I Love You, Man" provides some golden comedic moments, but the screenplay limps a bit. Though the players cover up the cracks pretty well, there are definite flaws. Effective as Jones is as Peter's fiancé, her character was flat. She put up

with way more from Peter than I thought possible, and I expected much different reactions. And even though Samberg's character dodges the stereotypical "gay" lines and behaviors, "I Love You" throws in a character later that resembles Sean Hayes' over-the-top turn in "Will and Grace."

"I Love You, Man" offers some very accurate insights into the battle between a sexual male-female relationship and a platonic male-male relationship. As Peter spends more time with Sydney, naturally, his time with his fiancé is limited. Peter is forced to realize that the two relationships are competing for his time, and he must pick one. I found this part of the film wonderfully insightful and incredibly accurate.

Despite a few glitches in the script, "I Love You, Man" succeeds as a smart and hilarious bromantic comedy, boasting several good supporting turns and cementing Paul Rudd's status as a new force in comedy, hopefully.



★★★★☆

directed by
John Hamburg

and starring
Paul Rudd, Jason Segel,
Rashida Jones, Andy Samberg,
JK Simmons, Jaime Pressly and
Jon Favreau

FILM REVIEW

Sunshine Cleaning

TJ Keeley
Cadenza Reporter



"Sunshine Cleaning" tells the story of a single mom (Amy Adams) who starts a biohazard removal and CSI cleanup service with her irresponsible sister (Emily Blunt) in order to pay for her son's tuition after he is kicked out of school. A small and independent dramedy, "Cleaning" has trouble moving out of indie stereotypes and moves rather awkwardly through rapid tone shifts.

For instance, "Cleaning" is grounded in a very dysfunctional family. Adams and Blunt play very different sisters who can only agree on their need for money. Adams' son is your typical precocious kid who is independent, and well...quirky (there, I said it). Their somewhat eccentric father (Alan Arkin) falls victim to several unsuccessful get-rich-quick schemes.

The current indie movement, which "Cleaning" certainly tries to fit into, pushes a mold for films to fit into: dysfunctional family, dark comedy, precocious child character, etc. "Cleaning" reminded me of a cheap "Little Miss Sunshine" ripoff, probably because of the title and the fact that Arkin pretty much plays the same character again. It even takes place in Albuquerque, N.M., just like "Little Miss Sunshine."

Although "Cleaning" is pretty much instantly forgettable, it did boast a few things that kept my interest. First, Amy Adams turns in another fine performance. She is strong, likable and funny. But the real draw of her performance for me was her ability to make you forgive her character's missteps and shortcomings because she has pure intentions.

Also, I really appreciated the two fairly strong women the film gives us. In an industry dominated by strong male characters, it's nice to see a film that offers a look into well-written, well-acted women.

In addition, the film centers on people who are in a financial crisis. Like last year's "Wendy and Lucy," "Cleaning" give us a protagonist who is primarily motivated by the will to survive in tough economic times. With the economy as it is, these characters and their struggles are more recognizable to the average film viewer.

What really bogs down "Cleaning" is its trouble with finding a tone. Some films, like "Little Miss Sunshine," balance comedy and drama quite effectively, sometimes in the same scene. "Cleaning," however, doesn't quite achieve the same panache. It is an honest film, dealing with honest situations. Don't let the trailer deceive you: This is not a light affair. I was disenchanted with the first scene of the film, which depicts a suicide. Although it motivates some of the movement of the plot, simply mentioning that it happened would have sufficed. But, as a first scene, this really unsettles a viewer expecting a comedic film, and the film continues to have trouble finding a comfortable tone.

"Sunshine Cleaning" succeeds in painting a picture of what people will do to make ends meet in the midst of a financial crisis and offers some very complex and rich characters for Adams and Blunt to work with, but ultimately falls victim to the clichéd "indie" mold and its inability to find a tone.



★★★★☆

directed by
Christine Jeffs

and starring
Amy Adams, Emily Blunt,
Steve Zahn, Clifton Collins, Jr.,
and Alan Arkin

TELEVISION REVIEW

"Castle" new to ABC lineup



The cast of "Castle" on the ABC network. The show airs on Monday at 9 p.m.

Marcia McIntosh
Cadenza Reporter

Like many who first viewed the preview of ABC's new series "Castle," I thought, "Finally, a series focusing on the fascinating life of the American novelist: Granted it is under the rouse of another crime show, but what can

you do?" So Nathan Fillion, better known as "Firefly's" Captain Malcolm Reynolds of Joss Whedon's spaceship *Serenity*, is back on TV as Richard Castle, an established smart-aleck, know-it-all crime novelist with writer's block. He avoids having to tackle the issue when a cute female detective tells him that a serial killer is playing copycat with his

books by killing their victims in the way Castle describes. Stana Katic, from "The Spirit" and TBS's third Librarian movie "Curse of the Judas Chalice," plays the no-nonsense detective Kate Beckett who just happens to be a fan of Castle's. The pilot is very fast-paced. After watching shows like "Lost" and "Damages," which could probably stretch a plot line out

for several decades, I was caught by surprise when, after only 44 minutes, the bad guy was caught and arrested. My initial reaction was, "well, now what?"

I have my doubts as to whether what the writers have in mind next is even legal. Castle is going to somehow follow around Beckett in order to use her as the main character in his next series of novels. This idea makes the show seem less realistic. Aren't there laws against civilians following detectives around involving the safety of the agent and the stoker? Even if it is possible, I fear what at first began as an original plot will turn into another "Law and Order" knockoff with a smart-mouth consultant.

As cool as the idea of an author in action is, I'm not sure it's believable in the first episode. Castle was too smart and too cool, but perhaps that's my own stereotype. Either way, I go into the next episode with high hopes that the premise remains fresh and, at least for TV, believable.

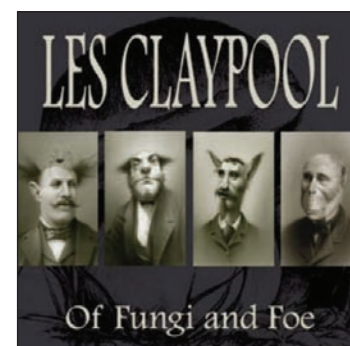
Catch the pilot on Hulu and the next episodes Mondays, 9 p.m. on ABC.

★★★★☆

ALBUM REVIEW

Of Fungi and Foe Les Claypool

Cici Coquillette
Cadenza Reporter



You really have to hand it to Les Claypool—it can't be easy to write an entire concept album about doing shrooms in the South. The former Primus bassist, best known for writing the "South Park" theme song, has concocted a sinister-yet-silly formula for "Of Fungi and Foe." Fans of his earlier work will recognize the heavily flanged tone of his bass on each track. However, his bass takes the backseat for much of the vocal effects-dominated album.

The album opens with "Mushroom Men," a trip in its own right. Heavy tribal drum beats give way to acid bass lines and a remarkably menacing xylophone harmony. Claypool speaks over the music in a muted Southern twang reminiscent of The Charlie Daniels Band's "The Devil Went Down to Georgia." On the next track, "Amanitas," Claypool laments, "I can feel your poison. ... It left his brain feeling a tad bit sour." (The title refers to a species of mushroom responsible for 95 percent of all mushroom poisoning deaths, also known as "the destroying angel.")

Claypool returns to consciousness for "Red State Girl," a scathing story of a girl who "wants to grow up to be Sarah Palin." This moment of lucidity doesn't last. He rapidly returns to tracks like "What Would Sir George Martin Do?," a plaintive tale of lost luggage at Heathrow airport with the best slide-whistle solo in recorded history. These tracks occasionally get muddled by the vocal distortions and extra instrumentation. The album

★★★★☆

for fans of
Primus, Oysterhead, Alice in
Wonderland
tracks to download
"Primed by 29," "Booneville
Stomp," "Mushroom Men"

works best with just bass, drums and Claypool's sinister background vocals. The two best songs on the record are "Primed by 29" and "Booneville Stomp." The bass is superb on both of the tracks—"Primed by 29" shows Claypool returning to a more mainstream rock setup, with impressive bass work and a scat-sung intro. "Booneville Stomp" is based upon a digitally delayed slap-bass line similar to Kaki King's guitar work. Despite the subject, Claypool creates a very focused album with a real gift for storytelling. The tall-tale stories of various miscreants are both terrifying and amusing. All in all, the record is an unorthodox but engaging drugged-out Southern joyride.