

theflipside

WEATHER FORECAST

MONDAY 7

FLURRIES
30 / 17



TUESDAY 8

CLOUDY
21 / 14



QUOTE OF THE DAY

“ What we've seen since 9/11 is a significant increase in classification of government information and reduced transparency on grounds that releasing such information would jeopardize state secrets. ”

— Adjunct Professor of Law Denise Lieberman on the recent arrest of Jeffrey Sterling, a Washington University law school graduate, for distributing classified information.

EVENT CALENDAR

MONDAY 7

Assembly Series Lecture: "Angels of Our Nature: Polarization in America and Its Challenges for Universities and Think Tanks."
Whitaker Hall Auditorium, 4 p.m.
 Strobe Talbott, President of the Brookings Institution, will speak in this lecture sponsored by the Office of the Chancellor and the Office of the Provost.

Sex Week Panel: Abstinence in a College Setting

Graham Chapel, 7-8:30 p.m.
 Come hear opinions about abstinence, including those of representatives from the Catholic Student Center, Planned Parenthood, Washington University School of Medicine and Student Health Services.

TUESDAY 8

Political Activism at Washington University: A Reflection on the Bristol Palin Controversy
Danforth University Center 234, 7:30 p.m.
 The Political Science Student Association is hosting this panel to discuss the inner workings of Washington University's student government. The main focus will be on the Bristol Palin controversy. Speakers will include Student Union representatives and those who opposed the decision to bring Palin to campus.

Women Gender and Sexuality Studies Lecture: "Trading Sex in the City Perspectives and Solutions."
Whitaker Hall, Room 100, 5 p.m.

This panel will delve into the issue of the sex trade in St. Louis.

Tuesday Tea @ 3

DUC Commons 3 p.m.
 Relay for Life will provide free tea and cookies. Open to all students and faculty.

HEALTHY FROM PAGE 1

Americans, 2010 is being released at a time of rising concern about the health of the American population," the report said. "Its recommendations accommodate the reality that a large percentage of Americans are overweight or obese and/or at risk of various chronic disease."

This year's guidelines are considered to be the strongest ever released.

Agriculture Secretary Tom Vilsack has promoted the new guidelines and shared his hopes for Americans of all ages.

"The bottom line is that most Americans need to trim our waistlines to reduce the risk of developing diet-related chronic disease," Vilsack told The New York Times. "Improving our eating habits is not only good for every individual and family, but also for our country."

According to Connie Diekman, director of University nutrition, Washington University sees healthy eating as a priority and works to provide students with nutritious choices.

"We have used the dietary guidelines to plan menus since I have been with the University," Diekman said. "We will use the 2010 guidelines as we make menu and recipe changes."

The University is shifting toward offering a wider variety of healthier options, and adding more fruits and vegetables is an area in which it continues to improve. Although pasta, pizza and salads are the primary dishes with vegetables, University chefs are working to develop more entrées that include vegetables. Meanwhile, steamed vegetables are available in all dining locations on campus and can be added as a side to complement vegetable-deficient dishes.

In addition to selling fresh fruit, Dining Services incorporates fruit in salsas, prepackaged salads and pastries. Dining Services also hopes that "Connie's Choice," a brand-new healthy option initiative, will make it easier for students to eat well.

While the University frames its menus around the 2,300-milligram recommended maximum daily intake of sodium, some items have more sodium than the recommended amount. Because students request these dishes, they are still on the menu.

"Our goal is to offer options that allow our students to eat in a manner that helps them follow the guidelines," Diekman said. "It's a combined responsibility. The options have to be there, but the individuals make the choices. This is no different from the decisions, in my perspective, of, 'Should I go out this weekend, or should I do those five papers?'"

While some students grumble over reduced portion sizes, others complain about the inaccessibility of healthy choices. Diekman concluded that the University wants to do what is best for its students and seeks to attain a happy medium among student demands.

"We will never be able to please everyone all the time,"

Diekman said. "Therefore, our goal is to provide the options that students indicate they'd like to have, to provide the information to help those who want to make better choices make those choices, and then to listen to their feedback. We're doing what we think is a good way to help students eat healthier, but if you have better suggestions, we want to know them."

Write to Kelsey Times at
KELSEY.TIMES@STUDLIFE.COM

Dietary Guidelines for Americans, 2010

Maintain a calorie balance over time to achieve and sustain a healthy weight

Improve eating and physical activity behaviors.

Control calorie intake to manage body weight.

Reduce sedentary behaviors and increase physical activity.

Consume appropriate number of calories for each life stage.

Focus on consuming nutrient-dense foods and beverages

Reduce sodium intake.

Replace saturated fatty acids with unsaturated fatty acids.

Consume less than 300 milligrams of dietary cholesterol each day.

Limit trans fat consumption.

Consume fewer calories from solid fats and added sugars.

Increase whole grain consumption and decrease intake of refined grains.

Consume alcohol in moderation if consuming at all.

Increase fruit and vegetable consumption.

Consume fat-free or low-fat milk products.

Choose a variety of proteins, including fish, beans, nuts and seeds.

Replace fatty proteins with lower-fat proteins (like seafood).

Points taken from the executive summary of Dietary Guidelines for Americans, 2010

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sun: 11 am - 6 pm

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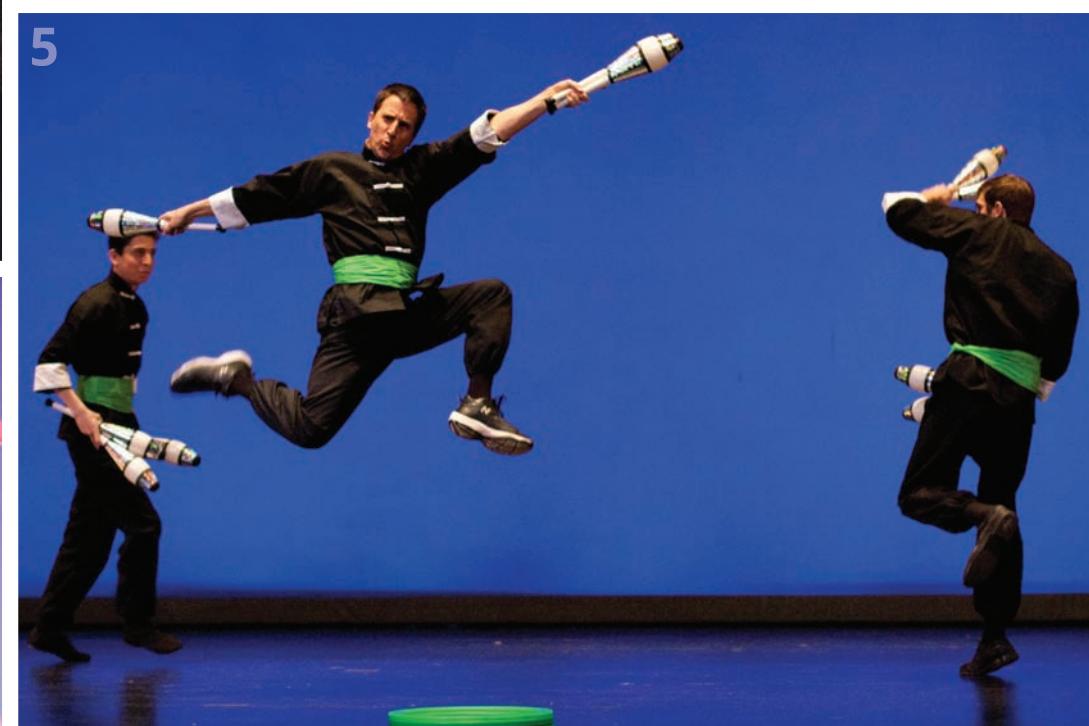
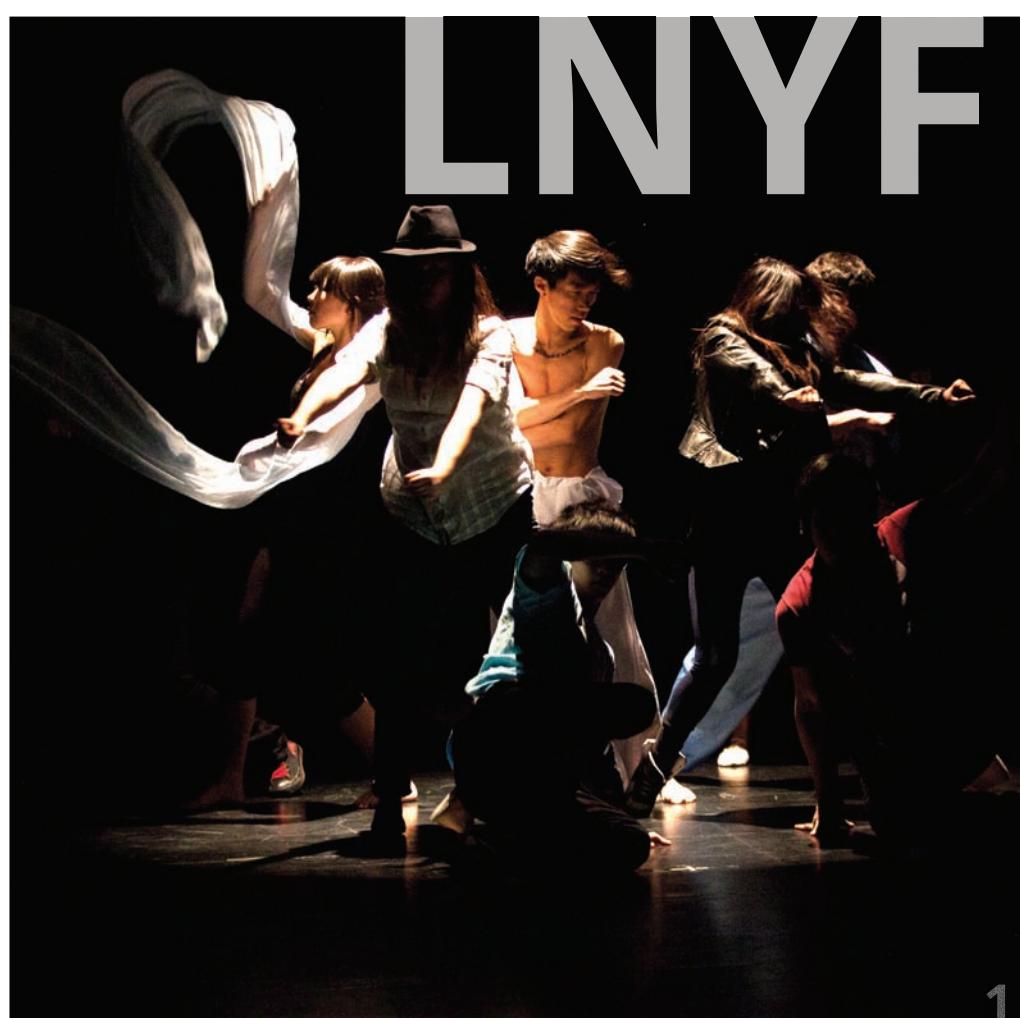
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cadenza

The very best of the Food Network

GEORGIE MORVIS
CADERNA REPORTER

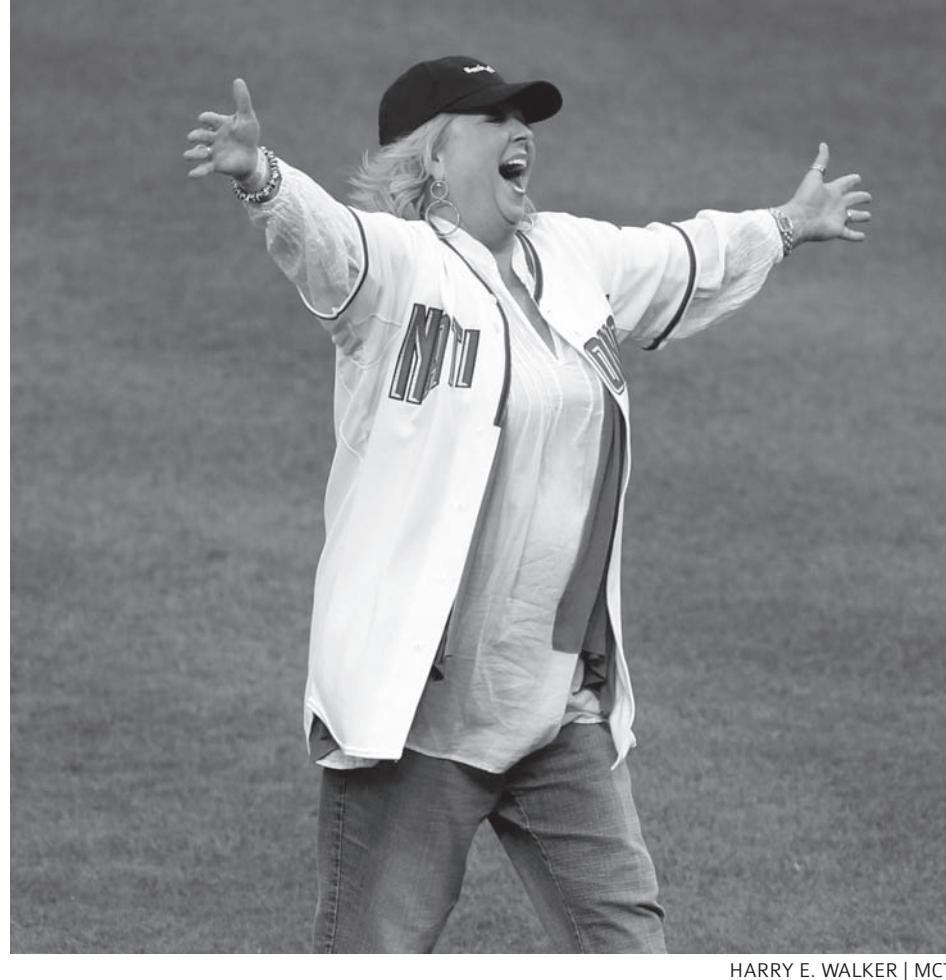
With the Grammys only a week away and the Oscars following soon after, awards season fever is rapidly setting in. This very fever (or perhaps the many hours I spent watching the Food Network during the so-called blizzard this Wednesday) led me to wonder: What if the Food Network had an awards show too? A lavish night where celebrity chefs got together to drink champagne and toast one another sounds only natural...especially in a world that already has the ESPYs. And the Foodie goes to...

Best Cinematography: "Worst Chefs in America"

Whoever does the camera work on this competition to turn the incompetent into the incredible deserves some sort of award. The cinematography manages to show just how good (or how awful) the food looks. They say the camera never lies—well, on "Worst Chefs," the camera is often the best judge.

Best Visual Effects – "Cupcake Wars"

All frosting, no cupcake. "Cupcake Wars" wins "Best Visual Effects" in a cake-walk. Their victory is à la "Avatar," because it has cool effects, some semblance of a story line and literally nothing else.



HARRY E. WALKER | MCT

Food Network star Paula Deen celebrates after throwing out the first pitch before the start of the New York Mets vs. Washington Nationals game on May 19.

Best Host – Paula Deen

Paula Deen would be the Meryl Streep of the Food Network Awards, if Meryl Streep won every time she was nominated. This southern belle can literally do nothing wrong. She's great when she's on other shows. She's great on her own show. She was on "Iron Chef" once and won. And anyone whose motto is "more butter" knows what she's talking about.

Best Show – "Iron Chef America"

This show has it all. Camp. Competition. Comedy. Drama. Delicious food. Amazing chefs. A secret ingredient. Celebrities in cameo roles. And, it's a remake. If that isn't a Best Picture winner, I don't know what is. Alton Brown, the Daniel Day-Lewis of the food world, hosts it. The Chairman is crazy and over-exaggerated, but it works. Sometimes the underdog triumphs; sometimes the Iron Chef takes the crown. Easily the best show on the Food Network, and one of the best on TV.

And if the Food Network had Razzies, "Barefoot Contessa" would sweep everything. Ina Garten is the Madonna of the Food Network.

Write to Georgie Morvis at
GEORGIE.MORVIS@STUDLIFE.COM

Whalebait and Malkovich: The weirdest Subreddits

PERCY OLSEN & ADAM RUBIN
CADERNA STAFF

What is Reddit? The easiest way to describe Reddit is to call it a news aggregator. Visitors submit news stories and other knick-knacks, like pictures and cool websites, which are then voted and commented on. The stories with

the most "upvotes" receive the most visibility.

But that definition of Reddit has no heart. In reality, Reddit is a growing community of shy, witty and charitable individuals. Sometimes, this community is capable of donating \$500,000 to charity (which is what happened last year when Reddit and Colbert Nation

teamed up to donate over half a million dollars to donorschoose.org). And sometimes, this community is capable of some really weird stuff. Communities within Reddit pop up, called Subreddits, and while some of them serve the greater good, others are just there to baffle. Here, we've picked those Subreddits that make up the odd and inexplicably sticky

side of Reddit (and in case you're new to the website, we've thrown in some local Subreddits at the end that should ease you into the populace. Upvote wisely.)

Write to Percy Olsen at
PERCY.OLSEN@STUDLIFE.COM

Write to Adam Rubin at
ADAM.RUBIN@STUDLIFE.COM

Whalebait (reddit.com/r/whalebait)

Population: 1,280 readers

Jailbait are attractive people that are just barely under the legal age of consent. Whalebait is the same thing...but with whales. People post pictures of whales and then jokingly (by God, I hope they're joking) comment on their sexual allure.



Inglip (reddit.com/r/inglip)

Population: 10,294 gropagas

If you have been on the Internet for a substantial amount of time, you are probably familiar with Captchas. They are the wavy words that you must type to prove you are human. A sizeable group has formed a cult that believes these words actually come from the Dark Lord Ingrip. Comics arise out of members of their faith (known as gropagas), approaching Ingrip and heeding his often humorous words.

Malkovich (reddit.com/r/malkovich)

Population: 1,292 malkovich

Malkovich malkovich malkovich, malkovich Malkovich. Malkovich malkovich: malkovich Malkovich

tldr (reddit.com/r/tldr)

Population: 30,389 readers

TLDLR stands for, "too long; didn't read." Not everyone has time to reddit at all hours of the day. Luckily, user qgyh2 does enough redditing for the rest of us. On a daily basis, he compiles the best links of the day for future viewing.

CarlHProgramming (reddit.com/r/carlhprogramming)

Population: 9,522 readers

Carl H. is a computer science professor who took it upon himself to teach anyone on Reddit computer science who was interested. If you are interested in what all of the hubbub is about programming or if you want to improve your skills, come and meet Carl.

Dogfort (reddit.com/r/dogfort)

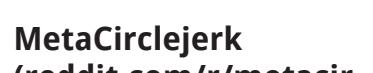
Population: 111,749 dog warriors

What happens when you take a dog dressed as a lobster, refer to him as "Team Leader Red Lobster," then make comics showing the war between the forces of cat and dog? Dogfort happens. Some are silly. Some are sad. All are hilarious.

Circlejerk (reddit.com/r/circlejerk)

Population: Only \$27,086.99!

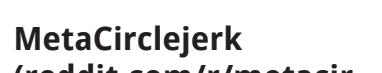
There is no denying that Reddit often acts as a hive mind. How best to lampoon it than to take every in-joke to its furthest possible implications? This community satirically, if not crudely, reveals how much of a circlejerk Reddit can be sometimes.



MetaCirclejerk (reddit.com/r/metacirclejerk)

Population: 1,110 more than Circlejerk

Of course, some may feel that Circlejerk is a hive mind itself. To lampoon it, MetaCirclejerk was created.



MetametaCirclejerk (reddit.com/r/metametcirclejerk)

Population: 921 bacon connoisseurs

But what if you feel that MetaCirclejerk is just as privy to the fleeting whims of the hive mind as Circlejerk? Then MetaMetaCirclejerk is for you!



Proper (reddit.com/r/proper)

Population: 2,557 distinguished persons

Hear, hear. Oft times, Subreddits are overflowing with plebeians. I say! How canst one enjoy thine top hat and monocle with such lay people? This Subreddit only allows the most esteemed of conversation. Mmm. Quite.

WashU (reddit.com/r/washu)

Population: 51 readers

There is even a community on Reddit specifically for Washington University students. Users are encouraged to post stories or simply talk about life on and around campus. Unfortunately, there currently aren't that many subscribers. Get out there and make this Subreddit popular!



StLouis (reddit.com/r/stlouis)

Population: 746 readers

For the larger general area, StLouis is great for fun ideas of local things to do, local deals and Reddit Meetups (They're cooler than they let on.)

Student Life
READ ALL OVER

HOUSING FAIR

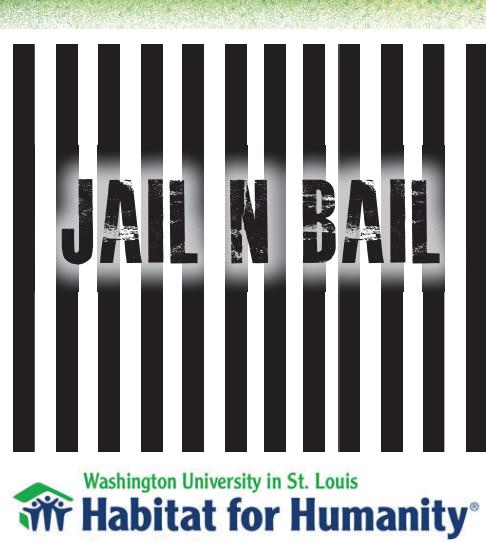
2011

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Washington University in St. Louis
Habitat for Humanity
Campus Chapter

Stop by the Fun Room to bail out these notable WU figures:

Chancellor Wrighton 11am - 11:30am

Bob Hansman: 11am - 12pm

Joe Sutherland: 11am - 12pm

Kit Wellman: 12pm - 1pm

Pat Gibbons: 12pm - 1pm

Michael Offerman: 12pm - 1pm

Jeff Grim: 1pm - 2pm

Arathi Arunachalam: 1pm - 2pm

Dean McLeod: 1pm - 2pm

All proceeds from the Jail n Bail event go to Habitat for Humanity.

CAREER CENTER Washington University in St. Louis

My goal... apply my Arts & Sciences background to the entertainment industry



The Career Center helped me develop an approach to the job search process. I'm more able to give it my all when I have a plan.



Sally Wippman, who will graduate in May 2011 with a major in drama and minors in modern dance and business, spent last summer interning at Lionsgate Entertainment in California.



My Passions:
Besides theatre... travel and adventures

Don't miss the chance to apply for the LA Road show: Film & Television. The deadline is TODAY!



I interned at Lionsgate in California!

Getting to know myself...

I knew I wanted to go into the entertainment business, but I soon realized **my direction needed to be more geared toward the entertainment aspect** than the business one. After a semester of experimentation in ArtSci, I declared my drama major.

I'm still approaching the same industry, but from a mindset that suits my personal interests and strengths.

Bringing my story to life...

I applied for the internship at Lionsgate after attending the LA Road Show with the Career Center. Through the informational interview at Lionsgate, I met the HR Recruiter who later became my supervisor.

Up next... I would like to try doing a few different things. I'd like to make a difference, jump in, and use everything I have to offer and put it to good use.

FROM PASSION SPRINGS PURPOSE

"If you approach an opportunity with passion, intelligence and openness, there is a good chance a door will open."

Sally's Career Tip

800+

Last year, the Career Center posted more than 800 full-time jobs.

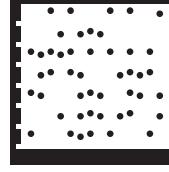
THIS WEEK'S OPPORTUNITIES

L'oreal
Centene
Brown Shoe
Ascension Health
WUSTL: Office of Undergraduate Admissions
Groupon

Amazon
Bloomberg
Target
Procter & Gamble Company
Apple
Blessing Basket

EVENTS

Los Angeles Road Show: Film & TV
Deadline: 2/7
Etiquette Dinner
Lunch with a Pro: International Entrepreneurship in Sustainability
Lunch with Your Peers: International Internships
Engineering Alumni and Student Reception



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