

Tea Party movement isn't benign, page 5

Weather This Week

Today: Showers, 58/50
 Friday: Showers, 56/43
 Saturday: Showers, 49/36
 Sunday: Showers, 47/33
 Monday: Sunny, 45/34
 Tuesday: Sunny, 45/33
 Wednesday: Showers, 44/32



HEY MILLENNIALS!
 If you feel special, that's because you are. At least a Pew survey says so, **READ ABBY WILSON, page 4**



Women, men both make the NCAA tournament

Today's Thought
 "Losers live in the past. Winners learn from the past and enjoy working in the present toward the future."

-- Denis Waitley

thePulse

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THE UNIVERSITY OF FINDLAY, FINDLAY, OHIO VOL. 24, NO. 21; MARCH 11, 2010

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No real surprise: UF costs rise

Increase intended to cover upgrade of student facilities

by **Stephanie Shoffner**
 Staff writer

Students will be expected to hand over more money for the 2010-2011 academic year to cover a four percent increase in tuition and a six percent increase for room and board, according to figures released following the Board of Trustees meeting in February.

This means tuition will

be \$26,016. Room and board increases to \$9,338 for the academic year.

"In order to continue improving programs and updating equipment in the academic areas there is a need to increase tuition," says Dave Emsweller, vice president for student services. "To provide quality instruction and to try and make sure we develop quality learning

facilities, it is a very expensive proposition."

According to Martin Terry, vice president for business affairs, the conversion of the ice rink and the renovation of the bottom part of Brewer are examples of how UF is striving to ensure its facilities are competitive with those at other schools.

"We are not going out and getting loans, we are soliciting people to make donations but that will not nearly cover all of it," said Terry.

See **COSTS, page 3**

And still champion...



SENIORS NICK COON AND MARCUS PARKER hoist the GLIAC trophy following the men's win over Hillsdale Saturday. Parker was one of three Oilers to make the all-tourney team. Nate Hyde was named tournament MVP.

\$1.5 million facility ready for fall

Clauss Arena to go; new rec area to come

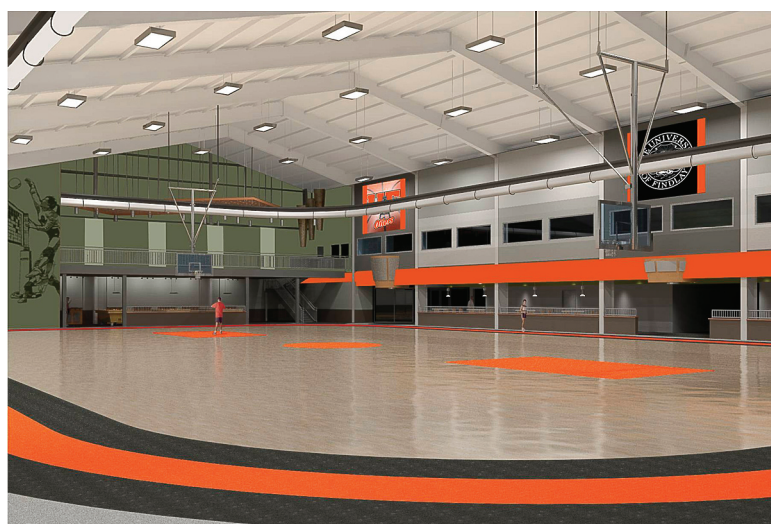
by **Ryan Rothenbuhler**
 Staff writer

When students arrive on campus to start the 2010-2011 academic year, one part of The University of Findlay will have quite a facelift.

In the spot where Clauss Ice Arena sits today will be a new, state of the art student recreation center that will provide students with many new options for recreation and relaxation.

"We're very excited for what this will bring to our students at the University," Dave Emsweller, vice president for student services said.

The \$1.5 million construction project will begin in early April. It is expected to take the



THIS DRAWING indicates what the new student rec area will look like. Slated to open this August, it will feature phys ed facilities and a new eatery called Derrick's.

entire summer to complete and be ready for student use on Aug. 23.

The Clauss Ice Arena has been without a varsity team since UF abolished its hockey program at the end of the 2004 season. And the area has generally been considered underused

by Findlay students, though it has hosted many non-UF hockey tournaments, practices, and special events for the past five years.

"If we still had a hockey program at the University it would be different, but we don't, so a change needed to be made," said

See **REC, page 3**

Clauss Ice Rink tenant says she will miss connection with UF; final show at Cube

by **Mac Davies**
 For the Pulse

The Gliding Stars annual ice show this weekend will be bittersweet for Cindy Bregel, the program coordinator.

The reason is due to the fact that the organization has called the Clauss Ice Arena home since 2000, and now they will have to

find a new home. But the fact that another successful season for the Gliding Stars has ended gives her hope.

"Our final show is at The Cube but when we have our practices it is on the University ice," said Bregel. "A major concern for us, heading into next year, is not getting as much ice time when we move to The Cube

full time."

Though disappointed with the University's decision to close Clauss, Bregel says that support from the University community remains strong.

"We have more University students than we've ever had over the past nine years," said

See **STARS, page 2**

Cell phone danger not in technology, but in the habit

by **Stephanie Shoffner**
 Staff writer

On any given day when the weather is nice, students walk around campus with cell phones glued to their ears.

This has researchers worried about potential health risks.

The Cellular Telecommunications and Internet Association reports that as of December 2008, there are about 270 million cell phone subscribers in the United States, nearly one for every person living in the country.

"Even though the cell phone has the advantages of connecting people, organizing lives, and saving time, if taken to the extreme, it reduces the amount of face-to-face connections that people need to build healthy relationships," said John Malacos,

associate professor of psychology.

Cell phones can affect the way people interact in society and form relationships.

According to a NASPA journal article written by Erin Gemmill and Michael Peterson, cell phones can be linked to a number of physical, social and psychological risks.

The habit is the danger of cell phone use, they say, not necessarily the technology.

"I believe that we cannot generalize if texting helps or harms every relationship, because each one is different dynamically," said Jennifer Hunker, adjunct instructor of sociology. "For instance, texting may help a new relationship blossom by easing anxiety, and

See **CELL, page 3**

CampusCalendar

Thursday, March 11

3 p.m. - Mortar Board Member Initiation Ritz Auditorium
 5 p.m. - Cottage Applications due to Student Services
 5-7 p.m. - Circle K Meeting Malcolm Dining Room
 6 p.m. - 3rd Annual Euchre Tournament AMU N MPR
 7:30 p.m. - UF Anointed Worship Gospel Choir Egner 209
 8 p.m. - Social Work Club Meeting 1117 Morey
 8-10 p.m. - Martial Arts FRC Mac
 9-11 p.m. - Block and Bridle Club Meeting Malcolm Dining Room
 9:30-11 p.m. - Thursday Night Live WTS TLB

Friday, March 12

9-11 a.m. - Choices Program AMU Endly
 10-11:30 a.m. - Open Counseling Hours 307 Frazer St.
 11 a.m. - CPB Passport Event: Films on Friday - Blindside AMU Lounge
 Noon - Last day to submit nominations for "A Night Among the Stars" Office of Student Activities, AMU # 5
 Noon-1 p.m. - Bach's Lunch featuring Mikaela Umbs AMU North MPR
 Noon - Oiler Club Luncheon, Speakers Troy Berry and Cindy Morehead Outback Steakhouse
 3 p.m. - Softball (H) Lake Erie College
 3:30 p.m. - College Democrats Meeting Main 213
 5 p.m. - Cottage rosters posted
 7 p.m. - CPB Passport Event: Films on Friday - Blindside AMU Lounge

Saturday, March 13

8 a.m.-2 p.m. - Scholarship Competition Day AMU MPR
 2 p.m. - Softball (H) Walsh University

Sunday, March 14

8 a.m.-12 p.m. - Worship at Winebrenner WTS TLB
 8 a.m.-6 p.m. - OAC Volleyball Tournament FRC Mac
 8 a.m.-9 p.m. - Senior Art Exhibition Second Session GFAP Lea Gallery
 10 a.m. - Worship Service AMU Endly
 10 a.m. - M Tennis (H) Walsh University
 2 p.m. - Mazza Guest Artist Diane deGroat GFAP
 4-8 p.m. - Extreme Marketing Makeover AMU Endly
 5-7 p.m. - Dance Team Practice Egner 004
 6-8 p.m. - SGA Meeting Frost Malcolm Lecture Hall
 6-9 p.m. - FIAT Rehearsal C God Chapel

Monday, March 15

12 p.m. - Investments Club Meeting Main 301
 5 p.m. - Townhouse Applications due to Student Services
 7 p.m. - Greek Recruitment - Broomball FRC Clauss Ice Arena
 8:30 p.m. - CPB Executive Board Meeting AMU Brachendorf
 9:15 p.m. - CJAD/Forensic Science Meeting Main 213
 9:15-10:15 p.m. - Physics Club Meeting Brewer-Martin Lecture Hall
 9:15-10:30 p.m. - Rotaract Meeting Main 216
 9:30-10:30 p.m. - Greek Council Meeting Malcolm Lecture Hall
 9:30 p.m. - CPB Meeting AMU Endly Room

Tuesday, March 16

10 a.m.-1 p.m. - Campus Program Board Passport Event: "St. Patrick's Day BINGO!" AMU Atrium Sponsored by Campus Program Board
 1 p.m. - Gold Rush AMU North MPR
 3 p.m. - Commuter Town Hall Meeting AMU Endly
 5 p.m. - Townhouse rosters posted
 5-7:30 p.m. - Steak Night Henderson Dining Hall
 6-7 p.m. - Lecture by Laura Kriska "Intercultural Communication" Davis 102

Due to the nature of this information, activity times, dates and places are subject to change. Source: Sandy Saunders

>>>newsBRIEFS<<<

SENIOR GIFT IS ANNOUNCED; \$100 MINIMUM IS REQUESTED

The Class of 2010 has decided to give the gift of a new study area that will be located on the North Cory Street plaza. The Senior Class Gift Committee is requesting that all graduates consider giving a gift of \$100 to help pay for construction.

A major portion of the project is the laying of personalized bricks. Those who give the requested gift will have their name inscribed on a brick.

Please contact Rachel Baker, Jamie Poston or Bryant Weyant, the senior class gift committee with questions.

TWO BANDS VISITING TIFFIN EPICENTER FOR CONCERT ON MARCH 12

The bands Southbound Fearing and A Rotterdam November will give a concert at the Tiffin EpiCenter on Friday, March 12.

Tickets are \$7 each, and with each ticket concertgoers will receive admission to the show and a copy of Southbound Fearing's new CD.

For information, please contact the Tiffin EpiCenter at 419.447.8320.

UNIVERSITY JAZZ ENSEMBLE SETS SPRING CONCERT FOR MARCH 28 IN WTS

Findlay's Jazz Ensemble, under the direction of Jack Taylor, will perform its spring concert on Sunday, March 28 at 3 p.m. in the TLB Auditorium in Winebrenner.

Tickets are on sale now and can be purchased for \$5 for adults and \$3 for non-UF students and senior citizens.

Tickets for UF faculty, staff and students are free.

Tickets may be reserved at the UF box office, x5335.

MARCH BACH'S LUNCH FEATURES HARPISIT MIKAELA UMBS

Mikaela Umbs will be the featured performer at the March Bach's Lunch.

Her program will begin at noon March 12 in the atrium area of the AMU.

Umbs is a high school senior, and she will perform a classical harp concert. Sonja Umbs on the violin, Gabrielle Umbs on viola and Moriah Umbs on the harp will accompany Umbs.

Admission is free. This will be the final Bach's Lunch of the school year.

SEVERAL COLA FACULTY EARN AWARDS

Four faculty members within the College of Liberal Arts received awards, which were announced just before spring break.

John Malacos received the David Allen Award for Holistic Teaching Excellence in and out of the classroom, and he was selected as the Richard E. Wilkin COLA Faculty Chair for 2010-2011.

Christine Denecker was awarded the Founder's Award for Faculty, which is a campus-wide honor that recognizes academic excellence and Christian witness.

Diane Kontar was awarded the Shiv Gupta award for teaching in the fine arts.

And at the annual faculty dinner, David Foster, a professor of communication, was honored for 20 years of service to Findlay.

2010 COMMUNITY READ BOOK ANNOUNCED BY THE COMMUNITY FOUNDATION

The CommunityREAD committee and the Findlay Community Foundation have announced that the 2010 feature book is Teach with your Heart by Erin Gruwell.

The book is considered an inspirational one for teachers and non-teachers.

Gruwell has a reputation for a steadfast commitment to education and teaching. Teach with your Heart is part a memoir and part a call to arms.

Residents of Hancock County and surrounding communities are invited to take part in the CommunityREAD events this month.

For information about these events, please con-

tact Lisa Houck at the Community Foundation at 419.425.1100.

WHY TRY TO KISS A PRINCE? KISS A PIG INSTEAD

Campus Compact is sponsoring a Kiss the Pig contest to raise funds for the first UF sponsored Habitat for Humanity house.

Those interested as asked to nominate a friend, a favorite (or not-so-favorite) faculty member...almost anyone. The campus will vote for their favorite (or least favorite) volunteer by dropping money in a jar with a picture of a nominee on it.

The top three who raise at least \$200 will have the opportunity to kiss a pig in front of the UF campus on March 26 at noon in the AMU.

The deadline for nominations is March 12. Please note a non-refundable fee of \$20 is required when making an application.

Applications can be obtained from Campus Compact.

STARS: Final show Sunday at the Cube

CONTINUED from page 1

Bregel.

Melinda Bednarik, a senior strength and conditioning major, started working with Gliding Stars three years ago. After hearing about Gliding Stars through the physical therapy organization on campus, she began working with the four year and under age group.

"To see their progress throughout the whole year is the biggest reward," said Bednarik. "It's really special at the end when they can skate without a walker or dance to their music on the ice."

David Nelson, a senior strength and conditioning major, plans to use his experience with Gliding Stars when he begins a career in physical therapy.

"I really like working with kids, and I know that's what I want to do when I get older," said Nelson. "I want to do physical therapy with younger kids, and this is the exact crowd I would be working with."

Like Bregel, Nelson is disappointed with the University's decision to remove the ice arena, but he understands the reasoning behind it.

"I definitely use it (the ice) a lot more than an average student, so I will miss it more than most students will," said Nelson. "Having the ice here is really convenient, but there is an ice rink two miles down the road."

Blake Barnhart, a sophomore physical therapy major, decided to learn to skate so that he could help out with Gliding Stars.

"I had never skated before I did this," said Barnhart. "I've learned how to skate over the past two years."

Barnhart is in his second year with the program and has found the experience to be rewarding.

"Seeing (Jared's) when we had the recital last year, and how excited he was, was the highlight for me," said Barnhart.

For the past two years Barnhart has worked with 10-year-old Jared DiNarda. According to Jared's father, Bryan, the experience has been equally rewarding for his son.

"He interacts better with other kids, and he's not as reserved as he had been," said DiNarda. "It has done a lot for his self confidence."

This year's featured performer, a 12-year-old boy named Jarod, is looking forward to the end-of-season extravaganza.

"I love that it's energetic," said Jarod. "This is how I learned to skate five years ago."

Jarod, who admitted he watched a lot of ice skating on television during the winter Olympics, will be skating to "Burning Love" as Elvis Presley.

The annual ice show is this Sunday at 2:30 p.m. at The Cube in Findlay. Tickets for the ice show are \$5 and can be purchased at the door the day of the event.

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REC: New area 'unlike any other' on UF campus

Orange and Black Shop to go, along with the ice arena

CONTINUED from page 1

Emsweller.

Bryan Golding, who now serves as director of recreation services will be the director of the new center.

"One of the best things about the new recreation center is that it is unlike any other building on campus as far as design, colors, structure and graphics," Golding said.

The new center, which has yet to be named, will include a three-lane track, basketball court, pool tables, ping-pong tables, rock climbing wall,

racquetball courts and a student lounge area.

Not to be left out, student-athletes at UF will receive a new, much bigger weight room for their workouts. There will also be a big addition to the lobby of the Koehler Fitness and Recreation Complex.

The Orange and Black shop will be replaced by a new facility known as Derrick's, a lounge area setting where students and those using Koehler can gather. Smoothies and drinks for the health-conscious will be available at the shop.

David Harr, director of Sodexo Campus Services, is helping organize the addition of Derrick's.

"Derrick's is a casual quick service restaurant with seating where you can hang out at the bar and watch your favorite TV show, sit on couches while enjoying conversations with friends and check your email," Harr said.

Emsweller and Golding were the two who saw the need for the new recreation center.

"Bryan and I had thought there was a need for a student recreation center in the past. Our current situation is not fair to students," said Emsweller.

"We thought we have open space that could be used to better serve our University and its students."

Right now, the University offers students use of the Malcolm Athletic Center inside the Koehler Complex.

But the times students, faculty and staff can use Malcolm is restricted due to the use by athletic teams.

"This new recreation center will be devoted just to students, faculty and staff. Outside of the new weight room, UF's athletic teams will not be allowed to use the facility for practices," Emsweller said. "Students need a true recreation center in which

they can go and enjoy themselves, and this will serve that purpose."

Had the University decided to build an entirely new building instead of remodeling the current ice arena, it could have cost up to five times more, Emsweller said.

Adding a student recreation center also means the addition of some student employment opportunities. It's about making the University more appealing to everyone.

"We have to keep modernizing our facilities in order to keep current students here and also attract prospective students," Emsweller said. "The addition will greatly improve the look of our campus."

See additional drawings of the new rec center at www.findlay.edu/pulse

COSTS: Tuition tops \$26k; room and board over \$9k

But among private Ohio schools UF is middle of pack

CONTINUED from page 1

Because it is a private University, Findlay does not receive money from the state. This leaves the school with little recourse but to increase tuition if additional money is needed.

The six percent increase in room and board breaks down to a three percent increase in each room and board.

According to Emsweller, renovations in student housing have been ongoing for three years.

These renovations includes finishing windows, installing air conditioning in all the dorms and fixing up the houses.

The board increase has a less visible benefit to students.

"We have food costs that go up, they have increased substantially over the last few years," says Terry.

With the increase in tuition, room and board it would be logical to ask why the school wouldn't cut back in some areas and try to hold the line on costs. Emsweller said a decision to have no tuition increase would have a negative outcome.

"Not increasing would catch

up with us in terms of fewer scholarships, fewer renovations," he said. "It would impact trying to keep quality programs where they need to be. We have programs that are of high quality, some require very expensive equipment."

Terry said the job of trying to determine how large a tuition increase might be is carefully considered.

"What we do is put everything into a spreadsheet, as far as what we have to put into the budget," Terry said. "And we

consider what we do if (certain situations occur). At the increase we have, we could not put everything in that we wanted to, we had to cut some things out."

Most universities have a tuition hike each year, some are

UF by \$7,616.

Students accept the increase in cost, provided they see some immediate benefit from it.

"For me it depends if money is going into surplus or to students immediately," said Don

little things," said Allie Bishop, freshman pre-vet major. "They used to have more scholarships and benefits for local Findlay students."

Administrators know the cost of a college education is a big expense. So they think it's important to try to provide value equal to the cost.

"I think there is going to be enormous pressure in the next decade on higher education to look at their cost and their expense to try to see what they can do to make sure they are providing what they need to provide for what students are paying," said Emsweller.



"Not increasing (tuition) would catch up with us in terms of fewer scholarships, fewer renovations. It would impact trying to keep quality programs where they need to be."

Dave Emsweller, vice president for student services

higher than others.

Compared to most private colleges in Ohio, UF is currently near the average tuition price.

Findlay is \$442 behind Ashland in its proposed tuition increase for the 2010-2011 academic year. Tiffin is lower than

Mathews, a science education graduate student.

Another student said she is concerned less with the large expenses than she is the small ones.

"If it is needed, okay. I do not like seeing money wasted for

CELL: It's the habit that worries some experts

CONTINUED from page 1

it may hurt a parent-child relationship if the parent is not text savvy."

Hunker believes that when it comes to relationships, the lack of typical social norms influences whether or not the relationship will be affected negatively or positively by the involvement of cell phones.

Many people view cell phones as important links to the outside world.

According to Malacos, the need to respond right away to a text or phone call is due in part by a person feeling as if they will be left out of the loop or feels disconnected from that person.

"If someone texts me first, I reply usually to make plans or

something," said Jessica Kohler, freshman occupational therapy major. "I text instead of talking, most of the time is when nothing else is going on."

Studies have also been done revealing the connection between cell phones and the ability for people to concentrate while driving.

"Recent studies have begun to show that multi-tasking is not a positive or healthy goal for people, and for many, it diminishes the concentration level leading to reduced performance," said Malacos.

The most common physical danger cell phones pose is traffic accidents. The University of Utah did a study using a simulator to compare drivers talking on cell phones and drunk drivers.

The results indicated that both categories of drivers were equally unable to safely drive.

According to the Governor's Highway Safety Association, six states have banned the use of hand held phones while driving, and 19 states banned texting while driving.

Though focus is on habit, researchers believe there may be some risks associated with radio frequencies.

Limiting your time spent talking on the cell phone, choosing a phone with a lower specific absorption rate and using a hands-free device are the main methods for reducing the amount of RF your body absorbs.

So far researchers do not indicate cell phones as a cause of cancer, but more long term studies need to be done.

The cause for concern is the strength of the RF cell phones release.

Cell phone users are not

concerned about the health ramifications from cell phone use.

"If cell phones transmitted frequencies that caused us harm I do not think people would stop using them, now that almost everyone relies heavily on them for day to day life," said Kohler.

Many people develop a sense of security by having a cell phone to the point that if the battery dies or the cell phone becomes lost, people feel panic or anxiety.

"What started off as a tool to assist us with physical safety may now have become a mechanism for psychological security," said Malacos. "We rely on our cell phones to feel normal and secure."

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4BR, 2 baths. Next to college. 822 N. Cory. Large and spacious. \$1,000/month. 419.538.6936 or 419.615.7900.

Staff editorial

'That's so gay' ad on WLFC is, well, pretty gay

Let us now take a moment to bash WLFC.

Actually, we love WLFC for the most part. But one of the ads that run on the station is a little grating.

For non-listeners it is an ad that takes people to task for using the phrase "that's so gay." The ad is, well, pretty gay.

In the ad there is mockery of people of who use the phrase because it is supposedly insensitive. So the end of the ad asks: When you say, "that's so gay, do you know what you're saying? Knock it off."

The truly odd thing about this ad is it goes to some pains to point out the word gay used to mean happy or excited. Then it morphed into a word used to describe someone who is homosexual.

But then it shifted meaning again, as the ad says, to mean something that's dumb or stupid.

Apparently the shift in meaning from happy or excited to homosexual was fine.

For some reason, though, the shift from a description of homosexuals to dumb or stupid just shocks the conscience.

This is simply gay.

What's the big deal about if we move the meaning of a word to mean something new or different? It happens all the time with words—and if you're reading this you can probably come up with several words that have changed meaning over the course of your life.

To single out this one word as one that cannot change meaning is gay.

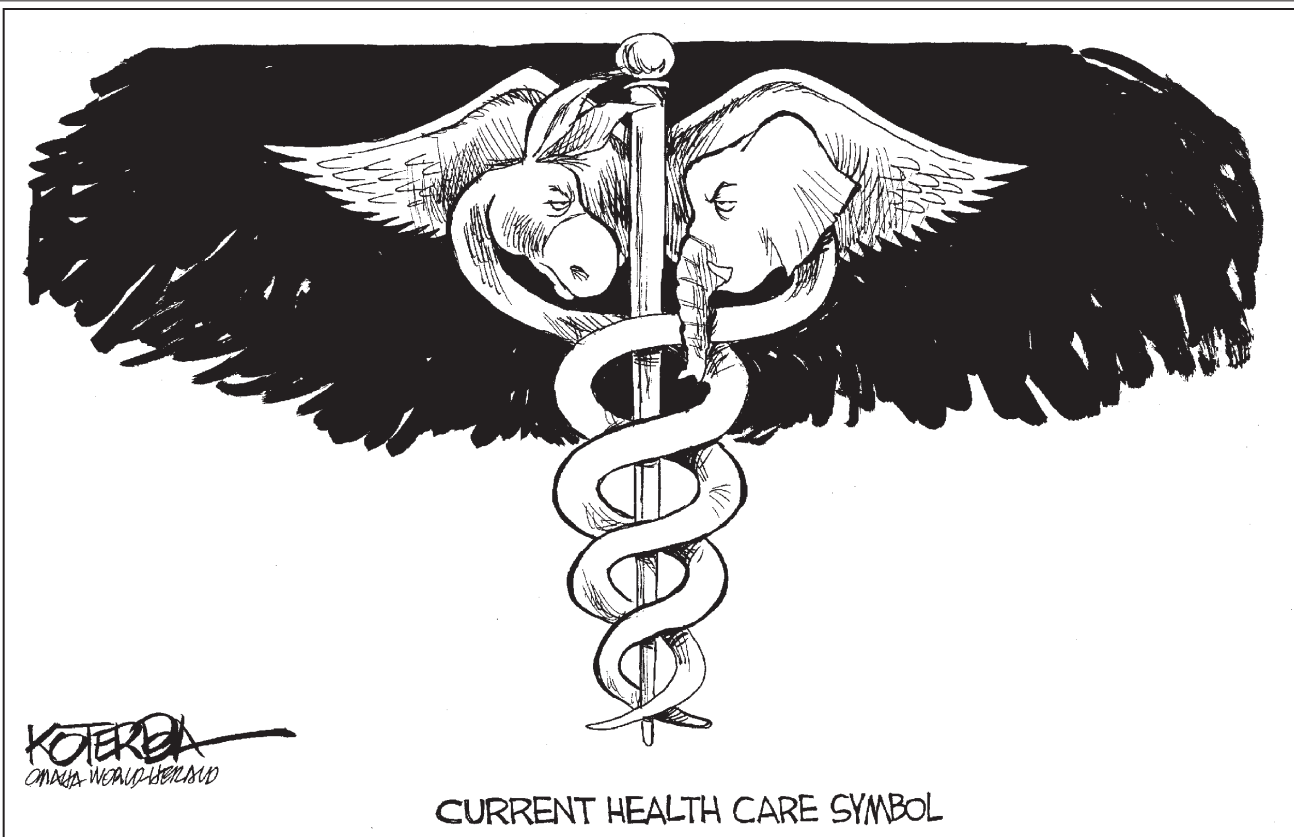
Some of us wonder if maybe there is not something else at work here. Perhaps there is a little political correctness in the mix.

Some people may be afraid that if the word gay—which for most people means homosexual—becomes a word that means dumb or stupid that homosexuals will be considered dumb or stupid.

If this is the case, then why are homosexuals not considered happy or excited, since this is what the word means?

Do you see the point?

So if you like the word gay and want to use it to mean dumb or stupid, why not use it proudly?



CURRENT HEALTH CARE SYMBOL

Millennials: Sure we're lazy, but a Pew survey says we're special

Research suggests Millennials are on track to becoming the most educated generation in history, and it's time for the classroom to adapt to our strengths.

The Pew Research Center recently released the most in-depth study of current teens and 20-somethings to date. Millennials (defined as those born after 1980 and who are becoming adults in a new millennium) think and act differently than older adults did at our age.

The report defines the generation as confident, connected and open to change. If teachers recognize and embrace these characteristics, the education process could be much more enjoyable for both parties.

Students use multiple avenues to display their confidence in class. Some use the traditional method of answering several questions each class period. Others boldly offer opinions, which contrast those of the professor. Still others show their confidence by offering a creative approach to a rather mundane assignment.

Regardless of how Millennials show their self-assurance, it's obvious there are certain teaching methods to which confident students respond better.

For instance, they respond better to open classroom discussion rather than lecture. If a topic sparks our interest, we want to participate by offering our opinions.

Also, students with confidence are more likely to try something new. Hence, teachers can embrace this confidence by introducing some creative nontraditional teaching methods such as a debate, mock trial, role play, etc.

I know some teachers will disagree with me on this because of numerous experiences where a question or activity is posed and students refuse to answer or participate. This frustrating, awkward silence is annoying for everyone, but it's not a result of a lack of confidence. It's a lack of effort on the students' part because unfortunately, another millennial characteristic is a low work ethic.

Sometimes students need a little coaxing. How professors choose to deliver this enticement is up to them.

Connectedness is probably the most obvious Millennial characteristic. The Pew report says more than 80 percent of 18- to 29-year-olds sleep with their cell phones and three quarters of them have at least one social networking account.

What does this signify for the classroom? It means students have embraced a multitude of self-expressions, and now classes can start to explore the assignment and communication possibilities in these new mediums.

Maybe a YouTube video could replace a paper or a

Twitter account could serve as the class communication hub. Professors could also have a Facebook group for each class. On it they could initiate conversations about the real world application of a class's subject matter.

The 2008 presidential election revealed Millennials' openness to change because they were among Barack Obama's biggest supporters.

While receptiveness to political change is common among young people, Millennials' social open-mindedness is a distinguishing characteristic. They are the most open generation to nontraditional families, including those that are interracial and gay.

Only 32 percent of Millennials consider more gay couples raising children a bad thing for society, and they are the only generation to favor the legalization of gay marriage.

This non-judgmental attitude transforms the classroom culture and makes students more willing to work with peers despite a difference in race, religious, economic status or sexual preference. Millennials genuinely accept people and their differences, making an interactive classroom easier to accomplish.

Professors can embrace this tolerance by encouraging student collaboration. Being open to change makes students today more flexible and agreeable than those of yesterday who were rigid and regimented.

This flexibility allows for more classroom spontaneity and creativity. Professors should feel free to switch things up every now and then because they are unlikely to get much resistance from students. The change will make the topics more interesting to teach and to learn.

Communication 101 says the better speakers know their audience the better their messages will be received. Hence, if teachers spend a little more time getting to know students and adapting the classroom to appeal to student strengths, they are sure to see infinite benefits and possibilities.



Abby Wilson
Pulse Editor



thePulse

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The Tea Party movement is not an innocent one

Their candidates, ideas have the possibility to devastate the heartland

There has been a lot of buzz lately over spin-off political groups, one of them being the Tea Party.

The Tea Party describes itself as a group of “ordinary American citizens from all political affiliations who believe in free-market values who are concerned about the direction of this country’s fiscal policy.”

Despite my disdain for any group of people claiming to be what they’re not (ordinary people from all political affiliations) I have greater concerns with principles of this reactionary group and their supporters and candidates for office.

Let me tell you what I’ve learned about the Tea Party when researching this group and their affiliates on their own websites. The Tea Party is about eliminating government unless it will be run as they see fit, eliminating taxes all together, privatization of everything possible, taking control of the Republican Party, and electing politicians who share their ideals so they can achieve their end.

This is a completely reckless and harmful organization that is gaining popularity in America and is trying to defend itself and make its point by using the very document from which our country’s government is founded—our Constitution.

Let it be known they are trying to disrupt the very fundamentals of our great nation for their own gain, and it cannot be tolerated or deemed acceptable for the sake of our country and for our own personal freedom.

The Tea Party already has more than one supporter

and candidate running for statewide office in Ohio. One of them is a former managing director for the now-bankrupt investment banking firm Lehman Brothers, former Congressman John Kasich.

Kasich is now the leading Republican candidate for governor of Ohio against incumbent Ted Strickland.

Last year for the Tea Party’s Tax Day protest in Columbus, Kasich said in his speech “...and let me just tell you—we are determined. We are committed. And we are relentless... It’s about this crowd and I’m one of you.”

Gubernatorial Republican candidate Kasich said it himself; he’s a Tea Partier.

What are his plans for Ohio if he were elected? He wants to repeal the state income tax, which would blow a massive hole in Ohio’s budget.

It would remove millions of dollars and force Ohio to cut funding for our local police and fire departments, first responders, parks, public health and other local services (according to Associated Press, 1/14/10; Legislative Service Commission, 12/30/09, 1/8/10, 1/15/10).

How would this affect Hancock County? Specifically, Kasich’s reckless plan would cut more than \$1.7 million from our local police and fire departments, parks, public health and other local services and an additional \$1.2 from our Hancock County library.

How does this affect you? The numbers I gave were just Hancock County. This plan affects every single one of the 88 counties in Ohio.

Criminal Justice majors, you won’t be able to get a job in your hometown working for the police force. Education majors, good luck getting hired to teach in any public school in Ohio because of these potentially devastating budget cuts.

Social work majors, you won’t be able to find work. The truth of the matter is that this plan (the plan supported by a Tea Party member) will have devastating and lasting effects on Ohio that will affect every college student looking to either keep either keep their job or get a job in Ohio.

This repeal of the state income tax is the cornerstone of Kasich’s campaign.

John Kasich and the Tea Party are bad for Ohio. If you aren’t a registered voter (and even if you are) I urge you to do something now to stop these bad deals from inflicting devastation on the heartland of America.

For those of you who disagree with me and the things I’ve written in this article, wake up and smell the coffee.

This isn’t a joke and a simple Google search will show you everything I’ve said is true.

This isn’t a game; these ideas won’t help Ohioans. These ideas won’t help create jobs in Ohio, and they won’t help make our government more responsible or honest.

All it does is create misery and devastation for many, and a crippled government that can’t help her citizens.

Don’t do this to Ohio. Don’t do this to America.

*Talk to Erik
at cranmere@findlay.edu*



Erik Cranmer
College Democrats

The dustup over Bunning shows principle is dead

One man who tried to make the Senate follow its own rules is savaged

Oh, what a confused Congress that leads us.

Congress recently passed a bill requiring all new bills to structure its spending so as not to add to our ballooning national deficit.

Yet, about a week later, one of the first pieces of legislation put forth adds \$10 billion to our deficit—completely defying the Democrats’ bill to stop new deficit spending.

It seems time and time again this Congress says one thing, makes a huge deal about how this thing shows they get it, and then almost immediately goes against its statement about how they understand what the people are saying to them.

Perhaps they hope you are too distracted by the content matter to have to worry about the process they are undergoing to make the bill.

I am going to guess some of you are slightly confused by all this.

The \$10 billion bill is H.R. 4691, a new jobs bill that has been circulating will allot \$10 billion more for benefits for unemployed workers and road projects. (We always need us some random road projects added in.)

One man, Sen. Jim Bunning, attempted to make a

conscientious stand and instead of being applauded he was smacked around for it.

I know some people disagree with Bunning because he has had a sort of wild past and is known for these types of antics, but we should not be attacking the man.

Bunning took a stand to support a law, a new bill that would force no new deficit spending. By doing so, he got bombarded by people telling him he is basically a lunatic.

The senator decided to filibuster H.R. 4691 because it was going to add deficit spending.

This illustrates the problem in this case and with almost everything generally done by Congress.

Bunning is retiring after this year, meaning he has nothing to lose. He no longer has to fulfill the wishes of the needy of his district.

Rather, in this case, he seems to be willing to fight for what is right in the absence of consequences. Besides his reputation is already marred.

Some may think it’s wrong for a Senator to go all “rogue,” but I think it was one of the main reasons the Senate was created in the first place.

Our senate is not necessarily a place where men are philosopher-kings, but they should be able to ignore cries from their district from time to time if the legislation before them is not good for the whole nation.

The rest of Congress, on the other hand, is simply trying to squeeze the most votes possible out of their

district right now.

They could care less for you and me, they could care less for the law, and they could care less for basic principles it seems, as long as they get their votes.

After all, if they weren’t pawning for votes during a primary election season, they wouldn’t just create a bill that is exempt from a previous bill that is about a week old, just because it is a so-called emergency situation.

Of course this bill was pawned off as an emergency bill that should be exempt from the deficit freeze. That is how leaders can easily trick the masses.

Maybe I was wrong, the Congress isn’t confused. The Congress is cunningly brilliant, and maybe we are the blindly confused.

After all, how many times have we heard of emergency bills or unprecedented events in this current administration and past year? Seems like too many times to me.

But over and over again our leaders are able to make us follow blindly like sheep as long as they tout it being good for us all and it being an unprecedented event.

It seems like critiquing the Congress outside of party lines is blasphemy.

If you are a red, you dare not question another red. If you are a blue, you dare not question another blue.

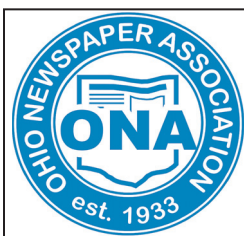
If you are a concerned citizen—or in this case a conscientious Senator—how dare you question the leadership. If you act out of principle, there will be an outcry of blind supporters who could care less about the law.

All they can think about getting is what they feel they deserve.

*Talk to Justin
at kahlej@findlay.edu*



Justin Kahle
Pulse columnist



The Pulse is a collegiate member of the ONA and the recipient of the 2010 ONA Hooper Collegiate Newspaper contest for news reporting and sports reporting. These awards were for work done during the 2008-2009 academic year.

A second half comeback gives UF GLIAC crown

Hyde named tourney MVP; Oilers set sights on regional

by Ty Thaxton
Staff writer

The Oilers made it back-to-back Great Lakes Intercollegiate Athletic Conference tournament titles with a 79-66 win over Hillsdale Saturday night in a battle of three-pointers.

"Winning back-to-back titles in this league is a tremendous accomplishment," said assistant Oilers coach Charlie Ernst. "This is a credit to our players; let's face it, the last two games, we've had some stiff competition. I don't know if Hillsdale could have played any better in the first half, but we were still able to win by 13."

Hillsdale gave the Oilers a run for their money in the first half by knocking down threes and pressuring the Findlay offense to prevent scoring. The Chargers went into the half with a nine-point lead.

"The biggest thing is that while we were down nine, we felt like we only had two or three major breakdowns within a couple of minutes on defense," Ernst said. "Those breakdowns left their shooters wide open stepping into threes, and you just can't have that, not in a championship game. We made a few defensive adjustments at halftime and it really showed through our zone in the second half."

But even down nine at halftime, the Oiler veterans still had faith. Having been in the position plenty of times before, they knew what to expect. The younger players are a different story.

"We had some veterans that still knew we weren't in trouble at halftime, but for some of our younger guys, they weren't quite sure what to think," Ernst said. "But what you need in a game like this is for your veterans to show the way. Between Marcus Parker, Nate Hyde, Jason Wehri and Tyler Sparks, our veterans made plays to start the second half. They gave us life, they gave the crowd life and it seemed like the tide turned really quick."

And turn the tide they did as the Oilers went on a 12-0 run to start the second half and jump out to a 40-37 lead. While the teams continued to trade baskets, the Oilers slowly began to build a modest lead thanks to a good team effort.

"With a lot of games in a short amount of time, you can't depend on one player; it takes a great performance from everyone to succeed in this tournament," Ernst said.

The Oilers also had some luck on their side. While Hillsdale guard Tyler Gerber caught fire from three, the rest of the team went cold. Not to mention

that they were also playing from behind at that point.

As has been the case all year, GLIAC tournament MVP Nate Hyde led the way in scoring with 24 points. Hyde also set three records for GLIAC tournament play: most points (84), 23-of-23 from the charity stripe, and most three-pointers made (15).

"Hyde's amazing. I don't know what else I can say about his shooting other than he doesn't just make the easy threes, he makes tough shots," Ernst said. "He's playing with incredible confidence right now. I don't think he feels anyone can guard him at this point."

Parker added 18 points and six assists while Tyler Sparks contributed 16 points. Aaron Robinson had a team-high seven rebounds.

Hyde, Parker, Sparks and Wehri, along with Hillsdale's Gerber and Brad Guinane, were named to the 2010 all-GLIAC tournament team.

With the tournament win, the Oilers now move on to tournament play beginning Saturday against Grand Valley in Owensboro, Ky.

"If the GLIAC tournament does one thing, it's preparing your players for the intensity of the postseason," Ernst said. "I think what we've gone through up until now has prepared our players for the big tournament ahead."

Talk to Ty
at thaxton@findlay.edu



IN THREE GLIAC TOURNEY GAMES Nate Hyde scored nearly 100 points to help lift UF to a successful defense of its conference title. **NEXT UP:** Grand Valley in the NCAAs.

Women lose in GLIAC semis; but earn first ever NCAA bid

The UF women's basketball team got knocked out of the GLIAC tourney in the semi-finals by Northern Michigan, by a score of 71-64. Despite sweeping the regular season series against NMU, UF couldn't

handle them the third time around.

Despite the loss, UF received its first NCAA bid. They will play Wisconsin-Parkside Friday at Michigan Tech, which is hosting the NCAA regional.

Against NMU, a quick three pointer by Wildcats in the opening seconds sparked some quick momentum. They later rolled out to a 9-2 lead five minutes into the action.

Several minutes later Laura Bardall converted a three-point play to bring it to 17-12.

The Lady Oilers then hit back-to-back field goals by Ashley Andrews and Kayla Brown to come to within one.

The Wildcats converted their next jump shot, prompting

See BID, page 7

Baseball has its ups and downs during Florida trip; some great pitching and timely hitting help lead Oilers to 3-6 mark

The Oilers opened their season with a few offensive outbursts and some impressive pitching.

But the bottom line result is that the men returned to Findlay 3-6 to start the season.

Lewis 4 Findlay 2

The Oilers scored two runs in the first and that was all as they lost to Lewis 4-2.

Ross Guisinger and Jason Reitenbach each had an RBI.

Matt Weber took the loss for Findlay giving up four runs on six hits in six innings. He also struck out five.

Mary University 3 Findlay 0 (Game 1)

In game one, Ryan Rothenbuhler couldn't get any help from his offense striking out fifteen in nearly seven innings of work giving up only four hits and no earned runs.

All of Mary's runs came after Rothenbuhler left the game. Victor Migliore allowed all three

runs in two-thirds of an inning to take the loss.

Findlay 10

Mary University 1 (Game 2)

The Oilers turned it around in game two manufacturing 10 runs on only four hits.

Bobby Herberger was the top standout for Findlay going 2 for 4 with 2 RBI and a run scored. Aaron Geis got Findlay's first win, recording eight strikeouts in six innings of work.

Findlay 4 Maryville 2 (Game 1)

In game one of the double header against Maryville, the Oilers pushed across four runs on seven hits.

Kyle Wilson's only hit was a triple to center field in the ninth scoring Ross Tonyan with the eventual winning run.

Anthony Lanzara picked up the win for Findlay striking out four in the eighth and ninth.

Maryville 9 Findlay 5 (Game 2)

The Oilers couldn't get their offense rolling until they scored four in the ninth, but it was too little, too late.

Kyle Wilson was a bright spot in the offense going 2 for 2 with two singles. Reitenbach smacked a double in the ninth going 1 for 3 with 2 RBI.

Lewis 10 Findlay 8

There was plenty of offense in this one as Wilson went off for the Oilers, going 3 for 5 with a double, three runs scored, an RBI and a stolen base.

Also having stellar games for Findlay were Robert Marsh and Dustin Zielaskiewicz.

Marsh went 3 for 5 with 2 RBI and a run scored while Zielaskiewicz was 3 for 4 with a walk and two stolen bases.

Florida Southern 10 Findlay 6

A Guisinger grand slam wasn't enough to push the Oilers past #2 Florida Southern.

Zielaskiewicz continued his

hot streak going 2-3 with a pair of doubles and a run scored.

Weber took his second loss of the season.

Gannon 9 Findlay 3 (Game 1)

Coming off his outstanding first start, Rothenbuhler gave up 12 hits and seven runs (five earned) in five innings as UF dropped the first game of a doubleheader to Gannon.

Robert Marsh collected two hits and an RBI to lead the Oilers. Migliore and Nathaniel Fitch each knocked in a run.

Findlay 16 Gannon 1 (Game 2)

Troy Baldauf gave up no runs in six innings and was the beneficiary of 10 UF runs before Gannon scored in a 16-1 win to close out the trip.

Jason Reitenbach and Guisinger each had three RBI. David Cort, Alex Raymond, Tommy Roush and Marsh each had two RBI.

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'The Surrogates' a good way to consider the future

Perfect bodies, technology take over real life, leaving viewer with many questions

Surrogates has a great premise based on the comic book miniseries *The Surrogates* by Robert Venditti and Brett Weldele.

The film noir plot tells the story of a future world where 92 percent of the population lives their daily lives through robotic "surrogates."

These robots look nothing like the generic

models in other science fiction films but are designed to be beautiful with flawless skin and supermodel bodies. People are hooked up to their Surrogates to feel everything they feel which becomes a problem when someone starts killing robots.

Normally a person could not be killed if something happens to a surrogate but someone has developed the technology to

take revenge out on the world that has become addicted to their robot lives and forgotten about their real ones.

The people of Earth have forgotten what it is like to be human because they stay cooped up in their houses and experience life through the eyes of their machines.

The film tries to take this primary theme from the comic that technology can disconnect us from our daily lives and adapt it to the screen.

Just like *Avatar*, *The Surrogates* has a message but spends

so much effort on visuals it does little to dazzle scriptwise.

For example, the biggest mistake was changing the main villain from the comic, a super-powered serial killer, to an average crook.

The original killer was Steeplejack and he killed surrogates with a pair of electrified gloves.

Steeplejack hunted the surrogates leaping from rooftop to rooftop using the energy from his hands as tiny booster rockets to give himself altitude.

Detectives Harvey Greer

(Bruce Willis) and Pete Ford chased him across the city in a thrilling game of cat and mouse.

The cops in the film aren't as thrilling. Willis tries very hard, but his character has changed so much from the original he is hardly recognizable as Greer.

Willis tries to be the rough edged bad cop that goes against his department to catch the killer. In the end, he makes a decision that will change the lives of everyone one on the planet.

Whether his choice is the right one is left up to the audience, which is left with more questions than answers as the end credits roll.

On DVD



Restaurant inspections in January were headed trio of college favorites—pizza places.

Marcos Pizza on Blanchard Street, Papa John's on Tiffin Avenue and Little Caesar's on Main Street were all scrutinized in the latter half of the month.

Marcos ended up having the best inspection of the group with four violations. Marcos was advised to clean behind the handles of the doors for their reach-in cooler. Food residue

Latest inspections focus on pizza joints

was found on them at the time of inspection.

Papa John's and Little Caesar's both had six violations. Papa John's was marked up for leaving their pizza sauce uncovered during storage. They also were asked to no longer soak foods in a three-sink basin which directly connects to a sanitation sewer.

Little Caesar's rear hand sink was not accessible due to equipment stored in the area. This was a repeat violation.

The worst inspection throughout late January did not come from a pizza place, but Wal-Mart on Tiffin Avenue. The food department there received 11 violations. Wal-Mart was advised to better clean and sanitize thermostats and knives. Also, similar to Papa John's they were asked not to soak lettuce in a sink which directly connects to a sanitary sewer.

There were nine violations for Steak N Shake. The burger joint was told to provide a thermometer for all refrigeration units and to wash their oven mitts, which had food residue on them.

Cracker Barrel also racked up nine violations. The health department raised concern over a bottle of Stewart's Root Beer which was stored without a lid.

The upscale Revolver Restaurant had seven violations. Knives, thermometers, tongs and ceramic sauce cups needed cleaned and sanitized. The health department also asked for the clothes being stored in a cooler to be stored elsewhere.

Sunshine Childcare Center had six violations including storing sanitizer and toast in the same space.

Jed's BBQ Brew on Tiffin Avenue also had six violations. They were asked to make sure to always clean and sanitize their pizza cutter before storage and to clean a dusty wall behind their hot hold unit.

There were four violations

apiece for Wendy's on Tiffin, Lucky's Tavern on Crystal Avenue, Bread Kneads on Main, and Subway on Trenton. Wendy's was advised to clean and sanitize their tomato corer and can opener daily and to better label their bulk foods.

Lucky's Tavern did not have soap available at each hand sink. Bread Kneads was told to stop using a mixer which was leaking oil. Subway was asked to provide self-closing doors to their restrooms and to no longer store food items on the floor of their back storage area.

Nick's Café on Tiffin Avenue had four violations. The café needed to remove duct tape from inside a cappuccino machine and to avoid bare hand contact with ready to eat foods.

Also receiving four violations was Chipotle on U.S.

Route 224. The Mexican grill was marked up for having a rusting knife and the establishment was in need of general cleaning.

Although the health department noted it had improved, Sportsman Lanes on Trenton had four violations as well. Equipment was in need of cleaning.

Burger King on Trenton had three violations including a vegetable slicer in need of cleaning and sanitization.

Speedway on Speedway Drive, Paradise Pizza and Subs on Coth Street each had two violations. Both were in need of some minor cleaning.

The best inspections over this period came for Blanchard Valley School and Twister's Homemade Soft Pretzels which both were in complete compliance and had no violations.

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BID: N. Michigan gets past women in semi-finals; UF plays Parkside in NCAA regional

CONTINUED from page 6

Audra Mihalic to attempt and hit a three to tie it up at 19 with 9:59 to go.

A minute later off of a turnover, Northern Michigan made a three of their own. However Bardall briefly stalled the momentum with a field goal of her own.

A few missed possessions allowed the Wildcats to get back up by six points, nailing a three pointer with roughly seven minutes remaining.

Heading into the final minutes of the half, the girls scored seven unanswered points, four by Kaitlyn Nelson, with a three-point play by Brown sandwiched between.

Within the final minute of the half, NMU converted two free throws to score the final points of the half, and to hold a

38-37 lead into the break.

Once again in the second half, the Wildcats made the first two scores within the first two minutes of play.

After a minute passed with turnovers by each team, Bardall nailed a three pointer assisted by Mihalic to bring it within two. A minute later, Mihalic continued on to tie it up at 42 with a score of her own.

The tie did not last long, as the Wildcats converted back-to-back three pointers off of turnovers to roll up 48-42. Another layup by NMU gave them an eight-point lead with 13:11 remaining.

UF quickly rallied on two three-point plays to bring it within to. Bardall converted her shot and free throw, and came down in transition off a missed shot to nail a three pointer.

Consecutive field goals made by the Wildcats set them back up 54-49, nearing the 10-minute mark.

From there, the Lady Oilers couldn't cut it within a single possession because their field goals just weren't falling.

For the game, UF shot 43 percent (24-55), compared to Northern Michigan who made 48 percent (28-59).

Bardall finished with a team high 18 points, but took 17 shots to get there, making six. She made both shots from three-point land and all four of her attempts at the line. Brown tallied 12 points in her effort off of the bench.

Mihalic, who had eight points, added five assists, breaking her own school record of 134 in a season, to now accumulate 139.



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The science behind earthquakes can rock you

And a reason California will not break off from the rest of the continent in an earthquake

International news outlets have recently covered the earthquakes in Haiti and Chile. These natural disasters have killed scores of people and caused billions of dollars in damage, highlighting the precarious housing conditions and frail national infrastructures of these countries.

Almost all news coverage has focused, rightly so, on humanitarian issues.

Geophysical effects have been covered less extensively.

The earthquake in Chile was particularly powerful, registering at 8.8 on the Moment magnitude scale.

(The Richter earthquake magnitude scale, which we are familiar with, has been replaced by Earth scientists in analysis of powerful quakes; this is because the Moment scale is more accurate and scales to those

more-powerful earthquakes, defined as quakes greater than 7.0 magnitude or so, better than the Richter scale).

The Chilean earthquake has been classified as a megathrust earthquake, a type of earthquake that occurs when two tectonic plates collide and one overrides the other.

In this case, the Nazca plate (the oceanic plate on the west coast of Chile) is being pushed under the South American plate (the continental plate on which South America rests) and into the mantle of the Earth. The sliding of one tectonic plate under the other is called "subduction."

As the Nazca slides under the South American, friction builds and prevents this slipping action from going smoothly. Over centuries, this inhibition of

subduction builds an incredible amount of strain in a particular area.

The explosive release of this stored energy is inevitable. When this happens, a megathrust earthquake—the world's most powerful kind of earthquake—jolts the plates and can shift them several feet in a particular direction.

This immensely energetic seismic event forces billions of tons of rock deeper into the mantle and shifts a significant amount of Earth's mass closer to the core, its center of rotation.

Much like a figure skater bringing her arms closer to her body, this shift in mass reduces the Earth's moment of inertia and the conservation of angular momentum forces an increase in rotational speed.

In other words, the earthquake in Chile made the Earth spin faster. Our days are now shorter.

The difference is not much—1.26 microseconds—but, while

humans will surely fail to notice the difference, it should be noted that this has happened before.

The 2004 Indonesian earthquake shortened day length by 2.68 microseconds and slightly changed the shape of the Earth

set it adrift in the Pacific Ocean. It should be noted this is an impossibility and is completely unrelated to the megathrust earthquakes discussed above.

California's famous San Andreas Fault is transform, meaning the plates are sliding past one another rather than converging. This means that a subduction zone is not present and megathrust earthquakes cannot occur.

Furthermore, that area of the Pacific plate is moving northward, while the same area of the North American plate is moving southward. Instead of California floating off into the Pacific, it seems that part of California will move north relative to the rest of the United States.

Los Angeles will, in several hundred thousand years, likely slide by San Francisco.

Talk to Adam
at houserera@findlay.edu

Now That's Interesting!

by Adam Houser,
The Science Savant



(reducing its oblateness by one part in 10 billion).

In fact, all shifts of mass will somehow alter the Earth's rotational speed, from megathrust earthquakes to driving a car. The effects of these events on rotational speed are miniscule, but effects occur nevertheless.

Finally, with earthquakes in the news, sporadic discussion has surfaced regarding California and the possibility earthquakes could split the state from the rest of the country and

Peanut butter is not just for kids; it is a super health food

Those sandwiches you ate as a kid can lower cholesterol and help your immune system

This is National Peanut Month. March is also the start of The University of Findlay's baseball season, which means the local consumption of peanut butter increases significantly.

Why? Because the baseball team consumes hundreds of peanut butter and jam sandwiches throughout the short, but busy season due to the food's simplicity, nutrition and cost.

Now is a great time to recognize the nutritional value of peanuts. One serving of peanuts is a good source of energy, protein for cell repair, Vitamin E for the immune system, Niacin, Folate, Phosphorus and Magnesium.

Peanuts are naturally cholesterol-free and low in saturated fat and offer predominantly health-protective fat.

Eating one serving of peanut butter five times a week can reduce the risk of heart disease by 50 percent. Peanut butter can also reduce the risk of Type 2 diabetes.

Peanuts are not actually nuts

at all—they are legumes, like beans, peas and lentils.

One acre of peanuts will make 30,000 peanut butter sandwiches.

Americans eat three pounds of peanut butter per person every year, which is about 700 million

world at the Universal Exposition of 1904 in St. Louis. He sold the treat at his concession stand and peanut butter was on its way to becoming an American favorite.

A peanut butter and jam sandwich stacks up well against other popular food items such as a chicken filet sandwich, a hot dog, a slice of pepperoni pizza and a hamburger.

A peanut butter and jam sandwich on white bread contains a lower percentage of calories from fat, less saturated fat, and almost no cholesterol (the small amount is from the bread) and the other items.

The peanut butter and jam sandwich contains more fiber and less sodium than the other items except the hamburger, which contains two milligrams less sodium than the peanut butter and jam sandwich.

Peanut butter, like most foods, contains some fat. Eighty

percent of the fat in peanut butter is unsaturated fat; doctors call this "the good fat," which may actually help lower LDL-cholesterol levels in your blood.

Because peanut butter is so versatile, good tasting and nutritious, it is included in many medically endorsed weight loss and diabetic diets.

By the jarful, peanut butter can be a diet breaker but a few tablespoons on whole grain

bread, crackers, a bagel or a banana can be a satisfying snack.

The all-natural brands of peanut butter have a tiny bit less "bad" trans fat but the difference is very small.

Rediscover this childhood favorite today.

Talk to Fiona
at hanks@findlay.edu

Fun Facts with Fiona

by Fiona Hanks



pounds, or enough to coat the floor of the Grand Canyon.

Two peanut farmers have even been elected President of the United States: Thomas Jefferson and Jimmy Carter.

In 1890, an unknown St. Louis physician supposedly encouraged the owner of a food products company, George A. Bayle Jr., to process and package ground peanut paste as a nutritious protein substitute for people with poor teeth who could not chew meat.

C.H. Sumner was the first to introduce peanut butter to the

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