Wikileaks fuels unrest in Egypt

By Robert Tierney
[staff writer]

The civil unrest in Egypt has received the same attention as a Facebook status update; however, the underlying details of the situation, revealed by Wikileaks, has the U.S. government wishing it could upgrade its privacy settings.

as outright brutality, torture and abuse of emergency laws which broaden arrest and detention powers.

Many of these documents originated from the U.S. embassy in Cairo and were released following the onset of protests against now former president of Egypt Hosni Mubarak and his regime.

According to a cable report that Wikileaks has titled 09CAIRO79, sent from Cairo on Jan. 15, 2009, police officers have routinely shot citizens for minor reasons such as traffic ticket arguments.

The same cable described incidents of torture against criminals to gain confessions as a daily occurrence.

"Such abuses of power have turned Egypt into a tinder box," said James Robertson, adjunct professor of history.

"One of the important things to keep in mind," said Jeff LaMonica, history professor at DCCC, "is that the acquisition of these files was a felony and distribution of the fruits of a crime should not be applauded."

On Jan. 28, Wikileaks updated their site with numerous documents focused on Egyptian security forces' unethical tactics handling crime, such as outright brutality, torture and abuse of emergency laws which broaden arrest and detention powers.

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And the Oscar goes to...the BMFI

By Joe Van Dusen
[staff writer]

The Bryn Mawr Film Institute didn't have a red carpet or a room full of stars, but that didn't stop its members from celebrating the 83rd annual Academy Awards in style Feb. 27.

The BMFI, a non-profit community theater located on Lancaster Avenue in Bryn Mawr, opened its doors to members and guests for its third annual Oscar simulcast. A pair of musicians and a 6-foot ice carving of Oscar himself greeted arriving patrons, who were encouraged to dress in their finest.

Guests paid $65 for tickets, which included a buffet dinner catered by JPM Catering and La Colombe Coffee, as well as a chance to watch the Academy Awards on the big screen. Throughout the evening, patrons had a chance to bid in a silent auction for dozens of donated items, including gift certificates, vacations and artwork.

"This is the biggest party we've had," said Juliet J. Goodfriend, president and CEO of the BMFI. "Every year it grows by about 50 [people], and we have about 225 here tonight."

But the Bryn Mawr Theater was not always so prosperous. Prior to Goodfriend's... (continued on page 7...)

Sports stars shine at PSWA dinner

By Andrew Wiley
[staff writer]

When M.N. Rawlins became the first president of the Philadelphia Sports Writers Association in 1904, roads were unpaved, the Wright brothers had just gotten a plane into the air for 40 seconds and the newspaper was emperor of the information empire.

A lot has changed. Streets have been paved, planes are now the safest way to travel and newspapers have been tossed aside for their flashier, younger cousin, the Internet.

One thing that hasn't changed, however, is the PSWAs annual dinner banquet, commemorating the previous year's Philadelphia sports standouts.

The 107th PSWA dinner was held Jan. 31 (continued on page 14...)

(continued on page 7...)
CAMPUS LIFE

Flip-photos fascinate at Southeast Center

By Robert Tierney
[staff writer]

You could argue the worth of a photo is far beyond a thousand words, but when the people in your picture frames begin to move, it will leave you with none.

On Feb. 10 Campus Life held an event at the Southeast Center that featured flip-photos, a style of holographic photography where one card, featuring superimposed ridges, alternates between multiple pictures depending on the angle one views it.

“It’s about time,” said Nicole Young, 26, a professional health and science major who, after taking photos with her friends, added, “We need more stuff like this down here.”

Hired for the event was Fun Affairs, an Easton, Pa. business that specializes in private events which, like this one, are usually held at colleges.

Their catalog spans more than 50 different entertainment products, ranging from moon bounces and other inflatable playgrounds, to Stuff-A-Plush, a stuffed toy creation event similar to Build-A-Bear. Additionally, there are larger than life games like Soccer Shootout, arts and crafts, and entertainers, including clowns and balloonists.

Amy Gaudioso, director of Campus Life, said that Fun Affairs has been hired previously for similar events such as Chocolate Fondu, where participants dip various foods into liquid chocolate, and Big Chair Photos.

The holographic imaging showcased has been a popular enhancement of trading cards, home video covers, and greeting cards among other products.

Randall McBride, 24, and Rae, who chose to not disclose her full name, 22, employees for Fun Affairs adjusted the lighting, started the digital programs on their iBook 4, and asked the few students mingling in the café to try it out.

William, 26, an administration of justice major who chose to not disclose his full name, walked through the school’s front door, and when asked to participate, decided to start the fun.

Before stepping in front of the camera he paused and asked what a flip-photo was adding, “more importantly, how much will it cost?”

“Absolutely free,” Randall said, getting behind the iBook.

“I see what you think of us,” Rae said in a fake hurt voice, which got everyone laughing.

Once in front of the camera, William was told to make two poses. Randall told William that the poses should reflect his personality, a tenet of the company.

So William first covered his face with his hands and then lifted them away to make a “surprise” expression.

After a minute of processing and printing, it was time to trim the sides and then stamp the ridged, plastic card over the picture.

Looking over his card, William said of the brief experience, “It’s kinda cool, and different. It gets you out of your comfort zone.”

He then joked that it would be fun to hide it in someone’s cereal box.

As Q-time drew closer, more students began to appear, either arriving through the front door, on their way from class.

Some came forward, some just watched, but it seemed most weren’t sure of what to make of the event.

A group of students, after a lot of questioning and contemplation, decided on first an embrace, and then a “ta-da” pose.

Another woman, standing alone, simply raised her arms into different formations.

Then Young and her friends, who included Angelique King, 24, a natural science major, took individual and group photos.

“There’s a first time for everything,” said King, after she concurred with Young that such events have been largely absent from the Southeast Center.

Some students weren’t even aware the event was going to be held.

“I was just coming in for my textbook,” said Tasha Hands, 30, a psychology major.

Campus Life will be hosting a number of other events throughout the rest of the semester at the Southeast Center such as “Africa’s Not a Zoo,” a documentary being shown April 13 and 14, Spring Fling April 18 and even a free chair massage May 4.

“I’m excited,” said Hands, looking around at the ever-growing crowd. “Now we have something.”

Contact Robert Tierney at communitarian@dccc.edu

(left) William poses for a photo. (above) William goes peek-a-boo for a flip-photo. Photos by Robert Tierney
Police training no stunt for this cadet

By Adam Shorey
[staff writer]

People fall off buildings and get hit by cars. Scintillating fights transpose before the eyes of millions as each member of the conflict effortlessly jumps through the air, performing flips and kicks that most minds can't conceive of.

For many, this can be observed only while watching a major motion picture.

For Rob Dittert, 22, a cadet in the Delaware County Community College Police Academy, such drama was an everyday occurrence.

That's because Dittert, a resident of Newtown Square, Pa, was a professional stuntman who said he has worked in several smaller films, which appeared at film festivals across the country.

Dittert is completely self-taught and describes himself as someone who has always pushed the limit.

"I began training in martial arts when I was six," Dittert said. "Then in high school I started teaching myself gymnastics and stunts."

Dittert explained that teaching himself stunts required observing the experts and the courage to try them himself.

"I ordered videos and watched YouTube," Dittert said. "If they were talking about how to jump off a roof, the next day I was out on the roof."

As his skill increased, Dittert began to wonder whether he could turn his hobby into a job. A brief Internet search led him to the Fearless Hyenas Stunt Team, located in Philadelphia.

The Hyenas' website says that they specialize in martial arts, as well as traditional Hollywood stunts.

Dittert seemed to be a perfect fit.

"I emailed them and set up a time to talk," Dittert said. "Before you know it, I was on movie sets."

To be thrust so quickly into mainstream stunt work was as big a leap for Dittert, he said.

"It was an amazing experience," Dittert said. "To rub shoulders with some of the best stuntmen in the country was incredible."

State of the art special effects can sometimes fool an audience into thinking that jumping off buildings is routine.

"Don't be fooled. The danger to those performing such stunts is very real. The first time I did a roof jump I was scared to death," Dittert said. "A roof jump is when you jump two or three stories onto what's really nothing more than a glorified air mattress. It's scary though because the mat isn't that big, and if you miss the mat -- well if you miss the mat, you're pretty screwed."

As quickly as Dittert's stunt career accelerated, one flip slowed it down.

"I was trying to take a difficult move and add something to it," Dittert said. "I tried to add a full 720 spin to a flip that's hard to do anyway. I felt my ankle break the moment I hit the floor."

In the wake of his injury Dittert turned his focus from stunts to pursue a long-term career as a police officer.

"I look at everything I do the same way," Dittert said. "I just want to be the best I can be."

Contact Adam Shorey at communitarian@mail.dccc.edu

Rob Dittert (far left) with the Fearless Hyenas Stunt Team

Photo courtesy of FearlessHyenasStunts.com

By Adam Shorey
[staff writer]

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Rob Dittert (far left) with the Fearless Hyenas Stunt Team

Photo courtesy of FearlessHyenasStunts.com

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Victory Brewing tantalizes taste buds

By Bill Baxter  
[staff writer]

Footsteps echo along the long, narrow corridors. A floral aroma wafts through the chilled air. Dim lighting reveals several enormous shiny metal vats with pieces of paper taped to them describing the contents in black permanent marker.

A man with the strange combination of an air of mischief, knowledge and hard work begins his day at the brewery, and the cycle of providing quality beer to the people of Pennsylvania and beyond starts anew.

Victory Brewing Company first opened its doors to the public in February 1996 and has been crafting beers for the community ever since. Matt Krueger, the restaurant general manager, has been with the company for seven years.

Many imagine being the restaurant manager at a successful brewpub to be all fun and games, Krueger says, but brewing beer is "more like biology than a roller coaster of alcohol and debauchery." Krueger, an aficionado of sorts, explains that brewing beer at a craft brewery such as Victory is not necessarily an everyday endeavor although the men who brew for Victory view their occupation as more than a job. At Victory beer making is elevated to an art form.

Beer is made up of four basic ingredients: water, yeast, barley and hops. These ingredients are all carefully selected by brewmasters, Bill Covaleski and Ron Barchet.

Such a discerning task often involves trips to Europe to select only the finest of hops. Victory beer uses filtered water exclusively from the Brandywine River. Sustainability is a large part of the Victory business plan, so even through expansion of output, the Downingtown location is made to have as little impact on the environment as possible.

Measures to manage environmental impact include solar panels being installed to supply electricity as well as a grain recycling program that Krueger describes as "a nice little circle."

The grain to beer to grain to beef program involves using the excess grain created by the brewing process to feed local cows, which Victory then buys back as beef. This not only creates as little waste as possible, but stimulates the local farm economy as well.

The commercial success of Victory Brewing Company's products is the result of three aspects, according to Krueger: the importance of marketing, the consistent quality of the beer and what Krueger with a smile calls the, "dollar to buzz ratio."

Simply put, one can feel the warmth and happiness of a fine Victory brew like Golden Monkey much faster than he could if he were drinking a mass produced light beer.

Yes, that means that for only a few more dollars a case, Krueger believes a beer enthusiast gets a stronger and allegedly tastier brew.

The numerous regulars that line the bar at the Victory Brewpub seem to agree with Krueger's economics.

The Victory story begins humbly after returning to Downingtown, Pa. the friends realized that they needed a good brand name to get off the ground. After discovering that their idea for the name "Independence" was already taken by brewers in Philadelphia, the dynamic duo became slightly deflated.

Then the inspired words were uttered by brewmaster Covaleski: "This would be a victory if this ever got off the ground."

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These days the two Victory brewmasters have more of an administrative role according to Krueger and do not touch the beer as much, handing that responsibility to the staff brewers that have since been hired. They are now flooded with paperwork and other mundane tasks although they still have the passion for good beer that inspired them to start the Victory Brewing Company.

Covaleski posts frequently on Victory's blog and appears in interviews and, most recently, commercials. Brewmaster Barchet can be heard giving advice to beer drinkers in the bar of the restaurant.

"Don't check a beer for sip-ability," Barchet says when speaking on tasting new brews, "check it for gulp-ability."

Even though the men and women of Victory have their share of fun, at the end of the day they return to their homes knowing that they have shared their joy of brewing with an increasingly appreciative public.

"We relish the opportunity to please both ourselves and our audience with our flavorful creations," writes Covaleski on the Victory website. "We've invested more than our lives in this. Take a look."

Contact Bill Baxter at communitarian@mail.dccc.edu

Photo by Elizabeth Baxter
Leadership and organizational skills are important for any career choice, and Monique has quite a head start. After spending three months training with Greenpeace in San Francisco, she took her grassroots community organizing skills on the road traveling to New Mexico, Washington, D.C. and Amsterdam before coming back home to RWU. The coordinator of the newly formed Eco-Reps – a student group working to make RWU a greener, more sustainable place to live and work – Monique is changing the world one day at a time. What will you do?
By Troy Wolverton
San Jose Mercury News

Cameras, video calling make iPad 2 a ‘must have’ By Troy Wolverton San Jose Mercury News (MCT) Some critics will tell you Apple’s new iPad 2 isn’t all that different from the original. They’re right, but the differences still matter. This is the iPad I plan to buy _ and I bet I’m not alone. As expected, the iPad 2 is thinner and lighter than the previous model, with the same basic size and shape. As rumored, it includes faster chips, but many consumers probably won’t notice the difference. And, as has been long anticipated, it includes front- and rear-facing cameras and Apple’s FaceTime video calling software. Indeed, the only real surprises about the iPad 2 were arguably negative ones. Apple ignored suggestions from analysts such as yours truly to cut the iPad’s price. And the widespread rumors that the new device would include an ultra-high-resolution display like the iPhone 4 turned out to be false; the iPad 2 will have basically the same screen as the original. As expected, Apple is rolling out a new version of the iOS software that powers the iPad, Apple is not changing the same screen as the original. With the addition of a gyroscope and the ability to send high-definition video to a television further help the iPad 2 match features with the other new tablets. Meanwhile, the new iPad retains some big advantages over its would-be rivals. Even without a price cut, it remains the best priced tablet on the market. No other tablet can offer anywhere close to the number of applications _ now numbering about 65,000 _ specifically designed for the iPad. And few competitors yet offer the combination of a 10-inch screen and 10-hour battery life. The Pad 2 may not have every bell and whistle some people were expecting. It still costs more than I’d like. And I would like to play around with it a bit to make sure it’s every bit as neat as I expect it is. But I’m pretty much sold. Contact Troy Wolverton at twolverton@mercurynews.com

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The support of protestors may fall upon the Muslim Brotherhood, an Islamist political group formed in Egypt in 1928. The Brotherhood, which carries the slogan “Islam is the Solution,” claims to not be a radical fundamentalist Islamist movement like terrorists cells such as Al-Qaeda and Hezbollah. While they push for Muslims to occupy the top positions of power in Muslim countries, they are not against members of other faiths and support libertarian principles such as open and fair elections, according to their website.

Opinions of the group vary, but their leaders, most notably Dr. Mohamed Badie, chairman of the Muslim Brotherhood, have stated they do not intend to take advantage of the current situation.

“The current uprising is not an Islamic revolution, but an Egyptian revolution that included all Egyptians from all sects, religions and political trends,” said Badie in a public statement Feb. 4. “The MB does not seek power and has no intention of nominating any of its members for the presidency or for being part of an interim government.”

While the U.S. government has taken the neutral stance to let Egypt’s transition of power be a gradual and controlled one, some information in the leaked documents serves as a warning to the US to think carefully on its actions, experts believe.

One such document, titled 09CAIRO326, covers a meeting that LaMonica said, “the likes of which the world has not seen since Tiananmen Square and the destruction of the Berlin Wall.”

After protests broke out in Egypt, countries like Algeria, Yemen, and Jordan soon followed suit with demonstrations starting up in new countries on a constant basis.

“Any country that has had a history of oppressive rule is at risk,” Robertson said.

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Barefoot running continues to gain ground

By Ariel Senko
[staff writer]

Imagine living in a rocky and forested area of the Sierra Madre Occidental with few paved roads.

None of your neighbors have cars.

The entire community has been invited to attend a wedding ceremony taking place in two days, about 200 miles away.

Everyone attending the ceremony plans to arrive at the wedding on foot, and travel on foot.

Are you still with me, or left in the dust?

According to Chris McDougall, a writer from Lancaster County whose book, “Born to Run,” was published in 2009, running hundreds of miles at a time is a feat that humans are fit to do.

Barefoot runners may have become an endangered species in the last few thousand years, especially since the 1970s, or the age of the sneaker, but in the past few years, barefoot running and “minimalist” footwear have made great strides within the running community.

The increase in popularity of barefoot running has a lot to do with the acclaim that McDougall’s book has received since its publication, and buzz from runners who have tried barefoot running shoes and really liked them.

Stephanie Cogliano, 22, works part time at Trail Creek Outfitters, an outdoor-clothing store in Glen Mills, Pa. that carries Vibram 5 Fingers, a brand of barefoot shoe so named because each toe is wrapped independently of the others, as in a toe sock.

She has been an enthusiastic user of barefoot shoes since her boyfriend convinced her to try them out in 2009.

“I thought they were funny looking and wouldn’t work,” said Cogliano of her first impression of Vibram 5 Fingers.

Now, she said, she has her mom wearing a pair around the house.

A senior elementary education major at West Chester University, Cogliano is an active Ultimate Frisbee player who has suffered injuries during play to her ankles andACL.

She wore orthotics to support a bone that stuck out of place at the bottom of both feet. After Cogliano began wearing a pair of 5 Fingers, she no longer used the orthotics – the bones realigned and stayed in place.

Cogliano wears cleats to play Ultimate, but says she hasn’t “rolled” her ankles playing since she began to train in Vibrams.

Vibram 5 Fingers are unusual even among brands of barefoot shoes, but generally, barefoot shoes are designed to keep the foot close to the ground, add as little weight to the foot as possible, and have extra flexible soles, so as not to inhibit the foot’s shape as it changes through a stride.

According to Dr. Michael Ross, a research scientist who has been an associate specialist at the Rothman Institute, you can run barefoot-style in any shoe.

“It’s a matter of landing on the front part of your feet,” Dr. Ross said. “If you were running barefoot, you couldn’t keep striking with your heel, because it would hurt. If you were to get on a treadmill without shoes, I think you would find that you naturally gravitate towards running on the forefoot.”

In the Trail Creek store, Cogliano turned over several late models of Vibrams to reveal about 40 segments of rubber corresponding to parts of the foot.

The segmented soles are designed to better conform to the shape of running surfaces like a dirt trail, according to Cogliano, and thus enable runners to benefit from an amount of sensory feedback near to what runners have when they run barefoot.

Being able to feel the ground under his feet is what matters to Sam Gruber, 32, a personal trainer and mason who bought Vibrams in 2009 to run outside and to work out at the Rocky Run Y in Middletown, Pa.

“You can’t feel anything in shoes; it’s like running with a blindfold. I don’t want to run blindfolded,” said Gruber, a Media resident.

(continued on page 11...
Cell phone etiquette

By David Talbot
Contest winner

Personally, I believe that cell phones should be allowed in the classroom. During a long class, it is often hard to resist the temptation to check my phone, even if it is against my instructor’s wishes. Honestly, regardless if a teacher wants to prohibit phone use, students will end up using their phones anyway.

Since almost every student owns a cell phone, schools would see improvements if a phone’s usage could benefit education. Nowadays, phones have the capabilities to do almost anything, so they could be put to use as learning devices and tools to students. With technology applications increasing in this day and age, there is no reason why school districts should not experiment with allowing cell phone use.

For instance, with schools implementing plans like K-Nect and seeing success, cell phones could only be used to stimulate learning. K-Nect is a pilot project made to include smart phones in every classroom. The districts chose the project because of their high-speed broadband access, their compilation of at-risk students, and a willingness to take on the project. According to a recent Wall Street Journal article, there are more people now using cell phones than not using them—and Americans have become more dependent on their cell phones than conventional phones.

The decision to pilot a cell-phone program works as a strategy as North Carolina has a high dropout rate and students who like to use cell phones may be more motivated to stay in school. Some goals are to create a 21st-century, tech-literate environment, help students with math concepts, as well as spur interests in science, technology, and engineering. The phones in these four North Carolina high schools are made by Microsoft and have all basic office applications included. Students are using the phones to calculate Algebra 1 equations, create videos to post on blogs for other students to observe while solving math problems, and receive answers to blog posts.

K-Nect holds a bright future with hopes that student test scores will improve, that this will inspire another one million in funding, and that the students who have their smart phones now will be able to keep them next year in geometry. Upcoming students will see endless possibilities if more plans similar to K-Nect are put into action.

Contest winners

The Communitarian asked readers to answer the question, “Do you believe that students should be allowed to text during class?” — and to submit a photograph that captures warmth on a winter’s afternoon. Below are the winners.

Texting is theft

By Marc Kamsu
Contest winner

Students should not be allowed to text during class at any time. When I was in twelfth grade, my parents offered me a cell phone, and I was fascinated by text-messaging. I remember one day during history class, I was texting a friend in another classroom. Surprisingly, my eyes were fixed on the board, but my mind was not there; instead, it was on what I was texting about.

After the teacher finished lecturing, he gave a class assignment. As the other students were perfectly completing the assignment, the teacher, noticing that I was not working on the assignment, approached me and saw that I was texting. As a result, not only did I receive a zero for that assignment, but it took me two full weeks of hard work to catch up and understand the materials taught in class. Since that day, I have made sure that my cell phone is turned off or silenced, and kept in my backpack.

Another example is that one day, during a test, the gentleman sitting next to me was caught by the professor in the act of texting. The professor made him turn in his paper and gave him an “F” on it. He was desperately telling the professor that he was not cheating, but only communicating with his mother who was returning from a three-month trip. The professor strongly pointed out to him that texting was not allowed in her class under any circumstances.

Clearly, a class period is only a small window of opportunity. During that time, every student should keep his or her focus on what is being done in class, and forget anything else. After class, he or she will have plenty of time to text all those who appear on his or her contacts list.

Texting during class is just a waste of time and money. Both should be used in the most efficient way. In the end, texting should not happen because it impedes learning and we should be hungry to learn. Yet, because we too often lose sight of the value of class time, instructors should help us by banning texting.

The opinions expressed on the editorial and the op-ed pages do not necessarily reflect those of The Communitarian staff or college. We welcome your comments on any matter relating to Delaware County Community College, and responsible rebuttal is encouraged. Write to communitarian@mail.dccc.edu. Please write “letter to editor” in the subject box.

Photo by contest winner

Meredith Fallon

Fallon took this photograph at approximately 4:30 p.m. in Cape May, NJ.
The Phantoms guards Desmond Belton and Miguel Pagan set up a play against the Ravens in their 84-76 victory. (Photo by Bill Goldhahn)

**SPORTS**

**BleacherReport.com showcases local sports writers**

By Andrew Rose  
[staff writer]

DCCC men’s basketball team a four seed in playoffs

By Bill Goldhahn  
[staff writer]

DCCC men’s basketball team a four seed in playoffs

By Andrew Rose at communitarian@mail.dccc.edu

Front and center Steven Thompson came out physical and was all around the rim, scoring 10 points in the first half. Thomas picked up where he left off against Reading, scoring eight points in the first half.

The Phantoms took a 29-26 lead into half-time, just 20 minutes away from defeating the defending champs. Unfortunately for DCCC, their lead would soon disappear.

Capolli came out of the locker room and made his presence known, hitting three 3-pointers in a row. “I took a chance and started making them, so I kept shooting more,” Capolli said.

The Colonials battled back and took a lead with 5:54 left to play. In the end, the Phantoms season came to a halt.

The Colonials won 64-60, advancing to the championship to play Thaddeus Stevens Community College.

The DCCC faithful were stunned. Capolli led the team with 15 points and the duo of Belton and Thomas combined for 21 points.

“We had a new coach come in with a bunch of returning players,” said Andrew Johnson, director of wellness, athletics, and recreation. “You never know how that is going to work out. Coach Saunders and his players had an excellent season to my standards both on and off the court. They have turned around a program that was struggling and made us all proud.”

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Contact Bill Goldhahn at communitarian@mail.dccc.edu

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The cushioning in sneakers precludes changes in how we run depending on whether we are running on a gravel road, a trail, or the street, according to Gruber. “When you’re running barefoot, you adjust; your body has to react. It’s a much more intricate running experience,” said Gruber.

A one-time distance runner who completed the Philadelphia Marathon in 2004, Gruber said that he would run completely barefoot if he didn’t have to worry about cutting his feet. Instead, he said he plans to transition to a more minimal shoe, the so-called “Invisible Shoe” styled after the huarache sandals worn by the historically evasive Tarahumara tribe of northern Mexico who were made famous by McDougall’s book.

The Invisible Shoe, sold by a company in Colorado, has two components: a 4 mm-thick piece of Vibram rubber cut to the shape of your foot and nylon laces tied around the ankle that are anchored to the rubber on either side of the heel and between the toes.

Gruber stressed that he intends to transition to using his huarache-style shoes over time. He is used to some arch support, Gruber explained, indicating his red Vibrams, which are sewn to rise in the instep. The rubber bottom of the Invisible Shoe is flat.

Dr. Ross emphasized that barefoot running is not injury-free running, nor are there any studies to date that show barefoot runners sustain fewer or less severe running-related injuries than shod runners.

The impact of the ground on the body is the same, said Dr. Ross, if you are running at the same speed and weigh the same with each stride, no matter what is on your feet nor which part of the foot strikes the ground.

According to Dr. Ross, because the foot is more like a spring when you land on your forefoot, a lot of muscles in the foot and calf absorb the impact of hitting the ground, which mitigates the effect the impact has on the knees and hips.

“I think people should try just running on the treadmill without shoes and see what happens as they transfer their weight to the front of their feet. See if they feel any lighter, or better,” Dr. Ross said.

Anyone interested in barefoot running should gradually spend more and more time training in her birthday shoes, rather than running five miles the first time she exercises sans sneakers, Gruber advised.

“That would be like] walking into a gym and bench pressing a 250 lbs off the bat -- you can’t do that,” insisted Gruber.

“You have been in shoes your entire life,” said Gruber. “Your [foot and leg] musculature is degraded. You have to start off slow, even if that means rehabilitating those muscles, strengthening the calves, the ankles, the hip muscles, the quadriceps. It’s a long road.”

The Tarahumara, who run hundreds of miles of dirt roads through the Copper Canyons of Chihuahua, Mexico even in old age, have been known to do so smiling.

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Contact Ariel Senko at communitarian@mail.dccc.edu
President Barack Obama was successful in signing a bill eliminating $87 billion in corporate student-loan reform by cutting the middle man out from gleaning millions from high interest loans for student education. However, the Obama administration’s community college-graduation agenda is in jeopardy. Bill H.R. 3590, The Patient Protection and Affordable Care Act (PPAC), which addresses the country’s health care, is tied to bill H.R. 4872, the Health Care and Education Reconciliation Act of 2010. The latter had contained revisions to augment H. R. 3590 – the cost savings from adopting the PPAC act was to be used to finance the community college graduation agenda.

Repeal for the bill H.R. 3590 continues from the Republican Party; a lawsuit against the health care overhaul, filed by Florida attorney general Bill McCollum, called this bill an “unprecedented encroachment on the liberty of individuals and on the sovereignty of the states.” McCollum’s argument came from the act’s Individual Mandate requiring most Americans to buy health insurance by 2014 or face penalties. The act also withholds Medicare reimbursement from states that refuse to participate with the PPAC agenda.

As a response to McCollum’s lawsuit on Jan. 31, 2011, U.S. District Judge Robert Vinson declared the Patient Protection and Affordable Care Act unconstitutional due to the Individual Mandate provision. Vinson’s ruling of its unconstitutionality had voided the entire act, including the funding for the college graduation agenda.

Dr. Martha Kanter is the undersecretary in the Department of Education. She has also served as chancellor of the Foothill-De Anza Community College District, one of the largest community college districts in the nation, serving more than 45,000 students with a total budget of approximately $400 million. She is the first community college education leader and advocate to serve in the undersecretary position. I interviewed Kanter after her visit to Pittsburgh to be the keynote speaker at Chatham University’s graduation ceremony last December.

BC: According to the League for Innovation in the Community College, more than 10 million students are served by two-year colleges each year. Why do you think that is?

MK: Community Colleges offer a quality education at an affordable price with the flexibility of day, evening, online and weekend classes. Most community colleges are close to where people live, making it convenient to come to college. They are called “community” colleges for good reason!

Andrew Flagel is the dean of admissions and associate vice president for Enrollment Development at George Mason University. He wrote a dissertation on a national study of institutional policies for the evaluation of transfer applicants. In his dissertation he quotes former Education Secretary Margaret Spellings as saying, “Community colleges offered good values that could be covered by Pell grants. To lower their costs, students could be starting there rather than at a state university.” Mr. Flagel also mentions that legislators across the country, who see community colleges as a less expensive investment than four-year publics, are raising the demand that four-year colleges increase transfer enrollment without any clear data on the impact such a shift might have on students and institutions. Yet generally universities enroll few community college graduates, despite stated goals of diversifying their enrollment.

MK: In California where I worked for more than 30 years, two-thirds of the state university graduates and one-third of the University of California graduates started higher education at a community college, so I’m not sure whether Mr. Flagel is speaking about the most highly...
limited slots than U.S. state universities. selective universities who have far more limited slots than U.S. state universities.


In this report, 20 years of longitudinal data from three federal databases was reviewed and examined. It found that the experiences of students who perform in the top quartile on nationally standardized academic assessments are from families in the bottom half of the national income.

Wyner also quoted in his article from Education Equity and the Transfer Student, “A growing number of community-college students are precisely the sort of exceptional achievers that elite colleges seek.” However, Wyner goes on to point out that research supported by the Jack Kent Cooke Foundation shows a striking decline in transfer enrollment at selective institutions.

MK: That’s unfortunate, but most U.S. colleges and universities are making difficult, often heart-wrench choices about who gets in because they’ve had to reduce their budgets. Many selective universities lost state aid they used to use to reduce their budgets. Many selective institutions are afraid that underfunding may result in being perceived as not competitive. Thus, many cannot now provide enhanced university aid. Others decided to limit slots. Others are adding funds shrink. Thus, many cannot now

obtain enhance university aid. Others are adding slots. They are adding mailing out-of-state and international students to make up lost revenues. It’s a tough situation and community college transfers are one of the casualties. Fortunately, some selective institutions like Cornell University seek community college transfers despite these challenging economic times.

BC: What do you hope to achieve for the transferring community college students seeking to be placed in universities as Under Secretary?

MK: Ultimately increased opportunities for community college students to transfer to the institutions they choose. It’s important to build awareness among university presidents and business leaders about the value and success stories of community college transfer students like the founder of Kinko’s or the president of Accenture or the thousands of nurses or physicians like Manuel Maverakis who was one of only 13 summa cum laude Harvard graduates who began his education at De Anza College in Cupertino, California where I served as president for 10 years.

BC: President Obama’s goal is to lead the world in college graduates by 2020. What does that mean to you? What is the plan to make this happen?

MK: Provide incentives to accelerate high levels of achievement that result in more students earning degrees and certificates than ever before.

Shine a spotlight on, share and scale the innovative programs that are attracting high levels of achievement that result in more students earning degrees and certificates than ever before.

Reach out to business, labor, government and non-profit partners to support the 2020 goal.

BC: I am currently a Job Corps student, and it was explained to me that when I began in the Off Center Training (OCT) program at CCAC, I was to work towards a certificate program (which takes one year), followed later by an associate’s degree within an allotted two-year time frame a student is allowed to be in Job Corps. The Job Corps program has to meet Return on Investment (ROI) matrices reported to the Department of Labor to prove its program is a success. These matrices are supposed to demonstrate that the students they support through this program graduate within this time frame, thus meeting their goal of helping to create an employable workforce.

Yet what looks like a one-year certificate to obtain on paper took much longer to achieve in reality. Due to the bureaucratization of the program, students have to register late from leftover class availability, leaving many Job Corp students taking classes that are not part of the “projected” time frame. I myself will not be able to graduate with my A.S. degree within the two year time frame allotted in the program.

Will the Job Corps, a federally funded program, with training programs like the OTC that utilize community colleges, be part of [Obama’s plan]?

And if so, will the Department of Education take on a greater role with Job Corps?

The current program has an assemblage of what I suggested above on the

Job Corps site, yet it has nothing like this with its OCT program. This would truly assist both the student and the program in meeting the ROI matrices, thus demonstrating a real success.

MK: These suggestions are promising. Assistant Secretary of Labor Jane Oates and I have been working together on the new Community College Job Training and Education initiative under the Trade Adjustment Act. President Obama and Congress have provided $2 billion over four years and these ideas would be good ones to pursue in the competition for funds that will be announced early spring.

As the PPAC act is in a legal battle for its life, there are those in Education that wait its survival to support programs that would benefit American students’ goals towards their education and their ability to become gainfully employed after they graduate. It is now more than ever that the nation’s students must join together to revitalize America for our economic survival, as well as live up to our own individual promise. We may not have to fight for our rights in the streets like the Egyptians just yet, but rather we need to be more cognizant about whom we elect to represent us in the legislature. After all, the Constitution starts out with the words “We the People,” not we the privileged few who have the resources not to worry about how we can obtain healthcare and fund our education.

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at the Crowne Plaza Hotel in Cherry Hill, NJ with more than 1,000 people in attendance.

The main award at each banquet is for professional athlete of the year. This year was no different, with 2010 National League Cy Young award recipient Roy Halladay being named the winner.

Halladay was not the only professional Philadelphia sports star to receive an award, however. He was joined by teammate Phillie Shane Victorino and 76er Elton Brand who received the Humanitarian of the Year award and the Good Guy of the Year award, respectively.

In one of the most memorable speeches of the night, Phillies manager Charlie Manuel claimed the best part of his evening was when he got to meet Matt Hoffman, a Rowan University football player who donated stem cells to a 58-year old man suffering from non-Hodgkin lymphoma in 2009. Manuel’s speech was humorous at times—“I thank the PSWA for allowing me to speak, and quite frankly, I don’t think they could have chosen a better speaker,” Manuel quipped.

Other honorees included Texas A&M sprinter Gabby Mayo, Navy speaker, “Manuel quipped. It’s a great honor to be here with all these tremendous athletes,” Victorino said. “I can’t thank the PSWA enough. I also thank you, the fans. I wouldn’t be here without all your support and in 2011 we’re going to bring back a World Series.”

For a little change of pace, the next speaker was not an athlete, a PSWA member or a journalist. Comedian Joe Conklin took to the microphone and, to the chagrin of Bergey, started doing impressions of some of Philadelphia’s favorite sports figures.

First up was Manuel. Conklin’s rendition of the Virginian manager was so adept it resulted in hysterical laughter from everyone in attendance, especially from Victorino who could be seen grabbing his face and laughing uncontrollably. Cole Hamels was next, followed by Eagles head coach Andy Reid, Phillies and Eagles PA announcer Dan Baker, Philadelphia mayor Michael Nutter, former 76ers Allen Iverson and Charles Barkley and finally—Bergey.

“[Bergey’s] going to get up here and say he doesn’t talk like this,” Conklin said in his best Bergey voice. “But he does. You’ll see.”

Ironically, after Conklin finished his act, it was Bergey’s chance at redemption as he received the next award of the evening. As he took the stage after being named the winner of the 2011 Living Legend award, his first words were not those of thanks, but “Joe Conklin – you suck. I do not talk like that.” He went on to thank all his former teammates and then took a moment to acknowledge his wife of 41 years. He received the second loudest ovation of the evening.

The loudest ovation of the night came before the final award of the 2011 PSWA dinner when Halladay was presented with his Cy Young award by Westcott.

After the crowd settled, Halladay awarded the Professional Athlete of the Year award and every guest in the packed balcony again rose to their feet to applaud the ace of the Phillies pitching staff. Halladay thanked the Phillies organization, but mainly the fans of Philadelphia.

“The Phillies organization is the best from top to bottom,” Halladay said. “But I really just have to thank the fans. They are by far the best in baseball right now and I can’t thank them enough for coming out and selling out every game. We’ll see you in April.”

Contact Andrew Wiley at communitarian@mail.dccc.edu

(top) Three time Gold Glove winner Shane Victorino discusses the upcoming 2011 season. (bottom) Phillies GM Ruben Amaro Jr. talks with the media about this past offseason. Photo by Andrew Wiley
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