

## Briefs

## METRO

**41 Arrested for Child Pornography**

On Oct. 4, 41 New Jersey residents were arrested for sending videos over the Internet of children being raped.

Those involved were all, but one, male and ranged from the ages of 14 to 71. State Attorney General Anne Milgram said the arrests came after a two-month long investigation.

The children in the videos are between four and nine years old, Milgram said, and the videos contained, "graphic rape scenes."

**Bloomberg Accused of Discrimination**

Various lawsuits have surfaced alleging that Mayor Bloomberg's company, Bloomberg L.P., discriminates against women.

Bloomberg responded to the lawsuits, stating that he hasn't worked with the company for a long time and therefore all questions should be directed to the company.

Bloomberg continues to be the majority owner of the company, though he is not involved in day-to-day operations. Bloomberg added that the company would "vigorously defend itself."

## NATIONAL

**Duke Lacrosse Players File Lawsuit**

Three former Duke lacrosse players who were falsely accused of rape in 2006 are filing a lawsuit against prosecutor Mike Nifong, the City of Durham, NC, and the police detectives who handled the investigation.

The lawsuit calls for unspecified punitive and compensatory damages, attorneys' fees and numerous reforms to the way the Durham Police Department handles criminal investigations.

The lawsuit comes six months after the three men were declared innocent.

**Bush Vetoes Child Health Care Bill**

On Oct. 3, President Bush vetoed a bill that would have expanded health insurance coverage to 10 million children.

The bill proposed to higher tobacco costs to provide an extra \$35 billion to pay for the expanded coverage.

Bush said he was going to veto the bill just weeks earlier, claiming that such a move would be a step towards "socialized medicine."

## INTERNATIONAL

**Police Attacked in France by Youths**

On Oct. 5, officials say approximately 30 or 40 youths in Northeast France attacked two police vehicles with metal bars and set fire to dozens of parked cars and a local community center.

Authorities do not know what started the violent raid. One police officer and one firefighter were injured.

**North and South Korea Seek Peace Treaty**

At the first summit meeting between North Korea and South Korea on Oct. 4, South Korean President Roh Moo-Hyun and North Korean leader Kim Jong-Il signed a declaration that contained projects that could build closer ties and ease tensions between the two nations.

The projects go along with South Korea's long-term goal of reducing the economic gap between the two countries—a necessary step towards reunification.

# Fordham Combats Increasing College Obesity

By CASEY FELDMAN  
Staff Writer

FCLC—Binges and benders are terms usually associated with the more deplorable aspects of college life. Alcohol and drugs notwithstanding, these terms also apply to what experts deem an increasingly great concern for college students: overeating.

Three out of every ten students are classified as obese, according to the American College Health Association. In the face of this, Fordham has taken measures—both inside the cafeteria and out—to combat the obesity epidemic head on.

"I think [the cafeteria] offers an excellent assortment of foods, including fruits and vegetables," said Robert Torado, assistant director of Student Health Services at Fordham. He also stated that the portion sizes in the cafeteria look healthy. "It seems like it's easier for students to choose their portion size," he continued.

The average teen now weighs approximately fifteen pounds more than he or she did in the 1960s, according to a study by the North American Association for the Study of Obesity, USA Today reported.

Nutritionists blame increasingly large portions of snacks and their availability to college students via the campus cafeteria. The average student gains about 10 pounds between the start of freshman year and the end of sophomore year, reports the Journal of American College Health.

Portions, both in the college cafeteria and off-campus, have drastically expanded. For example, the average hamburger weighed 1.6 ounces in the 1950s. In 2003, the average hamburger weighed up to eight ounces, according to [www.mealmatters.org](http://www.mealmatters.org).

So how does Fordham decide what ends up on our plates? Brian Poteat, general manager of Fordham's Hospitality Services stated that "the executive chef on each campus chooses from the Sodexo base menu." The chef then works with a "registered dietician" to ensure that nutritionally-sound meals are being offered, he said.

Torado claimed that students at Fordham actually appear healthier than those in the other city colleges where he has worked. "Students here seem to eat healthily, and I have not seen the level of obesity at Fordham that I have seen elsewhere."

Torado contributes the lower lev-



ALI WATTS/THE OBSERVER

Lowenstein Cafe serves students a variety of foods, including healthier options.

els of obesity at Fordham, at least partially, to the health center's resources. "We have a nutritionist available for the students—she helps them devise plans to eat more healthily. If a student comes in for another health problem, for example a sore throat, and they are also obese, besides the presenting problem we will discuss their weight with them, explore their family history, give them information, and possibly refer them to the nutritionist," Torado said.

"A few of my friends from other colleges have definitely gained weight," Callie Fisher, FCLC '10, stated. "At Lincoln Center I feel like we're not as prone to gain weight because we walk a lot and our system of payment in the cafeteria makes it harder to overload on food as opposed to the way it is at other campuses." Fisher does, however, acknowledge the possibility for weight gain: "New York has the best pizza ever! And the food in the cafeteria doesn't seem particularly healthy."

Fisher may have a point about the New York pizza, but, at least according to Sodexo, the cafeteria has been making a considerable effort to cook more healthily. Poteat stated that So-

dexo was the first company in the campus dining industry to begin using "zero trans fat oils" in all food preparation.

"At home a lot of people tend to sit down and eat dinner with their families—that's more portion-controlled, and home-cooked meals are more nutritionally-balanced," Janine Repka, FCLC '10, voiced. "At school it's tempting to just eat chicken fingers and fries. Also, those unhealthier options are less expensive than a salad—so, because of that, college students are likely to opt for something that's not as healthy because it's cheaper."

Being overweight can affect more than just a student's physical health. Mental health often suffers, as well. "Weight and [resulting] self-esteem issues can affect a student's ability to perform to his or her highest capacity in college," said Maya Vaknin, supervising psychologist of Fordham Counseling and Psychological Health Services.

Vaknin, however, said that the counseling center advises more students who are underweight and suffering from anorexia or bulimia than they do students who are overweight. "It is important to remember that

from a mental health perspective, it is not actually a person's weight that impacts their life, but their feelings about their weight. In other words, a person could be 'overweight' and feel great about themselves and be psychologically quite healthy, while a person of average weight could feel bad about his or her body image," she stated.

Fordham intends to provide students with enough resources to be proactive about staying healthy. Poteat said that Food Services will offer "healthy cooking classes" next semester, so students "can learn proper cooking preparation and techniques for healthy meals." In addition to this, students can access nutrition facts for all cafeteria meals by logging onto [www.sodexohousa.com](http://www.sodexohousa.com) or [www.balancebodymindandspirit.com](http://www.balancebodymindandspirit.com).

"Stroke, heart attack, and diabetes are all some of the leading causes of death," Torado said. All of these ailments are caused or worsened by obesity.

"Students should always think about their future," he continued. "What they do to their bodies now will be reflected in their health years later."

## Should We Stay or Should We Go?

FCLC Hosts Forum on Iraq

By KATE CUSIMANO  
Asst. News Editor

FCLC—The Fordham Center on Religion and Culture dared to ask the question on everyone's mind: when it comes to Iraq, should we stay or go? "Exit of No Exit?," a forum held on Sept. 18 in Pope Auditorium, addressed the moral issues regarding American policy in Iraq. The standing-room only event was a follow-up to a 2005 discussion on the same topic hosted by the Center on Religion and Culture.

The forum, co-sponsored by the Joan B. Kroc Institute for International Peace Studies of the University of Notre Dame, was also broadcasted via satellite to the Indiana campus of the University of Notre Dame. It boasted academics from across the country, such as Jean Bethke Elshtain, Gerard Powers, Sohail Hashmi, Michael Walzer and Trudi Rubin.

The Rev. Michael Tueth, S.J., professor of communication and media studies at Fordham College at Lincoln Center (FCLC), said the forum had "a great turnout."

"The events sponsored by the Center for Religion and Culture have been consistently provocative and timely in their discussion of major

issues facing anyone concerned with the moral dimensions of our public life these days," Tueth said.

"Three of [the panelists: Elshtain, Powers and Hashmi] had participated in an earlier conference on the subject," Margaret Steinfeld, co-director of the Fordham Center on Religion and Culture, said. "Jean Bethke Elshtain and Gerard Powers have worked and written on this subject extensively. Sohail Hashmi...is [an] expert in Islamic ethics and political science and we were keen to include that perspective." Walzer is a political philosopher and Rubin is a foreign affairs columnist for *The Philadelphia Inquirer*.

Each of the panelists had differing views on actions the U.S. should take. Hashmi argued that withdrawing the troops from Iraq "may provide the catalyst" for change in Iraq. Throughout the discussion, he expressed his belief that "it is the obligation of Muslims to keep their house in order."

Rubin, who moderated the event, has spent a great deal of time in the Middle East "and knows the Iraqi situation well," Steinfeld said. Rubin said, "Iraqis are so conflicted...people want [the] Americans to perform; [Americans] haven't performed, so

they want us to leave."

Powers discussed a similar idea. "If we respect the self-determination rights of Iraqis, if we are asked to leave, then we should leave." Elshtain mentioned that the American government must be wary of the "moral consequences for foreign policies in the future if we pull out" too soon. She said she fears if there is a large-scale military withdrawal from Iraq, regional "ethnic cleansing" will "explode."

Walzer said that Americans have a "collective responsibility" to contribute to reconstruction efforts in Iraq. He continued, saying "no human being is off the hook when mass murder is occurring...there are so many things for which we should be doing penance."

Several Fordham students attended the event, in addition to the public. "I think the forum was amazing," Siew Kwok, FCLC '09, said. "Setting up experts in a panel discussion is especially good for a topic that has no answer. Even though I did not come away with any decisive answers to the topic, it educated me on the topic and showed me viewpoints from all angles."

"This event helped me realize that [the situation in Iraq] is an even

bigger and complicated mess than I previously knew," Anthony Giacona, FCLC '08, said. "I also realized that we have independence and democracy in this country because we fought for it, not because another culture [or] government forced it on us. The important thing is that I was alerted to the humanitarian crisis that is Iraq right now and that the people there deserve to live in peace."

Tueth said the forum also had an impact on his opinions on the issue. "My opinions about the current situation in Iraq got a healthy dose of realism from this discussion. I was a bit surprised that three out of the four speakers argued on behalf of remaining in Iraq and withdrawing only gradually," Tueth continued. "In general, they all seemed to agree that our invasion was a terribly bad idea. However, now that we are there, different moral considerations arise, and they are not easily solved."

The Center on Religion and Culture hopes this will be the last forum on this topic. At the end of the event, Dr. Peter Steinfeld, co-director of the center, concluded, "we hope and pray we won't be having another panel like this two years from now."