Kickin’ It Old School Spring Weekend
ROIN DALY
STAFF WRITER
As Spring Weekend approaches, get ready to “kick it old school.” Uniqueness surrounding the events that warrant this kicking it old school mentality should be made clear in the upcoming weeks as the Campus Activities Board begins its marketing campaign to inform students of the festivities planned for this six day long celebration.

Wednesday March 7 the activities board sent out its first email concerning the event. According to Michael Restivo, president of the Campus Activities Board, the event was a success. Indeed, many Babson students shared his enthusiasm.

Spring Weekend begins on a Wednesday and does not wind down until Monday, a no school day for Babson College. The extended period, one day longer than last year, allowed the activities board to schedule the band OAR to perform on Sunday. “In choosing the band,” explained Mike Restivo “the board supplemented an age-old process of tradition with some market research. First, the activities board looked at the list of bands touring that week. Second, the activities board aligned its funding with the various programs for the weekend.”

Finally, the activities board administered surveys with the shortened list of possible bands. This year students responded to the surveys in record numbers, choosing OAR as the preferred band. Thankfully, the activities board was able to capture its number one bid.

Securing the number one bid was no small feat. Yet, much work and planning for the follow through remains. Although OAR’s road team negotiated the setup of the stage and audio-visual equipment, another band hired to help with manual labor: the men of Sigma Phi Epsilon. The Babson fraternity agreed to contract forty to fifty of its members to help with the strain of set-up and clean up.

In order to finance the week long activity, the activities board has organized an arm of SGA secured funding at the beginning of the year. The funding comes from the student activities fees charged in the tuition, so all are encouraged to take advantage of their investment. In addition, Pepsi Co. and Sobe will be passing out their merchandise.

Although the concert is arguably the most anticipated event, students should not think it is

Photo Courtesy of Lindsey Alix for The Babson Free Press

Above, students, faculty, and staff watch as four Israelis and four Palestinian journalists discuss their experiences covering the intense Israeli-Palestinian conflict in Glavin Chapel on Wednesday, March 11. To read more about the event please see the article “Israeli and Palestinian Journalists Discuss Conflict” that is on page three.

Founder’s Day Celebrates 25th Anniversary
LINDSEY ALIX
EDITOR-IN-CHIEF

For the first time in two years, Babson College will host an official Founder’s Day celebration. Last year, a Founder’s Day celebration was skipped due to scheduling conflicts. While entrepreneurs such as Ben Cohen and Michael R. Bloomberg were inducted into the Academy, there was not an official celebration.

This year marks the 25th Anniversary of the Academy of Distinguished Entrepreneurs. For this special occasion, Babson College has planned a full day event celebrating all of the entrepreneurs who have been inducted in the past.

The process for induction in to the Academy is an elaborate one by which an entrepreneur is nominated and then critiqued. Steve Forbes is the chair of the committee that decides who will be inducted. The nominees are judged on the criteria of the novelty, business idea and whether or not it helped to redefine an industry. Of all the people nominated 2-3 are inducted each year.

The celebration is scheduled for the upcoming Friday, April 23, 2004. All 84 members were inducted back this year, with about 20% of the members being able to return. Arthur Blank, the President/Co-Founder of Home Depot and current owner of the Atlanta Falcons, is serving as the chair to Founder’s Day.

The Douglass Foundation Graduate Business Plan Competition (Olin Hall)
10am – 10:00pm
John H. Muller, Jr., Undergraduate Business Plan Competition (Olin Hall)
12:00pm – 1:00pm
Lunch and Student Business Fair.
Babson student exhibitors demonstrate and market their products to Founder’s Day attendees during lunch (Knight Auditors)
1:00pm – 2:00pm
Panel Presentations: Presentation of Douglass Foundation Entrepreneurial Prizes: John H. Muller, Jr. Business Plan Prize, Shelby Cullom Davis Entrepreneurship Prize, and Student Business Initiative Award (Carling-Sonwan Theatre)
3:00pm – 4:00pm
Panel Discussions Featuring Accomplished Entrepreneurs (Carling-Sonwan Theatre & Olin Hall)
6:00pm – 9:00pm
Babson reception, dinner and keynote address at the Skywalk at the Top of the Hub.
Ph: 781-239-0498, Fax: 781-239-9416, E-mail: info@thefreepress.com

Entrepreneurs’ Conference a Huge Success
ASHLEY JAIN
MANAGING EDITOR

On Friday, April 2nd, Babson Entrepreneurial Exchange hosted its annual Conference on Entrepreneurship. After a long hiatus, BEE brought back the conference with much success. This year’s conference proved once again that the entrepreneurial spiritlies at Babson. With over 600 attendees and 66 speakers, the cap was topped only by 2004. According to the US News and World Report, giving Babson’s MBA program the number one ranking for entrepreneurship for the 11th straight year.

The first morning block contained sessions on entrepreneurship, family businesses, technology, sources of financing, and hospitality. The Babson Finance Panel had speakers from Boston Equity Advisors and Batten ef Goodbody, LLC. They spoke about the differences between obtaining venture capital and angel/ seed funding. Steve London, Corporate Partner at Brown Badnik Barbeck and a former business owner, entrepreneurs should “show the investor you can take a bigger risk.”

The second set of panels covered real estate, venture capital, direct investing in startup ventures, social entrepreneurism, and product development. The social entrepreneurism panel was a particularly informative and interesting. Paul Silva, co-founder of All in Play, brought a very unique entrepreneuriat experience to the discussion. All in Play makes online interactive games for the blind and low vision. Silva was inspired by a friend in college, who could not play video games because he was blind.

Laurie Hammler, owner and producer of the Greenwich Night Club, a group of health and recreation clubs claimed his strategy was to bring local businesses closer to the community and has done much to advance this mission by founding the New England Business Association for Social Responsibility and Business for Social Responsibility Organization. And finally, Rodney North, representative of Equal Exchange, took a slightly different angle, on the topic of entrepreneurship. Equal Exchange is a for profit organization, operating on the principle of Trade Not Aid. According to North, owners who do not get the right amount of income for their trade. After lunch, the keynote speakers spoke in Knight Auditorium. All three gave amazing speeches, although the best was

Continued On Page 2
 defies expectation. The three speakers, who brought different perspectives about corporate entrepreneurship and provided some valuable lessons and advice for the audience.

The final panel session for the day had topics on fashion and beauty, with businesses that we've learned, getting started in entertainment, and beyond the kitchen: running a successful restaurant.

The restaurant panel was informative and the speakers talked about the difficulties of raising capital in this industry. Frank Brunski, Immediate Past Chairman of the Board of the New York State Restaurant Association, stressed "quality, value and service" as the most important traits for the restaurant industry. Paul Conforti, co-founder and president of Finale Dessert Company, noted that "you want your customers to have a great experience... like they have a say in the concept."

As a whole, the conference was incredibly successful and had an overall great event. Everything ran smoothly throughout the day, and we look forward to next year’s conference!

Babson Public Safety Incident Log 3-22 to 3-29

Lockouts: 69
Motorist assistance: 15

Monday 3-22-04
1:50 P.M. - Report of a fire alarm in McCullough Hall.

Tuesday 3-23-04
1:06 P.M. - Report of a suspicious person in a dorm room. Person asked to leave campus, report filed.

Wednesday 3-24-04
7:34 A.M. - Report of a noise complaint in P2M. RA contacted, building found quiet.

Thursday 3-25-04

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Thursday 3-25-04
Inzer to Leave as Dean of Admissions

LOUIS BELLOTT & WILLY HANSEN
NEWS EDITOR & BUSINESS & TECHNICAL EDITOR

Dean of Undergraduate Admissions and Student Financial Services, Monica Inzer, will be leaving her position to take a similiar role at Hamilton College in Clinton, New York effective the last day of Sunday, September 6, 2008.

"I could stay here 10 more years and be perfectly happy," said Inzer, referring to her current position. "I wasn't looking to leave, but was contacted by a search firm and decided that the time was right to take this opportunity, which was something I ultimately decided I wanted to pursue.

"I am confident that the concern as her main reason for accepting the Hamilton position, having grown up a mere 10 miles from the school's campus. She will be one of six senior officers reporting directly to the President at Hamilton.

"Much of the family still lives in the area and it will be nice to be able to raise our son closer to family and friends."
What is open and when here at Trim?
Brought to you by the SGA Dining Advisory Committee

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<th>Day</th>
<th>Lunch (260-310 cal)</th>
<th>Dinner (310-400 cal)</th>
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<td><strong>Spring Weekend 2004</strong></td>
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<td><strong>Wed:</strong> East meets west 7pm</td>
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<td><strong>Thurs:</strong> Apprentice Finale &amp; 80's Karaoke Pub Night 8pm-12am</td>
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<td><strong>Fri:</strong> Carnival &amp; Cookout on the Quad 3-7pm</td>
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<td><strong>Banana Split Contest Mr. Babson 9-7pm</strong></td>
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<td><strong>Sat:</strong> SGA Game Day 8pm-12am</td>
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<td><strong>Pare to Bare with 80's Flair</strong></td>
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<td><strong>PepsiCo Party 10pm-2am</strong></td>
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<td><strong>Sun:</strong> Scavenger Hunt 2am</td>
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<td><strong>An Evening with O.A.R. 7pm</strong></td>
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<td><strong>MOR:</strong> Boston Marathon Back to the Future Marathon Channel 9</td>
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Want to be on the next SGA EBoard?
Nominations are due Tuesday April 13th
Make sure you get yours to the Reynolds Info desk by 5pm!
you are having trouble understanding something your professor is teaching. everyone else in the class seems to get it. what do you do? answer the question, compare your opinions with others, explore what matters at pwc.com/talkhere.
THE BABSON FREE PRESS
THURSDAY, APRIL 25, 2004

OPINIONS

Dr. Rice To Testify For The September 11 Commission
JASON BEDRICK
OPINION EDITOR

It is said that one must give credit where credit is due. This week credit is due to the liberal groups which pressured the Bush administra-
tion to allow National Security Adviser Condoleezza Rice to testify before the September 11 commission. While claims that the Bush ad-
ministration is the “most secretive administration in history” are un-
ounded (do anyone remember the numerous Clinton scandals where officials refused to testify, turn over documents, or outright lie?), it is true that they are often too secretive in matters of great importance.

Of course, we have to be careful when it comes to national security issues. If Dr. Rice chooses not to answer certain questions on national security grounds, it would be under-
standable. The point is, the commis-
sion should be allowed to ask those questions openly and the American people will have a chance to decide if Dr. Rice is evading overly aware of open and truthful.

According to the Wednesday edition of the New York Times, Dr. Rice will not make an apology like Rich-
ard Clarke, the former terrorism

on whose apology sounded more

like White House politics than like the clean and laying blame elsewhere. Of course, statements made by Clarke prior to September 11 com-
pletely contradict statements he’s

made since writing his best-selling

book, so anything he says is of dubious

value.

For example, in his book, Clarke

claimed that Rice gave the impres-
sion that she had never heard of al

Qaida when he briefed her on the

topic in January, 2001. The truth is that Rice had warned of al Qaida’s threat to America, specifi-
cally mentioning Osama bin Laden, a year before Clarke’s briefing.

During an interview on a Detriot

radio station, Rice warned, “You re-

ally haven’t got the intelligence agen-
cies better organized to deal with the
terrorist threat to the United States

yet.” One of the problems that we have is a kind of split responsibility, of course, between the CIA and for-
ign intelligence and the FBI and domestic intelligence.”

Later in the same interview she

said, “We have to be better coop-
eration because we don’t want to

wakeup one day and find out that

Osama bin Laden is successful on

our own territory.”

But no matter how eloquently and

previously Dr. Rice’s words sound on

Thursday, you can be sure that the

press will report that she was “equancy aggressive” and that she was “hard pressed” to answer. I

recommend that everyone watch her

testimony on any of the major net-

work and make your own decisions.

The Babson Free Press

Founded in 1934

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The Babson Free Press is a weekly newspaper published by the students of Babson College. Our production offices are located in the first floor of Park Motor Center.

LETTERS TO THE EDITOR
Letters to the editor will not be accepted. All letters must be submitted no later than Sunday by 6:00 P.M. before the

Thursday of publication. All letters are subject to editing and become the property of the Free Press after sub-

mission. Typically, no more than 3 letters to the editor are printed in a given week.

All letters should be no more than 250 words.

E-mail: freespress@babson.edu Internet: http://www.babsonfreepress.com

John F. Kerry: Out of Sight, Out of Trouble
CHRIS LEVINSON
STAFF WRITER

I believe the Democrats are onto something. I believe they have devised a very clever plan to stop Sen. John

Francois Kerry’s decline in the polls. Recently, Kerry checked into Poolside Hospital for elective tendon

surgery on his shoulder. Af-


After that, they can try knee surgery. He has already had three knee injuries. Then there are his allergies, so every now and

then they can put him into an allergy sanctuary.

This can keep him out of sight for a while which is an option the Democrats should keep open because when he

actually does appear on the campaign trail, he might look like an idiot. Last week he bought one抱

magazine for be-man boasters and embarrassing fibs again sinks him in the polls, he can always be briefly hospitalized for “periodic checkups” in order to minimize the dam-

age.

His medical records indicate that he suffers enough addi-

tional maladies that periodic checkups are completely un-

understandable. Essentially, the Democrats might be forced into settling on a camp-

aigle strategy. Republicans’ famous “front-

porch campaign” that worked so well for the less than stel-

lar Warren G. Harding in 1920.

The goal being to keep the bud candidate as far from voter scrutiny as possible and divert the press until the candidate’s polling numbers increase. Then, Kerry’s polling numbers are waltzing against President George W. Bush.

Actually, no one should be surprised that Kerry’s popu-

larity is down. The electorate sees of him. He is an

absurd figure. His cam-

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larit
 nrows merely assume that they will achieve one or two in a year without being able to predict which of their movies will bust blocks and which won't. But currently, major motion picture directors like Smith are every bit as overpaid as the large-cap corporate CEOs everyone complains about. Smith hasn't provided his studio with better than expected returns since Die Hard in 1988, so why should he have such equity in the industry? For their own sake, and for that of their shareholders, companies like Disney should better distribute production costs, concentrate on the projects which will matter to returners.

CHARU SHARMA
ARTS EDITOR

If you heard about the Babson Fine Arts Appreciation Society yet, BFAA is a society that is made to enrich Babson students' lives and education by offering culturally-rich activities that are not found on campus. The organization currently has over 650 members of which half are active, and 100 whom have just recently signed up.

The organization had actually begun last year, but it wasn't as well known or well attended. In its first year, the group was only able to offer a limited number of trips, in particular to the Boston Ballet. Two active members, Pedro Vila and Maria Orejuela, have taken over the organization this year and now serve as co-presidents.

With new leadership and better marketing this past semester, the organization coordinated trips to the Museum of Fine Arts, Boston Ballet, the Boston Jazz Festival, and the Chamber Music Society of Boston. The number of members who attended each event ranged from 10-15. Vila expressed his disappointment with the arts available on campus. "It's art curricular doesn't seem to be lack of understanding or interest at all. Babson should organize some serious charcoal and pastel drawing classes, some watercolor classes and oil painting classes, some Egg tempera and some printing classes as well. Babson students would love to do this and we just don't have a facility that offers this, or the right classes, or anything."

Recognizing the need to bolster arts education at Babson, BFAAS was created to take advantage of the arts offered just a few miles away. "Boston is amazingly full of fun events, activities, galleries, schools, museums, theaters etc., that are great opportunities for Babson students," says Vila.

Getting the organization off the ground again wasn't all smooth sailing. In addition to the complicated logistics of arranging a trip, the group had to struggle with SGA for funding. Vila comments, "the biggest problem we faced was funding because of the small amount of people who go to our events and because our events are not in the center of campus. I think the argument is that it is not fair why they would have all these resources and the Ballet if 12 people are going and not give money to a fund to go to a conference in another college."

"It's all a money issue, really, and all we are trying to do is to make the costs as affordable as possible so students can afford their financial troubles. The cost problem is that we spend a substantial amount of money for a trip."

Vila recommends students to, "go see something else, or wait for this to come out on DVD. Eternal Sunshine of the Spotless Mind is a hard movie to review. Why? Everything that happens in the story is supposed to be erased so you really don't want to give too much away. So I will do my best by saying that if you liked Eternal Sunshine of the Spotless Mind you might enjoy this movie. It's quite good in my opinion. However, if you didn't enjoy ESM you probably won't like this movie either.

The group has big plans for the future. With time, the organization has gotten a feel of what diverse performing arts activities are available, and plans to attend more unique events that are not necessarily well known in the main street theater.

"This semester we want to return to the chamber music concert, go to the complete production of a show at the MFA, and to the Harvard Museums. We have a long list of events we want to go to, and we have lots of time to organize so we are trying to do one or two events per month. So far, the Karpeles, the ballet, the Isabella Gardner Museum, shows, the lyric stage, have been the highlights. We would love to attend more Berkeley College of music, music festivals, special galas and expositions, etc. The list is endless."
Some Investors Feel Gold Has Lost its Shine

COREY TANASE
STAFF WRITER

Last week, the price of gold again reached the astronomical price of $2422.20 dollars an ounce. This price is nearing the 15-year high of $2450.40 reached during January.

Since the beginning of 2021, major stocks of the world's gold and silver mining companies have been on a rise. As measured by the Dow Jones World Precious Metals Index, these companies have approximately doubled in price since 2001. Last week with another terrorist attack occurring in Fallujah, Iraq, the price of gold rose an extra 2% to close near the 15-year high of $2422.20.

Gold has been, at about $772 dollars but immediately jumped up to $261 dollars following the September 11th attacks in New York City. Afterwards, rearmament pressures and the Federal Reserve's actions to continuously lower interest rates caused additional upward pressure on gold. In January, gold reached its peak of $430.80 when the American dollar was weakened to $1.2843 against the Euro.

Nonetheless, gold has often been a recessionary commodity that investors have sought during the past twenty-five years. Amid sky-high interest rates and terrible inflation, gold hit $854 dollars per ounce on Jul. 21, 1980. And again when the Dow Industrials suffered its worst single-day percentage loss of almost 23% on October 16, 1987, gold climbed to almost $600 dollars an ounce.

Since the bubble burst, many investors have turned to safer investments like gold. Many investors have claimed that gold has risen so much because of "a lot of mistrust in all aspects of the stock market." Though many investment advisors advise their businesses firms to buy gold stocks, gold has indeed moved back into some investors' radar screens. Many of them consider gold a refuge for nervous investors and a hedge against inflation and continued dollar weakness.

Most investors in gold still believe that the commodity has a great deal of room left to run. Richard Dudley, a pharmacist and research scientist, believes that the growing American trade deficit will be increasingly hard to fund. When this occurs, he expects gold to continue to rise.

However, a different opinion is that an improved stock market and predicted peace in the Middle East will lower any further increase to gold. An optimistic viewpoint on domestic firms could mean that investors will be selling their gold portfolios and purchasing high growth American stocks.

Another reason the price of gold may decline is that the quality of gold being produced annually is increasing. With the annual worldwide production at over thirty billion a year, increased investments and extraction could mean that the price will decrease over time due to oversupply.

Yet another reason to dump gold is that some gold stocks trade at PE multiples in the high twenties and even higher. Harmony Gold Mining Ltd (Symbol: HMO) trades at a PE multiple of 50. Should gold decline into the future, a PE ratio would prove to be a good indicator given the relative overvaluation of some gold mining stocks.

Babsonopoly: The Ultimate Business Game

SHERWIN PARKHURST
CONTRIBUTING WRITER

With the close of all FME businesses approaching fast, one particular business is starting up for a last push. Babsonopoly, formerly known as Basonoon Entertainment during the late fall and early spring semester, is poised to break records and close the year strong.

Babsonopoly offers a customized board game, called "Babsonopoly," featuring many popular Babson College locations of all types. The game showcases the Webster Athletic Center, the Office of the President, and organizations ranging from the Student Government Association to the Russian Business.

The game also includes "Facts" cards designed to enhance and promote the Babson spirit. These fact cards make Babsonopoly an excellent gift to alumni, parents, and Babson students alike by giving them the chance to relive their experience through what the company calls "The Ultimate Business Game."

Babsonopoly also offers the parents of students the opportunity to connect with their children or daughters' experiences at college. At $30, Babsonopoly is one of the higher-priced items sold by an FME business this year, yet members of the business firmly believe in the quality of their product rivaling the price.

Babsonopoly: The Raffle of the semester, Babsonopoly hoped to sell 350 boards, which to many observers seemed unreasonable. The employees, however, were not fazed by this daunting challenge. Instead, they relished the spotlight and felt compelled to prove the doubters wrong. After the start of business and watching a tremendous amount of sales pour in, Babsonopoly faced an ironic dilemma: What if the boards sold out too fast? Was it possible that the business was with a lack of work?

Suddenly, the focus of the business shifted from the task of proving the original doubters wrong to the possibility of ordering additional boards. In doing so, Babsonopoly would be risking a secured opportunity at achieving one of the highest net incomes in FME history. The risk was not the only issue facing Babsonopoly, because in order to order more cards, Babsonopoly would have to purchase an additional 550 boards due to its fall semester's minimum order quantity.

About a quarter of the way into the selling period, Babsonopoly faced the tough decision; play it safe and order 350 boards, or go for that extra order? They chose the latter.

Nonetheless, Babsonopoly CEO Brian Olson feels that Babsonopoly has vindicated this decision. "Our group had potential. If the board would have been selling short, it would have been great to have something to spend, no matter how much you made."

When asked whether he felt the risks outweighed the benefits, he commented, "Business is all about risk in my opinion, and I think the members of this business have done a really good job of not achieving their maximum. But we researched the risk and determined that we needed to control one and definitely one worth taking."

Needless to say, the remaining two weeks of business will be exciting and full of opportunity as Babsonopoly aims to reach and surpass the all-time high for profit.

If you would like to purchase Babsonopoly, check online at http://babsonopoly.babson.edu/hm/order.htm or at the Reynolds Campus Center during business hours.

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www.babsonfreepress.com
BAPSA Expands Diversity On Campus

ELLEN TRUONG
CONTRIBUTING WRITER

Bosphorus Asian Pacific Student Association (BAPSA), as its name indicates, represents Asian students with different ethnicities. Our mission is to promote multiculturalism and diversity with a specific goal to increase awareness and understanding of Asian cultures in the Boston community.

We started the fall semester with a small celebration of the August Moon Festival in conjunction with our first meeting. At the event, we served traditional moon cakes and introduced this pastry to people who had never seen it before. The organization's first event was a coming-of-age trip at Newton. The trip was a great success with thirty-three people paddling down the river.

We also hosted a movie night where we showed “Better Luck Tomorrow,” a production by MTV Blax. This film is known for its all Asian American cast. The other events held in fall were a shopping trip to Wrentham Outlets, and a semi-formal cruise around Boston Harbor hosted by some Boston college halls.

For the spring semester, we held a Dance Revolutions Dance Tournament. DDR is a video game where you have to dance on a control pad. There are four stationary arrows at the top of the screen and when the arrows scroll up to the top, you have to hit the exact arrow on the dance pad.

In BAPSA, we also co-hosted and participated in many different events for Multicultural Month, which was held in March. Multicultural Month is celebrated around all of the cultural clubs from Boston College and Olin College. Another event that BAPSA participated in was a Second DDR Tournament in March.

We also hosted a BAPSA Trim night where the theme of the food was different ethnicities from Asia. For the Multicultural Carnival, which was the closing ceremony of the month, BAPSA brought delicious Chinese and Vietnamese food, and for entertainment we taught Chinese calligraphy at the event.

During that day, we continued to visit Raymond’s Cafe for a pre-fashion show of the night’s runway showcasing and we were being fed food with those who visited us. Remember to come and see some of our BAPSA members perform as well as other invited performers.

Weekend Well Spent in Montreal, Canada

MATT SAIDNO
CONTRIBUTING WRITER

Montreal, Canada is a fun and exciting city for people of all ages. Living in New England, I have traveled there nine different times with my family and with friends. At most, it takes five hours to get there by car from Boston. Some college students even sign up for organized bus trips to travel to this entertaining Canadian city.

Next time you have not been to Montreal before then you should spend at least four days and three nights there. There are simply too many great attractions and sights to see in only two nights.

Next semester we’ll be planning to incorporate more students in our community activities and give our members a chance to give back to the society. In the mean time, we hope members will email us about the things they wish to see from Montreal in the coming year.

Bahamas is not yet over yet for BAPSA. We will have our annual performance, “East Meets West,” on April 14th 2004 @ 7pm with seating opening at 6:30pm. The performances this year will showcase Asian performing arts such as Taiko drumming, traditional Chinese ribbon dancing, Indian, Tibetan, South Eastern dance, and a fashion show covering all of Asia’s cultures.

During that day, we continued to visit Raymond’s Cafe for a pre-fashion show of the night’s runway showcasing and we were being fed food with those who visited us. Remember to come and see some of our BAPSA members perform as well as other invited performers.

CAUSE FOR CONCERN OR SIMPLE ADJUSTMENT

This is where it gets interesting.

The Master of Science in Financial Planning (MSFP) program at Bentley is one of the nation’s leading programs in financial planning. The program is designed for students who want to become financial planners, financial analysts, or financial managers.

The MSFP program provides students with financial planning and financial management skills that are essential for success in the financial services industry. The program also provides students with the knowledge and skills necessary to succeed in the financial services industry.

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BLENTLEY

For more information, please visit www.bentley.edu/msfp or call 800-842-9491.
LIFESTYLES
THURSDAY, APRIL 8TH 2004

Chill Out: A Lesson They Don’t Teach You in School

SARAH SILVERMAN
STAFF WRITER

I picked up the New York Times a few days ago and right smack on the front page of the newspaper was an article about college students needing to “chill out.” I was immediately interested and read the article. It all made me think of a conversation I had with my cousin a few days earlier.

She is a college senior, and after complaining about our parents, we both came to the conclusion that times are different now - way different.

It may sound trite or overstated, however the pressures many students today face are a whole lot different than the generations before us. Whether all that is due to the increase of technological advances, the media, or the degrading of the family is not really clear.

What is clear, though, is that there are a lot more college students walking around with ulcers, anxiety attacks, and their life map (down to the color/type of car they are going to drive at 33) stuck in their back pocket than when our parents attended school.

Now I am not pointing fingers at anyone, hell I should actually point them at myself. I am just as, if not more, guilty of taking everything too seriously.

I am the epitome of Babson’s slogan - always thinking.

I think so much that I buy books that try to teach me to stop thinking. I think so much that sometimes I can’t fall asleep. I think so much that I can totally morph a situation into something it completely is not.

All this said, being smart and self-aware is both a blessing and a curse. All of my analytical, reasoning, and thinking skills make me a really awesome philosopher, writer, and maybe even a lawyer one day.

Yet, it also acts as chains. I find it hard to let things roll off my back, can overreact (often), and literally never stop questioning why.

As many of my fellow students I have a general anxiety about what the future holds for me. What I think we need to start doing is less planning and more living. Students need to start being students again, be a little crazy, and spontaneous. Do what is not expected, and most of all have fun; do what makes you happy.

I think people are too concerned about making themselves happy and comfortable next week, next year, in five years, that they forget about right now. The now, the present, is all we ever really have. Beyond that we can never be sure, so don’t kid yourself.

Give yourself some credit! What we are going through right now is tough work, and even though you may feel you aren’t at the top of your game or you aren’t even everything you think you should be - you are doing amazing things.

I think students need to give themselves a break. Sometimes the most intense pressure we feel is self-induced. We are often our worst critics and the critical words we say to ourselves can be harsher and longer-lasting than anything anyone else could ever say.

Try to lighten up, remember nobody can be everywhere, make mistakes - it’s the only way to really learn.

As a very wise and caring friend told me, “Sarah, maybe one day you will change the world, but right now you are just a student at Babson College, so enjoy it.”

A SPECIAL THANKS TO WORKING STUDENTS

The Student Employment Office would like to congratulate those student employees who were nominated for the Babson College Student Employee of the Year award. This is indeed an honor and distinction. Thanks also to each supervisor who took the time to nominate these outstanding student workers. All nominees will be recognized during Student Employment Appreciation Week at our awards ceremony on Tuesday, April 13th.

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The Student Employment Office acknowledges Jamaal Mitchell as recipient of the 2003-2004 Student Employee of the Year Award. Jamaal is employed by the School of Executive Education.

Congratulations to Jamaal!
Many thanks to Mary Hurley and Martha Norton, and the School of Executive Education for the wonderful nominations!
LIFESTYLES

Getting Ready For Summer... and Life

JOHN RICCI
LIFESTYLES EDITOR

Scores of people are hauling ass like lemmings back into the week before the upcoming season of board shorts and bikinis. While the trend is an obvious and alarming mistake to make, I can't look good on the beach, many people do not really buy into the mentality that if you keep this lifestyle going year round (with exception of that Atkins crap, and we will get into that), you are way better off when June arrives.

So here is a little guide of tidbits that might help you not only to prepare for your summer season, but also to live a more well-balanced life year round.

Now, I definitely do not have all the answers, and there may be some personal trainers out there that could disagree with some of my points, but this stuff works, so trust me.

Nutrition

Step One: Get a multi-vitamin. This is non-negotiable. Multi-vitamins not only supplement your body's ability to function on a day-to-day basis by supplying nutrients otherwise missed, but they will also substantially improve your body's ability to make gains in the gym, and allow it to rest more efficiently.

Step Two: Eat six (6) small meals every day, one per three hours, containing a mix of protein, carbs, and non-saturated fats. Research has proven that by eating every three hours, your body's metabolism works most efficiently. Additionally, you avoid the potential of tricking your body into thinking it is starving. Overeating is an obvious faux pas, but for those of you who are taking in one or two meals per day, realize that by reducing your overall caloric intake via meal spacing, you are actually doing your body harm.

The body does not know that you do not intend to starve it when you skip a meal or two, so even though you mean well, your body reacts by thinking it is not going to get what it needs, so it hangs onto everything you do not give it, especially fat. In fact, here is the kicker: If you use this whole meal skipping strategy, your body's going to burn the muscle and store the fat. Is that what you want?

Step Three: Protein supplementation. Some of our nutritionists disagree, but I think I am right, so there. For those of you, primarily guys, who want to put on some mass, you are going to need to consume one to two grams of protein per pound of body weight. For those who want to maintain or even lose body fat, you guessed it, up the protein intake. There is a bunch of chemistry to it that I do not have enough space to write about, but it is sure to assist you in your goal, whatever it is. Protein is the most intrinsically valuable non-vitamin supplement there is for athletes and fitness enthusiasts.

Step Four: Get at least eight hours of sleep every night. I know this is hard to do, so I will give you a little shame every day.

Almost all of your progress occurs when you are asleep, though many people believe the best time is when you have a real good day in the gym. Yes, the workout is essential, but it is all for nothing if you do not let your body recuperate. So do not make excuses, make time... to sleep.

Lifting

There are tons of programs out there, so the best thing to do is use a foundation and build your own program around it. For those of you who are trying to gain mass, stick with 5-12 sets per body part, with an initial warm-up set of 12-15. The first exercise done after the warm-up should be 2 sets of 8, and 4 repetitions, and then 2 sets of 6-8 and 4-6 reps after that. Resting between sets should last no more than 30 seconds to a minute.

The rule for rest is also the same. Some people might prefer to 'circuit train' (lifting all of your muscle groups in one period of time, with little rest between sets), and that is cool too, just make sure not to push 15-18 sets total.

In the picture, seniors smile for the camera at a SODA party. The seniors have many fun and exciting trips and events planned for the rest of the semester including the BSq at Dean Greene's house.

Whichever program you choose, make sure to listen to your body. If something starts to hurt (not burn, because burning tends to mean that lactic acid is building up in your muscles and you are working hard), then take it a little bit easier and adjust your workout accordingly. Additionally, do not use the same program for more than 6-8 weeks at a time, as your body not only adjusts to the stress that you put it under, but it is vital to give it a 1-2 week rest every 6-8 weeks.

So in the end, use this article as a basic approach to getting in shape; not just for summer, but a long and healthy life.

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Red Sox: The Real Deal

DAN RICHARD
STAFF WRITER

It hurt worse then my first break up and losing a title in high school; not that anybody knew it wasn’t right. I’d even go far enough to say that it caused my roommate to completely lose his mind. I’m just a jock with a Whiff, right? No way, that would be too easy.

Being a fan of the Boston Red Sox is not just a game, and we who are passionate take it as seriously as anyone with Flag Foot- ball, school, or not. Why else do Bostonians take their vaca- tion to watch players bound for guys with nicknames such as Big Dog, Donkey, and Boo-Ras, who have virtually no chance at making it to Fenway Park.

Spring training was their time to shine and back in the spotlight of Red Sox Nation. If you want the real story on these spring training stars feel free to e-mail me, but I must move on to the real teams. It is time to forget these spring training larger than life legends and look forward to what the real wildcard Red Sox summer of our lives.

Since Aaron Boone hit that famous home run, the Red Sox have turned their focus on the 2004 campaign. When people discussed the 2003 Sox, these were the areas that usually came up: relief pitching, a workhorse behind Pedro, 2nd base defense, and an extra right handed bat off the bench who can provide some pop. In a typical off-season, teams try to address at least one of their perceived weaknesses.

A Season Outlook For The Spring Intramurals

SHEW HAWTHORNE
STAFF WRITER

Despite the nasty weather outside spring Intramurals have gotten underway with Flag Foot- ball, Co-ed Softball, and Ice Hockey.

This past week only hosted two successful days of Softball and one big opening night of IM Foot- ball.

Ice Hockey will start this week and Softball make-ups are scattered throughout the rest of the week as well.

Softball is played throughout the week. This past week we had three days of cancellations and therefore only four of the eight scheduled games were able to play.

The league consists of 16 teams playing an round robin/double elimination. Only four teams will make it to the post season and will take place in the end of April.

Unfortunately, like the Boston Red Sox opening day, the Intramurals have been off to a rocky start.保税 Captain Tony Roll, lost to the Bunker Drovers and the score was 18- 0.

Hopefully both Red Sox will be able to turn things around in the upcoming games. RAM also had an impressive win over the Red New Beavers, 20-8. SigEp and Team Krunked also had big wins in week one.

Flag-Flag, which rivals the winter’s 5v5 B-ball for King Sport of intramural athletics, kicked off last Tuesday night.

Flag-football may take a slight lead as teams are now starting to put more emphasis on the corporate game offers, and full team sponsor- ships.

Defending champions, now Team Secky Insurance, have a full uniform deal worked our and is looking to put their team at their opening day game against Pabst Blue Ribbon.

Pabst Blue Ribbon, however, simply wishes they were sponsored by the great beer company and has yet to work anything offi- cial out yet.

Secky Insurance, who is led by senior quarterback Phil Riffs, has a dominant backfield featuring back Howard and lineman James Secky, defen- sive lineman Luke Weber, and linebacker specialist Jeff Hall, made a statement for all to hear as they beat PBR 52-6. In a similar vein, Ice Hockey will be- gin Monday April 5th, with only three teams.

The season, however, will last four weeks each team plays five games per week. Look to next week’s issue for updates on week one games.

Sports

Okafor Rises to the Occasion On the Court

JEFFREY HEIGHINGTON
SPORTS STAFF WRITER

After committing his second foul within the first four minutes of the Duke - Uconn semifinal game, Enaka Okafor was visibly agitated by the referee’s call. Enraged and emotional, Okafor understood the call made an early departure from the game.

However, when Okafor finally made his way back on the court at the beginning of the second half, he didn’t let his foul trouble prevent him from being the dominant inside presence he is.

He scored all 18 of his points in the second half, sinking a free- throw with the game on the line to seal a 79-78 victory for the Huskies. He also pulled down 8 rebounds, with all but one coming in the second half.

On Monday night, Okafor was on the court for both halves to lead UConn to a National Champs- ionship against Georgia Tech.

Okafor capped his junior cam- paign by being named Most Out- standing Player with a 24 point, 15 rebound performance.

Despite playing with back and shoulder injuries throughout the season, Okafor fought the pain averaging over 17 points, 11 re- bounds, and 4 blocks per game during the course of the season.

However, the validated Most Ac- complishments on the court are only one of Okafor’s proud accom- plishments.

College athletes, particularly big-time Division I programs, are often criticized about their low graduation rates. However, Okafor will graduate in three years with a degree in finance and a 3.8 grade point average.

Following graduation, the 6-10 All-American will likely be a top lottery selection in this year’s NBA draft. High-schooler Dwight Howard is also drawing rave reviews as a top pick in the draft.

Some Good Sports Websites to Check out

DAVE SANTINO
STAFF WRITER

Now that we’re in the homestretch of the school year, it can all be too easy to get caught up in the end-of-semester crunch. Avoid getting stressed and be sure to take time to browse these lesser-known, yet interesting, sports websites:

- Boston Sports Media Watch (http://www.bostonsportsmedia.com) - A daily weblog that tracks and critiques the Boston media’s sports coverage.


- NYT Fans (http://www.nytfans.com) - Sox fans, check out what your rival Fen- keey fans are saying.

- The Internet Hockey Database (http://www.hockeydb.com) - The authors of this site call it “the internet’s largest repository of hockey data.” The site is divided into archivest of statistics, draft picks, team logos, trading cards, NHL players, and player awards. There’s a message board, too, if you want to chat about hockey.

- Sports Reference (http://wwwспорts-reference.com) - This page links to basecall- reference.com, which includes statistics from 1871 to the present, pro-football- reference.com, which includes historical statistics and game results, and baseballstats.net, a forum and weblog which helps fans find baseball books.

- iHigh (http://www.ihigh.com) - A must-see for the high school sports fans, this site includes news, tournament results - past and present. The site links to individual state sites.

- U.S. College Hockey (http://www.uscho.com) - The authors of this site “the definitive college hockey source.” It includes news, statistics, and standings for all NCAA men’s and women’s hockey teams.

- College Hockey Stats (http://www.collegehockeystats.com) - A resource for die-hard college hockey fans who are looking for statistics and scores.

- ACHA Hockey (http://www.acha.hockey.org) - The official site of the American College Hockey Association, the national college club hockey league. The Babson men’s club hockey team is a member.

- New England Hockey Journal (http://www.hockeyjournal.com) - The online home of the publication for New England-related hockey coverage ranging from every level professional to high school hockey.

- USA Junior Hockey (http://www.usajuniorhockey.com) - The online home of the publication that covers junior hockey leagues throughout the country.

- Internet Movie Database (http://www.imdb.com) - Use this site to find information about your favorite sports movies!

Hopefully these websites will fuel your sports pleasure. Enjoy!