

DAILY BULL



The Daily Bull is probably not suitable for those under age 18 and should not be taken seriously... like Homecoming Kings!

Friday, September 19, 2008

"There is no doubt that the first requirement for a composer is to be dead."

~Arthur Honegger

P.E. Courses Tech Should Offer

By Ryan Sandor Richards

~ Daily Bull ~

11:59 PM. One minute until the rush, you've got your class CRNs memorized and practiced. The Banweb login is open, username and password already filled. The clock strikes midnight and the frenzy begins. Frantically you press 'Enter' and begin to deftly navigate the maze of links leading to the "add/drop classes" form. Amazingly the server hasn't been overloaded yet... and you manage to make it to the form, the last obstacle between you and Billiards. You begin to enter the CRNs that you have committed to muscle memory and right before you can submit the form your hand cramps, an entire second goes by and you have lost your chance. Some pizza-faced C.S. major has taken your spot in Track B Intermediate Billiards...

..see Lose 40 lbs. now! on back



Five Reasons Why the Atkins Diet Sucks

By Michael Lennon ~ Guest Writer

Welcome freshmen! It sure is nice to be away from your parents and make decisions on your own. Like feeding yourself! Some of you may be thinking about how to lose weight, so before you do, find out about a big no-no – the Atkins Diet! Because of Atkins' popularity, many people think it is a healthy thing to consume little or even zero carbohydrates. Here are the top five reasons not to:



For diet results like this, buy bigger jeans.

- 5) Atkins is a fad diet. Really, it's like eating cottage cheese and celery for a month; you'll lose weight because it makes you eat fewer calories. In a month, you may lose more weight on Atkins, but in the long term you won't. In fact you may eventually gain weight, while other people who exercise and portion carefully will reap the benefits of a healthy lifestyle.
- 4) The Atkins Diet is not modern science.

That's right, you may have "discovered" Atkins a decade ago, but it is not some new revolution of the 1990's. Atkins was developed waaaaay back in the 1970's to reduce cholesterol by doing things the American Heart Association does not recommend. After many modifications, the effectiveness of the diet is still disputed today. This idea is old-school; in fact, Dr. Atkins himself lived overweight

- and died obese in 2003, maybe of a heart attack.
- 3) It causes ketosis. Ketosis is one of the reasons why the Atkins diet will get rid of body fat, but other side effects include – dehydration, constipation, bad breath, weakness, dizziness, palpitations, confusion, and nosebleeds.

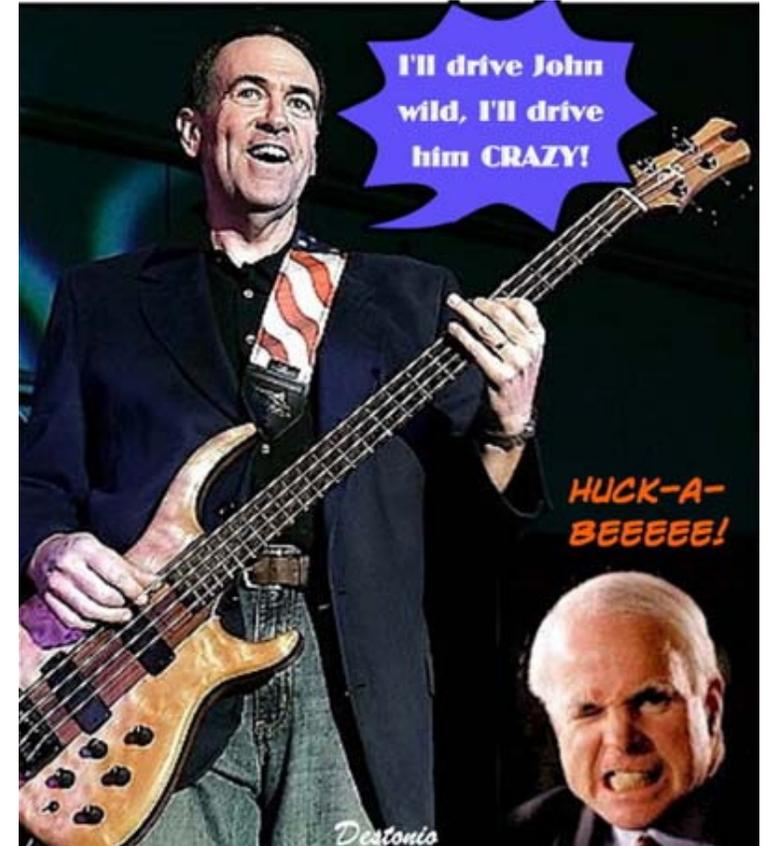
2) You need a liver and kidneys. Many

...see Lose 20 lbs. now! on back

Do you ever stop to wonder what the world would be like if instead of the Yellow Pages they were the Red Pages?



Pic o' the Day



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...Lose 20 lbs. now! from front doctors have expressed concern about the long-term effect of the Atkins Diet and dispute how healthy the Atkins lifestyle is. The high amounts of protein used to replace carbohydrates puts a large strain on the metabolism, which may cause kidney or liver failure. Although intended to help people lose weight and lower their cholesterol, in the long-term you may gain weight and raise your cholesterol.

1) You will become retarded. The Atkins diet starts on a strict regiment of 20 grams of carbohydrates per day, but later you get 40 carbs per day. 20 carbs is easily a slice of toast with jam; ONE SLICE OF TOAST A DAY. That is bad. Why? Okay, you know about diabetic people? You know, the ones who can go COMATOSE if they get too MANY carbohydrates?! They have to consume at LEAST 145 carbs a day (like 3 bagels, easy to do). Do you know why? Your brain alone

consumes 145 carbs a day. That's right, if you have less than 145 carbs a day your BRAIN will be SLOW.

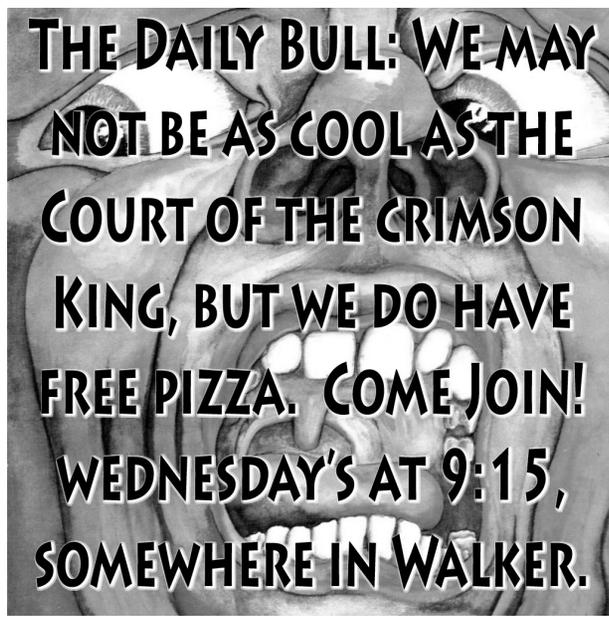
So next time you think about slimming down or getting in shape a little, just ask yourself "Can I afford to take 5 or 10 years off my lifespan to lose some weight?" If the answer is yes, then the Atkins Diet is for you! Otherwise, you will just have to exercise and stop eating a bag of potato chips between meals. ☹

...Lose 40 lbs. now! from front

Yeah, we've all been there. Trying to get into a good P.E. course is like trying to stuff a fat chick into a Mini-cooper; it's just not worth it. With training, perseverance, lubricant, and senior status it is possible, but as the student body grows (or the student's body grows) it just gets more painful and embarrassing.

The real problem is that so many people want to take courses like Billiards and Bowling, while others such as Beginning Pilates, Water Aerobics, and Moving for Fitness get passed up time and time again. What we need is a greater variety in our physical education curriculum. Classes that will get this undersexed generation of redneck Republicans that the university likes to call 'diverse', pumped about taking P.E. courses again.

A course that I'd personally like to see is 'Beginning Beer Pong'. Clearly there is a great need for people who have been classically trained in the art that is beer pong. Go ahead, visit any Fraternity, or housing unit around campus and you will be sure to find a beer pong table, complete with four hooligans making a mockery out of this time-honored tradition. Sure, students will most likely be learning



how to play on their own, but will they learn the theory? Only with a firm understanding of the fundamentals of proper beer pong form will they become true masters of this college past-time.

'Advanced Hunting'. I don't want to fly-fish with some Yooper-ass instructor; I want to kill a goddamn moose or pop off a cheetah. Who hunts cheetahs you ask? Bad-asses, that's who. I don't even care how much it would cost for the course; I would be on the first plane to the Serengeti with my Tech brethren and NRA card-holding instructor to commit heinous acts against nature with our sweet semi-automatic weapons.

At some point each man on campus has to come to grips with his situation – literally. That's why an 'Intermediate Self Gratification' course would be phenomenal. For the sanity and well-being of all students on campus, it is vital that each person knows how to properly choke their respective chickens, and not make a

mess out of the whole ordeal. Class could even be held outside, to learn about nature, while we, you know, sit in a circle Indian-style, waxing our turtles and sharing our most intimate secrets. It's not gay, it's P.E!

A 'Video Games About Fitness' class would be absolutely killer. Seriously, we're all a bunch of flabby scientists and engineers (not built for sports), but with this class we could be track and field stars, shoot a rocket from the point, slam dunk a basketball, or even play tennis like a pro. Think about it – sports games are the closest that 99% of the general Tech population (and 97% of the student athletes) will ever come to actually being good at sports. For the non-believers just check out Nanocon, and see how long you last in the Super Smash Brothers tournament.

Water Pilates, Underwater Racketeering, Bar Hopping, Calculus VI, and Do-it Yourself Furniture Construction; the list goes on and on. True, some of these ideas may seem a little out of the box, but we are living in out of the box times. So keep up hope, because someday the University may have such a list of great P.E. courses, and the days of getting carpal tunnel syndrome memorizing your class CRNs will be long gone. ☹

News in Brief - The End of Kwame

By Brett Jenkins ~ Daily Bull

As some of you know, and the rest will find out after reading this sentence, Kwame Kilpatrick has resigned as mayor of Detroit. He pled guilty to two counts of dirty deeds and has been sentenced to pay ONE MILLION DOLLARS (Dr. Evil gesture here). A stripper, named Patrick, at one of his alleged parties shows up dead a week before the trials. Who killed Patrick? Kwame KilledPatrick; the proof is in the name people. This guy just seeps guilt. Now, with all the media coverage, I've realized he has a great deal of excess skin on his neck, probably relating to his deflating ego.

I'm just glad he's leaving office, and out of the many terrible decisions this man has made, the worst has to be giving the key of Detroit to Jerome Bettis; just think about it. The last person to receive the key of Detroit was Saddam Hussein and he turned out to be an off the wall dictator a few years later. My prediction is Jerome will turn out just the same. In fact, I believe that the key to Detroit is the weapon of mass destruction. ☹

Yo G, I am not a crook. Word.





Daily Bull

EDITOR IN CHIEF Tim Kotula	COMPOSITION EDITOR Nathan "Invincible" Miller	NEEDS A GOVERNMENT BAILOUT Me!
FACULTY ADVISOR My hero.	EATS BARRACUDA Mr. Palin	BUSINESS MANAGER Caitlyn Pierce

Nathan "Invincible" Miller, Tim Kotula, John Earnest, Caitlyn Pierce, Liz Fujita, Jeremy Mr. Sunshine Loucks, Simon Mused, Some guy called Mark, John Pastore, DeForrest Warren, Brett Jenkins, Ryan Richards and I forgot the list of new members I was supposed to add to this list at home so they aren't in here this time. Sorry, my bad. It's been so hard lately what with the economy and a recent breakup and everything else. That and my mind is going...

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