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The Grizzly, October 25, 1985

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Registration has come upon us

The procedures for registration for the spring term are similar to those used last term.

1. Students register by class.
2. A student who has already registered will have the opportunity (by use of a drop/add) to add or delete a course or courses before members of the next class submit their schedules.
3. A list of students who have not completed their registration, because of conflict or because of closed courses, will be available at the Registrar's Office by 8 a.m. of the second day of registration for that class. A list will also be posted in Wismer Hall.
4. Up to date information will be available at the Registrar's Office each day.
5. The list of courses that are closed will be in the Ursinus Update each day. Please check the Ursinus Update starting Nov. 4.
6. Copies of the class schedule for spring term 1985-86 will be available at the Registrar's Office after Oct. 23.

GENERAL INSTRUCTIONS
Study the course offerings and in consultation with your advisor plan a program for the Spring Semester 1985-86 which will meet your needs and objectives. It is your responsibility to arrange a conference with your advisor. Do not expect your advisor to be available those few hours just before you are to register. Students should not expect their schedule to be processed if they have not met the minimum time of 18 hours unless accompanied with a written approval from Dean Akin.

A. Check to see if you are meeting the following:
1. General College Requirements
2. Requirements for the departmental major
B. Complete the course of study sheet with the guidance of your advisor. It is imperative that your course of study sheet be filled in with care as to legibility and accuracy:
   1. Matriculation number, name, your major, any minors, semester.
   2. Class — class you will be in Spring, 1986
   3. Department
   4. Course number
   5. Section
   6. Semester hours
   7. Pattern
   8. Evening School Course. If you are going to take an Evening School course, you must complete an Ursinus College Evening School permission form available in the Registrar's Office. This form must accompany your course of study sheet. PLEASE NOTE that completing the Evening School permission form does not guarantee that you will get in the course. The Dean of the College in conjunction with the Evening School Director will determine the number of day school students the Evening School can support after the Evening School registration. Students will be notified if they could not get into the Evening School course after this time.
   Have your advisor sign the course of study sheet. Bring the course of study sheet to the Registrar's Office in Corsen Hall.

Siblings sharing the same experience

By HEATHER CAMP
"Hi Heidi!" Instinctively, I looked in the direction of the voice and saw a hand waving frantically at me from across the campus. Realizing that the young lady to whom the hand was attached was mistaking me for my sister, I played along to save her from further embarrassment. "Hi...wait, I have no idea who she is, "how are you?" When in doubt, use the general greeting.

Although these occasions of misunderstanding became less frequent after the first few weeks of my sister's freshman year, Heidi and I continue to baffle administration and faculty. But as long as our parents continue to receive my parking tickets with Heidi's name on them, that kind of confusion is fine with me. If we cause confusion, Jen and Jane Cumpstone and Dale and Dean Lent must wreak havoc in Corsen Hall.

Yet, Ursinus should be used to dealing with students who have either a brother or sister who also goes here, judging by the large number of sibling relationships present among the student body. But how do students in this situation feel about having other family members attend the same college? Not surprisingly, the students I've talked to, like me, are very happy having their sibling nearby. Sophomore Scott Doughty and his brother, John, a senior, are one such example. Scott, however, made a good point. "It's really important that you get along well with your brother or sister," said Scott, "otherwise, it might not be such a good experience for you both." This is especially true for a small college like Ursinus where it's virtually impossible to avoid someone that you don't wish to see. While Scott was drawn to Ursinus for its pre-med program, having John here was an added attraction. "The fact that John was here definitely encouraged me to choose Ursinus. Not only was I really familiar with the campus from previous visits, but I had already known a lot of people before I even got here through my brother," Scott remarked.

Megan Klein, a sophomore, echoed Scott's opinions. Her older brother, Jim, a senior, acquainted her with his school and his friends, making it much easier for Megan to break in as a freshman. She agreed with Scott that while the academic program of Ursinus was reason enough to come her, her brother's presence at UC weighed heavily in her decision. "I was a little insecure about leaving home, so knowing that Jim would be at school with me made it easier to adjust to college," Megan said.

But how do the older brothers feel about their younger siblings also attending Ursinus? According to Megan and Scott, their brothers are pleased with the results. P. Mary Young is another authority on this matter and she, too, agrees that keeping college "all in the family" has been a success, thanks to the cooperation of residents and RAs.
News of Yesteryear:

Omwake looks from tower

By CHERYL ANN LAWRENCE

The following article entitled "Through the Bell Tower," was written by former Ursinus President Omwake. His office was located in the top of the bomber's bell tower, hence the title of the article. During his work week President Omwake would take the time to write a column for the Ursinus Weekly. Even though the article was written about 51 years ago, the advice that he presented on money, by its larger obligations for tuition and other fees, leave but little for one's time is carefully planned use of time. The daily round of a student's portioned Olit, important matters time and space

Walter's still upset

Dear Editor:

Thank you for answering my letter concerning "The Roving Reporter" in the Oct. 18 issue of The Grizzly. Unfortunately I was not satisfied with the response which is why I feel a second letter on my part is justified. I cannot comment on the scope of your apology, since you failed to state exactly what you were sorry for. However I do have some thoughts to offer about the reservations to your apology which you listed in your Editor's note.

It is certainly true that "The Roving Reporter" is not an original idea. The column appeared in our own Grizzly several years before Hugo in this regard. However due to a lack of interest. After a year in dormancy, I decided to bring "The Roving Reporter" back to the paper. I never claimed to be the inventor of "The Roving Reporter," but I do claim to be the rejuvenator. I nurtured and directed the column for an entire year and as for the most part through my efforts that the article gained its vitality and prominence. You yourself stated that it was being brought back due to popular demand. Well, whose work was it that sparked this demand in the first place? It was mine.

Your Editor's note, you offered me the opportunity to speak with you about the entire situation. I am sorry, but I feel that in light of the situation, you should be coming to me for the true sense of the word "apology," with an invitation to once again be a part of the column. Granted, I have no legal rights over "The Roving Reporter," but ethically, I firmly believe that I should have been the first person contacted when the column was re-established.

Kimberly E. Walter

Music comes to UC

Friday in Bomberger Hall was said to be "the best forum, ever," according to a friend of mine who attended the event. The variety of music available on this campus is, to quote the Beatles, "getting better all the time." Kudos to Delta Pi for hosting a great little reggae band, Scram, last Friday evening at Reimert, and also to the forum committee for choosing the Do A World Music Ensemble, whose outstanding performance last

formed by the College Choir, directed by John French. - Aristotle said in his work, "The Politics," that "...music ought to be used...for education...as an intellectual pastime and for relief after tensions (like midterms - kr.)." We're doing all right, eh? -

Kurt Richter
One hundred years of tradition
passes with Fretz

By RICHARD P. RICHTER
The past week was sad but contemplative. Ursinus lost its oldest living graduate, Mabel Hobson Fretz. Mrs. Fretz celebrated her 100th birthday last July 4. She was graduated as salutatorian of the class of 1916.

Mrs. Fretz's life was incredibly intertwined with the history of Ursinus and of Collegeville. She was born in the building that later became Duryea Hall. Hobson Hall was her family home and of course now is one of those renovated residence halls on Main Street. Her father, Freeland G. Hobson, an alumnus, class of 1876, was the first graduate of the College to serve on the Board of Directors.

Her grandfather was pastor of Trinity Church across the street, and her great grandfather was a founder of Freeland Seminary, which operated from 1848 until 1869, when Ursinus College took over the property and then opened for instruction.

Along with many family members, neighbors and friends, Mrs. Richter and I attended the 100th birthday party for Mrs. Fretz last summer at her small and comfortable home on Chestnut Street, right here in Collegeville, where she lived until the end. While a little forgetful of names and faces, she was quite attentive, cheerful, and communicative.

To have known an Ursinian who saw a century of the College development makes one think of the remarkable evolution of a tiny institution into a highly respected liberal arts college that ranks among the best in our region. Mrs. Fretz inherited a strong religious tradition from her family. From this tradition she learned the power of ideas in the pursuit of what she and her contemporaries saw as right belief and right living. It was this tradition that imbued the early years of the College.

The particular religious concerns of the early years of Ursinus have faded into importance. But the high spirit and strong conviction, the certitude about the meaning of life, that Mrs. Fretz manifested, surely still matter.

The past of our College often seems merely quaint. But if you had known Mrs. Fretz — and other stalwarts of her era — you would know that it had a bite and a left to it. In her sense of independence, grounded on intellectual keenness, Mrs. Fretz exemplified a style that, in different guise, is still regarded on our campus today. The continuity of the College lies not in its buildings or even its grounds. It lies in the living links of one generation and another. Our oldest alumna has died, but she is not wholly gone from Ursinus and never will be.

In Search of Success: Lehman leans towards stockbroker

By LIZ YOUNG
This week's feature alumnus is James Lehman. He graduated last May with an applied math/economics degree. By the beginning of July, he had a job as a marketing representative. His job requires him to work at a desk, although he does different things everyday. He answers an 800 number that is advertised in publications such as Money magazine and the Wall Street Journal. This method, called the soft-sell approach, involves a potential customer calling the company instead of the company soliciting the consumer for sales.

The Vanguard Group, Inc. deals with many possible money investment opportunities. Lehman leans towards becoming a licensed stock broker.

He plans first to get a license to sell securities and eventually to become a licensed stock broker. The process of becoming a stock broker takes about two years and would be completed through a self-study course.

He felt he was very well prepared for the working world by Ursinus. "I knew all through college that I wanted to work in the math field, but I didn't know in which capacity. When it came to the last couple of months of my senior year, I had a good idea of what a job in my field would be like. I think I've adjusted to my job fairly well."

He had no summer job experience in his career field, but said that he didn't need it. He had two solid weeks of training and was then put on the phone. He remembered, "From then on it was sink or swim."

Lehman recommended starting early in the senior year to prepare for the interviewing process. "You should really have your resume made up by November or early December."

He also utilized the Careers Planning and Placement Office when preparing for interviews. "Having interviews really gave me a lot of experience."

He was interviewed about 15 times and recalled many different questions. The two he felt were the hardest to answer were "What qualities do you possess that would be least valuable as a worker in our company?" and "Describe yourself in three words?"

He suggested to be completely familiar with the interview process by the time you graduate. After graduation you're pretty much on your own and can't rely on the school to get you a job anymore."

His last advice to current students: "Take everything in the business world with a grain of salt. Enjoy your college experience. In the real world you have to be responsible. Have fun, but keep in mind what your goals are and make sure you're always headed for them."
Concert review: Bon Jovi and Ratt draw a crowd of leather

By JOHN NOVARINA

A short time ago I lost my virginity to a unique art form, the heavy metal rock concert. It was, I can assure you, an experience which will persist in my memory for quite sometime.

The bands which I was fortunate enough to see on that fateful night at the Spectrum were Bon Jovi (A Pizza Topping?) and the world famous Ratt. Upon entrance to the building, one was struck immediately with the pervasive odor of leather. The next thing I noticed was the approximate age category of my fellow rock-n-rollers. I had never seen so many kids at a concert in my whole life. Girls maybe 13 or 14, dressed I immediately with the pervasive melody. The guitars were fighting so desperately for another out. Bon Jovi continued this blew my mind.

I arrived late and Bon Jovi had already taken the stage, so I weaved my way through the melee of teenagers and found my seat. My first glance at the stage revealed nothing significant (nor did my subsequent glances for that matter). The drums were elevated about five feet above the stage and on either side of them there were platforms with stairs leading up to the top. Three guitarists stood below. Something was coming from the speaker banks hanging from the roof although I could gather no discernible melody. The guitars were fighting so desperately for another out. Bon Jovi continued this blew my mind.

After 9:45, after the worst intermission music I had ever heard, the houselights ceased and then came the highlight of my evening. As the stage lights dimly lit the stage the theme from the movie of "A Clockwork Orange," boomed and racked over the hi-fi system. I was probably the only member of the packed auditorium to know what it was. This music was strictly down-home from here on in.

I must give credit where credit is due. Ratt are masters of heavy metal; they have mastered all three chords. Therefore my complaint does not lie with Ratt but with heavy metal as a whole. As Rolling Stone magazine described it, heavy metal is the "idiot Bastard spawn of rock and roll." Unfortunately I must give major credit for the development of this particular "art form" to my favorite band "The Who," in particular Pete Townsend. Townsend was among the first of the influential guitarists to incorporate the power chord as an integral part of his style; heavy metal has exaggerated power chords.

Ratt, in a word, was the most vile, pitiful, disgusting, repugnant and obnoxious group of musicians that I have ever had the misfortune to allow their sound waves to penetrate my body. Between songs the lead singer conversed with the nubile audience using a series of pointless obscenities, the use of alcohol and requesting exposing illegal narcotics from crowd members. The highlight of the evening was the screaming contest. At 11 p.m., mercifully, the concert ended. I still had one more surprise as I rushed to my car to beat the traffic jam sure to be caused by the obviously deranged youth streaming out of the building behind me. Parked out front of the Spectrum were parents waiting to pick up their children. This really blew my mind. When I reached my car I put on WMGK and slowly drove home.

The whole event was a joint effort between students and administration. Ursinus is starting to reek out of a conservative mold that has lingered here for a while.

Progress can be made with effort and a cooperative administration. Ursinus is starting to reek out of a conservative mold that has lingered here for a while.

Last Friday night in Reimert suite 304 history was made. Delta Pi Sigma hosted Scram a reggae band from the Villanova area. The whole event was novel and cultural. The party was well attended and the band was given a favorable response. Of course, administration was concerned with the noise level that would echo from Reimert halls. Dean Houghton Kaine was very supportive, because he realizes that there has to be a joint effort between students and administration if new ideas are to become feasible realities.

Scram is a very young band, and they have enormous potential to get bigger. The group includes drummer Craig Heim, Greg Mungan on bass, and guitarist, vocalist and twin brother Matt Mungan. They are a highly politically influenced band, who want to try to change some of the situations in the world, such as the South African dilemma.

Scram frequently play down on South Street in Philadelphia, and in various other bars and clubs on the Main Line. They were a little concerned about playing at a school like Ursinus. One of their first questions was "How do you think people are going to react?" In the end the band members were fairly pleased with what they had accomplished, although they had to halt playing at midnight.

However, they played for two straight hours playing all the songs from their sample tape. These included "Sunday," "Seven," "Here Tonight," "Move a Mountain," "Fear," "Imagine." Finishing with "Imagine" (a reggae version of John Lennon's creation), they expressed one of their themes: "We hope someday you'll join us."

Scram will return to Ursinus probably in a Ritter function in the near future. Sample tapes will soon be available for purchase in Reimert 304-B. When the equipment was disassembled and the band packed their car, there was a sense of accomplishment in the air, for Scram and for Ursinus College.
By R. PHILIP BREWSTER
Gettysburg came to Ursinus last Saturday ranked 7th in the nation and with the number one defense in Division III. The Bullets had gone 18 quarters without giving up a touchdown until running back Joe Sawyers scored from one yard out with 3:34 left in the game. The touchdown pulled the Grizzlies to within a point (7-6), but G-Burg held on scoring with 21 seconds remaining to insure a Bullet victory, 14-6.

The contest was scoreless for close to three quarters until fullback Paul Martin (ranked second in rushing in Division III) ran up the middle untouched for a yard drive.

On the Bears second possession of the fourth quarter, senior quarterback Brian McCloskey drove the Grizzlies 85-yards for a score with Joe Sawyers going over from the one, his sixth touchdown of the 1985 campaign. Ursinus then went for it all, going for a two point conversion, but the pass hit off the receiver’s shoulder pads leaving Ursinus behind 7-4. Then later in the fourth quarter G-Burg took over on downs and scored with 24 seconds remaining to end the game, 14-6.

The Bears defense played extremely well limiting the high-powered G-Burg offense to 202 yards and 8 first downs, while sacking the quarterback twice for 20 yards.

Bear Facts: Though the contest against Gettysburg was a loss, it was possibly the best played Ursinus game in memory. They out-gained Gettysburg 236 yards to 202. U.C. had 17 first downs to eight for the Bullets and held Paul Martin, the second best runner in Division III, to 70 yards below his average of 150 yards per game. Quarterback Brian McCloskey set the Ursinus all-time record for complete passes, a record that has stood intact since 1973. Joe Sawyers scored his sixth touchdown of the year and fifth on the ground which leaves him three TD's shy of the Ursinus school record which he set himself last year. This week's Grizzly of the Week goes to the entire Ursinus football team, who played their hearts out last Saturday. The next Ursinus football game is in two weeks, Nov. 2 at Muhlenberg.

Annual Snell game ends in a tie

By JILL THEURER
As the Ursinus field hockey squad completes its third quarter of the season, it has compiled a record of 11-3-1 after three recent contests.

On Oct. 17, Ursinus hosted its rival, West Chester in the fifth annual Eleaner Snell Tribute game. In previous years, Ursinus has had three victories in this particular contest while West Chester has had one. The game is played in honor of two coaches who retired many years ago after creating two successful hockey programs. The coaches are Eleaner Snell, who once headed previous Ursinus squads and Dorothy Yanisch who led West Chester.

This year the Bears and the Rams played to a 1-1 tie through two overtimes. West Chester tied it with four minutes left in regulation after Sophomore Jill Johnson scored in the first half. She got her own rebound from the opposing team’s goalie and fired it into the upper lefthand corner of the cage.

Ursinus then traveled to Springfield, Mass. where they met Southern Illinois University. The Bears defeated their opponents, 1-0, with a goal by Captain Kelee Whiteley. The Bears dominated the game by outshooting SIU, 23-1.

The following day Ursinus competed against 13th ranked Boston University, who is coached by former Ursinus standout Sally Starr. Despite a strong effort, Ursinus fell to Boston by a score of 3-0. Two goals were notched early from corners while the third was scored in the second half. Freshman Nancy Sarcinello played well in her first varsity game, according to coach Adele Boyd. Sarcinello filled the position of left wing, while Whiteley was moved to left inner.

Ursinus now has five games remaining at the time of this writing in their regular season which includes Penn State, LaSalle, St. Joseph’s, Villanova and Lock Haven. They ranked 18th in the nation.

The JV squad suffered its fourth loss of the season from West Chester. Their record stands at 5-4.

The second half was marked by the same physical play the two teams exhibited in the first half. Again Haverford took the lead on a goal by Howard Morris who headed a corner kick over keeper Tom Brown who was soon replaced by John Spoltore. With less than 10 minutes to play, Coulter got the equalizer for the Bears when he launched a 35 yard free kick into the net.

In overtime, Haverford seemed content to play for a tie, but the hustle and hard work of Ursinus finally paid off when Marty Racke hit a lovely volley past a stunned Haverford keeper to give the Bears a well deserved victory.

On Monday, the Bears defeated Albright, 3-2, on goals by Kerry Keeney, Rob Walder and Dan Whitten.
Mers ready to plunge into season

By JEFF HEEBNER

The 1985-86 men's swimming team tri-captains Paul Gallagher, Scott Willis, and Jerry Killoran lead the team both on and off the pool. In addition to displaying a willingness to give 100% in the water and help the diving team members in any way they can, Paul and Jerry should dominate this year in the sprint freestyle events, while Scott's outstanding all-around ability will find him in the middle distance freestyle events.

The returning juniors include John "Dad I'm Skeeter" McGurk, Paul Barone, Gavin Geiger and Greg Zwack. John who had excellent swims in the breast stroke events at MAC's last year should be even better this year. He spends more hours swimming, biking and running than most people do sleeping. Paul B. is in the process of a very courageous comeback from a serious broken collarbone injury suffered over the summer. No doubt that Paul will soon regain his stamina for his specialty: the distance freestyle events. The explosive Geiger, unpredictable both in and out of the water, will once again join with Killoran and Gallagher to give Ursinus three of the best sprinters in the Middle Atlantic Conference. And the "Zwick attack" will be winning races for the Aquabears in the individual medley, butterfly and distance freestyle events.

While Ursinus lost a very valuable swimmer in Bill Lacy to graduation, they gained an athlete who bears more than one resemblance to the former captain of the men's team. This transfer not only swims Lacy's events, but also has a similar physical appearance. He is sophomore Pete Smith and he's got his sights set on Lacy's backstroke records this year.

Sophomore Dave "I can swim every event" McDevitt may not be modest, but his value to the team is undeniable. Dave has his sights set on the Division III Nationals this year in the butterfly, and he'll score a lot of points for the Bears on his way there. The sophomore class is rounded out by Seymour Clark Reynolds, the "most improved swimmer" last year, and John "Superfly" Amon, Ursinus' one and only diver. But it's the quality, not the quantity that counts.

These veteran swimmers are joined by rookies Ted Galjer, Brian Scarborough and Dale Reimer and coached by Bob Sleracki. Bob is a great coach, and more importantly, a great guy who expects another fine season from one of the best swim teams in the area. There you have the 85-86 Aquabears, who have been training since school commenced and won't let up until the MAC championships in March. So please, come watch us swim, without your support, a truly successful season isn't possible.

New course at U.C.

A number of years ago a young teenage boy appeared at my door selling something for the Boy Scouts. His hair was shoulder length, as was fashionable at that time and his voice was just beginning to deepen so that there were abrupt changes in pitch as he gave me his sales talk. While I went to get some money, my daughter beseeched the poor boy with questions as five-year olds are wont to do when strangers come to the door. Approaching with cash in hand, I heard her ask the ultimate question. "Are you a boy or a girl?" When he had stammered his reply in a cracking voice that now issued from between bright red cheeks, she hit him with the ego-killing follow up, "Then why do you look and sound like a girl?" He took the money and fled.

While I doubt that the incident caused an identity crisis for either child, the questions of whether individuals are male or female and how they know which sex they are, are not always easily answered. Hair style and clothing are certainly ambiguous, general body build is often not decisive; in some instances even basic male versus female anatomy is not well defined. How do people know which sex they are? Why do some feel their true nature is being held captive in a body of the wrong sex?

Do opposite personalities really attract, as mythology believe? What do males and females notice first about one another? What determines whether a new relationship will strengthen or fade? What holds a man and a woman together in a relationship? What drives them apart? How does one end an unsatisfactory relationship?

Do most men really marry the girl next door? Are women all "prone to do when strangers come to the door." The answers to these intriguing questions will be addressed in a new course, Interdivisional Studies 356: Human Sexuality, offered for the first time this spring. The course is a study of the development of human sexuality and how this natural phenomenon affects both individuals and their relationships with the opposite sex throughout their lives. Prerequisites are a year of biology and a year of psychology, or permission of the instructor.

ursinus college football league standings

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THE GRIZZLIES ON THE COVER

I Concert. Ursinus College Choir

An evening with Ursinus' own chorale musicians, featuring works of Henry Purcell. The Choir will perform "Dido and Aeneas" and "Come Ye Sons of Art." Accompanied and conducted by John French, chairman of the Ursinus music department, the choir is an 80-voice ensemble comprised of students and faculty as well as residents of the Collegeville community.

Saturday, October 26
8:00 p.m., Bomberger Auditorium
The Grizzly October 25, 1985

CENTENNIAL CONFERENCE STANDINGS:

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• Siblings (Continued from Page 1)

been fun and beneficial. A senior this year, P. Mary is followed by Ernmarie, a junior, and Liz, who is a freshman. When asked if she felt pressure to attend Ursinus because her two older sisters were already doing so, Liz said definitely not.

"Their attitude was, 'It would be great if you were here, but you have to make your own decision,' according to Liz. Liz also discovered another benefit from having two sisters precede her. She escaped the "freshman abuse" syndrome. Admit it, upperclassmen. You wait anxiously each fall for the new class of freshmen to arrive so you can abuse them as you were abused your first year here. But a "Young" has saved Lizz from that trauma. "As soon as people find out I'm P. Mary and Annmarie's young sister, I'm usually treated very nicely. Some people have even gone out of their way to meet me, because they know my sisters," Liz remarked.

Obviously, not all students would have a happy college experience if their brother or sister attended the same school. To some students, a total break from home is what college is all about. However, Scott, Megan, and Liz have realized the benefits of having someone break the ice for them, plus the readily available moral support for their siblings if they should need it. And as P. Mary quipped, "Besides, it's great for our parents. They can pick up their kids from college all in one trip."
How to handle the effects of harmful stress

By LIZ YOUNG

We experience stress throughout our lives. Sometimes we are under very little stress while other times there seems to be no relief from it. In every occupation there are different amounts and types of stress. According to Neal Whitman, who co-authored a study on college students at the University of Utah, for students, heavily stressful periods follow an "academic calendar." The general pattern of these stressful times is as follows: "arrival and moving into dorms, midsemester (yes, that's us now!) and midterm blues, Thanksgiving and Christmas vacations, the winter solstices, and spring fever." Whitman also states, "stress is directly related to how much control you have over your life, and college students have control over almost every aspect of their college life — going to college at all, use of time, what classes to take, and how to study."

Many students however, especially freshmen, do not know how to cope with stress. For some, it becomes an overwhelming problem. They must learn how to handle their stress before it leads to further complications.

According to Dr. Milton Greenblatt, who is a professor of psychiatry at UCLA, "Medical disease is accompanied by emotional difficulty in about 60-70% of cases."

According to the Utah study, "One of the best ways for students to cope with college stress is by organizing and planning their time." Keep control of your ideas. Don Keogh, co-founder of GROW, Inc., a mental-help group stated, "In all mental disturbances, you lose your balance because you magnify something so much that your feelings throw your thinking and behavior into chaos. You've got to learn to evaluate more slowly." He goes on to say, "Do what’s ordinary and live one day at a time, and you’ll find yourself managing your life." GROW offers some guidelines for people experiencing stress:

- Go by what you know, not what you feel.
- Improve thinking and acting, and feelings will get better.

Recovery, Inc. which was founded in 1937 by Chicago psychiatrist Abraham Low recommended to people experiencing a crisis to:

- Relax your muscles and change your thoughts.
- Defy your symptoms and function in spite of them. (Symptoms are distressing, but not dangerous.)
- Don't lapse into self-pity
- You don't always have to feel good.

Here’s how some Ursinus students deal with their stress:
- "I don’t think about how I ‘handle’ stress, I just deal with it. In other words, I take life as it comes." — Dennis Foley
- "Talk with a friend and listen to Dan Fogelberg." — Lisa Wall
- "Do something physical." — Tiffany Brown
- "Listen to loud, fast, violent music." — Lisa Gilmore
- "Find someone, talk, relax a little bit, and get off campus." — Sara Seese
- "I run on the track." — Glenn Dickerson
- "I get a nice body massage." — Sherre Curley
- "I stand in a hot shower." — Beth Freed
- "I put up all my aggressions inside me until I freak. Then I calm down and talk to my girlfriend." — Bill Picard
- "I relieve it through physical activity — running or situps." — Becki Whiskeyman

Richter named as chairman

By JONATHAN R. VERLIN

President Richard P. Richter has been appointed chairman of the Foundation of Independent Colleges. This was made possible by 673 corporations which "demonstrated their continuing commitment to Pennsylvania's independent colleges and universities during the past year by investing $1,077,778 in the Foundation for Independent Colleges, Inc." As chairman of the foundation, President Richter is head of the committee which calls upon its "corporate friends" each year in order to help sustain independent higher education through FIC contributions.

Of that $1.6 million total, Ursinus received over $27,700. This will contribute to the culture, progress and economy of the nation as a whole. In addition, competition is created assuring the preservation of academic superiority in both state and privately funded colleges and universities. There is a "special relationship" that has existed between colleges and these corporations for 33 years and the FIC is grateful for it.

Roving Reporter:

Do you think Fraternities and Sororities are a positive aspect of campus life?

Scott Johnson Senior History

"They are definitely a positive aspect of campus life. They provide for positive fund raising events for good causes plus they provide the whole campus with parties on the weekend at no cost usually. So they are a positive aspect providing for the campus and making the campus look good in the public eye."

Sue Dewane Junior Health and Phy. Ed

"From an outside point of view I feel that sororities and fraternities provide unity to the chosen few."

Mike Marcen Senior Ec/BA

"I believe fraternities and sororities are necessary parts of campus life, although they should not dominate it. All in all, the frats and sororities here make the campus a better place...except when I have to break up their parties on the weekend. P.S. I really love suite 201."

Janell Cepeda Junior Psychology

"Sororities and fraternities provide this campus with a necessary social life. These organizations also build close-knit friendship bonds and other opportunities to meet people."

Gug Kinzer Security

"It all depends on what their commitments are. I disapprove of their wild parties. They could be of benefit to both the college and the community if they wanted to be."
Ursinus Tutorial Project Headquarters Moves: The tutorial project is now headquartered on the second floor of Studio Cottage. Hours are Monday from 4 to 6 p.m.; Tuesday from 4 to 5 p.m.; Thursday from 4 to 5 p.m. If you are interested in tutoring, stop by. Pay is $8 per hour.

Be Somebody’s Friend for Life. Learn CPR: The American Red Cross is sponsoring a CPR Saturday on Oct. 26. Training will be held in several locations, including Helfferich Hall. Session in Helfferich runs from 9 a.m. to 1 p.m. A $5 registration fee includes booklets and materials. You may register at the door.

Japanese-Persian Conversational Luncheon: Every Wednesday from 12 noon to 1 p.m. A Japanese-Persian Conversational Luncheon will be held in Wismer 103. Our foreign students from Japan will attend. Students in Japanese 101 and students who went to Japan in 1985 are especially welcome. Attention Seniors: Please come to the Registrar’s office to let us know how you want your name on your diploma.

Medical Volunteers Needed: Volunteers are needed to care part-time for a Collegeville area patient with Alzheimer’s disease. Hours are flexible. See Dr. Clouser for details.

“In Pursuit of Perfection: The Compulsive Nature of Anorexia and Bulimia,” a free educational seminar for professionals involved with college and high school students, will be presented on Tuesday, Oct. 29, 4-5:30 p.m. at The Renfrew Center's residential treatment facility for anorexia and bulimina in Philadelphia. Reservations can be made by calling 485-5503.

Fellowship of Christian Athletes: A weekly meeting for talks, Bible study and organizational decisions is held in Wissner Parents’ Lounge on Thursdays at 7:30 p.m.

Intramural Sports: A fall schedule of intramural sports is in operation. All students, faculty and staff are invited to participate. Activities include shuffleboard, volleyball (coed, men, women), one-on-one basketball, table tennis, volleyball and basketball free throw. Get the details from Dr. Mel Creel, Director, Office of Intramural Sports, Helfferich Hall 136, or telephone extension 5676. Office hours are from 2 to 5 p.m., Monday to Friday.

Ursinus College Choir to Present Purcell Concert. An evening with the Ursinus College Choir, featuring the works of Henry Purcell, will be presented at 8 p.m., Saturday, Oct. 30, in the Bomberger Auditorium. Soloists for the performance will be Edwina Dunkle, soprano; Harriet Harris and Karen Richter, altos, and David Neal, bass. The choir will perform the opera “Dido and Aeneas” and “Come ye sons of art.”

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