The Grizzly, September 30, 1996

Jared Rakes  
*Ursinus College*

Teresa Green  
*Ursinus College*

Tarik Qasim  
*Ursinus College*

Erin Gambeski  
*Ursinus College*

Trish Daley  
*Ursinus College*

See next page for additional authors.

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Authors
Jared Rakes, Teresa Green, Tarik Qasim, Erin Gambeski, Trish Daley, Todd Brenneman, Melissa Forbes, Mark Turney, Marshalee Clark, Sean Campbell, Michael Podgorski, Zenzi Ali, Beatrice May, Brian Hamrick, Kerrie McKinney, Cristin Veit, Christina Dappollone, Meghan Gualtieri, Joel Schofer, Tony Palladino, and Hera Walker

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Helen Zia Speaks on "Views of an Asian American Feminist"

by Tarik Qasim
of the Grizzly

Last Tuesday, Helen Zia, contributing editor to Ms. Magazine, delivered a speech entitled, "Confessions of An Asian American Feminist" in Olin Auditorium. Zia graduated from Princeton University and was a Woodrow Wilson Scholar. She is now a freelance writer and journalist. Her talk addressed a lot of the racial tensions that this country has come to know, although her talk emphasized the prejudice towards Asian Americans, including Americans of Chinese, Korean, Japanese, Indian, and Pakistani descent. She explained that, in fact, prejudice does exist for Asians and Asian Americans, contrary to popular thinking.

One of her main points centered around a need to recognize that prejudice does exist for members of racial groups other than just African American and Caucasians. Helen Zia described her Chinese heritage, and how that did not fit into the expected black and white prejudices. She described many incidents when she, as well as other Asian Americans, felt prejudice. She also claimed that many Americans do not seem to recognize this prejudice because there has not been much contact between Anglo-Americans and Asian Americans. Asian Americans represent four percent of the population, Zia claims, and there is a doubling in population every decade.

Another one of her points concerned stereotypes. A few typical stereotypes of Asians is that they are outsiders, aliens, invaders, quiet and well-behaved. Asian women, moreover, are described as being exotic and subservient like "Madame Butterfly." She describes the media as being a propagator of biased views of Asian Americans, partly due to the fact that the media edits those views which it deems unfitting. For example, in the Los Angeles riots of 1992, the media neglected to poll Asians about the riots, when in fact they represent 11 percent of the population of Los Angeles. Aside from stereotypes, another focus of her speech was a need for a paradigm shift. This is extremely important in that she described the coming of the millennium as being a point where the World of Asia and the Pacific Rim will be the powerhouses of the world economy. In America, within the next thirty years, Caucasians will be a minority. In referencing these facts, she talked about the general idea that "If you win, I lose." This thinking seems to pivot on the fact that not everyone can benefit in this new era of world competition, an idea Zia claims is erroneous since we are part of a multicultural society that can either win or lose together.

To close her speech, Zia pleaded with students to alter their paradigms and throw away their stereotypes. College, she said, is the best time to interact with other students and come to appreciate other cultures and ethnicities before going out into the real world and making gross misconceptions about people. Zia offered two Chinese proverbs, one of which I will quote: "Walking a thousand miles begins with the first step."

New Committee Formed to Reduce Vandalism

by Teresa Green
of the Grizzly

The administration has recently formed a new committee consisting of approximately 10 students and 5 members of the staff to address facility management issues, including damage and vandalism. Being a part of this "Damage Committee," I would like to tell you what the goals are and how you can help the committee achieve them.

The committee's purpose is to try to reduce vandalism, trash, and destruction of college property while promoting responsibility and accountability among the students of Ursinus. In addition, the committee is also trying to improve the overall condition of facilities on campus during surgery and ensure a full recovery. He is still "officially" running the country.

As a follow-up to last week's "Pick-up lines" column, we now present to you the best ways to respond to a pickup—particularly unwelcome ones.

Feel free to take notes—you'll probably need these someday! What's your best come-back to a pick-up line?

"Is that your mom calling you?"
-- Kat Farrell, Senior

"I don't know you, let me ask my girlfriend."
-- Matt Waatrak, Freshman

"Are your teeth cold? Then why are they wearing that yellow coat?"
-- Craig Loeback, Senior

"Only if you're edible."
-- Anita Diet, Junior

"You're ugly, but I wouldn't mind your friend."
-- Niallnd Coldenz, Freshman

"I can't go out, my mom died."
-- Dave Mann, Freshman

"*** off."
-- Christen Troiano, Junior

"Is my breath as bad as yours?"
-- Trish Daley, Senior

"I would do you, if I did. But I don't."
-- Prudence Halmacker, Frappe Patron

"Hi, I'm not interested."
-- George Zeppos, Senior

"Girl, you need a mint in your diet."
-- Aaron Powers, Sophomore

"Baby, you're looking at me? Well, I'm looking at her."
-- Karley Block, Senior

"You're not that lucky, and I'm not that desperate."
-- Tim Ryan, Senior

"I'm looking at you."

-- Virginia Woolf

In the News...

by Teresa Green
of the Grizzly

-- John DuPont was declared mentally incompetent to stand trial. He has been sent to Norristown State Hospital for treatment.

-- A significant number of American troops are likely to remain in Bosnia well past Clinton's original deadline of December 20, 1996.

-- Last weekend, the internet was attacked by unknown hate groups. These groups erased over 27,000 messages from servers including those used by Jews, Muslims, feminists, and homosexuals. The FBI is looking into the matter.

-- Russian President Boris Yeltsin, who has been diagnosed with major heart problems, has agreed with his doctors to put off his triple bypass surgery for two months to help reduce the risks and heighten awareness of residence hall maintenance by all members of the Ursinus community. Appointed students meet with members of Residence Life, the Physical Plant, and Systems Management (cleaning services) to discuss problems on the campus and how they can be solved.

In trying to achieve these goals, the committee is supporting the inspections of common areas by Resident Directors on a monthly basis. When damage is reported, a quick response to the request for repair is another aim of the committee.

If residents have a complaint or question about facility issues, such as trash, recycling, or damage, they should inform their Resident Assistants immediately.

Anonymous was a woman.
-- Virginia Woolf
The 1996-1997 freshmen class officers are...

by Melissa Forbes
Opinions Editor

President..........................Oona Burke
Vice President..................Hadley Schmoyer
Corresponding Secretary......Helene Mystakas
Recording Secretary ............Courtney Reimert
Treasurer..........................Andy Gerchak
Representative .................Heather Hartman
Representative ....................Melvin Allen
Representative ..............Heather Hartman

The officers are in the process of choosing their actual positions specified in the USGA constitution. These positions are president, vice president, secretary/treasurer, USGA representative/service chairperson, social chairperson, fundraising chairperson, and historian.

Some of the officers commented on what they want to accomplish this year:

"I would like to see more non-alcoholic entertainment. We need an alternative to alcoholic entertainment. We need a wider variety of social events, such as bands or other entertainment. We need access to activities off campus such as clubs and events." —Oona Burke

"I want the school to install a change machine in the laundry room of the Quad." —Helene Mystakas

"Ursinus needs a wider variety of social events, such as bands or games, on the weekends." —Melvin Allen

"I want Ursinus to provide easier access to activities off campus such as transportation to clubs in Philadelphia." —Hadley Schmoyer

All the freshmen class officers hope that they will be able to accomplish each of their goals this year.

Graduate School Presentation to be Held Next Wednesday

by Mark Turney
Of The Grizzly

If you are sure you will be going to graduate school, or if you are still considering it, you should attend the upcoming presentation on this topic. Donald Asher, a writer specializing in careers and education, travels the country lecturing, and is also the author of several books including "Graduate Admission Essays: What Works, What Doesn't, and Why" and "From College to Career."

The presentation will take place on Wednesday, October 9 at 7:00 p.m. in Olin Auditorium. In this presentation, Asher will not only talk about getting accepted into the graduate program of your choice, but he will also address the criteria you should consider when choosing. Some of the topics he will discuss are how to choose a graduate school, how to write essays, how to apply for financial aid, and when best to apply. After the lecture, Asher will invite questions from the audience.

Reminder: The presentation is not only intended for all Ursinus students considering graduate school. Whether you are a senior applying to grad school, a freshman who is just beginning to plan his career, or anyone in between, you should consider attending.

Research Funding and Presentations

by Marshall Clark
Of The Grizzly

Dr. Peter Small has revealed that there are funds available now to all research students on campus. He recommends that if a student has interest in the funds for a particular research project, or any research in general, should contact their advisor or research mentor for further information.

This year Ursinus will host on April 26, 1997 the second Annual Centennial Conference Student Research Colloquium. Last year, Ursinus hosted the first such conference, and 147 students participated, representing twelve departments. Dr. Small noted that student participation in research has increased dramatically in the last few years.

For instance, while 16 students in psychology presented conference papers in 1992-93, 63 did so in 1995-96. Overall, the number has increased from 59 in 1992-93 to 147 in 1995-96. Dr. Small hopes that the increase in available funding will make it possible for all students interested in pursuing research projects to do so, and to present their findings at the Spring conference.

Supplies For Needy Children

by Tarik Qasim
Of The Grizzly

SelfHelp Craft of the World, a non-profit organization that helps third world countries, is collecting school supplies to send to needy children around the world. The supplies will be sent to children in poor countries in East Asia, Africa, and Latin America, where the public educational systems cannot afford to provide supplies for everyone. There will be a box in the circulation desk at the library from Sept. 29 to October 11 for anyone who is interested in contributing or who just wants to get rid of some extra supplies. SelfHelp would like to make kits for each child that would contain notebooks, pencils crayons, a ruler, and an eraser. Other supplies are also welcome. This is a good opportunity to clean some storage space from all those books, pencils, crayons, and other supplies are also welcome.

The presentation is not only intended for all Ursinus students considering graduate school. Whether you are a senior applying to grad school, a freshman who is just beginning to plan his career, or anyone in between, you should consider attending.
My Kingdom for a Phone

by Todd Brennan
of The Grizzly

"If you are a college student who wishes to start new local service, press 1, now." Okay, I thought, that's me; I'll press one. So I did, and that's where my troubles started.

After being on hold for ten minutes, I finally got an operator. First of all, it was hard to hear her. It's the phone company. What do you expect? Then I was bombarded by a series of questions like, "Are you eighteen years or older or an emancipated minor?" and "How do you spell your college name again?" But, thanks to the college, the phone call was really an experience.

I live in Clamer. Yes, it's a long walk, but it's a really nice house. The guys in it are easy to get along with, and I haven't had any problems. That is with the house itself, anyway. The college is another matter though. My sophomore year Tom Houtz and I moved into Clamer. At that time phone service was provided by the college. Local charges, setup, and things like that were taken care of. Those of us in Clamer, 942, and 944 had our service provided by Bell Atlantic, instead of STS which provides service to the rest of the campus. Students living in Clamer, 942, and 944 had to pay long distance just like everyone else. Well, Tom and I both had calling cards so we used them instead of direct long distance. Most of my long distance was to home, so my parents agreed to pay for long distance calls with the calling card. Well, a couple of times Tom or I faxed something long distance. We couldn't use a calling card, so we were billed by the college. It was usually no more than sixty cents. We promptly paid our bills, and life went on.

The next year, the college informed residents of Clamer, 942, and 944 that we would have to set up local service with Bell Atlantic. To compensate us, they offered us $50 a semester per person. They felt that would cover expenses that were in the room plan everyone else got. So, Tom set it up. However, $50 hardly covered the expenses for first semester and barely made it second semester. The good thing was that we got our mail delivered to our door.

Not so this year. Now, we get our mail sent to the college and it gets separated into mailboxes. Not a problem, I thought. But I had the worst time explaining to the operator that although my service location is 409 Main St., that's not my billing address. I still don't think she got it. Then, she had the gall to ask me if there was a phone number where I could be reached. If there was a number where I could be reached, I wouldn't have called in the first place. Guess what? Not even our pay phone works. That's how I feel. So, sue me. Actually, that's probably the next step.

War Cries have Begun

by Trish Daley
of The Grizzly

Last week I was terrorized by a loud mantra-like chorus marching outside my window: sororities had begun their "official" rushing activities. This puzzled me. I haven't been a day student for a year and a half and according to the information I received last spring, through the infallible I2U (Informative Ursinus Underground), ALL pledging would occur during the spring semester. Wrong. This schedule change will not be put into practice until NEXT year. My heart sank when The Great Director of Leadership bestowed this information on me; it sank even further when he handed me the official 1996-97 Pledging Rules and Guidelines. Sorry Todd, we can't print the rules and guidelines in their entirety; novellas aren't permitted in the Grizzly. Instead, I will provide you, the reader, with important bits from this highly regarded document.

* Pledges must be given sufficient time to sleep.
* Pledges may not spend significant periods of time on preparation for pledging activities.
* Pledging activities should not cause litter, dirt, or other disruption in regards to the campus community.

"Last week I was terrorized by a loud mantra-like chorus marching outside my window..."

* No alcohol may be present during any pledging activity.
* No unusually strenuous or dangerous activity may be involved in pledging.
* No item shall be worn or carried which might be embarassing or degrading.
* No profanity or derogatory references to any person, ethnic group, sex, race, or religion may occur during any pledging activity.
* There are to be no public line-ups or wall shows.
* Weekend pledging activities may begin at 5:30 on Friday and must end by 5:30 on Sunday.
* Pledging will occur during a three week period: starting Friday, October 4th and ending Sunday, October 27th.
* It doesn't seem that this infamous process of initiation could exist at all. Yet, it does. How do these contradictions happen?

Although I am not thrilled at the thought of living through another taintd Fall, I'm keeping an open mind. Pledging may be different. Things have been changing around here. Every time I turn around, something else is different. The last time I ate in Zack's as a day student, I ordered a soda, plopped down in a booth, and lit up a Parliament.

To My "Ursinus Family"

Thank you for making my 30th anniversary at Ursinus something I will never forget.

Thank you for being part of my life.

Pat Mancuso

THE IR CLUB PRESENTS:
DR. NICHOLAS BERRY
"WAR AND THE RED CROSS"
TUES. OCTOBER 8, 1996
7:30 P.M. PARENTS LOUNGE
Mourning Tupac Shakur

by Zenzi Ali
of The Grizzly

Tupac Shakur was not, by anyone’s standards, a saint. Nor was he a martyr who died for some righteous cause that affected us all. But, for a reason not obvious to most, I do mourn his violent death by gunshot two weeks ago. When Shakur’s death was announced over the radio on Friday, September 13, I felt a cause. This feeling escalated when I tried to express my feelings to fellow students who were quick to dismiss the relevance of this twenty-five year old man’s death by saying, “Well, live by the sword, die by the sword”. This is why, as an inner city youth, I feel the need to challenge that statement and to explain why Tupac should not be dismissed, which the media’s actions before his death made too easy to do.

Before his death, Shakur was portrayed as a militant and often violent figure by the media. To the media, Tupac was the quintessential black, urban youth, and they took every opportunity they had to exploit him. The most recent example was the weapons charge for which Tupac went to a maximum security prison. Many other stars, such as Harry Connick, Jr., have been charged with the same crime and only received a sentence of community service. He was set apart and made an example of whereas the lyrics to most of his songs were not encouragements to, but reflections of, the violence that both he and I were raised around. If Tupac lived by the sword it’s because most around him did also. But, does that mean that he deserved to be taken away from his friends, family, and unborn child? I, for one, think that answer is “no”.

Tupac died a senseless death at the age of twenty-five. He will never defend rap or his beliefs again. If there was a lesson to be learned from his shooting, we will never know it because he cannot tell us. He was a human being who had much to say and will never say it, and that is why I mourn. So if Frank Sinatra with his mafia affiliations does not deserve death at the age of seventy-five, then neither does a man who had half a century left to live, learn, and reach his potential as a contributing member of society. And if so many can mourn a singer who kills himself to escape the pain of addiction and loneliness or an actor who died outside of a night club by poisoning his veins with chemicals, then I can mourn an imperfect and self-destructive man. I have that right.

It’s Not Your Fault

by Michael Podgorski
of The Grizzly

I really don’t know if God exists or not, but I really don’t care at this point. I’m sure people on this campus care whether He exists or not, but I think they are a little tired of reading about ‘conclusive proof’ for His existence. Thus I am not going to beat a dead horse. Let’s bury this one for now. There are plenty of dead horses to beat and we need some diversity. Good old capitalism hasn’t taken a shot in the ribs for awhile, so why don’t we start there.

First, I need everybody to picture what their rooms look like. Picture the contents of your room. I’m sure if you look close enough, you’ll find you own a million useless items which serve no functional purpose in your life. These items exist as a direct result of capitalism. Capitalism is based on the buying and selling of a product. It is not concerned with the utility of a product.

Capitalism is able to create markets for these useless items because capitalism blurs the difference between functional products and non-functional products. We are led to believe that we ‘need’ these functionless products usually under the guise of entertainment purposes. Our culture teaches us that we need to be entertained, starting almost from birth. Television has become the baby-sitter in this new age of information and technology.

Not only is the physical space in our lives cluttered with these purposeless products, but also our mental space has been filled with the need for useless information. This is a result of the commodification of information. Why do we feel the need to know Pamela Lee’s breast size or Tom Cruise’s haircut? If this need is based solely on entertainment purposes I must say that it is fairly fucking pathetic that we truly feel we need this type of entertainment. I am not saying there is no value in entertainment. I just wonder, aren’t there more worthwhile ways of spending our time and money? I suppose it’s a personal question only you can answer for yourself.

If you do find you have been wasting your time and money, you might want to look at it another way. You are really not to blame here. You live in a capitalist society and you have been acculturated in a capitalist society. You cannot escape this need for worthless products because you are at the mercy of capitalism. So when you become angry when you realize you have been manipulated your whole life, you can lay the blame on capitalism.

The S.U.N. is Rising

The S.U.N. is rising in the distance, With determination and strong persistence Take a chance, Just take a glance, To see what we’re about. Stressing unity and understanding, Community service, and demanding Cultural awareness,

And in all fairness, Leaving no one out.

Speakers, plays, and parties too, Making the most of this campus is up to you, So take a peek, We meet every week! The S.U.N.’s rising without a doubt!

-Tarika S. Tiggett

This year, many changes have been made on campus. New mailboxes, co-ed dorms, new faculty, and a new honor code have caused those of us who aren’t freshmen to adjust to Ursinus all over again. Many of these changes have been fought against by students because the students didn’t see the need to change something that seemed to work fine before. I, for one, felt that the midst of such a drastic metamorphosis was a great time to make some changes that were long overdue on campus. The change that I am speaking of is S.U.N., an organization that promotes unity on campus and hopes to expose the community to African-American culture. We meet on Wednesdays at 6:00 p.m. in Wismer Parent’s Lounge and membership is open to all.

For some reason, the purpose of our group has been misunderstood. Our attempt at aiding the entire campus in becoming more culturally aware has been mistaken as separatism. This, however, is not the case. The meaning of the acronym S.U.N., or Sankofa Umoja Nia, is “back to our roots with unity and purpose”. The “unity” in the definition does not just mean unify the blacks on campus, but everyone.

I would like to invite everyone on campus to attend a S.U.N. meeting to ask questions about the group and to participate in our activities. If you feel uncomfortable in that setting, please write to the Grizzly with questions or comments. I, and any other S.U.N. member, would also be happy to answer your questions in person or over e-mail, so don’t feel shy about approaching us with any concerns that you have about the organization.

Hope to see you on Wednesday, Zenzi Ali, S.U.N. President
Are There Elections This Year?

by Sean Campbell
of The Grizzly

It's 1996-which means that it is an election year, right? There should be issues flying through the air, people taking sides, debates to be listened to, and someone to vote for. But where is all of this? Where is all the conflict and strife that is normally associated with an election? Where are the issues and disagreement that one expects with an election? They're not there. Why is that? The truth of the matter is the election is this way because the politicians want it to be. The Republican candidate, Bob Dole, is a man who has been in public service his entire life. He was a U.S. Senator for the state of Kansas for over thirty years. When asked why he thought he should be President, Mr. Dole responded that he thought he deserved it. HE DESERVES TO BE PRESIDENT!!?! How does someone deserve to be President? Does one wake up one day and suddenly proclaim: "I deserve to be President?"

Then there is the Democratic candidate, Bill Clinton. Here is a man we can idealize. He is a womanizer who runs around on his wife and gets accused of sexual harassment. He is involved in the Whitewater scandal and used his position as Governor to reward his political allies. And yet, he is twenty points plus ahead in the polls. Where is the outrage? Where are the calls for him to step down as President? How can we trust this man to be the leader of the free world?

Last, but never least...then again, Mr. Perot. Heeeeeee's back! Ross Perot is once again in the race. He is the one individual whose ego is larger than the state of Texas. Last time he thought there were CIA agents sent by George Bush to spy on him and his daughter. He also quit, then quit again, then finally got back in the race. What would happen if he were to become President? The martians will be spying on him to see what he is doing as President, and he would quit a time or two. Do we need an individual like this to be our President?

So where is the protest over these individuals running for the highest office in the land? It is nonexistent. The reason for this indifference is the manipulation of the campaigns and the information that is being released. Clinton has been able to push off Paula Jones until after the election. He has taken every issue away from the Republicans by saying that he feels the same or steals the thunder by signing a new law that the Republicans wanted signed. He promises to give everything to everyone, to get their vote. He has allowed Israel and Bosnia to get out of hand because he wants to silence foreign affairs-something the Republicans are historically better at.

To top it all off, Dole is allowing Clinton to do it. Dole tried to make Clinton look weak in foreign affairs by challenging Clinton on his policy in Iraq. Immediately, Clinton sent missiles off into Iraq. Dole was then forced to support Clinton or look like he was weak. Dole tried to use crime as an issue of weakness. But Clinton came right back with the overwhelming support of the largest police union in the country-usually a Republican bulwark. The economy has played right into Clinton's hands too. Dole tried to use his flat tax rate and cutting of taxes to better the economy. Then the government reported that the economic indicators were the best they've been since the early 1980s. Dole fell off of his campaign platform, literally and figuratively.

Dole's campaign team, in a move to protect himself, persuaded the Democrats to not allow Perot to show up at the debates. Perot took fourteen percent of the vote last time, primarily away from the Republicans by being the one individual that one expects with an election (he only has about 8%), the Republicans are historically better at, and they are keeping him out of the debates. Perot has filed a law suit, a tactic which was successful in 1992. But the crux of the lawsuit this time is that the organization that funds the debate has to be private to pick the candidates. If it is all public, which Perot alleges, then they have to allow anyone to attend the debate. The problem is, this organization really is a private one, which means Perot may fall on his face like he did against Gore during the NAFTA debates.

Every four years there are major elections in our great country. We go out and vote (most of us) for the person that we think should be President. A quandary develops when there is no one to vote for. When the information and news of the campaigns is biased and stale, we as citizens cannot make an informed choice. If elections continue on this track of neutralizing the issues before they develop, how are we ever going to vote for someone with confidence and trust?

The Ruby is NOT Dead

by Jared Rakes
Editor-in-Chief

Ursinus College's yearbook, The Ruby, is back in commission this year after announcing its discontinuation last year. The Ruby celebrates its 101st anniversary this year, and this year's editors are making many improvements on the publication, aiming the book directly at the students for whom it is published.

For starters, all underclass students will be pictured in this year's yearbook, rather than just seniors as has been tradition, and all clubs, sports teams, faculty and staff will be represented as well. This year will also mark the first time The Ruby has been distributed in time for graduation, so students don't have to wait until well into the summer to receive their yearbooks. The editors worked toward this goal so yearbooks can be exchanged and signed while we're still at school.

The staff of The Ruby will accept candid photos and quotes this week, and there is no charge for inclusion. Photos and quotes are being accepted during lunch all week. The Editors are also planning to begin polling this week for senior superlatives. The Editors of the yearbook, Sara Abruzzi and Laurie Falcone, invite questions and input from students, faculty, and staff, preferably over email, and are very happy about the turnout for the senior class picture, which was taken on the football field with the seniors standing to form a 97.

Yearbooks will be sold during a special promotional week, the week of October 14, for $45 each, payable by check, credit card, or cash.

Deadline: October 14
$50.00 Fiction Prize
$50.00 Art Prize
Submission Boxes in 3rd Floor
Olin and 1st Floor Myrin
Fiction, Poetry, Art, and
Creative Non-Fiction Submissions
Welcome!!

The Hillel welcomed in the New Year on Monday, September 23. The observance of the Jewish New Year culminated with the observance of the high holiday of Passover, which calls for a 24 hour fast. After the fasting period, it is customary to "break the fast" of the holiday with a large meal. With the help of the office of religion and diversity, the Hillel traveled to Marzella's Monday night, and satisfied our hunger with significant amounts of food...all kosher of course!
Pictures This Page (top to bottom):
1.) Dean Nolan and the students who helped coordinate family day, from left to right: (front row) Jean Dickhart, Vince Kasper, Heather Kerlin, Kelly Donohue, Heather Dromgoole, Courtenay Hess, Chelsea Grant. Back row: Kevin Stratton, Rajeev Gowda, John Kerrigan, Brian Ebersole, Suzanne Alexander, Heather Sitman.
2.) Dr. Volkmer, English professor, talks with one student's family
3.) Dr. Neslen, Math department, talks with another family.

Photos by Kristen Schumann
Pictures This Page (top to bottom):
1.) K. J. Williams' sister, niece, and nephew enjoy the festivities.
2.) Daneen Stamps and her family pose for a photo during the country fair.
3.) A student tests his strength at the dumbbell contest.

Photos by Kristen Schumann
Test Your Strength

by Kerrie McKinney of The Grizzly

Now that you’ve learned how to start your cardiovascular program, it’s time to incorporate weight lifting into your workouts. While actually getting your foot in the weight room door can be intimidating, the focus of this article is to explain what you need to do once you get in there to make you feel comfortable and prepared.

You’re probably wondering why weight lifting is important. Well, of course your body will look toned and “healthy”, but lifting also offers other benefits. First of all, lifting weights will increase your strength, making everyday activities easier. It also increases the density of your bones. This can be an advantage particularly for women, to decrease the risk of osteoporosis. So, are you wondering how to get started?

The first thing to find out when starting a program is your one repetition maximum. What this means is figuring out the largest amount of weight you can lift only once. Of course, you probably will not be able to guess this weight on your first try. Therefore, try to find this maximum weight in three tries. For example, if you are on the bench press machine and try one weight and cannot lift the amount set, then move the pin to a lighter weight. If this weight feels as if you could lift two repetitions then choose a weight in between the heavy and lighter weights.

Now that you have your one repetition maximums, you can start your program. If you are a beginner, again, it is important to start out slowly. For example, calculate fifty to sixty percent of each of your one repetition maximums. This figure is the amount of weight you should use. At each station, do three sets of about eight to twelve repetitions. As your strength increases, begin to take more than sixty percent of your original one repetition maximum. You should stress all your muscle groups a minimum of two days in a week, always allowing about two days for each muscle group to recover.

Here are a few final recommendations for your program.

1. Remember to always stretch before and after lifting. Concentrate on your breathing. Always, breath out while your muscles contract and never hold your breath. Be sure to use a controlled movement while you do an exercise. Fast and out of control movements may lead to injuries. You should not feel discomfort on your joints and tendons. If you do feel unusual stress, make sure that the equipment is adjusted to fit the size of your body and that the weight is at an appropriate setting.

2. Don’t be afraid to ask for help. It is better to know what you are doing than to risk an injury. Lifting with a friend is a good idea, in order to assure that each person is lifting with proper form and to offer each other help.

3. Well, once again, it’s time to get moving! I hope to see you all at the weight room at the bottom of Hellferich Hall. You’ll feel the benefits in no time! Don’t forget to check “The Grizzly” next week for new advice on exercises!

For the last three weeks, the Silver Screen presented some of the great men of Hollywood. However, not to show a bias against the great leading women, the next three weeks will be dedicated to them. During the “Golden Age” of Hollywood, actors under contract to the studios, studied not only acting but singing and dancing. (Even Jimmy Stewart did a little singing in his earlier years.)

Out of all the leading musical actresses in Hollywood, including Judy Garland, Kathrine Grayson, and Shirley Jones, no one compared to Deanna Durbin. I do not exaggerate in saying her gift was a gift from Heaven! At a young age, Durbin showed a promising career in opera. However, Deanna had her sights on the spotlight of Universal Studios. Everyday I watch her sing and I am amazed to see the ease and grace with which she performs the high notes. Before her retirement, in her late 20’s or so, Deanna Durbin was the highest paid actress in Hollywood. Thanks to the motion picture, the world can always remember the heavenly talent of a great leading lady.

The first picture Deanna Durbin made in Hollywood was a true delight. When the three girls learn that their father, millionaire industrialist Judson Craig, is engaged to debutante Donna Lyons, they set out to stop the marriage. When the girls find that their presence is not enough to discourage Ms. Lyons and her money hungry mother, they, with the help of her father’s investment advisor, recruit a penniless, alcoholic Hungarian Count (Misha Avers). Things go awry when the girls mistake Ray Milland’s character, Lord Micheal Stuart, for the drunk Count. When things couldn’t look any worse, Lord Stuart falls in love with one of the sisters. But through it all, Durbin is right in the middle, singing with a smile. The acting of the three girls is lacking at times, even saccharine. However, the minor characters, such as Misha Avers, make this movie entertaining. So go see it, if only to listen to Durbin’s magnificent voice. Pleasant viewing!

Put your free time to a good use and tell people what you think.

Write for The Grizzly.

Email GRIZZLY or call X2448 to talk about what you can do.
Features

Let's Vacate and Do Service!
by Beatrice May
of The Grizzly

What are you doing for spring break? Let me guess, you are heading down south for some Daytona hoopla, while paying for accommodations that can’t even compare to those provided here at Ursinus! Instead, why not head down south for half the money and help others in need, while still soaking up all the sun you want? That’s right, Ursinus is sponsoring our first “Alternative Break” from March 12-March 15. On these dates students will be given the opportunity to go to another state and perform community service.

The idea of the “Alternative Break” is not a new one. In fact, other schools all across the United States participate in similar projects each year. Some of the projects that other schools have done include Habitat for Humanity in Miami, New Jersey, and Maryland. Other projects have allowed students the opportunity to help out at a low income neighborhood in West Virginia, while living the lifestyle that these families experience from day to day during their stay.

Since this will be our initial year for the program, Ursinus is hoping to participate in a project that will be in the Eastern United States, doing some sort of building or physical work that will involve everyone in the group that goes along. It is often difficult to find such a project, but Ursinus has tapped into a nationally known organization in Nashville, Tennessee called “Break Away” that helps to organize and design these breaks.

In order to keep costs to a minimum, we are planning to do a lot of “creative” fundraising. Ursinus is also looking into the possibility of getting funding for this event through grants from nationally known service organizations familiar with our college.

This should prove to be a very exciting and extraordinary event for Ursinus. So far there are twenty-one students planning to go next spring. These numbers are fantastic, but as with anything, they can be added to! If you think that you would like to join in the fun, call to reserve your spot today!

For more information call Student Activities at ext. 2257 or feel free to give me a call at ext. 3121.

The Political Association sponsors
Voter Registration
Wed. October 2nd 12-1p.m.
In Front of Wismer

Confessions of a Delinquent Movie Reviewer
by Brian Hamrick
A Puppet

The Fates are against me, the Furies are mounting an attack, and though a Muse or two might be true, would be an awfully slight hard to follow word (it is a word now). I was getting geared up for movie-seeingness (it is a word fact, fantastic film whatcbtcb)

To say it has been a busy week, given the opportunity to go down south for half the money heading down south for some want? Let me guess, you are... Write a movie even gets mentioned at Cannes, consider it a huge honor. Two recent winners have been Man Bites Dog, from the same director of Henry: Portrait of a Serial Killer, and Pulp Fiction. Enough said.

A word about subtitles. Don’t fear movies that are subtitled, fear movies that are subtitled badly. Just because a movie is in a different language doesn’t mean it’s bad. It’s a great way to see the perspectives of other cultures film-maker’s. If it is at all possible, get yellow subtitles. White subtitles get lost in the sun, or table-clothes, or any other white on the screen. Yellow stands out the best. Also, at all possible, see a movie subtitled over dubbed. Dubbing sucks. The only movie I saw dubbed was Like Water for Chocolate. A great movie, but I couldn’t hear the accent of their voices. How you say something is just as important as what you say.

So after Blue I was going to go see a movie in the theaters. Although there aren’t that many that I want to see, a few spark my interest. I hear A Time to Kill is supposed to be pretty good. I personally think that he is a hack writer, but who am I to say? A friend of mine who agrees with me on this point saw this movie and said it was pretty good, not the usual assembly line Hollywood filth. Also, I desperately want to see Basquiat, a new movie about Andy Warhol and his prodigy, David Bowie plays Warhol (what great casting!), and that’s about all I know. I know a few people in Rochester that have seen it, and they give it good reviews. However, since there are no umm... art theaters closer than Philadelphia I may not be able to see it. Boo hoo.

Basically, this entire column comes down to last minute plans that were changed not allowing me to see a movie. Whether it was the Deus ex Machina or just bad planning, you tell me. If you want to go see a movie, though, call me (3188) and I will gladly give you a hand.

The quote from last week was spoken by Frank Drebin (Leslie Nielsen), from the movie Naked Gun 2 1/2. When I (Brian) was walking into Zack’s I was approached by Mr. Patrick J. McKenna who correctly responded. Good job, Highlander.

Now, I am in a moral dilemma here, for I don’t really know what kind of quotes all you people like. Do you like easy quotes where it’s a just a matter of who gets to Joe or me quickest, or do you like a more difficult quote, possibly with a hint, to really see if you know your movies? The phone lines are open, and we are on the air waiting for your response. For this week, I’ll give you an easy one... with a hint.

“And the quarterback is TOAST!” - although this line was not spoken by him, this quote comes from probably Bruce Willis’ best movie, much better than how Last Man Standing, his new movie, looks.

Good Luck! Enjoy! Death from Above! Big Smiles!
by Christina Dappollone of The Grizzly

One of the most popular topics of conversation among Americans is how much abuse the earth takes every day, and what that means regarding our futures. But what’s actually going on? What is the greenhouse effect, urban pollution and ozone depletion? And more importantly, can we do our part in our college community?

Here’s one way to understand the greenhouse effect: Think of a car parked in the summer sun. The car seats are burning and the air is hot because the windows of the car not only let the light and heat in, but keep it in once it’s there. Our atmosphere works exactly that way, naturally keeping the earth warm by trapping the sun’s heat underneath a layer of gases. If there were no greenhouse effect the earth would be about 60 degrees F. colder.

Urban pollution comes from a variety of sources. Highway vehicles, the largest contributing factor, are responsible for about two-thirds of all carbon monoxide emissions. Other sources of urban pollution are manufacturing industries, oil and chemical plants, and utilities. These same utilities developed a new category of chemicals in the 1930s—the chlorofluorocarbons (CFCs) and related compounds, the halons. While both were initially very useful and appeared harmless, we have since found that they deplete the ozone layer. Since 1969, they have reduced the ozone layer above populated areas by as much as 3-6%.

All of these factors affect energy every day. By using energy efficiently, and practicing overall conservation, the amount of ozone depleting chemicals used in heating and cooling devices can be minimized as can CFC emissions from household items such as hair spray and spray cleaners. Energy conservation measures will reduce emissions that contribute to urban air pollution problems. Not surprisingly, everything we can do to reduce consumption of gasoline or reduce the distances we travel helps to minimize air pollution. Energy also affects the greenhouse effect severely.

A typical household uses about 13,000 kilowatt hours of electricity every year—that’s about 10 tons of carbon dioxide released per household. Similarly, the average car uses about 500 gallons of gas per year. Every gallon burned adds 20 pounds of carbon dioxide to the atmosphere. Even wasting water can contribute to the greenhouse effect because of the energy that is used to pump, purify, and treat the water.

So what can Ursinus students do to help out the cause? Here’s a couple of tips:

- Don’t buy bottles of hair spray, spray cleaners, or aerosol cans containing CFCs.
- Microwaves use 50% less energy than conventional ovens when used to cook small portions or to defrost. Stick to microwaves for small stuff and move to conventional ovens for larger foods.
- If you have a gas oven, pilot lights should be burning in blue, cone-shaped flames. If the flames are mostly yellow or a "jumpy blue," you’re wasting gas.
- When cooking, don’t open the oven door when unnecessary. You lose 25-50 degrees or more every time.
- Experiment with cold water wash and rinse cycles. For almost all clothes the results will be as good or better than warm or hot water cycles, and you’ll cut energy usage in half.
- Use a low phosphate detergent, and set the water level in the washer to fit the load of clothes you have. You’ll save both water and energy.
- Try washing on a delicate cycle instead of regular. The motor won’t have to work as hard.
- Clean the lint filter in your dryer after each use. This lets the air circulate efficiently, and prevents extra drying time.
- Dry full loads, but don’t overload. Use the moisture sensor setting if you have one.
- Dry heavy and light fabrics separately, so all the clothes in each load will be done at once.
- Use a clothes line or clothes rack instead of tumble drying for some clothing.
- Turn off the lights when you leave a room.
- For light bulbs, use only as much wattage as you need.
- Dust the bulbs and fixtures regularly. Dust on a light bulb reduces the light by almost 10% to make it seem like you need a higher wattage bulb.
- Light the walls, not the floors. The walls will reflect light back at you, and make everything brighter.
- Open curtains during the day, to use natural light.
- Use compact fluorescent bulbs that screw into regular bulb fixtures. They give off the same light for about a quarter of the energy they use. Also, they last about ten times as long, and are less energy efficient. To help keep the cycle going.
- Keep your refrigerator at the right temperature. A difference of ten degrees F. can mean a huge energy increase. It should be between 38 and 42 degrees F., and the freezer between zero and five degrees.
- Make sure the fridge door is sealed tightly.
- Keep the condenser coils in the back clean. When dust builds up in the coils it doesn’t work as efficiently, and the motor works harder, using more energy and wearing out faster.
- Recycle, Recycle, Recycle!!! Recycled glass uses only two-thirds of the energy needed to make glass from scratch. Refillable bottles don’t need to be melted down before reuse; they save four times as much energy. Making recycled paper uses 35-55% less energy than making new paper from trees.

Other benefits of recycling include: 95% less air pollution, one tree saved for every 500 pounds you recycle, and less landfill space needed. For every household that recycles its daily newspaper, five trees are spared per year. Also, buy recycled products, and recyclable products to help keep the cycle going.

If you haven’t taken any of the above steps to make your life more energy-efficient now’s a good time to start. Start small, and work your way up. Remember, whether you’re using your energy to save energy in your dorm, home or community, your efforts do make a difference. To contact local chapters of environmental organizations, check the phone book or yellow pages. And don’t hesitate to write to local government officials to make your wishes known.

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by Meghan Gualtieri of The Grizzly

What qualifies an individual as one’s peer? Is there a place for compromise within the judicial system? Can one make fair and just decisions regardless of one’s race and sex?

Joe Sutton’s new play, Voir Dire, playing at the People’s Light and Theatre Company through October 13th, addresses, but does not answer, these questions amongst a myriad of others. After demonstrating the ways in which sexism, racism, and personal doctrines ease their ways into a jury’s deliberations, Voir Dire leaves the audience to form its own conclusions.

The diversity of this jury helps to present (from six very different and often insightful angles) the trial of an African American principal charged with buying cocaine. Michael, the only man on the jury, often finds himself at odds with some of his fellow female jurors as he tries to organize the jury room proceedings. Debra, the only African American on the jury, attempts to establish her place among the five and to effectively deal with the difficult position she has been forced to assume. Faith, a naive and sensitive secretary strives to be the ideal juror. Isabel worries about whether or not she will still have a job waiting for her when she returns to work after having been sequestered with the rest of the jury. Gloria, sounding a battle cry against sexism and racism, oddly enough, learns from the meek Theresa whose presence manages to haunt the audience though she says very little during the entire play. The distinct characters of these jurors makes their interaction all the more enthralling. Voir Dire gives the audience an excellent opportunity to examine society through this dynamic jury.

This play tempts the members of the audience to take a side, to feel both the frustration and the uncertainty that plague the jury. Sutton’s work will make you laugh at one moment and squirm in your seat at the next - phenomenonal theatre. The more technical aspects of the production shine as well. Cecil Chelian’s fine direction is apparent to the audience. The set design reflects creativity and originality, a People’s Light tradition. The acting, too, is superb. So, if you are in the mood for a powerful and solid theatre performance, get your ticket for Voir Dire.

For ticket information and performance times, call the People’s Light and Theatre Company at (610) 644-3500.

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September 30, 1991

Powerful Voir Dire Presents Thought-Provoking Look at Society

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"Conserve, Conserve, Conserve! Using Your Energy To Save Energy"

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"Clean the lint filter in your dryer after each use. This lets the air circulate efficiently, and prevents extra drying time.

Dry full loads, but don’t overload. Use the moisture sensor setting if you have one.

Dry heavy and light fabrics separately, so all the clothes in each load will be done at once.

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Dust the bulbs and fixtures regularly. Dust on a light bulb reduces the light by almost 10% to make it seem like you need a higher wattage bulb.

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Women's Soccer Has Rough Week

A first half goal from Megan Larkin wasn’t enough to keep the Lady Bears (1-8) against the Red Devils of Dickinson this past Saturday. Last Wednesday the Bears lost a nonconference match at Holy Family by a score of 5-2. The Bears took a 1-0 lead five minutes into the game when Dede Dickinson scored with 30:43 to play. The goal was assisted by Kate Rowlyk. Ursinus outshot Holy Family 20-19. Kathleen Farrell stopped 14 shots in goal for the Bears. Last Monday Cabrini College handed Ursinus a 3-0 loss.

First Meeting Of The Brownback-Anders Premedical Society

Dr. Tom McGinley
General Practitioner from Norristown, PA
Ursinus Class of 1988

7:00 Tuesday
Olin Auditorium

Please bring your $5 dues if you haven't already paid.

A PHILLY FAN

by Joel Schofer
Sports Editor

Every week “Sports Illustrated” provides its readers with a prophetic sign that the eventual destruction of the world and the apocalypse, is upon us. In other words, they select two men, one a baseball player, an outfielder to be exact, the other a scientist, a biologist to be specific. They’ve both played for many teams in the past, one for too many to name or even begin to know, and the other for Austin Peay State University, East Tennessee State University, Miami University, and Ursinus College.

Both men have certain roles they admirably fill, the first serving as an adequate backup outfielder and pinch hitter, the second teaching the Biology of Vascular Plants and Ecology and serving as the associate dean of a college.

Both men have one final similarity. They both are integral parts of my selections as signs that we all should start a praying because the apocalypse doesn’t sound like much fun if you’re not.

Why in God’s great name is Ruben Amaro Jr. hitting cleanup for a major league team? Why in God’s great name was Peter F. Small, PhD., on the sidelines of Ursin’s 7-6 win this past Saturday? The cleanup spot is generally reserved for players of an extremely high caliber. Power and clutch hitting aren’t even a question. Twenty home runs and ninety RBI’s are a minimum, and I really mean minimum. Likewise, football knowledge is usually a prerequisite to enter the coaching ranks. Offense. Defense. Special teams. Blocking. You’ve got to know something about football.


When it comes to football knowledge, Dr. Small, well...hmmm...I don’t think I’ll go there. A, he’s grading me. B, we have a test on Tuesday. Then again, that is the day after my 21st birthday. Wait, that’s also the day after the Eagles vs. Dallas on Monday night. He scheduled an exam the day after my 21st birthday AND an Eagles vs. Dallas Monday night game?!!

Alright then...

Like I was saying, Dr. Small knows about grasshoppers, small stream invertebrates, vascular plants, weeds, seeds, and all the lovely things they do. He can run through fields with the best of them, splash around in streams like you’ve never seen before, and sprint through forests like Michael Johnson running the 200. These abilities and their place on a football field could not bear any more similarity to Amaro’s power and clutch hitting in the cleanup hole if I had scripted it myself.

Basically what I’m saying is that if any major league baseball team ever, and I mean EVER, decides to take a player of Ruben Amaro Jr.’s skill level and bat him fourth in their lineup for more than one game, there should be dire consequences. The earth should open up and engulf that team in a ball of hellfire and brimstone, doing us all a favor that would be greatly appreciated by baseball fans around the globe.

Also, if anyone ever decides to put a man of Dr. Small’s limited football knowledge on the football field as a coach, then...well...nothing should happen. I’d love to say that he should receive the equal treatment of hellfire, brimstone, and whatever else Satan decides to throw in the pot, but I’m only joking around with Dr. Small. He wanted press, and he got it. A comparison to Ruben Amaro Jr. Ouch! My grade, I’m sure, shall suffer accordingly.

by Joel Schofer
Sports Editor

September 30, 1996

THE GAME PLAN

by Tony Palladino and Phil Blessington

TONY’S PICKS (5-2)

Carolina 17 MINNESOTA 16
PB: Sorry Coach, but it’s the expansion team that keeps on growing.

BUFFALO 35 Indianapolis 21
PB: Indy has too much heart and desire.

NY JETS 24 Oakland 21
TP: Kenny Miller's Jets beat the silver and black.

DENVER 28 San Diego 9
TP: John Denver sings it best: "Rocky Mountain High".

Kansas City 48 Pittsburgh 2
PB: Did someone say "SuperBowl"?

New England 28 BALTIMORE 17
TP: Patriots coming on strong. They may not be stopped.

DETROIT 31 Atlanta 10
Green Bay 35 Chicago 21
Jacksonville 18 NEW ORLEANS 14
San Francisco 24 ST. LOUIS 10
MIAMI 28 Seattle 17

*All home teams are in capital letters.

PHIL’S PICKS (3-4)

Carolina 27 MINNESOTA 16
PB: Why in God's great name was he even there? He's batting .243 and he hasn't already paid.

Indianapolis 24 BUFFALO 21
PB: Why in God's great name was he even there? He's batting .243 and he hasn't already paid.

Oakland 31 NY JETS 9
PB: Why in God's great name was he even there? He's batting .243 and he hasn't already paid.

Denver 27 San Diego 14
TP: John Denver sings it best: "Rocky Mountain High".

Houston 27 CINCINNATI 17
HB: Did someone say "SuperBowl"?

Pittsburgh 13 KANSAS CITY 34
TP: Patriots coming on strong. They may not be stopped.

Balimore 28 New England 13
TP: Patriots coming on strong. They may not be stopped.
**Bears Win Fourth in a Row**

**Score in Final Minute**

by Tony Palladino

of The Grizzly

In college football the length of a game, barring overtime, is 60 minutes. For the first 59 minutes of the Centennial Conference football game Saturday, Western Maryland was in the lead 6-0. For 59 minutes the upset-minded Grizzly might have put a scare into the Bears, but the final result was a Bears victory and an unblemished 4-0 mark (2-0 in conference play). The next game for the Bears is at Swarthmore next Saturday at 1:30 P.M. You can hear the game on WPZT 1370.

Huddle-ups...The Ursinus offense held WM to just 56 yards and 2 first downs the entire second half...This marks the first time the Bears have ever started out 2-0 in the Centennial Conference...Prior to the game, Ursinus was ranked 22nd in the nation by the magazine Sports in America, and 8th in the Northern region.

**Volleyball Finds Winning Ways**

5-1 In Last 6 Matches

This Saturday the Ursinus volleyball team split a Centennial Conference tri-match with Haverford and host Johns Hopkins. The Bears (1-1, 6-10) won their fifth straight match with a 3-0 (15-9, 15-13, 15-5) win over Haverford. Jenni Nelson led Ursinus with 25 assists, while Chloe Morroni had 13 kills.

The Bears led Hopkins 2-1, but fell to the hosts, 2-3 (15-10, 6-15, 15-13, 11-15, 8-15). Nelson added 29 more assists, while Morroni had 19 kills. Rebecca Dickerson contributed 119 digs, and Julia Lukens had 10 kills and two blocks.

The Bears came from behind to defeat host Lebanon Valley (11-3, 3-2), in a non-conference match on last Thursday. The Bears fell in a 0-2 hole, 4-15, 8-15, but battled back to win the next three games, 15-1, 15-11, 15-12. Nelson led Ursinus with 29 assists. Morroni added 14 kills, 35 attacks, and 22 digs, while Tracy Disanto had seven kills, 25 attacks, and 20 digs.

**Men's Soccer Falls to 3-6**

This Saturday the Ursinus men's soccer team (1-1, 3-6) gave one of their best efforts of the season, but came up short in a 1-0 Centennial Conference loss against visiting Johns Hopkins.

The Bears played to a 0-0 tie at halftime with the help of keeper Chris Danilak, who made two outstanding saves to rob Hopkins of a late goal, but couldn't muster any offense despite the perfectly placed corner kicks of midfielder Joe Pisoni.

On Friday the JV team traveled to Messiah and lost by a score of 2-0. The loss was highlighted by the fact that Ursinus played a man down the entire game and the play of keeper Paul "Big Poppa" Norris. Norris finished the game with 24 saves in goal.

On Wednesday the Bears suffered a 1-0 loss to host Cabrini.

**Field Hockey Nets First Win**

Foster and O'Connor Score Two Apiece

Kelly Foster and Annie O'Connor both scored two goals to lead Ursinus (1-2, 2-6) to its first Patriot League win, 4-1 over Fairfield.

O'Connor scored off of an assist from Foster just 1:55 into the game to give the Bears a 1-0 lead. Just 35 seconds later, Foster scored off of an assist from Jill Grau to put Ursinus up 2-0.

Colleen Sabol assisted on Foster's second goal, which made the score 4-1 with 7:06 to play. Ursinus outshot Fairfield 17-6 on the Bears held a 10-6 edge in penalty corners. Nicole Gieder had three saves in goal for the Bears.

Last Thursday the Bears lost a 3-2 overtime decision to host Drexel, despite a two goal effort from Kelly Foster. Foster's first goal came with 15:18 to play in the first half, and tied the score at 1-1. Her second goal, with just 35 seconds to play, sent the game into overtime tied at 2-2. However, Kelly Corcoran's goal with 5:45 left in the first overtime period gave Drexel just its second win ever over Ursinus.


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The Bears outshot the Owls, 13-9, and held a 14-9 advantage in penalty corners. Nicole Gieder had one save in goal for Ursinus.

She was relieved by Liz Ashworth, who saved five of the seven shots she faced in the second half.