The Grizzly, January 29, 2009

Kristi Blust
Gabrielle Poretta
Lindsay Budnick
Nick Pane
Gianna Paone

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Authors
Kristi Blust, Gabrielle Poretta, Lindsay Budnick, Nick Pane, Gianna Paone, Spencer Jones, Liz Kilmer, Serena Mithboakar, Laurel Salvo, Robert Whitehead, Christopher Wierzbowski, Zach Shamberg, Nathan Humphrey, and Danielle Chmelewski
UC students attend inauguration

Lindsay Budnick
Grizzly Staff Writer

On Tuesday, Jan. 20, 2009, at 4:45 a.m., members of S.I.U.N., the Ursinus College Democrats, and their guests piled into a bus which would take them on the three-hour journey to Washington D.C. to watch the 44th President of the United States get sworn into office. The area was overflowing with excitement as people from all over the country gathered into the nation's capital to watch this historic occurrence of the first African American man to enter the position of President.

Once the Ursinus group arrived at the drop-off point, the group separated; some were lucky enough to fight through security and make it onto the mall to watch the speech given through the large Jumbotrons. Others were able to get to Constitution Avenue, where they were able to watch the speech directly on the Capitol while listening to the words through radios which others in the crowd lent to them. Another group journeyed to Chinatown where they were able to seek warmth and watch the event on televisions. Everywhere in the city an electric current of excitement rippled through the crowds as President Obama came to give his Inaugural address.

“UC students attend Inauguration” is continued on page 5.

Wrestling wants results on and off the mat

Nick Pane
Grizzly Staff Writer

When Bill Racich assumed the head coaching duties of Ursinus wrestling in 1980, the team was reeling, and in need of answers. Twenty-nine years and over 400 wins later, it is safe to say the Bears found some stability.

With Coach Racich at the controls, Ursinus wrestling has taken off. Since 1980, the Bears have not had a losing season, including nine Centennial Conference Championships. Prior to the first of five of those titles, Coach Racich was inducted into the Ursinus College Hall of Fame, a remarkable feat. However, when asked about his achievements, Racich immediately turned to the instruction he has given to his athletes, both past and present.

“One of the most rewarding things as a coach is when you're at practice and you instruct a young man about a skill tactic or technique, he believes in it, and in a certain match he uses it,” said Racich. “Even if he loses, there is an education factor as a coach that we helped, which is a small achievement, which leads to the bigger achievements.”

Racich clearly understands the importance of relaying his knowledge to his athletes, which is something that he takes pride in, because the result is more than wins. The lessons and teachings that are provided are a huge boost for the athletes in the classroom.

Racich was not shy in pointing out that, “classroom work comes first.” This is pretty apparent when you consider that Racich has coached two Academic All-Americans, and 22 Scholar All-Americans for Division III athletics. There is a set plan in place that the wrestlers must follow so that they can compete to their best abilities, something Racich takes pride in.

“Basically, the expectation for these guys is, number one, to do well in school, number two to be solid citizens on campus, and contribute to the community, and number three to get a little bit better every day in the practice room. Without one or two, they aren’t going to reach number three,” says Racich.

These guidelines are good indicators of how the leaders of the wrestling team were chosen for the 2008-09 season.

This year’s captains for the 2008 wrestling team are senior, James Bloom, and sophomore, Nate Murren. Both
Caffeine correlation to hallucinations?
Recent studies suggest high intake of caffeine may cause hallucinations

Gianna Paone
Grizzly Staff Writer

Do you look forward to that stop at Jazzman’s on your way to class? Think that you can’t make it through the day without caffeine? That morning cup may be fine, but the loads and loads of coffee that you downed to write that last paper could give your brain a greater kick than just extreme alertness. Recent studies found that consuming high amounts of caffeine per day puts one at significantly greater risk for experiencing hallucinations.

One study was performed by researchers at Durham University in England as part of doctoral student Simon R. Jones’s research on auditory verbal hallucinations (AVH’s), or hearing voices. He believes that in addition to psychological causes, there are biological explanations for why a person experiences them, and his research seeks a link between the two.

The researchers first observed diathesis-stress models of psychosis, or the condition in which one experiences hallucinations, delirious beliefs, or other personality experiences, and how dietary changes could help people handle such experiences. In the study, 219 students—excluding cigarette smokers—were surveyed on their daily consumption of caffeine products, including tea, coffee, soda, Red Bull, strong tea, nine colas, four Red Bulls, fifteen dark chocolate bars, or three caffeine pills.

The researchers concluded a positive correlation between caffeine and levels of psychosis-like experiences, but none significant between caffeine intake and stress in producing such sensations. While they found limitations in the fact that, ironically, certain stressors may cause a greater caffeine intake, seven cups of instant coffee contain 315 mg caffeine, which is equivalent to about six cups of strong tea, nine colas, four Red Bulls, fifteen dark chocolate bars, or three caffeine pills.

The experiment revealed a connection between caffeine and hallucination-proneness, but not persecutory ideation. Those who consumed three or more cups of brewed—or seven or more cups of instant—coffee were three times as likely to hear voices or see things that were not there than those who drank one half-cup of brewed—or one cup of instant—coffee daily. To give a better sense of high caffeine intake, seven cups of instant coffee contain 250 mg caffeine, which is equivalent to about six cups of strong tea, nine colas, four Red Bulls, fifteen dark chocolate bars, or three caffeine pills.

Jones and Fernyhough hope to discover inapplicable, 4 meaning a definite "yes", and their levels of stress were questioned similarly.

With ninety per cent of North Americans consuming some of form caffeine every day, it is the world’s most widely used drug.

In its pure state, caffeine is a crystalline white powder.

Caffeine is completely absorbed by the stomach and small intestine within 45 minutes of ingestion.

When taken in moderation, studies have shown that caffeine can increase the capacity for mental or physical labour.

Caffeine use can lead to a condition called caffeine intoxication. Symptoms include nervousness, irritability, anxiety, muscle twitching, insomnia, headaches, and heart palpitations. This is not commonly seen when daily caffeine intake is less than 250mg.

Some little known facts about caffeine
courtesy of physorg.com

- Caffeine is a central nervous system stimulant, having the effect of temporarily warding off drowsiness and restoring alertness.

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Winter in Senegal: how four students spent their holiday

Kristi Blust
Co-Editor-In-Chief

While many of you were spending the holidays catching up with family and friends, four Ursinus students, along with Professor of French, Frances Novack, chose to spend their winter break studying in Saint-Louis, Senegal, a country on the northwestern coast of Africa. Traditionally, study abroad programs last one semester, or up to one academic year; however, few students seem familiar with the shorter, winter-study options, lasting roughly three weeks.

I know what you may be thinking: you guys went to a tropical country on the coast during one of the coldest months in the United States. Was the trip really an educational one, or just an excuse to lounge on the beach and soak up the sun? I can assure you that it was not. Being a former French colony, the official language of Senegal is French, which was primarily our area of study while abroad. However, while we were there, we were each given the opportunity to explore other areas of interest to us. Juniors Meaghan Reid and Ashley O’Connell both on the pre-medical track and studying French, spent a morning at the medical center at the Universite Gaston Berger in Saint-Louis. There, Reid and O’Connell observed medical staff and assisted with blood pressure readings and similar tasks.

Another student, senior Josh Strainic, an international relations and French major, was able to sit in on a lecture at the University concerning West African politics. The trip was flexible enough that even I, a student studying psychology rather than French, was able to extract some meaningful information from this experience. While the others spent time in the medical center, I was able to spend a morning observing several classrooms at a local primary school.

In addition to these independent learning experiences, the four of us partook in numerous educational visits and excursions. We traveled through the holy city of Touba, and toured the Great Mosque, the biggest in the country, visited and learned to barter (some of us better than others) at the many tourist and food markets, toured the hospital in downtown Saint-Louis, took a ride in a pirogue, a type of boat often used for fishing in Senegal, mastered (well, maybe not really) the art of tie-dye, and many other things.

An integral part of our study abroad experience, aside from the visits and lectures we attended at the University, was a traditional home-stay. Each of us were placed in a member of the University faculty’s home for a little over two weeks. Here, we ate meals with our families, participated in cultural activities, and lodged. Being that Senegal’s population is 95 percent Muslim, all of us celebrated the Islamic New Year with our families. This celebration usually consists of preparing a special dinner, with a type of home-made couscous being the main event.

While we sometimes complained about the difficulty finding toilet paper in the local stores, and the quantity of fish and rice our families consumed, I can say with confidence that Meaghan, Ashley, Josh, and I returned to Ursinus this semester more knowledgeable of another culture, more aware of conditions around the world, and infinitely more appreciative for every opportunity and comfort we have here at home. In fact, we're currently planning the next trip for vacation.

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Sizzling Entertainment News

Swayze to write memoir
Filming a TV show isn’t the only project in the works for actor Patrick Swayze, whose battle with pancreatic cancer has yet to hinder his work ethic. Annett Wolf, a representative for Swayze, told E! News that he and wife, Lisa, will be “collaborating on his memoirs.” According to Wolf, “there is no further information” to be released, including the content of the novel. Sources told People that the book will focus on the 56-year-old’s life “journey” and will not be “an inspirational book.” However, having battled cancer and starred in classic films such as “Dirty Dancing,” “Ghost,” and “Donnie Darko,” one may assert that his life’s journey is nothing less than inspirational.

Kelly Osbourne checks into rehab
In order to “address some personal issues,” 24-year-old Kelly Osbourne has checked herself into a “medical facility,” says spokeswoman Caroline Barrett. According to E! News, it has been reported that the daughter of rocker Ozzy Osbourne checked herself into Oregon’s Hazelden Alcohol and Drug Rehabilitation Center on Wednesday, Jan. 21, where she is expected to remain for 30 days. “Her family stands by and supports her,” said Barret, a statement which was confirmed by mother Sharon on RadarOnline.com. On Jan. 22, Mrs. Osbourne told the site that “the family is all standing behind her. Kelly knew that she needed help and she’s getting it.”

Hayden Panettiere’s dad
After pleading no contest to hitting his wife, Alan Panettiere, father to “Heroes” star Hayden, has been sentenced to two years probation. According to oregonlive.com, the young actor’s father entered the plea Tuesday, Jan. 20 in Beverly Hills. Aside from probation, Superior Court Judge Marsha Revel also “imposed on him a year of domestic violence counseling and $400 in fines,” says the News Daily. The initial arrest took place last August, at the family’s home in West Hollywood, following a benefit event hosted by Hayden. At the time, Hayden told the press that the entire incident “was blown way out of proportion by a sheriff who wanted his 15 minutes of fame.”
Author Sheree R. Thomas visits UC

Liz Kilmer
Grizzly Staff Writer

Dozens of students, as well as some faculty members, gathered last Wednesday, Jan. 21, to hear guest speaker Sheree R. Thomas deliver a spirited and motivational speech at Box Studio, where she greeted an enthused and participatory audience.

A mass e-mail entitled “Martin Luther King Speaker” was sent to invite the Ursinus Community to the speech, which began at 7 p.m. and touched on much more than the topics that a young Sheree didn’t hear about in school. Science fiction, according to Thomas, served as an escape from the city’s political quandaries while growing up, and continues to appease her today. Occasionally, she receives dubious feedback, and is asked “what does science fiction have to do with black people?” Her response: “yesterday [the presidential inauguration] was a science fictional story. That’s one story we can lay to rest.”

During a questioning period that took place after the lecture, students asked about her favorite works, as well as her personal work (which has earned her awards and widespread recognition among the literary world). When asked for advice concerning achievement, Thomas urges students to push themselves, to develop courage, and most importantly, to “engage.”

Faces

Serena Mithbaokar
Grizzly Staff Writer

Ursinus’s all-women acappella group is all set to perform the national anthem at a Philadelphia 76ers game on Friday, Jan. 30 at the Wachovia Center in Philadelphia. The 76ers originally scheduled the performance for Jan. 24, but called on Jan. 22 to explain there had been a mix-up.

The B-naturals, more affectionately known as the B-nats, are the all-women’s acappella group at Ursinus College. The group is relatively new to the student campus, having been established only about five years ago and consisting of about 25 members. The B-naturals have performed regularly for the past few years at Relay for Life, the annual fundraiser for the American Cancer Society. Currently, the families of the group members were very excited. Many had bought advanced tickets to the game and the Student Activities Office also arranged for the tickets as well, but as the game was rescheduled for Jan. 30, the B-naturals will be performing on this date instead.

The B-Nats want to apologize to all those inconvenienced by the change in date. Thanks for your support!

Career Corner:
Dress to Impress

Career Services
www.ursinus.edu/career

First impressions are critical! Employers will make assumptions about your professional credibility and potential performance based upon your appearance and presentation during a first meeting. It’s very difficult to overcome a poor first impression, regardless of your knowledge or expertise. You want to appear confident, conservative, reliable, and polished.

Your clothing should appear as a natural extension of you, tailored to help you present a positive image and “shine” in the interview.

For the UC Job & Internship Fair, Career Services recommends that graduating seniors dress in professional attire. This means a conservative suit for both men and women.

If you are searching for summer work, part time jobs, or internships as a freshman or sophomore, more casual dress may be acceptable. However, leave your jeans, sweats, and scrubs at home! Casual dress for an interview means khakis or slacks, dress shirt, and a tie for men. For women, professional looking slacks or knee-length skirt, knit shirt, or a twin set is acceptable.

This is your time to shine – give yourself the competitive edge!

Below are some general tips for dressing to impress:

- Err on the side of conservative dress. Develop a look that is simple and successful. Keep the focus on you and your qualifications rather than on what you are wearing.

- Clothing should fit well and be cleaned and pressed. Shoes should be polished.

- Make sure your hair is clean, neat and styled in a professional manner.

- Brush your teeth and have fresh breath. Do not keep gum or candy in your mouth.

- Display no visible body piercings, except for conservative ear piercings for women.

- Cover visible tattoos to avoid distraction.

To learn more about dressing for success visit www.symsdress.com and be sure to consult with members of the Career Services Office.

The Job & Internship Fair is Wednesday, February 11, 2009.
Cruxshadows: A live experience not to be missed

Laurel Salvo
Grizzly Staff Writer

Admittedly, I've been infected. Since November of 2008, I've attended two Cruxshadows concerts; one held at Water Street Music Hall in Rochester, NY, and the more epic of the two shows taking place on Dec. 31, 2008, at Shampoo nightclub, located in Philadelphia. The "recently played" list on my iPod consists of 80 different tracks of theirs, and I find myself watching the footage I've taped from their sets far too often.

Having seen them in New York and then later on headline the first New Year's Eve Dracula's Ball event in over a decade, I must confess, theirs is the most intensely theatrical experience of a live performance I've ever witnessed. Being front and center for both events made it all the more captivating.

Having toured in over 30 countries and now with 10 albums under their belt, the Cruxshadows popularity seems to be at an all time high. With their latest album "Dreamyth" having dropped in early 2007, they've found themselves with their third consecutive single at the top of the Billboard Dance Charts, even beating out Madonna this time around.

A mixture of future-pop, dark wave, and gothic rock, the Cruxshadows lyrics are written and composed by the band's frontman, simply known as "Rogue." Sometimes poetic, sometimes evocative and sensual, and more often than not contemplative about the state of the world and one's place in it, his words are a cinematic hybrid of the bands motto "Live, Love, Be, Believe."

"Live on stage, Rogue moved fluidly back and forth across the crowd dancing, his body becoming its own solo instrument to the music. At both shows he entered the stage from behind the audience, walking through us and singing in individuals faces here and there. During some of the tracks they performed, he'd climb down into the pit and dance with different fans; one time, he even stood on a barstool in the middle of us spinning around." - Laurel Salvo

Their aesthetic presentation is something else that reflected off our faces. In a sense, he's redefining what a front man should be by changing it into a more tangible and interactive title. He is becoming a cohesive part of the audience more than an object entirely out of reach.

Yet another aspect of their live set that's worthy of an almost circus event is the eclectic presentation of the band members talents. With two electric violinsts, a keyboardist producing synth-pop vibes, an electric guitarist, and two dancers with movements choreographed to all the sounds being produced and dancing around Rogue during the set, it was almost too much to take in at once. I found my eyes constantly bouncing back and forth to different members, trying to absorb as much as I could.

While the rockers and dancers on stage wear a mixture of black and hot pink outfits, some in corsets made of leather and lace, and others in matching two-piece, barely-there uniforms made of mesh. Violinist JoHanna Moresco and guitarist Valerie Gentile (two of the newest members of the band) proved to be the most interactive of the live performance, seeing a camera and flocking towards it immediately and dancing as close as possible to whoever was filming them or taking their photograph, which is yet another great thing about the experience for any fan.

Something else unique about the Cruxshadows is the connectedness the entire group seems to have with one another. Valerie and Rogue can often be seen standing back to back grinding as she plays and he sings. Additionally, both violinists face each other and mimic the other's movements playfully. The most dramatic of all however, were dancers Jessica Lackey and Sara Kilgore melting around and into each other's bodies, using black scarves to blindfold and twist each other in different directions, and moving with neon color-guard flags and wooden staffs choreographed to the music.

The most intense of these connections was definitely between Rogue and lead dancer/back-up vocalist Jessica Lackey, having just celebrated their one-year marriage anniversary on New Year's Eve. They utilize that connection and the potency of how they feel toward one another is incredible. It came off of them in waves as they performed the haunting track of "Memorare" together, a song about a lost connection between two lovers. It's hard to tell where the thespian behaviors of the Cruxshadows set begins and where the actual live concert ends. Both are intertwined so tightly it becomes something else for the fan to experience and the allure of the violin sounds, combined with the mesmerizing dancers, and intensely emotional lyrics bring individuals who are there to another world entirely, and one I'm more than eager to return to.
Opinions
In response to “Letter to the editor” by Julie Tran

Robert Whitehead
Grizzly Staff Writer

On November 15th, 2008, a group of Ursinus College students boarded the Route 93 SEPTA bus at the corner of Sixth and Main, clutching protest signs written on the backs of pizza boxes and adorned with glitter glue and feathers. This group was headed for Philadelphia to join the approximately 5,000 protestors assembled around City Hall in demonstrating against the passage of Proposition 8, an amendment to the California state Constitution which restricted the definition of marriage to “between a man and a woman.”

The amendment, as Julie Tran mentioned in her “Letter to the editor,” is, at least superficially, a sign that “the anti-gay community is a prevalent one.” However, there are more convincing, tangible indications that the historical prevalence of this collective homophobic sentiment is in decline, steadily losing its stronghold on the American morality.

Loud with chants of equality, love, and an end to discrimination, the voice that rose up from that recent protest at City Hall was the voice of a new, pro-gay majority. The reason why Tran, and possibly other like-minded students on this campus, are frustrated with what she says is “hypocritical intolerance” of “the anti-gay community” is because this ideology is now shifting into the minority. She questions, “where are [the anti-gay students] on this campus? Why have they not come out to talk about what they believe in?” Might I suggest an answer: there are fewer students aligned with this cause now than there have been in the past.

As examples, the City Hall protest had fewer than 5 people voicing an anti-gay opinion as compared to the 5,000 who marched for gay equality. Tran’s “anti-gay community” was certainly the minority here, eventually having to be escorted by law enforcement off of the protest site because they did not have a permit.

Similarly, though Prop 8 did pass in California, lawsuits challenging its constitutionality have recently been accepted for hearing by the United States Supreme Court, and requests to implement the proposition even as it awaits trial have been denied. Additionally, the success of Prop 8 was due in large part to the manipulative television ads and not to genuine support. The “anti-gay” proponents of Prop 8 raised $2 million dollars less than those defending gay marriage, a confirmation that the support for the anti-gay cause was less than the pro-gay. And yet the proposition did pass, a fact which should negate my previous statement had not the television advertisements for the traditional marriage advocates given in to alarmist rhetoric and flagrant untruths about the issue.

In one Prop 8 ad, for instance, a young girl was posited in a living room with her gay fathers, asking, “what’s marriage for?” if not “to have babies?” Following this logic, a ban should similarly be placed on the unions of sterile individuals or those who choose not to have children. And the same faulty logic was echoed in a Prop 8 ad about a teacher who disagreed with state-mandated lessons on gay marriage, an issue that was nowhere to be found in the text of the Prop 8 ballot. The teacher said, “children don’t come from same-sex relationships.” Tell that to the “over 52,000 California children…being raised by gay or lesbian parents,” a census-backed figure which appears in a “No on Prop 8” commercial. The manipulative ads endorsing Prop 8 were rife with vague appeals to the “protection” of children when the very law they support would end the legal status of these 52,000 children in nullifying their parents’ marriages. These ads convoluted the issue, diverting the votes of moderates into the passage of Prop 8 by lying.

So as Tran admits she “worries for this community when the dominant heterosexual culture”—a culture she dangerously and very wrongly equates with the “anti-gay community”—“does not come out and have discussions that are needed for a safe and open community,” let us recognize that this worry is one that can only belong to minorities. In fact, in this statement, Tran echoes a similar worry of the LGBT minority. Perhaps unknown to the author, her own words give us the clearest indication that the “dominant” reign of the “anti-gay community” is no longer.

No longer can those who take “the side that is politically incorrect and highly intolerant,” according to Tran, leave it up to some “anti-gay” majority to speak for them. The majority is pro-gay, politically correct, tolerant. If any member of the Ursinus community holds firm to beliefs of Leviticus, that it is “detestable” or “abominable” to “lie with a man as one lies with a woman,” be assured you will find yourself growingly alone on this campus. So urge these individuals to take personal responsibility for their minority beliefs, to stand up for them and defend them however they can. Just that I and many others will be here, standing stronger against you.

Obama in office: Observations from the bomb shelter

Christopher Wierzbowski
Grizzly Staff Writer

We cannot wait for the other shoe to drop. I caught Bush was elected to a second term. The nation’s inability to distance ourselves from some of its vague themes which register a seismic spine tingle in the back of your brains. Manifesting the second our first African American president steps out of his heavily armored Cadillac. There are plenty of people, and I am sure you know some, that feel that Obama’s rise to power was similar to Hitler’s. I have heard words like these spoken. I have heard intelligent people make incredibly racist remarks regarding the implications of an African American in the White House (fried chicken, poses, etc.). I have heard classmaters whisper of the possibilities of a race war. I have heard of guns being bought at an incredibly alarming rate.

We cannot wait for the other shoe to drop. I caught myself letting fear dictate my emotions that day; the only cure to such a potent affliction was the remembrance of how President Bush was elected to a second term. The events and emotions experienced during 9/11 were manipulated and pimped to the extent that the prolific feelings experienced that day became petty and cheap. By moon walking Bush’s dusty trail, I concluded that I could not let fear master my emotions.

The Bush campaign staff of 2005 was able to manipulate national attention and redirect it toward the deepest regions of the national psyche. Fear, hate, and prejudice dictated Middle America’s steps toward the ballot box. Now during our nation’s darkest hours, as wars rage the Middle East, sabers rattle in Russia, and global warming off more polar bears, America turns to a new hope.

On Jan. 20, 2009, I almost cried along with my mother. Obama’s speech was as perfect as it was necessary. The words which rained down upon the crowd on the steps of the Capitol building were broadly precise, pinpointing the vague themes which register a seismic spine tingle in the unwavering believers. Even though I registered minor tremors on the Richter scale, I had to keep in mind that words are words, action is action. All of the processions pump reinforced this; moreover, the absolutely monstrous crowd which flooded D.C. reminded me that the majority of America has fallen in love with the idea of Barack Obama, rather than tangible results.

Let it be known, then, that the MSNBC’s of this world must not remain enamored with the idea of Obama; do not make the majority of objective observers turn to Fox News for reporting. Terry Gross, do not getLimbaughed. NIMBY liberal, do not become holier-than-thou to the point that your opinion becomes discredited by ration and logic. Groupthink is as potent on both sides of the political spectrum.

So, to you, Barack Hussein Obama, I applaud your accomplishments. To you, soccer mom, NIMBY liberal, your paradigm may never shift, your locks may never remain unlocked; I just hope you talk the talk and walk the walk.
The Academy and the Road less traveled

Let me start off by saying that I wholeheartedly support the Academy of Motion Picture Arts and Sciences. The people there are wonderful, intelligent, and well-versed in the crafts of acting, directing, and screenwriting. I look forward to the Oscar ceremony every year, even if it has simply become a forum for actors to voice their liberal beliefs and “expert” opinions about the travesties President Bush has committed (here’s looking at you, Michael Moore!). The Oscar nominations were announced last Thursday, and there were no huge surprises. Except for one small, glaring omission. This year, the Academy has made a grave mistake. Sure, I can accept it when Jim Carrey does not receive acting nominations for “The Truman Show” and “Man on the Moon.” I can deal with the fact that Steven Spielberg’s masterpiece “Saving Private Ryan” was defeated in the Best Picture race by “Shakespeare in Love” due to heavy campaigning and shameful browboning by Harvey Weinstein and the Miramax Company. And I can handle the obvious contempt the Academy shows towards anything vaguely comedic, having not awarded a true comedy anything since “Annie Hall” in 1977. But this time, they have gone too far. “Revolutionary Road,” a film about marriage, love, and defeated dreams, was inexplicably absent from basically every category at this year’s Academy Awards. Only Michael Shannon, who stars in the film and is known most for his supporting roles in movies like “Bug” and “Bad Boys 2,” was nominated for Best Supporting Actor in a Motion Picture. No Oscar nod for Leonardo DiCaprio? No mention of Kate Winslet? Not even some sort of honorary award for director Sam Mendes, who brought a seemingly dull novel to life? “Revolutionary Road,” in my opinion, was unquestionably the best film of the year, and it was gravely overlooked by the Academy Awards.

Based on a 1961 Richard Yates novel of the same name, the story follows a Connecticut couple living in the suburbs and their efforts to break free of conformity and the centered, corruptible government. Grunge for a company in New York that makes and sells machines to businesses. Winslet is his wife, April, a struggling actress and bored housewife who spends her time cleaning and waiting for her husband to return from the city. As their marriage grows cold and the two drift apart, Frank and April find themselves stuck in a life of desk jobs, tableware, and endless routine. April eventually decides to move the family to Paris, as she plans to take a job with a government agency and allow Frank to pursue art and literature. However, as the dream of a new life quickly fades and the reality of suburbia settles in, the couple realizes that their lives will never be anything more than missed opportunities and wasted ambition. The film ends (not to give anything away) with a bleak outlook on married life and the trappings of love. Basically, this is the last film you want to watch with your husband or wife on the flight to your honeymoon vacation.

This is a movie that I had been waiting to see for almost a year, and it lived up to every single one of my expectations (unlike a certain Christian Bale/superhero movie last summer). DiCaprio’s performance alone was enough to carry the film, as he clearly illustrated why he might as well be called this generation’s Jimmy Stewart or Marlon Brando. Winslet was extraordinary (as always), and she has swept most of the female acting awards so far this year. Millions crowded into theaters in 1997 to see the pair act in “Titanic;” so too should the public make their way into the local multiplexes to witness “Revolutionary Road.” Shannon, as mental patient and former mathematician John Givings, gives possibly the best supporting performance of the year.

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This being said, the decline of grunge does not necessitate the end of grunge. Nirvana still blares recklessly on the radio and we all reach for the volume button. However, why has no new grunge scene become prominent? Where are the angry teens begging for months where huge groups of people gather, from all ages and backgrounds, for an immersive, weekend-long musical experience. It is still unclear whether these bands can persevere. They could easily assimilate to an unrecognizable degree. It is a statement made by a relatively small number of people; however, it has its message and it is clear. And it should certainly be listened to.

Opinions

Grunge critical to current musical and political climate?

Nathan Humphrey
Grizzly Staff Writer

The angsty-ridden voice of Nirvana’s Kurt Cobain, the gloom of Soundgarden’s front man Chris Cornell, the brooding guitar riffs of Jerry Cantrell, lead guitarist for Alice in Chains: these are the iconic memories of the grunge era – a time when music and politics fought in an epic battle that played to our ears. The passion for this movement shown by those involved is reminiscent of the sixties, yet it lacked the cultural root to become a serious national attention with a well-placed song in a soundtrack message and it is clear. And it should certainly be listened to.

However, why has no new grunge scene become prominent? Where are the angry teens begging for months where huge groups of people gather, from all ages and backgrounds, for an immersive, weekend-long musical experience. It is still unclear whether these bands can persevere. They could easily assimilate to an unrecognizable degree. It is a statement made by a relatively small number of people; however, it has its message and it is clear. And it should certainly be listened to.

The Grizzly
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Do you think about things sometimes? Write them down and email Zach Shamberg at zashamberg@ursinus.edu!
Sports
Gymnasts tumble with Temple and Towson in tri-meet

Danielle Chmelewski
Grizzly Staff Writer

Never seen gymnastics right in front of your very own eyes? Well, now is your chance to watch the Ursinus women's gymnastics team stun you with many of the same moves the Olympians performed!

With four different events to watch during a competition, the excitement never ends. Almost everyone is familiar with the death-defying beam, standing about four feet off the ground. Think walking across it is hard enough? Try doing standing back flips, twists, and turns and somehow managing to stay on! Floor routines are always a highlight, with powerful tumbling and high energy dance moves to keep the crowd entertained. It is not hard to act like monkeys on the uneven bars: swinging high and flipping from bar to bar. Do not forget the vault, which girls sprint full speed towards this immovable object and pop high into the air, flip, twist, and then stick the landing.

Competitions are always high energy, loud, and thrilling! There is always someone amusing the crowd with the stunning high flying skills. But behind closed doors, gymnastics is very much a big mind game. It takes undeniable power and strength as well as an impressive time commitment and dedication. All of the gymnasts currently on the Ursinus Gymnastics team have been flipping since they were younger than ten, some even starting at three years of age!

Gymnastics becomes much more than a sport to these girls; it transforms into a way of life. The ideals and morals that the sport teaches carry over to the real world. Consistency. Hard work. Dedication. Time. Effort. Passion. Enthusiastic. These all create a formula for success, not only in the gym, but in being a successful student and employee.

Believe it or not, the Ursinus gymnastics team holds the longest running season out of all sports on campus. They start to train at the beginning of September and finish the week before finals in May. The team is in season during the months of January through the end of March, traveling to compete against other Division I, II, and III schools along the east coast.

With the excitement of New Year's still lingering in the air, the girls made their way back to Ursinus on Jan. 2, 2009. Resolutions still to be determined, they traveled by train to Boston, Massachusetts for their first competition on Jan. 10 with four Division III schools: MIT, SUNY Cortland, Rhode Island College, and Wilson College, and Division I, Yale University.

The two newly declared team captains, Amy Edison (senior) and Kira Oldham-Curtis (junior) maintained calm composure before the competition as those new to the team looked to them for guidance.

Ursinus finished ahead of all four Division III teams with a score of 180.525, coming in second place just behind Division I Yale.

"It was a great start to the season," said head coach Jeff Schepers.

Five days after returning from Boston, the team traveled to Brockport, New York. Braving the frigid temperatures and snow drifts, the team successfully competed against both SUNY Brockport and Springfield College, finishing in second place with a higher than the score!

Crowds roared as Ursinus University this held strong Division I t h i r d place with a score of 183.675, scores from the team on the nation's abilities of each team. Composed of sophomores, two seniors, they continue to compete up to the ECAC hosted by Ursinus that could advance Championship!

So come out and Champions once again, title. There are only a few opportunities to see these high flying athletes, so come and be champions! There are only a few opportunities to see these athletes. As Ursinus hosted a tri-Ursinus' program continues to grow and support their 2008 ECAC Gymnastics! GO BEARS!

Supporters were the dreams of Championship title lie within Gymnastics on this very young five freshmen, six juniors, and only one to look forward to the competitions. It all leads Championships, proudly College on Mar. 6 and 7 them to the National support your 2008 ECAC as they try to defend their few opportunities to see athletes, so come and be Gymnastics. Keep a look reminders for the four competitions held in our.

Upcoming Games

Swimming
Sat. 1/31 at Washington (Md.)* 3:00 p.m.
Sat. 1/31 at Washington* 7:30 p.m.

Wrestling
Sat. 1/31 at USMMA* w/ Hopkins & Stevens 11:00 a.m.
Wed. 2/4 at Muhlenberg 7:00 p.m.

Track and Field
Sat. 1/31 at MCElligott Invitational (at Haverford) 11:00 a.m.

Scorebox

Men's Basketball
Sat. 1/24 at Swarthmore* 79-63W
Sat. 1/24 at Franklin & Marshall* 83-80L

Women's Basketball
Mon. 1/18 at Franklin & Marshall* 83-80L

Gymnastics
Fri. 1/23 Temple/Towson (183.675) 3rd

Bloom and Murren were a big part of the team's opening tournament of the season at the Messiah College Invitational. Between Bloom, Murren, and senior, Chris Springer, they totaled eight wins and only three losses.

"You can pick any leader you want or captain you want. Leaders are the ones that the people of the world will follow. Any coach can name any captain. As a coach over the years, you find out that your best wrestlers are not always your best captains. It is one of the most difficult jobs as a coach. [Bloom and Murren] share my beliefs and personalities, and I trust them to no end," said Racich about his captains.

With that being said, both Bloom and Murren seem very capable of leading this team to a tenth Centennial Conference Championship this season.

When you consider that Ursinus went from a struggling program for 52 years, to prominence almost overnight, a lot of credit has to be given to the coach, as well as the recruited athletes. As Ursinus’ program continues to grow and dominate the Conference, the UC community can look forward to more winning ahead as the season progresses.