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The Grizzly, February 26, 2009

Kristi Blust  
*Ursinus College*

Gabrielle Poretta  
*Ursinus College*

Gianna Paone  
*Ursinus College*

Serena Mithboakar  
*Ursinus College*

Nick Pane  
*Ursinus College*

See next page for additional authors

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Authors
Kristi Blust, Gabrielle Poretta, Gianna Paone, Serena Mithboakar, Nick Pane, Caitlin Dalik, Lisa Jobe, Liz Kilmer, Laurel Salvo, Chris Capone, Spencer Jones, and Christopher Wierzbowski
The UC Major & Minor Fair on Wednesday, February 18 in Wismer Lower Lounge. From graduate school to odd jobs, the fair helped fuel students with ideas and hope for their life after Ursinus College.
**News in Brief: Kings, cholera and Victoria**

**Lisa Jobe**
*Grizzly Staff Writer*

**Tuesday, Feb. 17**

(CNN) - A king more in tune with the younger generation is bringing about some big changes in ultra-conservative Saudi Arabia. King Abdullah recently appointed the first woman minister in the country: Norah al-Faiz, the new minister of women's education.

King Abdullah made even more changes, replacing conservative ministers of justice and the head of the Commission for the Promotion of Virtue and Prevention of Vice. In Saudi Arabia, women are only allowed to do what the closest male in her family will allow her to do. Some people interpret this law liberally, but most of the country does not. The king has realized that the traditional ways of thinking don't quite mesh with the future generation, which surfs the Internet liberally, but most of the country does not. The king has ordered a national day of mourning on Friday, Feb. 19.

**JOHANNESBURG, South Africa (CNN)** - Though Zimbabwe's political crisis may be approaching the light at the end of the tunnel, the country's deadly cholera outbreak is only getting worse. Members of the new coalition government met on Tuesday, the same day that the organization Medecins Sans Frontieres (MSF, or Doctors without Borders) released a report on the state of the current cholera epidemic.

Since August, 3,623 people have died and 76,127 people have been infected by the water-borne bacterial infection that kills if not treated. MSF currently has 500 members working in Zimbabwe to fight the epidemic, but they are frustrated with the government for limiting the organizations with bureaucratic red tape. MSF fears that the cholera outbreak will morph into a much more nightmarish health crisis, citing the lack of food and threat of malnutrition.

**WASHINGTON (CNN)** - The Institute for Science and International Security (ISIS) has just issued a report claiming that Iranian scientists have reached "nuclear weapons breakout capability." ISIS, the "U.N. nuclear watchdog agency," based its report on a separate report from the International Atomic Energy Agency. Both reports combined concludes that Iran does not yet have any nuclear weapons, but has enough low-enriched uranium to make a nuclear weapon, and this uranium would have to be further refined before it could be used in making weapons. In fact, Iran has increased its number of centrifuges for enriching uranium from 4,000 to 5,400, though apparently they are not in use at this time. Iran continues to insist that its nuclear program is strictly for civilian benefit, other nations are not so sure. The IAEA report also pointed out that no substantial progress has been made in resolving these issues.

(All stories were taken from CNN.com.)

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**Grant for diversity**

**Caitlin Dalik**
*Grizzly News Editor*

Ursinus, along with four other liberal arts colleges, has been awarded a grant from the Teagle Foundation for a project which will enhance diversity initiatives on student engagement and student learning.

The $300,000 grant from the Teagle Foundation was awarded to Ursinus, Washington & Jefferson colleges, in Pennsylvania, Goucher, McDaniel, and Washington colleges, in Maryland. The grant will foster a multi-year program which will use campus teams to assess current diversity initiatives. It will use these findings to make changes with the college curriculum and the daily lives of students. Application for the highly competitive grant was by invitation.

"It is hoped that the changes that come from this project will eventually impact the college community, and will lead to courses and programs with the goal of changing students' lives," said Associate Dean Annette Lucas, who is overseeing the grant. "We want to change the way we educate our students by engaging in conversations about what is important to us, by learning from each other's successful strategies, by identifying programs that work as well as those that do not, and by linking our conversations to solid research and assessment conducted by our faculty and our students."

Under the grant, the five liberal arts colleges will create teams of 15 to 20 people which will include faculty, students, administrators, and staff. The program will allow for a team to visit another campus each year to observe the way their program is working, as well as host a team. Together, the teams will assess how the stated mission on campus is being put into practice. Each campus will then determine what changes need to be made based on the recommendations from other teams.

To supplement this work, the Teagle Diversity Fellows - student researchers from each school - will conduct research on diversity issues in the summers under faculty mentors.

The colleges participated in earlier Teagle planning grants which allowed them to share new information about their efforts to enhance student learning and engagement through the lens of diversity. This new grant will build on that.

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**The Grizzly**

The student newspaper of Ursinus College

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grizzly@ursinus.edu
Rihanna thanks fans for support

Although refusing to comment on Chris Brown and his alleged attack, pop singer Rihanna has released a statement thanking fans for their support. "She wants to assure her fans that she remains strong, is doing well, and deeply appreciates the outpouring of support she has received during this difficult time," said the star’s publicist. Aside from reporting that the star was “well” in the hours following the assault, this was the first statement released from the rep. It was also stated that Rihanna would not be commenting on Brown at the moment, "at the request of the authorities." This statement followed after photographs in which the pop star appeared battered were leaked. According to The Daily News, an internal investigation was launched concerning the release of the close-up, which features a woman with her eyes closed. She appears to have deep bruises on both sides of her forehead, swollen cheeks and cuts around her lips. This, according to The Independent, is consistent with “the injuries Rihanna sustained.” In addition, the woman photographed has a tattoo on her shoulder of the same roman numerals Rihanna has been photographed with having on her. The photograph was posted by TMZ, late Thursday, Feb. 19.

Travolta and wife create foundation in son's name

In memory of their late 16-year-old son, actor John Travolta and wife Kelly Preston have established the Jett Travolta Foundation. According to Travolta’s official website, the foundation will “use its resources specifically to assist and provide relief to children with vision, hearing, mobility, communication, behavioral learning impairments or other special medical, environmental, health or education needs.” These resources will also be used to fund children’s educational programs, educate others about the importance of a clean environment, and “provide assistance to children affected by natural or man-made disasters,” says the site.

"No more daily multivitamin supplements" is continued from front page

...doctors observed 161,808 women over an eight year span, examining cancer occurrence in bladder, breast, colon/rectum, endometrium, kidney, lung, ovary, and stomach as well as in cardiovascular diseases and total mortality rates. With 41.5 percent of participants taking multivitamins, Marian L. Neuhouser et al. concluded that multivitamin use had “little to no influence” on risk of cancers, cardiovascular diseases, or mortality.

A November, 2008, study, published in The Journal of the American Medical Association, likewise observed cardiovascular disease’s occurrence in men, examining the potential roles that vitamins C and E could play in its prevention. Over an average of eight years, 14,641 middle-aged male physicians were either given supplements of 400 IU every other day and 500 mg of vitamin C daily or placebo supplements. The researchers, Howard D. Sesso et al., found 1,245 major cardiovascular events overall and determined that supplements of neither vitamin E nor C reduced the risk of such events.

These are only two of the many studies that provide increasing evidence of vitamin supplements’ misrepresented advantages. Perhaps more disturbing, however, are those that find potential negative effects of pill-formed nutrition. Another study from The New York Daily News, observing the effects of pill-formed nutrition. Another study from The Journal of the American Medical Association from 2007 examined the connection between mortality rates and antioxidant supplements used to prevent certain diseases. Analyzing databases of 385 randomized trials that compared beta carotene, vitamins A, C, and E, and selenium intake in adults, Goran Bjelakovic et al. found that beta carotene and vitamins A and E could actually increase mortality.

Also observing the effects of antioxidants, a study published in Carcinogenesis demonstrated how removing antioxidants from mice diets could affect cancer cells. Removing the antioxidants vitamins A and E from the mice’s diets enhanced apoptosis (cell suicide) in tumors and thus inhibited their growth, while non-cancerous tissues were unaffected. Rudolf I. Salganik et al. concluded that such antioxidants—which are known to mop up free radicals that stimulate cell death—as beta carotene, vitamins A and E, ascorbic acid, flavonoids, and others should be further researched for potential effects on cancer development. Other studies have made similar determinations by antioxidants—particularly vitamin C.

While vitamins and nutrients themselves are essential disease by their deficiency in the human body is rare in the United States. The reason for such is that most Americans take their vitamin supplements, right? Actually, no; it's that a balanced diet provides enough nutrients that supplements should not be necessary. Studies and patient cases have long shown that nutrient-rich fruits and vegetables can lead to lower cardiovascular disease and cancer rates, but such effects have yet to be guaranteed by one’s consuming high doses of these nutrients in pill or other supplement forms.

Unfortunately, nutrients are studied through clinical trials in which vitamins’ effects are observed without depriving subjects’ diets of daily nutrients from food. Thus, no nutrients could be technically withheld completely.

Currently, scientists believe that a balanced diet’s advantages are not merely a component of a nutrient-fortified fruit or vegetable, but rather, the entire thing. They continue to study whether benefits can be imitated by high doses of extracted nutrients or whether, instead, they yield useless or harmful effects. While consumers are reluctant to give up their supplements until research offers further proof, scientists encourage whole fruits and vegetables as sources of essential nutrients rather than vitamin pill supplements.

Want & Marriage

Caitlin Dalik
Grizzly News Editor

So the plan seems to be: date a bunch of people wrong for you, fall in love with "the one," and get married. A bit tacky and contrived, but not many people would argue it. But is marriage about falling in love these days? I would love to be optimistic and say "yes" but I know it tends to be about a lot more than that. So what do the experts have to say? University of Iowa sociologist Christine Whelan did some research about what each gender is looking for in a partner and they found that getting married is centered more about falling in love today than it has been in the past.

Researchers were concerned about looking at the changes in what traits men and women find most important over time. Looking back to the 1930s, researchers saw that men were looking for a dependable and kind woman who could take care of children and put a warm meal on the table. Back then, chastity was more important than intelligence. My, oh my have the times changed.

Women of the thirties ranked emotional stability, dependable character, and ambition as their top three desirable traits. Women of the forties ranked intelligence, dependability, and thriftiness. Don't take this the wrong way, but a lot of men were looking for a wife who was a "Mary Ann," aonders. "Marry Smart: The Intelligent Woman's Guide to True Love," explained that marriage used to be about practicality and to base it on love or attraction was considered to be foolish.

"Want & Marriage" is continued on page 5.
Features

UCEA to raise awareness in community

Kristi Blust
Co-Editor-in-Chief

UCEA, Ursinus’ very own environmental action group is doing big things. Chances are, many reading this article didn’t even know such a group existed on campus, let alone what sorts of activities they are involved in. Don’t fret; The Grizzly has got you covered. This past week, I attended one of their meetings, and had the opportunity to talk with their current president, senior biology and environmental studies Major Ashley Schafer.

So, Ashley, can you tell explain to the UCEA community the goals and types of activities UCEA is involved in?

Our goal is to raise awareness of environmental issues on campus and in the local community through campaigns, conferences, and events like Earth Day. Some examples of environmental issues that we have targeted are climate change and how to reduce electricity/ carbon emissions, recycling, waste reduction, the importance of local and organic foods, and pollution. We also try to bring in educational programs for local children, in which they become interested in the environment by learning about local wildlife. Previous events that we helped organize include the UC Clean Energy Conference, Focus the Nation, the Just Foods banquet, trips to local thrift stores, an annual owl banding trip, showings of “An Inconvenient Truth”, and Earth Day.

Wow, that sounds like quite a load for one group! Does UCEA have any events coming up?

Definitely. On March 17, we will be holding a clothing swap. Everything will be totally free (no money involved)! You can bring your old clothing and trade it for new clothing. We hope to make this a regular event.

Earth week (April 20 - April 25) will be a big event for UCEA as well, particularly on Saturday, April 25, when we will host the annual UC Earth Day celebration. There will be band performances, local and organic foods, environmental style crafts, a petting zoo, a live hawk show, electric/ hybrid cars, and lots of educational tables from UCEA and other groups on campus. It will be a great time!

UCEA members are also actively involved in the Wismer Wheels program, in which leftover food is packed by volunteers and sent to local charities to reduce food waste and help the local community.

It sounds like UCEA has enough going on to keep busy! Is there any message you would like to leave for the UCEA community?

If you have a passion for the environment and want to actively educate fellow students and the local community about how to become more sustainable, come to one of our meetings! You do not have to be an environmental studies or biology major; we have students from many different disciplines. Finally, if you want to learn how to become more sustainable (even as a college student), drop by one of our events!

If you would like to get involved with the UC environmental action group, drop by one of their meetings! Meetings alternate between Tuesdays and Thursdays and are held at 7:00 p.m. in Olin auditorium, room 101.

The next meeting time will be sent out in a campus-wide e-mail. If you want to get involved, please e-mail one of the following to be added to our member list: Ashley Schafer@asschafer@ursinus.edu or Secretary Mariah Arnold @maarnold@ursinus.edu

Spotlight: Japanese TA Mina Asai

Serena Mithbaokar
Grizzly Staff Writer

Mina Asai is the Japanese Teaching Assistant from Nagoya, the third largest city in Japan. She is a 24-year-old graduate from Nagoya University of Foreign Studies (NUFS) with a Japanese education major. She is active as a member of the Japan Club, and an active resident of the Musser International House. Last semester, she even participated in a Japanese dance piece in the UCDC fall concert.

Mina’s Teaching Assistantship at Ursinus was arranged through a scholarship program called ALLEX (Alliance for Language and Educational Exchange) which allows her to teach and study here at Ursinus. Asai explains more on how she landed the internship.

“I wanted to teach at the college level, which I had never done before. Actually I wasn’t planning to be a TA when I applied to ALLEX, but I was hoping to get my masters in Education. Usually, the ALLEX program is for those students who want to do masters work in the United States. However, the head coordinator offered me the opportunity to teach and study as a TA first and then go on to master’s work, so that I can get to know how the Japanese courses in the states work and how I could borrow from my own experience of being a student in the states.”

Asai has been to Korea previously as a training teacher where she taught at the Pusan University of Foreign Studies. She also interned as a teacher and recently finished a full time teaching course at Portland State University in Portland, Oregon right before she came here. “I have worked in Tasmania, Australia as a Japanese teacher at a private school where I taught students who were 5-17 years old there. I just loved it! But I also did a bunch of odd jobs like being a pizza cook, telephone operator, tutor, bartender, and waitress. Of course I have to mention my job at one of the Toyota factories. My job was to find scars on leathers that were later supposed to become seats for Lexus. It made my eye sight really bad.”

Asai seems to be thoroughly enjoying her time in the states. In her free time, she enjoys traveling in and outside of the states. Boston is her favorite city, as she finds the colors and the atmosphere of the city very pleasing. She regrets that she hasn’t explored Philadelphia as much, although she likes South Street and Philly Chinatown. She looks forward to traveling to Montreal for spring break, though excited, she is a little anxious about people speaking French.

At Ursinus, Asai seems to have friendly relationships with her students. Asai says of her Japanese students, “They are really polite and love to learn culture as well as language. Moreover they are so very friendly! Some of them are my good friends here, too. I am so glad that I could get to know them. But I am confused when they ask certain questions about Japan or Japanese culture. [Sometimes] I can’t explain those well. Those questions are usually something I have never thought about, because they are too natural or common for us. They are about things we never expect to be asked.”

Asai would like to get her masters degree in an English speaking country and be a Japanese TA at the same time. This would allow her to learn more about Japanese and English as well. “Both English and Japanese have fascinated me for so long. To understand Japanese as a second language and teach it is quite interesting for me, though to learn English as a second language is my highest priority at the same time.”

Career Fairs

“spring” into Philly

Career Services
careerservices@ursinus.edu

Career Fairs

It is that time of year when the Philadelphia Area is just bursting with Job and Internship Fairs. Career Services recommends job seekers consider attending those listed below.

Career services @ursinus.edu

Campus Philly’s Online Internship Fair
Monday, Feb. 16 – Friday, Feb. 27

Greater Philadelphia Teacher Job Fair
Wednesday, Feb. 25, 9:00 a.m. – 4:00 p.m.

Talent Recruitment Fairs
Philadelphia Career Fair
Friday, March 6, 10:00 a.m. – 2:30 p.m.

Greater Philadelphia Teacher Job Fair
Wednesday, March 26, 9:00 a.m. – 4:00 p.m.

Philadelphia Teacher Job Fair
Thursday, March 26, 10:00 a.m. – 2:00 p.m.

The Grizzly

February 26, 2009

The Grizzly
A show, a tattoo and a look at Combichrist

Laurel Salvo
Grizzly Staff Writer

Last November, my best friend Hilary and I were supposed to see the industrial band Impervious Reaction live, but due to lack of ticket sales and a mixture of other issues with the venue they wanted to play at, their show was happening, it got postponed to whenever they’d be back. Hilary and Trevor had become acquaintances via muscle and aside from being a drummer for various bands, he was known to bring his tattoo equipment with him on tour and ink fans at his shows.

Fast forward to Feb 10, where Industrial music superstars Combichrist come to Philly, with a brand new drummer for their live show, none other than Trevor. Yet again he was going to be in the city, and yet again, the plans to tattoo were on. I found myself on the balcony of the Trocadero with Hilary later that night in February and as the DJ upstairs was spinning a mixture of EBM, Grindcore, and Industrial between sets (likely a mixture from Combichrist frontman’s Andy LePlegua’s iPod, who’s been known to DJ for Club Shadowland in Philly intermittently) Trevor texted us and set my friends and I up with post-show passes from their tour manager to hang around.

On tour with Wes Borland’s (former Limp Bizkit member) band Black Light Burns, and Acese Reid, the concert lasted late into the evening. Admittedly, I hadn’t been a long-time fan like many of the industrial enthusiasts that were around us and down below on the dance floor that night, but I’ve been heavily into Combichrist’s music since their previous album and their most recent “Today We Are All Demons,” which had dropped on Metropolis Records just weeks before our live event.

On stage, Trevor stood during their lengthy set in front of six barrel-shaped drums, moving back and forth and constantly over-turning his instruments, climbing on top of them, and more than anything, destroying them with his sticks to rile the crowd up. He had a habit of grabbing bottled water every now and then and dumping the entire contents over his half-naked and heavily tattooed body, splashing it all over his drums and thereafter making water fly off of them under the raving strobe-lights. Frontman Andy LePlegua moved enthusiastically on stage and the screamed sound of his angst-filled voice live did their records more than a good amount of vocal justice.

If you’ve never heard any of Combichrist’s songs, you’re likely in for a shock as a first-time listener. A filthy blend of raunchy and raucous lyrics, deep-cutting drum beats, and yet again, the frontman’s Andy LePlegua’s iPod, who’s been known to DJ for Club Shadowland in Philly intermittently.

After the show, Trevor packed up his tattooing equipment and we picked him up behind the venue at his tour bus. It was close to 1:00 a.m. by that time after the band had gotten all their equipment off stage and the merch booths at the front of the venue were broken down. We had been invited to an after-party with the bands but ended up not making it since the tattoo Hilary got at her apartment took a while for Trevor to complete. He was incredibly amiable and friendly at her place and it was enjoyable to talk to him about music, movies, and his art. I was surprised to learn he also painted and had some of his art in galleries where he lived in California. He had a unique approach by using tattoo ink on wood; which he admitted to us while showing some of his online pieces. To learn more about them, Combichrist has been posting an almost daily tour diary of their experiences off and on the road on Vampirerereeks.com. It’s entertaining to read about, if nothing else, and it gives new fans a chance to get an in-depth look at what goes on with the band onstage.

Features

Want & Marriage is continued from page 3.

So today, what are men and women looking for? A study by two University of Iowa sociologists, Christine Whelan and Christine Boxer, looked at surveys from 2008 that interviewed 1,100 undergraduates at the University of Iowa, the University of Washington, the University of Virginia, and Penn State University. The students looked at a list of 18 characteristics and rated the importance from 0, which showed it was irrelevant, to 10, which meant it was essential.

For men, the top three absolutely essential characteristics they looked for in women were mutual attraction and love, dependable character, and emotional stability. The two unimportant characteristics were similar political background and chastity.

For women, the top three characteristics were exactly the same, as well as the two unimportant characteristics. Things that differed mid-list were that men were looking for good cooking and housekeeping skills, while women had a strong desire for a home and children.

What the researchers concluded was that men are increasingly interested in an educated woman with a good financial prospect and women are more interested in a man who wants a family. Researchers believe that the results are consistent with the rise in education and career opportunities for women.

So according to this survey if you’re in love, dependable, and emotionally stable, that should be all that matters for a marriage. It’s very idealistic, but bringing that idea back down to real world, I’m a little skeptical. At the end of the study, there was a plug for Whelan’s aforementioned book “Marry Smart.” The title already tells me that she believes marrying someone intelligent and career oriented takes precedence over “that lovin’ feelin’.” So I go to the book’s website and she talks about “S.W.A.N.S.” which stands for “Strong Women Achievers No Spouse.” And then she has a quiz which determines your chances of getting married. And what does she base it on? There’s a question dedicated to each of the following: age, education, income, and the size of the city you live in. Doesn’t sound like love to me.

VP of National Center for Drug Free Sports imparts wisdom

UC SIFE Alumni Adive Column
SIFE-SIFE@ursinus.edu

This Week’s Alumni: Andrea Wickersham (1980)
Industry: Law and Drug-Use Prevention Company
Job Title: Vice President of The National Center for Drug Free Sports, Inc. and Attorney
Education: BA in History.

A Day in the Life
Briefly describe what you do.

I am the Vice President with The National Center for Drug Free Sport, Inc. (Drug Free Sport), located in Kansas City, Missouri. I am also an attorney. Drug Free Sport is a company that administers sports drug-testing programs. Our clients include the NCAA, many professional sport leagues such as the NFL, NBA, PGA, LPGA; 3 state high school athletic associations, and our 150 college/university athletic departments.

What course at Ursinus did you find helpful you the most or did you find useful application in your job?

Introduction to sociology with Professor Gallagher. It opened my eyes to the uniqueness of various peoples and cultures in our world.

Breaking into the Industry
What was your first job after graduating from Ursinus College?

Part-time Head Field Hockey Coach and Head Softball Coach at Mt. St. Mary’s University in Emmitsburg, Maryland. I also was a part-time bartender.

Are you currently still employed with that same job? If not, what other jobs have you had?

I have had a “few” jobs since graduating from Ursinus. Graduate teaching/coaching assistantships at the University of Iowa: part-time Women’s Basketball Coach at Eastern Michigan University; Assistant Field Hockey Coach and Assistant Women’s Basketball Coach at the University of Michigan; Assistant Director of Athletics at Central Connecticut State University; Assistant Director of Athletics at Harvard; Director of Athletics at Luther College; paralegal in two law firms in Kansas City; law clerk: lawyer in a large law firm in Kansas City.

The Ursinus Connection
Were there any outside activities that helped you, as well?

I participated in three sports at Ursinus. It provided wonderful opportunities to travel to different colleges, to see different athletic facilities, to observe other coaches in action, to see how other athletic departments organized athletic events, to compete, and most of all, to learn teamwork in both good times and in bad.

What did you wish you had done on campus that you thought would be helpful with getting you where you are today?

I wish I had taken more business related classes (e.g. Accounting, Management, and Business Law).

Is there any other advice that you would like to give Ursinus College students? Anything you wish you had known when you were still in college?

I would highly recommend studying abroad as an undergraduate or, if possible, traveling abroad after graduation to learn another language and to expose yourself to other ways of thinking, living, etc...

To learn more about Andrea and other Ursinus alumni, check out the Alumni Career Profiles page on the Career Services website. Want to request more information on a successful Ursinus Alumni your professional career of interest? Email SIFE at sife@ursinus.edu. We would love to hear your feedback about this week’s selection, to
Theatre, dance and voice... why no musical?

Chris Capone
Grizzly Staff Writer

I’ve acted in plays since I was in sixth grade, when I received the role of Kilroy in the middle school play “Kilroy was Here.” At that time, I was a young adolescent, who hadn’t really found his niche. Yet, as I began my short acting career, I was greeted by many new friends whom I acted and hung out with all the way through to college. I even have the pleasure of continuing my higher education acting career, I was greeted by many new friends whom I received the role of Kilroy in the middle school play hadn’t really found his niche.

I acted through middle school and into high school where it was decided that when... .

We have the option of rectifying an error. So why not give the theater department the ability to put on and its donors spent a lot of money to have it constructed. The Lenfest Theater is gorgeous, and the school and its donors spent a lot of money to have it constructed. So why not give the theater department the ability to put together an awesome musical like “The Wizard of Oz” or “Godspell!” To me, it seems foolish why they would not even attempt it. The theater department is only hurting themselves by putting on small-scale dramas that may not be as popular as large-scale musicals. I mean, come on Ursinus! This school needs a musical! What must we do to obtain the means to produce one?

My momma said...

Wash your hands! You don’t know what germs you’ve picked up.

Gabrielle Poreta
Co-Editor-in-Chief

Is it just me, or has this winter been particularly brutal? Sure, Eastern Pennsylvania’s seen much more snow in past winters than it has this year, but what is with the temperature schizophrenia? One day, it’s beautiful ‘jeans and a light jacket’ weather and hours later the cold is so bitter and the wind is so sharp anyone would rather die a slow painful death than walk into what can only be described as a frozen hell. But, alas, we all must drag ourselves out of the comfort of warm blankets and into the upset of late winter weather.

The dry heat indoors mixed with the cold wind outdoors and the rapid change in temperatures... the constant in-and-out routine we all have during school hours; that’s what does it—that’s what keeps us all from staying healthy. Honestly, it seems like half the school has been sick with variations of colds, the flu and bronchitis for the past month. Then again, we were lucky. University of Pennsylvania had an outbreak of meningitis this year, a fate no school wants to meet. Please, let us save ourselves from that possible misery.

With mother nature working against us, shouldn’t we be doing everything we can to keep the people around us (more importantly ourselves) healthy? Sometimes I feel like Ursinus students grew up with parents who mentioned little to nothing about germs and how illnesses spread. I may sound like a paranoid hypochondriac ‘germaphobe’ or even like a mom, but facts are facts. A few things to consider in these cold winter months:

Sneeze wisely please! Obviously, if you’re sick there’s no way to have tissues available at all times but that doesn’t mean you can’t be smart about where you sneeze. Do not, repeat do NOT cover your mouth with your hand when you need to sneeze. You touch more than you know with those germ-infested things! If you feel that little tickle in the top of your nose, lean into your shoulder or pull your arm up to your mouth and sneeze into your clothes. The same thing goes for coughing... got a little scratch in the back of your throat? Lift your arm, tuck your chin and cough into your sleeve.

Lastly, and most importantly (although it’s hard to believe people need to be reminded of this) wash your hands! If you don’t like using water and soap for some crazy reason, carry anti-bacterial cream or sanitizer with you always. It is more than necessary to wash your hands after you’ve gone to the bathroom (a cultural rule most accept and cherish) but in the winter, when everyone’s coughing and sniffling, cleaning your hands before eating is what keeps you out of bed with tissues and in class with your books. So please, before you put food in your mouth think about where your hands have been that day — let that gross you out, get you up, and lead you to the bathroom where you can wash your hands and then return to your food.

Thank you for putting up with my motherly rant and please consider my stern but loving advice for the future. Be healthy, make your momma proud!
Observations from the bomb shelter: the 1st press conference

Chris Wierzbowski
Grizzly News Editor

What a breath of fresh air, seriously. Swept away is the press secretary spewing cookie cutter comments, the obvious lack of knowledge, the mispronunciation of Pakistan and Iran, and fear mongering. America now has a President who is willing to call out both sides of the political spectrum, slash deep gashes in the old guard, and produce poignantly eloquent dictation. It may be due to my age, my weighty opinions, and my distrust of the system, but this guy seems for real.

Now, what President Obama proposed made sense primarily because it came with warning as well as urgency. He has this magnificent ability to put each little ducky in a row, to wrench partisan dialect so tight that debate would seem offensive and irrational. How does he do it? Well, for starters, his arguments are incredibly rational, bereft of Blue/Red jingoism, and, well, smarter than Heidi Klum’s butt (of course I do not speak from experience; rather, A Kiss from a Rose on the Brain told me so).

While most of the questions were concerned with the Stimulus Package and its subsequent Senate floor trench war, I was most intrigued by two questions: one from Fox News and the other from the Huffington Post. These two questions, above all else, seemed to attempt to hearken back to the old days, the dark days. The days whilst walking the Whitehouse one could hear the maniacal laughter of the Penguinksk puppeteer echoing down the storied hallways.

Fox reporter, who looked like a mash-up of the news reporter from the Muppets and Ed Helms, attempted to twist Joey Biden’s words (“We’re going to be successful if 70 percent of this works”)in order to short circuit the Obammanator, to produce that gruel that Neo-cons slurp up (Via Drudge, Limbaugh, or O’Reiley). Our furry friends over at Fox attempted to create sensationalism, to, instead of reporting on all of the various aspects of the Stimulus package, issue a preemptive “F” grade to this new administration. If, however, Fox had maintained this objectionable type of stance while Bush Jr. was wearing his coat and tie in the office, I would consider this a viable form of journalism rather than simply a pathetically guessed attempt to manipulate the words of a man who has built his entire campaign on a foundation (or stool legs?) of eloquence, rationality, and realness.

The fast/low talking man from The Huffington Post did not try to get Obama to wear a puffy shirt; he attempted to manipulate the President in order to get him to call out the former administration. Unlike the Fox correspondent, Huff Daddy served up a hot, steamy gopher ball down the middle of the plate. Huffy, if you somehow missed the President’s first press conference in order to watch something more relevant to your life, brought up Senator Leahy’s proposal to hold the former administration accountable for breaking laws (US Attorney firings, politicized hiring’s at the Department of Justice, warrantless wiretapping, torture (yah know, the same old same old)).

He knew that, since Obama does not consider prestige as an out, the President would meander along the lines of law and say people should be held accountable if they break the law (no, really!). It was obvious that H-Diddy was seeking the pat on the head, the nod, the “you were right all along, you are so perfect you Liberals, you.” Of course, what Leahy brings up is important. However, this is neither the time nor the place to let partisanship and self-aggrandizing behaviors get in the way of progress. The President answered this question well by pairing the legality of the matter with the overall need of this country to heal its most dire wounds.

So as I sit, basking in the glow of my picture box, behind my walls of thick concrete, I begin to wonder: Is it possible to have such a rational human being, who has seemingly commandeered the straight talk express, at the helm of our great/doomed country? Is this the person who can barrel roll into the Death Star trench and obliterate this out of control war machine?

Glimsing classic hollywood women through her mirror

Spencer Jones
Grizzly Staff Writer

When I think of actress Tallulah Bankhead, I think of Madonna with the brazeness of Angelina Jolie and the addictions of Amy Winehouse. Bankhead died in 1968, nineteen years before I was born, so you’re probably curious as to why I’m taking the time to write about her. As narcissistic as it sounds, it’s mostly because I see so much of myself in her.

Bankhead got married to John Emery in 1936, but they split after just a few years, presumably because monogamy wasn’t her cup of tea. She admitted in her autobiography that she’d been “roaming the range” for too long to limit herself and that “although the weapon of admirable proportions, the shot was indescribably weak.” Bankhead was quite the exhibitionist, stripping naked at high end parties and refusing to wear underwear during the filming of Hitchcock’s 1944 film “Lifeboat.” She drove poor Lucille Ball crazy when she guest starred on the “Lucy and Desi Comedy Hour” in the 1950s, showing up at rehearsals completely out of it, but managing to pull it together when formal filming started. She didn’t mince words when it came to voicing her opinion of people she disliked, once saying of rival Bette Davis, “When I get a hold of her, I’ll tear out every hair of her moustache!”

Antics aside, Bankhead was an accomplished actress. She just narrowly lost to Vivien Leigh for the part of Scarlett in “Gone With the Wind” and had the ability to be comedic or dramatic, depending on what the part called for. In her later years, she played The Black Widow in the 1967 adaptation of “Batman,” which marked the beginning of the end of a long career. Years of hard partying finally caught up with her, but even when the end loomed near, Bankhead was a wise cracker, uttering perhaps the greatest last words ever recorded: “Codeine, Bourbon!”

Bankhead was a bad girl before it was hip to be bad and broke the rules when obedience was expected of a woman and for that, among many other things, I respect her. She took a strong stand against racism and segregation, which were sadly quite common in her era. When it was time to work, she worked hard and when it was time to party, no one else let loose the way she did. Australian pop princess Kylie Minogue summed it up nicely when she recently said of Bankhead, “I’d go gay for her. She was a fascinating and exotic woman. There was so much to admire about her. She lived life to the fullest, maybe a little too fully.”

Well darling, there’s nothing wrong with that!
Senior Cherson swims out of UC with wisdom and no regrets

Nick Pane
Grizzly Staff Writer

During a discussion with Coach Feinberg, Head Coach of both Ursinus swimming teams, the role of leadership seemed to dominate the conversation. When asked about his departing seniors, there was no doubt that the leadership that would be missed the most would be that of women's Captain, Mollie Cherson.

"[She] has been outstanding in and out of the water," said Feinberg, "She is another radically improved swimmer in her four years here. But more of what she does out of the water, she is a campus leader and a team leader, and we are definitely going to miss her."

When I interviewed Cherson, we had a chance to talk about her leadership role, among other things about her swimming career:

Nick Pane: What has swimming done for you here at Ursinus?
Mollie Cherson: I think swimming has made my college experience 10 times better. Being able to be an athlete has improved my ability as well as leadership opportunities. Academically, being an athlete, it helps with time management as well.

NP: And what has Coach Feinberg done for you as both a swimmer and a student?
MC: Especially for our senior class, we have been very fortunate to have coach be with us all four years. Previous years, there were a lot of different coaches. He supports us not only in the water, but out of the water. Every week during Summer Fellows, coach would ask how research was going. He actually came to my program. Not just mine, but also the other swimmers. He is very supportive of you academically, and what your future career is going to be.

NP: Awesome. So, what kind of expectations did you have for yourself coming in as a freshman?
MC: Going into my freshman year, did I expect to be on this team? No, I don't think so. I always knew that I wanted to swim in college. I'm going to grad school, and being on a team, and showing how dedicated it is, is a plus for grad school and careers.

I've also heard that being a swimmer is one of the hardest sports to stay with. Employers look at that and at what you've participated in.

NP: As someone who is graduating this spring, and has experienced everything there is to experience, what would you tell the freshmen, and rest of the team for that matter?
MC: I guess for the team, I would say take advantage of every opportunity that is presented to you, whether it is in the pool, or academically. Don't worry about failure or success. Just go at it with all your heart and see what comes out.

Coach Feinberg was not lying. As talented as the women's swimming team is and can become, leadership and dedication is tough to replace. A captain of Cherson's caliber is clearly something that any team would embrace.

"It's not just swimming, but with all sports," said Feinberg, "[sports] teach you that when the stakes are relatively low, how to react in pressure situations, how to handle positive and negative people, how to handle positive and negative situations, how to win and lose gracefully, and prioritize your life."

"Swimmer spotlight" is continued from front page.

Nick Pane: Ryan, I guess I will start off with asking you, what has swimming done for you and your college experience? Ryan Kennedy: For me, [swimming] kind of kept me here. I thought of myself as a big school kind of guy. But [this decision] brought me closer to the team. I think my swimming career made my college experience.

NP: And how much has Coach Feinberg (head coach of both men's and women's swimming) been a part of your success?
RK: With swimming, [Coach] has allowed me to accomplish things that I never thought of. Outside of the pool, he has helped me a lot through the four years. Job opportunities and things like that. We got really close.

NP: It seems like there are a good amount of seniors for both teams. How has that helped you as the leader of this team?
RK: It's definitely helpful. Last year there were three seniors total. We are really close as a senior class, and the freshmen see that, and they want to be like that. They want to lead the team to even bigger numbers.

NP: What kind of expectations did you have of yourself coming into school, and how has swimming helped you in return?
RK: By my sophomore year, I hit [the training] hard. That is what made all the difference. I got a leadership role last year, and that propelled me forward. Going into job interviews, having that leadership, and people seeing that, it has given me a great opportunity.

NP: So, I guess I'll wrap up by asking if you had to tell the team one thing before graduating, what would it be?
RK: My message would definitely be that you only get one shot. This is the only time in your life that you have this opportunity. I started swimming pretty late, so I'm still new, and it's really hitting me that I won't get this chance again. Take it to the fullest, it's the last time you have this. You graduate, and wherever you go, this part of your life is gone.

While finishing the interview, I found myself completely agreeing with Kennedy, in that opportunities like this do not come around often, and he is the perfect example of taking advantage of what was presented to him. When asked about his captain, Coach Feinberg agreed.

"Ryan has been great for the team and has done so much leadership-wise. I want [the athletes] to be balanced student-athletes. I want them to leave here in four years with a great academic experience. I want them to have a great athletic career, and I want them to meet and make friends for life. [The seven graduating seniors] are a good example of that. I don't set their goals, they set their goals and I push accordingly," said Coach Feinberg.

Clearly, Coach Feinberg and Kennedy have developed a strong bond that will remain strong after graduation in the spring. All of this was possible as a result of one athlete making one big decision to come to a small school.