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The Grizzly, April 16, 2009

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The Grizzly

The student newspaper of Ursinus College

Thursday, April 16, 2009



Photo by Lindsay Hogan

The BNatural's, an all-women acapella group at UC, held their first-annual concert last Thursday, April 9 in Bomberger Auditorium. The group performed 8 songs as a whole, including popular songs like Elton John's "Can You Feel the Love Tonight" and Billy Joel's "And So it Goes". Soloists throughout the night included Lindsay Burgess '12, Caroline Andrews '11, Regan Dohm '12, Bianca Bartoli '12, Andrea Harring '11 and SarahAnn Rosner '11. In addition to the songs performed by the group, several BNat's members tackled songs on their own. Lindsay Burgess '12 performed "A New Life" from the Broadway show *Jeckle and Hyde*; Burgess, Chelsea Alexander '12, Andrews, Lucille McNamara '11, Meaghan Reid '10 and Gabrielle Poretta '10 performed an acapella version of Rhianna's "Disturbia"; McNamara and Poretta also sang "Colorblind" by Counting Crows; and Liz Brennan '09 did a rendition of "Gravity" by Sara Bareilles.

Obesity among America's youth Why weight is on the rise

Caitlin Dalik
Grizzly News Editor

Reading the news, I recently came across a statement that said 1 in 5 children under 4 years old is considered obese. This is shocking and borderline disturbing. Since when did little kids in our country become so overweight? When I was younger I remember there being lots of scrawny, little kids. There were always kids with a little "baby fat," but they usually seemed to thin out as they got older. Today's kids are now at risk for a dangerous lifestyle that could follow them through their lives. So what's changed?

I'm no expert but I can assure you that our lives have gotten pretty hectic. It seems that everyone is running around frantically these days with work, activities, and other responsibilities that keep us tied up. Along with this fast-paced lifestyle, some kids are getting less attention from their parents. There are kids in single-parent homes, kids with both parents working long hours, kids whose parents don't make a lot of money, kids who shuffle between the homes of their divorced parents, and so on. With less time, it's more difficult to make quality home-cooked meals so after a long day; it's easier to microwave a frozen dinner or grab some fast food from a drive-thru joint, leading to high caloric intake. Plus, let's get real: in the supermarket, what's cheaper, a bag of chips or some organic fruit? It's sad but it's almost always cheaper to afford the unhealthy options.

"Obesity among America's youth: Why weight is on the rise" is continued on page 5.

A little dark comedy and some unconventional character

Liz Kilmer
Grizzly Staff Writer

After two months of preparation, Ursinus College Theater presented four showings of playwright Nicky Silver's "Raised in Captivity."

The production took place in the Kaleidoscope's Black Box Theater, and ran from April 8- 11. Ticket sales were initially disappointing, which was at the time, attributed to the approaching holiday. Ironically, though, the turnout was better on the weekend. "They finally got the audience they deserved," said stage manager Sam Callanta.

But regardless of the showing, "feedback has been positive," said Beverly Redman, the show's director. Redman was first introduced to the black comedy in Washington D.C., at the Wholly Mammoth Theatre in the late 90s. "I have been fond of it ever since," she says, describing the show as a "broad comedy with serious drama."

Callanta had a similar description: "It is comedic," she says, yet at the same time, presents "the darker side of human nature." This was the first time that Callanta, a freshman, had held the position of Stage Manager at Ursinus, and she admits to initially having some

apprehensions. Fortunately, though, "the cast made it a very positive experience for me," she says.

That cast, which consisted of just six students, rehearsed "four times a week," said junior Nadine Burt, whose character, Miranda, appears as a ghost throughout the performance. We learn within the first few minutes of the play that Miranda suffered a blunt impact to the skull, via none other than a faulty showerhead. It is this bizarre death that forms the foundation of the play- the opening scene takes place in a cemetery, following her burial.

"A little dark comedy and some unconventional character" is continued on page 2.

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Economic crisis creates problems for private and state colleges

Caitlin Dalik

Grizzly News Editor

Experts are saying college acceptances may see some odd trends this year as the economy affects high school seniors' choices.

With the May 1 deadline for accepting admission nearing, colleges don't know exactly what to expect for the final numbers of their new freshman classes. States schools are afraid of having too many students, while

private schools fear not attracting enough students. At the same time, students are confused about where to go and if they can afford it.

State colleges that boast cheaper tuition are afraid of what they have always wanted: top-of-their-class high school seniors choosing their college. Since state schools offer scholarships and sometimes offer full-rides to exemplary students, they fear too many students will choose their state school over the Ivy Leagues and other top schools on their lists.

At the state colleges such as the State University of New York (SUNY) at New Paltz, overpopulation is already a problem. Students are tripled up in residence hall doubles after the surge of acceptances last year. SUNY New Paltz is having trouble maintaining a balance of keeping overpopulation to a minimum and gaining the tuition money they need to keep the school running smoothly after budget cuts from the state. The school also has to keep in mind how the influx of new students and lack of funding may affect the quality of student life, since it will be overcrowded and services will need to be cut. State schools are sending out fewer acceptance letters this year and keeping longer waiting lists to help control the population increase.

Across the country, state colleges are seeing about a 12 percent increase in applications. In a *New York Times* article, Patrick M. Callan, president of the National Center for Public Policy and Higher Education, a nonprofit research and advocacy organization, said "people's anxiety about paying for college is almost at an unprecedented high."

On the other end of the spectrum, private institutions are facing a huge dilemma: keeping their enrollment up during a recession, while trying to give out the same financial aid to students that it has in the past. While many colleges are still trying to give aid blindly, some schools admit to having to accept students who are able to pay in full. As endowments shrink and more students are eligible for financial aid, having the money to pay for school may help students get into schools they may not have been able to before. Sadly, this may give some financially needy, but intelligent, students the rejection letter they won't be expecting. The conflict is that letting

in more affluent students allows the money to accept many needier students as well.

To combat the economic situations, colleges are doing everything they can to avoid cutting financial aid. Many need-blind schools are accepting transfer, wait-list, and international students where financial aid counselors are able to look at the student's financial ability before accepting them. Brandeis University has accepted 10 percent more international students this year to help bridge the academic gap. Middlebury College, which is need-blind, will require students on financial aid to contribute more of their earnings from work-study.

In fact, most institutions have increased their financial aid budgets, but it may come at a price. Colleges are cutting administrative salaries and laying off faculty and staff members. Some traditionally small schools have announced plans to expand their enrollment to gain more tuition dollars. Many colleges also accepted a larger amount of early decision students since they are bound to the college and tend to be wealthier.

No one could have warned the prospective class of 2013 that this year may be one of the trickiest ever to apply for college admission. As seniors apply to their list of schools- from safety to reach- they may have trouble dealing with the reality of the economy. As parents lose jobs and watch their college savings for their kids shrink, the harsh reality is that students will have to waive the acceptance to the prestigious schools they wanted only to enroll in their safety schools, which will give them more aid and scholarship money. Seniors this year have upped their applications, some applying to twenty or thirty schools, hoping for more options. Students who have dreamed of going to college far from home may have to reconsider and stay in state to avoid sending their parents and themselves into what seems like bottomless debt.

The enrollment next year will definitely be different than it has been in the past. State schools may begin to be overcrowded while private and highly prestigious schools may become more barren. Will the economy eventually push Ivy-bound high school seniors for community colleges? The reality of the situation proves it may be unfortunate, but possible.

"A little dark comedy and some unconventional character" is continued from front page.

... Junior Jon Brink plays her son, Sebastian, who is sitting on a cemetery bench reading "*Helter Skelter*." He explains that before his mother's death, the two had spoken only on holidays and special occasions; they hadn't seen each other in years. This, however, was more contact than he had had with twin sister Bernadette, who soon appears with husband Kip.

Bernadette, played by junior Abbie Cichowski, is neurotic to say the least, and knows only two states: distress and severe distress. At her best, she proclaims wanting to be an alcoholic, and not wanting to be "so fat." She hates her life, which isn't something she conceals, and which isn't something unfamiliar to any of the play's characters.

"[They're] very complex, very disturbed," said Callanta. And this is a description which applies to each character in an entirely different way. Sebastian, who is arguably the play's most predominant character, has not been able to offer love nor to receive love since the death of his lover, Simon, some 11 years ago. He has been celibate for this entire time, and eventually seeks the affection of a prostitute, played by freshman Max Marin. He also plays Dylan, the inmate on death row to whom Sebastian writes letters.

As the play progresses, these letters become more frequent and more obsessive, particularly throughout the second act.

In the second act, Sebastian moves in with Bernadette and Kip, yet seems to be even more alienated. Kip, played by sophomore Josh Aungst, becomes more of a pivotal character, in addition to Sebastian's former shrink, Hillary MacMahon, played by junior Allie Harmelin.

The two develop an interesting relationship, which would, under general circumstances, be criticized. Here, however, it is accepted in a sort of sympathetic way. "It [the play] does not condemn bad behavior in the usual manner. Instead, it appears to look clinically at evil, presenting it as something we simply cannot eradicate. It's here. It's a part of being human," said Redman, "but alongside the most profound love."

At times, it is easy to see these characters as pathetic, to judge them and to disapprove of their choices. Yet, audience members never ceased to laugh- or to empathize. "We've all had our crazy Bernadette moments," said Callanta, who believes that anyone, on some level, can identify with at least one character. Crew member Anna Larouche agrees,

"These characters are far from being perfect, but no one's perfect. People can unanimously relate to that, which makes it easy to forgive [the characters]. You learn to love them."

The Grizzly

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News in Brief: Assassination plot foiled, U.S. Captain rescued

Lisa Jobe
Grizzly Staff Writer

Tuesday, April 7

L'AQUILA, Italy (CNN) – Plans to rebuild the lives of thousands displaced by the earthquakes in northern Italy are already underway. Prime Minister Silvio Berlusconi pledged on Tuesday to build a new town to house the thousands left homeless by Monday's deadly quake in the Abruzzo region. The death toll has risen to 207, as workers are continuing to dig through the rubble in L'Aquila, a medieval city 75 miles northeast of Rome. Doctors are also attending to some 1,500 injured people in two field hospitals set up after the quake damaged L'Aquila's main hospital. The earthquake, with a magnitude of 6.3, is the deadliest quake to hit Italy in decades. Berlusconi announced that a special fund will be set up to help quake victims rebuild their lives. Citizens can book a place in the new town, and banks will set up a special fund to allow for low-cost mortgages to help those citizens buy a house. Despite all the help, Berlusconi added that private individuals will have to contribute as well.

Tuesday, April 7

ISTANBUL, Turkey (CNN) – A Syrian man was arrested late last week in Turkey after allegedly planning to assassinate President Obama. U.S. officials are taking the matter "very seriously," but they pointed out that the alleged plotter did not get anywhere near Obama during his European tour, and that while Obama gets more threats than usual for an American president (being the first African-American to hold office), this particular threat did not alter his schedule in any way. One of the officials said that "life goes on," and suggested that this particular threat is receiving a lot of attention because of the media attention surrounding Obama's first overseas trip as president. According to a Saudi Arabian newspaper, the Syrian man,

who was carrying an Al-Jazeera press credential, was arrested on Friday. The man later confessed to authorities that he and three others had planned to stab Obama during a summit in Istanbul that the president attended on Monday. The U.S. government confirmed these allegations but said it was still trying to verify the man's claims.

Thursday, April 9

ISLAMABAD, Pakistan (CNN) – Pro-Taliban cleric Sufi Muhammad announced that he is pulling out of a cease-fire in Pakistan's violent Swat Valley. Muhammad said the government is not serious about implementing Islamic law, or sharia, in the area, and that was his reason for pulling out. Muhammad negotiated the peace deal in February between the Pakistani government and his son-in-law, the Taliban leader in the Swat Valley region. According to that deal, the region would be ruled by sharia law, which would prevent women from being seen in public without their husbands or fathers. Though Muhammad has pulled out, it does not mean the deal is off yet; the Taliban itself still has yet to announce whether it is pulling out or not. A lawmaker in the province where Swat Valley is located said he did not believe fighting would resume. The province's government will be sending officials to meet with Muhammad and hear his grievances. The trouble in the area started last July when the central government sent troops into the area to flush out remaining militants. The Taliban in the area retaliated with a number of attacks, including destroying girls' schools.

Sunday, April 12

NORFOLK, Virginia (CNN) – U.S. hostage, and Maersk-Alabama Captain Richard Phillips, was rescued Sunday



Captain Richard Phillips (right) with U.S. Navy Commander Frank Castellano after the Captain's rescue.

evening, after navy SEALs fatally shot three of the four pirates who had been holding him captive. Vice Admiral William Gortney, Commander of Navy's 5th Fleet, told journalists at the Pentagon that the decision to shoot was made after watching an AK-47 being pointed at the back of Captain Phillips' head. As soon as the shots were fired, Navy SEALs "scurried down" a tow line attached to the lifeboat, and were the first to get to Phillips. They surveyed the scene and found three dead pirates. Phillips was alive, although tied up. The fourth pirate, now in U.S. custody, left the lifeboat hours earlier with the understanding he would negotiate from on board the USS Bainbridge, the massive Navy destroyer that shadowed the lifeboat for several days.

(All stories were taken from CNN.com.)

Sizzling Entertainment News

with Li Kilmer

Apple's iTunes prices change

At the request of music labels, Apple has now introduced three pricing tiers at its iTunes store: 69 cents, 99 cents and \$1.29. New singles are being priced at the \$1.29 tier, although there is really no criterion for any of the three prices. Older singles are generally being offered for 69 cents, and "pretty much everything else" is being sold for 99 cents, said Nicholas Deleon, blogger for the *Chicago Sun-Times*. Prices are selected by the recording companies, who, in exchange for this control, agreed to sell songs without "digital-rights management." This copy-protection technology prevented customers from copying tracks and playing them on various devices. Apple announced these changes in January, however, up until last Tuesday, April 7, songs were still sold for the original 99 cents.

Oprah email scam

Producers of "The Oprah Winfrey Show" released a statement last Friday which warned internet users of an email scam involving the talk show host. According to the FBI, the scam alerted recipients that they had been selected to partake in "Oprah's Millionaire

Contest Show." Interested applicants were advised to send contact information and cash to a Seattle address, which would supposedly pay for a seat at the media mogul's million dollar giveaway show. However, according to *Oprah.com*, such a show does not exist. "Please note that 'The Oprah Winfrey Show' and Harpo Productions are not sponsors nor do we have any involvement whatsoever with this email notification," says the site.

Man accuses Springsteen of affair in divorce case

Despite denial, divorce papers filed on March 27 claim that singer Bruce Springsteen had a long-term affair with a New Jersey woman. The papers were filed by New Jersey Businessman Arthur Kelly, who alleged that the "Born to Run" rocker and his wife, Ann, had sex "at various times and places too numerous to mention." Springsteen has been married to singer Patti Scialfa for 17 years, and has been accused of infidelity several times throughout this period. In 2006, rumors of an affair prompted the rocker to release a statement which said: "our commitment to one another remains as strong as the day we were married." According to *Reuters.com*, Springsteen did not immediately

return calls in regard to the Ann Kelly rumors. However, his representative told local media that he is standing by the aforementioned statement.

Chris Brown pleads not guilty

Singer Chris Brown pleaded not guilty to assault charges in a Los Angeles courtroom last Monday, April 6. Accompanied by four bodyguards and his mother, the pop star showed up 25 minutes late to the 3 p.m. court appointment. According to *MTV News*, Brown showed "no emotion as he entered the courthouse to a mix of fans cheering and protesters demonstrating against domestic abuse." Judge Patricia Schwegg read the charges against him, to which he quickly and quietly responded, "not guilty, your honor." No other questions were asked, and Brown left the courtroom within 15 minutes of arriving. *TMZ*, an online celebrity news site, reported that Mark Geragos, Brown's attorney, is seeking a "serious" plea deal. If convicted, Brown could "face up to five years in prison," says *The New York Times*.

Students rise to top at annual Model UN

Salia Zouande
Grizzly Staff Writer

Each year, UC students taking Ambassador Melrose's two semester Model United Nations class have the once in a lifetime opportunity to attend the United States Global Model UN Conference in New York. This conference plays a crucial role in educating young people about how the United Nations organism works. In addition, attendees learn about the many social and political issues on the Organization agenda.

During Model UN, students act as foreign diplomats and participate in simulated sessions of the United Nations General Assembly. They also act as other multilateral bodies in the UN system, coming together to put their differences aside and work as a team to come up with draft resolutions. Then the draft resolutions are voted on and passed as a resolution.

The Model United Nations teaches about diplomacy. This was my first time participating with Ursinus, although I participated once while I was in high school. This was a completely different experience of the global Model United Nations in New York City. We arrived one day early prior to the commencement ceremony. Ursinus students checked into rooms in the sumptuous Sheraton Hotel in Downtown New York City amid flashing bill boards and screaming cars caught in congested traffic. The Hotel lobby was crowded with luggage and students speaking different languages. There was so much confusion going that it felt like being present at the feet of the Tour of Babel with the workers unable to understand each other. It was spectacular.

About 2,000 delegates attended this year's Model United Nations in New York, including schools from every corner of the world. Sheraton Hotel could not accommodate this gigantic crowd of young people alone. The program

had to be split up in two different schedules because some students were staying at the nearby Marriott Hotel. This year 29 UC students participated at the Model United Nations New York (MUNN). UC students represented the Republic of the Sudan and Mongolia. A few students had the privilege of being part of MUNN's temporary staff, such as Junior Mithbaakar Serena; she got the position of Rapporteur/Chair and was selected from a large pool of applicants on the first day of the conference after submitting a paper application and a rigorous interview. Serena's position consisted of recording every motion that was passed and what the delegates deliberated about, editing working papers, keeping records of attendance, and voting count for the Organization of American States (OAS), the committee she worked in.



Photo courtesy of Carolyn Smith

It is important to say that UC students wouldn't be prepared enough to tackle the different procedures Model United Nations put forth without the hard contribution and efforts from students such as Juniors Mary Massey and Serena Mithbaakar and sophomore Carolyn Smith. There are some nice rewards in participating in the Model United Nations; last year Ursinus College won honorable delegation and best delegate for representing at special court for Sierra Leone. Ursinus College has been participating consistently at Model United Nations for over 40 years now and returns back to campus with a new experience each year. My partner and I, senior Carolin Contreras presented the Republic of the Sudan in the African Development Bank (AfDB). As Mithbaakar puts it, "The experience was great"

For more information on MUNN please contact Ambassador Melrose at jmelrose@ursinus.edu or visit the National Model United Nations website at www.nmun.org.

"Breakaway" from work this weekend

Enjoy the One-Act Play Festival

Katie Callahan
Grizzly Sports Editor

Starting today, April 16, Breakaway Student Productions will be holding a one-act play festival. Breakaway is a student-run theatre program who produces, designs, directs and acts in on-campus productions. The group was founded three years ago by Karin Swartz '09 and Alia Dixon '08. Breakaway's most recent endeavor was *The Vagina Monologues*.

The three plays are being put on in the Kaleidoscope Rehearsal Studio at 7:30 p.m. on April 16, 17 and 18. Each one-act play was written and directed by UC students or Alumni.

The first, *Saving Salinger*, written by Grey Johnson '08 and directed by Karin Swartz '09, begins with three 20-somethings putting an ad out for another roommate. But, they get more than they bargained for as they are visited by a mysterious guest from the past.

The second, *Kill Your Darlings*, is a psycho-drama written and directed by freshman Chelsea Catalanotto. This one-act depicts a once-successful New York artist, Jack Anderson, as he must come to grips with the slow loss of his girlfriend, career and sanity.

The third and final one-act, *Dayboy*, follows an angst-ridden young Paul who is trapped in the moment of his death. As he walks around the motionless city streets he comes across a disillusioned homeless man, and the two travel together in order to take advantage of their surreal surroundings. As they walk, the truth about the degenerate Paul had come across becomes disturbingly clear to him.

Shows, concerts and events swing in with the Spring

Roger Lee
Grizzly Features Editor

The performance season at Ursinus is in full swing with a wide variety of shows, concerts, and events to help bring the campus to life. Whether you enjoy theater, dance, or multicultural festivities, there is something for everyone.

Last week the Theater Department wrapped up their dark comedy, "*Raised in Captivity*." The play, directed by Dr. Beverly Redman, took place in the Kaleidoscope Blackbox Theater and ran for four exciting nights. After Saturday's closing show, students prepared for the next theater event. Breakaway Student Productions, the student-run theater company of Ursinus College, debuts their newest work tonight. This event marks Breakaway's first ever "One Act Play Festival" featuring three new original works. The plays include "*Kill Your Darlings*," written and directed by Chelsea Catalanotto, "*Dayboy*," written by Max Marin, and "*Saving Salinger*," written by Grey Johnson (UC class of 2008) and directed by Karin Swartz. The performances run tonight through Saturday at 7:30 p.m. in the Kaleidoscope Rehearsal Studio. On the events section of Ursinus' website, Breakaway Student Productions stated, "The production is produced, directed, designed and performed by Ursinus Students. Breakaway's goal is to develop a community that is fully committed to the development of theater and live arts on campus as well as in life."

Why settle for dinner and a movie when you can get dinner and a live performance? This year, the *Southeast Asian Student Association (SASA)* continued the tradition with their annual *Tour of Asia* extravaganza. For this event, Wismer Lower Lounge transformed into a multicultural dining and entertainment venue. There was free food including chicken lo mein and mango lassi. There was dancing, acting, and presentations. The event was a great way to wind down the semester and an even better way to bring new members into SASA.

Next Wednesday, classes are cancelled in light of the *Celebration of Student Achievement (COS4)*. This annual event brings the Ursinus campus together to recognize student achievement in a wide variety of disciplines. Biology majors present research while dancers perform on the Lenfest Theater stage. Among the dance performances this year are works by Catriona Whitehead, Roger Lee, Danielle Indelicato, Brandon Kamin, and Wynton Rice. There will also be theater performances, vocal and instrumental music presentations, and much more. All events are free throughout the day.

Next week the *Ursinus College Dance Company (UCDC)* takes the stage for their annual spring concert. Student dancers perform in the gorgeous Lenfest Theater under the direction of dance faculty Chris Aiken and Cathy Young. This concert features a contemporary piece by Cathy Young, a large ballet ensemble by adjunct ballet professor Heather Dougherty, a new hip-hop piece by dance

alumni Raymond Clark and Chris DeLeon, and a modern piece by New York's own Colleen Thomas. Students from Chris Aiken's dance laboratory course will show two group videos that they have worked on throughout the semester. This is a must see dance concert featuring a wide variety of dance genres, music, and mixed media. UCDC opens next Thursday, April 23, and closes Saturday April 25.

As soon as UCDC closes, Ursinus dancers will go into an intense rehearsal week preparing for a new show. *Escape Velocity*, the student-run dance company of Ursinus College, presents "*Dancing with the Staff*," a one-night free show taking place on Thursday April 30 at 8:00 p.m. in the Helfferich Dance Studio. The idea for the event came from sophomore Alanna Coyle, a soon to be member of the *Escape Velocity*'s Executive Board for 2009-10. She decided to create an Ursinus dance event where dancers and faculty members perform together. This new must-see event will also feature two group performances and a raffle. It is a great way to end classes and to usher in finals.

Ursinus is growing more and more in the performance category. Check out one, some, or all of these exciting shows taking place on campus. Please visit www.ursinus.edu for event information and call the box office for tickets at 610-409-3795. Come out and support your peers, professors, and community. With such an exciting performance season in store, there is no reason to complain about boredom on UC's campus!

Formal wear this season? Fabulous finds for under \$50!

Danielle Chmelewski
Grizzly Staff Writer

Boys, does the sound of shopping have you headed for the nearest exit? Well, think again because with formal season beginning to bloom you might be in search of some nice clothes, a suit, or maybe even a tuxedo. And girls, craving a fresh new dress and some flirty accessories for your hot date to the next formal?

With the economy in the state it is in and our tuition slowly increasing, how are we going to afford new clothes and accessories for the formals right around the corner? Of course, we are not about to spend hundreds of dollars on a single outfit for a formal or two. That is why I have found these inexpensive options for the "in debt" students we are, right in our own backyard.

You won't even have to waste precious gas money to get there. Take a walk down toward Wawa and on your way you will see on your right, a small shop called Nina's Collection: An Upscale Consignment Shop for men and women. Despite its rather bleak appearance, once you walk inside there are hundreds of clothes, including shoes, jewelry, purses, suits, ties, wedding dresses, and casual clothes right at your fingertips!

You boys out there might want to take that not-so-dreadful step into the store and find full suits, pants, and a jacket, ranging from \$15- \$50. You can even buy a tuxedo for \$50! That is of course if someone does not grab it

before you. You can also find handsome dress shirts averaging at \$5 each, as well as ties and chic leather belts. Not going to a formal? How about an interview? I'm sure some of you hard-working men out there could use some inexpensive nice clothes for your next job hunt.

Just because they are inexpensive, does not mean they are not good quality. Scanning through the racks you can find well known designers and fashion lines. To name a few, Nina carries Lily Pulitzer, Charlotte Russe, New York and Company, Tommy Hilfiger, Old Navy, Dress Barn, and plenty more. Most of these clothes and items were lightly used, however many were never worn and still carry the tags.

Don't think I forgot about all you girls out there! Walk into the back of her store and you will find two full rooms of dresses. Each dress seems to tell a story, it's been somewhere, it has history. Maybe it was worn by a first lady. Maybe it was worn by the high school class of 1991 Prom Queen. Each dress has a certain charisma about it that you couldn't find in any plain old mainstream department store. You can uncover cute homecoming dresses, to flirty summer dresses, to beautiful gowns, to dresses your grandmother might have worn. Many dresses as low as \$10! And most dresses averaging at \$30!

"Just because they are inexpensive, does not mean they are not good quality...Most of these clothes and items were lightly used, however many [still carry the tags]."

Let's talk about shoes! Nina's Collection also has an amazing shoe collection. There are sneakers, flats, and heels all for an average of \$7 from Steve Madden, Nine West, and many other well known shoe designers. Looking for jewelry also? Nina has a scattered collection of vintage pearls and other vintage beads throughout the store.

When you are looking for a different flare for the accessories, walk right across the street, next to the Barber Shop, to a store called "Bangles and Things," opening just over a week ago. Their unique jewelry is a beautiful fusion of Indian and Oriental cultures. You can get sets of bangles, or solid ring bracelets, for an average price of \$5! Bold colors, flashy gold and silver, and natural wooden pieces all hang neatly on the walls waiting for you to try them on.

Looking for something different, but still want to save those extra pennies? Check out the closest Salvation Army store or google secondhand boutique shops and other consignment shops in the area. There are many opportunities to save money and still look dazzling for your big night out! So put your shopping shoes on and start saving money!

SIFE brings more advice from Alumni

UC SIFE

careerservices@ursinus.edu

Alumni Advice is a new resource for students to discover and network with Ursinus alumni who have pursued successful careers in a variety of professions. SIFE (Students in Free Enterprise) and Career Services have partnered together to provide students with a network of graduates that you will have the opportunity to connect with to assist in your career development. Networking and mentorship are two of the most important resources utilized for those interested in pursuing a job or internship. We encourage everyone to use this valuable advice and reach out to those who can help you in your journey toward a fulfilling career.

This Week's Alumni: Harley Rubin (1994)

Industry: Advertising

Job Title: Senior Copywriter

Education: B.A. in English and Communication Arts

A Day in the Life

Briefly describe what you do.

I am a senior copywriter for the in-house ad agency of Tribune Media Services.

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

My job requires many different skills, so I use lessons learned from journalism, creative writing, and even my liberal studies Seminar from freshman year.

Breaking into the Industry

What was your first job after graduating Ursinus College?

I was an assistant account executive/technical writer for Al Paul Lefton Public Relations in Philadelphia.

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

No. It's common for younger advertising professionals to move from job to job frequently, and I have done my share of moving. I've worked for small and mid-size ad agencies, a dot-com, and done a wide variety of freelance work on my own.

The Ursinus Connection

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

Working for *The Grizzly* as sports editor/columnist was hugely helpful to me, as it helped me develop my writing "voice" while providing me with the journalistic and design/layout basics. I also worked for Sally Widman in College Communications as a student writer, and she was a tremendous influence with whom I keep in touch to this day.

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

I don't really have any regrets about my time at Ursinus. I honestly believe that the liberal arts education I received was crucial to my professional development and is a major reason that I'm having an enjoyable career. 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?

Enjoy your time at Ursinus, and try everything that interests you. My four years at Ursinus gave me direction, as well as a solid background for my career. The only thing I didn't know when I was still there was how much I'd miss it after graduating.

To learn more about Harley 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!

"Obesity among America's youth: Why weight is on the rise" is continued on page 5.

On top of the food choices, there's a lack of exercise in young kids. Kids used to play outside with their friends, and now they go over to each other's houses to play video games, watch TV, or play on the computer. Physical activity once a week in gym class is simply not enough.

So why should this matter to young adults in college? Well these habits that children develop are very hard to break. In a government study, 9 million children between the ages of 6 and 16 were considered overweight, which put them at risk for diabetes and other health problems. Simply put, overweight children usually grow into overweight adults. Adults aren't taking care of themselves any better. Data from the Centers for Disease Control and Prevention (CDC) found that approximately 45 percent of African-Americans, 26 percent of Mexican Americans, and 30 percent of whites are considered obese. How have we gotten to the point where at least 1 in 4 American adults are obese? At this point is it the fault of individuals or a societal flaw?

The CDC has implemented The Nutrition, Physical Activity, and Obesity Program (NPAO) in 23 states to decrease the prevalence of obesity in the United States. The program has outlined problems to combat, the most important of which include: increased physical activity, increased consumption of fruits and vegetables, decreased consumption of sugar sweetened beverages, increased breastfeeding, reduced consumption of high energy, dense foods, and decreased television viewing. It's important for adults and children to know where they stand and work to achieve and maintain a healthy weight. To estimate your Body Mass Index (BMI) you can use the CDC website's link at <http://www.cdc.gov/healthyweight/assessing/bmi/index.html>. For adults, a BMI below 18.5 is considered underweight, between 18.5 and 24.9 is considered normal, 25-29.9 is overweight, and anything above 30 is considered obese. I just wonder if society can reverse what it has done to the population's health, or will things just get worse?

This week in new releases: rap, country, comedy and drama

-Eminem's new single "We Made You"

Ladies and gentleman, he's finally back. The best rapper alive (sorry, 'Lil Wayne) has finally released the first single from his upcoming, highly-anticipated album "Relapse." After releasing his last album, "Encore," back in 2004, lyricist Eminem has gone on a so-called musical "hiatus," only offering his talents in the areas of production and small guest spots on songs from Akon and 50 Cent. Where "Encore" was littered with dreary beats and generic rhymes, "Relapse" hopes to cash in on Slim Shady's brilliance that was last seen on "The Eminem Show" and "The Marshall Mathers LP." Each of those discs had a first single as well: "Show" had "Without Me," while "Mathers LP" had "The Real Slim Shady." Both ferociously attacked pop culture, politics, and even parenting, while still ascending to the top of the Billboard charts.

"Encore's" first single, however, "Just Lose It," was Eminem's first hit that never really addressed his place in pop culture or his return to prominence. It was basically a broad, boring pop song that he might have trashed two years before. With "We Made You," Eminem returns with the catchy chorus, beat, and lyrics that made him so famous years ago. My only problem with the song is that some of the pop culture references seem somewhat dated. Check out the video and see for yourself—Eminem attacks Brett Michaels, "Transformers," Jason Mraz, Sarah Palin, and Jessica Simpson. Most of the jokes he makes have already been told by late-night comedians, such as Jay Leno and David Letterman. Moreover, some of the spoofs (a "Star Trek" sequence comes to mind) aren't that funny to begin with. Eminem was always on the cutting edge of ridiculing pop culture, but I'm worried he's simply taken everything that's happened in the past five years and stuffed it onto his new album. "Relapse" supposedly has somewhere near sixteen tracks, while Eminem has publicly stated he has recorded almost one hundred songs over the last two years. Hopefully, we'll be treated to the best of those one hundred songs. If not, this could be the final relapse for a fading rapper who may be the best of his generation. Listen to "We Made You" and see for yourself—Eminem is back, but certainly not better than ever.

-Rascal Flatts release new album "Unstoppable"



ZACH SHAMBERG

LIVING IN SHAMERICA

The Academy of Country Music Awards recently named Rascal Flatts the top vocal group for the seventh consecutive year, breaking a record that had been held for almost twenty years. When only you and cyclist Lance Armstrong can say you've won something seven years in a row, you better be pretty damn good at what you're doing. In the case of Rascal Flatts and their new album, "Unstoppable," fans may wonder how they ever won any awards in the first place. Tracks such as "Here Comes Goodbye" and "Forever" may be the standard power ballads we've come to expect from the group, but the album lacks the fun, summertime sounds that "Feels Like Today" and even "Me and My Gang" embraced. Gone are the catchy choruses and "Break Away" declarations from years past—this is a new, grownup version of Rascal Flatts, and I don't like it one bit. For a lead singer with one of the most gifted voices in all of music, Gary LeVox has never met a ballad he didn't love, and he's filled this album with so many long-lost love songs that you might want to save it for rainy days only. Arguably the most popular group in country music, Rascal Flatts better head right back into the studio and figure out how to make their music fun again. They're not as unstoppable as they think, and this disappointing album certainly proves it.

-"Observe and Report" released in theatres

As Seth Rogen eloquently stated in "Knocked Up," good things always do come in pairs. "A Bug's Life" was released just after "Antz," "Armageddon" followed "Deep Impact," and now, in 2009, moviegoers have been spoon-fed two "mall cop" films only a few months apart: "Paul Blart: Mall Cop" and "Observe and Report." Where "Blart" was about fart jokes and toilet humor, "Report" plays like a black comedy with machine guns and male nudity. Seth Rogen stars as mall cop Ronnie Barnhardt, who has a serious crush on a makeup-counter clerk (played by Anna Faris). When she is accosted by a male flasher at the mall, Ronnie makes it his personal mission to bring the man to justice. Hilarity ensues, as do many scenes that people will be discussing for a very long time. There is a particular chase scene through the mall that involves Rogen

and the flasher—let's just assume it makes the ending of "Boogie Nights" look like a Disney movie in terms of what we can and can't see. Also, there's a love scene involving Rogen and Faris, and she may or may not be passed out during the act. Scenes such as this may drive some fans of Seth Rogen away, but "Observe and Report" certainly excels on many comedic levels. Skip "Paul Blart" and see this film instead.

-The "South Park" Kanye West Episode

"South Park" creators Trey Parker and Matt Stone must read our beloved Ursinus newspaper from time to time. It was only a few weeks ago when I bashed Kanye West for taking himself far too seriously during his taped performance on "VH1 Storytellers." And what do you know; last week's "South Park" episode ridiculed the rapper/singer for the exact same fault. The episode, which centered on a joke involving fish sticks, poked fun at West's inability to lighten up and mock himself for once. The best part was watching Kanye sing a song (that was auto-tuned so clearly even T-Pain would be jealous) about being a "gay fish." I never underestimate the creative minds behind "South Park," but I do sometimes tire of their social commentary and wish for a return to the storylines of season's past. But this episode, which also poked fun at "comedian" Carlos Mencia, restored my faith in the system and the television show. "South Park" is certainly back, people—see for yourselves every Wednesday night at 10 p.m.

-"Southland" premiers on NBC

As a fan of the greatest teen drama of all-time, "The O.C.," I'm always happy for any cast member from that show who finds work on another network or in a film. Last week, Benjamin McKenzie, famous for playing the soft-spoken, hard-hitting Ryan Atwood on "The O.C.," stepped into a police uniform on the new drama series "Southland." The show is described as an authentic look at the city of Los Angeles and, more specifically, the LAPD. McKenzie plays Ben Sherman, a rookie cop with attitude who comes from a wealthy family. I watched the first episode last week, and I wasn't very surprised to see McKenzie acting exactly as he did when he portrayed Ryan Atwood. I want to believe he's a serious actor, but I don't think anyone will ever be able to see him as anything but that blonde-haired teenager from Orange County. As for "Southland," the television show? Don't waste your time. Instead, find some "O.C." episodes online and watch Ben McKenzie at his best. California, here I come.

Magic bridging the gap between generations and countries

Danielle Chmielewski
Grizzly Staff Writer

Is there any place in the world where you can feel happiness in the air, believe in magic no matter your age, connect with people from all over the world? Yes, there is. That place is Disney World.

Magic and happiness blossom from the cracks and crevices of the sidewalks in each park. Disney World brings people from all over the world together, simply for entertainment. Disney World is a place where distant dreams become reality.

"The happiest place on Earth" some call it. There is not a single drop of hate to be found. Equality, tolerance, respect are all values shared by every soul there. No matter where you come from, what you look like, you can experience the magic (Magic like no other magic in the world). Whether you are rich or poor, skinny or fat, young or old, too small or too tall, you feel at home.

And you ask, how can the imagination of one single man initiate the world's largest entertainment industry across the decades? With the simple sketch of a small mouse, Mickey Mouse that is. His ideas kept growing and growing, until he needed more and more people to make his ideas become a reality. Try to imagine a world without Walt Disney. There would be no Donald Duck, no Mickey Mouse, no Cinderella or Aladdin, no Silly Symphonies or Mary Poppins. Generations of children and parents would not be sitting in their living rooms, popcorn bowls in hand, watching the Lion King over and over and over again, for days on end.

People from all over the world are drawn to the Disney dream. One step into this Mickey Mouse wonderland and you are hooked for life; hooked on the rush of adrenaline after flying into the night with the stars under your wings alongside the great Peter Pan; hooked on the ride that glues annoying songs into your head day after day after day, but makes you realize that it truly is a small world after

all; hooked on the magic that you begin to believe in. Disney World is like a drug, one dose and you never go back. You can call it the safest, happiest drug on the planet. It provokes life-long addictions to laughter, smiles and happiness. Feeling blue? Simple solution, drink up some Disney World, just what the doctor ordered. One sip of Walt Disney's magic and you will never see the world the same way again.

Some say that the ideas of Walt Disney corrupt the minds of children, allowing them to believe in things that are not real, promoting a world full of illusions and unattainable dreams. But what I say, and what many others will agree with is that sometimes you create reality when you make believe. Walt Disney World envelopes your imagination but doesn't seal it, it sends it off on a journey around the world, stopping at each place to let something new in. Optimism, faith, magic, happiness, imagination, creativity... these are all instilled in the Disney dreamers. In honor of the great Walt Disney we will continue to make our own dreams come true in his footsteps.

Seafood PoBoy: The sandwich-snack that will blow your mind

Chris Capone
Grizzly Staff Writer

Food is quite possibly my favorite pastime. As many of you will agree, there are times in your life when you find that absolutely perfect foodstuff. I've had the pleasure of experiencing that many times over, falling in love with various tasty dishes. I could go on about all of my "past loves," but that is an entirely different article in itself. Instead, I think I would rather acknowledge my newly-discovered favorite sandwich-snack called the Popcorn PoBoy.

As an Ursinus student, I would admit that I was, at one point, oblivious to the delicious-ness that Satchmo's Sandwich Shop provided. For those who have yet to experience Satchmo's, or even know of its existence, read closely. Located across from Wawa on Main Street, the sandwich shop is quietly hidden amongst trees and is very easy to miss. However, amongst its miniscule appearance lies a treasure of delicious sandwiches and desserts. I have delighted in their extra-crispy, perfectly-cooked fries, the smooth, creamy, perfectly blended milkshakes, and most of all, some of the best sandwiches around. The pepper cheese steak is a popular sandwich which combines the freshest steak, served at the correct temperature on top of melted pepper-jack cheese, sautéed onions, and some extra spices. This was the first sandwich that I had at Satchmo's. It was near-perfection. The preparation time was not long, the price wasn't too steep, and it was one of the best

suburb-of-Philadelphia cheese-steaks I've ever had. However, that was before I discovered the famous Popcorn PoBoy.

Most of those who live up north may not know how to define a PoBoy. In fact, I did not know until one of my

brothers told me that a PoBoy is simply the southern name for a hoagie, with different types of fried sea-food on top of some of the best sauces. So, I indulged in this sandwich slowly at first. The crawfish tasted a bit sweet upon the first few bites. However, once you get to the spicy Creole mustard, things

start to get really interesting. The combination of Creole mustard, cheddar cheese, sour cream, and the fried crawfish creates an explosively delicious taste. It does not sound appetizing, but believe me, it is completely worth the \$8. I liked it so much that every time I want to go to Satchmo's I try to take one or two friends with me. I usually mix it up, because Satchmo's offers the PoBoy with extra sauce, such as hot sauce, BBQ sauce, or my personal favorite, "VooDoo" sauce. For those who may be steered away from trying this sandwich because of the crawfish, I recommend trying it

with an extra sauce. The "VooDoo" sauce is sweet and spicy, and provides the indulger with the perfect combination. Obviously, BBQ sauce would work in the same way, as the rich and bold BBQ sauce would give the crawfish a nice base. I have yet to try it in hot sauce, but I

am sure I will. All of those who I have introduced to this sandwich ask me almost every weekend if I want to make the journey to Satchmo's. Naturally, being a college student, I do not have the money, or blood-pressure, to handle such a sandwich on a

"The crawfish tasted a bit sweet upon the first few bites. However, once you get to the spicy Creole mustard, things start to get really interesting. The combination of Creole mustard, cheddar cheese, sour cream and the fried crawfish creates an explosively delicious taste. It does not sound appetizing, but believe me, it is..."

weekly basis. However, if I had endless amounts of money, and was not worried about the saturated fat or sodium contents, I would be a die-hard weekly "PoBoy regular."

I suggest that everyone give Satchmo's a try. It is less than \$10 for a PoBoy and a drink, and usually one half will be enough to fill anyone up. Thus, the PoBoy provides a perfect snack opportunity for later in the evening or the next morning. However, be warned: Satchmo's hours are a bit awkward. I suggest going on a Thursday or Friday for lunch and purchase a delicious, filling Popcorn PoBoy.

We have months dedicated to human rights... why not poetry?

Chris Schaeffer
Grizzly Staff Writer

A friend of mine recently explained to me that he doesn't see much use in getting worked up about National Poetry Month because, much like Black History Month, or Gay and Lesbian Month, it seems absurd, even insulting, to pigeon-hole these kinds of things into little 30-day compartments. I can see his point; "ok, time's up, we better stop caring about civil rights," and I can even bet that many of you are wondering, perhaps rightly, if something like poetry is anywhere near as important as real matters of human rights.

These issues aside, I can't help but feel in my gut that National Poetry Month is a good opportunity. Let's face it, a conscientious person already probably spends 12 months of the year concerned with racial and sexual equality, as well as with a host of other ethical concerns, but for many people poetry is something vestigial, a quaint and even grotesque reminder of the way things were—a baby born with a cro-magnon brow, a tiny curled tail to be lasered off by an ace surgeon. As much as it pains me to say it, poetry seems intrinsically at odds with the relationship our society has developed with information and the media. We like things fast, easy to digest, pre-spun and ready to make way for the next spectacle or scrolling headline. Poetry, even at its simplest, defies all of these expectations. It invites, it demands interpretation, consideration, critical thought. Poetry (neglecting the Futurists) says "slow-down" when CNN and Hulu and *Entertainment Weekly* all

say "speed up!" It's about making everything we already have numinous in a world geared toward selling us more stuff, more useless pizzazz. It would be terrific if people set aside some time for poetry all year 'round, and advocates as diverse as former-laureate Robert Pinsky, the growing slam community, and the Metropolitan Transit Authority have been doing their damndest to bring poetry to as broad and inclusive a swath of the population as possible—but for now, I'm still cautious enough to consider National Poetry Month worth celebrating.

So, what next? If, ideally, you've read this far and decided you'd like to get some more poetry in your life, here is a selection of new and exhilarating verse. No real criteria in mind—this is just the stuff that's had me the most excited in the past few months. Aracelsis Girmay, who recently gave a reading right here on campus, is the author of "Teeth," as sharp and as brutal a collection as you could hope for. It's the kind of poetry that is palpably angry, that carries its anger in every line and practically smolders on the book shelf. It's also warm, forgiving, expansive like Whitman and surprisingly terse. Like all really great poetry, it contradicts itself, it contains multitudes. Read it.

Rita Dove is one of the bigger names in contemporary poetry, although I've never considered myself a particular fan of hers. Her latest, "Sonata Mulattica," has changed my mind. I have a soft spot for persona poetry, as well as collections that present an over-arching narrative, and "Mulattica" does both with an exceptionally deft hand. The story it tells is a fascinating one, the true story of a mixed-race violin prodigy set to collaborate with Beethoven

at the turn of the 19th century. However, sexual imbroglios and social politics fouled things up. It isn't a terribly complicated story, but Dove unfolds it to encompass an entire zeitgeist, giving voice to a dizzying array of characters including Thomas Jefferson. It's an ambitious and eccentric work, and it's thrilling to see Dove pull it off so well.

Kevin Young is one of my favorite poets writing today, and "Dear Darkness," released late last year, is maybe his most accessible collection. It's at once a long eulogy for his deceased father and an overwhelmingly earthy, witty, sensual and visceral paean to his Nebraskan upbringing. I've never read a poet who renders food so enticingly, and that includes Robert Hass.

If you're looking for more canonical poets, the Library of America has put out two volumes this past year that I'd call absolutely essential—the collected poems and prose of Elizabeth Bishop, and the first of a two-volume set collecting the verse of John Ashbery. The first is definitely a desert-island type book for me, one I find myself thumbing through on a daily basis. What's great about it is that it brings together not only Bishop's absolutely impeccable established body of work, but brings in the drafts and unfinished pieces of the recent "Edgar Allen Poe & The Juke-Box: Uncollected Poems, Drafts, and Fragments," as well as her novels, short stories, and a generous scattering of letters. While with many writers this back-matter would be of marginal interest at best, with Bishop it is pretty much all gold. One of my favorite poems of all time, "Keaton," is one of these uncollected poems, so I'm certainly grateful for this kind of literary archeology. As for the Ashbery, I love him myself, but his allusive, slippery poems are not the most welcoming to the casual or even the committed reader. It probably comes down to a matter of taste, but his vast career and influence on today's poets earns him at least a browse.

"We like things fast, easy to digest, pre-spun and ready to make way for the next spectacle or scrolling headline. Poetry, even at its simplest, defies all of these expectations... [It] says 'slow down'..."

Coach Jamie Steele changes the look of UC Men's Lacrosse

Katie Callahan
Grizzly Sports Editor

New faces on the sidelines of the men's lacrosse team are bringing a different attitude and a new light to the program.

Coach Jamie Steele, along with his own coaching staff, replaced Coach Carter and the men's lax staff a few weeks ago after a few undisclosed reasons.

Coach Steele jumped right off of the Haverford bus into an Ursinus coaching office with only a day notice for an interview. That same day he was hired to finish the season out as the Bear's new interim head coach.

"[The team] has handled one of the most difficult things a team could ever have to face," said Coach Steele, "not just one coach, but the entire staff was changed mid-season."

The Bears are still in adjustment mode, but Coach Steele feels as though everyday they are getting better, and stronger.

"I think they are much better than they think they are," said Coach Steele.

He emphasized that the team's confidence keeps building, and that is one of the most important things right now.

This transition has no doubt been a bit easier on the men's team because of the new coaching staff's approach to the change.

Coach Steele said they tried to keep as much the same as possible. The staff understood that it's a lot easier to change three guys (the coaches) compared to 43 guys (the players). Right now, it is about getting through this season the best, and strongest that they can.

The scoreboard has not been the friendliest to the team thus far, but Coach Steele stands strong, pointing out that most games are closer than they appear.

"As good as they are now, they can be a lot better," said Coach Steele while referencing the defense. As for the offense, he knows that the talent is much stronger than the team thinks it is and he and the other coaches are trying to tap into that great potential.

Coach Steele knows the conference and surrounding schools well. Coaching at Gettysburg, Widener, and Haverford, he knows what it takes to beat the other teams.

When asked if personal feelings for other teams could get in the way, he said he was excited for the competition.

So far the team is only 3-8, and 1-5 in conference play. They have three games left until the end of the season to try and stay afloat in the conference.

For the rest of the season, Coach Steele said he is looking to give the seniors the best final month/couple weeks that he can on the team.

He also knows it is about the underclassmen too, and he is looking for the team to continue to progress. To get to that next level, "You need to work off the field to be good. You have to put that extra time into it," said Coach Steele.

Coach Steele could not be more excited to take on this great challenge and be given such a great opportunity.

"[I'd like to] greatly thank everybody for making me feel so at home. I feel like everyone around here has worked to make it easier for me and I really appreciate that," said Coach Steele.

To catch the guys at their last home game, see them play Big Dick this Saturday at 1:00 p.m.

Upcoming Games

Baseball

Thurs. 4/16 Swarthmore* 3:30 p.m.
Fri. 4/17 at Swarthmore* 3:30 p.m.
Sat. 4/18 McDaniel (DH)* 12:30 p.m.
Sun. 4/19 at Washington (DH)* 12:30 p.m.
Tue. 4/21 Albright 4:00 p.m.
Wed. 4/22 at DeSales 4:00 p.m.

Softball

Thur. 4/16 at Haverford* (DH) 3:00 p.m.
Sat. 4/18 Gettysburg* (DH) 1:00 p.m.
Sun. 4/19 McDaniel* (DH) 1:00 p.m.
Wed. 4/22 at Dickinson* (DH) 5:00 p.m.

Golf

Mon. 4/20 at Franklin & Marshall Invitational Noon
Tue. 4/21 at Messiah Invitational Noon

Men's Lax

Sat. 4/18 Dickinson* 1:00 p.m.
Wed. 4/22 at St. Mary's 4:00 p.m.
Sat. 4/25 at Muhlenberg* 1:30 p.m.

Women's Lax

Sat. 4/18 at Gettysburg* 1:00 p.m.
Tue. 4/28 at Rowan 6:00 p.m.

Men's Tennis

Thurs. 4/16 DeSales 4:00 p.m.
Sat. 4/18 at Gettysburg* 1:00 p.m.
Mon. 4/20 at Gwynedd-Mercy 4:00 p.m.
Wed. 4/22 Muhlenberg* 4:00 p.m.

Women's Tennis

Sat. 4/18 at Gettysburg* 1:00 p.m.
Mon. 4/20 at Misericordia 3:30 p.m.

Track and Field

Fri.-Sat. 4/17-4/18 Widener Invitational 3:00 p.m./9:00 a.m.

Softball looking to repeat last year's great success

Kristin Gallagher
Grizzly Staff Writer

The 2009 UC Softball spring season brings nothing but high hopes for the returning Centennial Champions. The Bears are currently 21-5 in their season and 6-0 in the Centennial Conference. The UC woman's softball team started their season in Florida where they played 10 games over spring break. Leaving Florida with a record of 6-4 left the Bears hungry for success.

The team was picked fifteenth in the pre-season poll by the National Fast Pitch Coaches Association (NFCA) after finishing their 2008 season with a record of 33-8. The bears came only one

game away from advancing to the College World Series, losing in the regional final to Lynchburg. This season the team is back and ready to make it to the College World Series.

The team has put their game faces on while facing the Centennial Conference. Thus far undefeated, the team's senior captain, centerfielder, Katie Gallagher, sees high hopes for her team, "This team is strong, we have unbelievable bats, and our defense is tough. I see us going all the way if we keep up the way we have been playing."

Just last week Katie Gallagher was picked as Centennial Conference player of the week. Gallagher batted .571 (8-for-14) in a matter of six weeks, with three doubles and six RBI.

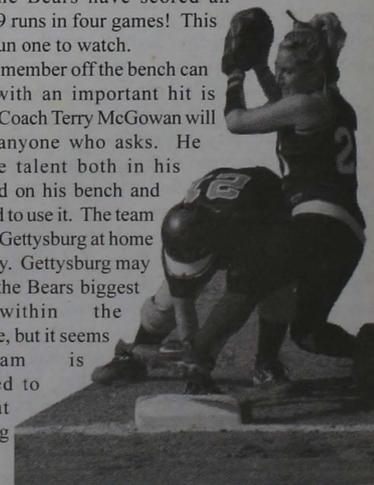
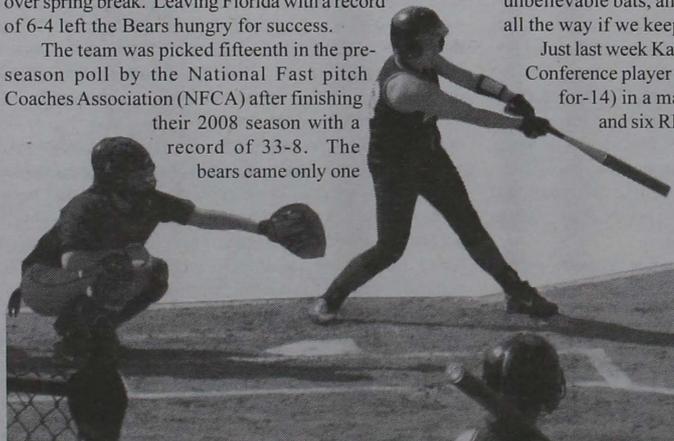
Only two weeks prior, star pitcher, junior captain, Lauren Davis, was voted Centennial Conference Pitcher of the week. Davis currently holds an ERA of .77 and has the most strikeouts in the Conference at 213.

Second basemen senior, and captain, Kristina Moore, wants nothing more than success for her team, "This team deserves to go far, we

are winning the Centennial Conference, and we definitely have the talent to go further. Hopefully we exceed our accomplishments of last year."

Rain delays continue to postpone the Bears season, but the UC softball team does not plan on letting anyone rain on their parade. Within the past two double headers the Bears have scored an amazing 39 runs in four games! This team is a fun one to watch.

Every member off the bench can come in with an important hit is something Coach Terry McGowan will swear to anyone who asks. He knows the talent both in his starters and on his bench and is not afraid to use it. The team will match Gettysburg at home on Saturday. Gettysburg may be one of the Bears biggest rivals within the Conference, but it seems the team is determined to come out with two big wins.



Photos by Matt Whitman