Authors
Caitlin Dalik, Katie Callahan, Michael Delaney, Ashley McComeskey, Stefanie Moyer, Lisa Jobe, Gianna Paone, James Kilduff, Jessica Zatwarnicki, Samuel Stortz, Zach Shamberg, Shane Eachus, and Matt Campbell
Ursinus’ Relay For Life brings in over $43K

By Mike Deloney
mdeloney@ursinus.edu

Despite cold winds and a forecast for rain, Friday, Apr. 9 saw the fifth annual Ursinus Relay for Life kick off without a hitch. Begun in 1985, Relay for Life is a fundraiser in which participants, divided into teams, walk around a track through the night in order to raise money for cancer research. Starting at about five in the afternoon with the survivor’s lap, where those who have battled cancer are given the honor of starting things off, Relay for Life usually runs for 12 or more hours, and hosts a number of activities to raise additional funds.

Samantha Everhart and Laura Prahlad, both seniors, were this year’s event co-chairs, overseeing the individual committees which made Relay for Life possible. They were also present throughout the relay to organize different ceremonies, answer questions, and distribute food, shirts, and prizes to the numerous teams.

“This year we have over 50 teams and 600 participants signed up,” said Everhart, “and expect 250-300 people to stay throughout the night, which is really exciting especially due to the weather.”

Indeed, from the relay’s onset, teams had to battle surprise wind fronts which threatened to blow over tents and scatter supplies. As the night wore on, walkers began applying more and more layers of clothes, and wrapped themselves in blankets, snuggies, and each other to stay warm. Though the goal for the relay is to walk all night, event organizers knew that many participants would leave at some point and return to bedrooms for warmth. Still, there were countless activities throughout the night which kept teams active and, most importantly, warm.

A number of the laps had themes, including the limbo, raves, or a couples lap, meant to get walkers excited and on their feet. There was also the Mr. and “Relay” is continued to News, page 3.

V-Day celebrations continue with The Vagina Monologues

By Ashley McComeskey
asmccomeskey@ursinus.edu

The Vagina Monologues was presented in the Black Box Theater Thursday, Apr. 8 through Saturday, Apr. 10. Sponsored by Breakaway Student Productions and The V-Day Committee, The Vagina Monologues raised awareness and money for the women and girls of the Democratic Republic of Congo.

Directed by Senior Allie Harmelin, the production included 11 monologues and countless facts about the violence and abuse being suffered by women in the Democratic Republic of Congo. The monologues were created after Eve Ensler conducted 200 interviews with women about their sexuality. Each monologue was presented by a different student actress, and they covered a wide range of topics. Opening with “Hair,” performed by Carly Siegler, the audience was immediately thrown into a world of issues surrounding vaginas—many that aren’t often talked about in such a public forum.

The first few monologues stayed light-hearted, covering topics like shaving, orgasms, and the way women view their own vaginas. In “My Arvy Vagina,” which was widely appreciated by the audience, Emily Carmiña ranted about the injustices vaginas face, including the need for tampons and the use of different tools by gynecologists. Then, the monologues focused on more somber topics.

“Monologues” is continued to News, page 3.

Phi Kappa Sigma runs another successful Bike-A-Thon

By Stefanie Moyer
stmoyer@ursinus.edu

The Phi Kappa Sigma fraternity held their annual Bike-A-Thon, a fundraiser that runs for 24 hours straight. The event ran from 1 p.m. on Tuesday, Mar. 30 to 1 p.m. on the following day. In order to put on such a great fundraiser, the fraternity arranged to have a stationary bike brought up to the Olin Plaza, one that, according to the President of Phi Kappa Sigma, Mark Smedberg, was “wonderfully donated by the Ursinus gym.” The fraternity arranged to have brothers of the organization bike at all times. The shifts were for an hour, with two brothers signed up per shift. One may think that the boys took a break while the campus was sleeping but that was not the case. Rather, two of the Phi Kap members were outside of Wismer; one peddling the bike and the other playing music to keep them awake and moving.

Through the event, the fraternity was able to raise $140.60. According to Smedberg, “our goal was right around our total earnings. In the past, we have raised between $100 and $125 for our Bike-A-Thons, so this result was a pleasant surprise to us.” The proceeds from this event have always benefitted MS walk which is a national foundation funding research to help find a cure for Multiple Sclerosis. In order to encourage people to donate, the fraternity gave all donors who pledged $1 or more a chance to guess at the final “Bike-a-thon” is continued to News, page 3.
New footage they're generated. Squarcini, International News with Lisa: Chinese coal workers rescued, Russia calls for adoption halt

BEIJING, China - One hundred and fifteen workers were pulled from a flooded coal mine in China's Shanxi province on Monday, after being trapped for eight days and eight nights. Crews hoped to rescue another 38 miners. The workers were trapped on Mar. 28 when a "tide wave" of water rushed into the shaft; apparently, while constructing the mine, the workers had hit an abandoned shaft that had filled with "enough water to fill more than 50 Olympic-size swimming pools."

Workers had been pumping water out of the mine for five days, when they finally heard voices on Friday. Some of the miners gave away bits of themselves to the wall in order to stay above the water level, while others ate bark from wooden support beams to survive. The rescue has turned into a national spectacle, with state-run news programs broadcasting live footage from the site. (LA Times Online)

Tuesday, April 6

WASHINGTON - New footage released Monday shows the death of two Reuters-employed photojournalists killed in Iraq in 2007. The journalists, along with 12-15 other Iraqis, were killed by a U.S. helicopter gunship that opened fire on a van. The footage shows journalist Saeed Cmagh survive an initial shot, but later die when the helicopter apparently opened fire on civilians attempting to move him to safety. After the incident, a U.S. military investigation concluded that the pilots of the helicopter believed the van was there to evacuate wounded insurgents, and that they mistook the cameras held by Cmagh and his colleague Namir Noor-Eldeen to be weapons. A U.S. military spokesman stated: "We regret the loss of innocent life, but this incident was promptly investigated, and there was never any attempt to cover up any aspects of this engagement." The footage was uploaded by the website WikiLeaks.org, a site that "publishes anonymously submitted documents, video and other sensitive materials." (CNN.com)

"Enough is Enough" week brings awareness to campus violence

By Ashley McComeskey
asmccomeskey@ursinus.edu

The Ursinus Enough is Enough campaign kicked off last week on Monday, Apr. 5 with a concert, and continued through Thursday, Apr. 8 with various events to raise awareness about campus violence. The Ursinus Enough is Enough campaign was started to represent the ears of the entire student body, and how colleges can prevent these acts from happening. "I think the campaign against violence on college campuses is important, especially in response to the episodes of violence that have occurred on other college campuses," said senior Caitlin Dalik.

The event continued on Tuesday, highlighting the importance of using hands for another cause. In "Hands Don't Hurt," students were encouraged to trace their handprints on a banner outside of Wismer to show their support against violence.

On Monday, Apr. 5, the concert was held to represent the ears everyone hears about violence happening around them. Senior Helen Ann Coil explained, "Just listening and hearing about violence isn't enough- you have to act in response to it." The concert included acts by the UC Bearitones, Justin Cunard, Matt Whitman and Davis Howley. There was also music provided by WVOU. Between acts, musicians read facts about how violence is caused on campus, and how colleges can prevent these acts from happening. "I think the campaign against violence on college campuses is important, especially in response to the episodes of violence that have occurred on other college campuses."

The event ended on Friday, April 8 with a free giveaway: Frisbees with the entire planning process. Wetzel explained, "During "WisdoMM," we filled little hand-out bags of M&Ms with key messages from the event on each of them, and handed them out during lunch. We also handed out blue awareness ribbons for the cause."

Various leaders provided their help with the planning of the events, including members of the UC Ambassadors, V-Day, and the Hobson community House. Taylor worked with the Campus Safety Interns in tailoring the initiative for the Ursinus campus throughout the entire planning process.

Wetzel explained, "No one expects that schools or college campuses would be a place of violence- they're generally safe environments. But any acts of violence are wrong, and since Ursinus is such a small community, we have the ability to make sure that any violence is stopped before it starts."

The Grizzly
The student newspaper of Ursinus College
Volume 34, Issue 23

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grizzly@ursinus.edu
Neeko, whose most recent song "Crooked Braid," as well as Sarah Round, who performed the guitar. Ju­
ty Adams and Chrissy Taylor, were wrapped in blankets as they round­
field field time and time again.

"This is my fourth time doing a Relay for Life," said Taylor, who began participating with the charity after a friend of hers in high school was diagnosed with cancer. She represented the Ursinus Women's Basketball Team, which she believes raised several thousand dollars.

"We've been out here since four o'clock," said Adams. "I think we've walked maybe 13 miles, and we're going to be walking the whole night through."

Joe Kost and Andrew Regan, both sophomores, represented the football team, which raised several hundred dollars to donate to cancer research. "It's a good thing to see all the students out here doing a good thing," Kost commented, as he and Regan went to join their teammates in a friendly game of football on the field.

As is tradition, Relay for Life remained open to the public until midnight, giving non-college partic­i­pants a chance to contribute to this fulfilling charity. Parents, Collegeville residents, and Ursi­nus faculty took the track Friday afternoon and put in their miles to raise money and awareness for cancer research. Opening Relay for Life to the community also gave local cancer survivors a chance to share their experience and to ensure no one else will go through their same ordeal.

The survivor's walk, as well as the luminaria ceremony, reminded walkers of those who made it through their battle with cancer, as well as those who did not, giving Relay for Life a much more tangible purpose. During the luminaria ceremony, both the Beartones and the B'Naturals sang in honor of cancer's victims, and shortly thereafter George Ed­son, father of Ursinus graduate Amy Edson, spoke before all Re­lay participants about his experience with renal cancer, of which he has been free of for over a year, and how much it means for the college to contribute to the ongoing battle against cancer.

This year's Relay for Life raised $43,000 to date. However, donations will continue to be col­lected until August, with an ultimate goal of $55,000.

Anyone interested in participat­ing in Relay for Life in the future or making a donation to their ongoing cancer relief ef­forts, can find information online at http://www.relayforlife.org/ursinus.

**Bike-a-thon** is continued from front page.

The person who had the closest guess would win a $25 gift card. The closest guess came from freshman Gary Boyson who guessed that the fraternity would bike a total of 283 miles, only 5 miles shy of the actual mileage. Smedburg shared that one of the traditions with this fundraiser is "we always end the last hour of the Bike-A-Thon with a rendition of "It's The Final Countdown" by Europe which is always a lot of fun."

Not only did the fraternity enjoy their fundraiser but the students on campus loved the atmosphere that accompanies the Bike-A-Thon. According to senior Jennifer Hooven "it was great walking out of my dorm at 9 a.m. to music playing. It started my day off on a good note, no pun intend." Junior Emma Bacharach "wishes they held this fundraiser on a daily basis because the whole campus seems to be in a better mood during this time. However, I know biking for 24 hours is quite a feat so I guess it is not ver­y plausible to expect an organization to participate in this for days on end."
Career Corner:
Honoring Earth Day with green grad school programs

By Career Services
career@ursinus.edu

If you're considering grad school, you might want to consider a program that will prepare you for a green-collar career. Consider the following fields of green.

Environmental and Natural Resources Law
Schools such as the University of Oregon School of Law and Lewis & Clark Law School offer programs that teach earth-friendly law practices, such as environmental justice and animal law. Environmental law grads work in private practices, public interest, the government, or corporate America.

Master's in Sustainable Design
Courses in green material and eco-friendly construction practices prepare students for a career as LEED-certified architects. Columbia College Chicago, Philadelphia University, Carnegie Mellon University, and University of Texas are a handful of the many universities that offer master's degrees in the field.

Master's in Environmental Journalism
Many journalism programs are adopting an optional environmental concentration. Columbia University, University of Colorado, and Michigan State University are some top schools offering degrees for journalists who want to inform the public about discoverd, insights, and controversies in earth and environmental sciences.

Engineering Sustainable Systems
Students learn to protect, restore, and create systems that are socially, environmentally, and economically sustainable. Villanova University, Arizona State University, and Appalachian State University all offer master's degrees in sustainable engineering. Tracks of study may include alternative and renewable energy, watershed sustainability, environmental sustainability, and sustainable infrastructure.

Sustainable Agriculture Master's and PhD
This degree focuses on components like landscape and watershed management, food security, as well as crop and livestock production and protection. Iowa State University and Aquinas College offer both a master's of science or PhD in sustainable agriculture.

From Jungle Campus, Spring 2010

Title IX: A female athlete's freedom, or her health?

By Gianna Paone
gpaone@ursinus.edu

Title IX of the Education Amendments of 1972 applied changes to U.S. law that prohibited gender discrimination in educational environments, stating, "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance..." While the amendment was created with the intention to provide high school and collegiate females with deserved freedoms in school activities, research is now showing that females in the preceding years were, essentially, denied the opportunity for important health-improving behaviors.

The most significant and well-recognized impact of Title IX was that which it had on school athletics, whose participation by high school females increased by over 600% between the academic year prior to Title IX's enactment (1970-71) and 1977-78, according to the National Federation of State High School Associations. Beyond showing that females, like males, could have serious interests in sports, the amendments also opened the doors for increased future physical activity and lower risks of weight-related issues among those who participated in sports as adolescents.

UC senior and competitive gymnast Kira Oldham-Curtis agrees, explaining, "An active lifestyle is essential to combating stress and preventing diseases that so frequently accompany obesity and the aging process."

A study published earlier this year in "Evaluation Review," for example, focused on women ages 12 to 17 during 1971-1980 and found an increased likelihood of girls participating in physical activity that led to improvements in body mass index (BMI)—which measures weight in relation to height—likelihood of being overweight or obese, and body composition—or percentage of body fat vs. lean body mass. In other words, adolescent females seized the chance to partake in physical activity once it became offered to them, resulting in a positive impact on their bodies and fitness habits even when they reached their 30s and early 40s.

The Surgeon General's report on physical activity and health and the report of The President's Council on fitness and sports both offer further support for the study's implications, revealing that improved blood lipid (fat) profiles and lower blood pressure—measurements of two risk factors for coronary heart disease, the number one life-taking disease in the U.S.—are linked to youth physical activity.

In the midst of a struggle with obesity in epidemic proportions, U.S. society may be intrigued to further understand how factors like gender discrimination could be contributors. "Healthy People 2010," for example, was a framework designed in 2000 to outline the goals of improving nationwide health over the next decade, and it listed physical activity as the foremost Leading Health Indicator on a list of ten major concerns. Acknowledging the importance of the goal, then, those who encourage increased physical activity could benefit from looking at how and why discriminating laws could be linked to physical health-related issues just as strongly as other often-accused sociological factors.

The female/male wage gap offers a potential example. According to the Institute for Women's Policy Research "Fact Sheet" published in March, women's median weekly earnings were only 80.2% of men's in 2009, while the annual salary ratio was even lower. Factors that doctors, nutritionists, fitness experts, and government researchers repeatedly cite as contributors to better physical health and lower obesity risks (i.e. gym workouts, whole or organic foods, organized sports teams) often cost money, so—as the study above demonstrates—those having a harder time accessing them are less likely to reap their benefits. Numerous findings indicate that males are more likely to participate in physical activity, but if a woman having the same employment as her male counterpart makes less money, then investing in a gym membership at an average of $30 to $40 per month would obviously be more of a financial burden for her.

Moravian College senior Jackie Swope also recognizes the issue and explains, "I didn't know companies still discriminated like that. It's really sad that our country still has yet to accept full equality in the workplace, even after women prove themselves over and over."

Thus, while many continue to seek and to work for equality among genders, races, ages, social classes, and other common target areas of discrimination, perhaps they might consider looking beyond the grounds of freedom and justice and expand their focuses toward health-related effects—like those made evident by Title IX's enactment—to support their arguments against discrimination.

Don't miss
Ursinus' Annual Celebration of Student Achievement (COSA)

Wednesday, April 21, 2010
All day event!

Photo courtesy of garfieldmessenger.com
Bruno’s Restaurant: Cheeseburgers in paradise?

By Mac Kilduff
jakilduff@ursinus.edu

Abit away from school, straight down Germantown Pike toward the amazing city of Philadelphia, sits a restaurant that I have been frequenting for over a decade. Bruno’s Restaurant sits on a corner near the stunning Chestnut Hill College and overlooks a portion of calm Valley Green. The outside of the building is very quaint and looks like what it is: a local joint catering to the nice town of Chestnut Hill. Many flock to the area in the spring and summer to get a seat outside on the porch. We even sat on the porch with a dog once and no one paid us any mind; many folks come along from the local trails so pets sometimes lounge outside.

Inside you will find a vintage jukebox with a nice selection of oldies. The restaurant has an old diner appeal to it but certainly has higher quality food. You can take a seat in the booths that sit on top of the checkered floor or takeout. Do not take this article to make it seem like those are your only options but Bruno’s is great for a lunch like this, even if it may be a bit busy sometimes.

Omega Chi and UCARE team up for blood drive

By Jessica Zatwarnicki
jatzatwarnicki@ursinus.edu

This year especially, with the earthquake that hit Haiti in January, Red Cross’ need for blood is extremely high,” Brown stated. The problem is that blood cannot be manufactured; it can only come from generous donors. Amazingly, the American Red Cross provides more than 45% of the nation’s blood supply, with 80% of the donations coming from mobile centers like those at Ursinus College.

Unfortunately, due to the unprecedented heat wave, workers and donors were not anticipating the increased hardships that were linked to the hot weather. Wismer Lobeck’s drive was not equipped with air conditioning so early on in the year, so the heat required the blood drive to shut down early. The following day, the blood drive location was changed to the field house where hopefully cooler air would be able to circulate, but the hot weather won again and the drive had to be cancelled for good.

A little is worth it. Omega Chi and UCARE were able to reach their ultimate goal, they believe that they were still very successful. Lauren Meeley, Community Service Chair for Omega Chi, was still impressed with the amount of blood that their drive could supply. “We didn’t reach our goal for the first day, but we did for the second. Our goals were 60 pints each day. We got 17 pints on Tuesday and 59 pints plus 5 Double Red, which means overall, we saved 228 lives,” said Meeley. Blood is in demand. The American Red Cross tries to maintain a five day inventory of all blood types; however, there is often less than one day’s supply of any blood type at any given time. One out of 10 people admitted to a hospital needs blood, so it is extremely crucial that those who can give do so as often as they can. Blood donation is a gift that keeps on giving, and it is very satisfying to know that you helped contribute to someone’s life. Donating blood is one of the easiest, quickest, and cheapest ways to give back.

Even though unplanned hot weather reduced numbers slightly, Omega Chi and UCARE could not be happier with the support from the community, faculty, and staff. Lauren Meeley was proud of what they had accomplished by saying, “We did what we could, despite the circumstances, and every little bit helps out the community, and that’s all that we can ask for.”

Like writing about music, the environment, clubs and other issues on campus? Interested in writing for the Features section? E-mail elbernhard@ursinus.edu or gipaone@ursinus.edu.

Fields of Study:

Thursday, Apr. 15
The Convergence of Islamic and Jewish Studies in the Nineteenth Century
-Rabbi Ismar Schorsch
@ Musser Auditorium
4:30 PM

Friday, Apr. 16
National Day of Silence
-UC Gay-Straight Alliance
@ Olin Plaza
11:00 AM

Tour of Asia
-Southeast Asian Student Association
@ Wismer Lower Lounge
6:30 PM

Drawing Marathon
@ Ritter Art Department
7:00 PM to 7:00 AM

Wiffle Ball Tournament
@ Reimert Hall
12:00 PM

Sunday, Apr. 18
Carmina Burana
-Ursinus College Choir
@ Bomberger Auditorium
4:00 PM

Monday, Apr. 19
Madame Brouette
-Francophone Film Festival
@ Olin Auditorium
7:30 PM to 9:30 PM

Tuesday, Apr. 20
The Search for Well-Being
-Dr. Martin Seligman
@ Bomberger Auditorium
7:00 PM

Features - 5
"Heavy Rain" blurs video-gaming boundaries

By Mac Kilduff
jokilduff@ursinus.edu

When someone hears of solving murder mysteries in video games, they may think about scouring rooms for hours looking for clues, inventory screens, and a typically dry experience just to find out who the killer is. "Heavy Rain" is not one of those games however.

The game blurs the line between cinema and video games. It doesn’t do this like “Metal Gear Solid 4” feature length cut scenes but rather it invites the player to be part of a cinematic experience. This heavy “interactive drama” is a breed of its own with a deep storyline and involving control scheme. In fact, there’s a deeper issue in it than finding a killer that’s sure enough to get your heart pumping as the game progresses. Its many options allow you to help develop the four characters you control and the storyline to your liking, making each play-through a new experience. In the sense of cinema, this game falls somewhere in between “L.A. Confidential” and “Saw.” It is sure to put you out of your comfort zone but in a way you won’t want to leave.

Actions are performed by following commands on the screen. The commands correlate to the actions, so if your character needs to put a heavy object the player may need to repeatedly tap one of the buttons, or if you need to pick something up you’ll have to look down at it first by pressing down on the control stick and pick it up by pressing up. The game also relies on the controller’s Sixaxis so the player can expect to see swinging and shaking their arms in times of duress. I’m sure most people have, or known someone who has, talked to the TV when watching a movie, maybe telling a character to not go behind a door. With “Heavy Rain” the TV will actually listen to you. But be warned, the game isn’t a walk in the park, there is a possibility of “failing” movements and sometimes this can have dire consequences but creates a nice challenge for the player.

The daunting atmosphere, a rain-soaked and dreary Philadelphia, is beautifully rendered and strays away from the wild locals and large explosions that are now commonplace with many big budget titles. The game delves more into noir so it goes to smaller, “saddened” locations, and these locations are important to the overall feel of this dark drama.

The game relies on partially fixed camera positions, though the player can switch between two angles in these situations to get a full view of their surroundings. Sometimes when moving through locations the camera will switch to a different direction causing the player to adjust their controllers but it rarely creates an issue.

Through simple actions, the player can have a deeper understanding of the characters. Trembling commands on the screen and the ability to listen to the thoughts of the person you’re controlling allows you to get insight to their fears, desires, and overall current feeling. It’s almost hard not to describe the characters as actors. Their body language and facial expression, with the addition of the cast of voice actors, help to put a depth in the experience that more games need to follow. Some voices are a little off sometimes but it’s hardly an issue through the experience.

Overall, “Heavy Rain” is an experience that should not be passed up. While its control scheme and unique gameplay may be hard to adjust to for people who are used to first person shooters and other games, it’s a breath of fresh air with a deep storyline that’s sure to keep you on the edge of your seat. It’s easy to give this game five stars.

Two worlds of Ursinus’ small campus

By Samuel Storz
sastorz@ursinus.edu

It is a well known fact amongst college campuses that alcohol is an amazing social lubricant. It enables you to do things in some social situations that you would have never before thought possible. You meet new people that you wouldn’t have normally talked to sober and it puts everyone in a extremely social mood. However, it does come with its drawbacks. The next day is always so weird and awkward and very few people know how to handle these situations; I am no exception.

This past Saturday, I was talking to a girl for the second time, the first occasion being Saint Patrick’s Day. We were both under the influence of alcohol and the conversation was more or less non-stop. We were talking for a good amount of time, but we eventually said our sorrowful goodbyes. Sunday rolls by and Wimer’s brunch is packed. I was feeling the effects of the night before a little bit, as was everyone else. Now, guess who I run into? The girl. It was only a slight walk-by, but eye contact was made and I had no idea how to react. Should I say hi? Is that weird? Does she think that it’s obvious that we were just two drunkards talking to each other? Does she even remember? Do I even remember? I decided to go with no reaction. We walked by and neither of us said a word or even made a gesture that we remotely knew each other.

I really find it amazing how that happens so often. It’s like two separate worlds exist on this campus. The sober world and the drunk world. The only thing is that the sober world translates very well into the drunk world. If there is a girl that I know a little bit but I’m interested in getting to know more, the drunk world opens doors that the sober world simply can’t offer. We may see each other in the Reimert courtyard one night and things can just take off from there like they never would in the sober world. Having a sober base translates very well into this new world and can lead to good things.

There is risk involved in this transition process though. A drunken encounter can be disastrous. Random hook-ups can be toxic to a good, friendly, and sober relationship making the sober interactions extremely weird. Most people choose to avoid these sober relationships after a situation like that occurs. Some try to pursue but most find it to be a useless endeavor.

The drunk world on the other hand, doesn’t translate at all to the sober world. If you meet someone drunk, it seems like the only way you can talk to them again is to enter the drunk world. Trying to convert a drunken relationship to a sober relationship is damn near impossible. Nine times out of ten, you see each other the next day or the next week, say hey, maybe you’ll try to get a conversation going as well. It almost immediately dead ends and you’re both left there in an awkward silence until someone says, “Okay, we’ll I’ll see ya around...” It’s nobody’s fault, we can’t all be drunk all the time (although some would argue against that). It’s a very tricky game to play and an even harder one to be good at. Maybe I just suck at it, but either way, I would imagine that everyone has had some sort of experience like that.

ATTENTION SENIORS!

Have a few words to say before you leave Ursinus? The Grizzly wants to hear what you have to say! Have advice for current students? Do you have things you wish you knew Freshman year? Do you have favorite professors or clubs you would like to acknowledge?

If so, please send articles of 500-700 words to Opinions Editor, Zach Shamberg at zashamberg@ursinus.edu.

The written word is very powerful. Leave your last statement in The Grizzly!
Ursinus dining offers less than healthy options

By Stefanie Moyer
smoyer@ursinus.edu

If you came to Ursinus in hopes of following a healthy eating lifestyle, you have picked the wrong place. Unfortunately it appears that Ursinus College has not yet taken into consideration the nationwide obesity issues that are on the rise. Currently, 34 percent of adults are obese—more than double the percentage 30 years ago. There are many healthy adjustments that Ursinus food service could make without anyone noticing, yet the students are still waiting for that to happen. For instance, junior Allie Furman does not understand why the yogurt in Wissner is full fat. “They could easily serve low fat or even fat free yogurt and no one would ever notice. The only thing people would notice is that their pants might stop fitting so tightly.”

Another area that could easily be made more health friendly is the salad bar. Rather than having two types of regular shredded cheese, they could change one of them to a fat free or reduced fat cheese. It is unfortunate that many students try to be healthy and do everything they can to avoid the “freshman 15”, but Ursinus is sabotaging their diet. For instance, according to the director of dining services, Scott Dube, “the vegetables are cooked in either butter or oil”, but this is not advertised. Rather, the menu just reads ‘steamed vegetables’. Although many students were raised to believe that steamed vegetables were healthy for us, remind yourself that that is not the case at Ursinus College.

What makes this whole situation worse is that many of the students at Ursinus prefer to eat healthy but the school is not making that possible. At lunch, the Weight Watchers bread is always the first to go, but there is plenty of white bread left. One would think that the food service would recognize this and start decreasing the amount of white bread they supply and increase the amount of Weight Watchers bread. Out of six salad dressings, one of them is usually reduced fat and that bottle is always the one that is empty. If the school is worried about making too many drastic changes for fear of upsetting those who do prefer the least healthy options, then they should at least provide a low fat alternative to most if not all foods. One option include offering half regular salad dressing and half reduced fat. If you are shocked about how unhealthy Wissmer is, then prepare yourself as you continue to read on about Zack’s.

Out of all the meals offered at Zack’s, very few of them are below 500 calories, which is nearly one-quarter of the calories one should eat in a given day and that does not include the side of chips and soda you get to accompany your meal. The meals that do fall below 500 calories are many of the 6 inch classic subs and all the salads, except if you decide to add a dressing or sauce to either one of them. Then, the total calories increase by about 200. When junior Emma Bacharach was told that the buffalo Panini offered at Sandella’s is 590 calories, 31 grams of fat, and 48 percent of the calories come from fat she responded by saying “That’s ridiculous! No wonder everyone gains the ‘freshman 15!’” As an ESS major, she was taken aback that the school is offering such “unhealthy food when America is currently in an obesity crisis.”

So a word to the wise is be mindful that although what you think you are eating at Ursinus College is healthy, most likely it is extremely high in calories and saturated fat.

The songs of senior year: how will it be remembered?

By Zach Shamberg
zashambberg@ursinus.edu

I do not recall what my four years of high school were like. Was I popular? I think I had girlfriends, but what were their names? Did I honestly see “Ocean’s Twelve” three times in theatres? Truth be told, I do not remember a whole lot of specifics. Some might call that a “bad memory”. I call it “trying to forget”.

I do, however, remember the music. Turn on “God Bless the Broken Road” by country singers Rascal Flatts and I’ll tell you everything that happened to me my junior year of high school. Change the dial to “Love’s Divine” by Seal, and I am right back in the middle of my drama-filled tenth grade year. For me, those special songs transport me right back to a much simpler, undemanding time in my life.

So how will I remember my senior year of college when I am forty years old? I will remember the music. Here are my songs of the school year, starting with the strongest candidates and ending with the undisputed winner.

“Hey, Soul Sister” by Train
Who knew the guys behind “Drops of Jupiter” could create something so sweet and sincere? There is nothing complicated about lyrics like, “So gangsta, I’m so thugs/you’re the only one I’mSwaggerin’ off” but that is what makes the song so great. It’s like lead singer Patrick Monahan told his band mates, “Guys, I want you to write a song about a girl like I was back in the sixth grade.” This is the kind of song every guy wishes he had written for his girlfriend.

“Break Your Heart” by Taio Cruz (featuring Ludacris)
How can anyone not love this song by now? When the music kicks in and an absolutely uncanned Ludacris defiantly states, “I don’t think there’s anybody as bomb as me,” how can you not jump out of your seat and move to the beat? The award-winning Phi Kappa Sigma Airband piece featured this song as its centerpiece, so I certainly have a personal connection to Taio Cruz’s dance club triumph. But left to its own merits, this is one of the most honest pop/rap songs of all-time. Why promise everlasting love when you can simply declare, “I might tear you apart/told you from the start/I’m only gonna break your heart”? Bravo, Taio Cruz. Good luck finding a date for the next few years.

“Casimir Pulaski Day” by Sufjan Stevens
Probably the saddest song I have ever heard. It is ideal for a rainy day, a car ride home from the beach, or the moments just after a heart wrenching breakup. Honestly, I’m deeply disappointed that this song will be one of the reminders of my senior year at Ursinus, but life goes on. For the brief period when it just doesn’t seem that way, listen to “Casimir Pulaski Day”.

“Forever Young” by Cash Cash
“Forever Young” by Jay-Z
During my senior year of high school, the producers of “The O.C.” thought it might be a good idea to make the theme of the show’s god-awful third season “forever young,” so they had a little-known indie band cover the song “Forever Young” by Alphaville and proceeded to play it in a few episodes. Four years later, the song gets remixed twice during my senior year by rapper Jay-Z and technopop group Cash Cash. The latter is the group behind hits like “Sugar Rush” and “Party in Your Bedroom,” while Jay-Z is famous for dating that chick from Destiny’s Child (and, uh, rapping occasionally). These two versions of the same song could not be more different. This was a close second for “song of the year.”

And the winner is...

“Lose Control” by Timbaland (featuring JoJo)
When I look back twenty years from now at my senior year of college, I’m going to remember this song. And when I hear this song as a forty-year-old man, I’m going to think of nothing but Ursinus, graduation, and the fantastic times I spent with friends. This pop gem (from producer-turned-rapper Timbaland’s underappreciated “Shock Value II”) is so good that you can’t help but crack a smile when JoJo and Timbaland sing “the way you love me/the way you love me” in perfect, auto-tuned harmony. The song’s lyrics are nothing to drool over, and the message is pretty simple: we understand each other, so we love each other. But the chorus gives me chills every time I hear it, and believe me when I tell you that I’ve listened more than a few times. This song perfectly encompasses my entire year. It is four and a half minutes of youthful, unadulterated bliss. It’s like the first time you fell in love: when you knew, you knew. The first time I heard “Lose Control,” I just knew.

April 15, 2010
Opinions - 7
Flyers clinch postseason with shootout win

By Shane Eachus
sheachus@ursinus.edu

Win and you're in, lose and it is time to clean out the lockers. This is the ultimatum that the Philadelphia Flyers were faced with Sunday afternoon as they took to the Wachovia Center ice for their final regular season contest of the year. Standing in their way were the New York Rangers, an Atlantic Division rival, also facing a win and lose-go home scenario.

With less than 4 minutes removed from the clock in the first period, the Rangers opened the scoring. The words of Flyers play by play announcer Jim Jackson described the situation best, as he exclaimed "You've got to be kidding me!" The Flyers found themselves behind, in the most pivotal game of their season, on home ice at the hands of a Jody Shelley deflection goal. Shelley, who had gone 62 games without a goal during the regular season, found himself with goals in back to back contests, as he had also netted a goal in Friday night's contest between the two teams (a 4-3 victory for the Rangers). With 16:33 remaining in the first period, the Flyers found themselves with a "King" sized mountain to climb, by the name of Henrik Lundqvist.

Over the course of the ensuing 36 minutes of play the Flyers put forth a complete offensive onslaught, registering an astonishing 30 shots on goal in the first two periods of play. Despite the tallies in the shot and scoring chance column, the goal column remained blank. Lundqvist, who finished regulation with 45 saves, appeared to be Briere lead to a one time blast towards his grasp. A well timed All Star goal from Briere that sent Lundqvist sprawling across his crease, and a rebound lying only a few feet from his grasp. A well timed deflection from Matt Carle, corralling the loose puck and firing it past the Ranger's net minder, had tied the contest at 1. Throughout the remainder of the period Lundqvist supplied the Rangers with an additional number of highlight real saves, robbing youngsters James Van Riemsdyk and Claude Giroux on successive shots. And after 60 minutes of regulation, the game had yet to be decided.

The overtime period, relatively unaggressive in style of play, led yet again to no goals, and thus the two teams prepared to settle the Eastern Conference Playoff picture once and for all, via a shootout. Brian Boucher, a former first round draft selection for the Flyers and NHL journeyman, against All Star and Swedish national net minder Henriq Lundqvist, in a shootout, with their team's playoff lives on the line. And after the dust had settled, Boucher and the Flyers found themselves on top. Giroux avenged Lundqvist's poor performance in the third period with a sizzling wrist shot that found the back of the net and gave the Flyers the advantage they would need to send them into the playoffs.

So, with the victory the Flyers have earned the 8th and final playoff spot, which has landed them the 7th seed. With this comes the right to play another familiar foe, the Atlantic Division Champions and No. 2 seeded New Jersey Devils. In the regular season, the Flyers owned the matchup taking the season series 5 games to 1.

Remembering Harry the K; Phillies home cooking

By Matt Campbell
macampbell@ursinus.edu

It's hard to believe but one year ago Tuesday Philadelphia sports fans lost our "Voice." Harry Kalas the Phillies play-by-play broadcaster for nearly four decades died doing what he loved (preparing for a baseball game) on April 13, 2009.

"We have lost our voice," Phillies President David Montgomery's voice cracked as he officially announced that Kalas had died. Harry left a void that could never be filled but baseball always endures and so it did that day.

It was tough for the Phillies but they did exactly what the Hall-of-Fame broadcaster would have wanted them to do -- they played. And Kalas' beloved Phillies beat the Nationals 9-8.

One year later that shocking Monday afternoon feels just like yesterday. Harry's velvety voice booming from the stereo, no more "It's outta here" letting fans know when the Phils went yard and no more "It's a Phillie win!"

HK's death sent shock waves up I-95 to Philadelphia and beyond. It made national headlines on sports broadcasts and newspapers and teams around baseball honored him with moments of silence.

Kalas was more than just a baseball voice. He called play-by-play for NFL games on Westwood One and he was the voice of NFL Films. Kalas' death hit the City of Brotherly Love and the surrounding suburbs the hardest. No more hot summer afternoons with Harry's velvety voice booming from the stereo, no more "It's outta here" letting fans know when the Phils went yard and no more parents teaching their children the game through a unifying voice.

The Phillies continued to honor Kalas by wearing "HK" on their uniforms throughout the season, we sing "High Hopes" after Phillies wins and the team even honored him by celebrating at his new field billboard after they clinched the National League pennant

It might be a year since heart disease took Harry but we will never lose him in our hearts.

Phillies stay Hot in Home Opener

Cole Hamels wasn't stellar for his second-straight start but got some help from his friends on his way to his second win.

Placido Polanco hit a go-ahead single and Chase Utley had a two-run homer to push the Phillies past the Nationals 7-4 in their home opener Monday.

The two-time defending NL champions are off to a 6-1 start, their best since opening the 1993 pennant-winning season 7-1.

Hamels (2-0) earned the win despite another so-so effort. He allowed four runs and six hits in 5 2-3 innings. The lanky left-hander is trying to bounce back following an inconsistent year after a dominant postseason in 2008.

Hamels' counterpart Jason Marquis was worse. The veteran right-hander gave up seven runs (six earned) in 4 1-3 innings on his way to his second loss to the Phillies this season.

Playing without Jimmy Rollins, a late scratch after straining his right calf, the Phillies continued their torrid hitting. They're averaging 7.1 runs and 11 hits per game.

Rollins wasn't the only Phillie bit by the injury bug. Right fielder Jayson Werth left the game after the fifth inning with a hip injury.

The Fightins round out the rest of the week against Washington and host Florida this weekend.

On This Day In Sports...

1947 - Jackie Robinson goes hitless in his major league debut

1965 - NFL changes penalty flag from white to bright gold

1997 - Baseball honors Jackie Robinson by retiring #42 for all teams

To write for Sports, contact Matt Campbell: macampbell@ursinus.edu.

Ursinus Sports this Weekend

Thursday, April 15th
Softball hosts Immaculata, 5:30 p.m.

Friday, April 16th
Lacrosse @ Dickinson, 7:00 p.m.

Saturday, April 17th
Baseball @ McDaniel, 12:30 and 3:30 p.m.

For more information, visit the Ursinus Athletics Web Page.