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The Grizzly, April 29, 2010

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The Grizzly

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Active Minds hosts art fair to benefit mental health

By Gianna Paone
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On Saturday, Apr. 24, Ursinus' Active Minds held its first annual Art Fair outside the Kaleidoscope as part of UCARE's Community Week. In conjunction with Active Minds' goals of raising mental health awareness and eliminating the social stigmas associated with mental illness, art works were available for the campus and surrounding community to purchase to help fund-raise for the National Alliance for Mental Health (NAMI).

Custom clothing, jewelry, paintings, photography, sculpture, sketches, and totes were among some of the many pieces displayed, which included both student and professional works from 25 different artists. The customer turnout was also successful, with an overwhelming number of students attending to support their peers' artworks as well as many faculty and community visitors. Junior Laura Faith, the

fair's coordinator and Active Minds' research liaison, states, "Everyone had such diverse types of artwork, which was awesome," explaining that items ranged from handmade bracelets to clay objects to numerous styles of painting.

For each sale made, 20 percent of the profit was donated to NAMI and 80 percent to the artist. Active Minds was thus able to raise \$243 for donation, and each artist—having made at least one successful sale—got to contribute. The average profit per seller was around \$50, but some made as high as \$100 or more.

"I was really happy to learn that so many students were such good artists," says Faith, who



Sophomore Liz Palovick (above) is shown here selling her work. Palovick is a double major in biology and art. The average profit per seller at the fair was around \$50. Photo by Katie Callahan.

recalls that many of the student sellers weren't even art majors; they were either art minors or others who responded to a campus-wide offer to participate in the event. In other words, as she further explains, more of the artwork stemmed from

genuinely enjoyed hobbies than from school projects.

Face painting and airbrush tattooing were also available, and local vendors from DaVinci's

"Active Minds" is continued to News, page 3.

Students say farwell through Presidential celebration

By Joshua Walsh
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This past Sunday Ursinus bid farewell to beloved President John Strassburger with a farewell performance in Lenfest Theater. President Strassburger will retire this summer after a 15-year tenure.

The performance included excerpts from the UCDC concert, a performance by the Ursinus Wind Ensemble, and a scene from the play "Gilgamesh," which was happily introduced by President Strassburger in a funny and informative introductory short.

The tribute performance also featured speeches from seniors Abbie Cichowski and Aakash Shah. Cichowski reflected on President Strassburger's warmth and kindness to her early in her school career. She recalled how he used

to call her Sarah, the role she had played in an Ursinus theater production. Despite President Strassburger's misnomer, Cichowski took pride in his recognition of her-reflective of the personal attentiveness he has shown toward all of his students.

Shah spoke on President Strassburger's commitment to closing the gap in higher education. He recalled overhearing the President during a discussion of education equity. Strassburger, when overhearing a guest describe how children "floated" to their true potential, took a liking to that verb. Throughout his tenure, the President has sought to create the ideal environment for his students—a place where undergraduates could do what he believes all

"Strassburger" is continued to News, page 2.

UCDC hosts Spring concert in Lenfest Theater

By Ashley McComeskey
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The Ursinus College Dance Company held their annual Spring Concert Thursday, Apr. 22 through Saturday, Apr. 24 in the Kaleidoscope Lenfest Theater.

The concert included six performances, which were dedicated to President John Strassburger for his continual support of the arts. "Each and every piece had compelling moments, great dancers, excellent use of lighting and costume and explored a wide variety of musical genres. There was literally something for everyone in this concert," said Roger Lee, a senior Dance major who has participated in UCDC since his freshman year.

The opening act was a ballet choreographed by Melissa Chisena. In the following piece, senior

dance majors Shakeeta Parker, Danielle Harris, Roger Lee and Danielle Lehtonen offered movement contributions of their own to the performance, which was choreographed by Professor Cathy Young. Young also took part in a duet with Niles Ford, a choreographer and the founder of the Urban Dance Collective.

The audience eagerly involved themselves in the African Dance performance "Cou Cou," which was choreographed by Sekou and Marilyn Sylla. The piece, which is a dance of celebration from Guinea, West Africa according to the UCDC concert program, was lively and colorful and engaged the crowd, who clapped along.

The last performance of

"UCDC" is continued to News, page 3.

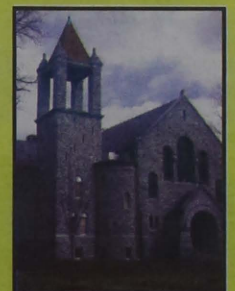
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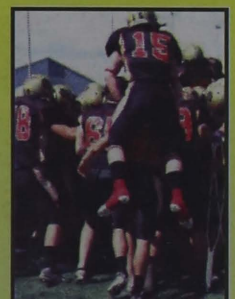
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International News with Lisa: Arrests in North Korea, IWC drafts

By Lisa Jobe
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Sunday, Apr. 18

TEHRAN, Iran – According to President Mahmoud Ahmadinejad, Iran is so powerful “that no country would dare attack it.” Ahmadinejad made the remarks at an annual military parade, where several models of Iran’s medium- and long-range missiles were on display. Ahmadinejad has increased “his rhetoric against the West” because he did not receive an invitation to the nuclear summit in Washington last week. At the summit, 47 nations were represented; among other goals, the summit tried to persuade Iran’s trading partners to favor economic sanctions against Iran. Lately, President Obama has

been asking the UN Security Council to place harsher economic sanctions on Iran because of its “nuclear ambitions.” In his remarks, Ahmadinejad also said that organizations like the United Nations and the International Atomic Energy Agency were ineffective because they were dominated by only a few nations. “The Security Council has openly turned into a tool for the implementation of the policies of a few bullying nations,” he said. (CNN.com)

Tuesday, Apr. 20

BANGKOK, Thailand – Anti-government protesters canceled a march in front of Bangkok’s financial district, after Thai soldiers set up defensive measures such as armed patrols and barbed wire. However, the protesters, known as the Red Shirts, will continue the sit-in that has paralyzed the city. The government and military are reluctant to remove the protesters by force, because using force would likely result in “widespread bloodshed.” The Red Shirts demand that the government relinquish power and hold new elections, and the last six weeks of protests have hurt Thailand’s economy. Worst hit is Thailand’s extensive tourist industry, mostly because

of a clash between protesters and soldiers that took place on Apr. 10 and killed 24 people, as well as injured hundreds more. Bangkok hotels are operating at 20 percent occupancy, when at this time of year they are normally 80 to 90 percent full. (NYTimes.com)

Wednesday, Apr. 21

SEOUL, South Korea – South Korean security announced Wednesday that they had arrested two North Korean agents posing as defectors from North Korea as part of an assassination plot. They had planned to assassinate Hwang Jang-yop, the highest-ranking North Korean defector, who came from North Korea to South Korea in 1997. Mr. Hwang currently lives in secrecy in South Korea under police protection, occasionally emerging to give talks. Mr. Hwang has been harshly critical of North Korean leader Kim Jong-Il.

Mr. Hwang, now 87, once tutored Kim Jong-Il, and has received several death threats. The two agents, who arrived in South Korea earlier this year, were attached to North Korea’s main intelligence agency. Their mission was to track Mr.

whaling, particularly in the Arctic Ocean, for the next decade. The draft is part of a two-year process that will hopefully develop a compromise between pro- and anti-whaling groups.

Commercial whaling was globally banned in 1982, but through claiming exemption and various other loopholes, Iceland, Japan, and Norway continue to hunt whales. Some opponents are already decrying the proposal, but others believe that to attempt to completely ban whaling would be unrealistic, and that the proposal would be a “worthwhile compromise.”



Iceland, Japan, and Norway continue to hunt whales regardless of laws that have been placed to cut down on international whaling. Picture courtesy of wikipedia.org.

Hwang’s whereabouts and kill him, and the agents were prepared to commit suicide upon completing their mission. (NYTimes.com)

Thursday, Apr. 22

ANTARCTIC OCEAN – The International Whaling Commission or IWC has published drafts of proposals that would regulate

would reduce whaling quotas in stages for Japan, Norway, and Iceland, but some hunting of the endangered fin whale and hunting the Southern Ocean, a whale sanctuary, would still be allowed. The proposal would also require whaling boats to agree to be stringently monitored. (BBC News Online)

“Strassburger” is continued from front page.

young adults are capable of and “float” to their potential.

His contributions to Ursinus are innumerable and often immeasurable. He oversaw the construction of the Kaleidoscope, the same building where the art, music and dance students honored him on Sunday, and where countless theater, music, and dance performances have taken place.

He oversaw the expansion of Ursinus from a relatively unknown Liberal Arts College to one of the Princeton Review’s Top 361 colleges and one of Loren Pope’s Colleges That Change Lives.

He championed the cause of diversity on campus by hiring Ms. Paulette Patton and supporting the Office of Multicultural Services. With President Strassburger’s support, the Bridge Program overseen by Patton has improved minority graduation rates from 43 percent to 85 percent over a 15 year period.

At the reception in Lower

Wismar, Cichowski expressed her gratitude toward President Strassburger: “I had so much I wanted to say.” She went on to applaud the student performance.

Another student, sophomore George “Ned” Barringer, said the performance was “amazing” and recounted how President Strassburger’s warm reception of him was one of his fondest memories as an incoming freshman.

Everyone at Ursinus owes thanks to the departing President, whose warmth, wisdom, and passion about educating students has transformed the campus into a nationally recognized institution, and created an environment in which students like Cichowski, Shah and Barringer.

Our President may be leaving this year, but his legacy at Ursinus shall endure for decades to come.

Be sure to read a letter by Dr. Spencer Foreman, President of the Board of Trustees of Ursinus College, about the legacy that President Strassburger has left on News, Page 3.

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the night was "Swing Concerto," which was choreographed by celebrated jazz dance choreographer Danny Buraczeski. Lee said it was his favorite to perform, and described it, "It explores the contrast Klezmer music and Swing from the big band era."

The upbeat swing dance piece was a huge hit— not only with the crowd, but also with the dancers. Instead of having one set cast, the piece was performed by different casts each night of the concert. "The piece includes nine dancers, and I wanted to give as many dancers as I could the opportunity to participate, so I double casted," Young explained.

The piece was directed by Young, and was part of the National Endowment for the Arts grant. The \$10,000 grant supported the reconstruction and performance of "Swing Concerto."

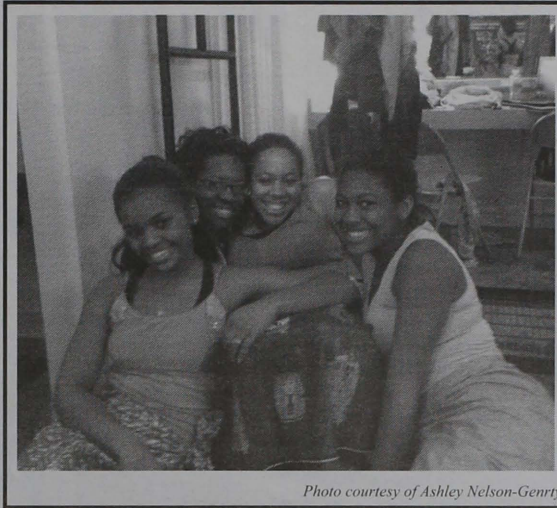


Photo courtesy of Ashley Nelson-Genrty

"Swing Concerto" was also a unique piece because the dancers had been working on it all year. Casting and choreography started in the fall for the Swing dancers, while other pieces generally take a semester to learn.

Lee admitted, "You can never fully master a dance because each time you perform and practice, there is something new to be learned from the experience."

Lee also talked of his experience with UCDC, "I became involved to gain valuable performance experience while working with amazing faculty and guest artists in residency. This was a great addition to the Dance major at Ursinus College."

Before Young and Professor Aiken, who founded the dance company seven years ago, there was only Escape Velocity, "which was much smaller [than it is now]," said Young. There was also no dance or theater department.

Young said, "The best part of my job is seeing the joy in the students; I see them grow, and I see what they get from [dancing]. There were a lot of moments when I saw students go beyond what I imagined, and that's really powerful for me."



Photo courtesy of Ashly Nelson-Genrty

"Active Minds" is continued from front page.

Pub, Lou's Too, Philly Pretzel Factory, and The Trappe Tavern were selling food while others donated baked goods for sale. As a result, Active Minds needed only to supply bottled drinks and could thus raise even more funds for NAMI.

Craigslist, newspapers, and other sources were contacted to encourage professional artists to participate and local residents to check out the artwork being sold. One group of professionals, for example, traveled to campus from North Philadelphia to contribute.

Junior Katie Callahan, who attended the art fair, recalls

how much she enjoyed seeing Laura Faith's father's work. "It was awesome!" she explains.

Faith admits that her idea to hold the Art Fair was somewhat random but that it pertains to Active Minds' purpose because many renowned artists have struggled with mental illnesses. As customers visited various art tables and food vendors, pamphlets and other information regarding mental illness were displayed to encourage further awareness.

Faith, who holds a strong interest in the psychology field, became involved with NAMI when she was searching for 5Ks to run. There, she learned that the organization hosts NAMIWalks: 5K run/walk events held in over 80 communities, according to

NAMI's Web site, to raise money and awareness for improving mental health treatment and recovery care. In fact, on May 1, Faith and some of Ursinus' Running Club members will participate in Delaware's NAMIwalk as they represent schizophrenia awareness.

Active Minds, which was founded in 2001 by a University of Pennsylvania Junior after her brother's suicide followed years of depression and psychosis, has over 300 chapters nationwide, according to their website. Along with the rest of Active Minds, Faith is bothered by the high rate of college-age suicide due to mental illness and explains that the club's general purpose is to reduce the stigmatization tied to mental health and illness

Dr. Spencer Foreman: Counting down the reasons...

By Dr. Spencer Forman,
Chair of the Board of Trustees of Ursinus College

I have anticipated President Strassburger's retirement with sadness, anxiety and foreboding as his health problems developed and he approached his seventieth birthday. All great eras ultimately must give way to the realities of time, but John's was an era greater than all but the founding one of Dr. Bomberger.

John Strassburger came to Ursinus when it was a middling college in southeastern Pennsylvania, little different from the college I knew as a student in the early nineteen-fifties. He leaves it a nationally recognized, top 100 liberal arts college that has caught the attention of the whole world of small colleges. He has done this by conceiving what are deceptively simple strategies and executing them brilliantly.

First, broaden the arts portfolio. By declaring that a liberal arts college should have ample involvement in the arts, John launched a strategy that brought Ursinus a fully renovated and expanded Bomberger Hall for orchestral and choral music performances; a soon-to-be-completed, greatly expanded Berman Museum of Art; and, of course, the fabulous performing arts center in The Kaleidoscope to train students and showcase the theater arts and dance.

Second, sustain and enlarge Ursinus's long term commit-

ment to the sciences. A thoroughly renovated and modernized Pfähler has revitalized the teaching and study of science at Ursinus and kept it relevant for the twenty-first century.

Third, renovate the curriculum embrace a panoramic view of Civilization. The Common Intellectual Experience has innervated the Ursinus curriculum by weaving through all classes and programs a sophisticated look at the roots of Western thought.

Fourth, invest in bringing to the College a faculty of outstanding talent.

Fifth, build independent study and research into the student experience.

Sixth, use student achievement as the benchmark against which everything the College does, must be measured.

Finally, doing all of this while continuing the college's traditional commitment to less affluent communities. Throughout President Strassburger's tenure the Ursinus campus has been transformed, the student body has grown by almost half to more than seventeen hundred, and the intellectual life of the has College soared. Moreover, the tracks were laid for whatever roads his successor will follow.

For those who came to know John and Trudy personally, this changing of the guard is particularly painful, but we are confident that the College and its next President will be well positioned to move Ursinus into the very top tier of national liberal arts colleges.

on college campuses.

The Art Fair was fun but took a lot of hard work," says Faith, "but I'm glad that it paid off in the end for something that really is a good cause." The fair is expected to occur again next year, while Active Minds'

remaining plans for the year include de-stressing activities—encouraged by the



Vendors lined the walkway from the Kaleidoscope to Ritter from 10 a.m. to 4 p.m. Photo by Katie Callahan.

national organization—to help out during finals weeks.

Career Corner: Careers in insurance

By Career Services
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In the simplest terms, insurance is the transfer of risk from the insured to the insurer in exchange for a premium. In exchange for a payment or payments to the insurer, the insured knows that, should some unpredictable ill befall him or his property, the insurer will be responsible for resolving some or all of the problem (depending on the terms of the insurance agreement).

Insurance is big business. Some 1800 U.S. insurance companies offer personal and commercial product lines including basic health/ life and property/ casualty protection as well as a long list of other coverage types ranging from automobiles to mortgages to insurance for insurance companies (known as reinsurance).

Some key jobs in insurance:

Actuary

An actuary predicts the risk to insure people, property, and businesses. Mathematics and

statistics will help you make these decisions.

Agent or Broker

Think of being an agent or a broker as giving advice for a living. You'll tell others how they can best protect their valuables. Then, you'll sell them a policy.

Claims Adjuster

These folks negotiate claims when people lose something by theft, fire, flood, etc. You'll need to be good with people because your job is to be fair to those who the company insures while being fair to the company, too.

Service Representative

The service rep is the liaison between the agent who sells the policy and the company that writes the policy.

Loss-Control Specialist

Loss-control specialists try to prevent accidents and losses from happening by scouting out, say, the shop floor. Knowledge of safety management or engineering and a college degree are generally prerequisites.

Risk Manager

Risk managers advise upper management on the best type of insurance to buy or on how the workplace can be made safer.

Underwriter

The underwriter answers the question: "To insure or not to insure this applicant?" The applicant's exposure to risk generally determines the type of policy offered and the price.

Information Technology (IT)

Every big insurer needs IT experts to manage its information.

It's no accident that ads for insurance companies feature families prominently, as well as objects, such as rocks, that represent strength and permanence. Insurance is all about security—and more than securing investments, valuables, and lives against the unexpected catastrophe. It's about making people feel secure—giving them peace of mind. If you are good at putting people at ease, you're well suited to represent an insurance agency.

Adapted from Wet Feet

Bizarre Foods presents "cantastic" treats

By Cory Kram and Elizabeth Mahoney
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What could be better than sponge pudding?" you might wonder. How about sponge pudding in a can (with some golden syrup, of course)? This week, we decided to try some canned deserts from England, based on the recommendation of Mr. James Harper. We decided to taste Treacle and Spotted Dick, both made by Heinz. They're basically the same thing, but while Treacle is simply sponge pudding, Spotted Dick is sponge pudding with raisins added. First, we tried the Treacle.

Cory: I must admit, I was a bit nervous at first. I had never had a canned dessert before! Anyway, the can was a bit difficult to open. It took a couple people to unlock the power of the treacle. Once opened, I gazed at what looked to be pumpkin pie filling. The treacle smelled like marmalade. To my surprise, it was delicious, especially when heated up. It literally was a solid chunk of tasty. Yum,

so good and very, very sweet.

Elizabeth: The picture on the can was what first caught my attention. It showed a moist and fluffy confection the color of marmalade, and it looked as if it would be delicious. The actual Treacle did not look quite as it had on the can, as it came out can shaped and lumpy. Once we heated it up, it looked much more appetizing, and the taste lived up to my expectations. It was quite sweet, so I would not recommend eating an entire can in one sitting, but it was definitely worth the purchase.

Next up: Spotted Dick

Cory: With a name like Spotted Dick, you know you can't go wrong. I was very excited for this one. When we opened the can, it looked much different from the treacle. Also, the Spotted Dick was absolutely loaded with raisins. I'm not a huge raisin fan, so this was kind of a disap-

pointment. Also, to make matters worse, the raisins were hard and sort of dried out. Overall, the Spotted Dick was enjoyable but not as tasty as the treacle.

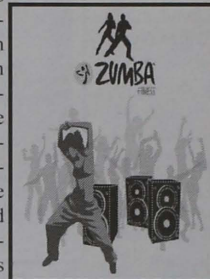
Elizabeth: We did some research on this one and it seems like no one is really sure where the name Spotted Dick came from. Regardless, I was excited to try this since the treacle was so good. This came out in the same shape as the Treacle, but with a slightly different color and a lot of raisins. It tasted much sweeter than the treacle did, almost overwhelmingly so. While we finished all the treacle we finished less than half of the Spotted Dick. If you like sweet foods, you would enjoy this.

This would be good for vegetarians, since there are no traces of meat, artificial colors, flavors, or preservatives. All in all, this was a good treat, and with each can being 4 servings, it was worth the slightly high price of \$5.00 a can. They were both sweet but were still delicious. We give the Treacle \$\$\$\$\$ out of \$\$\$\$\$ and the Spotted Dick \$\$\$ out of \$\$\$\$\$.

Work out and have fun at Ursinus Zumba-Thon!

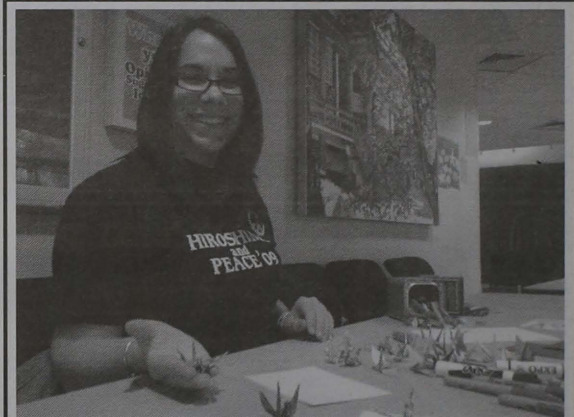
By Audriane Thrasher
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Ditch the workout. Join the party! Join Ursinus College for a Zumba-Thon fundraiser on Sunday, May 2nd from 2 p.m. to 4 p.m. Zumba is a dance exercise program that fuses Latin rhythms with easy-to-follow moves. The fundraiser will be held in front of the Kaleidoscope Performing Arts Center on campus. The cost is \$5 for students and es, and support CHOP!



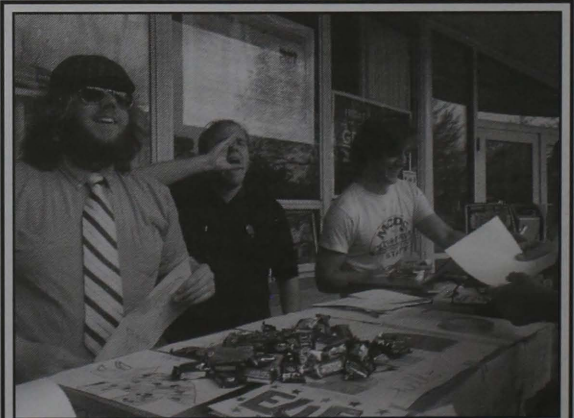
\$10 for adults. All proceeds will benefit the cancer research center at the Children's Hospital of Philadelphia. The event will be broken up into two 45-minute

Zumba sessions with one half hour break in the middle for a raffle and refreshments. Participants can take part in both sessions or just one. Come out and exercise, enjoy yourself, win prizes, and support CHOP!



Claire Peterson (above) sat outside Wismer Hall asking students, faculty, and staff to write messages of peace which will be sent over to Japan with 2,000 hand-made cranes to be displayed in the Hiroshima and Nagasaki Atom Bomb Memorial Museums. Japan Club helped make the cranes that will be displayed with other cranes from all over the world throughout the two museums.

Photo by Katie Callahan



In conjunction with Professor Scranton's Tactics, Media, and Art class Nick Hanford, Sean Rosenberg, and John Corona encouraged students outside of Wismer to express themselves freely. The trio supplied paper, markers, and candy to get the attention of campus. Hanford mentioned the importance of free expression and people should be aware that they have the right to freely express themselves.

Photo by Katie Callahan

Music and diplomacy converge to help alleviate HIV and AIDS

By Bethani Zeller
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Last week, I had the pleasure of listening to two speakers who are involved with the United Nations. They were immensely different people who have the same ultimate goal: to generate awareness and try to alleviate the problem of HIV/AIDS.

One was Jimmy Kolker, who works with UNICEF to alleviate HIV/AIDS and has served as the chief of the HIV/AIDS division program since 2007. Over his 30 year diplomatic career, he has been the U.S. Ambassador to Uganda and, later, Burkina Faso, the global aid coordinator of the state department. He enthusiastically declared that he was a "tribute to liberal arts education" and that that succeeded with the analytic thinking skills that he learned in college. Uganda was a country that was ready to initiate treatments and just needed money to begin. After the approval of the emergency plan, 60,000 people started treatment



Jimmy Kolker.
Photo courtesy of www.unicef.org

sponsored with American funds. Currently, over 4 million affected people receive treatment for HIV/AIDS thanks to funding from the U.S. and from the global fund. Seeing the success of this program changed Jimmy's life.

Over the course of his career, Jimmy has watched the cost of HIV treatment change from \$20,000 per child per year in 2004 to \$200 per year and has seen pediatric aid coverage increasing by 30 to 40 percent each year—but there is still much

work to be done. Only 12 percent of families who are affected by AIDS get any kind of outside help whatsoever, and in Africa, twice as many women as men are infected with HIV/AIDS. AIDS-driven responses are not and cannot be AIDS-exclusive. He explained that it is necessary for the movement to use its momentum to confront other problems, such as poor healthcare systems and other relative issues.

I asked him, "What series of experiences and events led you to become a US Ambassador, and what advice would you give to someone who wants to be an ambassador?" I learned that he was a recipient of the Watson Fellowship and, after travelling through Africa, he longed to go there again. To achieve this, he joined the Foreign Service, which later led him to the promotion of becoming an ambassador. "Around 70 percent of U.S. ambassadors come from Foreign Service," he said. His advice to all who aspire for an international career was:

"Do what you like!" because when you do something that you like, you will do a better job and come off as doing a better job. He emphasized that it is not what you have accomplished globally but, rather, how and with what passion you have taken advantage of the opportunities available.

The other special guest was Sufi rock star Dr. Selman Ahmad, who is a Goodwill Ambassador



Selman Ahmad, musician and U.N. Goodwill Ambassador.
Photo courtesy of www.egu.edu/pages

for the U.N. and whose band, Junoon, has been called "The U2 of Pakistan" by The New York Times. He wished for the audience to always remember that "the Whisper in the heart might not have wings, but it has the power to fly." His band's name means obsessive passion, and in Pakistani, it actually means crazy. His music has focused and succeeded on raising awareness about HIV/AIDS and has spoken on the power that pop culture has to change a nation. He ended the evening with a tingling and moving performance of the Beatles song "Imagine."

Although both speakers have led very different lives, they each ensured the audience that by focusing their passions and ignoring discouraging voices, they could achieve their dreams. The audience left the small room basking in an atmosphere of the confidence that passion can take them farther than ever imagined.

Professor Mudd's CIE III class explores happiness and the UC student body

By Gianna Paone
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One of Ursinus' recently offered CIE III courses, *Happiness Is...?*, surveyed the student body in an effort to learn about the levels and determinants of student happiness at Ursinus. The entirely optional survey, which was conducted last semester, inquired about personal, campus, and home lives, and the responses by the 361 students who participated produced interesting results.

Specific questions focused on each student's class year, gender, grade point average (GPA), financial burdens, hometown location, major, physical activity level, relationship status, and extracurricular involvements—specifically, those of academic organizations, athletics, community service, Greek membership, and religious affiliations. Answers were then compared to how students ranked their happiness levels using a 1 to 10 scale rating.

Of the 361 respondents, 285—or about 79%—of them reported being "quite" or "very" happy. When rated, the average level of student happiness was 7.07 out of 10. In terms of gender, females ranked themselves as



Photo courtesy of open.salon.com

slightly happier, averaging a 7.137 compared to males' 6.938.

GPA assessment showed more considerable results, where students having GPAs below 3.0 or above 3.5 expressed being less happy than those with GPAs between 3.01 and 3.5. Students in the class suggested that having a 3.0 or lower GPA would prevent students from feeling good about themselves or could cause disappointment from being less successful among a community of scholars, while those with 3.51 to 4.0 GPAs may be dissatisfied—despite their commendable grades—with the extra hours spent on schoolwork.

The academic majors with the highest happiness levels expressed were, in the following order, Exercise and Sports Science (ESS), Physics, Environmental

Studies, History, and Dance, though when the four majors with the largest number of respondents were ranked instead, Business and Economics reflected the highest expressions of happiness, followed by Biology, then English, and then, finally, Undeclared majors. Overall differences, however, were rather small, with happiness in terms of major spanning only between 6.4 and 7.9.

A hypothesis that some students proposed was that ESS and Dance majors—both reflecting high levels of happiness, according to the survey—are more likely to take classes that involve movement and, thus, to reap the benefits of physical activity as opposed to sitting in a classroom. Interestingly enough, students' self-assessments of their physical activity levels reflected that the least active students were associated with an average happiness level of 5.77, while those who were most active averaged between 7.4 and 7.6.

Athletic involvement may, likewise, indicate physical

activity as conducive to happiness; however, some of the CIE students also proposed that happiness could be associated with the joys and successes of an athletic career. With a ratio of 89.25% to 74.6% in terms of being "quite" or "very" happy, both varsity and intramural athletes reflected heightened happiness over their nonathletic peers.

Making the same comparison for Greek organizations, a similar relationship was found: 88.4% to 76.6% Greek to non-Greek happiness. Many of the CIE students suggested that the moral responsibilities to Greek brothers or sisters or to teammates in terms of dependability could contribute to a student's sense of meaning and purpose, which—they explain—recalls the Aristotelian term linked to happiness from such a sense: "eudaimonia." Expressing happiness levels above the student respondents' average as well as that of athletes, those associated with religious organizations had an average rating of 7.5833, again suggesting the contributions of social involvement to personal happiness as a student.

Perhaps not surprisingly, happiness ratings were lower when associated with perceived financial hardship, expenditure

cutbacks for the student's family, and expected debt from college tuition. They were also lower among those who claimed to originate from the mid-Atlantic region of the U.S. when compared to those from the south, west, and northeast regions.

Finally, while students in romantic relationships did not appear to be substantially happier than those who were not—expressing average happiness levels of 7.155 and 7.014, respectively—those who were not in relationships and claimed that they wished to be were less happy (6.933) than those who did not (7.411).

Many circumstances suggest that the results are extremely rough estimates; they only reflect 361 students out of a population of over 1600, and there is no way to determine which majors, organizations, etc. encompass the most students likely or least likely to fill out a survey. Nonetheless, the results offer a variety of interesting insights to consider, especially when focused under the light of the original CIE questions of what it means to be human, how humans should live their lives, what the universe is, and what our place is, as humans, within it.

Class of 2010 Spotlight: Seniors reflect on UC memories

By Roger Lee
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Dear Ursinus Community,

Although graduation is a few short weeks away, I feel that I will never truly leave this place. It has been a home away from home for me the second I stepped on campus for my first tour and will continue to be after I receive my diploma.

Ursinus has helped me find myself as an artist, academic and individual. Looking back over the last four years, I can proudly say that I have tried new things, taken leaps of faith and explored

all that college has to offer. While each year had its own milestones, heart-breaks and success, they all taught me some important life lessons.

Freshman year I came

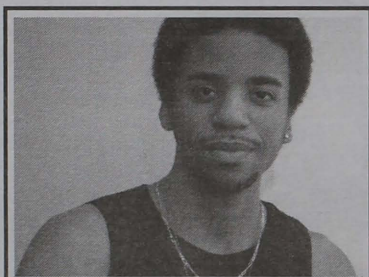
in as an art major. I thought I had my life plan set; continue drawing, painting and dancing all throughout college; period. I thought that the arts were my only passion and that Ursinus was just another place to develop my technique. By the end of the year, I realized that I had other interests that deserved to be explored. Thus, I declared a double major in Media and Communication Studies and Dance. Two of my best friends and roommates were extremely supportive in my decision and promised to stand by me as roommates for sophomore year.

After leaving BWC, I ventured over to North as a sophomore. My best friends and I secured a suite thanks to a lucky lottery number. God must have known I needed a single in advance because I was injured by early November. After a freak dance accident, I was having difficulty walking and needed reparative surgery. The recovery was one of the roughest times of my life and having a single helped me hide my suffering. In the midst of the storm, I still stayed faithful, assisted with clerical duties in the dance department and began exploring my love of writing. By the end of the year, I was offered the Features Editor position at the *Grizzly* and began writing more often. Sophomore year brought forth a lot of pain and suffering but it also developed my other in-

terests in the midst of the storm.

Junior year I recovered from my injury and was back dancing. I was in the men's piece for UCDC and it really challenged me both mentally and physically. I got over my fears of becoming reinjured and learned to just dance from my heart. I felt like a beginner in dance again, learning to move in my body safely and more efficiently. I continued writing and became a more involved with the social life of Ursinus and growing.

Senior year felt like three semesters—I was a part of the 2009



Roger Lee. Photo by Liora Kuttler. © 2009

Summer Fellows Program, worked as a Bridge RA and became an RA for Musser. I had the best summer of my life,

exploring my artistic passions, working with incoming freshmen, and training to oversee the largest house on campus that is home to over 50 students and teaching assistants. It was a rewarding summer that prepared me for this whirlwind senior year!

This year I had the opportunity to work with brilliant guest choreographers in UCDC, travel to Erie PA to perform in the American College Dance Festival, and dance the lead role in Danny Buraczkeski's 1993 classic *Swing Concerto*. Aside from UCDC, I worked on honors in the dance department, completed my Media major and found time to dance off-campus as a soloist for *West Chester Dance Works*. I couldn't forget about writing—I still contributed to the *Grizzly* and a series of dance, fashion and pop culture online magazines.

Each year at Ursinus brought forth a new challenge and a new victory. Senior year is the hardest because you have to balance your Ursinus life with life after school. However, it is all well-worth it in the end. Looking back on it, these have been the best four years of my life. I will forever be grateful of the close friendships I have made here and the priceless experiences that I will never forget. So thank you Ursinus for making this an enjoyable stay! I will not say goodbye, but will simply prepare for our

By Jessica Zatwarnicki
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With only a few weeks left at Ursinus I cannot believe that my college career is really going to be coming to an end. I never believed others when they said that my four years at college were going to fly by, and they were not kidding. After talking about my experiences with my closest girlfriends we have all come to the conclusion that freshman year was by far the best and if we could do it all over again, we would in a heartbeat. It is not just because freshman year is new and exciting, but there were definitely some instances that were once in a life time opportunities and I believe Ursinus was at its prime with allowing students to have fun.

One great event that happened during my freshman year was being a member of the Ursinus College field hockey team that won its first National Championship. The sights, sounds, and excitement can never be recreated nor expressed appropriately to other people who did not have a chance to be on the team or a fan witnessing the action. Even though every year afterward on the team has been just as rewarding, and we had accomplished many great things, actually being able to run across the field in triumph and proving that you are the best in Division III field hockey is the most gratifying feeling. It rein-

forces all of the hard work and dedication that you have put forth during the season. We have come so close during my next three years on the team, but have not been able to fulfill this aspiration again. I can only hope that in the years to come that the Ursinus Field Hockey team will be able to continue remaining one of the top programs in the country and hopefully regain another National title.

Other great memories that I have had at Ursinus, and specifically during freshman year, is meeting a new group of girls who have later become my sorority sisters. I never would have in a million years thought

that I would join a sorority, but I realized that it has been one of the best decisions that I have ever made in my life. I had the opportunity to be exposed to a whole other group of people who I may have never associated myself with simply due to the fact that I was so involved with field hockey. I also got to meet other sororities and fraternities during the

social events that we would have together over the weekend. I will never forget the trek from BPS to 942 where Delta Pi used to reside. It was the ideal house for social events and was just something that my friends and I would look forward to. It is kind of a shame that Ursinus is trying to eliminate Greek life entirely; starting with



Photo courtesy of Jessica Zatwarnicki.

evicting the fraternities out of their home at 942, to more current events with the loss of charters from sororities due to the New Member Education process.

I have to say that all in all I have had a good experience during my four years at Ursinus and that is all due to the faculty and staff, my field hockey team, sorority, and three friends that will be in my life forever. I hope that Ursinus does not change too

much over the years because I think that people want to come to a small liberal arts school to get all that they can out of their college experience. Limiting student's choices could become detrimental and I just hope that other people can have the opportunity to have an enjoyable college career like myself.

By Holly Brizell
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For a long time, I actually did not think that I mattered to many people on this campus but I was

even know took the time to talk to me and write messages of support and encouragement, and all of my teachers were so helpful. During homecoming, the USGA and all of the organization lead-



Photo courtesy of Holly Brizell.

ers decided to donate the money they raised to my family which was incredible and unexpected. Also, the brothers of Sigma Pi held a benefit concert for my family. It was through all of those acts of kindness and knowing that there were so many people who believed in us that my family and I were given

the strength and support that we needed to make it though. Words could never describe how grateful my family and I are for everything that Ursinus teachers, faculty and my friends and fellow students did for us but I did want to say thank you to everyone once again. UC will always hold a special place in my heart, so thank you from the bottom of my heart UC and congratulations class of 2010!

Look for the
2010 Ruby
Yearbook
during the
Grad Finale
tomorrow
10a.m. to 4p.m.
in WLL!

Senior Farewells (cont'd)

Laura Gurenlian
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Dear Class of 2010,

I recently was a victim of someone else's identity crisis. It made me realize how protective people are of our identities and how eccentric, hurtful, and malicious people can become when they feel their identity is in jeopardy. Although the issue was resolved, the experience still remains with me. As the senior class approaches our graduation, I wonder how we will respond to the identity crises that we are all about to experience. Some of us were ready to leave the moment we got here (this would be me), others will never leave (mentally and emotionally), afraid or not wanting to move on. For many

more the timing couldn't be more perfect. Regardless of where you stand, graduating will be bitter-sweet... especially for me.

I knew who I was and what I wanted before I came to Ursinus. For some people figuring out who they are and what they wanted, an identity crisis in itself, was the whole point of college. I think for most of the class of 2010, struggling to find a job in such a terrible economic climate will not prove to be the more difficult task compared to leaving behind the people we have grown accustomed to seeing everyday and caring about. Ursinus is a great school academically, but its aspiration for scholarly excellence is not what makes this school distinct, it is the PEOPLE here that make it special. It is my relation-

ships with faculty (particularly the biology department), faculty families, the softball team, my coaches, my best friend and my peers that I am deeply grateful for and will dearly miss. It is these relationships that my identity, here at Ursinus, has been built around for four years and upon graduating it is this part of me that will struggle with the future the most.

And so while we go through these identity crises, I offer some words of advice, encouragement, as well as responsibilities. I believe that we have a duty to society to be the best people we can be. We cannot expect the best of others until we demand it from ourselves. That being said, in EVERYTHING (jobs, relationships, activities) you do strive not for perfection, but for excellence, not wealth, but success, not courage, but character, not just effort,

but hustle, not instant gratification, but long-term satisfaction, not appearance, but elegance

and grace, and most importantly not being right, but DOING what is right. You must not build your foundation, your future, upon sand (lies, greed, ego, lust), but upon rocks (honesty, integrity, responsibility, truths). You cannot fail if you do this.

By building yourself upon "rocks" and associating with people who do the same you cannot fail because those who are the most important in your life will be those who want you to succeed. Failure implies that you give up. As long as you maintain the correct foundation, you cannot fail if you keep trying.

"Belief in yourself far outweighs the doubt of others. If you believe you can, you will." It's as simple as that: believe in yourself, then do. Everyone graduating is walking out of this school with the knowledge, now we must act; now we must believe.

I am looking forward to encounters with my peers in the

future. I am sure that some of us will be more successful than we thought possible, while others may lose their way.

What I hope is that everyone is able to move past their identity crises unscathed and without wounding others. We must remember that graduating is as much a time of "good-byes" as it is for "hellos" and while it's important to maintain and encourage the relationships that already exist, we must be prepared to make others and allow them to grow.

I am honored to be a member of this class and school. Thank you and congratulations, Class of 2010!

Sincerely,
Laura Gurenlian

P.S. I have, without a doubt, the best family, fiancé, friends, and softball team that a person could ask for and I'd just like to thank them for their unending support. I love you, always and forever.



Laura Gurenlian (right) with fellow senior Lauren Davis-Macedonia.
Photo courtesy of Laura Gurenlian

Video Game Review: "Aliens vs. Predator"

By Mac Kilduff
jakilduff@ursinus.edu

Have you ever walked through a dark place and felt eyes peering at you, or maybe heard something and thought "Is something there?" Well in this game there probably is and it probably wants to eat you or use you to spawn its young...

"Aliens vs. Predator" is out for multiple platforms and is definitely worth a look. The game isn't really a sequel but rather a revival of the previous AvP games. After a couple of tanked attempts at "Predator" games it's nice to see this style come back. It's also not a movie game since the previous games in the same style predate the "AvP" movies and this game has nothing to do with those games. To get it out of the way: the graphics are pretty good, and the sound is phenomenal.

The player starts out with choice of which species they want to play as: Marine, Alien or Predator. You can select another species after completing a level so you can progress the game one step at a time. Each species get different parts of the same story and they all tie in with each other but the story, however, is lacking. There's

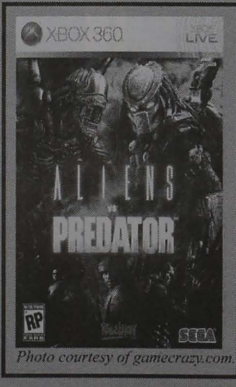


Photo courtesy of gamecrazy.com

more to learn from the Marine storyline than the others and even that is slow and not engaging.

Because of the difference in each species, it's like having three games in one. Some basic controls remain constant but the experience is unique. The Alien campaign is stealthy, while the Marine campaign is a brawl and the Predator campaign meets in the middle. Each species has its strengths and weaknesses so you need to learn to adapt to each one.

The atmosphere of the game is straight out of the "Aliens" movies, providing you with a dark, immersing experience. The Marine campaign makes use of this and keeps you on

the edge of your seat. There are moments when your motion sensor will go off and nothing will show up, while other times Aliens will sit in the darkness and wait for you. Rather than making the Marine a rampaging shooter with tons of enemies, they make you feel like you are the hunted and you have to stay on your toes.

The Alien campaign makes you a hunter, utilizing darkness and your ability to climb on any surface. Sometimes the game has issues transitioning and it may be hard to get used to dropping down

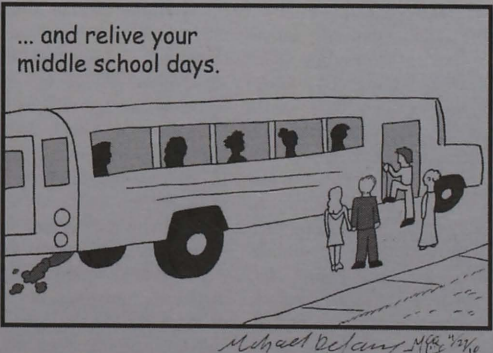
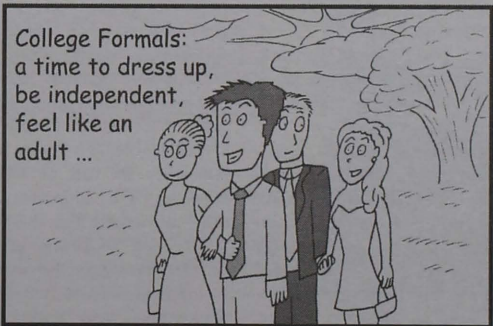
next to enemies but it still provides you with a unique experience not seen in other games.

The controls are a bit different and can sometimes throw the player off. The attacks for the Aliens are not on the typical trigger location but rather are on the bumpers (R1, L1 for PS3 users). The controls aren't too hard to get used to but you may find yourself having to change up your style a bit from other first person games.

"AvP" is one of the most graphic games I've played for a while. As an Alien and a Predator you'll often find yourself sneaking up on unsuspecting marines, or knocking them to the ground, allowing for a finishing move. The finishing moves are gory and intense to say the least. Some involve removing of heads and spines and others are even less forgiving.

The game can seem repetitive at times but attempts to keep things fresh. The Predator has the advantage of fighting marines and aliens keeping things a little more open for the player and giving them more to work with. But the bright side is that once you complete the campaign there's a multiplayer option as well.

The game may only be fully appreciated by fans of the series. It's still enjoyable despite its issues and certainly has an advantage over other games with its three different experiences. In the end, as a fan, I'd have to give it an eight out of ten.



Michael DeLong MEd '10

Ursinus College mourns the loss of a legend

By Shane Eachus
sheachus@ursinus.edu

On April 27, 2010 Ursinus and the greater Philadelphia area said a sorrow filled goodbye to one of the winningest and most successful coaches in the 140 years of the College's history. Ray Gurzynski, age 94, passed away on April 22, 2010 at the Brightview Assisted Living community in East Norriton Township. Mr. Gurzynski will leave behind a legacy, superior to most, having touched the lives of many at Ursinus College with his more than 40 years of involvement in Collegeville.

A 1939 graduate of Ursinus, Gurzynski won varsity letters in Baseball, Football, and Track and Field as an Undergraduate student athlete. As a Bear, Mr. Gurzynski experienced a great deal of success in athletics, most notably he was able to win two watches, given only to overall event champions, at the University of Pennsylvania Relay Carnival, the

oldest and most prestigious track meet in America. A member of the Ursinus College Hall of Fame, Mr. Gurzynski coached the football, cross country, and track and field teams in his tenure at Ursinus, in addition to his role as a professor in the department of Health and Physical Education.

Gurzynski served as an assistant coach with the football team for several years prior to 1950, when he was promoted to head football coach, a role he filled for 9 seasons with the Bears. During those nine seasons as the Head Football coach, Mr. Gurzynski coached a number of successful players including the likes of the late Kenneth Walker, who the trophy for Most Valuable Player of



Photo courtesy of UC Athletics

the annual Ursinus College homecoming football game is named after. A teammate of Walker, Mr. Ben Maliken is still involved heavily in the Ursinus Community as well as remaining an avid supporter of the Ursinus Football program. Mr. Maliken was reached for comment regarding the passing of his former coach.

"He was a true gentleman, all the way around. He was a family man, and a good man, and

he will be missed by the community and the college," Maliken said. He went on to say, "He was the reason I came to Ursinus, and he played a big part in my future."

During his time as a Cross country coach, Gurzynski compiled a record of 103-22, leading two of his teams to undefeated seasons, while winning two Middle Atlantic Conference Championships. As a track and field coach Gurzynski truly made a mark. Again, his track and field teams were twice the Middle Atlantic Conference champions and ran their way to a remarkable four undefeated seasons. Perhaps the greatest honor for Gurzynski came in 1981, when he was elected to be an honorary official for the collegiate division of the historic and prestigious Penn Relays, a role only granted to some of the most highly ac-

credited and respected members of the track and field community.

As Maliken said, Mr. Gurzynski will surely be missed by the entire Ursinus community; however he will not soon be forgotten. His legacy as a remarkable man and coach will live in the Ursinus record books for years to come.

On This Day In Sports...

1892 - Charlie Reilly is baseball's 1st pinch hitter

1936 - 1st pro baseball game in Japan is played. Nagoya defeats Daitokyo, 8-5

1961 - ABC's "Wide World of Sports," debuts

1981 - Phillie Steve Carlton is 1st lefty to strike out 3,000 batters

1986 - Boston Red Sox Roger Clemens strikes out 20 Seattle Mariners

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

Senior Spotlight: Mark WorriLOW, Football

By Matt Campbell
maccampbell@ursinus.edu

After earning himself the Outstanding Young Professional award at COSA last week, he realized how much his hard work had finally paid off.

"Ursinus signifies for me a gateway that has lead and guided me to my life's greater ambitions," explained newly-retired Ursinus Football player Mark WorriLOW. "It has inspired me in more facets than just academia or athletics. I have met and conversed with influential faculty members, fellow students eager to make their mark on the world, as well as active community members in the surrounding Ursinus area. I will take the experiences I have gained from my four years here as tools to make as significant an impression as possible upon the world that awaits me outside Ursinus."

The Wilmington, DE, native who majors in Exercise and Sport Science was a starter for a feisty Bears defense since 2007. Coming in from the Charter School of Wilmington, he looked to not only thrive on the field but in the classroom as well. Knowing that Ursinus had a football team that was supposed to be rebuilding in 2006, he braced himself for the stiff Division III competition.

The Bears ended up going 8-3, earning a berth in an ECAC Bowl

Game against Widener University.

When asked if this was among his best memories of his time on Patterson Field, WorriLOW replied: "The entirety of my career as an Ursinus Bear makes up a timeline of very fond memories. Instead of focusing on isolated events, I instinctively think about the day-to-day of being a football player and the bond you share with the guys around you. Whether it was joking around with teammates before practice, bus rides to away games, or long summer camp practices, they each play a special role in shaping how I remember football at Ursinus. However, if I had to choose the most memorable times, I would say beating Dickinson in overtime freshman year, the overnight in the mountains at Juniata, and the kick that went 'Wide Left' at Johns Hopkins this past season."

WorriLOW became a force on the defensive side of the ball, becoming a relied-on cornerstone of the system. Going from a below-average football program in high school, and making that jump to the division II level would normally make some players hesitant. So how worried was he stepping in as a starter his sophomore season?

"I wasn't worried at all. Sure there were butterflies, but my experience playing collegiate football was nothing short of unfor-

gettable. The opportunity to play competitive football for four years at the collegiate level is a rare and unique chance, and I am grateful for the benefits it has provided me both on and off the gridiron."

Besides playing for the black-and-gold, WorriLOW has accomplished many goals during his four wonderful years at The U. As the President of Phi Epsilon Kappa (Exercise and Sport Science Honors Society), he was also nominated for the 2009 National Scholar-Athlete Postgraduate Scholarship Award. He's found himself on the Academic Dean's List during Spring 2009 and Fall 2009, chosen for the 2008 Philadelphia Inquirer Academic All-Area Football Team, and traveled to Mexico to take part in the 2008 DIII Football USA All-Star Team Tazon de Estrellas Bowl.

But no matter where he travels or where he plays, the soft-spoken Delawarean knows that Ursinus has become his home away from home. "Besides all of the wonderful

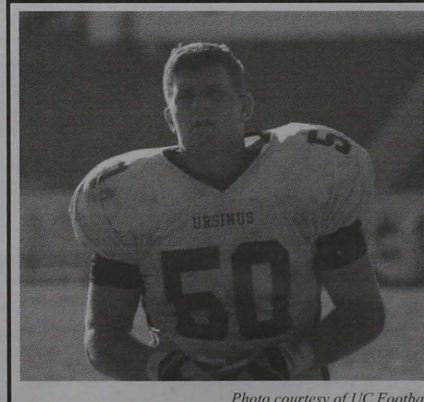


Photo courtesy of UC Football.

things associated with living on the Ursinus College Campus, what I cherish most are the friendships I have made," WorriLOW said. "I have lived with the same friends on campus for four years, and it is uncommon to find that kind of loyalty and companionship. The campus fosters a chance to make friends that you will have well beyond your years at Ursinus."

Mark WorriLOW's future plans after graduation are still a bit uncertain, as are many of ours, but he would love to get into the field of physical therapy. With his work ethic and attitude he'll be sure to be successful somewhere.

Now, if we could only do something about those butterflies.

Make sure to look out for another Senior Spotlight in next week's Grizzly!

Ursinus Sports this Weekend

Thursday, April 29th
Men's Tennis at Albright,
3 p.m.

Friday, April 30th
Men's and Women's Track & Field Centennial Conference Championships

Saturday, May 1st
Women's Lacrosse vs. F&M at Gettysburg at 3:30 p.m.
Centennial Conference Semifinal

For more information, visit the Ursinus Athletics Web Page