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The Grizzly, January 26, 2012

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Ursinus celebrates Dr. King’s life

Starting on Jan. 16, the college honored this year’s Martin Luther King, Jr. Day, celebrating Dr. King’s life and legacy by conducting a week-long series of events and activities to honor the civil rights pioneer. As they have done every year, the Student Activities Office and Campus Activities Board coordinated and sponsored events held on Monday, Wednesday, and Friday of last week while UCARE capped the week’s events with a day of service at the hunger relief organization Philabundance in South Philadelphia. The candlelight vigil was held Monday evening at the Unity House and the performance that followed by activist and poet Rudy Francisco in Wismer Lower Lounge were coordinated by the Student Activities Office and the Campus Activities Board, respectively. The CIE program sponsored two airings of Dr. King’s “I Have a Dream” speech in the Kaleidoscope on Monday as well. Director of the Student Activities Office Todd McKinney estimated that about 150 students went to see Francisco perform and did not let him leave until well after 11 p.m. McKinney said that students asked questions of Francisco, the 2010 Individual World Poetry “Slam Slam” Champion, and he spoke to them about the power of self-expression and “making that first step to letting the world hear your voice.”

Wednesday, from 12 to 1 p.m. in Wismer Lower Lounge, musician Mark Rust accompanied himself with an acoustic guitar and sang songs from the civil rights movement, including among others, “On My Way to Freedom Land” and the Bob Dylan song, “Blowin’ in the Wind.” This was Rust’s third time performing for Ursinus’ celebration of Dr. King. Friday evening, pop violinist Josh Vietti, who has appeared on the Ellen DeGeneres show, performed at the Kaleidoscope as part of a program organized by the African Studies/American History Special Interest House.

Liz Cannon, Assistant Director of UCARE, helped organize Saturday’s service opportunity for students in honor of Dr. King. “The day of service is actually on King Day,” she said, “but since that’s our first day of class we still wanted to do something that gave students the opportunity to participate.” Cannon is also Bonner Coordinator, and explained the Bonner Leaders’ cooperation with UCARE, the Ursinus Center for Advocacy, Responsibility and Engagement, in planning and carrying out this year’s service opportunity at Philabundance. “Last semester [the Bonner program] held a hunger month,”

CAB sponsoring new spring events

The Campus Activity Board, or CAB, is sponsoring numerous activities both on and off-campus during the spring 2012 semester. Sixteen events have already been confirmed for this spring, including community day, swing dance lessons, musicians, hypnotists and comedians. Additionally, more than a dozen other activities are tentatively scheduled, including a Dave and Busters trip, a bowling excursion, along with movie screenings.

CAB handpicks its entertainers from the National Association for Campus Activities, or NACA. NACA’s regional conferences allow colleges to preview hundreds of artists who can be booked for college appearances. During the first week back for spring semester, CAB was already busy hosting events.

On the first day of classes, spoken word poet world champion Rudy Francisco discussed topics ranging from love to race relations to commemorate Martin Luther King Jr. “It was a really great event and we had a large turn-out that seemed to truly enjoy the show,” said CAB president Elizabeth Burns.

Pop violinist Josh Vietti was brought in to kick-off the first weekend back, performing in the Lenfest Theatre on Friday night. CAB also organized a black light mini-golf course in Lower Wismer to offer students a non-alcoholic weekend social event on Saturday night. This spring students should expect more off-campus activities in comparison to past semesters. As the weather warms, CAB plans on organizing a day-trip to Washington D.C. Another off-campus excursion includes a trip to the Adventure Aquarium in Camden, New Jersey to explore sea life. Also new to the activities schedule this spring is magician Mat Franco, who will be making an appearance on campus on Jan. 27.

To celebrate Valentine’s Day, students can make their own stuffed animal for their sweetheart at the CAB sponsored Build-a-Bear event or attend a chocolate tasting event with their
Rescue efforts halt in Italy, Egyptian speaker named

Prison Time For Activist

Thursday, Jan. 19

BEIJING, CHINA -

A court in China has sentenced Li Tie, 52, a writer and human rights activist, to ten years in prison for subversion.

Rescue Suspended in Cruise Wreck

Friday, Jan. 20

GIILIO, ITALY -

Rescue workers were forced to suspend their search of the wrecked cruise ship Costa Concordia on Friday, after the ship moved, causing unsafe conditions.

Al-Katatni Named Speaker in Egypt

Saturday, Jan. 21

CAIRO, EGYPT -

The Muslim Brotherhood has won the largest share of seats in parliament in Egypt's first free election in decades. Saad al-Katatni, a leading Brotherhood official, was also named speaker of the assembly.

EU To Take Action Over Iran

Monday, Jan. 23

IRAN -

The European Union announced Monday that it will cut off the import of Iranian oil and freeze assets in an attempt to halt funding for Iran's nuclear program.

The sanctions freeze the assets of Iran's central bank in the EU and ban the importation of Iranian oil into countries of the EU.

The sanctions also ban EU countries from exporting petroleum-related equipment and technology to Iran, and from trading diamonds and precious jewels with Iran.

The sanctions were implemented because Iran continues to defy United Nations resolutions regarding its nuclear program, said an EU spokesperson.

Tehran has also threatened to close off the Strait of Hormuz, the only passage in or out of the Persian Gulf.

The United States and other Western diplomats have been forced to walk a fine line with Iran, working towards a plan that places economic pressure on Iran but does not force the prices of crude oil around the world to increase.

Alumnus loses battle with cancer

A 25-year-old Ursinus alumnus lost his battle with sarcoma cancer on Monday, Jan. 16.

Jordan Baumeister, a Media & Communication Studies major, was described by faculty as an exceptional student and individual.

“He was the kind of guy who was really engaging,” said Associate Dean of the College Jay Miller, Jordan’s former faculty adviser. “You had to like Jordan; he just had that kind of personality.”

Jordan was described similarly by his coworkers at NBC 10 in Philadelphia, where he served as a production assistant.

Morning news producer Michael Pecker told the Daily News that Jordan was “a gentle, considerate person [who] lit up a room, bringing energy and a light that stood out.”

Jordan was diagnosed with cancer during his sophomore year at Ursinus. The disease went into remission twice. Despite undergoing treatment and a toe amputation, Jordan remained positive.

“A lot of the time you don’t know what a student’s made of until they hit some adversity,” said MCS professor Lynne Edwards, who taught the Drexel Hill local. “When he told me he was ill, it wasn’t in the scope of asking for an extension on an assignment, it wasn’t in terms of looking for special treatment. It was just something that came up in conversation.”

Jordan is survived by his parents, Madeline and Thomas Baumeister, his brother Adrian D. Russo (Amy), his sister Faith Baumeister, and extended family members.

His viewing was held last Friday evening from 6 to 9 p.m. and Saturday morning from 6:30 to 9:45 a.m. A funeral mass was held at 10:30 a.m. at St. Andrew the Apostle Church in Drexel Hill.
Grizzly Update

Mike Schmidt
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As the spring semester starts up in earnest, the Grizzly editorial staff are looking for more student contributors.

Both writers and photographers are needed in what promises to be a semester of significant expansion for the paper.

One of the most notable changes to the Grizzly this semester is the addition of four new editorial staff members.

Seniors James Noebels and junior Jesses to the Grizzly this semester is the center who spoke about the necessity of food assistance programs. This year’s event came from that.

During the day Saturday, students were transported to Philabundance to “help package and sort supplemental food for low income families,” Cannon said. “This is a way students can get involved to help address the social issues of food inequality and lack of access to food.” She also noted the relevance of such a day of service in light of the activism of Dr. King.

“Philabundance epitomizes a big part of what Dr. King stood for – doing for others,” said Junior Corey Barkers. “He would say he is proud that a celebration of his legacy involves servicing our brothers and sisters who are less fortunate.”

Barkers attended several of last week’s events and, as Program Coordinator of the Africana Studies/American History Special Interest House, was partly responsible for the Friday evening event featuring Josh Vietti. Barkers was proud to have been a part of the celebration.

“Dr. King was a prophet of a movement that fought for love and against inequality and injustice,” he said. “As a black man, I support strongly the celebration of Dr. King’s memory.”

This was the first Martin Luther King, Jr. Day since the unveiling of the Dr. Martin Luther King, Jr. National Memorial on Aug. 22, 2011 in Washington.

McKinney spoke about the importance of the monument to this year’s celebration, saying, “I think the reason why it’s important is because it’s a remembrance of not only Dr. King, but the values and principles for which he stood.”

“CAB” continued from pg. 1

significant other on Feb. 10.

The most anticipated event for Burns, however, is CAB’s Jazz Night scheduled for Feb 11. Students attending the event can watch Jazz performers while enjoying an elegant catered dinner by Sodexo. In addition, those guests who are at least twenty-one years of age are permitted to bring their own bottle of alcohol.

“Jazz Night is absolutely my favorite event, because it is something unique and gives students the opportunity to dress up and have a nice meal.”

While entertainers selected from the regional NACA conferences are often well-known within college circuits, they tend to be more unheard of by the general public. CAB members are frequently questioned by students as to why comparable liberal arts colleges are able to host internationally recognized musicians while Ursinus hosts lesser known musicians.

“Considering we have been rebuilding CAB since fall 2010, we are not ready for a big event, but in the near future bigger events could happen,” explains Burns.

CAB is required to host two events per weekend and consequently funds are spread thin. Other factors that Ursinus has to consider before hosting popular musicians include venue, security, and community participation.

To view finalized monthly schedules of CAB events, check out the event calendar available on the Student Activities page on the Ursinus College website. To receive daily alerts about upcoming shows, like the “Campus Activities Board, Ursinus College” on Facebook or follow “Ursinus CAB” on Twitter.
**Psychology major intern at Yale**

Shreya Nidadavolu, a junior Psychology major with minors in Biology and Neuroscience, has interned at Yale University’s OB/GYN (obstetrics and gynecology) Laboratory for the past two summers.

During the summer of 2010, Nidadavolu shadowed doctors there, watching them work with endometrial cells and assisting in testing endometriosis and different reactions to antibodies.

"Towards the end of the summer [of 2010] I pretty much ended up running the lab," said Nidadavolu. "It was awesome. I literally had my own lab at Yale. Best part of my summer."

The doctor under whom Nidadavolu worked entrusted her enough to leave her running experiments while working on paperwork in her office instead.

This past summer, Nidadavolu again ran experiments in the laboratory, but also was a part of Yale Gynecologic Oncology’s Discovery to Cure program.

This program deals with combating women’s reproductive cancers and includes high school students in research efforts to provide them with laboratory experience.

Nidadavolu was responsible for training a high school student to work alongside her on experiments so that the student could continue research once Nidadavolu left.

"I loved [being able to train someone]," said Nidadavolu. "Training her was really cool because it told me how much I knew."

She adds that watching the student be able to later work on her own "was extremely rewarding."

The first summer Nidadavolu joined the laboratory, she improved her skills in text-related research thanks to reading a lot about endometriosis and antibodies.

She notes that this was especially beneficial a year later when she began teaching other students.

Nidadavolu was able to give them background information and tell them why "we were studying what we were studying" and not just telling them "here’s the procedure – go!"

Nidadavolu gained experience in the roles of researcher and teacher and also exercised her skills in cell culturing in hoods since the lab technician took a week off.

"I basically took over that part of the lab at one point too, which was pretty fun and different," said Nidadavolu.

Nidadavolu also possessed foundational skills in using pipettes, due in large part to her biology classes from Ursinus.

In addition, she had an understanding of basic etiquette of working in a lab, such as avoiding any mistakes which can lead to contamination of an experiment.

Though indecisive about the exact career she will seek, Nidadavolu would like to stay in health sciences and may continue to do lab work later in life.

"I liked being in a lab and looked forward to going back every day," said Nidadavolu.

She notes that the laboratory’s doctor is definitely one of the first people she will contact for future recommendations, though she has already had a few written by her.

Nidadavolu advises students looking for internships to focus on finding internships related to their field of study or interest, specifically for experience that will make a resume stand out during a job search.

"Find an internship in a field you’re interested in," said Nidadavolu. It is such a great feeling to look forward to work each day and you’ll always end up learning more when you enjoy what you’re doing."

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**Student organization raises awareness about safe sex**

Many students have heard of STAR because of its campus presence, but are not sure of what the organization does.

STAR, otherwise known as Students Together Against Rape, was formed six years ago.

It is run by students and its main objective is to promote awareness and teach its members, and the campus at large, how to be sexually safe.

STAR also strives to act as a support system and educational aid for students.

It focuses on sexual awareness as a whole, not just rape prevention.

Abigail Goldstein, STAR’s president, is a member of the class of 2010.

She first got involved with the club her freshmen year before becoming its leader.

"I feel a connection with this organization," said Kalkstein. "I know a number of people who have gotten pregnant due to a lack of resources and knowledge. I want to be able to promote awareness and prevent this from happening."

Kalkstein started by showing an interest early on and regularly attending meetings.

She has since become committed to maintaining STAR’s mission of promoting sexual awareness across campus.

"Meetings are typically held in the info session format. We discuss different types of contraceptives or aphrodisiacs for example," said Kalkstein. "Basically, we know sex is occurring on campus. We aren’t encouraging it by any means; we are just trying to emphasize the importance of safe sex."

Kalkstein also explained that the meetings were discussion-based, allowing members to voice their opinions and suggestions.

STAR hopes that students will manage to refrain from feeling intimidated by the content of discussions and the organization’s themes, and encourages students to attend the weekly meetings even if they are usually not comfortable speaking up.

"Students should feel comfortable seeking out resources for sex," said Kalkstein. "We know students are having sex on campus; we just want them to be safe."

A typical meeting is usually centered around a theme. "For example, next week is ‘The History of Pornography.’ A club member will make a slideshow or create a presentation and it will be discussed by the group," said Kalkstein. "A question and answer session will follow. The variation in subjects opens up the meetings to an array of students on campus."

At each meeting, the club offers free condoms to students who attend.

Kalkstein also said she has noticed that some students come to just grab a few condoms and leave without hesitation.

Taking advantage of this resource in such a way is not discouraged. STAR is a non-judgmental group that serves as a figurehead for the encouragement of different safe-sex practices.

One of STAR’s upcoming activities includes a Valentine’s Day event. At the event, group members will hand out goody-bags containing condoms and candy in Lower Wismer.

There will also be a raffle for a “sex basket” filled with condoms, toys and other small prizes.

Kalkstein urges the campus to come to a STAR meeting and learn how to be safe.

Each week, the organization meets on Tuesdays in Olin 104 at 8:00. Prior to the meetings a campus-wide email is sent out.
U TD finale event tonight

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Up ‘til Dawn (UTD) is an organization on campus run by students that works to raise money for St. Jude Children’s Research Hospital in Memphis, Tennessee. As the organization solicits donations, it works to raise awareness for the hospital and its mission.

St. Jude Children’s Research Hospital works to study, cure, treat, and prevent life-threatening diseases in children. It was founded by Danny Thomas in 1962 to research treatments for cancers and other illnesses that affect children.

“St. Jude shares its research with scientists and hospitals around the world in hopes that through teamwork, real progress can be made. It is currently a leader in research and a pioneer in new treatments. St. Jude is unique in that it treats all children whether or not their families are capable of paying. “No patient pays St. Jude for anything and the hospital runs on public contributions,” said Whitney Sarchiapone, co-director of UTD at Ursinus College. Because of the high operating cost associated with free treatment and research, St. Jude relies heavily on contributions.

UTD events at colleges nationwide help the hospital foot the bills of sick children in need.

Sarchiapone and her co-director, Erica Schindewolf, have been working with their Executive Board to plan a finale event for UTD on Ursinus’s campus, which will take place tonight.

Participating students will arrive with a list of names and addresses of possible donors. They will be given pre-written letters explaining St. Jude’s mission and requesting donations, which they will send to their possible donors.

Students will receive raffle tickets based on the number of letters they address, which can be entered to win prizes.

“UTD has been present on Ursinus’s campus for only five years now. The number of participants is slowly rising as the charity gains popularity.

This year, Sarchiapone and the rest of the UTD Executive Board hope to see an even greater turnout than last year as well as participation from different student groups.

“Participation from sports teams, RAs, Greek life, and other organizations is essential for a successful event,” said Sarchiapone.

“By addressing letters to family and friends, more people become knowledgeable about St. Jude and this increases the chances for donations. The more people who know about St. Jude and their mission, the more opportunities there are to raise money that helps with treatment for these children.

“It is important for students to participate [in tonight’s UTD event] because one person can make a difference. A campus coming together for a great cause strengthens our efforts to help St. Jude’s.”

Sarchiapone encourages students to visit the Bear’s Den tonight between 7:00 and 10:00 p.m. for UTD’s finale event for the year.

Collegeville area offers dining variety

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There comes a time during the school year when students have had more than their fair share of Wismer and Wawa.

Luckily, Collegeville has a wide variety of dining options, including but not limited to, Chinese food, bagels, pizza, and wings. Since sushi is Greely lacking at Wismer, Jasmine Asian House can satisfy cravings with a menu complete with a selection of sushi, dim sum, and a variety of other hot and cold Asian dishes.

Located in the Trappe Shopping Center, Jasmine’s offers an “All You Can Eat” sushi menu for $21.95 with a dollar off on weekdays.

Sophomore chemistry major Ana Olevska said she orders sushi from Jasmine’s at least once a week.

Her favorite is the “All You Can Eat” deal because she always winds up with leftovers, she said.

For students who do not like sushi, Jasmine’s offers Chinese food, Japanese food, and Thai food. Plus, here’s a little insider tip: a coupon for 10 percent off of the price of a check of $25 or more is available on the restaurant’s website.

Jasmine’s offers patrons a dining-in experience, but they also offer take-out and a delivery service.

Olevska said she usually gets take-out and walks to the restaurant from Reimert to pick it up.

Jasmine’s is a sixteen minute walk from campus or a four minute drive according to Google maps. Although Upper Wismer has the occasional wing bar, Wibs offers wings all of the time.

If it isn’t clear from the name, Wibs offers a selection of wings and ribs. Located near the Wawa on Route 29, Wibs is just a four minute drive from campus.

The downloadable menu on the restaurant’s website offers a variety of ribs available in barbeque, smoky, and dry rub. Wing selections include classic, seasoned, teriyaki, and barbecue sauces.

The Wibs combo is a taste of both ribs and wings with a half rack of ribs and half dozen wings for $14.49.

For those who are not interested in wings or ribs, Wibs offers an assortment of sandwiches and salads.

Luckily Collegeville has numerous options for the classic college student food. pizza.

Even Ursinus student knows about Marzella’s and its late night dollar per slice deal and convenient proximity, but there are other options.

Rocco’s Pizzeria is located on Second Avenue and is only a 3 minute drive from campus.

It offers a wood-fired, brick oven pizza in addition to traditional pizza.

Rocco’s offers a variety of Italian food complete with hot sandwiches, paninis, hoagies, grinders, pasta, Stromboli, calzones, and seafood.

Sophomore Caitlin Jackson said she went to Rocco’s during Hurricane Irene to escape from the debris ridden campus and downed power lines.

Jackson said she went with a group of friends and they split a pizza together.

“I really liked the pizza [at Rocco’s],” said Jackson.

Brick oven pizza comes in either a personal or large size, and the prices range from about $5 to $6.50.

Large pies range from about $11 to $12. Rocco’s also offers traditional Italian desserts such as cannolis, tiramisu, espresso, and cappuccino.

Although 10 percent is available for students with Ursinus IDs.

For students who need a break from Wismer dining, the Collegeville area offers a variety of dining options.

Jasmine, Wibs, Marzella’s and Rocco’s all have inexpensive and convenient choices.

For more information visit the restaurants’ websites.

Word on the Street

with Brooke Mitchell

“What did you miss most about UC during break?”

Lizzie Fuoco
English, 2012

“I missed living with all of my friends in Keigwin.”

Nick Ferrante
Physics, 2012

“I missed having my friends so close by.”

Cait Harley
Politics & Religion, 2013

“I missed getting weird in Reimert.”
Facebook and cell phones impede learning

Sara Hourwitz

When we were in elementary school, our teachers taught us the important rules of the classroom. Raise your hand and wait to be called on when you wish to speak, use your indoor voice, and listen attentively to your teachers and peers when they talk.

To some degree, we still follow these rules today. Because of technological advances, elementary school teachers are starting to create new rules to establish better decorum in the classroom. Instead of telling students not to call out, teachers are setting new guidelines such as "no texting in the classroom," "don't watch YouTube videos in class," and "stay off of Facebook."

Unfortunately, in college classrooms today, it is all too common to find students using their cell phones to text, play games, or search the web. They use their computers to go on Facebook, watch videos on YouTube, and even Skype with friends.

As a student consultant for the Teaching and Learning Initiative program, I witness a majority of students with laptops creating distractions by using Facebook or sending emails. I also see students blatantly texting or playing games on their phones in class.

Many of us are guilty of using one of these devices inappropriately in class - I can't say I'm guilt free either. There are times when I've checked my email or searched the web during class.

It's wonderful to have technological advancements at our fingertips 24/7, but it's problematic that we feel the need to use it constantly, especially in places where that behavior is inappropriate.

It's become so habitual that students probably don't even realize that the use of their phone and the internet for Facebook or YouTube during class is impacting others.

First, it is blatantly disrespectful towards the professors using their class time to give lessons. Professors invest their time and energy to develop these lessons - in return, we shouldn't be using their time to Skype with a friend or play Words with Friends on their phones.

This is also rude to the other students in the class. They may become distracted, especially if students right in front of them or next to them are using Ichat or if their neighbor's phone is constantly vibrating with text messages.

Interfering with another student's abilities to learn is unfair and inconsiderate.

Furthermore, students accessing social media sites during class could be detrimental because it may persuade professors to forbid the use of laptops in class.

I have been in classes where the instructors specifically told the students that, if they see students logging onto their email or Facebook during class, they would no longer allow students to use laptops in class.

This outcome would be disadvantageous to students who rely on their laptops to record lectures, take notes, or refer to readings on the computer.

Not only is it rude to the professors and other students, but is adverse to your personal learning. Fellow TLI consultant Dave Wagner agrees, saying "students' focus should be on learning the material, as that's what we're all paying to do here."

If students are spending their entire class period texting or browsing the web, why bother coming to class?

We are going to have to learn to illustrate self-control when it comes to using technology in class.

It's time to realize that it is unacceptable to text and video chat during class. When we move on from Ursinus and start our careers, bosses will not tolerate any of these antics.

You would, in all likelihood, get fired if you were caught using Facebook during a business meeting.

Starting this semester, I am going to do my best to refrain from using my phone and checking my Facebook and email during class.

Perhaps if everyone tries to make this effort, the learning experience for all students will see a noticeable improvement.

Mitt Romney favorite for GOP nomination

Kyu Chul Shin

It is now the year 2012. While some people are focusing on the upcoming Summer Olympics in London and others are watching for a potential doomsday scenario, many in the United States are looking to see who will be the Republican presidential candidate.

Due to the continuing economic crisis, it appears that the winner will face incumbent President Barack Obama in what should be a very close race; however, before we start to even think about President Obama's chances for reelection, Americans need to know who his opponent will be.

Former Massachusetts governor Mitt Romney has started out strong, winning in both the Iowa caucus and the New Hampshire primary. After withdrawing early from the race four years ago, the former governor has focused a tremendous amount of time on creating alliances with politicians across the country and gathering the necessary finances in order to run to the presidency.

This, along with support from "professionals as well as rank-and-file, increasing support in polls, experience running a national campaign,... lack of serious opposition, [and a] divided opposition," said Professor Fitzpatrick of the Politics department, should give the former governor no problems in winning the Republican nomination. It appears that the nomination is Romney's to lose.

The recent performance of other members of the GOP has shown that the former Massachusetts governor should be the candidate chosen in the Republican National Convention.

Congresswoman Michelle Bachmann performed terribly in Iowa and dropped out of the race earlier this month.

Jon Huntsman, who spent the vast majority of his time in New Hampshire gambling on a potential victory, has also dropped out of the race.

Texas Governor Rick Perry, after back to back mediocre performances in Iowa and New Hampshire, is now out as well.

Former Pennsylvania senator Rick Santorum and former Speaker of the House Newt Gingrich, although still in the race, have both failed to garner even 25% of the votes in the Iowa caucuses and the New Hampshire primary.

Though popular among many Americans in the middle, Governor Romney has been criticized of being too similar to President Obama.

Professor Fitzpatrick said, "other than their similar health reform packages, this claim makes no sense to [him] other than the idea that Obama and Romney are essentially centrists despite how they're portrayed by others."

Although it is true that both men are considered to be pragmatic, the way in which this manifests itself differs in a number of ways.

For example, Romney prefers to reduce the government's presence in the national economy. In addition, the former governor differs from the President in that he is formally opposed to abortion, is pro-death sentence, and does not support openly homosexual men and women serving in the U.S. military.

In the end, it will most likely come down to how much the economy improves between now and November 2012. If more jobs are created and the unemployment level goes down, it is very likely that many Americans, particularly those on the fence, will vote for President Obama.

In addition to the recent past, Americans are generally forgiving of Presidents who desire a second term in office; since 1980, Ronald Reagan, Bill Clinton and George W. Bush were reelected for a second term. George H.W. Bush was the only to fail to win a second term in office.

Nevertheless, if economic progress stagnates or worsens, chances are the American people will see Mitt Romney sworn in as the 45th president of the United States of America in January.
Life on the road: Men’s Basketball travels to Las Vegas

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While most students were at home relaxing and catching up on some much needed sleep during winter break, the Men’s basketball team was hard at work, busy with practice, games, and travel.

The team took a trip to Las Vegas, Nevada in the final week of December in order to participate in the D3Hoops.com Classic, a tournament that featured some of the best D III basketball teams in the country.

During their time in Las Vegas, the players played two non-conference games and explored the city.

The Bears’ first game was against the Ramapo College Roadrunners, a team that participated in last year’s NCAA tournament.

Ursinus took an early lead, however Ramapo quickly gained momentum and was able to secure a 43-29 halftime lead, a lead the RoadRunners would never relinquish. The Bears fell to Ramapo 83-58.

Despite the loss, Ursinus had a combined number of fifty one rebounds, and multiple players scoring in double digits.

Junior forward Jon Ward lead the team in scoring with thirteen points, while sophomore guards Pat Vasturia and Jesse Krasna, chipped in with eleven and ten points respectively.

Following the game against Ramapo College, the Bears went on to play Skidmore College on Dec. 30.

Once again, Ursinus took an early lead, and once again this lead would be relinquished before halftime. Skidmore would go on to defeat the Bears by a final score of 63-51.

Top scorers in the game for Ursinus were Vasturia and Ward, with ten and nine points, respectively.

Although the Men’s basketball team lost both of their games in the tournament, Coach Small still viewed the trip as very beneficial.

“Traveling to Las Vegas to play in the tournament provided the players with the opportunity to bond as a team, as well as play against some very good Division Three basketball teams,” said Small. “The boys enjoyed themselves and we all had an amazing trip.”

He also pointed out that despite the losses, the team was able to gain experience and confidence for play within their own conference.

“Playing against these other teams (Ramapo and Skidmore) helped us to see where we need to make changes and improvements,” said Small. “These games allowed us to better prepare for play within the Centennial Conference, while also helping us to obtain our goal of winning another Centennial Conference Championship.”

Coach Small’s assessment of the tournament’s value appears to be holding true, as the team has started 2012 on fire in conference play.

After returning from Las Vegas, the Bears won four of five conference games.

One week after the trip, Ursinus faced Johns Hopkins at home, winning by a score of 71-55.

The loss was the first in conference play on the year for the Blue Jays.

The Bears then went on to play Gettysburg College, where they lost 54-47.

After the loss to Gettysburg on Jan. 12, Ursinus won three consecutive conference games, defeating McDaniel College convincingly by a final score of 63-51, in addition to victories over rival Muhlenberg College, and Swarthmore College by a combined 5 points.

After facing Washington College at home on Wednesday night, the Bears will play again on Saturday afternoon at Dickinson College.

Ursinus defeated the Red Devils at home on Dec. 10, 2011 by a final of 74-54.

THE GRIZZLY | THURSDAY, JAN. 26, 2012 7 - SPORTS
Graduating athletes focus on healthier lifestyle

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A few months ago, eight years of lifting, running, gaining weight (keeping it on) and the “Noebels Meal Plan” came to an end for me on a Saturday afternoon with the final whistle of my last college football game.

Like all 100 or so of my teammates, who had been grinding steadily toward the inevitable off-season, the time to regroup and focus on the weight room for the next season was there.

But for 26 seniors, what comes next? For some in particular, the challenge of reversing that formula for size and mass we’ve been following for years lies ahead.

Having more mass than your opponent, for obvious reasons, is a desirable thing in the trenches.

I started my career as an offensive lineman for Ursinus weighing less than 230 pounds. I tipped the scales after my junior year at 293 pounds, the most I ever remember weighing.

At 6 feet 3 inches tall, I’m one of the tallest, but nowhere close to being the heaviest. It was hard to play offensive line the first two years of college simply because most defensive linemen outweighed me. What resulted from the glaring lack of mass on my frame was the institution of the “Wismer (or as my teammates called it, the “Noebels”) Meal Plan.”

You go into the dining hall, eat until you hurt, then eat again, as much as possible, repeat, and drink “liquid meat,” also known as whole milk—a half-gallon every day.

And before you know it, there we are—20, 40, or in my case 70 pounds heavier than when we started, just a few years ago.

And it was worth it.

Our offensive line ranked highly this past season in sacks allowed, our running backs’ yards per carry was well above average, and we won the time of possession battle more often than not. That does not happen with skinny linemen.

If you want to live the dream and be part of a physical and feared line, you have just got to be big.

The fact that, at age 19, I had become pre-hypertensive and had no other choice than to buy a completely new wardrobe has not bothered me until now.

A new body is what I want and is what former players have begun to find, for better or worse. “I was never really too worried during my playing days about how my body would be when I was done playing,” said former lineman Bob Wise, who weighed close to 300 pounds his senior year. “When I was playing I was in the best shape of my life. Despite being technically ‘morbidly obese’ on the charts, I was in great health so I never really thought about how my life would be after my playing days.”

Like Bob, I was never worried about what I could become after I was done either.

With the hours and hours of practice each week during the season and all the training the other nine months of the year, most football players can eat whatever they want. The hard part is learning how to not eat the same way after you’ve played your last game.

Fortunately for Wise, the transition came easily.

“When I played I would eat three plates of food at every meal but never worried because I was always immediately burning it off,” he said. “Not eating that much anymore was very difficult at first because I was so accustomed to it, but it’s gotten easier with time.”

In his fifth year as an Athletic Trainer for Ursinus, Akinori Kashiwagi has seen two whole classes of collegiate football players through their careers.

After his first season specifically with the football team, he fears that the physical activity of the sport is the only thing saving linemen from a risky life of obesity and other health-related issues after their four years.

“I always worry about the graduating players,” Kashiwagi said. “Year by year the people coming back are bigger and bigger, especially junior year, senior year. I worry because after they graduate they are out of control.”

The combination of college

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UC Sports Schedule 1/28

1/28
Men’s Track
@ Thomson Invitational
(University of Delaware)
9 a.m.

1/28
Women’s Track
@ Thomson Invitational
(University of Delaware)
9 a.m.

1/28
Wrestling
vs. USMMA/Stevens/ Muhlenberg

1/28
Men’s Swimming
vs. Washington College
1 p.m.

1/28
Women’s Basketball
@ Dickinson College
2 p.m.

1/28
Gymnastics
@ Rutgers
1 p.m.

1/28
Women’s Swimming
vs. Washington College
1 p.m.

1/28
Men’s Basketball
@ Dickinson College
4 p.m.