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Memorial honors Fong

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On Sept. 21, a memorial service was held in honor of the late Dr. Bobby Fong. While the main service was held in Bomberger Auditorium, video feeds were streamed to Olin Auditorium and Lower Wismer due to the large attendance.

Members of the Ursinus community filed into the Bomberger and Olin auditoriums sadly and quietly Saturday at a memorial for Bobby Fong. Slowly taking their seats, a slide show filled with pictures of Bobby Fong throughout all stages of his life played on a headshot of Fong as the stage in Bomberger Hall, beginning the memorial service with a prayer.

As students, faculty, and the community have carried on with their lives this past week, a committee was formed to organize an on-campus memorial service for Dr. Bobby Fong who passed away earlier this month. The committee included sixteen members who met with to plan the memorial. The committee also consulted with Suzanne Fong, Bobby Fong’s wife, who was on board with their plans for the memorial. Anticipating a large audience, the committee planned to have guests initially fill Bomberger and then Olin auditorium, where the memorial was broadcasted live. After the memorial service was held there was a reception on the front lawn for all to attend.

The memorial hosted many different speakers, including friends, colleagues, and even Fong’s son, Colin. Each speaker offered a different perspective on how the loss of Fong has affected them and the community.

Professor Tony Nadler from the media and communications department was one of many faculty members attending the memorial service. Nadler said he was happy to hear from different people who had known Fong and that he thought the memorial was a “meaningful chance to say goodbye but also celebrate Bobby Fong.”

“I think it helped connect us with lives that Bobby touched outside of Ursinus. It helped us realize what an important figure, in a national and even international sense he was,” Nadler said. Jill Marsteller, vice president of advancement on campus, reiterated that Fong will be missed by many by reading some comments that were left on the memorial tribute page for Fong. The comments spoke of times shared with Fong, first encounters, and fond memories. After reading the comments, Marsteller said, “Bobby was among the finest intellectual leaders and highly regarded in national higher education circles.”

See Memorial on pg. 2

UC OSOS plans events for year

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Outstanding Students Organizing Spirit, a student run organization at Ursinus College, kicked off their fall semester by adding to the Family Day celebrations. UC OSOS brings the college community together by getting students to support each other at various events during the year.

The president of UC OSOS, senior Jessica Bove, said, “it's good to go out and support your friends or support fellow Ursinus students in what they are passionate about.” That is why Bove, along with senior Cameron Kennedy, co-founded UC OSOS last year.

On Family Day, students really felt the presence of UC OSOS on campus. The group set up a tent near Ritter Hall where they passed out free spirit gear, did face painting, and even had tailgating games for all attending the event.

They also held ten raffles on Family Day, five for students and five for family members. A very popular part of UC OSOS is their raffle contest. Kellee Chin, a sophomore, attended Family Day with her family. Her and her mother both won raffles from UC OSOS. Chin said, “I think it is cool that OSOS gives an opportunity to both students and their parents to win prizes.”

UC OSOS attended numerous sporting and performance events last year. They gave out food and drinks to others who also attended and they showed their support of their peers. “We let them know that we take pride in students that do things here,” said Cameron Kennedy, vice president of UC OSOS.

Both Bove and Kennedy have many new ideas for UC OSOS this year. In addition to attending events, UC OSOS wants to start a Fall Festival later this semester. They will be collaborating with the physics club to set up a Pumpkin Chunkin event at the Fall Festival. UC OSOS wishes to bring not only the students together for this event, but also the entire Collegeville community. The UC OSOS team has also gotten ten requests to collaborate with other groups and organizations on campus this year.

They will also be holding their second annual Spirit Bowl at the end of the school year. This contest is held between the different houses and halls that students reside in and is intended to bring people closer together.

There was plenty of food and Wismer allowed students take food out of the dining hall so they could enjoy the festivities outside.

There were eight different events last year, ranging from athletic competitions to trivia, and even a Chop challenge. The winners of last year’s events were North second floor.

Wismer will be displaying a trophy with a plaque that has all the names of the winners. As the Spirit Bowl continues annually, more and more plaques will be added in Wismer.

The UC OSOS team is hoping to hold the second Spirit Bowl in conjunction with UC Mayday, as they did last year.

The UC OSOS executive board has nearly doubled in size since their start. They also have a Spirit Crew that helps out with all the events.

Anyone can be a part of the Spirit Crew and volunteer to help out during events. If you are interested, you can contact the UC OSOS team through their email, ucosos@ursinus.edu.
Memorial continued from pg. 1

But what remains with many of us is Bobby’s soul, for he was a man of deep faith and conviction who lived the life of purpose he wished for his students.”

The audience got a chance to hear how Fong had affected the lives of people inside and outside of the Ursinus Community. Different speakers told stories of how they met Fong or how he affected their daily lives. Marstellman of deep faith and conviction told a story of her and Fong eating breakfast in a diner in California before Fong held his first official Ursinus event. Carol Schneider, president of the Association of American Colleges and Universities, told the story of the first time she met Fong, both of them bringing their babies in strollers along to an educational conference. Colin, Fong’s son, told the story of how Fong’s eyes would triumphantly light up over small successes, like finding the exact pair of socks he had been looking for in a store. It was stories like these that helped the audience realize the many lives that Fong had touched, and the different ways people will remember him.

After the memorial, students noted the incredible sense of community that was felt during the service.

Jennifer Grugan, a student, attended the memorial and said she was grateful to see such love and support throughout the community.

“I thought the memorial was extremely moving,” Grugan said. “The school community really came together that day and demonstrated such unity in a time of great sadness on our campus. To see both Bomberger and Olin filled with students showed how much love our students have for President Fong.”

Organic farm expands

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Over the past few years, Ursinus College has begun an effort to build a sustainable community for its faculty, students, and staff. Sustainability programs were originally started through the environmental studies department. Through the work of Dr. Richard Wallace, Dr. Leah Joseph, and Dr. Patrick Hurley, as well as many students, the college became the host to an organic garden (then farm), a naturalized storm water basin, the Sustainable Move-Out program, watershed restoration, a trayless system in the dining hall, the Sustainable Move-In program, and more.

The Organic Farm grew from a 2004 Summer Fellows project by Katy Diana, who graduated in 2006. During Diana’s time as director of the Ursinus Organic Garden, a shed was purchased for the site and the first garden plots were tilled and planted. Among the crops harvested during the first growing season were several varieties of tomatoes, strawberries, eggplant, green beans, lettuce, wildflowers, and a number of herbs and spices. Much of the harvest was provided to dining services to prepare meals.

In 2005, under Diana’s leadership, the farm was awarded a Suburban Greening Award by the Pennsylvania Horticultural Society. The farm expanded, adding plots for tomatoes, cucumbers, lettuce, raspberries, and other crops. In the fall of 2010, beets and chickens were added to the farm.

The concept of organic farming was important to Diana and remains an essential component of the College’s sustainability efforts. “In its simplest terms, organic means not using artificial synthetic fertilizers or pesticides,” sustainability program coordinator Brandon Hoover explained.

“A more holistic vision of organic is working in and with the natural environment. It means growing certain flowers to attract beneficial insects, or planting particular crops near other crops to ward off pests. It is recognizing both the boundaries and opportunities of natural resources. Organic recognizes that the health of humanity depends on the health of the soil we grow in and the food we eat. The campus farm is an educational farm that allows the campus community to see these natural processes at work.”

The farm remains a collaboration between faculty and students.

“The farm is always growing and has the freedom to incorporate new ideas and changes each season,” Grace Barter, student co-director of the farm, said.

“With new student directors the farm can go in various directions, in terms of the crops grown and the ways we market our goods and involve the community. I would love to incorporate some perennial crops that are more sustainable and get more student structured involvement for the seasons to come. I also think it would be great to build more emphasis on the campus market, partnering with Sodexo-our campus dining services-and donating produce to local sources all as ways to incorporate local food into the community.”

This fall, the farm will see more expansion. Hoover said he is “hopeful to provide more produce for the campus community next growing season, both through on campus markets and selling to Sodexo.”
Raphael speaks on campus

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"I learn the most by hearing students. I listen to as many students as I can."

Raphael is currently a professor at the College of William and Mary where he teaches in the religious studies department. He teaches classes on American Judaism, the Holocaust, sexuality, women and family in Judaism and others. He also takes a group of students to Prague for six weeks each summer to teach about Judaism in the Czech Republic.

As a scholar of Judaism, Raphael was asked questions about the Holocaust. Raphael explained some differences between American and European perceptions of the Holocaust.

"There are memorials all over Europe as a memorial to the Holocaust," Raphael said. "There are museums dedicated to the Holocaust all over the United States."

Alexandra Frisch, who teaches Intro to Judaism, had Raphael as a professor while she studied at William and Mary.

"Since you hear me speak about Judaism as your professor, I wanted to bring in one of my professors for you to listen to," she said to the group.

The lecture itself was advertised as discussing over 300 years of American Jewish history in an hour. In this hour the discussion surrounded some contemporary topics such as gender and homosexuality in Judaism and even in rabbinical roles.

Raphael continued to make the talk humorous by making jokes and keeping a light energy in the classroom.

"Thou shalt not gossip, thou shalt not listen to gossip. You might as wellshoot yourself," Raphael said.

Raphael revealed some information about old Jewish laws. In Jewish law there are 613 commandments. The reason that there are 613 is because that's how many seeds are in a pomegranate, Israel's national fruit.

A large majority of the discussion was question and answers from students and other people attending the event. The discussion revolved around orthodoxy in America and how the modern orthodox Jew can fit into society. A student asked why they separated men and women in orthodox synagogues.

Raphael said that they did this so that men could concentrate more on prayer than on women.

Raphael ended the discussion by thanking everyone for attending. He was a humble man who wanted the room to be filled with laughter as well as serious discussions on American Judaism.

Externship program changes

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Last year's externship pilot program is now a full program for this winter break. Career Services launched the Externship Program this past January. The program is a brief but focused job-shadowing experience.

The idea of an externship is to shadow an extern sponsor for a business week. The goal is to give the student a better idea of a possible career. It could reinforce a student's desire to enter a certain field, or it could suggest that a career is not the right fit. This year extern sponsors range from SEI to NFL Films.

Sharon Hansen and Michele Poruban of Career Services developed and now coordinate the program. They believe the program is very successful and helps students identify career interests, build their résumé and network themselves.

The extern program allows students from all majors to shadow a sponsor of their choice. "Every externship that's offered is a golden opportunity," said Hansen.

The externships take place the last week of winter break and last from three to five days.

Senior Tony Sierzega shadowed an Ursinus alumnus at the Delaware County District Attorney's office last winter break. Sierzega recommends the experience to all students.

"It really confirmed that this is the kind of work that I want to get into," said Sierzega. "It was great to see how things went on a day to day basis."

The extern sponsors are a handpicked assortment of alumni, family, and friends of Ursinus. Most sponsors show their externs as many aspects of their company as possible.

"They work out daily itineraries," said Poruban. "They are very invested in giving the students a good experience."

Career Services is holding an event titled "Extern Program Made Easy" in the Bear Den Oct. 1, at 12 p.m. The extern event team will explain the program in greater depth and answer any questions. The application process for externships is competitive and students are encouraged to apply as early as possible.

Applications can be submitted through UC Careernet and consist of three main components. The first is a resume that has been approved by Career Services. It should be noted that this process can take over 48 hours. Second, students must answer two essay questions regarding the externship.

Lastly, students must fill out an online form, ranking their top three sponsor choices.

The program itself takes place the week of Jan. 12, the week before the spring semester begins.

Top stories from around the globe

Evans Hill
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GlaxoSmithKline Found Guilty in China

Pharmaceutical giant GlaxoSmithKline was found guilty of a host of bribery and corruption related charges in China this week, including convictions against five top GSK executives, according to the Financial Times.

Chinese courts leveled a nearly $500 million dollar fine against GSK, accusing it of using bribery and graft to increase its market share in China's $94 billion prescription drug industry. GlaxoSmithKline issued apologies in China but has kept mostly silent about potential fall-out from related cases, as charges are also possible in the US and Europe. Chinese authorities stated that the managers convicted had returned to China willingly and confessed their roles in exchange for suspended sentences, which means they will likely not serve prison time.

Catalonia Seeks Division from Spain

Catalonia, a wealthy area in north-eastern Spain surrounding the city of Barcelona, seeks its own referendum for independence in a manner similar to the recent Scottish vote. Catalonians have long sought independence from Spain, which they claim does not do enough to protect their dying language and culture.

Once the subject of armed conflict, the movement has focused mostly on the political process in recent decades. Leaders in Madrid warned any vote would be non-binding and unconstitutional, and argue the Catalan regional government receives many economic benefits from being a part of Spain, while many average Catalonians feel that the central government of Spain in Madrid wastes too much of its tax dollars while not giving enough back.

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A Summer Fellows profile: dancing for social awareness

Dyean Alexander
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Summer Fellows is a program which allows students of all majors to further study and gain unique hands-on experience that extends far beyond the classroom and laboratories. This knowledge and experience can help students in all sorts of ways, from counting towards their independent learning experience to helping to secure jobs and internships.

Students do a large amount of research to help resolve questions that could not be answered in the classroom with textbooks. This was a simple transition for Rosie Davis-Aubrey to make since most of her classes are spent in the classroom with textbooks.

Davis-Aubrey decided to focus more strictly on women and the struggles that they endure during and after foster care. She interviewed multiple people and was able to build deep relationships with them. Through the interviews, she gained access to a world of foster care system. Davis-Aubrey wanted to take these themes and convert them into an overall movement. The toughest part was finding a way to create a work of art that could speak for itself and while also letting people reflect upon it themselves as opposed to telling people what to see.

From there, the process was followed up by auditions, the gathering of props, music, and even paint, all of which were used to create a performance that could be used to change the mind of whoever viewed it and educate its audience. As a precaution to know that her performance gave the message she wanted, Davis-Aubrey had audience members fill out surveys before and after the dance recital, so that she could gain a vast amount of information to conclude her studies.

"Summer Fellows requires a great deal of time, self-management, and a strong will but it creates individuals who have strong innovative minds and who are able to be creative problem solvers."

— Rosie Davis-Aubrey '15

Word on the Street

If you could change anything about the campus, what would you change and why?

"I would change Ritter because that building seriously needs to be updated." - Emily Immel '15

"I would change Ritter because the resources are pretty bad especially from what I saw with the television studio. I think the school could allocate more to what was only supposed to be a temporary building not a full time deal." - Brett Felgoise '17

"I would like to have more housing options for students of all grade levels but especially for the freshmen. However for upperclassmen, it shouldn't be so hard to get a single and live close to the building where your classes are held." - Dennis Shull '16

"There needs to be more rooms to study in. It's hard to find a free room in the academic buildings that you won't get kicked out of at some point during the night. I want to be able to use a chalk board when I have to study for an exam." - Shivani Barma '16

"I wish more people realized that you can do things by yourself. You can go to an event by yourself, you can eat by yourself, you can go to a party by yourself. It's the best way to meet people." - Abi Wood '17

"I would like for there to be a way for us to have big events like other schools. Even if that meant Ursinus partnering up with bigger schools in Philly." - Deanna Madison '15
Cooking at Ursinus College made easy

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As students are in the full swing of their routines and situated into the 2014-15 school year, a recurring issue looms again. With limited options and hours for food in the cafeteria, students may be curious as to where else they can purchase food. With the Collegeville Farmers Market right down the road and Ursinus’ organic farm in the midst of expansion, there are phenomenal food options for students to cook in their dorms.

At first, this idea might not seem very appealing. Admittedly, I was hesitant at first to try cooking in my dorm. I think that it’s safe to say that most people don’t think about a kitchen and Reimert in the same thought. However, my cooking experience in Reimert was one that will truly help me with the remainder of my college career.

This adventure began with the purchase of fresh kale and sausage from the Collegeville Farmers Market. My suite mate, Richard Schulz, is a highly skilled pasta chef, trained in the French tradition. Schulz has taught me much about the art of pasta making over the last year. For example, he is a huge proponent of letting the pasta perform capillary action in the sauce before serving.

When cooking the pasta, be sure to follow the package instructions which will probably call for around 10 minutes of cooking time. A technique that has grown on us is to prepare the pasta for two minutes less than what the instructions read. This gives us the al dente texture that we are looking for when making this dish. For the sausage, we tossed it in a frying pan with some oil and let it cook for about 10 minutes as well. Kale is something that needs to have a close eye on it at all times. If you get it wrong and over cook it, the meal could be ruined. Luckily, I had a trick up my sleeve for the kale.

About three minutes after starting the sausage, I decided I would kill two birds with one stone and throw the kale into the sausage pan. This gave the kale a nice untraditional flavor. I highly recommend adding another couple of teaspoons of olive oil to the pan so the kale can stay moist.

At the culmination of this voyage, we prepared spicy sausage and fresh kale over orecchiette (pig’s ears) pasta in a red vodka sauce. The feedback was fantastic and it was a wonderful bonding experience with a great friend. Students on campus should understand that we have the facilities to cook – so why not take advantage of them? Make whatever you want, however you want, and have a good time with it.

Recipe by Dennis Shull
deshull@ursinus.edu

Twist Macaroni

Ingredients:
1 box of twist macaroni
2 cups broccoli
olive oil
1 large onion
3 cloves garlic cloves (or garlic powder)

Instructions:
Cook the pasta until almost done. While the pasta is cooking, chop and sauté the onions and garlic in a large skillet. Then chop the broccoli and add it to the skillet. Add enough olive oil to cover the bottom of the skillet to fry the broccoli until the pasta is ready. When the pasta is ready, add it to the skillet and mix until evenly distributed.

Variations:
Other vegetables, such as carrots, cauliflower, etc., can be added to taste. Chicken or beef can also be added as you like.

Adjusting continued from pg. 4

another country.
To anyone debating whether or not to study abroad please do it. It is a once in a lifetime experience that does not come around often.

It will be a beneficial experience to anyone because as the travel guide that CAPA gave us said, “travel as much as you can, as far as you can, as long as you can. Life is not meant to be lived in one place.”

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deshull@ursinus.edu

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Variations:
Other vegetables, such as carrots, cauliflower, etc., can be added to taste. Chicken or beef can also be added as you like.
Consumers should know what they’re buying

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Nowadays, most people look for the healthiest options when they are grocery shopping. Consumers look for grass-fed, non-homogenized organic milks, daily contains contrast to 64 other countries that according to The Food and Drug Administrating in the U.S. This is in contrast to 64 other countries that do require food labeling. I believe that people should have the right to know what they are putting into their bodies and all foods should have sufficient labeling identifying the presence of GMOs. Genetically modified organisms (GMOs) are biological entities that have been changed by genetic modification of their DNA through laboratory techniques. The practice of modifying agricultural food products by introducing new DNA began with the intent to confer some benefit to their growing or harvesting process. The concept was proposed to address a number of concerns stemming mostly from the world’s increasing population and demand for accessible food products.

The use of GMO’s was intended to benefit consumers by increasing resistance to adverse environmental forces, hence increasing crop robustness and size and additionally enhancing nutrition. GMO’s in the food supply make the crops resistant to pesticides, pests, drought and disease.

“The inauguration of GMO foods began in the 1990’s with the Flavr Savr tomato. The plan was to introduce a gene into a tomato allowing it to stay firm for a longer period of time. This feature would allow the tomato to ripe on the vine but not perish during transportation to market allowing the consumer to get a better product,” according to Bruening in his article, “The case of the FLAVR SAVR tomato,” a GMO researcher. In 1994 the Flavr Savr tomato went to market thus beginning the story of GMO food products.

The United States is the biggest grower of GMO foods.

“Worldwide it is estimated that the use of genetically modified plants has accounted for $27 billion dollars of additional profits for farmers. More interestingly, it has decreased use of pesticide on crops by 224 million kgs, thus decreasing the environmental impact of pesticide use by 14% and has additionally reduced greenhouse gas emissions from agricultural production,” stated by Chassy in his article “The History and Future of GMO’s in Food and Agriculture.” “This is a very positive side of the story, but many consumers are concerned because GMO foods are not labeled as such in the United States and Canada, thus making it hard to study if there are any health concerns that have arisen since their introduction.”

Since the scientific evidence is conflicting and hard to understand the long-term effects of GMO’s are yet to be formally proven. However, the increased prevalence of these products in the past decade, leaves the consumer with few options; conservative avoidance, blissful ignorance or outright denial.

“Food labeling is the answer to many and in fact in 2012, California brought the question to the ballot with Proposition 37. This ballot referendum was requiring all genetically modified foods to be labeled as such. The lobbying efforts by companies such as Monsanto and Dow, two of the largest corporations that sell pesticides infused 45 million dollars to narrowly defeat this proposition,” according to Westervelt in his Forbes article “With California Prop Defeated, GMO Labeling Proponents Look to Farm Bill”.

Those in favor of labeling products support this proposition so consumers can be informed. Those opposed to labeling say it will stigmatize products that are considered safe by governmental agencies. However, one wonders why these companies are so afraid to let consumers know and make their own choices. It seems that in a free market economy, consumers should have the right to know what they are buying.

I have few concerns about the science of GMO foods but still believe that they should be labeled as such so consumers can make a choice. Unless food is labeled how can the individual be an informed consumer?

“Even though Proposition 37 was voted down in California many consider it a victory for food labeling because the vote was close 53-47 and those opposed to labeling ousted their opponents by a five to one advertising budget,” according to Forbes.

Presently there are 25 states that have introduced bills to legally require GMO labeling in food. Pennsylvania has a bill introduced by Senator Daylin Leach of Montgomery County. Voters in Pennsylvania can petition their state representatives to support this bill, which I am strongly for. PA Bill SB 653 would make Pennsylvania the first state to require labeling for GMO foods which is something that I believe would be beneficial and worthwhile.

Bigfoot in American pop culture: fact or fiction?

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For centuries there have been thousands of reported sightings of a giant man-like creature roaming through the forests of North America. People across the continent know this creature by many names, but most commonly as Bigfoot. The alleged creature has eluded scientists and researchers for decades. Bigfoot advocates claim the creature’s existence through evidence such as photographs, footprints, hair samples, and even several videos. However, most of this evidence has been scrutinized and ultimately rejected because it is incomplete or inconsistent. The lack of hard evidence has led much of the scientific community to question the creature’s existence. This has led to numerous conspiracy theories and the formation of organizations completely dedicated to prove the existence of the infamous creature. The most famous of these organizations is the Sasquatch Research Association or SRA.

The organization describes its primary goal on its website as “to gather a body of evidence to firmly secure the scientific acceptance and recognition of the Sasquatch as a species and the political protection of said species.”

The SRA has devoted an enormous amount of resources and funding towards their goal of locating the creature known as Sasquatch. The SRA and other organizations like it have the common goal of proving the existence of Bigfoot and solving the mystery. The speculation of the existence of Bigfoot is completely up for debate, but the mystery has fascinated the citizens of the United States for many years leading Bigfoot to be enshrined in American pop culture. Even those who question the creature’s existence still recognize the importance of the Sasquatch in American pop culture.

Bigfoot has become increasingly popular in different media outlets throughout the past decade. The creature has been featured in just about every form of media over the years. Multi-billion dollar companies such as Jack Link’s Beef Jerky and Red Robin have featured the creature in several advertisements. The most famous of these advertisements was Jack Link’s humorous “Messin’ with Sasquatch” campaign, which led to a 47% increase in sales after the advertisements first launched, according to the company. Major television networks such as The History Channel and Animal Planet have even capitalized on the popularity of Sasquatch as well as hit shows such as Finding Bigfoot. Animal Planet’s Finding Bigfoot has become one of the network’s most popular programs with well over a million viewers in its season 2 premiere. The mythical creature has even found time on the big screen recently with the upcoming release of the film Project Bigfoot premiering later this year. The mystery of Sasquatch and the debate of its existence fascinate audiences across the United States. The debate has even reached Ursinus College with several students believing in his existence.

“Definitely believe in the existence of Bigfoot. With all of the sightings over the years he has to be out there somewhere,” said student Robert Scaramuzza.

I do not think the search for Bigfoot is a waste of time. I believe that Sasquatch will eventually be located and become a protected species. The search for Bigfoot is both a fun and captivating phenomena in which positively impacts American values. The debate over the existence of Sasquatch has led to the creature being a mainstay in American pop culture which is significant and indicates a great deal about the cultural values of our society. I believe this implies that our society truly has a thirst for mystery and the unknown. Our society values different conspiracies, which is why I believe we have this fascination for legendary creatures such as Bigfoot.

This is quite evident with the fact that Animal Planet received its highest ratings of the year in the month of May during their premier of monster week. Ultimately, the Bigfoot debate indicates that our society is completely fascinated by the unknown.
Megan Keenan leading the way

Drae Lewis
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Support, trust and commitment are three key components in any form of relationship. As a person, it feels good to know that you have positive reinforcement in your corner at all times. As an athlete, it’s even more comforting to know you have a team who believes in the system, the coach, and all the players.

Over the years, the Ursinus College field hockey team has been a dominant program at the Division III level and a power house in the Centennial Conference. Starting with the 2003-2004 season leading up to the 2009-2010 seasons, Ursinus won 7 consecutive Centennial Conference championships in field hockey.

That streak continued the following year in 2010-2011 when first year head coach Janelle Benner led her team to an eighth consecutive conference championship with an overall 19-4 record, 9-1 in conference play.

The soccer team had four losses last year. “We need to do a better job this season of starting games with lots of attacking energy and showing that we can score our first half goals,” said Coach Wakeman.

This season, the Bears look to senior captains Valerie Bedrock and Jessica Lenzo as the leaders of the team. Bedrock runs the center of the field, while Lenzo works closely with Katelyn Koser and the defensive unit.

“We are awfully proud of the fact that we had 65 student athletes last semester that obtained a 3.0 GPA or better, 29 of them being on the dean’s list with a 3.5 or better,” head football coach Peter Gallagher said. “That standard here is to compete in the classroom and on the field.”

Senior Matt Glowacki has not only been a great student at UC (he is physics major with a cumulative GPA of 3.33), but has been an example of how someone can manage not only one sport, but two. That’s right; Glowacki is a member of the football team and also plays on the lacrosse team.

“Matt Glowacki is a great kid and is a huge addition to our team, just in his personality,” Jamie Steele, head lacrosse coach, said. “He is a guy who shows up every day, works really hard,

Last Week’s Scores as of Monday Sept. 22:

<table>
<thead>
<tr>
<th>Football (3-0)</th>
<th>Field Hockey (4-1)</th>
<th>M Soccer (2-4-1)</th>
<th>W Soccer (1-4-1)</th>
<th>Volleyball (8-4)</th>
</tr>
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<td>Sept. 20 at F&amp;M UC: 31, FM: 24 (OT)</td>
<td>Sept. 20 vs. Gettysburg UC: 5, Gettysburg: 0</td>
<td>Sept. 17 vs. Immaculata UC: 2, Immaculata:0</td>
<td>Sept. 20 vs. Gettysburg UC: 0, Gettysburg: 0</td>
<td>Sept. 17 at Penn St.-Berks UC: 2, PSB: 3</td>
</tr>
<tr>
<td>Nick Lundholm: 5 receptions, 91 yds, 1 TD</td>
<td>Sept. 20 vs. Gettysburg UC: 1, Gettysburg: 4</td>
<td>Sept. 20 vs. Gettysburg UC: 0, Gettysburg: 0</td>
<td>Sept. 20 vs. Gettysburg UC: 0, Gettysburg: 0</td>
<td>(25-7, 14-25, 22-25, 25-19, 11-15)</td>
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<tr>
<td>Photo courtesy of Grace Steel</td>
<td>UC’s women’s soccer team huddles up before their match on Sept. 10. The Bears put up a hard fight, but ultimately lost to Rowan, 2-1.</td>
<td>Photo courtesy of Grace Steel</td>
<td></td>
<td>(22-25, 25-20, 20-25, 25-19, 11-15)</td>
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See Soccer on pg. 8

See Hocke on pg. 8

See Glowacki on pg. 8

See Kevin Monahan on pg. 8

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Hockey continued from pg. 7

“We have a great group of girls this year who are all very dedicated to the team, to the sport of field hockey, and to the UC field hockey program as a whole,” said Benner.

Junior Megan Keenan has thoroughly enjoyed her time so far at the college. In regards to playing for her coach and her team, Keenan loves that too.

“You can definitely tell she pushes us to be the best that we can be,” Keenan said of Benner. “She knows what to expect from all of us and we all have a really good relationship with her. I think; you know she really takes the time to check in on us. Even our assistant coach; we are really close as a whole team and it just works really well.”

It’s not easy playing for a top-notch program like the field hockey team at Ursinus and balancing the academic work as a student. Yet in some instances, being a student-athlete helps produce better results in the classroom.

“Being an athlete definitely helps with academics,” Keenan said. “It allows me to schedule my time more efficiently. I find when we are in the off season in the spring, it’s actually harder for me to keep myself on track with my work because I have so much free time. The academics here aren’t easy by any means, but they are manageable.”

As a sophomore, Keenan earned first team all-conference and Centennial Conference Player of the Year. She was also credited as an All-American while recording 61 points and 24 goals.

“It was a huge honor and I was very surprised,” Keenan said of all her accolades. “It takes a lot of work and it definitely wasn’t just me playing.”

“It took everyone’s efforts, literally my entire team,” she went on. “They all helped me to get there. I would not have scored as many goals as I did last season had it not been for my team and that helps.”

Ultimately, great teams are led by great leaders. Benner has done an amazing job with her role in the Ursinus community.

“Coaching at Ursinus College is awesome. I feel very fortunate to be surrounded with so many amazing coaches and mentors,” Benner said. “Every day I have the amazing opportunity to share my passion for competition and to help each player grow as an individual both on and off the field.”

Glowsacki continued from pg. 7

plays with a lot of energy and is an exceptional athlete.

While his lacrosse team gets ready to start their fall program, Glowacki keeps busy playing defensive back for the Ursinus Bears football team. Coach Peter Gallagher knew Glowacki was special from the beginning of his recruitment process.

“I think just looking back at the recruiting process with Matt, it was an exciting one,” Gallagher said. “His brother had been a first team all-conference kid and set some receiving records here for me. To be able to reunite with the family was neat.”

Before his first college visit, Glowacki initially had intentions to solely focus on football. It wasn’t until his junior season when his name finally appeared on lacrosse roster.

“Here at Ursinus, it’s been great. I’ve been given the opportunity to play two sports and balance my academics,” Glowacki said. “I started out just playing football. Last year though, I decided to play lacrosse in the spring and was accepted by the coaches and team.”

Glowacki also talked about the expectations levied on him on both the lacrosse and football fields.

“Both of my coaches expect a lot out of everybody,” he said. “They expect you to give your all on every play and practice. They are very similar in that way.”

He went on, “One thing I realized is both of my coaches have a lot of experience and intelligence. They expect a lot out of you athletically and intellectually.”

Soccer continued from pg. 7

ing the talents of incoming players and upperclassmen,” she said.

“We want to focus on one game at a time and really prepare for our home opener and first conference game against Gettysburg.”

This past Saturday, the Bears’ conference opener against Gettysburg ended in a 0-0 tie. “I have very high expectations for our team this season,” Bedrock said.

“We have so much talent represented in all four classes.”

The team has been working out the kinks in their first few games to only get ready for more conference games ahead this season. With the team’s hard work and persistence, the standings will speak for themselves after the women’s soccer team performs.

Coach Wakeman and the entire soccer team have high expectations this year to prove the preseason rankings wrong. The team, time, effort, and recruiting has been put in and the team is expecting great results. The women’s soccer team is more than ready to make a name for themselves this year, and as Bedrock says, “The Centennial Conference might get a rude awakening when UCWS shows up to play.”

Upcoming Schedule:

<table>
<thead>
<tr>
<th>Saturday</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>Football: @ McDaniel, 1:00 p.m.</td>
<td>Field Hockey: @ F&amp;M, 12:00 p.m.</td>
<td>M Soccer: vs. F&amp;M, 7:00 p.m.</td>
<td>W Soccer: vs. Bryn Mawr, 7:30 p.m.</td>
<td>Volleyball: vs. Bryn Mawr, 7:00 p.m.</td>
</tr>
<tr>
<td>M Soccer: vs. Dickinson, 3:30 p.m.</td>
<td>W Soccer: @ F&amp;M, 3:00 p.m.</td>
<td>Volleyball: vs. Bryn Mawr, 7:00 p.m.</td>
<td>Field Hockey: vs. Swarthmore, 4:30 p.m.</td>
<td><strong><a href="http://WWW.URSINUSGRIZZLY.COM">WWW.URSINUSGRIZZLY.COM</a></strong></td>
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