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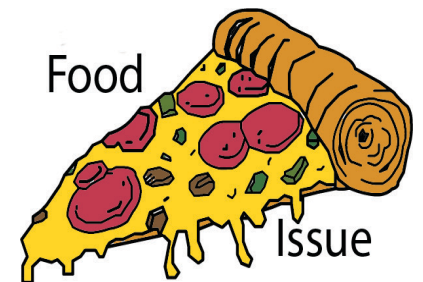


Photo courtesy of Brian Thomas

Local restaurant, Speck's Chicken, has been providing Collegeville residents with their delicious broasted chicken for over fifty years.

## Collegeville staple Speck's Chicken offers unique, throwback experience

**Brian Thomas**  
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On top of a hill overlooking Collegeville, where Germantown and Ridge Pikes converge, sits Speck's Chicken. Inside the unpretentious, old-school building, they do the same thing they've been doing for the past 50-odd years—broasting chicken (we'll get to what broasting is in a little bit).

While a staple among Collegeville natives, Speck's is kind of a mystery to Ursinus students, who have inevitably passed it as they return from vacations or jaunts to the Norristown Transportation Center.

Part of the mystery is the location, unfortunately sharing a parking lot with Adult World. Indeed, it did win "Best Fried Chicken Near a Porn Store" in 2011 from Philadelphia Magazine. Another aspect though, is how old it looks.

It's a far cry from the efficient, kiosk-staffed fast food stores we've gotten used to, making it somewhat of a relic. Finally, the name probably doesn't do a whole lot for the college crowd. Speck was original owner Stanley B. Landis' nickname, according to the restaurant's website, but to the uninitiated, it just adds another layer of mysterious folksiness.

So, how good can it really be? The answer is really, really good.

This past week, I went to find out with my friend and fellow food enthusiast Emmett Goodman-Boyd, a senior at UC. Over the past four years, we've dined at more than a few local gems, so I knew he'd be game.

Still, as we were on our way there, and I started explaining what the deal was (it's not fried, it's broasted; it really is that place next to Adult World), he seemed skeptical.

"The place is behind an adult

entertainment store, and it's off the highway, and from the outside, I'm not going to lie, from the outside it doesn't look ... inviting," he said.

When we walked inside, though, any apprehension melted away.

Even as we were standing in line waiting to order, it was very clear that this place was anything but uninviting. One customer chatted with a cook behind the counter who asked about his family and Thanksgiving. Another couple sat at the counter and joked with one of the waiters. It's definitely a place where people just order "the regular," and nobody has to ask what that means.

We placed our order—12 pieces of chicken to share, French fries, and fried pickles—and took a seat in one of the bright yellow and red booths under the fluores-

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## Music and mocha meet at Steel City

*Phoenixville cafe provides a welcoming atmosphere for students and artists*

**Valerie Osborne**  
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Steel City Coffeehouse sits on the corner at the intersection between Bridge Street and Main Street in Phoenixville, Pa., just a fifteen minute drive from Ursinus College. I had often passed the cafe driving from my home in Lancaster, Pa., to campus. I'd always been intrigued by its glittery exterior and the posters lining the windows, but I had never been inside until recently when I met with the co-owner Ed Simpson to learn more about Steel City.

Simpson shares ownership of Steel City with his wife, Laura Vernola. According to Simpson, they are the fifth or sixth in a long line of Steel City ownership changes and he hopes they will be the ones to end that line. The couple purchased the cafe recently after hearing that the cafe was closing last May.

"We were very upset that [Steel City] was closing," said Simpson. "The both of us had been discussing ... opening up a B&B or a restaurant. It wasn't exactly the kind of thing we were discussing that we wanted to do, but both of us love music and we love that this place had such a strong connection to the community. We really love Phoenixville, so we felt that it was kind of one of those meant-to-be things."

Steel City isn't just a coffeehouse, but a place for the community to celebrate art and music. It serves as a music and performance venue, hosting concerts and boasting an open mic night on Thursdays at 7 p.m. for any musicians or poets willing to pay the \$3 cover charge.

Said Simpson, "We do a lot

to nurture young artists. We feel like this has always been a place where, especially as far as local artists are concerned, their voices can be heard."

According to Simpson, about half of the artists opening or headlining performances at Steel City are locals. The performers come from a variety of music genres, including Americana, folk, jazz, swing, bluegrass, and country western, with many singer-songwriters.

Unlike most bars or coffeehouses, Steel City serves as a "listening space," where the art comes first.

"We tell people before performances to silence their cell phones, if you're going to talk ... we politely tell people to go outside, respect the performers. Performers that play here get treated better, [are] more respected, and are nurtured more than [at] other places. It's not just background noise. What you come here for is to listen to the music."

But that's not to say that the food isn't important at Steel City.

"I definitely want to emphasize that the food and the coffee is better here than it ever was," said Simpson. "We do have quite a few unique dishes, our poached egg and potato bowl [are] pretty unique. Nobody in town serves anything like that. Our breakfast flatbread is pretty unique as well, quite good. We offer some slightly different takes on breakfast and lunch."

Simpson takes great pride in the freshness of the food, citing the fact that most of the food and beverages at Steel City are locally

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cent lights. It definitely feels like the furniture has been around for a while, and that you owe it some reverence based just on age alone.

According to the store's biography online, the original store was founded in 1953, and it's been family-owned ever since, employing and feeding generations of Collegeville residents while never sacrificing its down-to-earth ethos.

When we got our food, we immediately dug in. The fries were fine, nothing to write home about, and the fried pickles added a nice sour contrast to the meal, according to Goodman-Boyd.

The real star of the meal, though, was the chicken. It was crispy on the outside and juicy on the inside, flavorful and salty.

"It really hit the classics of what you're looking for with the fried chicken experience," said Goodman-Boyd. "But it's not fried chicken, it's broasted chicken."

Which brings us back to the question from earlier: What is broasted chicken? (Microsoft Word doesn't even recognize the term).

Essentially, it involves pressure cooking chicken and then frying it, resulting in the perfect contrast of crispy and juicy that you get at Speck's.

After we ate, Goodman-Boyd and I returned to campus pretty full and toting a box of leftovers that I worked through the rest of the week. Despite the heaviness of our stomachs, we both felt really good about the experience.

"It's just a really genuine place, and you can tell that people who live in the area go there a lot and that's where they get food," said Goodman-Boyd. "This is not like, a cold brand; this is not an emotionless store where they just sell things. They kind of want something more out of the customer ... they know the people that go

there because they're people that go there a lot."

All of this said, Speck's may not be for everyone. It doesn't have a whole lot of vegetarian options that I could see on the menu, and it isn't exactly the most nutrition-conscious choice you can make.

"I guess if you don't like oily stuff, you may not like it," said Goodman-Boyd. "It was definitely oily, definitely not healthy."

All of this said, Speck's makes for a great meal that isn't too far away and is definitely affordable. It's worth going to, even if your only reason is to step back in time and experience a small piece of Collegeville history.

Speck's is open during the week from 10 a.m. until 9 p.m., and is open from lunch to dinner on weekends.

## WRITERS WANTED

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Mondays,  
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Photo courtesy of Suzanne Angermeier

Authentic Italian pizzeria Forno Antico welcomes hungry students looking for a new option.

## Local pizza place looking for love

*Forno Antico offers a different pizza option for students looking for authentic Italian cuisine*

**Jonathan Myers**  
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Ursinus students have no shortage of pizza options in their daily lives. From Marzellas, which may as well be considered an on-campus option, to chains like Dominoes that deliver for cheap, students can be choosy about where they get their pies. One really unique option, however, doesn't seem to be getting as much love from the UC population.

Forno Antico Pizza Napolitana is a small Italian restaurant tucked away on Main Street near Sabre's Fine Jewelry and Key Bank. Pizzas are cooked in a wood-burning oven imported from Italy. The interior is authentic Italian: paintings, brick walls, and dark-stained tables. The atmosphere is serene and sophisticated. The

staff is incredibly friendly and helpful. The menu includes great specials and changes every two weeks to ensure freshness and to inspire customers to try something different.

I talked to **Ciro Nuzzolese**, the manager of Forno Antico. On the phone, he was filled with pride about his business, and he was excited to hear from a college student. He told me that Forno Antico is a family business that was originally started in Italy. The business "goes from generation to generation. This is the third generation. The owners are from Naples, Italy. They make delicious traditional Neapolitan pizza."

All of the ingredients are imported directly from Italy, according to Nuzzolese.

Their website claims that they use "fresh Mozzarella di Bufala made ... earlier in the week in a

small town in Campania, Italy, [their] San Marzano tomatoes are flown in fresh from the Campania region ... and flour and sea salt is imported from Napoli as well."

I asked him about the number of college students that drop by. His tone changed and sounded more somber.

"College students--not many at all," he said. "Maybe they are afraid to come in, maybe it is a little bit high-end. When college students come, it's usually with their parents."

I asked him what Forno Antico has done to promote to students. He told me that they've tried many things.

"I've tried to give them specials," he said. "We've had college student night where we've had \$7 pizzas."

Nuzzolese said that Forno An-

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tico welcomes students and that they love the college.

“We can print up some kind of student discount,” he told me.

It seems like students at Ursinus, though, just aren’t familiar with it. Andrew Stetser, a sophomore, said that he had never heard of the place. He usually goes to Marzella’s to get pizza.

However, Forno Antico’s price points are extremely competitive with Marzella’s. Their Margherita Del Re goes for \$10.99, and includes Marzano tomato, fresh mozzarella, parmesan cheese, and basil. A Marzella’s 16-inch large pizza with no toppings goes

for \$11.75, and an 18-inch extra large pizza goes for \$12.75 with no toppings.

Thus arises an interesting question: Why is Forno Antico missing the college student market? Is the extra five-minute walk that much more daunting to college students? I certainly hope not, especially because Quick-stop, Wawa, McDonald’s, the Trappe, and Da Vinci’s are all further away than Forno Antico, and they haven’t had any issue drawing students in...

So what’s missing?

I think the problem surrounds perceived value. College students are on a budget, and they see when a place looks expensive and extrapolate price points from there. Students might think,

“Forno Antico: a fancy, high-end Italian place that would never fit in my budget.” But the price points are right on target, and the marginal value compared to Marzella’s is huge.

Forno Antico is a hidden gem. I love their food, their atmosphere, and their service. Their price points hit my target. The pizzas are fantastic, I usually order the Napoli pizza, which comes with broccoli, sausage, and fresh mozzarella. I’m always excited to go back, and other students should be as well.

More information about Forno Antico can be found online, or students can check it out on their own with a short walk down Main Street towards the Diner.

## International Perspective: Japanese TA reflects on dining etiquettes

**Nozomi Kikuchi**  
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One day, I went to Wismer to have lunch with my friends. Lunchtime was busy because I had classes right after and had to eat quickly. Before I sat down, I saw leftovers scattered on the table: french fries, ketchup, and paper napkins. They were also on the floor. This shocked me and I lost my words.

Konnichiwa. I’m Nozomi Kikuchi, a Japanese TA this year. I’ve been here a couple of months so far and I like it here. I was born in a small city in Japan. I like English because I went to America during my high school days and I fell in love with it. Then, I went to university in Yokohama and studied education policy. I became a teacher at an agricultural high school in Hokkaido, and then I got the chance to teach in my hometown, Aomori. I moved back to my hometown and taught English for two years. Still, I felt I needed more chances to speak in English and improve because sometimes I felt uncomfortable with my level of knowledge. That’s why I’m here.

I like Ursinus College because when I see my friends and students, they say “Hi” to me. I also like the campus because of the beautiful brick buildings and my dormitory. Most Japanese students live outside of campus, and while it depends on the university, most of the buildings on Japanese campuses are of modern design, not brick. I also like the Ursinus Japanese table, which starts at 5:30 p.m. every Wednesday at Wismer. Japanese table is when we talk about anything in Japanese. I often bring Japanese books there.

With so many wonderful impressions of Ursinus, seeing food on the table surprised me. I’ve never seen this before in Japan.

In Japan, students have kyushoku from elementary school to junior high school. Kyushoku is a well-balanced meal: rice, miso soup, salad, fish, milk and fruit every lunch, for example. The menu is different day-to-day and a meal calendar is made and cooked by the nutrition manager

at each school. Students look forward to eating this kyushoku. They also look forward to serving the meals to each other. They have to wear a white apron and hat when they serve other students. Students who serve can eat lunch after everyone has been served.

Before Japanese students eat, they say “Itadakimasu,” which means that “we appreciate everything which engaged in the food we are going to eat.” After eating, they also say “Gochisosama” with their hands together which means “thank you for the meal.” Students have to clean everything. If there is some food left over on the table, students have to clean it up or they can’t have their break after lunch. They wipe down the table and have to return a cart that has dishes, utensils and food. Students do this every day, so this is natural for them.

I feel uncomfortable when I see leftovers on the table because I was told not to do this when I was a child; teachers and parents would scold me if I did so. People in Japan consider how the next person sitting at the table will feel. In Japan, some people may think that I’m not educated and might hate me if I left food on my table and left without cleaning it. So, I don’t want to sit at a table scattered with food because I want a place that is neat and clean. People may not care because someone else will do the cleaning instead of them. But I think it would be nice if people cared about the next person who will use that table and be more considerate in general.

*Born in Aomori, Japan, Nozomi Kikuchi graduated from Yokohama City University. She has taught English in middle school and high school in Japan. Kikuchi is one of 10 Japanese teachers selected this year as Fulbright Language Teaching Assistants who are teaching Japanese around the United States. Next year, she is planning to go to graduate school to learn the best curriculum for learning language in a school system.*



Photo courtesy of Valerie Osborne

Steel City Coffehouse in Phoenixville, Pa. provides a relaxing atmosphere for people to enjoy music, food, and coffee.

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sourced and organic.

Simpson said, “We’re probably about 80% locally sourced with everything we serve here. We’re working on the other 20%.”

Steel City also offers options to people with dietary restrictions, including gluten-free treats and a vegan soup option offered every day.

“We try very hard to [create] a comfortable atmosphere,” said Simpson. “[It’s] a great place to

come get a healthy meal, get some caffeine, and get some homework done.”

**“We try very hard to [create] a comfortable atmosphere.”**

— Ed Simpson  
Owner

After finishing my interview with Simpson I sat down at a table by the window where my roommate and transportation, ju-

nior Luna Kang, had been waiting for me.

“I love it here. I love the music,” Kang said, referring to the loud 50’s rock and roll being spun by The Thrifty Discount DJs in the corner of the cafe.

This was also Kang’s first visit to Steel City, but she expressed a hope that it wouldn’t be her last.

“The atmosphere is really relaxing ... I think it would be a good place to read or hang out with friends. It would be really cool to see a band here,” said Kang. “It’s a really cool place.”



Photo courtesy of Shagun Fine Indian Cuisine

Shagun Fine Indian Cuisine, an authentic Indian restaurant located in the Colleagueville shopping center, has become the new workplace of two Ursinus students.

## Two UC students find an appetizing off-campus job

*Juniors Kayla O'Mahony and Rowan Hewson work at Shagun Fine Indian Cuisine - and enjoy the added benefit of delicious food*

**Courtney DuChene**  
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Looking for a job, but unsatisfied with the options on campus? Many students often forget that there are many options for employment off campus, including working in the restaurant industry. Students Kayla O'Mahony and Rowan Hewson both work off campus at Shagun Fine Indian Cuisine, located in the Colleagueville Shopping Center.

O'Mahony has been working at Shagun for about six weeks. She thinks working off campus has a lot of benefits for students. She said, "I get paid more and it's kind of nice to get away—to physically get off Ursinus' campus. I love it on campus and I love all the people here, but sometimes it's really refreshing to leave because then it makes coming back more exciting."

Hewson also thought it was refreshing to get away from the Ursinus bubble by working at the

restaurant. She said, "It gives you a chance to get off campus and, especially with a restaurant, eat different food. I can eat whatever Kayla brings home or whatever I get to eat at the end of the night. You get to interact with new people. I mean, there are Ursinus students who come by a lot, but you don't have to only see Ursinus people."

*"It gives you a chance to get off campus and ... eat different food."*

— Rowan Hewson  
Ursinus junior

Hewson has worked in the restaurant industry for almost three years and she believes it is a good way to make money while also gaining valuable skills. She said, "I've mostly done hosting. It's kind of low key. It's not as hard as it seems. I was never really a waitress before, which is what

I'm doing now. You learn a lot. You learn to interact with people really well, which I've always had a hard time with."

Hewson started working at Shagun just before Thanksgiving break. She became interested in the job when O'Mahony told her there was an opening and she needed the money. She said, "Training was basically everything, like waiting tables and learning the computer system, because working there you basically do everything."

"My first day was fun. Kayla was showing me everything. There was like no order. Kayla was kind of the boss which was really funny."

O'Mahony also had an interesting experience on her first day. "My first day I had a lot responsibilities. It was really overwhelming and stressful, and exciting," she said. "I finally learned how

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## Study abroad student shares experiences with foreign cuisine

*Brandon Carey is spending the semester exploring China's culinary options*

**Brandon Carey**  
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The most pressing realization I had when I landed in Hong Kong on Aug. 16 to begin my study abroad was that I was not versed in the local language— as indicated by the myriad of Chinese-only signage from the jetway to the immigration counter. I did take Mandarin my freshman year, but the dialect used in Hong Kong is Cantonese, and the city-state uses the traditional character system. The differences between Mandarin and Cantonese range from slight to stark; for example, the word for "water" (something sweaty and thirsty westerners need in 90-degree weather in the summer in Hong Kong) in Mandarin sounds like shway. In Cantonese, it sounds like soy, with a prominent lilt at the end. There are also five more tones in Cantonese, so despite my Mandarin instruction, navigating the language was tricky. Obtaining food especially became a challenge.

Outside of electronic ordering, or having an English menu and pointing, there's not a whole lot of food westerners can order without sufficient knowledge of Cantonese. There are some restaurants that have a set menu and give seven or eight different dishes for a flat rate, but these aren't very common. A lot of Hong Kongers have decent, functional English, but more often than not, travelers will encounter places that only use Cantonese. Of course, you could try to meet up with a local friend to go out to eat, but this isn't always an option.

So aside from the logistics of actually getting food, what is there to eat? Rice, of course, is the staple. There are several days a week where I eat rice with all of my meals. Tea is common, both local-style "milk tea" and British-style black tea. Getting an

American-style coffee is basically impossible. All but two cups of "American Coffee" I've had in Asia have actually been "Americanos," which is espresso watered down with hot water. Same effect, but still, not exactly ideal.

Almost all food can be eaten solely with chopsticks. I was taught how to use chopsticks by a Vietnamese friend of mine when I was about six or seven, so I'm quite lucky. A lot of the other westerners had to be taught on-the-job.

*"Almost all food can be eaten solely with chopsticks."*

— Brandon Carey  
Ursinus junior

Meals can be quite unbalanced if you don't know what to order. A lot of fellow students buy vegetables and fruit at a local supermarket because the campus "canteen" (what we call the dining hall) provides more or less a "base" that you add vegetables, meat, etc. on to. One of the more popular fares in the campus canteen is called "siu mei with rice," which is essentially any meat that has been roasted. A hot bed of steamed rice is spooned into a bowl, and the roasted meat is chopped and laid on top with vegetables and other accoutrements.

Unlike Ursinus, Lingnan University's canteen is not covered by a meal plan. You need to pay for everything you eat directly, using a local "smarpass" fare card called an "octopus card." The octopus card can be used well, almost anywhere, to pay for anything. It's basically a gift card you can refill with up to 1,000 Hong

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Kong dollars (\$128) on. It's primarily used on buses and the metro, and just about anywhere that sells anything. Ordering food on campus utilizes a 20-inch touchscreen, and you touch the octopus card to a reader and instantly, a receipt pops out. You then take that receipt to a corresponding counter, and they prepare your meal to order. And don't worry about the language barrier. The machines have an English option, and the receipt comes out in both English and Cantonese.

Hong Kong-style food has been influenced by the rest of the world, but it's not too removed from its roots in Guangdong province, the neighboring "state" in mainland China. Its cuisine is filled with the flavorful kind of

spicy food. Although the food in the canteen may be repetitive, I'm always amazed at the medley of ginger, paprika, turmeric, soy, and pepper in everything I eat.

*"I cannot begin to describe the relationship I have to dim sum."*

— Brandon Carey  
Ursinus junior

Outside of the canteen, there is also an on-house campus restaurant open to the public, which serves primarily dim sum, the legendary dumplings of South China. I cannot begin to describe the relationship I have to dim sum. Once you know the feeling of biting into a freshly steamed pork soup dumpling, the crackle

of the wonton wrapper oozing into a gummy, handmade ball of minced pork and vegetables, and your nose filling with the fragrance of the broth, you too will know its glory, and you will bow to it! I digress ...

The other option for our campus is to have street food from our local market, or eat at one of the sit-down restaurants above. These restaurants range from hot pot to Taiwanese cuisine, to western food. Street food is a bit homelier, but always delicious. Noodle soup, dumplings, teppanyaki, all cooked to order.

Not having a meal plan these past four months has actually been a bit of a blessing ... I'm venturing out more, and trying more foods, some that I never thought I would.

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to work the cash register and I was really excited because my boss came and was standing next to me while I was checking out a customer. I took their credit card and I swiped it and I dropped it in the trash can. Like deep in the trash can. And I stood there really awkwardly while my boss and the customer were like 'ummmm.' Then my boss was like, 'What's the problem?' And I said, 'I dropped the credit card in the trash can.' It was really awkward. My boss and I both literally fished through this giant trash barrel for the credit card and then it turned out to be on the floor next to the trash can. It was just so utterly embarrassing."

Both Hewson and O'Mahony enjoy the food at Shagun. Hewson said, "I eat there all the time. Kayla was bringing back a lot of food and then when I started I was eating a lot of the food."

O'Mahony said, "I can't even

explain it. I love all the food. They're constantly giving me new things to try. I really like Shaam Savera, which is like a creamy, vegetarian dish with spinach cheese balls in it. They're really, really good. They're considering adding an item to the buffet menu. It's like honey chili potatoes . . . deep fried potatoes in a batter of honey and chili sauce, and it's so good. Also the vegetable pakora."

Hewson's favorite thing to eat at Shagun is the garlic naan. She advises students who go there to "definitely get a bread basket or some type of naan" and added that "they also have mango lassi, like a mango yogurt drink, that's good, too." O'Mahony advises students try the chicken tikka masala.

If students are interested in ordering from Shagun, the restaurant is within walking distance from the college, by the McDonald's. They also have an online ordering option.

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# Word on the Street

*Where is your favorite place to eat when you want to get off campus?*

"Thai Spice is my favorite restaurant because it's a local business and the owner is really nice, and because the food is delicious."

- Emily Jolly, 2018

"My favorite restaurant in the area is Phamous Phil's. The barbecue is great and the atmosphere is welcoming. The ribs are my favorite."

- Steve Mohapp, 2017

"Jasmine Asian House - it's a great 'treat yo self' opportunity and everything is great, not just the sushi!"

- Erin McKinney, 2017

"I really like Kiwi for frozen yogurt and as a study break!"

-Hannah Grecian, 2019

"I'm a big fan of Tio Juan's Margaritas over in the Providence Town Center. The food is delicious and really well-priced, and their mixed drink selection is great for those over 21. I highly recommend the 'Heavens to Margatroid!'"

- Justin Nolan, 2017

"I'm a big fan of Corner Cafe 29. I love breakfast food, and they have amazing food for really good prices. Also, the restaurant is small and [has a] really homey feeling with a bunch of locals who regularly eat there."

-Skye Gailing, 2018

"Shagun is lit, because the food is simply impeccable, totes authentic, service is great, and it's very close by!!!"

- Colin McCloskey, 2018

## Happening on Campus

Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
<i>Stress Relief with the UC Ambassadors</i> 6 p.m. <i>Bear's Den</i>	<i>Bears Make History Project Launch</i> 11:30 a.m. <i>Bear's Den</i>	<i>Reading Day</i>		<i>Final Exams</i>	<i>Final Exams</i>	<i>Final Exams</i>



# Navigating dietary restrictions on and off campus

*Students explain how celiac disease or gluten sensitivity complicates their options*

**Emily Jolly**  
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Being gluten-free is never easy, especially on a college campus. For those of us with limited diets, it can be very difficult to find dining options that you know won't make you sick and that offer enough of a variety.

At Ursinus, the Upper Wismer dining hall tries to make accommodations for those of us with food allergies with Simple Servings, a station that is free of milk, eggs, shellfish, peanuts, tree nuts, gluten, soy, and wheat.

In concept this station is wonderful since it accommodates those who need to keep their food free of cross-contamination. However, in practice this means that the staff is limited in what they can offer.

When asked if she thinks there are enough gluten-free options on campus, Lauren Turet, a junior with celiac disease, said, "Honestly, no. I do feel like everyone is very accommodating and very willing to bend over backwards to

help, but I do feel like there are very limited options for me."

Turet says that, as a vegetarian, she finds it particularly difficult to get enough food, especially protein.

"If there's a day that is all pork, chicken, and broccoli, I'll just have broccoli for a meal," she said.

Even without the added difficulty of being a vegetarian, other gluten-free students are left unsatisfied.

"I know gluten-free food isn't easy [to make] and I'm glad there's at least an attempt, but it's annoying to have to pay for a meal plan where I can only eat salad, tilapia, and red potatoes every day," said senior Annie Rus.

There are other possibilities in the dining hall, but they carry the threat of contamination. In Upper Wismer there are the salad and yogurt bars, as well as a gluten-free bread section with a toaster, but often people use it for their regular bread, which leaves crumbs that can make us sick.

"It's so annoying that people put wheat bagels in the gluten-

free toaster. There are four other toasters, why do you need to walk across the room for this one?" Rus said. "Last year my roommate was trying to get me a bagel and he saw the dude in front of him put a wheat bagel in the toaster and when he confronted him the guy said he didn't know what gluten-free meant."

As a solution, Rus suggested posting the definition of gluten-free above the station and possibly moving the entire station so it isn't directly behind the home-town line. That way people may be less likely to grab stuff, particularly the gluten-free chocolate muffins that only appear every once in a while and are our only source of dessert besides certain ice creams.

Brittany Gasser, a sophomore at Ursinus, will often take the risk of getting a rice bowl in Lower, and while the staff is careful and changes their gloves, the threat of cross-contamination is still there.

For those of you perhaps unaware of why cross-contamination is such an issue, understand that even a few small crumbs can

make people with celiac disease, such as Turet, Rus, and Gasser, or people with high-level intolerances like myself, extremely sick for several days.

When Wismer fails to offer enough options, or we just want a change of pace, we have to turn to the Collegeville restaurant scene. But even then, finding restaurants that accommodate and understand gluten sensitivity is an arduous task.

Rus doesn't know of any places other than sit-down restaurants within 20 minutes of campus. Turet likes that there is the Wegman's nearby with a large gluten-free section, but the only restaurant she is aware of is P.F. Chang's, one of the fancy sit-down places Rus pointed to.

Gasser, however, knows of several other places with gluten-free menus such as Pizza Stop, Franco's, Panera, Qdoba, Collegeville Bakery, Red Robin, Olive Garden, and Zoe's Kitchen.

The trick, Turet explains, is that you have to check with the restaurant to make sure they know how to handle things properly, for

while an item can have no gluten ingredients, there is always the issue of cross-contamination in the preparation area.

Even when we can find a restaurant to accommodate those who are gluten-free, it still does not solve the issue of there not being enough options on campus.

Turet leaves the dining hall hungry most days, and while she does have food in her room, she says "it's difficult, paying for the food here, and then eating in my room a lot."

Part of the solution would be more options at the Simple Servings station.

"It's unfortunate that they only offer one meal for dinner or lunch, as opposed to more options," said Gasser.

While the staff is wonderful and helpful, gluten-free students ask dining services to provide a variety of options at Simple Servings so that everyone with dietary restrictions never has to leave the dining hall hungry.

# Car access impacts students' dining experiences

**Leighnah Perkins**  
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As an Ursinus student, a common sentiment I hear repeated over and over throughout my college career is, "There's nothing to do around here." To those who are from more densely populated areas, like major cities, Collegeville is not exactly a booming metropolis--especially when it comes to restaurant options.

Yet as someone from a small town, the options seem to be endless. My hometown is Bloomsburg, Pa, home to a little less than 15,000 people and home to about four good restaurants that you just have to cycle through until you're sick of them all.

For a hint of how dire the situation is, both Cracker Barrel and Quaker Steak & Lube are in the top ten restaurants on Trip Advisor. Do you know how rough that

is?

To make matters more complicated, I'm also a vegetarian and have been for five years. So finding food around the small town, where vegan and gluten-free options are just now beginning to be recognized as more than just a garden salad, becomes a bit more of a test. This narrows down the possible options even more.

Moving to Collegeville to attend Ursinus was like being part of a whole new world. The amount of places to eat at is almost overwhelming: Often I find myself at a loss for where I should eat!

With a car on campus, the world is the oyster of any Ursinus student. Whether it's stopping at Artisans Café in Phoenixville for brunch, grabbing a quick dinner from one of the many restaurants in the Providence Town Center, or stopping at the Collegeville Diner for a late night snack, there

are so many options.

If you add in the various suburbs surrounding Collegeville, you can find places like Ardmore's Snap Pizza, as well as the hundreds of restaurants located in Philadelphia. There are practically endless options for any and all cravings, dietary restrictions, and price points if you are able to drive and explore.

For students who do not have a car on campus, however, the options are severely limited, so much so that Ursinus has worked to bring food trucks onto campus on the weekends. There are not many culinary options for students within walking distance.

With the closing of the Main Street Wawa, it seems students are left with the Collegeville Diner, McDonald's, DaVinci's, Marzella's, and Chow. I understand that only five "options," one of which is McDonald's, is really not impressive and that it merits

the irritation and complaints of there being "nothing" here.

If you add on the fact that only a handful of places offer delivery service to Ursinus, there are practically no options for those on campus without a car of their own.

Alex Nigro, a junior without a car, said, "I am kind of annoyed about my lack of restaurant options. You have to rely on other people like friends, roommates, [and] significant others, and you don't really know when you'll get to go out to eat. It also means I have to eat at Wismer way more than I ever wanted to. Ideally, I would love to have a car on campus, it'd give me more options all around."

Although Alex is from the Collegeville area, she made clear it's not the options or "nothing here" that is the real problem. It's transportation. "I think there's a good amount of options around.

There's the Providence Town Center and other small-town options. The problem is that when you don't have a car and [restaurants are] not accessible, it makes it feel like there are not many options."

It's not so much that there's nowhere to go to grab some good eats in Collegeville. The issue lies in a lack of transportation outside of the Collegeville Main Street area to places students would be able to get food.

Although bringing food trucks onto campus is a step in the right direction as far as bringing diverse foods onto campus, maybe it's time for Ursinus to consider investing in some shuttles to places like the Providence Town Center or Phoenixville for students to have more options. With all that is available in our area, not having a car can really prevent students from enjoying the local restaurant culture.



**Meals** continued from pg. 8

“I was lucky enough throughout high school to workout with people who played for the [Seattle] Seahawks and the [Cincinnati] Bengals . . . My coach got the nutrition plan from a Seahawks player and told us how to gain and lose weight the right way,” he said. “That is when it became a big part of being a football player for me.”

Tharp plans out his meal accordingly before, during, and after competition. Each is carefully thought out to maximize his performance on the field. He mentions that the day before a competition he will typically try to get quality protein and carbs in his body in order to keep him going. Both are critically important in order to succeed in football.

On the day of competition, he sticks to simple eggs and potatoes to begin the day, followed up by some Fig Newtons. Tharp also notes that he drinks a Pedialyte, which increases hydration in the body. Pedialyte is a drink primarily used to supplement nutrition for infants, however it helps athletes avoid muscle cramping during competition.

He also mentions that the training staff, led by Pamela Chald, and the coaches do a good job of explaining nutrition to the team—especially assistant football coach Anthony Caljean.

“Coach Caljean has done a presentation about nutrition in

*“They [football coaches] might not know the most about nutrition . . . but they have the people who do know it talk to [the team].”*

—Zach Tharp  
UC Football Player

the past. The coaches also have

the trainers do a PowerPoint every year . . . They do a good job at outsourcing. They might not know the most about nutrition because they are not nutritionists, but they have the people who do know about it talk to [the team].”

The average meal for football players involves larger portions than what most athletes typically consume. On the gymnastics team, senior captain and all-American Jill Casarella shared her thoughts on nutrition.

Casarella has been a competitive gymnast for the past twelve years. She attributes her love of the sport to propelling her to the collegiate ranks. For a gymnast, Casarella was late to the game: Most competitive gymnasts start their careers at a much younger age.

As she reached her high school years, Casarella became interested in the idea of becoming a college athlete. As one can imagine, gymnastics is tough on the body and mind. At Ursinus the gymnastics team practices between three and a half and four hours daily, including extra workouts in the weight room. In comparison, football practices tend to run about two and a half hours. The longer practice time the gymnasts engage in requires more energy to keep the athlete going at an optimal rate. She noted that from a young age it is taught that gymnasts need to eat right in order to perform at a high level of competition.

“I make sure I eat three balanced meals a day, and making sure to get snacks in before practice which usually is carbs in order to maintain energy throughout the practice . . . I think I eat three plates of vegetables at each meal,” she mentioned.

Similarly to Tharp, Casarella has a ritual for meals. The day before competition, the team typically eats a lot of pasta with some type of meat. Pasta is a

carb-heavy food, which can give an athlete more accessible “fuel” to burn off during athletic efforts. The day of competition, she tries to keep it simple and eats a small portion of eggs and a bagel.

She also acknowledged the fact that the coaches, trainers, and other staff are effective in their efforts of explaining and implementing nutrition plans.

The opposite of football, gymnastics is a sport that often puts

*“Be proud of your body and being able to do what you do when other people can only dream of doing it.”*


—Jill Casarella  
UC Gymnastics Captain

pressure on athletes to look light and slender—something which can be very dangerous for young athletes. That young athletes feel the need to look a certain way has serious repercussions.

Casarella corroborated that

gymnastics teams often have members struggling with eating disorders; she even had one in her high school years. However, following the summer Olympics in Rio, there is a significantly positive change in body image: The type of gymnast gaining global exposure has gone from skinny and delicate to strong and muscular, Casarella notes. She expressed how positive this is for those struggling with eating disorders and gave some advice for the future of the sport.

“Be proud of your muscles. I was made fun of in high school for being so muscular and strong . . . but now I am so proud of my body and the way that it looks. Everything I have put into [my body] to make it look like that allows me to be able to do what I love . . . Be proud of your body and being able to do what you do when other people can only dream of doing it.”

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Photo Courtesy of Henry Gustafson

Strength coach Eric Hoffman in the fitness center training athletes to compete at their peak performance. Currently the fall and spring sports are working with Hoffman.

**Scores as of Monday, Dec. 5, 2016**

M. Basketball (5-1)	W. Basketball (3-4)	Wrestling (1-2)	M. Swimming (2-2)	W. Swimming (4-0)	M. & W Track (0-0)	Gymnastics (0-0)
<b>Dec. 1;</b> Ursinus 102 - Franklin & Marshall 86	<b>Dec. 1;</b> Ursinus 64 - Bryn Mawr 39	<b>Dec. 2-3;</b> Ursinus vs. Petrofes Invitational @ Messiah College 7th of 14	<b>Nov. 19;</b> Gettysburg 152 - Ursinus 110	<b>Nov. 19;</b> Ursinus 149 - Gettysburg 113	<b>Dec. 3;</b> Ursinus @ Bow Tie Classic M: 1st of 11 112.50 points	
<b>Dec. 3;</b> Ursinus 80 - McDaniel 68	<b>Dec. 3;</b> McDaniel 51 - Ursinus 49	<b>Kramer (149) 1st</b> <b>Peleg (285) 2nd</b> <b>Markovitch (174) 6th</b>	<b>Nov.22;</b> Swarthmore 137 - Ursinus 125	<b>Nov. 22;</b> Ursinus 148.5 - Swarthmore 108.5	<b>W: 10th of 12 28</b> points	

# Senior Athletes Share Helpful Tips on Nutrition

*Senior football player Zach Tharp and senior gymnast Jill Casarella weigh in on the importance of nutrition*

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Among the rigors of game day, practice, and training, one of the many aspects of an athlete's preparation for success is the ability to maintain a balanced diet. It may not seem like much, but for athletes competing at the college level, every meal has the potential to give them a leg up.

From football to basketball, golf to gymnastics, or any sport in between, the recipe for success includes nutrition. Often overlooked, a balanced diet can make the difference between winning and losing. Healthy eating habits are something all of us should practice.

In- and out-of-season athletes need to make sure they are taking care of themselves if they want to perform at the highest level possible.

In order to maximize recovery, and to eventually build upon any physical gains, athletes need to focus on getting a solid meal in. Throughout the year, an intense focus on nutrition can give an athlete a leg up on the competition.

"In order to maintain peak performance throughout the year, it is imperative that athletes consume adequate calories throughout the day, but with special attention to

the post-contest or post workout meal," said Ursinus athletics strength coach Eric Hoffman.

"In order to maintain peak performance throughout the year, it is imperative that athletes consume adequate calories throughout the day."

— Eric Hoffman  
UC Strength Coach

Beginning with the offseason, Hoffman recommends that athletes base their diet off of their specific sport and training goals, especially when working toward building muscle mass.

"If the goal is to gain weight and muscle mass in the offseason, then yes, it would be in the athletes' best interest to have an adjusted diet," said Hoffman.

While a specific diet is imperative in furthering an athlete's training goals, pre- and post-competition meals really help to push athletes to the next level. Hoffman recommends that for pre-workout or competition meals athletes try and eat something that is familiar to them.

"This meal must be highly digestible, as normal digestive processes may be altered in a keyed-up athlete," said Dr. Donald L. Cooper, a sports scientist, in his 1965 work, "Nutrition in Athletes."

"Athletes should try to eat

within two hours of their competition. Post-workout/competition, they should have a recovery meal rich in carbohydrates. It should be roughly 4:1 carbs to protein," Hoffman added.

In his work, Cooper also noted the importance of carbs, as he suggests that carbohydrates can be as much as 10 percent more efficient than proteins.

Post-workout or competition meals are something that can often be overlooked, as many athletes will watch their diet leading up to the workout or competition but then relax and enjoy some unhealthy alternatives post-workout. This is counterproductive, as it can limit any true gains that have been made.

Being a strength coach, Coach Hoffman offered some suggestions for athletes who are hoping to "bulk up".

"The breakdown of their macro nutrients (carbs, proteins and fats) should roughly be 60:25:15," he said. "Additionally, it is very important they try to get as much nutrition from whole foods as possible. By eating this way [an athlete] will consume more nutrient-dense food and will get better economy from each meal."

Football is a great example of a sport where nutrition is crucial to the outcome of the game. Senior Zach Tharp prides himself on doing the right thing in the cafeteria.

Tharp has been a football play-



Photo Courtesy of Amelia Goldstein

Senior captain Jill Casarella during a weekday practice. Casarella has been a captain for two seasons and has All-American status.

er all his life, having played competitively for the past 16 seasons. Starting from such a young age, Tharp learned what it would take to become a collegiate athlete. Tharp noted that a "passion for the game" has been a huge motivation to keep him going through the early mornings, hard nights, and the blood, sweat, and tears to remain competitive.

During his high school years,

Tharp quickly realized that football was not just a game of x's and o's but rather one of mental toughness, strength, and nutritional care for one's body. After his first-year campaign at Notre Dame High School in Hamilton, NJ, Tharp began to develop his body into the impressive form he has today.

See Meals on pg. 7

## Upcoming Games

Thursday	Friday	Saturday	Sat. Cont.	Sunday	Monday	Tuesday
	W. Swimming vs. Golden Ram Classic 4 p.m.	Wrestling @ Penn College vs. Penn College & Keystone College 1 p.m.	M Basketball vs. Eastern 1 p.m.			
	M. Swimming vs. Golden Ram Classic 4 p.m.	M & W Swimming @ Golden Ram Classic 9 a.m.	W Basketball @ Muhlenberg 2 p.m.			