



2-22-2007

The Grizzly, February 22, 2007

Kerri Landis

Marlena M. McMahon-Purk

Megan Helzner

Salia Zouande

Ashley Higgins

See next page for additional authors

Follow this and additional works at: <https://digitalcommons.ursinus.edu/grizzlynews>



Part of the [Cultural History Commons](#), [Higher Education Commons](#), [Liberal Studies Commons](#), [Social History Commons](#), and the [United States History Commons](#)

[Click here to let us know how access to this document benefits you.](#)

Authors

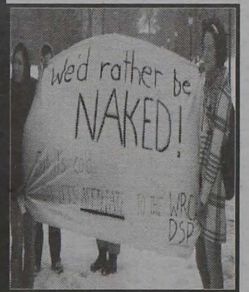
Kerri Landis, Marlena M. McMahon-Purk, Megan Helzner, Salia Zouande, Ashley Higgins, Sarah Keck, Lane Taylor, Corinne Licchetto, Heather Turnbach, Brandon Brown, Gabe Herman, Alex Ernst, and Dave Marcheskie

The Grizzly

Thursday, February 22, 2007

The student newspaper of Ursinus College

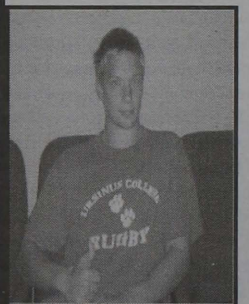
Inside



The latest WeCAN news
News, 3



Billy Bob Thornton
interview **Features, 5**



BR reviews "Hot Fuzz"
Opinions, 7



UC wrestling takes 5th
championship **Sports, 8**

Go see *The Laramie Project* before it closes on Saturday night!

Collegeville, Pa.

Volume 31, Issue 18

Students join with local labor leaders to confront Jones Apparel Group

MEGAN HELZNER

mehelzner@ursinus.edu

You might recognize name brands Nine West, Dockers, or i.e.i., and may even own their products. These are just a few brands owned and managed by their parent company, Jones Apparel Group (JAG). JAG finds itself (like many other garment companies) facing allegations of supporting factories that sustain unfair labor practices. Ursinus students Lauren Schaeffer, John Lukacs, Dina Yarmus and Megan Helzner, involved with the on-campus activist organization WeCAN and the regional group USAS (United Students Against Sweatshops), went to JAG's corporate headquarters in Bristol, Pa., to talk directly with executives about their commitment to fair labor practices and violations of basic worker rights in Kenya and a Guatemala factories JAG uses. Also in attendance were UNC Chapel Hill activist Mike Hachey, who spent time last summer in Kenya working on labor rights issues and a number of Bucks and Philadelphia County workers and labor representatives.

At the meeting with JAG's General Counsel, Ira Dansky, and a Human Resources representative, the students, workers and union representatives lodged two main complaints regarding factories in Kenya and Guatemala. According to a Feb. 7 USAS press release, over 1200 Kenyan workers at the Rising Sun factory were illegally fired "for demonstrating against the physical assault of a fellow employee by a manager." At the Avandia factory in Guatemala, a group of 22 workers volunteered to take leadership in a program developed by JAG to improve compliance to the company's code of conduct. Fired for their leadership in this unpaid program to improve factory conditions, they are now "blacklisted" and cannot find work. USAS and the workers and union representatives in attendance urged JAG to exert its influence over the factories and ensure that the Kenyan employees are paid their lost wages and that the Guatemalan workers are re-

moved from the blacklist and granted the right to work again.

The Kenyan employees collectively lost \$540,000 in wages since the factory illegally fired the 1200+ unionized workers. Notably, according to USAS, JAG's President and CEO, Peter Boneparth, earned approximately \$4 million last year. In contrast, the average Rising Sun employee makes approximately \$840 annually. While JAG representatives did not agree to comply with Hachey's demands to contribute to the Kenyan factory workers' lost wages, they did agree to meet again in a month with USAS representatives and local labor leaders to talk further and report on any progress they may make in a month's time. WeCAN's Schaeffer says that she is pleased to have a second meeting with JAG to increase accountability and "put on pressure... so that we can't be ignored." Meanwhile, Yarmus plans to recruit WeCAN members to take action in the next 30 days to demonstrate publicly to JAG and other garment factories that consumers care.

What can be done to ensure that workers are treated fairly, in Kenya, Guatemala, and the many other places—including our very own country—where injustices are being committed? First, Hachey says not to accept the idea that garment companies have no control over the independent factories they hire to create clothing. Putting pressure on these companies is the best means of stopping unfair labor practices. Second, says USAS Regional Organizer Dina Yarmus, get connected with WeCAN to accomplish things locally and join up with the national student movement to stay aware of issues affecting garment workers. WeCAN's meetings are on Thursdays at 7:30 p.m. in the Unity House. Third, be aware of the origins of the products available to consumers. Check out <http://www.shopunionmade.org/> for links to products made fairly by AFL-CIO members.

Notably, Philadelphia Inquirer reporter Jane M. Von Bergen also went to JAG's Bristol headquarters, but was not permitted to enter the meeting. To see her article, compiled from quotes and information from those who sat in on the meeting, check out <http://www.philly.com/mld/inquirer/business/16647832.htm>.

Francophone film marathon

SALIA ZOUANDE

sazouande@ursinus.edu

What is the Francophone Film Festival? Well, the idea was introduced eight years ago at Ursinus by faculty member and French Professor Colette Trout, along with colleagues in the French Department, to come up with a Francophone Film Festival; it is intended as a way of showing students the importance of the French language as an important international language, as well as helping students experience life in a francophone country as directly as possible through the screen.

Professor Trout is teaching a course on film and literature this semester, and needed to show films for students to have a better grasp of the Francophone cinema ("Francophone" means French-speaking). She thought that it would be nice to open it to the whole community so people could come and have a lesson in foreign culture. Each year, the Francophone Film Festival attracts a good number of community members. The films are chosen according to the course theme; for instance, World War II, the immigrants, and one region of France (Province) will be part of the themes of the Francophone Film Festival this year. Then, other films of general interest to the public are added. The Francophone Film Festival runs through April.

The Francophone world is comprised of more than 40 countries on five continents, where French is commonly used as a maternal language used in the home, as a daily means of public communication, as the official language used in government and business, or as the principal language of education. Worldwide, there are more than 150 million Francophones. Two out of every three Francophones in the world today live outside of France, and that proportion is likely to continue to increase. In the United States, French is an official language in one state (Louisiana) and is still an important minority language in several others (in the states of New England, in particular).

This year's Francophone Film Festival began with "La Vie de Château," which is directed by Jean-Paul Rappeneau, and takes place in the countryside, near Normandy's beach. The second Francophone film is scheduled for March 1, with "Chaos," directed by Coline Serreau, which gives a glimpse into the Parisian urban life. A second film, running through March 21, called "Café," with director Michael Haneke, digs in the France's bourgeoisie and colonial heritage. The program finally closes off for this year with "Swimming Pool," directed by Francois Ozon, which is a drama.

There's no need to try to translate what the characters are saying in the film, as all films contain subtitles. They are followed by a discussion in English after the screening in Wismer Parent Lounge, with refreshments and drinks. The French TA runs the techni-

cal part during the film.

It is Professor Trout's wish to see more clubs taking part in the Francophone Film Festival. Take advantage of the diversity on campus; there are many language and cultural clubs on campus. There is a French Club on campus, where you can meet Francophone and French students, as well as a French table, where you can chat in French with the French TA. This applies as well for all the other foreign languages taught at Ursinus College.

For any information about the Francophone Film Festival, please e-mail professor Trout, at ctrout@ursinus.edu, or check out the Gazette & Weekly Calendar for showing times. For any information about the French Club's upcoming events, please e-mail Katie Perkins, at kaperkins@ursinus.edu.

The Grizzly

The student newspaper of Ursinus College

Volume 31, Issue 18
grizzly@ursinus.edu

<p>EDITORIAL BOARD</p> <p>Kerri Landis Marlena McMahan-Purk</p> <p style="text-align: right;">Editors-in-Chief</p> <p>Ali Wagner Lane Taylor Matt Flyntz Matt Pastor Matt Krolkowski</p> <p style="text-align: right;">News Editor Features Editor Opinions Editor Sports Editor Copy Editor</p> <p>PHOTOGRAPHY</p> <p>Dan Sergeant Cody Glen of Temple University</p> <p style="text-align: right;">Photo Editor Photo of Billy Bob Thornton</p>	<p>ADVISOR</p> <p>Dr. Rebecca Jaroff</p> <p>TO ADVERTISE:</p> <p>E-mail: grizzly@ursinus.edu Phone: 610-409-2488 Ursinus College-The Grizzly P.O. Box 8000 Collegeville, PA 19426</p>
--	---

grizzly@ursinus.edu

Gardasil

ASHLEY HIGGINS

ashiggins@ursinus.edu

In 2006, a vaccine for cervical cancer was announced in the highly publicized "Tell Someone" and more recently "One Less" TV advertisement campaigns. These commercials laud the benefits of a drug called Gardasil, which is a vaccine for human papillomavirus (HPV). Unlike any other cancer, cervical cancer is caused by HPV, which is a very common virus. As the "Tell Someone" commercials emphasized, millions of women already have HPV, though most strains are harmless. In 2005, the CDC estimated that 20 million people in the United States had HPV. HPV is usually harmless and asymptomatic, so many people, unaware of their infection, could spread the virus. HPV is a sexually transmitted disease, contracted only through contact via the genitals of an infected person.

It is important to note that while Gardasil is a huge medical breakthrough, it does not protect 100% against cervical cancer. In the same way, the flu vaccine is not 100% effective, as the CDC every year predicts which strains of the flu virus will be most prevalent and puts those specific strains in the vaccine. Gardasil only contains protection for four strains of the HPV virus, so it is still possible to contract HPV, which could then develop into cervical cancer, after being vaccinated. Doctors still stress the critical importance of going to regular gynecological exams even after being vaccinated. The four strains of HPV that Gardasil may be effective against are HPV Types 6, 11, 16, and 18. HPV Types 16 and 18 have been linked to 70% of cervical cancer cases. Also, HPV Types 6 and 11 have been connected to 90% of genital warts cases.

Gardasil is recommended for women between the ages of nine and 26 years of age, and every sexually active woman is especially encouraged to be vaccinated. Texas Republican Governor Rick Perry recently made an executive order to mandate that all girls in the state of Texas entering the sixth grade in September 2008 are required to get this vaccination. Even more, he directed state authorities to offer the vaccination for free to girls who are uninsured or whose insurance does not cover the vaccine. That the state of Texas would be the first to require this vaccine could seem startling; Texas is a highly conservative state, with abstinence-only education that does not even mention the effectiveness of condoms in preventing HIV/AIDS. In Texas, there are laws and regulations that forbid teachers and health providers from including information on sexuality and STDs that are especially relevant to lesbian, gay, and bisexual youth.

Perry is himself quite conservative. He is pro-life and against stem cell research. However, he sees this vaccine as no different than a vaccine for the chicken pox or polio. Naturally, many parents and religious leaders in Texas are quite offended by the new legislature, especially as it seems so apparently in contradiction to abstinence-only education. However, Perry disagrees, feeling that the vaccine is important even if it is at odds with the state's educational agenda against premarital sex.

This kind of executive order in the state of Texas cannot be repealed by any other legislative body. Unless Perry repeals the law himself, the mandate will stand.

New group fighting cancer

SARAH KECK

sakeck@ursinus.edu

Fighting cancer just got a little bit easier for students at Ursinus College, as Colleges Against Cancer (CAC), a collegiate, student-run division of the American Cancer Society (ACS), is making strides toward being the newest organization on campus.

CAC is a way for college students all across the country to network with the ACS to raise money and awareness that will yield results in the fight against cancer. "The CAC programs allow college students, faculty, and staff to work together to bring American Cancer Society programs and services to college communities nationwide," a representative from the ACS said on its Web site.

Thanks to Ursinus students Sarah Beltrami, Joe Joyce, and Jonelle Hendrix, and baring approval at the next town meeting, the newest chapter of the CAC will be instituted at Ursinus.

"[The CAC] will provide college students, faculty and staff and opportunity to make a difference in the fight against cancer year round," said Beltrami.

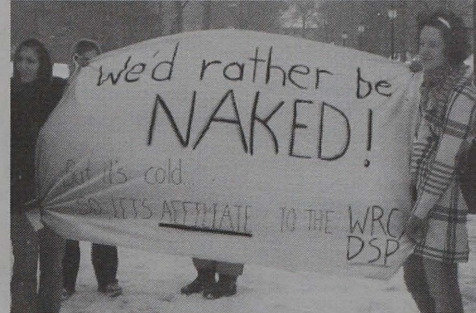
The CAC is currently active on more than 175 college campuses across the United States. The different chapters share and network using phone calls, regular e-mails and monthly newsletters.

The CAC has four specific focuses that they use in an effort to get people involved, which Beltrami says include advocacy, survivorship, Relay for Life, and cancer education. These focuses are implemented as working as advocates through the ACS's electronic Legislative Action Center, promoting the Great American Smokeout, which includes promoting breast cancer awareness, sun safety, and lifestyle choices within campuses and local communities, participating in or hosting a local Relay for Life event, and inviting cancer survivors to

WeCAN strike

SALIA ZOUANDE

sazouande@ursinus.edu



sweatshop free.

This sweatshop-free campaign intensified over the recent scandal involving the working conditions and firing of Rising Sun factory's workers in Kenya and Guatemala. There has been much uproar across the nation about this scandal, and many universities nationwide have decided to affiliate themselves with The Worker's Rights Consortium (WRC) in order to make sure that their apparel is sweatshop free. Thus, following the path taken by many university administrations, WeCAN wanted to make sure that Ursinus College apparel was sweatshop free as well, in order to support the nationwide campaign effort initiated by many student activist groups on college campuses.

Affiliation to the WRC means a \$1000 affiliation fee, disclosure of factories that produce our apparel, and adoption of a code of conduct for our apparel production. All three of these regulations ensure that people know where college apparel is being made and under what conditions. The college administration accepted the affiliation for just a short period of time, until it withdrew itself from the WRC for legal reasons. The Fair Labor Association (FLA) does monitor the conditions under which people work in these companies to a certain extent, but the possibility exists that we might be wearing something produced by children working in sweatshop factories from around the world.

To be part of the WeCAN mobilization, come to the meetings on Thursdays at 7:30 p.m. at the Unity House.

For any additional information about WeCAN, please e-mail Dina Yarmus, at diyarmus@ursinus.edu. For more information, you can look to the following Web sites: www.studentsagainstssweatshops.org and www.workerrights.org.

participate in Relay, planning survivor dinners, and hosting cancer support groups.

"We are starting small this year, but soon we want this group to make a huge impact on this campus," Beltrami continued. The first meeting, of which the time, date and location have yet to be announced, will be held to talk about how to prepare for the upcoming Relay for Life at Ursinus and to get some of the other areas off the ground as well. Preliminary plans include a drive to collect old bras, which will be strung together with facts about breast cancer tied onto them, promoting healthy eating, making people aware of different cancer legislation in Congress, and networking and talking about what the Ursinus CAC and community can do for local cancer survivors.

For more information on the national chapters, visit the Web site, at http://www.cancer.org/docroot/VOL/Content/VOL_2_Colleges_vs_Cancer.asp, or e-mail cac@cancer.org to receive an e-mail newsletter. The ACS is also available toll free at 1-800-ACS-2345.

For more information on new developments with the newly forming Ursinus chapter of the CAC, e-mail Sarah Beltrami, at sabeltrami@ursinus.edu, Joe Joyce, at jojocce@ursinus.edu, or Jonelle Hendrix, at johendrix@ursinus.edu.

And do not forget to mark your calendars for this year's Relay for Life, which was held for the first time at Ursinus College last spring. Relay will begin at noon on Friday, April 20, and will run through the night, ending with a closing ceremony at noon on Saturday, April 21. Joe Joyce is one of the co-chairs of Relay for Life. All festivities will take place on the track.

Many of you over the past few weeks might have been puzzled over the different student-organized rallies taking place on campus, such as the Valentine's Day Rally that took place last week. Students and faculty members of We Care About the Nation (WeCan), Ursinus College's social justice organization, have been running a campaign to make our college apparel

CANCUN, ACAPULCO, NEGRIL, MOBY NASSAU, S. PABRE, FLORIDA, CRUISES, AND MORE!

Join the Party!!!



STS Flight Finder™ Save Hundreds on Spring Break Packages!!! Search airfares to Mexico and the Caribbean and save up to \$300 per person. Best Deals Guaranteed!

1.800.648.4849
www.ststravel.com

The "how" article

Everything You Never Knew You Wanted to Know About Sex

LANE TAYLOR
lataylor@ursinus.edu

Once you have figured out that you're ready to have sex and have read up on the necessary information regarding health and possible consequences, the "how" question has a tendency to rear its complicated head. "How," on the surface, appears to be a simple inquiry; we are all born with an instinct regarding intercourse. However, the "how" that this article discusses does not refer to how to have intercourse, but instead how to go about having sex, specifically for the first time. Many do not have family that are willing to talk about sex, or are afraid to talk with friends regarding sex due to embarrassment or a simple want for privacy (though when available and reliable, these sources can often be extremely worthwhile). Many make the mistake of turning to the media (television, cinema) regarding sexual information, but as I have mentioned in the past, these are not reliable sources, because the media tend to distort information for entertainment purposes. This breakdown in information is why I have chosen to write, and hopefully by the end of this article, unlike Bob Seger, you will not be "working on mysteries without any clues," regarding your first time.

The first point that I would like to make regards where and when people choose to have sex for the first time. Couples tend to place a large amount of significance on the where and when, feeling that their first time should be "perfect." In reality, the first time is not going to be perfect. In spite of extensive preparation and claims made by the media, the first time will most likely be fairly awk-

ward because at least one individual in the relationship is new to sex. Deciding where and when to have sex for the first time should have less to do with having "the perfect first time" than finding a place and time with which you are comfortable. As stated in "American Pie", "It's sex, not the rocket launch," meaning the importance of place and time pale in comparison to feeling comfortable in the situation.

However, avoiding the expectation of perfection and placing less emphasis on place and time does not have to lessen how special the experience is. Making an experience special can simply mean finding someone that you care about and are comfortable with, lighting a few candles, beginning with emotional foreplay (for those who do not recall that article, e-mail me and I will be happy to send it out) and massage, or taking a bath or shower together first. Special is not synonymous with perfect; you can take steps to make an experience special without creating the expectation of perfection.

Because the first time is in namesake a new experience, there are a few things to keep in mind. First, stay open and honest with your partner about how you're feeling and what you want and need. Remember that being able to communicate and be open with a partner is necessary in making the individual feel comfortable and safe to be open sexually in the relationship. Sex can not and will not be enjoyable for an individual that does not feel safe or comfortable, but that is not always communicated or obvious to the other partner. Opening the lines of communication will strengthen your relationship, both physically and emotionally.

Simply having sex when you want to have sex is a biological impulse that can lead to unwanted consequences. However, preparing for the possible consequences of sex and waiting until you are ready can lead to a healthy and enjoyable sexual experience and life. Remember also that your education regarding sexual activity and health should never stop, and there is a large amount of information and experience to be gained. And if you feel ready, I suggest

Spotlight on Dr. Ross Doughty

CORINNE LICCKETTO
coliccketto@ursinus.edu

Dr. Ross Doughty has been a professor here at Ursinus since 1975. He formerly lived in Boston for a period of 10 years while he taught at Boston College (BC). Officially, he was a lecturer, or a Teacher's Assistant (TA). While in Boston, Doughty was accepted into a program that offered a position to 12 graduate school students in the Boston area that offered them the chance to teach a Modern European History course.

This experience gave him the kick-off he needed to begin his teaching career. At Ursinus, Doughty teaches multiple history classes. Unlike most professors who dislike teaching the entry-level survey classes, Doughty finds the variety of students' interests to be a challenge to his own self. He believes that bringing forth excitement from his pupils, even the ones who are "just filling a requirement," instills personal satisfaction. He states, "I find the world history survey as rewarding and fun as the other courses."

Doughty stresses challenge throughout all of his classes, including History of International Relations, Nazi Germany and the Holocaust, and even in a course on witchcraft. The common thread throughout his courses is to understand the social, political, and cultural foundations of war, human aggression, and the motivation behind that aggression. Dr. Doughty pushes his students to look past the historical facts and decipher what makes "ordinary

people" act out in such shameful ways. His classes encompass a bit of psychology into the lesson by exploring the ideology of Nazi soldiers.

After Dr. Doughty received his degree in History from Ursinus, he traveled to Boston to attend Harvard graduate school. In Boston, he was given the opportunity to explore jobs as Teachers' and Graduates' Assistants. Although he worked as a TA at Harvard, Doughty believes that his job at Boston College was what grounded him in liberal arts.

Outside of the school atmosphere, Ross has a love for baseball: "I love watching the game and I still like to play the game." He does not collect cards or baseball paraphernalia, but instead collects baseball books and videos. Not surprisingly, his side hobby is studying the history of the game. His favorite team? "It's a tie," he said. Born and raised in the area, Doughty remains loyal to the Philadelphia Phillies, but after his 10-year stint in Boston, the Red Sox have nestled a place in his heart.

Out of all the campus activities, Dr. Doughty is most connected with the baseball team. He goes to almost all of the home games and travels to as many away games as possible. Ross, although not the advisor, plays a part in helping manage Phi Alpha Theta, the National History Honors Society. Along with the other professors in the department, he helps to organize activities for the inducted students. He also enjoys attending and supporting the Ursinus College theater productions.

"To be quite honest, more than philosophy, I more or less believe that hard work pays off. It has its own rewards,

that you get out there and let your education begin.

Career Corner

CAREER SERVICES
www.ursinus.edu/career

The Ursinus College Job & Internship Fair on Feb. 28, 2007, is less than a week away. Here are some tips that will help you stand out from the crowd:

1. RESEARCH ORGANIZATIONS PARTICIPATING IN THE FAIR
Review the list of organizations who will be attending the job fair by visiting the Fair Web site at <http://webpages.ursinus.edu/career>.
2. CREATE A RESUME THAT STANDS OUT - BRING MULTIPLE COPIES
Prepare a solid, concise, well written resume that clearly reflects your accomplishments, skills, and experiences. Make sure that it is error free and printed on resume paper using a high-quality printer.
3. MAKE A GOOD FIRST IMPRESSION
Prepare to make a strong first impression by dressing in professional business attire.
4. HAVE A PLAN OF ATTACK
You have limited time at the Fair, so use it wisely! Prioritize the employers with whom you would like to speak.
5. PREPARE THE ALL-IMPORTANT COMMERCIAL
Prepare and rehearse a "30-second commercial." Think about how you can sell yourself in a brief introduction that will summarize your background & strengths and give the recruiter a good idea of what you are looking for.
6. PRACTICE YOUR INTERVIEWING SKILLS
Practice answering specific interview questions. Have a good understanding of your academic/career goals and the type of experience you are looking for.
7. BRING ENERGY AND A POSITIVE ATTITUDE!
Demonstrate enthusiasm, initiative, and confidence!
8. KEEP TRACK OF CONTACTS
Ask for a business card. Have paper and a pen with you to note important details about particular conversations and organizations, including names of people who may not have had business cards.
9. THANK AND FOLLOW-UP WITH EMPLOYERS
Send a thank-you letter to those organizations in which you are most interested—this may help bring attention to your name.
Prepare for the fair by attending Prepmania on Thursday, Feb. 22, a full day dedicated to your questions about how to prepare for the Job & Internship Fair. Just walk into the Career Services Office in Bomberger Hall, Suite 110, between 9 a.m. and 5 p.m.

you get satisfaction from a job well done, and you are pursuing habits that will help you in other areas." He explained that he loves to garden, not because of the actual act, but because after all of his hard work he gets to step back and enjoy the end product. In other words, his classes are challenging, but he just wants his students to feel good about their hard work, the end product.

grizzly@ursinus.edu

Nutrition tips for the UC student: stretch it out!

HEATHER TURNBACH
heturnbach@ursinus.edu

Stretching; doctors reprimand us about it and our cats and dogs do it on a regular basis, but the reality is that many people rarely practice it.

Stretching is considered to be any therapeutic maneuver designed to elongate shortened soft tissue structures and thereby increase flexibility. I can admit my own negligence to the process. Every time I come and go from the gym, my body is barely cooled down and stretched out properly. The fact is that society is so crunched for time that even making the effort to complete a workout is a task in itself. But, leaving out this important piece of the exercise puzzle can be harmful.

What happens when you stretch a rubber band in the cold? It will either snap or not stretch far at all. But if you warm the band and proceed in stretching it, you'll find the rubber band will stretch to the fullest. Our muscles work similarly to the rubber band: if you try to do a range of unfamiliar movements or you try to exercise "cold," the body will react in the same manner, which will result in tissue tears.

Stretching builds upon flexibility throughout the body. Flexibility is one of the five components of fitness, meaning that the process should be part of every workout, especially as we continue to grow older. Stretching allows our bodies to remain lively and energized, while also helping to prevent injury.

An important thing to remember about stretching is that it should never be done on cold muscles. Stretching a cold or tight muscle can be deleterious, as it can cause injury. Doing a warm-up is one way to heat up the body. One key element to remember is that "warming up" and "stretching" are completely different animals that serve different purposes. Warm-ups can improve performance and greatly reduce injury during any kind of physical activity. (They should also be done prior to stretching.) A good warm-up includes repetitive exercises done with a light load at low intensity. Bicycling, stair climbing, rowing, and lifting weights at low intensity are just a few options.

One should note, however, that jogging and jump-roping are not effective warm-up exercises, because joints are not prepared to absorb the shock of the body landing on a firm surface. Proper warm-ups will increase awareness, improve coordination, and improve the

elasticity and contractibility of muscles.

After a good warm-up, one can move on to stretching, which should be done in two parts: static warm-up stretching and dynamic warm-up stretching. Static stretching involves slow, relaxed, stationary stretching of the back, upper body, and lower body. Dynamic stretching includes movements like leg-raises, arm-swings, and other movements.

For those of you who enjoy strength training, it may actually be counterproductive to stretch before lifting. Since strength training requires muscles to contract tightly under the pressure of heavy weights, loosening these muscle fibers can lessen the workout. You should still warm-up and stretch after lifting, however. For most sports, dance, martial arts, and other dynamic movement-type exercise, stretching is essential in avoiding injury.

Like all types of exercise, it is important to stretch carefully, as to avoid injury. Do not stretch a torn, aching or already injured muscle. Be careful not to overstretch, as it will put too much stress and tension on a muscle group. If a muscle feels tight, stretch it after stretching the offsetting muscle. Be sure not to hold a painful stretch.

Proper breathing control is important for a successful stretch. Do not hold your breath, but take deep, from the belly, breaths. Proper breathing helps to relax the body, increases blood flow throughout the body, and helps to mechanically remove lactic acid and other by-products of exercise.

Many researchers recommend 30 to 60 seconds of stretching per muscle group. What is important is the setting of a definite goal for each stretching exercise performed. Some find that counting helps. In any case, one should never hurry through a stretch.

Frequent stretching will help you avoid muscular imbalances, knots, tightness, and muscle soreness created by daily activities and exercise. Stretching after exercise ensures muscle relaxation, facilitating normal resting length, and circulation to joint and tissue structures. So, the next time you're exercising, try to make stretching a habitual part of your routine. I will also try to follow my own advice.

-From the American Council on Exercise

An afternoon with Billy Bob Thornton

MEGAN HELZNER
mehelzner@ursinus.edu

Fifty-one-year old Billy Bob Thornton is easy and relaxed in his cowboy boots and Native American jewelry as he walks into a small meeting room at a Philadelphia hotel to meet with professional writers and college journalists. He is promoting his new film, "The Astronaut Farmer." At just a table away, the modest young "Polish Brothers," famous at Sundance but lesser-known elsewhere, sit; these twins are the producers, writers, and directors of this inspiring film that is to be released nationwide on Feb. 23. After three "cynical comedies," including "Bad Santa," Thornton says "that it just made sense career-wise" to take on a more sentimental project such as "The Astronaut Farmer." Mark and Michael Polish remark that once they created the main character, "[Billy Bob] came to mind instantly."

This timeless and inspiring story describes Charles Farmer, a Texas family man that had just one goal growing up: to become an astronaut. Unfortunately, his educational career got interrupted by family difficulties, and he was forced to drop out of the Air Force's aerospace engineering program. He would not, however, let his dream die. For the next 10 years, he spent all of his time and money building a rocket in his garage with the help and support of his wife (Virginia Masden of "Sideways"), father-in-law (Bruce Dern of "Coming Home"), two daughters, and a son. When the CIA, FBI, and others begin to interfere with his plans, Farmer continues to work undiscouraged; he is committed to launch this rocket into space and set an example for his family.

Thornton remembers his childhood fascination with the space program, and reminiscently says, "There are certain things that you want to do [in your career]... that go back to when you were growing up..." He says that, like most boys, he was fascinated with outer space and looked up to John Glenn. The Polish brothers, although quite a bit younger than Thornton, have similar fond memories of U.S. space missions and wanted to evoke the feelings of "the nation being inspired together" in the film's viewers.

All fathers, Thornton and the 36-year old Polish Brothers, drew on their own experiences in the making of the movie. Thornton laughingly says that his two-and-a-half year old daughter Bella (with whom he was recently photographed by the paparazzi at a Beverly Hills pumpkin patch) is "kind of daddy's girl" and says that he got inspiration for the part from his family life with her and his new girlfriend. The Polish brothers not only drew on, but drew in their families, casting children Jasper and Logan in the film as Farmer's kids. As independent

filmmakers, they developed keen minds for maintaining small budgets. Mark comments, "You start with free [things] and family in filmmaking."

Michael emphasizes that in making films outside of Hollywood, blind faith is "everything," and as he is served hot tea by the hotel staff and seems totally removed from the paycheck-to-paycheck life of many creative fields, shares a story about how he once overdrew his checking account to finance a movie. He found out when his wife Audie called him from an ATM, unable to take out money. Together, the brothers wrote a book for budding filmmakers called, "The Declaration of Independent Filmmaking: an Insider's Guide to Making Movies Outside of Hollywood."

Meanwhile, Billy Bob talks a bit about his creative interests outside of acting and screenwriting, namely playing in his band, Tres Hombres. His singer-songwriter style proves popular in the "Americana world," but not, much to his relief, in the MTV world; he laughs as he says, "I'm not trying to be Justin Timberlake." In fact, he asserts that he tries to avoid the hubbub of Hollywood, and that he and his present girlfriend "don't go out much." Consequently, aside from the pumpkin patch incident, Billy Bob's largely been staying off the radar screens of the tabloids lately: "When Angie [Jolie] and I were together... it was worse then."

Much to the happiness of his "pretty good cult following," Tres Hombres will release a new record under the Universal/New Door label on May 8. Some of the new songs touch on political themes and comments. "I certainly wouldn't consider myself a political activist, I'm not smart enough to be [one]..." but he questioned the reporters at the table in spite of this, asking, "Are we only [in Iraq] because there's something in it for us?"

"The Astronaut Farmer" is the kind of movie that allows viewers to step back in time to what was arguably a simpler era (despite the few allusions to present-day hot-button political issues in the FBI and CIA scenes), and takes us inside the life of a family that prioritizes living their dreams. Meanwhile, the Polish brothers are proud to release a film that acts as a tribute to their own father, who in their nightly childhood dinners together emphasized the importance of hard work and determination. Before we all left the room, one reporter asked about the astronaut suit that Thornton wore in the film. Being cramped inside the costume and capsule "and being slightly claustrophobic," he grins, was tough. For more information on "The Astronaut Farmer," see theastronautfarmermovie.com.

A few tips from London

I've been in England a few weeks now, and I've learned that you need to know the 'tricks of the trade' in order to survive. London is serious business, ladies and gentlemen. This is the major league of cities, and getting around can be quite a difficult task. Thankfully, I can give you, the reader, a few helpful hints to get around London in case, God forbid, you ever decide to come here:

Don't be afraid to stiff-arm elderly people on the train

I cannot emphasize this enough. British people have a fantastic ability to completely overcrowd train cars (especially during rush hour). The concept of personal space becomes non-existent. Now I know how farm animals feel like when they're bunched up with other animals in cages while waiting to be slaughtered. When getting off the train, the simple phrase of "excuse me" is absolutely useless. Nobody in London ever talks or listens on the train. Any action is limited to listening to awful techno on an iPod or reading the newspaper. This is where the ass-kicking skills come into play. Using your backpack as a shield, it is recommended that you go into the plowing position while attempting to flatten as many people in your path as possible. The older they are, the easier they fall. They'll take little offense to being pushed over, trust me. Well, as long as you don't rip their newspapers, that is (that's another story).

Singing 'Panic on the Streets of London' at a bar = not socially respected

I was absolutely devastated when nobody was amused when I started singing along to Morrissey's clas-

sic 80s anthem. In America, he's a genius; in England, he's just another face.

England is sort of like America, but on another continent

It is hard to explain in mere words how alive I felt when I saw a Starbucks across the street from another Starbucks in London. God bless Globalization, you beautiful beast.

There's nowhere to throw out your garbage

You have a better chance of finding a non-pretentious indie kid in America than finding an actual garbage can in England (just kidding, you indie kids, keep on rocking). I guess the Irish Republican Army has this thing for putting bombs in trashcans, which ruins the fun for all of us tourists. I mean, if I go to New York, there's a garbage can on every street (or you can throw your trash on the street itself, doesn't matter). In London, finding a garbage can feels like trying to complete the last cave in *Zelda*.

I hope these fun tips will be able to aid you if you one day decide to come to partly cloudy London!

Lastly, don't forget: American currency is absolutely useless when compared to the all-mighty British Pound, so don't be afraid to start saving now.

You can contact Grey at grjohnson@ursinus.edu. Who knows? Maybe he'll write you a drunken response when he gets back from the pub.

GREY JOHNSON
The (British) Warm
Side of the Door

Fixing the primaries

GABE HERMAN

gaherman@ursinus.edu

The current presidential primary system is inefficient. More than inefficient, the problems we are faced with are detrimental to our nation. Some government officials have taken note of this and appear ready to make adjustments. Being an uptight cynic, I have complete faith that reforms our leaders will make, in typical government fashion, will only spawn new problems that will be equally damaging to our electoral process.

The villain in the electoral process is not the cursed chads that landed "W" in office seven years ago, but the inconspicuous Hawkeye state. It is ridiculous that Iowa, a state with a population that is 92% Caucasian, the size of San Diego County, and an overall poor representation of our country, has such great clout in determining presidential nominees as a result of being the first contest in primary season. If one state is going to be singled out to go first, a state that is large and more representative of America should be selected. The importance of the initial race cannot be overstated. Consequences of the voting results, even in such a mathematically unimportant state such as Iowa are blindly exaggerated past their realistic translation. Howard Dean, the front-runner at the time, lost the election and his mind in unforgettable glory. Although I do not claim Dean would have won if not for Iowa, I do believe a different state would give a more worthy measure.

The plans to change the primary election schedule are being supported by Democrats and are aimed at curbing

the influence a small representative sampling such as Iowa can have on such an important process. The new adjustments will focus on moving larger states earlier in the primary season. States like New Jersey, Florida, North Carolina, New Mexico, Delaware and Illinois may be moved up to February 5, making "Super Tuesday" even more important. California may also move its primaries to the end of January, potentially less than a week after the Iowa caucuses and likely providing a buffer for front runners who may falter in Iowa.

Having primaries in such large states this early and compactly greatly benefits frontrunners; unfortunately, the "Dark Horse" candidate may join the list of endangered species. Candidates must have full-functioning national committees as well as deep loaded pockets if they have any desire to compete. Nominees will have to tour states more than ever, kissing babies and shaking hands at a pace that their private jets may not be able to keep up with. If Super Tuesday expands in size to what is being proposed, the biggest television markets all over the country will be simultaneously flooded with what are likely to be negative ads. The new campaign style will only be possible for candidates with "Front Runnersque" money.

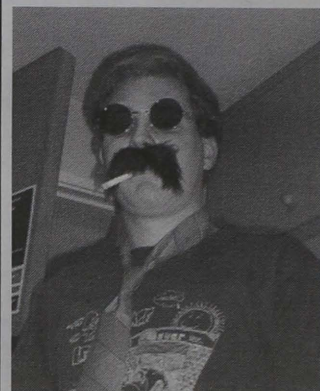
As well as eliminating individuals who may still be financially growing, having such important races in the beginning is likely to secure a presidential nominee early. States that have primaries later in season, even large states such as Pennsylvania, may feel as if their votes are meaningless.

Cont'd on Pg. 7

From the vaults

I've heard some rumors around the campus that I tarnished my street cred by reviewing Fall Out Boy. Well, I'm here to set it straight: I review what I find to be worthy of note in music. I try to keep to newer releases (even though I prefer older music), so in light of this, I'm going to try something new this week; I'm going to review an oldie-but-a-goodie.

Earlier this year, Oasis released a two CD/DVD set entitled *Stop the Clocks*. The set spans their 12 years, showcasing a mix of b-sides and album cuts. In light of this release, I'd like to call attention to their debut album, *Definitely Maybe*, which propelled them from unknowns to fame



BRANDON BROWN
Here Music

instantly. Combining catchy hooks, insightful lyrics about life, love, and work, the Gallagher Brothers and company always deliver. Hailing from Manchester, England, the home of Factory Records, Joy Division, The Stone Roses, and others, Oasis was a change of pace to the rock of the early 90s. For their first album, Oasis combined the rock of the Stone Roses, the Stones, and the Who. The album blends arena rock anthem ('Live Forever'), with the sex, drugs, rock and roll mentality ('Cigarettes and Alcohol'), and slow rock ('Shakermaker'). Noel Gallagher, on each one of these songs, shows a knack for reworking classic British rock and breathing life into it for a new generation. One needs only to listen to The Stone Roses, The Jam, The Kinks, and T-Rex, to see that Oasis is carrying a torch proudly.

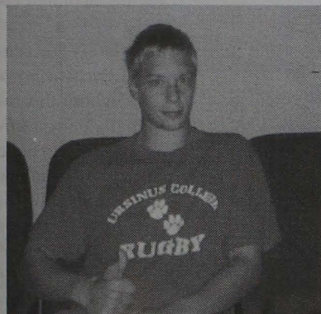
A notable track is the powerful 'Cigarettes and Alcohol,' a song about the rock and roll lifestyle, with Liam channeling the Sex Pistols in his vocals, and Noel tipping his guitar to T-Rex. The song is full of distorted guitars, bluesy leads, and the perfect line, "Is it my imagination/ Or have I finally found something worth living for?...it's a crazy situation/ But all I need are cigarettes and alcohol." Or the anthemic 'Live Forever' with the meaningful chorus "Maybe I just want to fly/want to live, don't want to die/ maybe I just want to breathe/maybe I just don't believe/maybe you're the same as me/ we see things they'll never see/ you and I are gonna live forever." Or take a song like 'Bring It on Down' with its line "You're the outcast - you're the underclass/ But you don't care - because you're living fast" which sums up the live fast, die young mentality.

This album just oozes awesomeness; it is 51 minutes of Rock N' Roll, Blues, and Pop swirled together and saying, "Jump up and down, and sing along." The bottom line: if you don't own this album, you should go out and buy *Definitely Maybe*, *What's the Story (Morning Glory)*, *The Stone Roses* (self-titled), and a Best of *The Jam*.

Hey Business majors! Interested in a valuable experience? Become The Grizzly's Ad Manager! Email grizzly@ursinus.edu.

“Hot Fuzz” (2007)

Way back when I started this ridiculous excuse for a movie column, one of the first flicks I reviewed was “Shaun of the Dead.” Simon Pegg and Edgar Wright’s take on zombie



ALEX ERNST
The Back Row

films. Managing to create a film that was both funny and solid at the same time, the pair made a name for themselves in Hollywood, even managing to earn cameos in George Romero’s latest, “Land of the Dead.” So it was with great excitement and high expectations that I went to see their sophomore effort, their take on the buddy cop action

film, the likes of which was pioneered by “Die Hard” back in the day. Think of it this way: “Die Hard” on a bus? “Speed.” “Die Hard” in a hockey rink? “Sudden Death.” “Die Hard” in a small English village? “Hot Fuzz.”

Nicholas Angel (Co-writer Simon Pegg) is London’s top cop, the best at what he does, and at the top of his game. So far at the top, in fact, that he is making the rest of the force look bad and is sent to a small English village with the lowest crime rate in the country to give the rest of the force a chance to catch up. Paired with an action movie-obsessed bumbler (Nick Frost), Angel finds that something evil may, in fact, lurk beneath the face of this idyllic village; he sets out to catch the killer before the killer catches him.

So often, the follow-up to a big hit disappoints because it just can’t live up to the expectations from the first film. Happily, this is far from the case in “Hot Fuzz.” Pegg and Wright bring a hilarious script packed with action (and a good deal of gore) balanced with jokes galore. So many jokes in fact, that they somehow manage to set some up an hour in advance, only to have the payoff come and make you glad you paid attention.

As far as the acting goes, Pegg and Frost are gold together. The two manage to take their natural chemistry as well as the buddy-cop dynamic and push the hetero-romantic tension to previously unthought-of heights. The rest of the cast is solid as well, employing almost every English comedian and veteran actor working today. Forced to pick one, Timothy Dalton (my pick for the worst of the James Bonds) manages to ooze evil in all of his scenes.

Given that this is an action movie, Wright far from disappoints, bringing out everything from the basic shotgun to an antique underwater mine. The characters manage to employ every cliché as well, from the over-used jumping through the air while firing two guns to the “Point Break” inspired firing your gun repeatedly in the air while yelling “Arrrgghhh!” (Believe me, it makes sense in context). There are also a wide variety of hits brought to the screen, from a bear trap on the head to Angel drop kicking an old lady in the face (one of my personal favorite scenes). At one point there is enough blood spurting that it actually covers the camera, reminiscent of “Evil Dead.”

If you haven’t guessed by now, the pick of the week is of course “Shaun of the Dead.” There are quite a few references to “SotD” in “Hot Fuzz,” including taking short cuts

Ted Haggard: marketing guru

I was kicking back, watching some infomercials the other day, as I am wont to do, and I was shocked to see none other than former leader of the National Association of Evangelicals, Reverend Ted Haggard, appear on screen. For those of you who are out of the loop, there is a “former” preceding that title because in November of 2006, it was discovered that Mr. Haggard, in addition to saving souls, also enjoyed Crystal Meth and male prostitutes.

I’m sorry; that’s misleading. It was only *one* male prostitute.

I did not know what to make of this situation. I wondered to myself, “Self, what could a disgraced minister like Haggard possibly be pawing on HSN?” I later regretted ever asking that question...

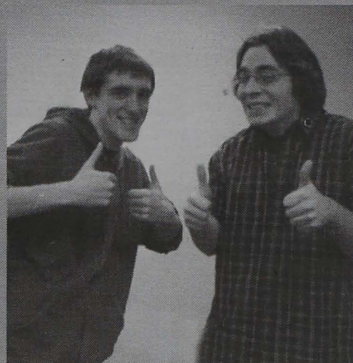
“Hi, I’m Reverend Ted Haggard,” he said with his trademark toothy smile. “You may have heard my name in the news over the past few months, and I am ashamed to admit that everything you have heard is true.” The audience booed, and his smile had deteriorated into a rather insincere frown. “But, I am pleased to announce that I have been cured!” Instantly, the audience began applauding, as if there were a sign saying “applause.”

“You know, I tried dealing with my homosexual problems in many ways. I tried watching football, watching heterosexual pornography (I always managed to find my way back to a gay porn site), and of course, I tried prayer. But, nothing worked. Luckily for me, that’s when I learned that when God lets you down, Plugitup™!”

“Ted, what is Plugitup™?” an audience member asked, with the bewildered stage fright of a fourth grader in an elementary school production of *Cats*.

“I’m glad you asked! Plugitup™ is the first and only *cure* for homosexuality!” His teathy grin shined brighter than ever.

“But how does it work?” another audience member asked.



MATT FLYNTZ
DAN SERGEANT
Communism for Dummies

Before he answered, he reached under a counter and brought out something that looked very reminiscent of a butt plug. “You see, by simply placing this device inside of the anus, all desire for gay sexual activity is instantly taken away. And it feels *great!*”

“Ted, I am a gay man, and I have been looking for a cure,” another audience member said in the worst rendition of the gay stereotype I have ever heard. “Will Plugitup™ actually make me *straight?*”

“Of course! If you don’t believe me, just ask my wife!” Just then, Mrs. Haggard (who stayed with Ted, despite his three-year fling with drugs and a male prostitute; after all, divorce is an abomination) walked on stage, with a grin even bigger and brighter than Ted’s.

“Hi, I’m Gayle Haggard, and ever since Plugitup™, Ted and I have seen a huge change in our love life. He went from having sex with male prostitutes once or twice a week to having sex with me once or twice a year. It’s a change of *biblical proportions.*” She, Ted, and the audience joined together in a heartfelt belly laugh.

“It doesn’t get any clearer than that,” Ted said, absolutely beaming. “Just remember, Plugitup™: APPLY DIRECTLY TO THE SCHPINCTER. Thank you, and may God bless you all. But, if he doesn’t, buy Plugitup™! Call now, and get two for the price of one! You and

your gay partner can get cured together, and then you can go to football games together and throw backyard barbecue parties without any impure thoughts, all thanks to Plugitup™!”

I’m sure this went on for hours, but I couldn’t watch any more; I was stunned, and a little bit confused. I was certainly appalled that people would buy this cleverly packaged gay sex toy as a “cure” for homosexuality. But, I was also impressed. This man certainly has a knack for marketing. But, I shouldn’t be too surprised; he’s an evangelical minister, so he’s had years upon years of experience with selling bullshit.

If you’re interested in purchasing the Plugitup™, visit Ted Haggard’s website: www.heterohaggard.com. If, on the other hand, you want to talk about something completely different, Matt and Dan can be reached at mflyntz@ursinus.edu and dasergeant@ursinus.edu.

over fences and Cornetto (the English version of Drumsticks). The payoff is that the gags play out differently from “SotD” making you feel all the more rewarded when the jokes take a left turn and leave you with a different punch line. Even if action movies aren’t your bag, go out and see “Hot Fuzz.” I guarantee you’ll like it or your money back.

Alex Ernst wants you to know the guarantee is void in Pennsylvania, New Jersey, and Puerto Rico. You can reach him at alernst@ursinus.edu.

Think you have the right stuff to be an
Opinions writer? Let the editor know:
mflyntz@ursinus.edu

Primaries: Cont’d from Pg. 6

The proposed changes should be seen as a step in the right direction in terms of weakening the impact Iowa and New Hampshire have had in years past. However, issues still exist and we should not be looking for a trade off of problems, but rather a solution that is fair and balanced. Other options include state cycling. This will allow for big states to alternate their timing in the presidential process and hopefully allow for better, more accurate electoral sampling.

Super Tuesday and other primaries are roughly a year away. There is no guaranteed way to correct the problem at hand. We can only learn from experience, not settle when poor practices exist, and hope our electoral process continues to be something we as Americans can pride ourselves in.

Sports

grizzly@ursinus.edu

One for the thumb! UC wrestling wins fifth running CC championships!

DAVE MARCHESKIE
damarcheskie@ursinus.edu

Ursinus College, we are witnessing history in the making. The wrestling team has just won their fifth straight Centennial Conference Championships, breaking their own record of four. This run is the most impressive dynasty in Centennial Conference athletic history. No other Centennial athletic team has amassed five consecutive conference championships.

Gettysburg College became the site of domination this past Saturday during the conference tournament. In the 125 weight division, Steve Kingsland was denied defending his title from a year ago as a freshman. Kingsland received a bye in his first round for being seeded second coming into the tournament. Kingsland was awarded the silver medal and will proudly represent Ursinus at the NCAA tournament as the conference wildcard choice.

Junior Trevor Beard was seeded second in the 135 weight class as he tallied his first two wins by fall with times of 56 seconds and 4:51 to reach the finals. William Hall from Muhlenberg used a 15-3 major decision to give Beard second place.

Chris Springer dominated the mats in his first two matches, making his way to the championship bout at 149. Springer pinned James Gettinger from Johns Hopkins in 5:32, before defeating top-ranked Leo Dorman from Stevens, 8-6.

Senior standout Mark Barber was the fourth wrestler to take home second place for Ursinus. In the esteemed 157 weight class, Barber pinned Zak Lenz from Stevens in 4:29 for his 100th career victory. He made it to the championships with a 3-1 decision over Hopkins Blue Jay, James Crumlish. Unfortunately it was Gettysburg's Andrew Goldstein who denied Barber his conference champion dreams edging him out ever so slightly, 12-9.

Junior Harry Keyser picked up the silver medal in the 184 weight class, pinning Matt Jones from USMMA in 4:53. Keyser plowed through Muhlenberg's Matt Horn 9-6, but met his match in the finals, missing gold by a score of 7-1.

Hard-hitting heavyweight Matt Williams

posted a 2-1 record Saturday for the second-place finish and a silver medal. Williams plundered a 5-1 decision in his first match. In the second round he earned the victory 9-7 over Johns Hopkins' Jonathon Freeman 9-7. Joe Tarter from Muhlenberg took the win in a close match, beating Williams for gold 3-2.

James Bloom and Mike Schwager represented Ursinus proudly, taking third place in their first-ever CC championship. Schwager tallied his team-leading 18th pin in the first round in 1:43 before dropping to the consolation bracket in the quarterfinals at 165. He then recorded a 10-3 decision victory and another win by fall (4:01) to take home the bronze.

The Bears did not produce any CC Champions this year, but a team win is better than any personal feat. Team captain, Mark Barber, commented on the teams' success.

"It has been a great experience being a part of such a tough team and hard working group of guys. This year was a lot different than the past three in that we didn't have the same natural talent and experienced wrestlers we've had in the past, as our team consisted of mostly sophomores and freshman...[E]veryone on the team jumped on board and embraced the challenge, working for everything they've earned and the hard work paid off in the end."

The Ursinus community should be proud of what our athletes have accomplished. It is not often that a championship run comes around five times in a row. So, when you see the wrestlers around campus, congratulate them on a great season, for now they can finally eat cake.



Ursinus senior flying through final semester with "Wings"

Ursinus senior Karen Wendler, accepted by Comcast-Spectacor as one of the College Marketing Directors this semester, assists with the marketing, PR, and promotion of the Philadelphia Wings around the Collegeville, Pa. community. Students interested in marketing, sales, and public relations are given the hands-on opportunity to learn and apply the skills needed in these fields before graduating from college and being sent out into the "real world."

Each week, Wendler and her teammates from Philadelphia area colleges and universities attend a class at the Wachovia Center. Each class focuses on an aspect of the sports and entertainment marketing business. The interns then use their new knowledge to market the Wings to local organizations and businesses. Along with attending class, some of Karen's other responsibilities include volunteering at community grassroots events, assisting with promotions at the Phantoms, Flyers, and 76ers home games, and working with the marketing team to facilitate operations during Wings home games.

"For me, this experience is new and not like anything I have ever done before," Wendler said. "It's rewarding to take what you learn at

the class and successfully use it. However, the best part is definitely the excitement and fast-paced atmosphere at the Wings games."

In the stands, there is similar action-packed excitement. The high-speed games set indoor lacrosse apart from any other sport and also cater to fans of all ages. From the hard-hitting, high-scoring play of the game to the fan involvement on and off the field, the Wings deliver a high level of entertainment to spectators.

Ursinus College students can also benefit from Wendler's experience. Students are able to purchase lower-level tickets for only \$10. For tickets to watch the Wings take on the Rochester Knighthawks in their next home game at the Wachovia Center on Saturday, March 3 at 7:30 p.m., or any of the remaining home games, contact Wendler at kawendler@ursinus.edu. To check seat availability for any home games, call the Wings ticket office at (215) 389-WING (9464), and be sure to log onto www.WingsLAX.com for more up-to-date information about the team.

Back to the Bellevue

The Student Activities Office would like to cordially invite you to...



Ball at the Bellevue

At the Park Hyatt in Philadelphia
Friday March 30, 2007 from 8 p.m.-12 a.m.

Begin boarding buses at 6:45 p.m., departure at 7:00 p.m.

Return time 1:00 a.m.

Hors d'oeuvre will be served and fabulous prizes will be raffled off

Tickets are \$5 for UC students, faculty, and staff

\$7 for outside guests (Limit 2 outside tickets per UC member)

Formal attire - black tie optional

Ursinus College
JOB & INTERNSHIP FAIR

February 28, 2007

12:30 - 3:00
Floy Lewis Bakes
Field House



www.ursinus.edu/career

Wanna cover your favorite UC or professional sports team for *The Grizzly*?
Email the Sports Editor at mapastor@ursinus.edu