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## The Grizzly, April 2, 2009

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# The Grizzly

Thursday, February 2, 2009

April

The student newspaper of Ursinus College

## Monologues give vaginas voice

Caitlin Dalik  
Grizzly News Editor

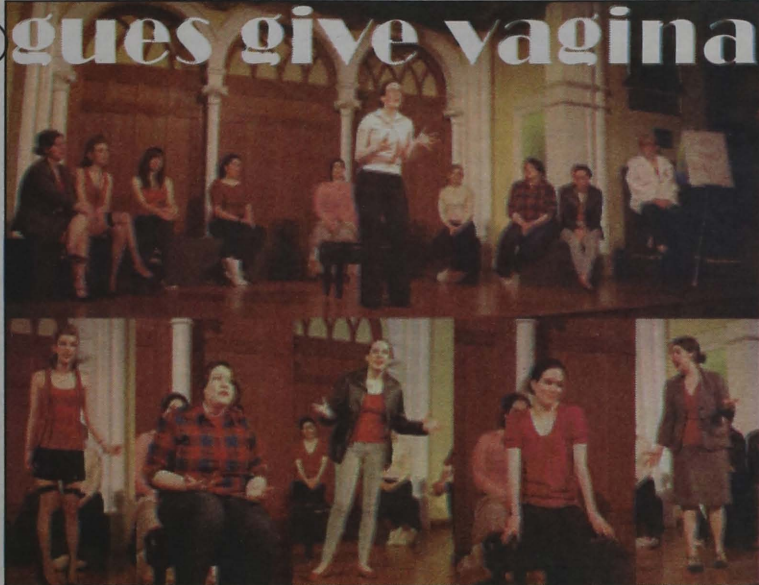
On the evenings of Mar. 24 through Mar. 26, Bomberger Auditorium was transformed into an educational forum for the Ursinus community as they watched "The Vagina Monologues," presented by Breakaway Student Productions and the V-Day Committee.

Vagina is a word that usually makes teenagers giggle in health class, but the cast of "The Vagina Monologues" told the story of women from around the world. Junior Abbie Cichowski made her directorial debut with this production written by Eve Ensler.

"The Vagina Monologues" was produced in conjunction with V-Day events which also included a kissing booth fundraiser, all night sporting event, and more. V-Day also celebrated International Women's Day on Mar. 18 by setting up displays in Wismer Lower Lounge about women's issues around the world. Some of these issues included

women's rights, violence against women, labor rights, and more. Spread throughout the area were "fast women's facts,"

which enlightened the Ursinus community with statistics and little known facts about women's issues.



**Top (left to right):** Allie Harmelin, Sophia Lazare, Chelsea Catalanotto, Elizabeth Zeller, Gabrielle Poretta, Margaret Burgess, Sarah Brand, Amanda Hayden, Emily Koppenhofer and Julia Bull. **Bottom (left to right):** Sophia Lazare, Amanda Hayden, Emily Koppenhofer, Louisa Shnaithmann and Allie Harmelin.

When people walked into Bomberger Hall for the show they were greeted with some of the same fast facts and displays in the lobby to look at before watching the show. The Laurel House also set up a display, an organization that benefited from the proceeds of Ursinus' V-Day events. The Laurel House is a safe haven for local abused women and children; in addition they also raise public awareness about domestic abuse throughout Montgomery County. Proceeds from V-Day events across the nation benefited The Republic of Congo, in hopes of ending violence against women.

The show featured 10 monologues, each presented by a different cast member. The monologues spoke to the audience about things women rarely ever speak about, and included such things as looking at your own vagina, orgasms, rape, masturbation, going to the gynecologist, birth, and much more.

In the director's note, Cichowski wrote that after reading through the

"Monologues give vaginas voice" is cont'd on page 2.

## Smelly, spicy, stimulating aphrodisiacs: fact or fiction?

Caitlin Dalik  
Grizzly News Editor

What do chocolate and oysters have in common? They're both supposedly aphrodisiacs. But can certain foods really stimulate sexual desire, or is it all in our heads? Most scientists would say it's definitely the latter.

An aphrodisiac is defined as "a food, drug, potion, or other agent that arouses sexual desire." The word aphrodisiac originates from Aphrodite, the Greek goddess of sensuality. Throughout history, different cultures have claimed that certain foods and drinks have a reputation for making sex more pleasurable. For example, the ancient Egyptians considered lettuce to be an aphrodisiac. Strange, I know.

But what brings aphrodisiacs to present day? Scientists argue that it's our relationships. They claim that some married couples are so overwhelmed with things like

job stress, money, and busy schedules that they're barely having sex. That's where these "magical" aphrodisiacs come in. While no food has been scientifically proven to stimulate the sex organs, food and the act of eating can suggest sex to the brain which then stimulates the body.

Historically aphrodisiacs have been broken down into five categories, according to WebMD. These include:

- Foods that are spicy or create warmth and moisture which were thought to arouse passion, such as chili.
- Foods that have imitative magic or ones that look or feel like a sexual organ, such as oysters.
- Foods that came from reproduction organs, such as fish roe, or were animal genitals. They were thought to increase sexual desire and potency.
- Exotic foods. It's thought that foods that are rare, and therefore more expensive, must be more

sexually exciting. However when some of these rare foods become more readily available (i.e. the potato) they lost their reputation as aphrodisiacs. Cocoa has still been able to hold onto its reputation.

And any foods that stimulate the senses, such as smell.

Throughout history, cultures have created these aphrodisiacs in their minds.

In 14th century Europe, new products from the spice trade from Asia added herbs and spices such as ginger, cinnamon, and thyme to the list of aphrodisiacs. By the 18th century, foods that resembled a phallus, such as eel, carrots, and asparagus, were also added to the list. Various bulb vegetables, which were thought to resemble testicles,

"Smelly, spicy, stimulating aphrodisiacs: fact or fiction?" is continued on page 5.

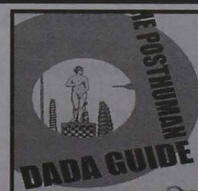
I  
N  
S  
I  
D  
E



Spring Habitat  
Page 3



Spanish TA  
Page 4



Dada Guide  
Page 7



MLB to return  
Page 8



## 26th Annual Airband

**Eva Bramesco**  
Grizzly Staff Writer

Students flocked to the Kaleidoscope Performing Arts Center's Lenfest Theater on Mar. 27 for a sold-out performance of the 26th Annual Airband produced by the Residence Hall Association.

Airband 2009 featured eight acts which ranged from fraternity to faculty, sororities, hip-hop dance groups, and more. Each group performed a skit comprised of one, but usually several, songs, which lasted for approximately 5 to 10 minutes.

The event was organized by the Airband Committee which included Resident Advisors, Brigid Bleaken, Robyn Clarke, Kate McGirr, Tony Ubertaccio, and Whitney Woodall, with Airband Advisor Dana Pienta, more well-known as the Reimert Resident Director. All proceeds benefited The Friendship House, which is a local organization in Pottstown that places at risk and in need children with foster care and adoptive families.

The crowd was entertained between acts by MC's Davis Howley and Kevin Bench, also Resident Advisors. The dynamic duo got things started off on a humorous note with a quick skit about MC rivalry. Howley amused

"26th Annual Airband" is continued on page 4.

"Monologues give vaginas voice" is cont'd on page 2

...script the first time she was "shocked, amused, disgusted, and slightly embarrassed." Cast member Gabi Poretta said, "I think we all had a hard time becoming comfortable with the word vagina at first, but obviously we had to get over that quickly." Cichowski said of working with an all-female cast that it "enabled us to freely converse about sensitive issues and offered a comfortable atmosphere in which the girls could freely discuss their thoughts regarding their monologues."

Poretta said that the cast members "had to do their best to become the women they were playing" to stay true to the monologues. Stay true, they did, as audience members were brought to tears, whether it was from sorrow or just from laughing so hard.

The monologues were interspersed with some facts which ranged from serious, "the rape of 20,000 to 70,000 women in Bosnia was used as a war tactic," to hilarious, "it's illegal to sell vibrators in 5 states but it's legal to sell guns in all of them."

The eleven women of the cast were joined on stage by Dean Nolan, Assistant Director of Residence Life, Melissa Sanders, and theater Professor, Beverly Redman. The three women contributed to the production by reading some information throughout the show. After the show, Dean Nolan led a discussion with the audience.

Cichowski said, "The play is very much about giving women a voice and raising awareness of women's issues to a larger public."

"It made me realize that every woman needs to be who they are and be proud of what that is, whether she's a doctor, a sex worker, skinny, fat, outgoing or a bitch," Poretta said. "The more comfortable you feel in your own skin, the more comfortable people around you will be."

"The show was fun, but still informative," Junior Carolyn Martin said. "I think everyone walked away knowing that they had learned something new."

## News in Brief: China blocks YouTube

**Lisa Jobe**  
Grizzly Staff Writer

Tuesday, Mar. 24

**WASHINGTON (CNN)**—On Tuesday, President Obama's administration announced that it is sending hundreds of extra troops and high-tech crime-fighting equipment to the US-Mexico border in an attempt to combat recent waves of drug-related violence. According to Homeland Security Secretary Janet Napolitano, drug cartels were responsible for 6,500 Mexican deaths last year. She said the administration's involvement is "about border safety and security and making sure that spillover violence does not erupt in our own country." The new plan calls for double the amount of border security teams and more federal agents, equipment, and resources at the border. Another goal is to try and prevent cash and weapons from entering Mexico and aiding the drug trade. On the U.S. side of the border, the plan will provide for task forces that bring together agencies such as the Department of Justice and the Department of Homeland Security "to dismantle drug cartels through investigation and extradition and the seizure and forfeiture of assets." It will also provide money to state, local, and tribal border enforcement units.

Wednesday, Mar. 25

**BEIJING, China (CNN)**—The Chinese government has blocked YouTube in the country but has not given a reason for the ban. Google, YouTube's owner, said it noticed a decrease in traffic in China on Monday, and users were receiving a "Network Error" message by Wednesday. A spokesman for Google reiterated that the company does not know the reason for the ban and is "working as quickly as possible to restore access to users." China has blocked YouTube before in March, 2008, during the riots in Tibet. In the subsequent crackdown, 18 civilians and one police officer died, according to the Chinese government, while Tibet's "self-proclaimed government-in-exile" claimed the death toll was 140. Many speculate that the current ban was put in place to filter footage, uploaded by a Tibetan political group, which supposedly shows Tibetan citizens being beaten by Chinese police after the riots.

Thursday, Mar. 26

**BANGKOK, Thailand (CNN)**—About 20,000 protesters set up outside the Thai government headquarters on Thursday evening in a bid to oust the current prime minister. The number of United Front for Democracy Against Dictatorship (UDD) members had grown sharply since the afternoon, and they had set up tents and a stage in front of the Government House building. The protesters used a crane to take out police barriers and surround the Government House. Since December, they have been protesting against Prime Minister Abhisit Vejjajiva and his government; instead, the protesters support former Prime Minister Thaksin Shinawatra, who was originally ousted in a coup in 2006. His People Power Party regained control of the government in 2007, but on Dec. 2 of last year, a judge ruled the party was guilty of electoral fraud. Jatuporn Prompan, the leader of the UDD, said that Thaksin may speak to his supporters through video link on Thursday evening.

Friday, Mar. 27

**TOKYO, (CNN)**—U.S. Navy ships are heading to the Sea of Japan, as North Korea prepares to launch a rocket early next month. North Korea announced that it would be launching a commercial satellite via rocket in early April, but other governments fear the rocket will actually be carrying a long-range missile. The US and Japan have both been pressuring North Korea to stop the launch. Japan is sending its missile defense system to the area as well, a notable move because of the country's pacifist constitution. Japan is mobilizing in order to shoot down any debris from the launch that may land in their territory, although the probability of a missile hitting a target without a predictable trajectory is slim. Japan's military has orders to send air-to-sea missiles to the Sea of Japan, and land-to-air missiles to northern Japan. The US ships moving to the Sea of Japan are prepared to track the launch "or more," said an anonymous Navy official; the US may have as little as five minutes to decide if the rocket is a threat and whether or not to shoot it down. Other government officials, such as Russia's Deputy Foreign Minister Alexei Borodavkin, are also urging North Korea not to launch the rocket.

(All stories were taken from CNN.com.)

# The Grizzly

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# Spring break fun in the sun with Habitat for Humanity

Julia Fox

Grizzly Staff Writer

During spring break, many of us relaxed at home or spent time visiting tropical destinations and beaches. Meanwhile, volunteers from Ursinus were busy across the country building homes for those who need them most with Habitat for Humanity.

Over spring break three groups of students went to work on Habitat projects: one group went to York, Pennsylvania, led by Karen Boedecker and Lauren Daley; another went to Miami, Florida, led by Lauren Scholwinski; and the last group went to Mississippi and was led by Professor Christian Rice and the Bonner Leader Program.

According to Habitat's website, Habitat for Humanity has built over 300,000 homes and provided shelter for 1.5 million individuals. Habitat uses volunteers and donated supplies to construct homes which go to families who need them. To earn the homes, recipients spend hundreds of hours helping build, as well as put forth a down payment and low monthly mortgage payments. They are selected based on need, willingness to participate, and ability to pay back a loan.

Boedecker and Daley led 16 students to York, Pennsylvania where they sanded and leveled the walls. Some painted, and others even constructed a scaffold. The York group ended up staying for only four days, as opposed to the originally planned five to six, because of a

lack of projects which unfortunately stems from a shortage of funds. Money is not readily available to buy supplies, and this causes projects to be put on hold.

"Due to the lack of money and materials, Habitat didn't want us to complete any more projects because they had other groups coming in after us and they needed work to do as well," said Junior Carolyn Martin who was part of the York trip. "The house we were working on was taking two years to complete when they usually only take one," she added. "The owners have to put in a certain amount of hours total which helps a lot, but for this house there was no owner lined up so the lack of volunteer support was holding up the project."

Down south in sunny Miami, Scholwinski led a group of 27 students. The group worked to fix up an already existing house. Their main project was to remove shingles and tar paper from an old roof and build a new roof for the home. Other projects included working on odds and ends around the house.

Professor Rice's group built in Mississippi, and was the only group who had the opportunity to work side by side with the family that was to later receive the house.

Lindsay Budnick, a volunteer on the trip, noted that as time went, the house her group worked on began looking progressively livable, and students could really picture a family living there.

All Habitat volunteers made one point very clear: that their alternative spring breaks were memorable, positive experiences. "Habitat for Humanity is a great organization for students to participate in because it allows them the

opportunity to help the community, experience and learn new things, and meet some amazing new people," Scholwinski said. "I think it is very admirable to see young adults willing to give up their spring breaks to improve the lives of

"Habitat is a great organization for students to participate in because it allows them the opportunity to help the community, experience and learn new things and meet some amazing people"

-Lauren Scholwinski

others and volunteer to make a difference."

"It was really a great way to spend spring break," Martin said. "It was very rewarding to see how much the Habitat people appreciated our help. One night they even cooked dinner for us and sat and thanked us all personally." Martin added that the York group discussed continuing to support Habitat through fundraising so they could complete their projects in the future.

## Sizzling Entertainment News with Li Kilmer

### Blender magazine folds

Owners announced last Thursday, Mar. 26, that the April issue of *Blender* magazine will be the music publication's last. Steve Duggan, CEO of Alpha Media Group, released a statement which explained that "the current economic climate" is to blame for the fold. According to Foliomag.com, an Alpha spokesperson said that in the last year, the magazine's newsstand sales had fallen 17.8 percent, while ad pages had plummeted 30.6 percent. About 30 staff members have been eliminated; a few, however, will be integrated into the editorial staff at *Maxim* magazine, also owned by Alpha Media Group. *Maxim*'s editor-in-chief, Jim Kaminsky, is leaving the company, and will soon be replaced by Joe Levy, the former editor-in-chief of *Blender*. According to Duggan, he is grateful for the *Blender* staff's "hard work and commitment" to the magazine, which he believed provided "unmatched music coverage and entertainment news in its unique voice."

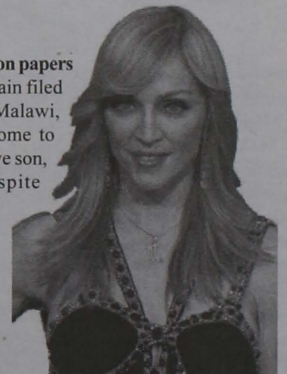


### Shawn Johnson stalker charged with felony

The alleged stalker of gymnastics Olympian Shawn Johnson has been officially charged with "one felony count of stalking and two misdemeanor counts of carrying a loaded firearm in a vehicle," reports *TMZ*. Robert O'Ryan, 34, was arrested last Tuesday, Mar. 23, for allegedly jumping a fence at the CBS studio, where Johnson was filming the network's hit, *Dancing with the Stars*. When approached by security, O'Ryan admitted that he was trying to meet the 17-year-old girl. However, it was soon learned that she knew nothing of O'Ryan, who, according to *People* magazine, told the LAPD that he had "packed all his belongings and permanently left Florida to drive out here to be with [Johnson]." Police found Johnson memorabilia, love letters, duct tape, a loaded shotgun, and a loaded Colt .45 handgun in O'Ryan's car. Johnson's parents were granted a restraining order the following day, and released a statement that said, "this incident has caused us severe emotional distress, we have been on the move ever since and have not been able to rest at all for fear that this disturbed person will attempt to make good on his statements and attempt to harm our daughter and possibly us as well."

### Madonna files adoption papers

Madonna has once again filed adoption papers in Malawi, the African nation home to her 3-year-old adoptive son, David Banda. Despite controversy around his 2006 adoption, *E! News* reports that Madonna is set to arrive in the country before the end of the month. It is rumored that the application is for a 3-year-old girl named Mercy James, who Madonna met at the Kondanani Children's Village in October, 2006. Currently, James' only surviving relatives are grandmother, Lucy Cekechiwa, and uncle, John Ngalande, who "initially resisted the adoption," says *E! News*. According to the source, Madonna will appear before a high court judge within the upcoming days. "Madonna will appear without a partner or spouse."





"26th Annual Airband" is cont'd from page 2.

...the audience with several costume changes including a questionable cowboy, Lakers player, a "birthday suit," a pirate, and others.

The acts proved hysterical as audience members were continually clapping and cheering their peers on. At the end of Airband, it was questionable as to who would be taking home the trophies. Bench explained that the awards were categorized into "the 5 C's- Choreography, Creativity, Costume, Comedic, and Crowd Pleaser." The tough decisions were left to the discretion of a panel of Ursinus faculty and staff judges.

It's no surprise that Escape Velocity Dance Troupes' "Wynne-Win Situation" took home the trophy for Best Choreography. The hip-hop choreography was incredible as usual, and the dancers executed it perfectly despite the level of difficulty and intricacy. Their skit featured Britney Spears' hit "Womanizer" among others to express a girlfriend's jealousy.

Sisters of the sorority Upsilon Phi Delta won the Creativity Award for their rendition of "Oh My God You Guys" from the hit Broadway adaptation of "Legally Blonde." The girls lip synched the song with costumes and props which included the "perfect dress" and dog brought on stage via skateboard.

The Best Costume Award went to the sorority Tau Sigma Gamma for their creative "Toy Story" skit. They simulated a toy store experience with a young girl and a mother who was overly flirtatious with the sales clerk. Their

costumes represented the toys in 5 aisles of the "toy store": G.I. Joes, stuffed animals, racecars, the board game Candyland, and Barbie dolls.

Most Comedic Performance went to the UC D.I.M.E.S. who put on a "So You Think You Can Dance" themed production in which dancers became eliminated as the rounds progressed. Their performance kept audience members laughing and impressed with their hip-hop choreography. They even incorporated a mock television commercial in which a cast member biked across stage to represent Honda.

Everyone was on edge waiting for who would be granted Crowd Pleaser; this award is for the Overall Best Performance. Everyone was certainly pleased when it was announced that the sisters of Kappa Delta Kappa were taking home the gold. The girls blew the crowd away with dancing to hip hop and hit songs. Unique to their performance, they incorporated a step routine which had audience members hollering about during and for hours, perhaps days, after the show.

Other acts were performed by the brothers of Phi Kappa Sigma, a brave all-freshman group who called themselves the "Fresh Four," and a faculty group by the name of "The Dream Girlzzz."

After all of the acts came to a close, the most important part of the evening arrived, which was handing a check over to representatives from The Friendship House. Airband Committee Member Robyn Clarke said, "We wanted to keep up a great Ursinus tradition, and the best part was that we raised nearly \$3,000 for a great cause."

## America's favorite show returns!

**Roger Lee**

*Grizzly Features Editor*

American Idol season 8 is officially underway. This year there is new management, a fourth judge, bigger performance spaces, and more contestants.

The new season debuted in January, 2009. As millions tuned in, host Ryan Seacrest announced "This is American Idol!" The judges searched far and wide in numerous cities to unveil the brightest new talent of our time.

Along for the ride was record producer Randy Jackson, more affectionately known as "The Dawg." Jackson has an impressive resume, working alongside legendary artists like Mariah Carey. More recently, Jackson has created the new MTV hit "America's Best Dance Crew" where he also serves as executive producer. Paula Abdul returned as the charismatic and fun-loving judge. She has danced for numerous professional sports teams, has a background in cheerleading, and has choreographed for superstar Janet Jackson. Simon Cowell returned to Idol with more power than before. The main judge who is infamous for his harsh comments and two-shirt wardrobe has a more laid back persona while telling contestants "Don't quit your day job!" Cowell also was in favor of bringing on a fourth judge to help "shake things up" this season. In came Kara DiGuardio, the modern day hit maker who has written over 100 songs. She has worked with many modern artists along with Idol alumni Kelly Clarkson, Carrie Underwood, and David Archuleta. Kara brings a new dynamic to the judging panel and speaks her mind without reservation.

Then there is Ryan Seacrest, the media mogul who has taken Hollywood by storm. He has hosted numerous E-Television shows, runs his own talk radio show both on and off-screen, started a production company, and even co-hosted Dick Clark's legendary "Rockin' New Years Eve." Ryan Seacrest is truly the Renaissance man who has been with American Idol since its humble debut back in June, 2002. As a mid-season replacement, the little known talent

show has grown to massive heights with over —millions of viewers, seven successful winners, a host of runner-ups and alumni climbing the charts, big screens, and Broadway stages. American Idol has turned into a cultural phenomenon that has a promising future.

Aside from a new judge, the loss of long-time executive producer Nigel Lythgoe and increased power for Simon Cowell and current executive producer Ken Warwick, American Idol has also added more contestants. Last month, Ryan Seacrest announced that season 8 would feature a talented top 36 semi-finalists. The show returned to its old semi-final round format where three groups performed each week and America voted in the top three contestants. The catch is that only the top vote-getting male and female are secured a spot followed by the next highest vote recipient to round out the top three. This was set in place to avoid the uneven gender balance that took place in season three. That year the top 12 consisted of 8 female contestants and four males. However, with the new format, by the end of the voting weeks only three females were secured spots in the top 12. On the special judges' wildcard show, the judges selected three final contestants to round out the top 12. Two more female contestants were added along with two males, making a surprising top 13 finalists!

Now American Idol is underway with the finalist rounds where contestants work with a different theme each week and a guest mentor from that particular genre. Week one was Michael Jackson week where 16-year-old wildcard winner Jasmine Murray and Jorge Nunez were eliminated first. The following week Grand Ole Opry (country week) sent talented single mom Alexis Grace packing. Last week's Motown episode said goodbye to Michael Sarver, leaving only 9 contestants to battle it out for the title of Idol.

The new voting twist set in place to avoid major upsets like the pre-mature eliminations of Tamara Gray, LaToya London, Jennifer Hudson, Chris Daughtry and Melinda Doolittle, now affords the judges the power to save one

## TA Eliana Henriquez

**Serena Mithbaakar**

*Grizzly Staff Writer*

This week's spotlight is on the Spanish Teaching Assistant, Eliana Henriquez. Henriquez, 26, comes from Mendoza, Argentina, which is about six hours away from Santiago, the capital of Chile. At Ursinus, Henriquez conducts language labs for the Spanish department and also runs a weekly Spanish conversation table in Wismer.

Henriquez completed her bachelors' studies in English as Second Language (ESL) from the National University of Cuyo three years ago. Since then, she has been working as an ESL teacher with both children and adults, covering all skill levels – from elementary to advanced.

Henriquez is a recipient of the Fulbright Foreign Language Teaching Assistant (FLTA) scholarship which finances her stay and Teaching Assistantship at Ursinus. She applied for the FLTA Program for several reasons, but mainly because she thought it was a great opportunity and that it would help her career in the long-run. Henriquez says, "Many of my friends encouraged me to apply for the Fulbright program as it would cover most of my expenses in the states. What most attracted me was the fact that I would be teaching college-level Spanish. In the future, I would like to teach at the university level since this is an important learning experience for me."

For Henriquez, being at Ursinus is not only helping her learn about the states, but has also exposed her to many other cultures, that she otherwise wouldn't encounter in her hometown. "Ursinus has exposed me to so many other cultures, especially those from Asia. In Argentina where I live we only have a small Korean immigrant community. I've always wanted to get to know more Asians from India, Japan, and China and finally, at Ursinus, I have had the chance to meet them."

Although Henriquez is keen to learn about international culture, the small size of Collegeville does not disappoint her. "I really like Collegeville. Life seems a little slow and personal here. This kind of life is pretty unexpected considering how people think of the United States. When people think of the United States, they tend to think of big cities and a hectic atmosphere. Collegeville is small, but I don't feel quite stuck here."

What strikes her most about the life in the states? "The huge gap between the social classes," she says. "And it is so stark that I can see it every time I take the public transportation on the SEPTA Route 93 to Norristown. I find it unfair that people from the lower classes have no means to get around except for the bus, when more affluent people can get around with their cars at their own convenience."

In her downtime, Henriquez enjoys reading, tango dancing, and playing volleyball. Like most people who come to the States, Henriquez has taken her time to travel. "Being close to Philadelphia is helpful as I can connect to many major cities in the States. I have been to New York City several times, especially to Long Island, as I have relatives there. But I also had the opportunity to go to Boston, Chicago, and Miami and over winter break I went to Spain and England."

contestant from elimination during the course of the season. If they use the save, then two contestants will be eliminated the following week. The judges have yet to use the save on anyone this season. After all, they only get one!



## Jeremiah Long with Restaurant Reviews

### Irish Joe's Cafe: Punching out breakfast in record time

Nothing helps end a nice night of staying up like a greasy, artery clogging breakfast that only a diner can provide. Sure the food will taste good even if it's low quality (deep fried, pan fried- either way it's hard to go wrong), but don't always jump to a quick conclusion about these places. Some take their jobs much more seriously than others.

Enter Irish Joe's Café located on Main Street in Phoenixville. It is just another feather in the cap for this town (If you don't get the reference ask you grandfather or someone from the 1850's. I don't know it seemed to be the appropriate way to acknowledge the high class of restaurants found in this town). Owner Michelle Long named the café in honor of her father, "Irish" Joe Rowan, a former mid/heavy weight boxer who was at one time rated the fifth best in the world. Opened only for breakfast and lunch, this location was harder for me to get to, but one weekend, I mustered up the energy to wake up before noon and took a peak at what they had to offer.

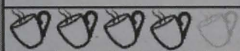
As I had said before, I was not about to be disappointed. The atmosphere of the restaurant was similar to the last restaurant I had been to in Phoenixville. Shops and restaurants in the town are not very wide, but they are very long. It also has an open air kitchen that you can see right over the counter. You can watch your food as they cook it. It's like hibachi, but more practical and you don't get food thrown at you. Overall it is practical and casual, just a normal restaurant. Bonus points of the full length windows (Appearance 3.5/5).

Why do people order diner food? Is it the variety? (you can get just about anything), the price (its normally pretty cheap), or is it just to remember those bygone years where everyone ate high cholesterol foods everyday (well they also died at around 40, but two out of three isn't too bad). I don't think it's any of these; I think the reason we keep going to diners is because we know deep down that somewhere out there, in between the vats of congealing grease and towers of unwashed plates, there exists diners that take pride in their work and put some heart and soul into their cooking (they also serve good coffee). Irish Joe's Café is one such place; they chip their beef well and serve scrapple without even trying to identify what it's made off.

Southern cuisine has their Po-boys and fried candy bars, the west has its tacos and burritos, California has bits and piece of cuisine it's stolen from every corner of globe and then fused to gather to make many wonderful dishes and some absolutely atrocious ones. In the north we have breakfast foods covered in gravy and unidentified pieces of meat. This is something we should be proud of. Irish Joe's Café does our tradition proud and anyone who finds themselves awake at an ungodly hour on a Sunday (9-10:00a.m.) would do themselves well to start their day off with a trip to Irish Joe's (try the coffee it is pretty good). (Dining 4/5)

Overall: Cheap good food

Price: \$6.00-7.00



### Rock Bottom Brewery: pricey but worth the money

Rock Bottom Brewery is not located in Phoenixville, instead it can be found inside of the King of Prussia mall. For those of you who don't know where this is someone should be able to tell you about it. It's the closest thing we have to entertainment in the area. Well, bleakness aside, I can't help but, compare Rock Bottom to the Iron Hill Brewery in Phoenixville. Now maybe Rock Bottom came first and Iron Hill is the copy, but I visited Iron Hill first so that's why I make the comparison.

The reason for this is because both of them serve what is properly known as New American cuisine, and both of them brew their own beer on premises. Yes, you can buy bottled beers if you have to, but everything they have on tap is made right inside of the restaurant in the large fermenting vats you can see as you walk in. Rock Bottom though seems more geared for an older crowd, while Iron Hill has been designed with kids in mind (it's still a brewpub just a kid friendly one).

Rock Bottom has an excellent setting, sitting on the ground floor of the King of Prussia mega mall it sits to the side of the building allowing you to enter and exit the restaurant without ever having to set foot inside of the mall. The interior is exquisitely planned with well placed lighting, making each table feel as if it is an island all to its own. The pictures of the odd rock formations of the Midwest are a nice touch; they are fun to look, but not distracting. The bar is also a nice piece of work, large with a dash of neon and dark just the way a bar should be, but not dingy or black. It's the comforting dark of a nook or cranny in your own home. Just dark enough to give you the feeling that you're obscured from others but not so dark as to induce the night terrors normally associated with dark places (Appearance 4/5).

The dining itself is fantastic, but a little pricey. All of their beers are great, though I still can't enjoy their light beer: it just tastes watered down. Starting with a bowl of French onion soup (if you're seeing a pattern here it's because if I see French onion soup on the menu I have trouble not ordering it) is always a good idea. The rich, dark color of their soup is of particular note; the fact that it tastes fantastic also helps. No croutons in this soup, but they use slices of toasted bread. I don't know how they get it to stay crunchy but, it's always a plus. As for their actual dishes I tried a lemony chicken dish that reminded me of my favorite pasta dish, chicken piccata. There is nothing quite like ordering a new dish that tastes like a favorite old one (4.5/5).

Overall: Das Gut'e Bier, but pricey

Price: \$16-17.00



"Smelly, spicy, stimulating aphrodisiacs: fact or faction?" is continued from front page.

...like the onion, were thought to increase a man's potency. Heavily seeded fruits like pomegranates and figs were even compared to the "seeds of fertility."

Some may think that alcohol is an aphrodisiac in today's society but as far back as the 16th century, they could have told you that "less is more." One scientist of this time wrote that "excessive alcohol is a sexual depressant rather than a stimulant, and wine taken moderately does the opposite." They say that as little as three drinks for a man or two drinks for a woman can serve as a sexual depressant.

Aphrodisiacs don't always have to be foods, for we usually underestimate the power of smell. A study has found that men respond strongly to the scent



Photo courtesy of nativeremedies.com

of cinnamon and vanilla while women find licorice, cucumber, and banana sexy.

All of these historical aphrodisiacs are just in people's minds. Scientists explain that it's the placebo effect; anyone can create their own aphrodisiacs. Foods that you ate before or during a sexual encounter can stick in your mind. Or you can introduce foods that you will remember which is why many people consider things like strawberries and champagne, whipped cream, or hand-feeding grapes to be sexy. The power of aphrodisiacs doesn't rely on the sexual nature of these foods but the power the mind has to associate sexual pleasure with them. Scientists say that the best way to stimulate sexual feelings is to stimulate all five of the senses.

## RETRACTION!

The article that ran in last week's edition of *The Grizzly*, entitled "10 Reason why to avoid heavy drinking" was not written by a Grizzly Staff member, as noted. It was in fact taken from [campuslife.suitlife101.com](http://campuslife.suitlife101.com).



## Wavves: New Cali Surf Punk

**Kevin Bendis**  
Grizzly Staff Writer

After years of California producing nothing but throw-away emo acts, the state has finally hit its stride. Let's face it: this decade has been dominated by mind-numbing acts like Fall Out Boy, My Chemical Romance, and Taking Back Sunday. These bands claim to follow in some kind of punk rock succession, when really their roots lie more in heart-on-sleeve 90s groups like Sunny Day Real. California has been no stranger to this scene, but within the past year or two they've started to get their act together. Bands like Health, No Age and now the fabulous Wavves, have begun to bring a new respect to Cali-surf rock, with a blend of noise and unconventional pop melodies. Hopefully, this is a new page for California music that doesn't revert back to producing another Angels and Airwaves.

In any case, we can all enjoy the new self-titled release by Wavves. This group is only a two man outfit, but their sound is pretty large. "*Wavves*" is Wavves's first release. It's a record that smothers its melodies in reverb and lofi distortion, giving it an early Jesus & Mary Chain feel, but not quite as down in the dumps as the Glasgow shoegazers.

Instead, Wavves throw in some classic surf-pop melodies that give the album a bounce and familiar Beach Boy-esque feel.

The first track, "*Rainbow Everywhere*," is an instrumental tune with what sounds like a microKORG springing through some heavy fuzz. The song soon fades into "*Beach Demon*," a little ditty spitting with abrasive

This record isn't for everyone. It's full of distortion and creepy Cathedral echos that might seem a little obnoxious. But if you're a reverb junky, then this should be your next purchase. Wavves isn't your typical indie-outfit and they're not another My Bloody Valentine cover band. Rather, they combine influences of sunny Cali-pop and ambient goth-rock into the perfect '09 release.

guitars and crashing drums. It's amazing that a melody can be found in this song, but somehow the falsetto moans and repeated "*Goin nowhere*" chorus finds its way through. If this track brings you back to your favorite two minute punk songs, then the next one will really get your attention. "*To The Dregs*," is crammed with heavy guitars and a *boom-chik, boom-chik* drum beat that almost forces you to nod your head.

The album is literally packed with catchy, three minute songs. "*Sun Opens My Eyes*" and "*Gun In The Sun*," are

both perfect examples, but I'd rather point your attention to the latest single, "*So Bored*." The jam opens with tribal-like tom toms that give way to more falsetto whining that verges on Weezer territory. The lyrics compliment the simplicity of the song with lines like, "Skin like dirt/ Christian Death shirt/ sun kissed and curved/ those guys were jerks./ I'm so bored/ life's a chore." If the words remind you of something like early Green Day, it's not a mistake. Everything about this band screams California, including the lead singer's surf-drawl that forces an image of a beach blonde guy who says things like "Surfs up, Dudes!"

The album continues with perfect pop tunes. "*Weed Demon*," is ballad-esque and reminds me a little bit of Nirvana. "*California Goths*" is another bouncing punk tune, with disturbing harmonies...perhaps a play on "*California Girls*." The album ends with "*Surf Goth*," a psyched-out ghost anthem that creeps along at a mid-tempo.

This record isn't for everyone. It's full of distortion and creepy Cathedral echos that might seem a little obnoxious. But if you're a reverb junky, then this should be your next purchase. Wavves isn't your typical indie-outfit and they're not another My Bloody Valentine cover band. Rather, they combine influences of sunny Cali-pop and ambient goth-rock into the perfect '09 release. If winter this year was defined by Animal Collective and Kid Cudi, then Spring can surely be labeled as the season of Wavves.

## The George W. Bush Legacy

**Chris Capone**  
Grizzly Staff Writer

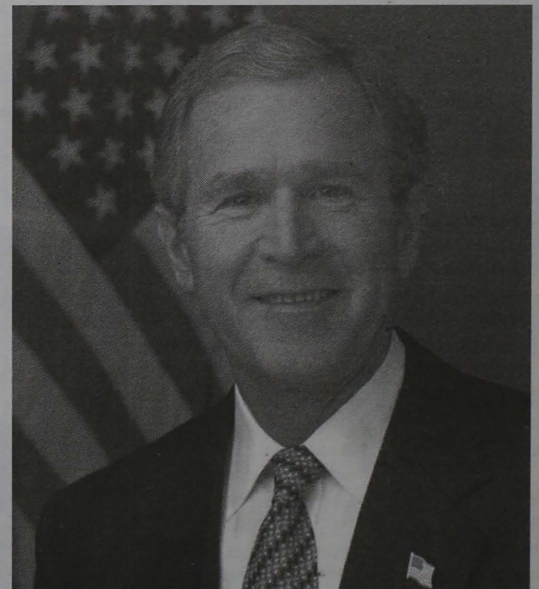
I logged onto CNN.com the other day and read an article concerning the relationship between former President George W. Bush and President Barack Obama. It was interesting because the article first discussed how George W. Bush was planning to write a book about the twelve most difficult decisions he had to make in office. The author then made a note that Bush did not intend to criticize Barack's administration. Bush said that Barack Obama "deserves my silence" and that "I love my country more than I love my politics. I think it is essential that he be helped in office." This statement, albeit a political one, coupled with the decision to critique his decisions in a novel, suggest that the judgment of Bush may have been too harsh.

I understand, as a moderate-leaning-liberal politics major, that some of the decisions Bush made were not altogether "complete." Nearing the end of his presidency, many Americans were against the war in Iraq, including myself. However, we must not forget that in 2003, most citizens were probably in favor of war. It was not until the U.S. lacked the evidence of W.M.Ds in Iraq that we began to turn on the administration. In addition, he had trouble dealing with the open criticism. He constantly tried to back a war in Iraq because it was part of the "war on terrorism." Moreover, his diplomatic tactics with Iran and North Korea helped deteriorate the relationship between the U.S. and the two nuclear-bound nations. Bush had trouble sending aid to the site of Hurricane Katrina, leaving New Orleans to a state of anarchy and destruction. And of course, with a year left in his presidency, the economy collapsed, sending the U.S. into another depression. All of these major factors most definitely had a positive impact for the Democratic

Party, who now controls the Senate, the House, and holds the presidency.

Looking back, however, I believe that the Bush administration also had many positive impacts. Yes, his administration did push the U.S. deeper into economic turmoil. But I believe the reason Bush is writing this book is to hopefully show that being the leader of a country is not easy. In today's society, globalization forces leaders to deal with problems abroad and at home. Sometimes, international problems may pose a threat to the nation, thus forcing leaders to put national problems on hold. Only a year into George W. Bush's presidency, this country suffered a devastating terrorist attack. Not only did Bush's approval rating improve in the following months, but most believed he did the right thing attacking Iraq and searching for Osama Bin Laden. His international aid policy, in Africa and in other impoverished nations, helped pave the way for new international organizations. Even more convincing is the fact that while there continues to be dissidence in Iraq, the government, especially in northern Iraq and Baghdad, has already started to flourish. The Kurds are living a democratic lifestyle and are becoming more legitimate each day. Baghdad and the surrounding cities are also moving rapidly toward the same lifestyle. Without the presence of the U.S., the government in Iraq would not be so close to legitimacy and democracy. Yes, there is too much spending on the "War in Iraq," but hopefully the U.S. will soon enjoy the benefits of a strong, democratic Iraq.

I cannot argue that Bush's economic policy has not been the downfall of his administration. Frankly, his decisions have forced the Republican Party to rethink platforms and reform current members. However, as a new



presidency begins, I urge students here at Ursinus to realize that now we enjoy the best of both worlds. President Bush's "War in Iraq" will succeed, with help from Obama's economic plans. For Bush to not get involved in Barack's decisions shows me that he is content with his presidency. He had his chance to change this country, whether positively or negatively, and we, as Americans, should realize that we gave him that chance for two terms. We must allow ourselves to use the past as a crutch and not a burden. Then we can move on without the Bush Legacy.



## Codrescu's "The Posthuman Dada Guide: Tzara &amp; Lenin Play Chess"

Chris Schaeffer  
Grizzly Staff Writer

"The culture-heroes of our liberal bourgeois civilization are anti-liberal and anti-bourgeois; they are writers who are repetitive, obsessive, and impolite, who impress by force...by the sense of acute personal and intellectual extremity." That's Susan Sontag talking, and that's Simone Weil she's talking about, but the point is universal. There's nothing sexy about history's mediators and compromisers, the men and women who in times of turmoil suggested everybody just sit down and cool it for a couple minutes. Case in point—Andrei Codrescu's "Posthuman Dada Guide," a book whose heroes are dada pioneer Tristan Tzara and Soviet founding father Lenin, a pair for whom "anti-liberal and anti-bourgeois" would be an understatement. The set-up goes like this: the book revolves around a (fictional?) chess match between the two in Zurich sometime during 1916, setting up an exploration of the various dichotomies between dadaism and Communism, the two poles, Codrescu argues, of 20th century thought.

So far so good—Codrescu convincingly sets the two ideologies against each other as opposite reactions to class and racial marginalization, one cerebral, inclusive, and mechanized, the other emotional, alienating, and mystical. One can see in his outline the clear signs of struggle between the Apollonian and the Dionysian that troubled Nietzsche and Camus and continues to play itself out in art and politics today. One can also, with a stretch, see the way things turned out as a kind of Hegelian synthesis between the two. However, none of this will be thanks to Codrescu, who seemingly loses interest in the comparative approach within the first dozen pages.

The bulk of the book nudges Lenin out of the picture to focus on Tzara and his dada contemporaries, which is fine by me. Most academic treatments of the movement feel necessarily lacking in their thorough and scholarly approach, so Codrescu's slangy, idiosyncratic writing feels

like a natural fit, combining anecdotes, long parenthetical rants, and plain weirdness into an occasionally exhausting whirlwind of various *stuff*, in the proud dada tradition. There are flaws, sure—in his passionate admiration for Tzara, Codrescu seems somewhat unsportingly eager to jump on anyone who ever disagreed with him, branding Joyce antisemitic and the surrealists (that is, *all* the surrealists) as misogynistic and sexually repressed ("The Surrealists, Andre Breton in particular, did not like women in any form, French or American, except as muses and erotic amusements." Breton's classic "Mad Love" goes conspicuously unmentioned), but the reader is prepared, within a few pages, to take anything the exuberant narrator says with a willing grain of salt. Codrescu's exuberantly hyperbolic and cranky style tags him as erudite but unreliable, the ideal tour-guide for the subject: "...but for Lenin the loneliness extends to his network. He had 'gradually found h i m s e l f ...

betrayed...' while all manner of unifiers and disarmers, liquidators and defeatists, chauvinists, anti-statists, trashy scribblers and many time-serving petit-bourgeois riffraff had gathered elsewhere..." is just the kind of rambling, ramshackle sentence Codrescu relies on for much of the book's rickety stamped momentum.

You might think, so far, that Codrescu might skim on his historical research in favor of a more manifesto-style book. A kind of, ahh, posthuman... Dada... *Guide*, if you will. You'd be wrong. The real pleasure of the book, aside from Codrescu's distinctive voice, is his adroit tying together of patchwork elements into the origins of dada. E.T.A. Hoffman, Yiddish folk-theatre, Caragiale, carnival, balkanization, blackface minstrelsy, the Jewish diaspora,

the New Woman, French Imagism—each of these elements is tossed in with enough conviction and juicy evidence to make a fairly cohesive backdrop, or at least as cohesive as the events leading up to the Caberet Voltaire could be. When digging into the movements past, Codrescu is at his best, writing like a drunken magician pulling God-knows-what out of his hat—half the pleasure is in waiting to see just what the hell he'll come up with next, and the other half is seeing him make it somehow *work*.

It's in dealing with the *future* of dada, or even just its fate, that Codrescu falls short. There are some vague commandments about transgression in a virtual age and whatever, but it comes off as half-backed, an afterthought cribbed from Steven Shaviro, and Codrescu seems unable

*"There are some vague commandments about transgression in a virtual age and whatever, but it comes off as half-backed, an afterthought cribbed from Steven Shaviro, and Codrescu seems unable to make up his mind whether Dada died out or just transformed."*

to make up his mind whether Dada died out or just transformed: "The destruction of jails for art was a chief mission of Dada, and its utter failure in this regard testifies to the

triumph of its own self-destructive impulse. Dada erases not just its products, but its intentions." Uh-huh.

The Dadaists occupy a funny sort of space in the popular imagination, somewhere between excitingly transgressive and somewhat embarrassingly adolescent, either a precursor to post-modernism or an aesthetic dead-end. Codrescu takes this disparity and runs with it, underscoring again and again Tzara's youth and the squeamishly teenaged energy driving the movement, almost like a sort of proto-punk. The book isn't perfect, but for a dada primer that admirably captures some of that good old "acute personal intellectual extremity," Codrescu's "Guide" is fast enough, funny enough, and perhaps most importantly, flawed enough.

#### Letter from a local resident

Thurs. March 26, 2009

Dear Dr. Strassburger,

This evening I was fortunate to attend a terrific performance in Bomberger Auditorium. Although I have lived in this area for several years, I have never had the opportunity to visit your campus. I am writing this note to let you know how impressed I was with the beautiful campus and especially with the wonderful students. I was amazed at how polite and helpful they were. While leaving the coffee shop, I had doors held open for me and gentlemen stepping aside to let me pass. Rarely to do see that these days. I also had to ask for directions twice. The first gentleman I stopped could not have been more polite or helpful. Although he seemed to be headed in a completely different direction, he stopped and walked me onto the correct path to Bomberger Auditorium. Upon leaving for the evening, I stopped at the library and was greeted by the wonderful staff at the coffee shop. To top off my evening, upon leaving it was dark and I was a bit turned around, so while looking around a lovely lady stopped and asked if she could help me. She was already speaking to someone on her phone, and to my surprise, asked them to hold so she could direct me to the parking area. I am still amazed and in awe that I encountered four wonderful students in a matter of only three hours on your campus. I wish I knew their names to thank them. I want you to be aware that they made quite an impression. I look forward to attending more events at Ursinus. You should be proud that your students display such wonderful attitudes.

Thank you,  
Pat Zylka  
Harleysville, PA



## Pre-Season update: UC Men's Golf gears up for new season

**Chris Capone**  
*Grizzly Staff Writer*

Led by their fearless coach, Ted McKenzie, the Ursinus College Men's Golf Team starts their season April 1. They will kick off a very important season with a home match at Stonewall. The team trained very hard in the Dominican Republic and hopes to translate their improvements into successful tournament play. Last year, the men's golf team had a disappointing sixth place finish in the Conference tournament. However, Austin Anthony, then a freshman, had a solid tournament, finishing amongst the top 15 with a team-best 239 strokes (23<sup>rd</sup> over par). The team will hope to build on solid performances, like Anthony's, as they enter the 2009 season.

In the Dominican Republic, the team was led by sophomore Brian Lutzow, whose long drives and impeccable short game helped propel him to the number one slot. However, not far behind was team's newest member, junior Matt Stehman, who shot the round of the week with a 75. Their successes are only part of the story, however. In competition, golf teams play five members and count the four best scores. Without a solid group of 5-7 members, no team can expect to be competitive in tournaments. This year's Bear's squad could have that recipe of players to be competitive. Rounding out the top five are sophomore Austin Anthony, senior Captain Dave Kargman, and junior Jed Gorman. These three all played exceptionally well, and with a bit more tournament practice, and coach instruction, they should be ready for the Conference tournament. As the season gets under way these five will need to continue to play their best, as the rest of the squad battles for those coveted top five spots. The team has an impressively talented group of freshmen

and sophomores who are working hard to potentially claim a Conference spot. Freshman, such as Anthony Todaro, Bob Linneman and Matt Yuros, hope to improve this year as they see their first action in college-tournament golf. Returning sophomores Davis Howley and yours truly, Chris Capone, also look to improve with a combination of experience, a week of non-stop golf in the D.R. and additional weekly practices. These five will be important in forcing the top five players to maintain their high level of play and hopefully will translate all the hard work into a few solid golf tournaments.

I had a chance to talk to the team's captain, Dave Kargman, and sophomore Brian Lutzow, about the upcoming season. Both were very optimistic about the team's potential successes in the 2009 season. "If [the team] continues to improve I truly believe we can do some damage and surprise some people in the Conference Championships" Kargman told me. The captain also notes that "If we use our heads and take one shot at a time, I see no reason why we can't do big things this year". Kargman's squad this year is benefitting from the return of five players with at least one year of Conference tournament experience. Lutzow agreed with Kargman's optimism. "I feel like we are going to be able to build off of our success during spring break and use it to make a strong push in conference play" the sophomore elaborated. Kargman also believes that "the players on the team this year are much more committed than those in the

past." Thus, he hopes that this commitment will be portrayed in some superb golf come April 1. Kargman also addressed a main weakness of the team. "I think our biggest weakness is having to travel to play (and practice). Obviously, there isn't a golf facility/course on campus so it is more time

consuming to play and harder to improve." Clearly, without practice time the Men's Golf team will suffer on the scorecard. Therefore, Kargman and the team are working hard to practice during the week at courses such as Stonewall, Ravensclaw, Bellwood, and Rivercrest.

It seems as though this year's team is poised for a break-out season. Kargman said finally that

"If [the team] continues to improve I truly believe we can do some damage and surprise some people in the Conference Championships... If we use our heads and take one shot at a time, I see no reason why we can't do big things this year."  
-Dave Kargman

"being a senior and having played on some underachieving teams in the past, I think it's about time we make our mark, and there's no better time than this season." Kargman's optimism is shared by the entire team, and being a golfer, such optimism should translate into some good golf.

The team gets started April 1 and continues through April culminating with the Centennial Conference Championships April 24-April 26 at "The Bridges" in Gettysburg. While the tournaments are sometimes far away, the team strongly urges supporters, especially during Conferences. If you want to come see a match, contact any golfer for dates, directions and times.

## Spring brings showers, flowers and major league Baseball

**Jamey Cooper**  
*Grizzly Staff Writer*

For sports fans, March is the time of year when headlines are dominated by college basketball. March Madness in 2009 has been no exception, especially considering that the local Villanova Wildcats' incredible run has earned them a date with North Carolina in the Final Four. Nova's run has been so exciting that even the most diehard Philly fans seem to have forgotten all about the team that stole our hearts last October in an unforgettable World Series run, one that ceremoniously ended Philadelphia's quarter century championship draught. So as you watch Nova take on UNC this week, don't forget that the Phillies begin their quest to become repeat champs this Sunday night at Citizen's Bank Park.

Heading into the 2009 season, the Phillies pitching staff appears stronger than ever. Although ace Cole Hamels has been slowed of late by a tender elbow in his throwing arm, the Phillies insist it is only a minor setback. They are being very cautious with Hamels given that they will need him to last the entire 162 game season, but they seem fully confident he will return to the form that made him one of the elite young lefthanders in all of baseball.

The major question mark coming into the spring was who would round out the rotation as the fifth starter. The Phillies had four pitchers vying for the final spot, a problem most teams would kill to have. As it stands, they still have not made up their minds, but they have made it clear that it has come down to J.A. Happ and Chan Ho Park. Both

have put up impressive numbers this spring, but given Park's struggles as a starter in recent years, Happ appears the likely candidate to win the final spot. The young lefty has been impressive so far in his big league career, and was a major contributor during the Phillies stretch run last season. The Phillies also like what Park offers as a long reliever out of the bullpen, another indication that Happ has the slight advantage.

The rest of the rotation consists of Brett Myers, Joe Blanton, and Jamie Moyer. Myers has always possessed the type of stuff to be a dominant, strikeout pitcher, but he has self-admittedly let his desire to be the team's closer get in the way of his work ethic, and he's demonstrated varying degrees of success as a result. But when he's on, he's as tough to hit as any right hander in the National League. Blanton, a proven innings eater, came into his own last season after being acquired in a trade from Oakland. The change of scenery benefitted him greatly; look for Blanton to have a very solid year as a middle of the rotation pitcher. Lastly, it's hard to overlook what Jamie Moyer has provided his hometown Phils over the last two and a half seasons. At age 46, Moyer is ironically the only Phils' pitcher not to miss a start in the last 2 seasons. Not bad for oldest player in baseball.

The rotation certainly did do an excellent job last year, but it was the bullpen that got this team over the hump. Thanks to closer Brad Lidge, who was a perfect 47 for 47 in save opportunities, the Phillies never blew a game in which they lead after 8 innings. Pretty impressive. One minor concern is that the Phils will be without setup man J.C.

Romero for the first 50 games of the season. Romero was suspended for violating the league's substance abuse policy even though he claimed to have gotten the okay from team doctors to take the illegal drug that showed up in his random drug test. Ryan Madson, who came on strong at the end of last season, is more than capable of stepping in and filling this void, at least for now.

Finally, you can't overlook the offensive firepower this team possesses. With guys like Jimmy Rollins and Shane Victorino setting the table for Ryan Howard and Chase Utley, this team has the ability to lead the league in runs scored. The Phillies will definitely miss Pat Burrell's right handed bat in the middle of the order (he signed with the Rays this offseason- BOO!), but they like the potential of Jayson Werth, who they see as a rising star. His success will be crucial in a lineup that is very left handed heavy. In the past, critics have argued that the Phils' excess of left-handed hitters leaves them vulnerable to good left-handed pitching late in games, but for some reason not a word was said about this "liability" after October. Hmmm.

Once again, the Phillies biggest competition this season figures to be the New York Mets. In the offseason, the Mets filled their biggest holes by signing relievers J.J. Putz and Francisco Rodriguez, one of the most dominant closers in all of baseball. The feeling in New York is that these two signings will catapult the Mets back into prominence in the NL East, but don't tell that to the Phillies. This year, Jimmy Rollins doesn't need to proclaim the Phillies as the team to beat in the NL East. Their status as defending champs will do all their talking for them.