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The Grizzly, March 5, 2009

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The Grizzly

Thursday, March 5, 2009

The student newspaper of Ursinus College

Memorable performance depicts life of Anne Frank

Liz Kilmer
Grizzly Staff Writer

Despite a limited amount of rehearsal time, Ursinus College Theater presented four showings of Wendy Kesselman's adaptation of "The Diary of Anne Frank." The performances were held in the Kaleidoscope's Lenfest Theater from Wednesday, Feb. 25, through Friday, Feb. 28. Each show began at 7:30 p.m. and ran for approximately 100 minutes- a period throughout which,



Museum. The museum helped students to understand "their characters on an intellectual and emotional level," said Scudera, who is an Ursinus College Theater Professor. Scudera was also seeking to familiarize cast members with the play's political context, which he believes was achieved: "It's eye-opening. It was helpful for the students to see."

The trip took place the week following winter break with rehearsals beginning thereafter. This left only a month of rehearsal time for what

according to freshman Sarah Dougherty, "audience members were moved to tears."

"It was very emotional," said Dougherty, "The actors were really able to capture their characters, and as a result,

capture the audience." According to Domenick Scudera, the show's Producer and Director, this can perhaps be accredited to the cast's Washington D.C. trip, where each member visited the United States Holocaust Memorial

Scudera describes as a "very large show" requiring "time intensive" work. Everything was detailed, from the

"Memorable performance depicts life of Anne Frank" is continued on page 2.

Batter up! Baseball hopes for home run season

Kristi Blust
Co-Editor-in-Chief

For head coach of the men's baseball team, Brian Thomas, this year's lineup is one of the strongest he has seen in his 19 years of coaching at Ursinus. The stakes are high this season; having just missed out on the Centennial Conference championship in 2008, Coach Thomas is confident that with practice, determination, and the cooperation of each team member, they will make it to the final four in the Conference and emerge victorious.

The nontraditional season began for the UC men's baseball team in September. Coach Thomas explained that having the men practice so early in the year allows him to see the new talent and how returning players have improved over the summer months. This season is unique in that there are 14 new players, "the largest number of freshmen [to come in] since 1993," according to Thomas. Not only

are these new faces talented, but they are, "one of the best freshmen classes, in terms of quality, that have come through Ursinus in some time," he said.

The start of the official practice season began just a few weeks ago, on Feb. 1. Coach Thomas explained that the men have been working out in the field house, shaping up. Specifically, they have been focused on strengthening their arms and legs, and practicing various drills. The real practice, however, will take place March 7-13, when the team travels to Fort Pierce, Florida, for their spring training. Here, the men will take on teams from other northern states, from Minnesota to Ohio, and others. Coach Thomas explained that the trip is a chance to assess the team's strengths and weaknesses. After practicing in a cold field house for weeks, facing off against other teams in the Florida heat will be an indication of the Bears' readiness

"Batter up! Baseball hopes for home run season" is continued on page 8.

The cheapest trip to Italy

Jeremiah Long
Grizzly Staff Writer

Ah, Phoenixville, I had thought that I had been to every place I needed to in that town, but every time I go it just drags me right back. Tromping down that lone main street, that seems to make up the entire town, I've entered a restaurant to see if the magic is still there.

Well to make a long story short, yes it's still there. Franco Ristorante is family owned and operated. "Frank" himself has been in the restaurant business since he was 15 and has learned a thing or two in the intervening years. He opened Franco Ristorante in the belief that the consumer is looking for a home cooked meal, not some mass produced corporate invention. That means that every order is made fresh from the kitchen.

"The cheapest trip to Italy" is continued on page 4.

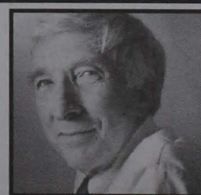
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Octomom in Porno?!
Page 3



Trick to True Happiness
Page 5



The Upstanding Updike
Page 6



Hurdling Outta Here
Page 8

"Memorable performance depicts life of Anne Frank" is continued on page 2.

...costumes and scenery to the lighting and sound. Within the first five minutes of the play, photographs of the Frank family were projected onto the stage, preceding bursts of thunder and a diary narration read by junior Sophia Lazare, who starred as Anne. Lazare recites these passages frequently throughout the performance, often illuminated by a spotlight. "Let me out, where there's fresh air and laughter," read one entry. This confinement refers to the play's single set, the top floors of an office building's annex. The building was located in Amsterdam, Holland, where the Frank family along with several other Jewish individuals, hid from the Nazis during the German occupation.

The diary documents this two year long experience and the play attempts to depict this documentation. As the title confirms, it is told from a teenage Anne's perspective, which, despite the surrounding horrors, is shockingly optimistic. "In spite of everything, I still believe that people are really good at heart," writes the precocious adolescent, whose energy prevails despite growing tensions in the annex. Often, however, it is strong-willed Anne who provokes this tension with her blunt remarks. Peter Van Daan, an older boy who lives with the family, teases Anne for this wit, and for having been dubbed "Miss Quack Quack" in school. However, as time goes on, this taunting evolves into a romantic pursuing, an action to which Anne reciprocates. As the months pass, we watch as Anne develops into a young woman, experiencing the onset of puberty and sexual curiosity. Perhaps this serves as a distraction amidst a worsening living situation. The eight residents, after nearly a year and a half, have grown "thinner, paler, hungrier [and] plagued with medical problems," read Lazare. This was shortly before the Nazis discovered the group and ultimately shipped them off to extermination camps.

Junior Zach Shamburg, cast as Anne's father Otto Frank, closed the play in disclosing the fates of each group member. "All that remains" was his final statement, accompanied by projected images of Anne's diary.

"We learned about the Holocaust and Anne Frank in elementary school," said Dougherty, "and, years later, it's still incredibly hard to study. Her story is still disheartening."

According to Scudera, any poignancy rendered from the performances was intended. "I hoped the story would engage people and move them to think about things today," said Scudera, "it reminds us of contemporary problems in the world." This was, among others, a main reason for selecting the script. Scudera was also partial to its CIE relevancy, and chose to offer free admission for all CIE II students. "I was appreciative of the free tickets," said freshman Kristen Wampole. "It was a performance worthy of a costly admission."

Young invincibles shun medical care

The unreasonably high prices of health insurance drive low-income 20-somes to avoid any physicians at all costs

Caitlin Dalik
Grizzly Staff Writer

A new study conducted by the Commonwealth Fund, a non-profit organization based in New York, has found that young adults in their twenties are the nation's largest segment of the population without health insurance; 13.2 percent nationally, according to 2007 statistics.

They coined this group the "young invincibles." Often, this group shuns insurance because they feel it is unnecessary given their age and general good health. However, for many, finding affordable insurance is difficult, and thus is not made a priority.

Instead of going to a doctor when needed, these "young invincibles" are resolving to some dangerous practices such as diagnosing themselves, borrowing prescription drugs from friends, taking less of their required medications, and even setting their own broken bones—anything they can do to avoid a pricey emergency room visit. Twenty-eight-year-old Alanna Boyd told a *New York Times* reporter that she got a bill for over seventeen thousand dollars for an emergency room visit at Beth Israel Medical Center in Manhattan that lasted less than 48 hours.

"The average insurance premium for a single adult is about \$900 a month... which is completely unreasonable for an unemployed young adult."

She joked, "I could have gone to a major university for a year. Instead, I went to the hospital for two days."

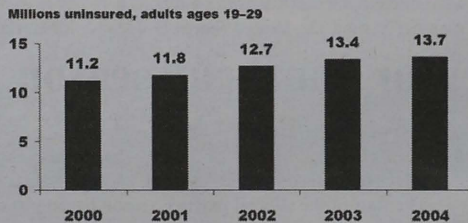
Governor David Paterson of New York has proposed that parents be allowed to keep their children on their insurance as dependents until age 29. This is due to the overwhelming number of young adults who claim that they were under their parents or college insurance and either don't have jobs or their jobs don't offer insurance and they find it much too pricey to buy their own insurance. With the economy the way it is, it's becoming more and more difficult to find a good job with benefits and more and more people are taking a gamble by not having a health insurance policy at all.

It's also a game of survival for these young adults. For many who live on their own, it's impossible for them to pay rent, eat, and get health insurance. When choosing between food and shelter, health may become a second or third priority. Living without insurance seems to be more cost effective only if they don't run into any medical mishaps. The average insurance premium for a single adult is about \$900 a month, according to the State Insurance Department, which is completely unreasonable for an unemployed young adult.

So these young adults have starting playing doctor using online resources like WebMD, which offers them medical news, descriptions or various diseases and drugs, and discussion groups. These internet diagnoses, self-medicating, and trading prescriptions come with dangerous side effects. Dr. Barbie Gatton, who has worked in emergency rooms in New York City since 2002, said that she often sees young people who have taken the wrong antibiotics.

There are clinics throughout New York City that provide young and uninsured free or cheap medical care, however perhaps not enough of them. Young adults keep pushing off their illnesses which can lead to more severe medical problems forcing them to the financially dreadful emergency room. It's obviously not a time when young adults can afford to follow the mantra, "Better safe than sorry."

Uninsured Young Adults Up By 2.5 Million In Last Four Years



Source: Analysis of the March 2001-2005 Current Population Surveys by S. Glied and B. Mahato for The Commonwealth Fund.

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News-in-Brief: losses and truces and budgets, oh my!

Michael Wasserman

Grizzly Staff Writer

Tuesday, Feb. 24

(*The New York Times*)- In Pakistan, the government has made a truce with the Taliban, commonly defined as a terrorist group, which it had been fighting for over a year. The campaign of the Taliban included the burning of schools, primarily girls' schools, and public executions. The Taliban controls 70 percent of the region of Swat, 100 miles away from the capital of Pakistan, Islamabad. The Taliban's top demands include the installment of Islamic law, called the Sharia, and for all Taliban fighters to have amnesty. The cease fire was initiated through the cleric who has led the Taliban in Swat, Maulana Fazlullah. The Taliban's goals are encapsulated in their interpretation of Islamic law, which includes the termination of girls' education. Whether or not the truce will last, or how it will affect the Taliban and the civilians of Pakistan, remains to be seen, although it has been reported that Islamic law is now in effect in Swat.

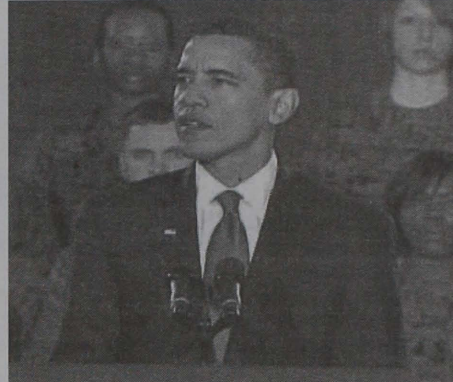
Thursday, Feb. 26

(*The New York Times*)- The economy is in distress and President Obama announced that he will focus on a 10 year budget that would invest trillions of dollars. This move puts the president's reputation at risk by changing the direction of the U.S.'s priorities. The proposed new direction for the U.S. would be a focus on health care, global warming, and increased federal power in education, among other goals. He also wants to cut government

spending, aiming the plan at the 5 billion that goes to agricultural businesses and farmers who make more than half a million dollars, and 4 billion from private banks that handle college loans.

Friday, Feb. 27

(*BBC News*)- The newspaper industry is in dangerous waters. As more readers get their news online, frequently free of charge, print newspapers are taking a hit, with such big names as *The New York Times*, *The Chicago Tribune*, and *The Baltimore Sun* facing financial troubles. The big question is how to shift their revenue from print to online sales. With so many readers not paying a dime to get news, the industry has to adopt a method of making money for their labor. With more and more papers closing shop, there will be fewer jobs for the people who sell the news. Professor Neil Henry, Dean of the Journalism School at the University of California, Berkeley, said this of the current plight of newspapers, "An important and vital part of democracy is vanishing before our very eyes, whether the public realizes it or not."



Sunday, March 1

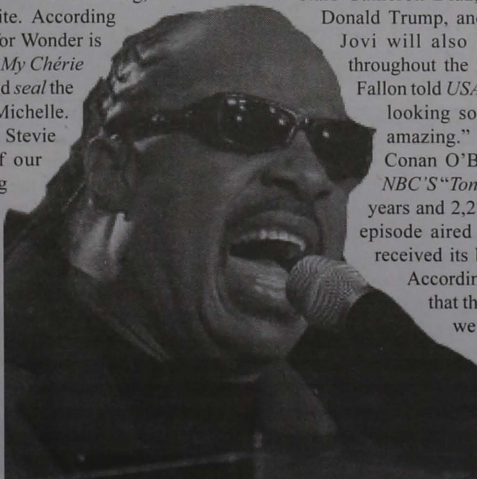
(*New York Times*)- President Obama has announced his planned strategy for withdrawing troops from Iraq. Defense Secretary Robert M. Gates, the only cabinet holdover from the Bush Administration, said that Mr. Obama has set a firm date for ending military action. President Obama stated, "Let me say this as plainly as I can: by August 31, 2010, our combat mission in Iraq will end." However, Obama has stated that between 35,000 and 50,000 troops will remain as a transition. House Speaker Nancy Pelosi was skeptical.

Pelosi said, "I don't know what the justification is for a presence of 50,000 troops in Iraq. I do think that there's a need for some. I don't know that all of them have to be in the country. There are currently 142,000 American troops in Iraq. Mr. Gates emphasized that the nature of the new Iraq missions would shift from combat to peacekeeping missions as "training, assistance, advisory roles," with "limited counterterrorism aspect." He said that the remaining forces, who would no longer be called "combat troops" but rather "advisory and assistance brigades," would be consolidated to a limited number of bases to mitigate risk. The goal of these transition troops will be to assist Iraqi-controlled forces, who are scheduled to take over at the end of 2011.

Sizzling Entertainment News with Li Kilmer

Wonder accepts award at White House

President Barack Obama hosted a concert and award ceremony on Wednesday, Feb. 25, in order to present singer-songwriter Stevie Wonder with the Gershwin Prize for Popular Song. Wonder became the second recipient of the honor, which was created in 2007 by the Library of Congress. The award is meant to celebrate "the work of an artist whose career reflects lifetime achievement in promoting song as a vehicle of musical expression and cultural understanding," says the organization's website. According to Obama, his appreciation for Wonder is not solely based on this; the "My Chérie Amour" singer helped sign and seal the deal between him and wife, Michelle. "The fact that we agreed on Stevie was part of the essence of our courtship," said Obama during the ceremony, "Had I not been a Stevie Wonder fan, we might not have married." Wonder hugged the President upon accepting his award, and became emotional at several times throughout the night. He began his acceptance speech by thanking God, "because only through him could all this happen."

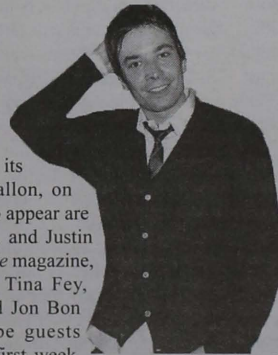


Fallon to replace O'Brien

NBC's "Late Night" welcomed its new host, comedian Jimmy Fallon, on Monday, March 2. Scheduled to appear are Robert De Niro, Van Morrison, and Justin Timberlake. According to *People* magazine, stars Cameron Diaz, Tina Fey, Donald Trump, and Jon Bon Jovi will also be guests throughout the first week.

Fallon told *USA Today* that as of late, "it's looking so good. Everything's so amazing." The new host succeeds Conan O'Brien, who has moved to *NBC's "Tonight Show"* after nearly 16 years and 2,275 shows. O'Brien's last episode aired on Friday, Feb. 20, and received its best ratings in two years.

According to Fallon, it is important that these ratings are upheld: "If we can... hold on to Conan's numbers, I'll be happy." The show airs Monday through Friday at 12:30 a.m. ET/PT.



Octomom refuses porn deal

Nadya Suleman, dubbed the "octomom," has been offered \$1 million to star in a pornographic video, a proposition to which she has responded: "[they] must be nuts!" *Vivid Entertainment*, responsible for the notorious Pamela Anderson and Kim Kardashian sex tapes, claims that the video could help Suleman with her financial struggles. "We've had many single mothers work with us over the years and their income from Vivid has been very helpful to them," said Steven Hirsch, co-chairman of Vivid. According to Hirsch, the number eight would be incorporated into the video, as it is "obviously heavily associated with her." *FOXNews* reports that the mother-of-eight has been asked to have sex with eight different men in eight different scenes. However, Hirsch claims that the adult film production company, which just so happens to be the world's largest, would be willing to "come up with something she feels comfortable with." Scheduling would take place on Suleman's time, and could easily wrap up "in less than a week." Chances are filming won't be happening in the upcoming week; Suleman told *Radaronline.com* that perhaps she'd consider the offer "in a year when the baby fat goes away."

Features

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Black in History: a tribute to Debbie Allen

Roger Lee

Grizzly Features Editor

Black History Month is a time of celebration and remembrance. It is a time to reflect on those that have paved the way for the success, development and accomplishments of African-Americans. In this special three-part series dedicated to Black History Month, I will spotlight three individuals who can be called stars, innovators, and giants in their respective fields.

Debbie Allen was born on Jan. 16, 1950. Born into a family of dentists and artists, Allen had a very "cultured" childhood. This led her to becoming a multi-talented advocate for the arts.

Allen embodies the true meaning of an artist. She is well-rounded in the arts world, serving as an award winning actress, choreographer, and dancer. Allen graced audiences on Broadway with her work in revivals of "Sweet Charity" and "West Side Story." From Broadway to the small screen, Allen guest starred on the popular 1970s sitcom *Good Times*. In a 1975 episode, Allen played Jimmie Walker's drug abusing girlfriend in a three-part series. With Broadway and television credits to her name, what else could be left for this rising star?

In 1980, Debbie Allen was back on the scene with a brand new hit. "*Fame*," the tale of a performing arts high school in an inner-city, showcased Allen as dance instructor Lydia Grant. Aside from her starring role in the movie, Allen earned credits as director and choreographer of the modern musical. The movie's popularity led to the creation of the 1982 television series "*Fame*." Allen reprised her on and off camera roles while shedding light on up-and-coming stars such as Janet Jackson.

The *Fame* train did not stop at the station in 1987. Over a decade later, reality television was on the rise. With the hit mid-series debut of "*American Idol*" back in 2002, Allen decided to try her hand at the reality television circuit. She brought back "*Fame*" as a modernized reality summer series that searched for the most talented contestant. The participants were expected to be excellent singers, dancers, and actors. Allen usually repeated her famous line from the "*Fame*" movie and series, "You say you want fame? Well fame costs!"

By the late 1980s, Debbie Allen had earned television credits by directing and producing episodes of Bill Cosby's "*A Different World*." She had a long string of movie credits with "*Ragtime*, "*Your Life Is Calling*, "*Jo Jo Dancer*," and "*Women of San Quentin*."

In an interview Allen said, "I'm a passionate woman, and I'm moved to work because it makes me feel so good.



Photo courtesy of 2theadvocate.com

If I didn't love my work, I wouldn't have the energy to do all of the things I've done. But my work is a discipline, a way of life." Whatever Allen chooses to focus on at the "moment" is her favorite thing, whether it is directing, producing, acting, or choreographing.

All of these were made possible by Allen's hard work and determination. She is very serious in her work and demands nothing short of perfection from dancers on and off-camera. "Anyone who talks about the glamour of this profession should experience a show like "*Fame*" to know that the glamour is only the icing on the cake," said Allen.

Her love for the arts stemmed from the age of five. It was at this time that Allen's artistic mother noticed a *natural dancer* in Debbie. She pushed her in the dance direction and the rest is history. Allen admits that if her mother and wonderful father had not pushed her at such an early age, she probably would have taken a much different career and life path.

Allen's older sister Phylicia Rashad has taken a different path to show business. She stayed on an acting track that landed her the leading-lady role on the popular 1980s and 1990s sitcom "*The Cosby Show*." Rashad and Allen have been close since childhood and continue getting closer as they grow in age. The sisters encourage one another to do what they love and to truly reach for the stars.

Debbie Allen is not settling for the stars and is not slowing down any time soon. This talented artist is full of life and ideas that won't quit. Debbie Allen serves as a true role model for the African-American arts community and the entire world. *She is part of the black in history.*

Do your homework: Employer Research

Career Services

careerservices@ursinus.edu

Preparing for a job interview is essential for success! Before your interview, you should try to learn as much as you can about the employer you are interviewing with. Researching the employer will give you the information you need to ace your interview and it will help you make an informed decision about your potential employer.

Try to locate basic information: services or products, competitors within the industry, growth pattern, reputation, divisions and subsidiaries, location, size, number of employees, sales, assets and earnings, new products or projects, and foreign operations.

Time after time, when employers are asked what job candidates can do to shine in the job interview, the response is "thoroughly research the company and be able to talk knowledgeably about it in the interview." According to surveys conducted by the National Association of Colleges and Employers, candidates who have done their homework are better able to discuss how their experiences and qualifications match up with the company's needs. Candidates who are prepared can also talk about how they can make an immediate contribution to the organization.

The following sites can help you find and analyze information about a company, or to develop a list of employers for your job search.

Vault Library (To access, login to UC CareerNet. Once logged in to your home page on UCCareerNet, click the link to VAULT under the "quick links" section.)

Hoovers Online <http://www.hoovers.com/free/> (Provides a master list of 10,000+ companies & direct links to their websites, SEC filings, and other info.)

WetFeet www.wetfeet.com (Trends, markets, major players, and jobs in leading industries. You can search by company, career, industry, and city profile.)

America's Career Info Net <http://www.acinet.org> (Use the Employer Locator on this site to find contact information about a specific employer or list of employers.. This site also provides useful career information such as wages and trends, occupational outlooks, and skills necessary for chosen occupations.)

"The cheapest trip to Italy" is continued from front page.

...Franco Ristorante looks like a very small restaurant from the outside. Walking past if it weren't for the awning, the restaurant would just look like another door in the wall. Inside it widens out and while it still isn't very wide, the restaurant is a very long one. So, not to be cliché, but don't judge a book by its cover.

Inside the décor is light Italian, some statues and paintings depicting various Italian scenes. Nice to look at, but the painting entitled the "Pasta Eater" looks a little off, no one should enjoy pasta that much. Though I no longer have a category dedicated to service, I will mention it if it's exceptionally good or positively abysmal. In this case I have to give some kudos to the server. She was nice, courteous, polite, and most importantly attentive. Yet, at the same time she wasn't smothering; nothing ruins a good

meal like a waiter that just won't leave you alone (**Atmosphere: 3/5**).

All of the food made at the Franco Ristorante is prepared fresh from the kitchen. It takes a little longer to get your meal, but incontrovertibly you can taste the difference. If you want a particularly good experience, why not try one of the red sauces? It reminds me of my days in the old country when, I would be chowing down on a fresh bowl of pasta filled with grand-mamma's traditional red sauce after a particularly grueling day at the factory (or it would be if I was Italian and about 80 years old, it does paint a pretty nice picture though).

I ordered the Chicken Montelcone. It would have been a very nice dish, but sadly I could not enjoy it much because of the over-use of sundried tomatoes. Whatever it is the

process of changing tomatoes to sundried tomatoes completely changes the taste of the tomatoes. The dish included chicken and broccoli with sundried tomatoes. It had a nice white sauce that added flavor, but did not cover up the natural flavors of the ingredients used.

Wonderful Home Cooked Meals
Price range: \$10.00-12.00



Money, sex, faith, health... and a true happiness formula?

Caitlin Dalik
Grizzly News Editor

What does it mean to be truly happy? To be content with where you are in your life? If you ask, most people will agree that they are happy, or at least for the most part. Will anyone ever say that they are truly unhappy? The dictionary defines the word happy as "characterized by or indicative of pleasure, contentment, or joy." *BBC News* conducted a six-part series which looks at the newest research from scientists around the world who are trying to find what makes us happy. What they found is that money doesn't determine happiness, rather just a few good friends and personal goals.

Scientists are now saying that they can measure happiness. What complicated scale are they using? Leading American psychologist Professor Ed Diener from the University of Illinois has discovered a happiness formula, which simply asks people directly how happy they are on a scale of 1 to 7. Sounds like crap, right? However, scientists argue that when people are asked questions about their own happiness they often tally in their head what their friends and even what strangers would say about them.

Scientists have also started to compare people's reported happiness with other factors such as age, sex, marital status, religion, health, income, and unemployment. Professor Diener has found that happy people tend to live longer than depressed people. "In one study, the difference was nine years between the happiest group and the unhappiest group, so that's a huge effect," he said.

What doesn't make people happier? Researchers say money hasn't had a profound effect in the last 50 years, as

there has been a national increase in wealth. "Standard of living has increased dramatically and happiness hasn't increased at all, and in some cases diminished slightly," said Professor Daniel Kahneman of Princeton University. The research suggests that the richer countries aren't happier than the poor ones. Once you have the basic necessities, then the extra money doesn't make you much happier.

Scientists also believe that rich people buy material things that bring immediate bliss, but it quickly wears off. Secondly, people think that their possessions are always being compared to someone else's, making them think less of what they have.

So what did scientists find that makes us happy? They have looked at three important aspects. First, it's as simple as friends and family. The deeper the relationships, the better. It's even suggested that friends can ward off germs and protect us against disease and sickness. According

to happiness research, the relationships with friends weigh more heavily than a person's income. Marriage also seems to be related. Marriage can add seven and four years to a lifetime for men and women, respectively.

The second vital ingredient for happiness is having a meaning for life- some kind of spiritual and philosophical part of life. The third element is having goals embedded in your long term values that you work hard for and enjoy.

So what are some of the questions that scientists ask? Professor Diener created a simple five-question quiz where you rate each statement from 1 (not true) to 7 (absolutely true). The questions are: (1) in most ways my life is close to ideal; (2) the conditions of my life are excellent; (3) I am satisfied with my life; (4) so far I have gotten the important things I want in life; and (5) if I could live my life over, I would change almost nothing. To take the quiz and get results visit the *TIME Magazine* edition at <http://www.time.com/time/2005/happiness/graphics/quiz.html>.



Finding inspiration on the back of your Dove chocolate wrapper

Danielle Chmielewski
Grizzly Staff Writer

Think back to the last extraordinary piece of chocolate you had. Or if you don't like chocolate, think of the most decadent dessert you've ever tasted. As it slides in front of you, the indulgent smell slips into the air, and for a moment you breathe in pure heaven. The taste lingers on your tongue after you take your last bite, wishing it would last forever.

Now that you've completely awakened a craving and your mouth is watering for that perfect dessert, think about your heart. Or even better,

"It will calm you down and allow you to refocus on what really matters in life. Try it. Happiness comes from a willingness to let your heart shine its true colors even during the most hectic times."

think about a dark chocolate Dove heart wrapped in shimmering red and gold tinfoil. Again, the rich smell of cocoa wraps around your nose before you even taste it. Before you throw it in the trash, take a moment to flatten out the creases in the tinfoil, there's more to be said than just a missing piece of chocolate.

Inside is a message that reads, "Listen with your heart, not your head." Some may just crumple it up and throw it

away without a second glance, others may cherish the words and hang them on their wall to wake up to inspiration every morning. You're thinking, cheesy, right? Who actually reads what is inside of those wrappers anyway? But if you think about it, you will surprise yourself. Many of those simple words inside Dove wrappers, bear great meaning and are worth more than just a swift glance.

You might be overwhelmed sometimes by the amount of things that fly at you in life, usually all at once. When so many things are going on at once, when do you have time to listen with your heart? You seem to end up just going through the motions, letting your mind become overwhelmed by the

lists of things you have to accomplish.

Imagine yourself waking up in the morning. You have a million things to do: go to class, write a paper, eat lunch at some point, meet with your advisor, go to class again, e-mail a million people, go to practice. In between, you see people you know and stop for a minute to chat. Instead of just quickly exchanging meaningless gossip, try to listen to what their saying with your heart. It will calm you

down and allow you to refocus on what really matters in life. Try it. Happiness comes from a willingness to let your heart shine its true colors even during the most hectic times.

In classes, you sit there, possibly day dreaming, trying to pack all of these in your head at once. Listening to a lecture, or participating in a class discussion is all about listening and letting your head work through the details compartmentalizing information, right? Wrong. While you are listening in classes, I encourage you to listen with your heart, not just your head. Yes, your head does the thinking, but the heart generates passion. If you can generate that passion that lies within you while listening, you will be better able to understand. Passion cannot be felt in your head. Truly believe in what you say and I guarantee it will help you get through those classes, and perhaps even raise your grades! Be passionate about what you learn and the rest will follow.

So while you travel through your adventures of life, lead with your heart. No matter what, remember who you truly are. Be passionate. Be open to new experiences. Take every experience and put your whole heart into it. And when you do that, those decadent chocolates and desserts will be even sweeter than ever before. Sometimes, simple words inside a piece of tinfoil are worth more than just what they read. If we listen with our hearts we can go farther than ever imagined.

Are you interested in writing for *The Grizzly*?

If so, come to our meetings every Monday at 6:15 in Olin 103 or email one of the editors.

THANKS!

Updike's death calls for a greater appreciation for his life

Chris Schaeffer
Grizzly Staff Writer

On Feb. 1, I was on a call with a high school friend and revealed to her that author John Updike was dead. "Oh, that's too bad," she said. "The 'Of Mice and Men' guy?"

"No, that was Steinbeck. He did the Rabbit novels."

"You mean like 'Watership Down'?"

How much did I love John Updike? I'd love to say I loved him a lot. I'd be pretty cool telling people that his lucid and sympathetic view of the American middle-class informs my own writing tremendously, that I sleep with a copy of "Couples" or whatever under my pillow. Well, maybe not "Couples."

But I can't. Because I didn't love him, or at least not as much as I'm now being told I should have. It's like hearing about the death of a 90-year old great-grandmother, and seeing your older relatives weep and mourn and talk about her famous virtues. You feel like you've somehow missed out. Hearing now about his famous generosity and kindness toward young writers, reading his works of criticism and the crystal clear guidelines he laid out, I do wish I'd appreciated him sooner. I guess this is how it goes with great dead writers.

Updike, in his passing, has not gotten a lot of love from Amazon buyers. The Everyman Library edition of the Rabbit novels is #617 in books. I guess that isn't bad for a bunch of books without a single instance of vampire sex. People are really into vampire sex these days.

"Hearing now about his famous generosity and kindness toward young writers... I do wish I'd appreciated him sooner. I guess this is how it goes with great dead writers."

Next up is "Consider the Lilies" way, way down in the 3.5k area, muffled deep and mute below diet-help books, marriage advice books, Obama, O'Reilly, and hundreds upon hundreds upon hundreds of vampires coupling glumly in America.

Of course when I say "I guess this is how it goes with great dead writers," I might be sheepishly acknowledging that this whole routine sometimes seems to border on hagiography. How sincere is love that's only struck in retrospect? How much is just going through the motions of superlative mourning? I have this other friend, who

was seeing a guy, and a couple of weeks ago he died in a skateboarding accident. Swear to God. Anyway,

I told her how sorry I was, how terrible that must be. She said something that seemed kinda callous at the time, but now I sort of respect her honesty:

"I'm not too sad. I'm sad he died, yeah, but we weren't that serious. I'm not all of a sudden in love with him just because he's dead."

I always have this uneasy feeling that eulogizing an artist is essentially dishonest, in some ways. Take David Foster Wallace, an author who, it seems, didn't get that much more popular in death (I often see his stuff in the clearance bins at Barnes & Noble, 50% off, 75%); his essay on Updike is seriously rough (in the first sentence alone, Updike is tagged as one of the great male narcissists). Would it have been the same if he'd written it today? I'd like to think so. I think Updike would have wanted the candor. But who can say? Maybe I'm just unsentimental,

but it warms my bitter heart to read his piece as a tonic (is that what I want to say?) to all the glowing, teary eyed praise. And what's interesting is that in Wallace's eyes, this is Updike apologia. "The fact is," he assures us, "that I am probably classifiable as one of the very few actual subforty Updike fans." He follows this up with the assertion that "Most of the literary readers I know are under forty, and a fair number are female, and none of them are big admirers of the postwar GMNs. But it's John Updike in particular that a lot of them seem to hate.... 'just a penis with a thesaurus'.... 'Makes misogyny seem literary in the same way Rush makes fascism seem funny'.... And trust me: these are actual quotations."

Where are these avowed Updike-haters now? Are they holding their tongues, or have they fallen into the snug warmth of encomium? Man, who knows?

I'm standing in line at B&N a few weeks ago. My New Yorker subscription hasn't started yet and I'm waiting to ask the help desk lady if the new issue is in. There's this British guy in front of me, all decked out in what looks like a duck-hunting uniform, asking crisply where he might find the Updike.

"I understand he's been dead of late," he says.

"Try the literature section. Upstairs." He is thanking her and walking toward the escalator. I leave the store with a copy of "A Month of Sundays." I don't know. Call it an obligation.

I guess Samuel Johnson hit it spot on when he wrote that we judge a living writer by his or her worst work and a dead writer by their best. Sounds fair. In the past couple weeks I haven't heard much about "Terrorist" or "Toward the End of Time," just the best parts of the man, his generosity, his style, his ceaseless creativity, Rabbit, running, even now.

Stephen Patrick Morrissey: still king of "sad-pop" at age 50

Kevin Bendis
Grizzly Staff Writer

The fifty-year-old Pope of Mope, Morrissey, returns with a collection of sob songs that are a step above anything else he's done in past fifteen years. Steven Patrick Morrissey has made a name for himself by writing songs for the down and out. Whether he's whining about mundane Manchester or some love lost, he usually hits his mark. With his latest LP, Moz out does himself, proving that age has little effect on his ability to pump out hot jams.

"Years Of Refusal" is very much a traditional Morrissey record, with jangling guitars, mid tempo drum beats, and witty lyricism. Yet what separates this album from previous ones is its accessibility. There are about five radio-ready singles on this record that really seem to shine above some of his more lackluster performances on previous records. Album-opener, "Something Is Squeezing My Skull," features the chugging guitars of Alain Whyte, a long time member of the Morrissey band. Morrissey utilizes this heavy-pop anthem by stretching his voice further than previously thought possible. If, from nothing else, the album is mind-blowing, it's solely because of Morrissey's voice. At fifty, you'd think he would have fallen off a little, yet his vocal abilities seem only to have strengthened. At the end of this track, Moz musters up enough stamina to repeat the line, "Don't give me anymore" over and over into a truly impressive crescendo.

"I'm Throwing My Arms Around Paris," is Moz's latest single, with a Boz Boorer guitar riff that sounds a bit like a Johnny Marr rip-off. Morrissey has sworn that The

Smiths will never reunite, so tracks like this can fill that Smiths void. Morrissey displays his lyrical strengths here with lines like, "In the absence of human touch/ I have decided that/ I'm throwing my arms around Paris/ because only stone and steel accept my love." This song is followed by "All You Need Is Me," an ironically narcissistic tune that pokes fun at music-media giant NME. This song was released late last year in an attempt to promote a fairly mediocre "best of" album, but the timing of its release seemed to coincide with some negative remarks NME had published about Moz.

"Years of Refusal" is hard-hitting and fast-paced, not taking a breather until about the eighth track, entitled "It's Not Your Birthday Anymore." This ballad begins with a soft drum machine that quickly builds into an erupting chorus that you'd expect to find on a U2 record. Morrissey spits out falsetto before wailing, "It's not your birthday anymore/ did you really think we meant/ all of those syrupy, sentimental things that we said."

The rest of the record continues with more melodrama, but never picks up the pace of the first half. This album definitely ranks with some of Moz's best releases, including "Vauxhall and I," "Bona Drag," and "You Are The Quarry." Some fans might be a little turned off by this release because it has less of Morrissey's usual breathy

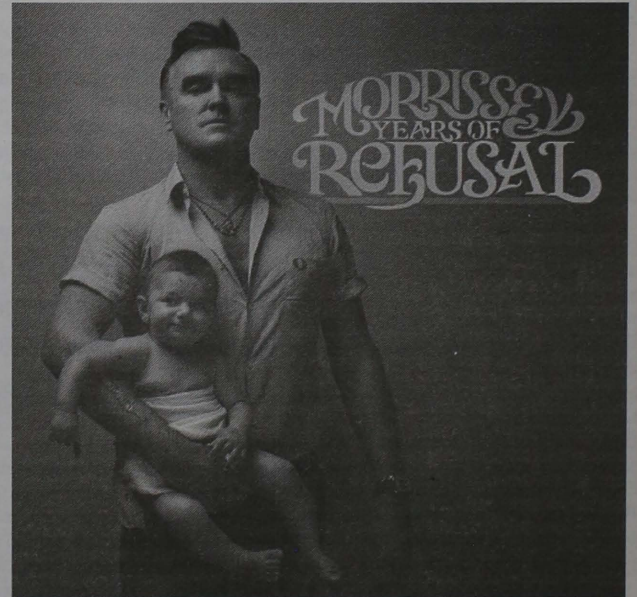


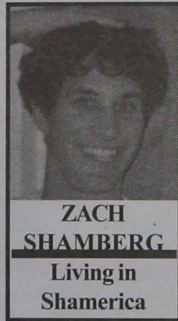
Photo courtesy of Kevin Bendis

presentation and more of his growling/distortion laden hooks. The mope-ster is currently promoting his new record with a huge U.S. tour that hits Philadelphia in March, and if you aren't into his new stuff, don't panic. He still plays tons of Smiths' classics.

Kanye West on "Storytellers": A truly "heartless" performance

Watching Kanye West perform on an episode of "VH1 Storytellers" is like listening to a racist grandparent in a grocery store: you respect them enough to pay attention, but you'd like to just shut them up before everyone in the room is offended. Kanye hasn't exactly been the poster child for "thinking before speaking," but there comes a time when a guy just has to let go. Of his never-ending beef with rapper 50 Cent, of his hatred for other artists who don't respect him, of everything. It used to be entertaining back when the levees broke in New Orleans ("George Bush hates black people"), but what was once a man preaching for those too tired to speak has transformed into a man speaking for those too tired to listen. Kanye may have been intentionally controversial, but his blunt comments about Katrina and his raw honesty about government actually made us believe he cared about his fans and something other than himself. Even right-wing conservatives, such as myself, looked up to this man and deemed him worthy of \$17.99 for his next album.

The last few years, however, have been completely different. There have been no domestic natural disasters paralleling those of Katrina, no presidential elections to grieve over. Kanye has finally been forced to let his music do the talking, and frankly, it hasn't had anything interesting to say. Sure, "Late Registration" was fantastic, but that was because of the beats and guest appearances. "The College Dropout" is a classic, but that was before West ran out of things to say. By the time "Graduation" hit music shelves, he was rapping exclusively about expensive clothes, cars, and scantily-clad women. And we all know those are three rarities in hip-hop. "808's" and



ZACH
SHAMBERG
Living in
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"Heartbreak," his own "Heaven's Gate"-scale disappointment, proved what I had feared from the beginning: Kanye West had us fooled the whole time.

While we were busy loving his antics out of the studio, we were eating up his recycled lyrics and stale rhymes that he was crafting in the studio. And when the tricks and wild behavior ran out, what would be left but a man and his music? "Storytellers" does not allow an artist's music to speak for itself, so West felt right at home attempting to explain every lyric and deliver his thoughts on societal issues. First, he called out 50 Cent for saying that he (Kanye) might be gay. My question is this: am I the only one who stopped listening to 50 after the tenth grade? Sure, "In da club" sounded great for a few months, but he never really found his footing in the hip-hop playing field. So why is Kanye West, arguably the most popular rapper in the world, wasting his time with a has-been who hasn't had a hit record since the Clinton administration? West also attacked Radiohead singer Thom Yorke for ignoring him backstage at the Grammys after he (West) had won an award. Said West, "So when he (Yorke) performed at the

Grammys, I sat the f*** down." Anyone else having flashbacks to arguments at their eighth grade dances? When I didn't tell my date how nice she looked, she also sat the f*** down next to the fruit punch and bowl of pretzels. West now sounds more like a disgruntled prom queen than the king of hip-hop. Finally, he took a page out of the T.I. playbook and defended disgraced pop star Chris Brown. "Some of us make mistakes," said West. That's true—some of us sat through this particular episode of "Storytellers". He went on to defend Michael Jackson, Michael Phelps, and even O.J. Simpson. He's quickly becoming the Johnnie Cochran of rap music—defending those who have no reason to be defended in the first place. And those who we really no longer care about.

Two years ago, I might have written an article praising Kanye West, his comments, and his music. Today, however, I'm left with a bitter taste of an awful "Storytellers" episode and the realization that the once-promising savior of hip-hop has become a running joke for the media and the music industry. In his song "Stronger," Kanye raps, "I know I got to be right now/ cause I can't get much wronger." It seems like a contradiction today. Kanye West's music was once so right, but the man has always been so wrong.

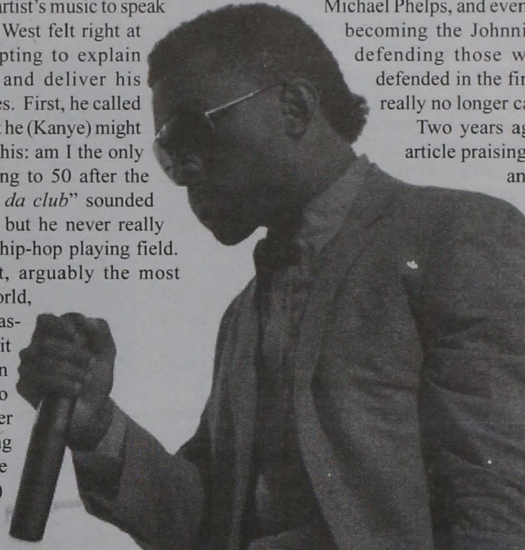


Photo courtesy of herfection.com

Summer means music: looking forward to 2009 music festival

Nathan Humphrey
Grizzly Staff Writer

For the thousands of music lovers throughout America, the signs of spring don't mean warm weather—they mean music festivals. The summer festival season is one of the most frenetic, awe-inspiring periods in the yearly music cycle. After being cramped into intimate, bare-minimum settings such as the TLA in Philadelphia, or the Recher Theatre in Towson, concert-goers get their chance to unroll the blankets, lather on some sunscreen, and enjoy multiple days of face-melting insanity that can solely be described as a music festival.

Historically speaking, the festivals originated from both Woodstock and the huge tours consisting of multiple-day shows that epitomized the Grateful Dead. Woodstock was the first of its kind: multiple famous bands sharing a stage over a three day period. A year after Woodstock, the Dead took a train across Canada with the likes of Janis Joplin and The Band. From here, it is a huge blur of small, lesser known festivals growing in popularity. Bonnaroo, in today's society, can be recognized by any age-group as the festival of festivals. But who knows about All Points West, or Camp Bisco? Due to the new flux of festivals popping up everywhere, it is pertinent that the main festivals be explored and described. If you're planning to attend, you better know what you're getting into.

Bonnaroo – From what has been passed down through the hippie-word-of-mouth, is a huge, hot festival. This isn't to say it's a bad time, but the fact is the average temperature last year was a solid ninety degrees. On the

up-side: Bruce Springsteen, Phish, Beastie Boys, TV on the Radio, Al Green...they brought out the big guns on this one. The price tag is also an important point because, well, it costs about \$250. Overall, this is the festival that has it all but doesn't do anything perfectly. The location is fine, but there are better choices. Here's a little secret: it's the people who make the festival, not the shows.

This brings me to a non-sequitor. The atypical festival band is one who relies heavily on improvisation. A festival crowd thrives off of innovation and creative expression; therefore, no artist can go on and just go through the motions. Also, festivals do not take ego lightly. Any artist who believes they are bigger than the festival or more important than the other performers, or even the fans, will have a difficult time. The names to look for are the Disco Biscuits, Lotus, moe., Les Claypool, Radiohead, Soja, and EOTO.

Rothbury – The line-up hasn't been announced as of yet, but last year, during its weekend in early July, it had the best line-up of any festival: Dave Matthews, John Mayer, Widespread Panic, 311, Gov't Mule, and Snoop Dogg. The massive eclectic nature of this festival created a swarm of

completely unique festival-goers (John Mayer fans camping next to Snoop Dogg fans, etc.). It's a trek from Collegeville (it takes place in Rothbury, Michigan) but, if you were going to drive down to Tennessee to see Bonnaroo, Michigan's not too bad.

Camp Bisco – Be warned: this is not for the faint-hearted. Those who attend this festival take a week to recover—it's just that good. The Disco Biscuits are described as a trance/rock band with a bass-drum driven beat. There will supposedly be more than forty other bands as well, and with past artists such as Thievery Corporation, Perpetual Groove, The New Deal, and DJ Shadow, it should be a good time. It's in New York and is slightly cheaper than the \$250 you should expect from Bonnaroo.

All Good – All Good has been running for a while on Marvin's Mountaintop in West Virginia. This is the festival that Marylanders trek to without a nod of the head and probably gets the best reviews, overall, than any other festival. This year, you can expect Bob Weir (of the Grateful Dead), Ben Harper, Bassnectar, Soja, and Sound Tribe Sector 9. With tickets weighing in at a light \$119, you won't have to black-market your kidneys to see some tunes.

"A festival crowd thrives off of innovation and creative expression; therefore, no artist can go on and just go through the motions. Also, festivals do not take ego lightly. Any artist who believes they are bigger than the festival or more important than the other performers, or even the fans, will have a difficult time."

Senior Leatherman hurdles into eighth and final season at UC

Katie Callahan
Grizzly Sports Editor

Going into her eighth and final track and field season, Amanda Leatherman hopes to finish out strong while leaving a lasting impression on UC.

Leatherman started her running career as a freshman in high school. The camaraderie she found on the team drew her in and she continued in college with a strong background in sprinting and hurdles.

"The people are very motivated and they support you in so many ways on the track and off the track and I found that in high school and Ursinus," says Leatherman.

Like any college athlete, time management was a big lesson for Leatherman, and she emphasized how proud she is to be a part of a team that can excel academically and on the track. From going between practices, meets, and the gym, Leatherman has had the time to double major in Neuroscience and Media and Communications, and snag four school records in competition.

Leatherman is also a captain on the team and feels her responsibilities go outside of practice also.

"There are so many days you could give up, but keeping each individual team member positive is very important," said Leatherman. "Also taking time out of your regular day to talk to everyone is important too. It's about team unity."

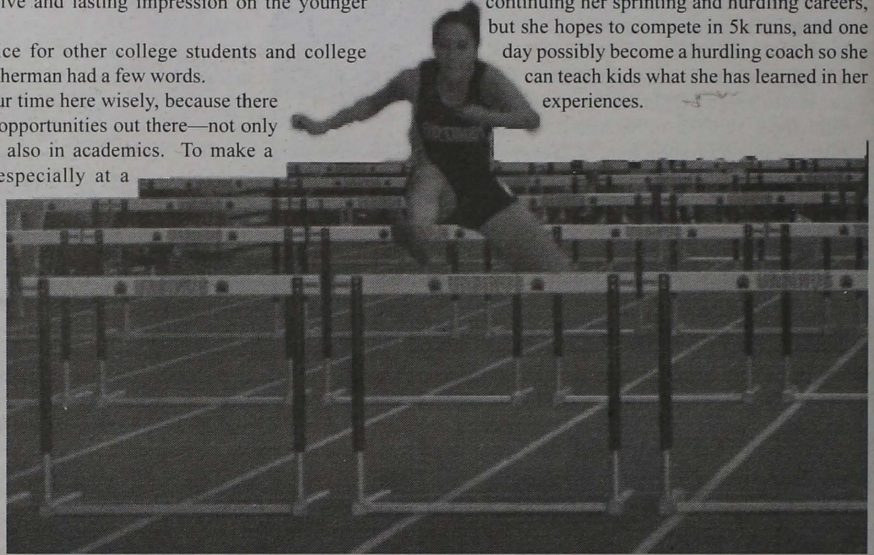
There have been a few goals Leatherman hoped to accomplish during her stay at Ursinus, and she has accomplished those. She wanted to leave her name behind, keep up with the academic standards of the team, and to leave a positive and lasting impression on the younger classes.

For advice for other college students and college athletes, Leatherman had a few words.

"Use your time here wisely, because there are so many opportunities out there—not only in sports but also in academics. To make a difference, especially at a

small school like Ursinus, become involved, and be positive in what you are involved in," says Leatherman. "See how you can be an asset to that group or team."

After graduation in the spring, Leatherman will continue her education by going to law school. Although she has been accepted to a few schools, she is still undecided. She doesn't have any direct plans on continuing her sprinting and hurdling careers, but she hopes to compete in 5k runs, and one day possibly become a hurdling coach so she can teach kids what she has learned in her experiences.



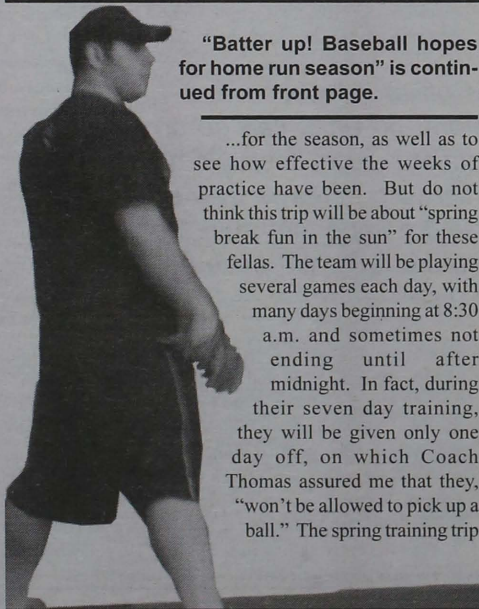
Scorebox

Men's Lacrosse
Fri.2/27 Messiah 8-7L

Women's Lacrosse
Fri.2/27 at Eastern 16-6W

Upcoming Games

<p>Wrestling Thurs.3/5 at NCAA Championships 9:00 a.m. Fri.3/6 at NCAA Championships 9:00 a.m. Sat.3/7 at NCAA Championships 9:00 a.m.</p>	<p>Gymnastics Sat.3/7 ECAC's 1:00 p.m.</p>
<p>Softball Wed.3/18 Neumann (DH) 3:00 p.m.</p>	<p>Men's Lacrosse Wed.3/4 at Drew 7:00 p.m. Sat.3/7 Stevenson 1:00 p.m.</p>
<p>Men's Tennis Tue.3/17 at Immaculata 3:30 p.m.</p>	<p>Women's Lacrosse Wed.3/18 at Drew 5:00 p.m.</p>



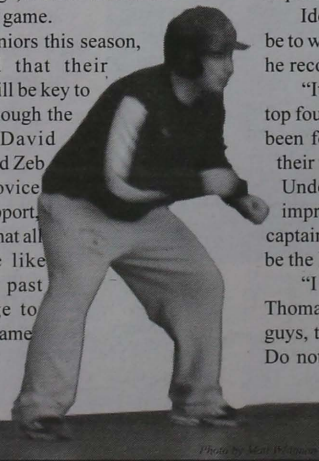
"Batter up! Baseball hopes for home run season" is continued from front page.

...for the season, as well as to see how effective the weeks of practice have been. But do not think this trip will be about "spring break fun in the sun" for these fellas. The team will be playing several games each day, with many days beginning at 8:30 a.m. and sometimes not ending until after midnight. In fact, during their seven day training, they will be given only one day off, on which Coach Thomas assured me that they, "won't be allowed to pick up a ball." The spring training trip

is more about practice and fine tuning skills than anything else.

"It will be tiring," says Coach Thomas, but a necessary step toward the start of a successful season. The team will go up against Kenyon College, a small liberal arts school in Ohio, for their first game.

With eight returning seniors this season, Coach Thomas stressed that their experience and leadership will be key to the success of the team. Though the three senior captains, David Randolph, Ryan Schmidt, and Zeb Engle, are sure to offer novice players sound advice and support, Coach Thomas emphasized that all of the senior players are like captains. They have the past experience and knowledge to guide the new players in the same capacity as the captains.



When asked about the goals for the team this season, Coach Thomas hesitated, "goals are tricky," he said. "Some coaches set the expectations too high. I want the players to have realistic goals. Playing like a team is the most important thing."

Ideally, Coach Thomas said the goal this season will be to win the Centennial Conference championship, though he recognizes it is not going to be an easy road.

"It's going to be a dog fight to see who makes it to the top four. Every game will be an obstacle, but the men have been focused throughout practices and I am happy with their work ethic and optimism," said Coach Thomas.

Under the leadership of Coach Thomas, who has an impressive 346 wins under his belt, guidance from his captains, and the hard work of each player, 2009 is sure to be the Bear's time to shine.

"I challenge them to be their best every night," Coach Thomas said. One thing is for sure: with this group of guys, this season is likely to be one for the record books. Do not miss out on the men's first home game, against Eastern College on Wednesday, March 18, at 4:00 p.m. Come loud and come proud, Ursinus. See you there.