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The Grizzly, February 5, 2009

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The Grizzly

Thursday, February 5, 2009

The student newspaper of Ursinus College

MLK; The substance of our souls

Eva Bramesco
Grizzly Staff Writer

This past Friday, the Lenfest theatre was host to Substance of Our Souls, 2009. This performance was a celebration of the life and works of Dr. Martin Luther King Jr., as well as African American culture as expressed through dance, music, and theatre.

There were ten performances over the course of the evening, featuring original student works, as well as some faculty performances. The event was emceed by Todd McKinney who opened the show by asking the audience to gather their thoughts regarding Dr. King and his life's mission. Dr. King famously said, "If a man hasn't found something he is willing to die for, he is not fit to live." Said McKinney, "They may have killed him, but they couldn't kill his dream." This fact was evident on Friday night.

The evening began with a dance performance choreographed by Leticia Walston, entitled "The Roots of Hip Hop." The piece was performed to modern hip-hop beats but was reminiscent of African dance styles. The dancers wore bells on their ankles, and the jingling on stage evoked images of chains, which was a particularly powerful performance decision. The dance was upbeat, creative, and an excellent way to begin the program.

Walston's dance was followed by Scott Joplin's "Solace," performed by pianist Kerry Gibson. The freshly syncopated rhythm of the 1920s made it feel as though the audience was being escorted chronologically through the culture and progression of African American performance art.

Next was the first of two dance pieces choreographed by Roger Lee, who also was a director of the program. "Tell it to God" featured Lee and three other dancers, Marianne Conway, Danielle Hulén, and Lauren Stamps. The dance

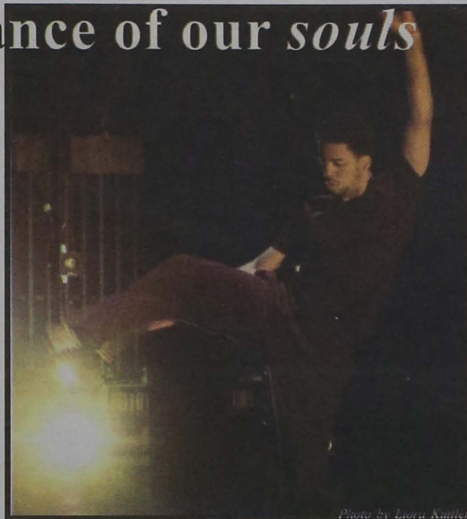


Photo by Laura Switzer

Roger Lee '10 dances his heart out for the MLK Performance in the Lenfest theatre Friday.

was a heart wrenching balletic piece with aspects of modernity thrown in. All four dancers performed the technical piece with grace and ease and made the dance's plea for freedom incredibly realistic.

The next two acts were guitar and vocal performances, the first by Matthew Whitman and Justin Cunard, and the next by Will Molden. Whitman and Cunard performed covers of songs by Odetta and Chuck Berry, notably "Johnny Be Good" which is always a crowd pleaser. Molden performed a self written work titled "Sovereignty"

"MLK; The substance of our souls" is continued on page 4.

An impressive "track" record for UC

Nick Pane
Grizzly Staff Writer

Success can be measured in a multitude of ways. Some can base success on how well they match up against your competition, and some can base success on how many championships they have won. For Ursinus' Chris Bayless, Head Coach of the men's and women's cross country and track & field teams, success is just that, and more. This shows not only on the track, but through his athletes as well.

"Success is measured by everyone doing their best on and off the track. If you better your times by even a little then you are successful," says senior Dave Gildea.

For Ursinus' running program, academics are as important as athletic performance. As a result, Coach Bayless puts a team on the track year in and year out that is dedicated and committed to being as successful as possible in every aspect of their career at Ursinus.

"Representing the team is a full time job. We strive to show other teams in the conference how dedicated we are as a team both on the track and in academics. We are always proud that we hold one of the highest combined GPAs in the conference," says senior Captain Amanda Leatherman.

"An impressive 'track' record for UC" is continued on page 8.

New autostandards

Serena Mithbaokar
Grizzly Staff Writer

Within a week of assuming office, President Obama has already taken steps to cut back on greenhouse gas emissions. On Jan. 26, President Obama told the Environmental Protection Agency (EPA) to reconsider an application by California and 13 other states to regulate stricter automobile emission and fuel efficiency standards.

"The federal government must work with, not against, states to reduce greenhouse gas emissions," Obama said, signalling a significant departure from the Bush administration which previously rejected California's application for regulating tailpipe emissions. Thirteen other states, including Pennsylvania, have joined California in its appeals, while three other states have indicated that they plan to follow the California standard.

President Obama's order to the EPA to start working on granting a waiver to California under the state's Clean Air Act has angered automakers. The Clean Air Act allows California to seek a waiver from federal rules if it can demonstrate that its own regulations are stricter and are necessary to address its air pollution problems. California's air resources board has done this successfully more than 50 times. Other states can stick to either the California or the federal standard. In 2002, California became the first state to adopt a state law requiring auto lawmakers to begin reducing emissions of carbon dioxide and other heat trapping gases.

Auto manufacturers said that this waiver would require them to produce two sets of vehicles, one to meet the strict California standards and another that could be sold in the remaining states. Although the automakers declared that they were working toward President Obama's goal of reducing fuel consumption and thereby reducing carbon dioxide emissions, imposing stricter emissions standards could force them to drastically cut production of larger and more profitable vehicles, and worsen the already deteriorating financial condition of such companies. Stephen L. Johnson, the Bush administration's environmental agency director, also endorsed the automakers' claims in denying California's application, in spite of nearly all agency lawyers and scientists advising that the waiver be granted.

"New autostandards" is continued on page 2.

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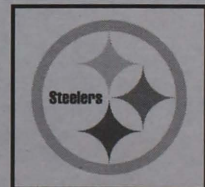
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News in Brief: Zimbabwe and arctic thaw

Lisa Lobe
Grizzly Staff Writer

Wednesday, Jan. 28

(CNN) – Special elections took place in Iraq on Wednesday, as more than 600,000 people cast their vote in provincial elections. Iraq’s security forces, detainees, and hospital patients are among the groups that could vote on Wednesday. On Saturday, Jan. 31, millions of people went to the polls to cast their vote out of the 14,000 candidates running for 440 council seats. Polls opened at 7 a.m. and closed at 5 p.m., on Wednesday, as they did on Saturday. The country’s borders, airports, and even borders between provinces were closed between Friday and Sunday. Security forces were on high alert for the voting, the first time Iraqis have voted in an election since 2005.

Wednesday, Jan. 28

LOS ANGELES, California (CNN) – The bodies of a man, his wife, and their five children were found inside the family’s Los Angeles home on Tuesday. The man, apparently distressed over losing his job, killed his family before turning the gun on himself. Before killing himself, Ervin Lupoe supposedly called 911 and faxed a message to a local television station, who in turn called the authorities. Lupoe left a suicide note that points to a dispute between himself and Kaiser Permanente West Los Angeles Medical Center. Both Lupoe and his wife had worked there, and had been terminated. Los Angeles’s

mayor, Antonio Villaraigosa said that this sort of incident is no longer uncommon, urging those who have lost their jobs to use the resources available to them.

Thursday, Jan. 29

(CNN) - NATO officials will meet in Iceland to discuss the new security challenges that will arise as the Arctic Circle continues to thaw. The area is rich in untapped natural resources – estimates suggest that 90 billion barrels of oil could be taken from the area. The warm-up of the Arctic waters is occurring so quickly that the ice may be gone by 2013. Currently, Russia, Canada, the U.S., Norway, Denmark, Sweden, Iceland, and Finland are all fighting over who gets what part of the area. While a treaty prevents territorial claims in Antarctica, the Arctic region has no such treaty. Countries are allowed exclusive zones up to 200 miles from their shores, according to the U.N. Convention on the Law of the Sea, but some countries are trying to prove they can have more. Russia, for example, is trying to prove that the Lomonosov Ridge, a part of the underwater Eurasian continental shelf, is a part of their territory. Greenland is looking to prove that the ridge is connected to Greenland, and Canadian scientists are trying to find a connection between the ridge and “Ellesmere Island, a Canadian territory.” The two-day conference in Iceland will take place in the capital city of Reykjavik.

Friday, Jan. 30

HARARE, Zimbabwe (CNN) – In Zimbabwe, the political opposition leader said the group will form a coalition government with President Robert Mugabe, but only if Mugabe’s government meets its demands. The opposition party, Movement for Democratic Change, or MDC, met in the capital city of Harare to discuss the idea. Mugabe and MDC’s leader, Morgan Tsvangirai, signed the documents in September, but the coalition

“New autostandards” is continued from the front page.

Obama’s move also garnered criticism from many Republicans, claiming that asking automakers to abide by California’s regulation is ill-timed, given how automakers are struggling with the financial crises. “Our nation’s automakers are struggling - drastically restructuring and shedding jobs just to stay afloat,” said Antonia Ferrier, press secretary to John Boehner, an Ohio Republican leader in the House. “And now they are being forced to spend billions of dollars to comply with California’s emissions standards, instead of using that money to save American jobs.”

But this seems like the first of Obama’s plans on fighting against greenhouse emissions. According to the *New York Times*, the White House also said that Obama wanted to start a “clean energy finance initiative” to include \$100 million in private sector investments over the next three years through loan guarantees and other financial support. The President also directed the Department of Transportation to go ahead with deciding vehicle fuel efficiency standards for model year 2011 by this March, which would give automakers an 18-month period to get ready.

government has yet to actually get off the ground. Tsvangirai is demanding a.) that all “abductees” (MDC supporters, democracy activists, and the like) be let go unconditionally by Feb. 11, and b.) that the constitution be changed to add the position of prime minister to the Zimbabwean government. Tsvangirai would take this role. The coalition government will hopefully help Zimbabwe’s spiraling economy, relieve the current food shortage, and help slow the current cholera epidemic. To recap what’s happened in Zimbabwe in the last year, Zimbabwe’s election 10 months ago saw Tsvangirai challenge Mugabe’s power for the first time in almost three decades. Tsvangirai won the most votes, but not the majority, so the nation held a runoff election. In a runoff election, the two candidates with the highest number of votes go on to a “round two” of voting, in which one of them will get a clear majority of the votes. Mugabe won the runoff, because Tsvangirai withdrew, claiming that Mugabe’s supporters had used violence and intimidation. Because of this, “the international community viewed the runoff as a sham”.

(All stories were taken from CNN.com.)



Photo courtesy of globalwarming.house.gov

Have something you REALLY want to talk about, but just haven’t found the right place, people, or way to express it? Well, Active Minds has just the place for YOU!

Active Minds would like to invite you to hold a Student Discussion Break-out group for their Student Open Discussion Day.

We are asking any interested groups or organizations on campus to run a break-out discussion group with an expert or expert panel on pertinent issues facing students on the Ursinus Campus.

When: Sunday, Feb. 15, 2009

Time: 11 a.m.-3 p.m.

Where: Ursinus Campus, Olin Aud.

What: Topics include anything dealing with health, mental health, or college age issues

Light breakfast and Lunch will be served

The Grizzly

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Contamination causes Jelly to lose long-time companion

Kristi Blust

Co-Editor-In-Chief

Bagged spinach and lettuce in 2006, raw tomatoes this past summer, and currently, products containing peanut-butter: the list of foods recalled by the Food and Drug Administration (FDA) due to contamination seems to grow longer with each passing minute. As of Jan. 22, 2009, the FDA has listed 130 products containing peanut butter, thought to be tainted by salmonella, a type of bacteria that, when consumed, causes an infection of the lining of the small intestine. These products, according to the *New York Times*, are mostly from lesser known manufacturers, though more well-known brands and products, such as Little Debbie sandwich crackers, and Famous Amos cookies, are among the list of potentially dangerous.

The source of these tainted products has been identified as the Peanut Corporation of America, a Georgian manufacturer of peanut butter and peanut paste, according to the Centers for Disease Control. Before sprinting to your rooms to throw away that jar of Skippy, take note: the peanut butter and peanut butter paste recalled were not sold directly to consumers; rather, they were distributed to institutions, food service providers, food manufacturers, and distributors across the globe for use in cookies, candy, pet treats, and other foods. While the company has halted production of products, the recall has been expanded to include all products produced since July, 2008.

According to the *New York Times*, the salmonella outbreak was traced to the Peanut Corporation of America by means of two

tainted samples, one from open container of peanut butter from a Minnesota nursing home and the other from an unopened container at a school in Connecticut. Both containers were labeled King Nut, an institutional brand produced by the Georgian manufacturer.

So, how did this peanut butter and peanut paste become infected? This is a difficult question which Caroline Smith DeWaal, food safety director for the Center for Science in the Public Interest, addressed to the *New York Times*. According to Ms. DeWaal, the peanut plant is considered low in terms of vulnerability to contamination, thus they can go up to ten years without being inspected. Because salmonella is often found in the feces of mammals and birds, officials are still unclear as to how the peanut butter products became infected. According to the *New York Times*, the contamination likely occurred after the peanuts were roasted, as the high temperatures are sufficient to destroy the bacteria.

As of Jan. 25, the CDC reports that 501 persons from 43 states have been infected with the strain Salmonella Typhimurium. According to the CDC, the persons confirmed, illnesses

began between Sep. 2008, and Jan. 9, 2009. While the salmonella outbreak appears in the midst of numerous other recalls of consumer goods, the effects of this most recent episode will likely be seen for some time. As Ms. DeWaal related to the *New York Times*, "peanut butter isn't like spinach

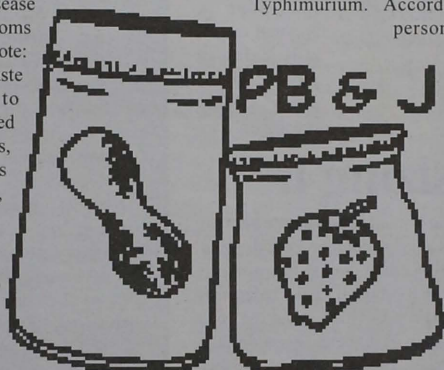
or ground beef because it has a really long shelf life," meaning if retailers fail to pull contaminated items from their shelves, infections could persist for up to one year.

To access a full list of the products recalled by the FDA, visit <http://www.accessdata.fda.gov/scripts/peanutbutterrecall/index.cfm>.

FYI- What you can do to prevent Salmonellosis (infection with bacteria called Salmonella)

- Cook poultry, ground beef, and eggs thoroughly. Do not eat or drink foods containing raw eggs, or raw (unpasteurized) milk.
- If you are served undercooked meat, poultry or eggs in a restaurant, don't hesitate to send it back to the kitchen for further cooking.
- Wash hands, kitchen work surfaces, and utensils with soap and water immediately after they have been in contact with raw meat or poultry.
- Be particularly careful with foods prepared for infants, the elderly, and the immunocompromised.
- Wash hands with soap after handling reptiles, birds, or baby chicks, and after contact with pet feces.
- Avoid direct or even indirect contact between reptiles (turtles, iguanas, other lizards, snakes) and infants or immunocompromised persons.
- Don't work with raw poultry or meat, and an infant (e.g., feed, change diaper) at the same time.

information courtesy of www.cdc.gov



MADE FOR EACH OTHER!

Sizzling Entertainment News

with Liz Kilmer

Ledger life insurance suit settled

A confidential settlement regarding the late Heath Ledger's \$10 million life insurance policy was reached and documented last Wednesday, Jan. 28, in Los Angeles. The suit had been filed by attorney John S. LaViolette, and claimed that ReliaStar Life Insurance Company had declined to honor the policy. The company asserted that Ledger's death may have been suicide, despite The New York Medical Examiner's "accidental drug overdose" ruling. A hearing has been set for Feb. 23, although both parties are currently "pleased they were able to reach an amicable settlement" said attorney William Shernoff to People Magazine.



Winehouse Burglarized While Vacationing

While vacationing on the island of St. Lucia, songstress Amy Winehouse was reportedly robbed of \$21,000 worth of possessions. According to E! News, burglars broke into the London apartment on Thursday, Jan. 29, where they were spotted by neighbors of the songstress. Police arrived at the scene around 4 a.m., only to find a home "left empty," said spokesman Chris Goodman to MSN. According to Goodman, guitars and music-recording equipment were among what was stolen, as well as a flat-screen TV. E! News reports that Winehouse was disappointed by the burglary yet "comforted by the fact that her favorite guitar was with her in the Caribbean."

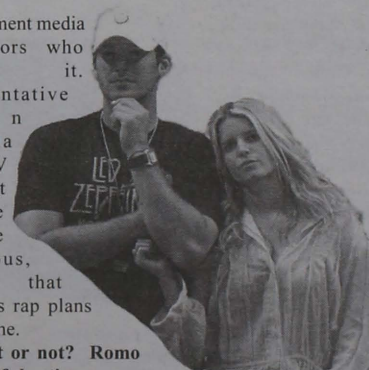
Phoenix rap career suspected as hoax

After publicly announcing his acting retirement and resultant rap star endeavor, rumors are now circulating that Oscar-nominated actor Joaquin Phoenix is just pulling our legs. The 34-year-old made his three-song rapping debut on Jan. 16 in a Las Vegas nightclub, a performance caught on film by brother-in-law Casey Affleck. However, according to Fox news, sources have reported that the two are simply creating an "Andy Kaufman-style hoax," geared to ridicule the

entertainment media and actors who revere it. Representative Susan Patricola tells MTV News that these claims are ridiculous, and that Phoenix's rap plans are genuine.

Believe it or not? Romo accused of cheating

Following a week of media-induced weight criticism, singer Jessica Simpson is now dealing with accusations of having been cheated on. According to tonight.co link, Simpson's beau, Dallas Cowboys Quarterback Tony Romo, visited Hollywood hotspot My House on Jan. 16, where he proceeded to bring a group back to the home he and Simpson share. Simpson had left Los Angeles on a flight to Burbank that morning, yet Romo reportedly didn't sleep alone. Sources told Star Magazine that he and a brunette escaped upstairs. Neither Simpson nor Romo have commented.



“MLK: The substance of our souls” is continued from front page.

...which featured beautiful lyrical moments. In his song dedicated to the plight of a slave, Molden sings “I wasn’t asking for the earth/All that running won’t improve your self worth.”



In a break from music and dance, five members of the Ursinus faculty joined together for a brief skit. Domenick Scudera, Rebecca Jaroff, Garrick Imatani, Holly Gaines, and Matt Kozusko hammed it up onstage while

This feeling of community, of sharing a dream, was exactly what the night’s performances were all about. The evening was a reminder that we are never too far removed from history to remember it, and that we are still living in pursuit of the goals King dreamt of.

emphasizing King’s belief that “life at its best is a synthesis of opposites in fruitful harmony.” All five were clearly enjoying themselves in a great display of student faculty synthesis at Ursinus.

Lee’s second performance of the evening was entitled “New Hip, Same Hop.” It was a more traditional hip-hop dance, and again emphasized the chronology of events from Walston’s African themed performance to a more current approach.

The performance was closed with a song sung by the Ursinus Gospel Choir. It was powerful and uplifting and a beautiful way to close the concert. Voices raised in unison for a common cause was the dream of Dr. King and it was mirrored in the singing of the choir.

Before the end of the night, McKinney asked everyone in the audience to turn to the person to their right or left and give him or her a hug or a handshake and to say in the words of our president, “Yes we can!” This feeling of community, of sharing a dream, was exactly what the night’s performances were all about. The evening was a reminder

that we are never too far removed from history to remember it, and that we are still living in pursuit of the goals King dreamt of.

Portion distortion and “Supersizing it”

Caitlin Dalik
Grizzly News Editor

It’s the beginning of a new year. Everyone’s made their resolutions, and like every other year, the gyms are packed for at least the first few weeks of January. While going to the gym is helpful for losing weight and staying in shape, the real key to losing weight may be something else: Portion control.

In a country where we’re used to “supersizing” our already calorie-packed fast food, indulging in all-you-can eat buffets, and buying things in bulk, because more tends

to mean cheaper, it’s no surprise that we typically overeat. After spending 3 months living with an Italian family, I saw just how much healthier they ate. The stereotype about Italians is that they eat. A lot. It’s true, really. Most families have a few courses for dinner. However, they put much less on their plate. My host mother would weigh the pasta on a scale every



night to ensure she would get the portions right. Sometimes I came to dinner, looked at my plate and said to myself “Is she kidding? There’s no way I’ll be full after that!” However, about a week later, my appetite had adjusted and as a bonus, I felt better and had more energy.

Since the 1980s, the size of American portions has increased. Think of what a large soft drink used to look like and how colossal the size is now. Twenty years ago bagels had about a three inch diameter and 140 calories. Today, bagels have a six inch diameter and are 350 calories, and that’s just part of breakfast. The American attitude toward food seems to be that “more is better,” which is why restaurants keep increasing the size of our meals. The

American attitude is also that if it only costs a little bit more to get much more food, it’s a smart choice. Sounds great, but the fifty cents or however much money to constantly “upgrade” your favorite fast food meal could be costing you a lot of money down the road. Think about the costs related to health problems such as diabetes, heart disease, high cholesterol, depression and more, health risks related to overconsumption, an unhealthy lifestyle, and lack of exercise.

The American Cancer Society (ACS) website offers some advice for eating the correct portions. The recommended portion for a meal is about the size of a deck

of cards (3 oz.). Other things to size up are a baked potato, which should be the size of a computer mouse, or a half cup of pasta, which should be the size of a tennis ball. ACS claims that keeping these images in your head while preparing or ordering food is helpful. Some tips they offer for when dining out are to order a small fry, or at a restaurant order a different side such as vegetables, share an entrée with a friend or even a kids’ meal, or pack half of your meal and save it for tomorrow’s lunch.

When you’re eating at home, ACS suggests not eating snacks straight from the bag, and if possible, buy individually wrapped snacks; try to use half of your favorite toppings on things like baked potatoes; store leftovers in small, individual containers; eat salads before lunch or dinner to help control your appetite; don’t skip any meals; and avoid second helpings or eating family style. So next time you’re out to dinner or cooking in your home, keep the deck of cards in mind when eating. This simple little trick could help somewhere down the road.

Restaurant Review: Columbia... not as foreign as you think?

Jeremiah Long
Grizzly Staff Writer

Fresh from winter break with my writing hiatus over and my mind reeling from all the changes normally associated with readjusting to college, I’ve braved the weather to give you Ursinus students yet another review of one of the many fine eating establishments found in our area.

For those of you reading this for the first time, I try to give those of us living on campus dining options outside of Wismer and Zack’s, be it a dirt cheap hole in the wall, or a five star restaurant. If it is in the vicinity of Ursinus College, I’ll do my best to go there, enjoy a meal, and report back about it. I do this so that you, the consumer, can know alternate dining facilities in the area.

Collegeville is not the most glamorous of towns; last year I ran out of places to go and had to move on. My first stop was Phoenixville, PA. Its Main Street is where you will find my latest quarry, the Columbia Bar and Grille.

The Columbia is found in one of the many historically preserved buildings in Phoenixville. The building itself is over 115 years old, with required renovations taking over 18-months to complete. So, before you enter the restaurant, realize that while it’s not going to break the bank, you might be looking at a pay check flying away from you.

The bar is pure mahogany and was imported piece by piece from London when the building was first constructed. They still have the original beer taps on display. When the building was first built, only men were allowed in and they had a trough put in right next to the bar so customers could drink and urinate without having to leave the room. Aside from the poverty and lack of health care, there are some things that make me wish I lived in a simpler time.

As for the dining, let me start by reminding you that this place is not cheap, but if you want to shell out some hard earned cash, this is not a bad place to go. I would recommend the three course tasting menu as it gets you a salad, an appetizer, and an entree all for only \$26, cheaper than some of the entrees. Of particular note was the pistachio goat cheese salad, a true credit to culinary engineering. Using cucumbers to contain the salad so that it all could be placed on a flat plate is not the most original thing I’ve seen, but it’s always fun to see it when it is well executed. Also the goat cheese on top was excellent.

Overall if you’re willing to spend the money then I would highly recommend that you go at least once, or have your parents take you out. Although it is an expensive meal, at least you know you will enjoy it.

A note from Career Services:

Prepare for the fair by viewing the video- “Job Fair 411: Making the Most of a Job Fair”- playing continuously in Career Services on Tuesday, Feb. 3. Schedule a practice interview with an HR expert on Feb. 4 and bring your resume in for review at Resumania on Feb. 9!

UC at Nat'l Black Student Leadership Development Conference

Roger Lee

Grizzly Features Editor

"Ordinary People Equipped for Extraordinary Leadership" was title of the 2009 National Black Student Leadership Development Conference held Jan. 8-11, 2009, in Washington, D.C. Among the 900 attendees was a group of Ursinus student leaders and advisors.

Among the Ursinus attendees were seniors Jennifer Thompkins and LaToya Brown. Jennifer is an avid researcher who finds time to work in the Student Activities Office while serving as President of S.U.N. LaToya Brown is a Main street RA, President of Chapel, and a Bonner Leader. She spoke highly of the January conference. "The National Black Student Leadership Development Conference was an amazing experience. Being able to engage in conversations on social responsibility and networking while attending lectures and speeches given by a number of prominent African and Latino Americans was outstanding! It felt good to be in the capital city for a few days amongst some of the nation's top students and leaders."

Attending from the junior class was Greg Little, Shakeeta Parker, Roger Lee, and Sam Alexis. Little serves as the Vice-President of S.U.N. and USGA. He is a Bonner Coordinator and the president of his fraternity. Parker serves as the Activities Coordinator of S.U.N., is a freshman RA, and is also the junior class Vice-President. Lee serves as President of Escape Velocity, Features Editor for The Grizzly, Dance Coordinator of the Gospel Choir, and a Hip-Hop dance instructor on campus. Alexis currently serves as Vice President of MAPS and is an active member of Rising Sons. He said, "It was good for networking and to see how hard work and determination will help you to succeed in life."

Joining the students was S.U.N. advisor, and the Director of Multicultural Services and Tutorial Programs, Ms. Paulette Patton. Reverend Charles Rice, College Chaplain and professor in the philosophy and religion department also attended.

The twenty-fourth annual conference theme was "Ordinary People Equipped for Extraordinary Leadership: We Will Change the World." This appropriate title spoke to the overall message of the conference. "Anyone can lead! Ordinary people are set up for extraordinary leadership," was the motto spoken by Conference Coordinator, Carroll F.S. Hardy, Ed. D. This strong leader made it clear that we all need to work as a community to ensure our success. "Our survival and quality of life is connected to our neighbor- the one across the hall, down the street, and on the other side of the world," she wrote in the introduction letter to conference attendees.

Another key note from the conference was that preparation and ongoing sacrifice are the keys to leadership success. "Preparation can equip us to do great things, to achieve excellence as educators, healers, parents, mediators, thinkers, and strategists," said Hardy.

The Ursinus attendees learned that preparation was the key to ensuring conference success. With a tightly packed schedule of events ranging from special speakers to open mikes and spoken word concerts, the students had to prepare for each day by getting rest whenever possible. They also had to dress professionally for each session. Preparing professional attire, along with a positive attitude and an open mind were all a part of the conference experience.

During the opening ceremonies, the keynote address was made by Mr. Courtney B. Vance. He is an award winning actor, lecturer, and the proud husband of the legendary actress, Mrs. Angela Bassett. The conference also featured a lively Reverend Dr. Debyii Sababu Thomas who led a thought provoking workshop on Godly Leadership in Ungodly Times. This unique workshop had attendees dancing and singing along with Dr. Thomas by



Photo courtesy of Roger Lee

(From left to right) Ms. Paulette Patton, Samuel Alexis '10, LaToya Brown '09, Shakeet Parker '10, Greg Little '10, Jennifer Thompkins '09 and Roger Lee '10 share a Kodak moment in some off time.

the end of the session. Another memorable keynote speaker was Ms. Rosa Clemente, community organizer, independent journalist, and hip-hop activist. Two very prominent guest lecturers were Donna Brazille and Roland Martin. Brazille is an author, political activist, and strategist affiliated with the Democratic Party. Martin is a well-known journalist, columnist, and lecturer. She was the first African American to direct a major presidential campaign. The conference was also visited by Jeff Johnson, a Black Entertainment Television (BET) host, producer, and author. He discussed finding the leader from within.

The Ursinus attendees learned to channel their inner leader and make a difference in the community. Even on a small scale, every little bit of change helps. They also learned a great deal about leadership, community building and growth that they can contribute to the Ursinus community.

Students in Free Enterprise: Advice from the alumni

Alumni Advice is a new resource for students to discover and network with Ursinus alumni who have pursued successful careers in a variety of professions. SIFE (Students in Free Enterprise) and Career Services have partnered together to provide students with a network of graduates that you will have the opportunity to connect with to assist in your career development. Networking and mentorship are two of the most important resources for those interested in pursuing a job or internship. We encourage everyone to use this valuable advice in your journey towards a fulfilling career.

This Week's Alumni: Matthew Ciesinski (1996)

Industry: Financial Services

Job Title: Senior Manager, Institutional Retirement Plan Services division, The Vanguard Group

Education: BA in Economics & Business Administration. Minor in Spanish.

A Day in the Life

Briefly describe what you do.

I currently work in our Defined Benefits (pension plan) organization, where I'm responsible for a team of 50-60 [persons] who work closely with our institutional clients on the daily administration of the pension plans they have entrusted to Vanguard for recordkeeping.

What course at Ursinus did you find helped you the most?

I'm not sure I can highlight any one course. As most of the courses, from the 100 level to 400 level, emphasized written and oral communication skills combined with critical thinking, it wasn't any one topical area that I can cite as being helpful today. Rather, it was the practical application of these skills to various topics that prepared me to adapt to the business world.

Breaking into the Industry

What was your first job after graduating from Ursinus?

Management Developmental Program, Prudential. *Are you currently still employed with that same job? If not, what other jobs have you had?*

I only worked at Prudential for six months, as the program did not live up to its description. I joined Vanguard immediately thereafter, and have been there ever since. Most of my career has been in various positions within our Institutional division, including leadership positions in three vastly different areas. Also, I did complete an 18-month rotation in Vanguard's Center for Excellence, which is the hub of our Six Sigma program. During that rotation, I was certified as a Six Sigma black belt. Additionally, I spent three years in our Scottsdale, AZ, office in order to establish a new department.

The Ursinus Connection

Were there any outside activities that helped you, as well?

I worked for the Student Activities Office for three years. I was able to develop leadership and organizational

skills. That was paramount for me as an individual for initial success in the business world.

What did you wish you had done on campus that you thought would be helpful with getting you where you are today?

Networking with alumni.

Is there any other advice that you would like to give Ursinus College students? Anything you wish you had known when you were still in college?

As mentioned above, focus on refining core skills, such as communications, analytical, and relationship-building. Most organizations will provide you the technical training, so during an interview process, you need to demonstrate aptitude in these competencies, rather than specific knowledge (caveat – clearly, if you have interest in a specific technical area, you should prepare differently – my experience has been most graduates do not have a specific path chosen as they approach graduation.)

To learn more about Matt and other Ursinus alumni, check out the Alumni Career Profiles page on the Career Services website.

Want to request more information on a successful Ursinus Alumni from your professional career of interest? Email SIFE at sife@ursinus.edu. We would love to hear your feedback about this week's selection!

The Decemberists "Always the Bridesmaid" and "Hazards of love"

Chris Schaeffer
Grizzly Staff Writer

In more ways than one, The Decemberists have gone big. Who would've thought the precocious purveyors of twee-tinged folk-pop introduced in 2002's "*Castaways and Cut-Outs*" would eventually trade in their banjos and accordions for the kinds of baroque chord progressions and vaguely-Sabbathesque riffs that would have scared your mom in 1978, swapping three minute pop-nuggets for eleven minute prog-freakouts and full-on, unironic *rock operas*? Similarly, I doubt even Colin Meloy and crew could have predicted that their little group of awkward litterers would become one of the most visible, love-them-or-hate-them names in contemporary indie rock. But there you have it.

The band's upcoming fifth full-length, "*The Hazards of Love*," seems to continue these trends, sticking to Meloy's love of British folk while indulging deeper in his more unabashedly King-Crimson leanings, presenting a surreal, sustained narrative of robbers, shape-shifters, and star-crossed lovers. To which I say—fair enough. At this point there's not much left to be said (or done) about Colin Meloy's lyrical quirks—either you want to hear more songs about ship-wrecks and bandit queens, or you don't—but it is impossible to deny that no matter whether your narrative tastes lean more towards Gordon Lightfoot or Steven Malkmus, the *musical* evolution of The

Decemberists remains an engaging story in its own right. If recently released track "*The Rake's Song*" is any indication, "*Hazards*" will return to the heavy guitars of "*The Island*" and "*The Tain*" but retain a little more of Meloy's trademark wryness. This is probably smart—no matter how dark his lyrics might become, Meloy is no metal snarler. His voice is better suited for lovable losers and tricksters than figures of real menace.

However, fans of the band's earlier, poppier material haven't been forgotten. Over the course of this past fall, the band released a strange sort of aggregate-EP: "*Always the Bridesmaid*," a six-song collection split over the course of several months into three vinyl-and-digital-only volumes. Whether you want to call this a nod to the current vinyl-craze, a transparent grab for cash, an experiment in the protean landscape of post-CD distribution, or just a case of the Decemberists being the Decemberists, one has to acknowledge that if you're going to shell out thirty dollars for six songs, they'd better be pretty damn good. So—is "*Always the Bridesmaid*" worth tossing your bouquet? Not really.

In fact, it's almost quite neatly divided between quite-good and execrable, salvaged by the solid third volume. The first two vinyls each sport one song well worth adding to the band's catalogue, and one that left me underwhelmed at best. Volume One kicks off with "*Valerie Plame*," a song that is very, very Decemberists and very, very mediocre. Imagine every song off of their first three albums crammed into a blender and pureed into a thick, argyle sludge. With a melody nabbed from "*16 Military Wives*," and a narrative that comes off as a shallower, more gimmicky take on "*The Bagman's Gambit*," it's a song that becomes less and less appealing the more familiar you are with its roots. Well, except for the long "*Hey Jude*"-like singalong

outro which is basically just as awful to new and old fans alike.

Volume Two seemed to bode better for the set, opening with "*Days of Elaine*," another song that seems written and composed by some kind of amazing Meloy-O-Matic Device, but somehow fares much better than "*Plame*." It's nothing new, that's for sure, its story of a harrowed housewife and its bouncy, energetic tune recall XTC, and, more importantly, the sunny early-Decemberists zeitgeist you might remember from "*Picaresque*." I'll be charitable and say less about the B-side, a Velvet Underground cover that miraculously manages, for a four minute spell, to make me hate both the Velvet Underground and the Decemberists. The B-side also features a longer version of "*Days of Elaine*,"—why? I like to consider it an apology for the preceding song.

Volume Three is the strongest, with both sides featuring songs that manage to capture the spirit of the band while not coming off as a rehash. These two pieces are also the darkest on the pseudo-EP. "*Record Year for Rainfall*" is a solemn, palpably yearning song with plucked guitar and banjos that sound at once anxious and plodding, with a lush, funerary violin part. The lyrics are Meloy at his best, combining the quotidian and the mythologically loaded to create a kind of emotional never-land where banality becomes operatic, in this case juxtaposing a crumbling relationship, a rainy summer, and the fall of the Roman Empire. B-Side "*Raincoat Song*" is a quiet, acoustic song in the vein of Meloy's previous alt-country projects Tarkus and Happy Cactus, a small, sad paean to a twenty-eight year old spinster caught out in the rain. After an album's worth of folk-gloom and prog-doom, it's the perfect reminder of the band's sweeter side, a tender and melancholy tune clocking in at under two and a half minutes.

The buck stops here: why Bush should be prosecuted for crimes

Matthew Monteverde
Grizzly Staff Writer

Over the past eight years, America has become somewhat of a pariah around the world, especially in the Middle East and Europe. A new and transformative president is a step in the right direction, but his actions must represent a new path for America. Undoubtedly, the best way to go about this is to prosecute former President George W. Bush and his complicit officials for war crimes concerning the use of torture in the War on Terror. This is not to say that the Bush administration's other crimes of warrant-less wiretapping and the Iraq War should be ignored, but just that torture is perhaps the one thing that has harmed America the most in the last eight years.

As early as 2001, the Bush administration had blatantly flouted the third and fourth Geneva Conventions by stating that terrorists captured during the War on Terror were not subject to the rule of international law regarding treatment of prisoners of war. Their reasoning was that Afghanistan was a "failed state" and not party to the Geneva Conventions. In 2003 and 2004, the Bush administration covertly endorsed water-boarding and other "enhanced interrogation" tactics for use by the CIA in just-released memos. Thus, they believed they had legal justification for torture against terror suspects.

However, water-boarding *is* torture and is recognized as such by the United Nations, the United Kingdom's Foreign Secretary, several former JAGs (Judge Advocate

General Corps, or military judges), and Attorney General-nominee Eric Holder. It simulates drowning by way of forced suffocation and causes undue mental and physical stress to force confessions. Water-boarding has been used as far back as the Spanish Inquisition and as recently as the genocidal Khmer Rouge regime in Cambodia.

Supporters say water-boarding is not torture and even if it is, it is saving lives and keeping Americans safe. Rather, I think it shows disregard for the rule of law and disrespect for human dignity. It shows that America would trample on human rights just to achieve an arbitrary goal of squashing "terror." You can't destroy a tactic that has been used by people since the Roman Empire.

By ignoring basic human dignity, the United States is alienating itself and conducting a self-defeating strategy in combating terrorist networks. If President Obama decides to hold Bush accountable for his actions, it will signal to the world that the Bush years are finally over.

Hate and disrespect only flame the fire. When a young person in Basra, North Waziristan, or Gaza sees the infamous photograph of the abu Ghraib detainee standing erect on top of a box with a bag over his face with electrical wires dangling from his fingers, what is his reaction going to be? It will only embolden what could have been a friendly or at least tolerant figure for U.S. support in the region. By ignoring basic human dignity, the United States is alienating itself and conducting a self-defeating strategy in combating terrorist networks.

If President Obama decides to hold Bush accountable for his actions, it will signal to the world that the Bush

years are finally over. We will never be universally liked, especially in the Middle East, but what we can do is show the world that America is again bound to moral principles. We cannot continue as if nothing happened, as if the Bush years should be completely forgotten.

As a legal matter, it also shows that Obama would be willing to set precedent for any unlawful behavior by a future president. We live in a democracy. Our government is one of the people, by the people, and for the people. It is a human institution through and through. Bush was the highest official in the land, but that does not preclude him from the judgment of the people who elected him. If we prosecute or establish a commission on Bush's crimes, that displays, most of all, accountability. Accountability for one's actions is fundamental to our nation's functioning. We cannot let Bush go as when Ford pardoned Nixon for the Watergate wiretappings and subsequent cover-up.

President Obama and Speaker of the House Nancy Pelosi have shown a strong desire to "focus on tackling problems moving forward." This is a code-word for "politically unviable." I agree that there are bigger issues such as the unstable economy, health care, energy, and Afghanistan. But this issue cannot get lost in the political shuffle.

President Obama is taking the right, necessary steps, but the next step he can take is to place Bush, Cheney, and whoever else was involved in authorizing water-boarding under the scrutiny of justice. He must show the American people and the world some change they can believe in.

Obama's oration on religion sparks outrage

Spencer Jones
Grizzly Staff Writer

I was inspired to write this article after a spirited conversation I had about religion with two friends of mine, a Christian and a Pagan. Although our beliefs and practices are quite different, the one element that made our discourse so enjoyable was diplomacy. Never once was a "holier than thou" thrown in; we respected and learned a great deal from each other. This, I believe, is precisely what President Obama was advocating in his inauguration speech that seemed to have ruffled far more feathers than it really needed to.

Curious about this strange phenomenon, I visited an online forum where people of all faiths and political orientations were invited to express their views on the speech. The line: "We are a nation of Christians and Muslims, Jews and Hindus and nonbelievers" caused the biggest brouhaha. Apparently,

"...it's high time we stop mistreating those of [different] faiths... The appeal in his speech that he made to the Muslim world was especially touching: "we will extend a hand if you are willing to unclench your fist." Some people interpreted that as Obama wanting to strike a deal with terrorists, since so many Americans continue to equate terrorism with Islam."

some practitioners of the mainstream faiths didn't like to be mentioned in the same breath as "nonbelievers," namely, atheists, agnostics and followers of polytheistic faiths like Paganism. Others complained about Obama mentioning Muslims before Jews, as if he was somehow exalting Islam

over Judaism. It's scary how irrational and absurd some people can be.

I distrust organized faith because I've seen it bring out the ugly side of some. It can also have a more positive effect, like inspiring people to do charitable acts. I classify

myself as non religious, but I've got friends of all different faiths that respect me as I do them. I think Obama would agree that it's high time that we stop mistreating those of faiths that differ from our own. The appeal in his speech that he made to the Muslim world was especially touching: "we will extend a hand if you are willing to unclench your fist." Some people interpreted that as Obama wanting to strike a deal with terrorists, since so many Americans continue to equate terrorism with Islam. So long as that mentality is permitted to permeate in this country, we will never get the complete respect and admiration we seek.

President Obama was clearly trying to cater to the larger Judeo-Christian society which wields great influence in America. Still, it's so nice to actually have a leader that acknowledges us "nonbelievers," although I do take issue with that term. Just because we don't practice any of the mainstream faiths doesn't mean that we're morally bankrupt or that our belief systems aren't legitimate. People are

Two movies, two thumbs up: "Defiance" and "The Wrestler"

Caitlin Dalik
Grizzly News Editor

"Defiance" is the story of four Jewish brothers who band together with other men and women while escaping the German occupation of Poland in 1941. The four Bielski brothers seek safety in the woodlands after they find their family has been brutally murdered. As they devise a plan for survival and set up camp, the brothers are joined by other fleeing Jews seeking food and safety. Unable to turn away the suffering, their group grows to approximately 1,200 refugees. The eldest brother, Tuvia Bielski, played by Daniel Craig, organizes and leads the group to fight. The other Bielski brothers, Zus (Liev Schreiber) and Asael (Jamie Bell) stand up as well, but brother Aron (George MacKay) is too young to fight. Tuvia works to form an alliance with a Soviet partisan group, steals food from surrounding villages, and protects his newfound community.

The people in the camp suffer through a brutally cold winter together but manage to form their own village with a kitchen, school, and hospital. They live in fear and have to relocate their camp when Nazis discover it during a routine walk through the woods.

The movie is based on the story of the Bielski brothers, actual partisans who rescued Jews from extermination. After nearly two years in the forest, it became one of the most successful rescue missions of the Holocaust. The script also pulls from a book by author Nechama Tec. Edward Zwick ("Blood Diamond" and "The Last Samurai") directed and co-wrote the screenplay. "Defiance" has been nominated for an Oscar for Best Achievement in Music Written for Motion Pictures, Original Score.

The movie takes place almost entirely in the woods, which could deter even the biggest fans of World War II films. However, Oscar nominated cinematographer Eduardo Serra, along with production designer, Dan Weil, and Oscar-winning costume designer, Jenny Beavan, transform the bleak, wintery forest into a hopeful setting.

The film has a little bit of everything for everyone. There are serious and dramatic moments, action scenes with spectacular special effects, a few developing love stories, and even a second or two of humor. The story is, obviously, quite sad, but it is uplifting to know that a great deal of people survived the German occupation of their own country. In one scene, Tuvia says to his people, "We may be hunted like animals, but we will not become animals. We have all chosen this- to live free, like human beings, for as long as we can. Each day of freedom is a victory. And if we die trying to live, at least we die like human beings." The film is about the dedication and sacrifice of brothers and people from all walks of life. If you enjoy war movies, this film brings the violence and action for you. But "Defiance" is also a true story of hope, brotherhood, and a fight for survival.

Jonathan Barber
Grizzly Staff Writer

Few people appreciate the art form of professional wrestling; even fewer understand the sacrifices it entails. Darren Aronofsky's recent Golden Globe-winning and Oscar-nominated film "The Wrestler" follows a professional wrestler (Randy "The Ram" Robinson, played by Best Actor Mickey Rourke) whose glory days are two decades behind him. The spotlight and traveling schedule during caused his daughter (Evan Rachel Wood) to hate him rather than love him. Then Robinson's offered a ticket back to stardom—a 20th anniversary rematch with his arch-rival, The Ayatollah.

Rourke's raw and riveting portrayal of the fictional "Ram" perfectly embodies on a physical, mental, and emotional level the hundreds of "washed up" pro wrestling veterans who used to fight for 20,000 people each night in a capacity sports arena and now find themselves performing in front of 200 in a high school gym.

The film demonstrates that pro wrestling entails more than swapping headbutts in a ring. For those truly devoted to the craft, pro wrestling involves driving thousands of miles a year (sometimes on your own dime) to wrestling shows. It involves seeing wrestling colleagues more frequently than family members. In fact, for many, the sport causes intense arguments with loved ones who believe they are being neglected in favor of a hobby; without realizing that the wrestlers in the locker room are as much a part of a pro wrestler's family as a mother and father. To a veteran, the promoter who pays them to wrestle is their spouse; their opponents are their brothers; the younger wrestlers who they take under their wing and to whom they provide advice are their kids; and the fans who buy a ticket to attend the matches are their nieces, nephews, uncles, and aunts – in other words, they're extended family.

Although "The Wrestler" features one strikingly violent in-ring scene (the blood is real, by the way), what hits home the most is what has befallen Robinson outside the ring: an estranged daughter, and an ailment that threatens to take away the only thing in his life where his love is reciprocated. "The Wrestler" is a story of somebody whose only knowledge and true joy in life is constituted by a skill that a majority of people are either amused or disgusted by; a skill that—as he ages—may abandon him to a world that does not understand.

Every mile he drives, every scar carved into his flesh, and every relationship that suffers because of his career, Robinson willingly accepts with a single reward: the cheers of his fans. Captivating the emotions of onlookers is what he (and other wrestlers like him) lives for.

Most addictions, such as alcohol and drugs, involve excessive taking; Randy "The Ram" Robinson's addiction, wrestling (performing) for spectators involves excessive giving. "The Wrestler" dares beg the question, how much can Robinson give to his fans before sacrificing everything he has?

PA sure knows how to pick 'em: Superbowl XLIII

Katie Callahan
Grizzly Sports Editor

The NFC might win coin tosses, but the AFC showed what really mattered on the field. As confetti shot through the air, so did the sounds of the Steelers "Here We Go" fight song in Reimert Courtyard Sunday night after their victory over the Arizona Cardinals.

The Steelers proved that they were the true winner's of Super Bowl XLIII after keeping strong, even after Arizona gave Pittsburgh fans a scare with a touchdown in the last few minutes of the game.

The game started with the Steelers taking the ball. In the first quarter, field goal kicker Jeff Reed put the men on the board with a 19-yard field goal. The second quarter started with a touchdown by Gary Russel to give the Steelers a 10-0 lead over the Cardinals. The birds answered back with a touchdown by Ben Patrick from wide receiver Anquan Boldin and quarterback Kurt Warner.

Right before halftime, the interception of the season sent Steelers fans over the top. Linebacker James Harrison intercepted the ball from Warner for a 100-yard touchdown. Although Harrison could be seen with oxygen right after the play from the run, he gave the Steelers a 10-point lead going into the third quarter. The Cardinals coach challenged the touchdown, but the replay proved Harrison was in the end zone before the Cardinals could get to him.

After a halftime show by Bruce Springsteen, the players were back on the field, the score 17-7, Steelers. After a few dropped balls and missed touchdown passes, the Steelers scored a 21-yard field goal, adding three more points up on the board.

The fourth quarter proved to be the most exciting quarter of the game. With 7:33 left to go, Warner threw a touchdown pass to Fitzgerald who jumped over a defenseman to grab the score. After forcing a punt from the Steelers, the Cardinals were turning up their game. After Holmes was charged with a penalty, the Cardinals gained a

safety, making the score 20-16. The game started getting heated as the Cardinals took their only lead during the game, making the score 20-23 with a touchdown by Fitzgerald.

With 2:37 left in the game, the Steelers needed to decide what their plan of action was going to be. After Holmes told Roethlisberger to get him the ball, he missed the pass with 43 seconds left to go. The second attempt proved fatal to the Cardinals chances at a win, giving the Steelers a 27-23 lead.

In the last seconds of the game, Warner attempted one last pass but it ended on the ground just a few feet ahead of him, recovered by the Steelers.

The ending score, 27-23, showed that Pennsylvania is dominating in professional sports this year. It looks like Pennsylvania is unstoppable: World Series, Super Bowl, maybe a Stanley Cup Victory is in the near future (Knock on wood Flyers Fans).

Upcoming Games

Men's Basketball

Sat.	2/7	at McDaniel*	3:00 p.m.
Wed.	2/11	Franklin and Marshall*	7:30 p.m.

Women's Basketball

Thurs.	2/5	at Washington*	7:00 p.m.
Sat.	2/7	at McDaniel*	1:00 p.m.
Tue.	2/10	Franklin and Marshall*	7:00 p.m.

Swimming

Sat.	2/7	at Bryn Mawr* w/Millersville	1:00 p.m.
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Scorebox

Men's Basketball

Wed.	1/28	at Muhlenberg*	86-68L
Sat.	1/31	Johns Hopkins*	101-89W

Women's Basketball

Wed.	1/28	at Muhlenberg*	80-57L
Sat.	1/31	Johns Hopkins*	64-46L

Swimming

Sat.	1/31	at Washington (Md.)*	W: 127-75L M: 119-84W
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Wrestling

Sat.	1/31	vs. USMMA	29-9L
Sat.	1/31	vs. Stevens	25-15L

Gymnastics

Fri.	1/30	Brockport/Wilson	2nd(183.400)
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Upcoming Games

Indoor Track&Field

Sat.	2/7	Frank Colden Invitational	9:00 a.m.
Mon.	2/9	Haverford Quad Meet	3:00 p.m.

Wrestling

Sat.	2/7	at York w/Elizabethtown, Hunter and SUNY-Cortland	11:00 a.m.
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Gymnastics

Sat.	2/7	at Temple	4:30 p.m.
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World Sports Spot

with Katie Callahan

-A "malicious" act was behind a scandal down in Tuscan on Super Bowl Sunday. Ten seconds of porn (full male nudity) was broadcast over the Comcast network. Comcast is offering a \$10-credit "award" to anyone who can help lead to a suspect.

-Golden boy Michael Phelps was caught in the act: smoking from a bong that is. British tabloids ran the story before Phelps admitted to his pot-using ways. This hits Phelps hard; his dream of making over \$100 million could be cut short. Who knows how he will survive with only \$50 million, but we're confident that he will make it through these tough financial times.

-Little known fact: The Steelers terrible towel actually originated from radio announcer Myron Cope after he told fans to bring black and gold towels to the game. Because of it's success, Cope handed the trademark over to the Alleghany Valley School for the disabled, where his son was an attendee. The Trademark rakes in over \$2.5 million, giving the school better outlets to help these kids in need.

-The Williams sisters claimed their 8th grand slam doubles victory this week, beating Daniela Hantuchova of Slovakia and Ai Sugiyama of Japan, in the Australian Open. Serena took home the singles victory over Dinara Safina. This win gives her ten grand slams and reinstates her status as number one. Will the Williams forever prevail?

All information taken from newswers.com

"An impressive 'track' record for UC" is continued from the front page.

...Ursinus is consistently competitive in the Centennial Conference for both the men and women. The indoor track and field team has stacked up over 30 Centennial Conference champions, over 50 Centennial Conference medalists, and 100 records set in just five years under Coach Bayless's guidance. This impressive "track" record can be accredited to Coach Bayless, and to the dedication of the athletes.

Generally, practice runs Monday through Thursday, with meets on Saturday and Captain's practices on Sundays. However, athletes are expected to lift and do ab workouts on their own. With these expectations, it might be hard to keep up—but with such competition on the team, everyone adapts.

"I can describe in two words what it means to be a part of this team: exceeds expectations. I feel really strongly that the members of this team don't just come to practice and do what they're told and then leave. They physically and mentally push their limits because they really want to know just how much they can achieve," said senior Captain Natalie Rosenberg.

For the men's team, the strength lies in the field events. Behind junior high jumper and long jumper Travis Youngs, who set the one hundredth school record under Bayless, the field events consistently qualify for championship events. For this season alone, 13 members of the men's field team have qualified for the conference meet (long jump, triple jump, high jump, pole vault, shot put). In addition, seven more have qualified for running events only three meets into the season. Although dominated by youth (32 of the 49 athletes are freshmen and sophomores), the men's team has seen a lot of success from their younger athletes

as well as the veterans, which bodes well for the coming years. The men can expect to be dominating and exciting in all areas of the sport for the foreseeable future. Amazingly, the same can be said for the women's team, who has seen just as much success with a very young team.

Out of 38 members of the women's team, 29 are freshmen and sophomores. Again, despite the youth, the amount of success is very impressive, as 18 women have qualified for conferences. The women's team has fed off of the success of superstar senior Christa Johnson, who has qualified for four events alone. Led by a strong overall showing in distance, sprints, and field, the women have been strong all-around this season.

Rosenberg commented on why this success seems to sky rocket year after year, and why it keeps growing. "The commitment to this team really comes in being accountable for yourself and your teammates. To be an individual on a team this big, it's easy to just come to practice and go through the motions. The reason our team has been so successful is because we just don't do that," says Rosenberg.

Between both teams, the bar has been set very high, and expectations are soaring at this point. The dedication is there, as well as the youth and skill. For these teams, success can certainly be measured in a lot of ways. Coach Bayless would have to say that this success brings great relationships also, as stated below by Amanda Leatherman.

"The track and field team here at Ursinus College is like family. We look out for one another and support each other both on and off the track. It is great having such a positive support system in college," said Leatherman.