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## The Grizzly, March 26, 2009

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# The Grizzly

The student newspaper of Ursinus College

Thursday, March 26, 2009

## ESCAPE VELOCITY



Escape Velocity's 8th concert, *Embodied*, showcased a combined 60 student dancers, choreographers and technical directors. The three night concert was sold out for each performance. The show featured dance styles ranging from ballet to modern, hip-hop, jazz and even tap! EV would like to thank the graduating seniors for their dedication and Marianne Conway (Vice-President), Nikolas Stasulli (Treasurer), Catherine Babbitt-Cook (Secretary), Liz Marion (Media Chair), Catriona Whitehead, Danielle Indelicato, Wynne Mulvey & Wynton Rice (Choreographers) for all of their extra hard work in putting the show together. Photos by Abby Raymond, Josh Krigman, and Liora Kuttler

## Long-term effects of binge drinking

Caitlin Dalik  
Grizzly News Editor

It's Sunday morning. You roll out of bed in the clothes you wore last night and stand up. Groaning, you realize you have a splitting headache and feel like you're spinning in circles. You reach for the Gatorade and after a morning of feeling sick to your stomach, you say "I'm never drinking that much again." But then a few days or weeks later, you find yourself in the same situation.

While everyone hates a nasty hangover, these short-term effects of binge drinking compare little to the long-term damage. Binge drinking, which is usually defined as having more than four drinks in a short period of time, is usually thought to affect you the next morning but it goes much further than that.

"Drinking doesn't just produce a hangover," says D. Allan Butterfield, The Alumni Professor of biological and physical chemistry at the University of Kentucky. "Chronic drinking may lead to permanent cognitive deficits."

Susan A. Farr, Associate Professor of medicine at St. Louis University School of Medicine performed experiments with mice to test the long-term effects of alcohol consumption. She explains that "this [experiment] would be equivalent to a human that drank six to eight beers or one bottle of wine each day for six years. Consequently, learning and memory deficits for up to nine years after they stopped drinking alcohol would be possible."

Other long terms effects include damage to the liver, risk of cancer of the mouth, throat or esophagus, risk of neurological disorders, heart problems, and other health problems. Most importantly it can affect your ability to learn and to remember information.

Binge drinkers also run the risk of becoming physically or psychologically dependent on alcohol. There's a fine line between a person who drinks socially and a person who drinks to get really drunk often. Nearly 14 million people in the United States, 1 in every 13 adults, engage in binge drinking or are considered alcoholics.

Alcoholism or binge drinking can also affect your

## New Member Education: *Where are we now?*

Liz Kilmer  
Grizzly Staff Writer

Despite apprehensions, the modified New Member Education plan pleased not only the Ursinus faculty and administration, but the Greek community at large. "We managed to create a new plan that the school was satisfied with, and that also carried on our valuable traditions," said President of Phi Alpha Psi, Courtney Fox.

A flood of complaints brought last year's New Member Education process to a premature halt, which subsequently lead to the plan's recreation. Leading the process, which took place last fall, was Inter-Greek Council Presidents Alex McBride and Vinny DiMeglio. The students sat alongside Assistant Dean of student life/Director of student activities, Todd McKinney, and Greg Striano, Assistant Director of Leadership Development and student activities, both advisors to the Council, in an effort to restore, or perhaps establish, campus-wide acceptance.

Although the changes received positive feedback from faculty and administration, none "believed that we would get through the three weeks," said DiMeglio, "but we proved them wrong."

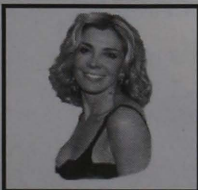
This time around, rumors were minimal- quite a change from past years. Still, "everything was looked into" said DiMeglio, who found that the majority had "no validity."

Rumors were avoided through documentation. Each sorority and fraternity was required to submit a New Member Education schedule, which listed activities and whereabouts. Resident advisors, as well as members of the Inter-Greek Council, could walk through the Greek residences to ensure that these schedules were adhered to. Deviating from the schedule could have resulted in expulsion- a reality which Greeks took seriously.

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According to DiMeglio, the changes "initially caught a lot of flak" from the Greek community because "everyone was used to the way things were." Greeks were concerned that traditions would be lost. However, the opposite was more likely to have occurred. DiMeglio found that within his fraternity, Delta Pi Sigma, the changes resulted in "more of an emphasis on the important things" which he described as being "brotherhood, sisterhood" and "unity." Fox agreed: "The important ideals of our sorority, the ones that we value the most, were able to be passed on successfully."

There were, however, a few letdowns. With the new plan came the rule that alumni were not allowed to participate in New Member Education. Although alumni "were very understanding," according to Fox, the disposal of this privilege came as a disappointment.

As far as other letdowns, dozens of students were unable to participate as a result of the increase in the GPA requirement. The requirement is now a minimum of a 2.33, slightly higher than the former 2.0. This primarily hurt the fraternities, seeing that only 11 males joined (as compared to over 100 females). "The GPA hurt tremendously," said DiMeglio, "Hopefully people get on board with the changes next year."

Chances are that the majority of these changes will not again be modified, albeit this was only an "experiment," according to DiMeglio. This year, round robins were introduced, and students were required to attend the allotted dates if wishing to proceed with new member education. However, this requirement may be tweaked for next year, seeing that many students had trouble attending each session.

The goal is to enlarge the Greek community, which comprises close to 20 percent of the student body. According to DiMeglio, "being Greek expands your opportunities to get involved on campus and in the community." It allows students to learn about themselves and others, as well as build "lifelong friendships."

<b>Α</b> Alpha (al-fah)	<b>Β</b> Beta (bay-tah)	<b>Γ</b> Gamma (gam-ah)	<b>Δ</b> Delta (del-ta)	<b>Ε</b> Epsilon (ep-si-lon)	<b>Ζ</b> Zeta (zey-tah)
<b>Η</b> Eta (ay-tah)	<b>Θ</b> Theta (thay-tah)	<b>Ι</b> Iota (eye-o-tah)	<b>Κ</b> Kappa (cap-pah)	<b>Λ</b> Lambda (lamb-dah)	<b>Μ</b> Mu (mew)
<b>Ν</b> Nu (new)	<b>Ξ</b> Xi (zie)	<b>Ο</b> Omicron (om-e-cron)	<b>Π</b> Pi (pie)	<b>Ρ</b> Rho (roe)	<b>Σ</b> Sigma (sig-mah)
<b>Τ</b> Tau (taw)	<b>Υ</b> Upsilon (up-si-lon)	<b>Φ</b> Phi (fie)	<b>Χ</b> Chi (kie)	<b>Ψ</b> Psi (sigh)	<b>Ω</b> Omega (oh-may-gah)

photo courtesy of personalizedmementos.com

## News in Brief: bin Laden speaks from grave

**Lisa Jobe**  
Grizzly Staff Writer

Wednesday, March 17, 2009

**WASHINGTON (CNN)** – The U.S. State Department blasted Sudanese President Omar al-Bashir for the Darfur "catastrophe" on Tuesday. Al-Bashir expelled thirteen international aid groups from Sudan earlier this month, prompting stern words from Secretary of State, Hillary Clinton. There are still some aid groups in Sudan, but the thirteen expelled were providing about 50 percent of the aid in Darfur. Clinton said that al-Bashir and his government would "be held responsible for every single death that occurs in" the Darfur refugee camps; 300,000 people have already died in the conflict and millions more are homeless. On Wednesday, Obama's administration named retired Air Force General J. Scott Gration as a special U.S. envoy for Sudan. Obama made Darfur a key issue in his election campaign, and has been criticized for seemingly allowing it to be pushed to the back burner since taking office. Now, Clinton says, the biggest question is what kind of pressure to apply to make it clear to al-Bashir that he will be held responsible for the deaths in Darfur.

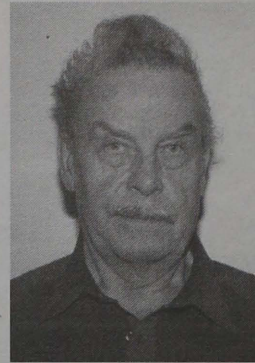


photo courtesy of heraldletters.com.au

been given new identities and are living in a secret location.

Thursday, March 19, 2009

**(CNN)** – An audio recording, allegedly recorded by Osama bin Laden, calls for Somali president Sheikh Sharif Sheikh Ahmed to be overthrown. The message could not be verified; it surfaced on the Internet a week after another supposed bin Laden message that called Israel's recent offensive in Gaza a "holocaust." Ahmed agreed to give in to rebel forces demanding the institution of Islamic law, or shariah, in Somalia, in order to halt fighting between Somali troops and Islamic insurgents. However, Ahmed will not agree to a strict interpretation of shariah, which bans girls from going to school and mandates that women wear veils and men sport beards. Bin Laden's message compared Ahmed to Muslim leaders in Afghanistan that cooperated with the west. The message also accused Ethiopia, which invaded Somalia with the backing of the United States, of doing the west's bidding. The message also decried the U.N.-backed transitional government, and warned that, "All intelligent people are aware of America's combating of Islam."

Thursday, March 19, 2009

Thursday, March 19, 2009

**ST. POELTEN, Austria (CNN)** – Josef Fritzl, the Austrian man accused of keeping his daughter locked in a cellar and fathering her seven children, was sentenced to life in prison on Thursday for murder, rape, incest, enslavement, and false imprisonment. The jury's decision was unanimous. He was accused of murder by denying medical care to one of his daughter's children, a son who died shortly after he was born. Prosecutors alleged that Fritzl locked his daughter in the cellar in 1984, when she was 18, and told family that she had run away from home. The case first came to light in April 2008, when one of the seven children became seriously ill and Fritzl's daughter persuaded him to allow the girl to be hospitalized. Hospital staff grew suspicious; soon after, police discovered the "cellar dungeon." The daughter and her children have

been arrested over comments in his blog that insulted Supreme Leader (a figure with more power than Iran's president) Ayatollah Ali Khamenei. Mohammad Ali Dadkhah, Sayafi's lawyer, said that the comments were only meant for a few friends to see. Dadkhah received word of Sayafi's death from a fellow inmate, who felt that Sayafi would have lived had he received proper medical care in the prison. Sayafi supposedly suffered from depression and had taken extra doses of medication on Wednesday. The International Campaign for Human Rights in Iran blamed the government for "unsafe conditions" in the country's prisons, and declared that the authorities are encouraging "impunity and the lack of accountability" by not punishing negligent prison officials. (All stories were taken from CNN.com.)

# The Grizzly

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## Dieting: Is it about your Body or your Brain?

Gianna Paone  
Grizzly Staff Writer

With the dangers of our nation's obesity dilemma becoming emphasized more and more frequently, the search for an effective yet feasible diet continues. The average American is likely to have seen or heard promotions of the Atkins, South Beach, Zone, and other highly-advertised diets. As popular as they've become, however, such diets lack the success rates and nutritional benefits that would make them proudly recommended by most doctors. Is there a healthier weight loss alternative to dieting, then? Possibly, according to recent discoveries—and one that's cheaper, simpler, and less sacrificial: mindful eating.

Mindful eating is a process—and, when most effective, a habit—by which a person goes beyond satisfying their hunger and cravings and, instead, makes eating a contemplative activity. They think about what they are going to eat, what their experience of eating it is like, and how it makes them feel afterward. The Center for Mindful Eating (yes, there are entire organizations devoted to this endeavor!) explains, "...food is a powerful sensual experience that engages all your senses." In other words, you don't simply taste food; rather, you also smell, see, touch, and hear the process of consuming it.

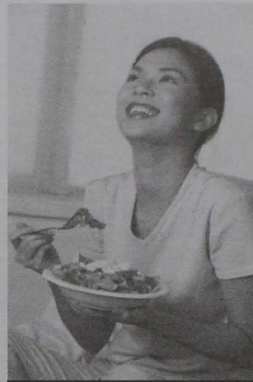
Originating in Buddhist practices, the general concept of mindfulness has been used to promote overall health and well-being, to decrease anxiety, and to wean off unwanted behaviors such as addictions and overeating.

Brian Shelley, the wellness director for First Choice Community Healthcare in Albuquerque, N.M., teaches a workshop in which candidates take 10 minutes to focus on centering, meditation, and becoming fully aware of what they are about to eat, which places their focus away from counting calories or deciding how much they'd like a certain food based on taste alone. Experts explain that as an effective weight-loss or healthy eating method, and one whose effectiveness in eating disorders is being researched, mindfulness trains a person to think about how a food made them feel when they last ate it and how it will make them feel if they eat it again, increasing the odds that they will turn down junk food.

In a preliminary study on how mindfulness could affect binge eating, published in *Sage Journals* online, Bruce W. Smith observed 25 participants in a Mindfulness-Based Stress Reduction (MBSR) course that included brief eating exercises. Completing self-report measures, such as a Binge Eating Scale, the clients

demonstrated a decrease in binge eating as well as in symptoms of anxiety and depression. The connection reflects how the principles of overall mindfulness, such as freeing one's self of reactive, habitual thinking, feeling, and acting patterns (like in eating), can be applicable to weight loss without the need for crash diets.

Interested in taking on this task that probably seems quite simple? To eat mindfully, eating must occur without distractions. This means that you must sit down at a table, away from TVs, computers, schoolwork, and so on. You then concentrate on how the meal appeals to each of your senses: observe its shapes and colors, smell its aroma before and after its cooked, chew it fully so that you taste it before consuming, feel its textures, and hear the sounds as you chew. At the same time, think carefully about whether or not you truly enjoy the food, how it makes you feel—Refreshed? Overstuffed? Tired?—and if you are nearly full, at which point experts in mindful eating suggest that you end your meal. If you're still curious about the concept, *PubMed* (accessible through Myrin's Virtual Library) offers several studies published by the National Institute of Health. There, you can read about professional research on mindful eating's effects. The Center for Mindful Eating offers a description of the concept as a whole, their principles, additional articles, and available workshops at <http://www.tcm.org>.



Mindful eating engages all the sense: touch, smell, taste, and sound while enjoying the process of eating your favorite food.

Photo courtesy of peacemealnutrition.com

## Sizzling Entertainment News with Liz Kilmer

### Obama apologizes for comment on Leno

President Barack Obama has apologized for an offensive remark uttered on March 19 on *"The Tonight Show"* with Jay Leno. The President had been joking about his bowling incompetence, declaring that he recently scored a 129 at the White House bowling alley. "That's very good, Mr. President," Leno said facetiously, to which Obama replied, "It's like the Special Olympics or something." Although the audience laughed, White House officials recognized the blunder, and White House deputy Press Secretary Bill Burton released a brief statement: "The president made an off-hand remark making fun of his own bowling that intended to disparage to the Special Olympics. He thinks the Special Olympics is a wonderful program that gives an opportunity for people with disabilities from around the world." This was released around 9:30 p.m. that night, prior

to the show's airing at 11:30 p.m. Also that same night, Obama phoned Tim Shriver, the chairman of the Special Olympics to personally apologize. Shriver told ABC's *Good Morning America* that the president had "expressed his disappointment and he apologized in a way that was very moving. He expressed that he did not intend to humiliate this population."

Many have reacted to Obama's slipup. Alaska Governor Sarah Palin, whose son has Down Syndrome, found the remark "degrading" and said that she hoped Obama's comment didn't reflect how he "truly feels about the special needs community." California First Lady Maria Shriver, brother to Tim, released a statement which said that she looks forward to "working with the President to knock down myths and stereotypes about this [the special needs] community." President Obama plans on inviting some of the special athletes over to the White House, said Shriver.

### Country Singer Caught in Affair

Last week, celebrity magazine *US Weekly* released exclusive photos of what appears to be country singer LeAnn Rimes cheating on her backup dancer husband. Available on the magazine's website is a 22-second video clip of Rimes on a dinner-date with Eddie Cibrian, her Lifetime TV movie costar. The video is taken from a restaurant surveillance camera, and features the two kissing and holding

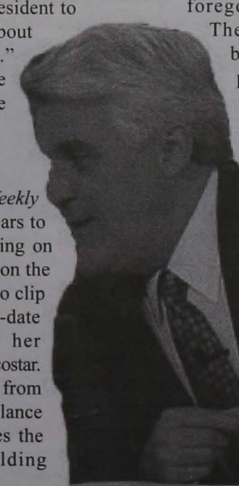
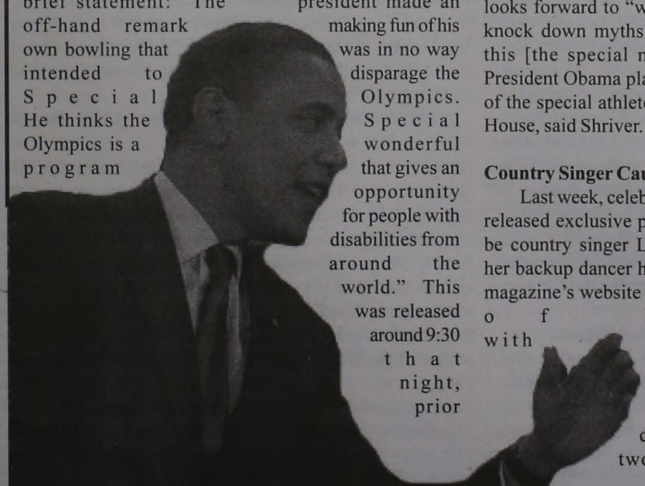
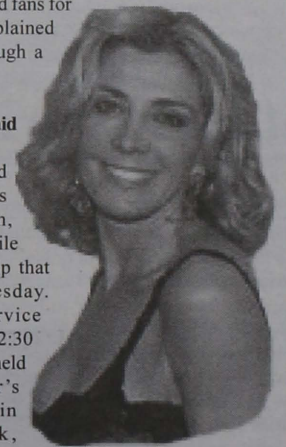
hands. The singer released a statement on her personal website, which thanked fans for their support and explained that she's going through a "difficult time."

### Natasha Richardson laid to rest

A funeral was held last Sunday for actress Natasha Richardson, who passed away while on a Montreal ski trip that foregoing Wednesday. The private service began around 2:30 p.m. and was held at St. Peter's Church in Millbrook, New York. Close

to forty of Richardson's loved ones attended the ceremony, including husband Liam Neeson and the couple's two sons. Neeson had been with Richardson when she suffered the head injury that ultimately led to her death. She had fallen during a ski lesson and was hospitalized that Monday, March 16. She was removed from life support in a New York hospital. According to Neeson's rep, the family is "shocked" and "devastated."

Images from [bbc.com](http://bbc.com) and [comingsoon.net](http://comingsoon.net)



## SIFE: An organization for all UC majors

UC SIFE  
SIFE@ursinus.edu

SIFE premiered as a brand new club at Ursinus College last fall. SIFE stands for Students in Free Enterprise, and is a group who performs community service projects with a business theme. SIFE is an international, non-profit organization active in over 40 countries. Student teams are established on college or university campuses and these teams are led by faculty advisors. Many people think this is simply a business club, but SIFE actually encourages students in all majors to join.

UC SIFE is led by Business and Economics Professor Steve Bowers and has five executive officers: Leah Sakowski (President), LiXiang Poncz (Vice President), Brittany Killian (Treasurer), Sierra Guerin (Secretary), and Craig Kubicek (Public Relations). Members work with these officers to develop community out-reach projects that cover SIFE's six educational topics: market economics, success skills, entrepreneurship, financial literacy, environmental sustainability, and business ethics. The projects completed during the year must fall under one of the topics in order to be included in the regional competition in the spring.

According to www.SIFE.org, the programs that team members develop help create real economic opportunities. The effectiveness of each project is judged at this competition by leaders from the business community. The team who has the most success at creating economic opportunity for others advance to the National Championship and then to the World cup.

This year, the UC SIFE team has produced many projects on campus and beyond. We have reached out to California with a high school Case Competition. In this we allowed high school students to broaden their business knowledge and challenged them to research and examine their options in business. Our Life after College Series in which we collaborated with Career Services, offered an array of informative seminars dealing with dining etiquette, a Linked-In Information session, and a credit awareness

seminar with two representatives from the Vanguard Group. These seminars were informative for all students and we hope to continue and expand these opportunities.

Our Alumni Advice Column in *The Grizzly* promotes the importance of networking with the Ursinus College Alumni. Their answers to questions such as alumni's most helpful class, most helpful activity, and experience within the real world help prepare current students for life after college. We currently held a Food Ethics seminar with a recent adjunct professor about the economics of the food industry, the health of our food, and different ways to change the public opinions of healthy foods.

SIFE plans on holding many other projects in the next year. Some of these are an Entrepreneurships Speaker Series, Exchange Rate Exercises, Physician Assistant Seminar, interacting with surrounding schools, a coupon book initiative, a Women In Business Seminar, and any projects that reach out to underserved communities. Our biggest project and one that we are hoping to have more support for from all Ursinus College majors is a Microfinance project in India (Solar Energy). This project deals with environmental sustainability. We plan to perform a microfinance project in India, using contacts from SIFE's member's families, where we would work with legislators to help replace kerosene lighting with new solar energy systems.

UC SIFE values anyone with fresh ideas and motivated to make a difference in local communities. We urge students to attend a meeting if they are interested in SIFE or just want to learn more about what SIFE does. SIFE meets every Tuesday at 8 p.m. in the Olin basement. Interested students can email SIFE at SIFE@ursinus.edu for questions or more information. Currently, SIFE is preparing for an upcoming competition almost every night in Wismer Lower Lounge. We also urge students to attend these meetings in hope that they will learn more about what the organization does and the opportunities it presents, such as recruiting from major companies involved with SIFE.

## Students bring awareness to campus

Eva Bramesco  
Grizzly Staff Writer

Last Wednesday, Wismer Parents Lounge was filled with the sights and sounds of proud feminism to celebrate International Women's Day. Ursinus College organizations have been banding together to bring to campus events and celebrations in honor of V-Day and women's rights. V-Day is a national day designed to bring women's rights around the globe into focus. Culminating with upcoming performances of the "Vagina Monologues," these events are creating campus wide awareness about women's issues in America and across the world.

Organizations participating in the International Women's Day festivities were WeCAN, ALMA, STAND, SUN, the Bonner Leadership Program, and the Musser international house. Spread throughout lower Wismer were displays focusing on issues ranging from Black women in America, women in the workplace, violence against women in Darfur, female stereotypes, and even one exhibit examining the unrealistic figure of the Barbie doll. Iron

fortified snacks were handed out, as one in five women is iron deficient. Every exhibit was designed to inform the visitor about a particular issue facing women globally.

Perhaps one of the most interesting aspects of the afternoon were the videos projected on the large screen in the lower lounge. These videos included several montages of sexist behavior compiled from national news channels by the Women's Media Center, and several commercials depicting different stereotypes of women. Examined among these commercials were paradigms such as the "cougar," the "super-mom," and the "aggressive workplace woman." These commercials and news bites were from programs we all watch, and were familiar with. The purpose of the display was to emphasize how much stereotyping we see and overlook in because we aren't looking for it.

When asked what her vision for the afternoon was, planner Kristin DalyBarnes said, "When planning the fair we placed an emphasis on engaging with the students and faculty - we wanted to catch their attention." This was done using decorations, interactive activities, and multimedia presentations. Says DalyBarnes, "Although through International Women's Day we were addressing

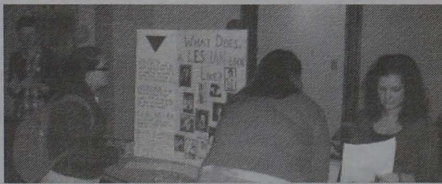


Photo courtesy of Matt Whitman

## Junior Jumpstart

Career Services  
careerservices@ursinus.edu

Juniors who are grad school bound should be jumping straight into the grad school search and application process now. Start by searching for programs and developing criteria you can use to evaluate the programs you are considering. Identify and read professional journals in your field so you can learn about the leading researchers and institutions for your field of interest.

Filter through program materials online. Use online tools such as gradschools.com and Petersons.com to research specific facts such as: location, faculty research funding options, etc. Develop your own standard of locating the "right" program for you by talking with your faculty. Let them help you narrow down your choices and share their perspective on programs.

Begin investigating what admissions tests are needed in your discipline (GRE, GMAT, MCAT, or LSAT). Register and determine how you will be preparing and studying for the appropriate standardized test. Make sure to carve time out to study this summer and, if possible, take the test you need BEFORE returning to campus in the fall. If you need information on prep courses or study guides be sure to check in with the advisors in Career Services. Senior year will go smoothly if you take time before returning to campus to narrow down the programs to which you are interested in applying. You can even begin to prepare your "statement of interest" essay. This essay, sometimes called a personal statement, will be required by most graduate schools. It is a critical piece of your application package as it will be evaluated by all admissions offices and faculty in your program of interest along with your test scores, recommendations, and transcripts. Make sure you develop your ideas and review your essay with your faculty. Take advantage of the writing center, and certainly get help in Career Services. There are several books in the Career Services office to help you get started.

If you are grad school bound - jumpstart the process and attend the Junior Jumpstart to grad school program on April 1, @ 12p.m. in Bomberger 129.

serious problems, with gender-bender coloring books and a funny power-point presentation on stereotypes of women in the media, we also added a lighter side to the event." This was important in order to entice passer bys or students who had not originally intended to be at the event to stop and take a look at the information these groups were trying to spread. In addition, DalyBarnes and partner in planning, Jess DeVaul, spread pamphlets with "fast women's facts" across Wismer in order to offer information to those just grabbing a coffee or a quick lunch.

The conditions and hardships women still endure today in comparison to those of years ago are less. But these blockades to equality have taken a different form. In America, stereotypes are now pervading the media in stealthy and subliminal ways. Women still face lower pay rates, and discrimination in the home and the workplace. Across the world women are continuously victims of violent acts, and the V-Day campaign aims to increase awareness and outrage at this fact. DalyBarnes says about this cause, "Jess and I ultimately hoped the fair would enlighten the Ursinus community to an array of current struggles women face." The initiative on the Ursinus campus ends with productions of the "Vagina Monologues" which will be acted and directed by students. Proceeds will benefit organizations working toward ending violence against women worldwide.

## Long-term effects of binge drinking cont. from pg 1

relationships. People may realize that your habits are unhealthy and stop talking and hanging out with you. This can affect your friends and family. It can also lead to the development of depression, use of other drugs, and problems at school and work.

Binge drinking can negatively impact your sex life as well. Having sex while intoxicated can affect your judgment. Studies show that the onset of sexually transmitted diseases (STDs) is potentially correlated to the amount of alcohol consumed. It can also affect one's ability to practice safe sex, such as forgetting to use a condom.

Alcohol also affects men and women differently. While men are more likely to develop an alcohol abuse problem, women are affected more by alcohol-related diseases. Women experience greater physical damage and after fewer years of heavy drinking. The diseases also progress faster and sometimes more severely in women, leading female alcoholics to have death rates 50 to 100 percent higher than those of male alcoholics.

To curb the long-term effects it is important to drink responsibly. Avoid a lot of drinking games and hard liquor. Make sure that you know your own personal limit and don't allow others to peer pressure you. Drink slowly and make sure to drink water or other non-alcoholic drinks while drinking alcohol. As college students, it is important to drink wisely too because at this young age, alcohol can have devastating effects on your brain. So next time you go out drinking be sure to think about what exactly you are doing to your body.

## 10 reasons why to avoid heavy drinking

Naomi Rockler-Gladen  
Grizzly Staff Writer

Binge drinking is loosely defined as the consumption of four drinks in a two hour period (for males) and about three drinks in a two hour period (for females). Here are just 10 of many reasons to curb your drinking.

### 1. Alcohol Poisoning & Other Fatalities

According to the National Institute on Alcohol Abuse and Alcoholism, 1700 U.S. college students between the ages of 18-24 die each year from injuries related to over consumption of alcohol, including alcohol poisoning, motor vehicle crashes, and other accidents. Don't be another statistic! Be mindful of how much and how quickly you are drinking.

### 2. Sexual Assault

Every year, almost 100,000 U.S. students between the ages of 18-24 are victims of a sexual assault or date rape in which alcohol is involved.

### 3. Academic Consequences

About 25 percent of all U.S. college students feel that their academic performance has suffered because of excessive alcohol consumption.

### 4. Alcoholism

An estimated 6 percent of U.S. college students are addicted to alcohol, and many more are at risk of dependency.

### 5. Drunk Driving

Every year, an estimated 2 million U.S. college students drive while under the influence of alcohol. Scary.

### 6. Legal Issues

An estimated 5 percent of all U.S. college students find themselves in trouble with the law every year for underage drinking, public drunkenness, DUIs, and other alcohol related crimes.

### 7. Weight Gain

Consider the approximate number of calories in a typical night of college binge drinking:

5 regular 12-ounce beers : 700-800 calories

5 shots of liquor: 500-1000 calories

5 8-ounce Long Island iced teas: 1000-1200 calories

5 3.5 ounce White Russians: 1200-1400 calories

5 10-ounce rum and Cokes: 1600-1800 calories

5 8-ounce margaritas: 2000-2500 calories

### 8. Money

Five drinks at a typical bar can cost you anywhere from \$20 to \$50.

### 9. Hangovers, Vomiting, Dry Mouth, and Other Physical Effects

Is an explanation here really necessary?

### 10. Losing control of your behavior

Alcohol lowers your inhibitions, so monitor your intake of alcohol to protect yourself and avoid acting or behaving in ways that would be disrespectful or hurtful to others.

Information taken from [campuslife.suitelife101.com](http://campuslife.suitelife101.com)

*If you, or someone you know is suffering from alcohol abuse go to [www.abovetheinfluence.com](http://www.abovetheinfluence.com) to get help. You can also stop by or email [Wellnessatwellnesscenter@ursinus.edu](mailto:Wellnessatwellnesscenter@ursinus.edu)*

## UC SIFE Alumni Advice: Ara Brown in the Education industry

### SIFE

[SIFE@ursinus.edu](mailto:SIFE@ursinus.edu)

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 utilized for those interested in pursuing a job or internship. We encourage everyone to use this valuable advice and reach out to those who can help you in your journey toward a fulfilling career.

### This Week's Alumni: Ara Brown (2000)

**Industry:** Education

**Job Title:** Associate Dean of Student Programming and Activities

**Education:** BA in Psychology and Minor in Sociology

### A Day in the Life

*Briefly describe what you do.*

I currently work as the Associate Dean of Student Programming and Activities at a co-educational boarding high school in western Massachusetts. I am also an adjunct professor at a college in MA. Lastly, I run and own the summer enrichment program, Adventures in Chinese, which focuses on Chinese culture and Mandarin language for children ages 5-10 years old.

*What course at Ursinus did you find helped you the most or did you find useful application in your job?*

I feel that all of the classes at Ursinus helped me tremendously not only in my job, but in life as a whole. Working in secondary education, I constantly find myself referring to my experience at Ursinus. I have been lucky enough to see two of Williston's alumni attend Ursinus. The courses that helped me the most in my current position were the history courses with Dr. Ross Doughty and my freshman seminar on Philadelphia with Dr. Dallett Hemphill. By taking these classes my first year at Ursinus, I was forced to be a critical reader and to look at the world through multiple perspectives. I also loved all of the classes with the Psychology department. Dr. Ken Richardson and Dr. Catherine Chambliss really helped guide my career and interest through their classes and research projects

### Breaking into the Industry

*What was your first job after graduating Ursinus College?*

My very first job after graduating from UC was working in the photo center of my local Rite Aid. This was to hold me over until I started graduate school at Columbia University that fall. I held an internship in the counseling department at John Jay College for Criminal Justice there. Because of my schedule at Ursinus, I learned how to manage my time and juggle several different responsibilities.

*Are you currently still employed with that same job? If not, what other jobs have you had?*

I ended my employment with the Klingenstein Center a few months after I finished my EdM in 2002. I then left New York City to work at the Williston Northampton School in Easthampton, MA. I have been here for the past seven years and served in many

different capacities at the school.

### The Ursinus Connection

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

I was an active member of S.U.N., WVOU, the Grizzly, and the indoor and outdoor track team. I also worked as a RA and held practically every job on campus. All of these had a profound impact on my work ethic and ability to manage my time.

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

The one thing I wish I would have participated in was the study abroad program. While I was afraid that I would "miss" something at Ursinus if I traveled abroad, I now know that it would have been an experience of a lifetime.

*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?*

I would encourage students to take advantage of every opportunity in front of them. Ursinus will more than adequately prepare you for life after graduation. However, how well you will be prepared is up to you. You should also realize that sometimes the best preparation for life are in those activities, guest speakers or challenging classes that you would rather avoid.

To learn more about Ara 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 your professional career of interest? Email SIFE at [sife@ursinus.edu](mailto:sife@ursinus.edu). We would love to hear your feedback about this week's selection!

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!

## Magazines. Newspapers. Television. They're Everywhere!

**Spencer Jones**  
Grizzly Staff Writer

Our obsession with celebrities has become a rampant epidemic and certainly not just in the United States. Sure, actresses and models make a ton of money and can afford several estates and more cars than most can hope to drive in a lifetime, but are those material goods of more value than privacy? As a "common" person I feel quite sorry for those celebrities who are no longer able to enjoy the simple things in life without the paparazzi chasing them down for photos and interviews. If Britney Spears hopes she can take out her garbage in the buff without the whole world knowing about it within seconds, she's in for a rude (and n u d e ) awakening.

I'd like to know exactly what the genesis for this obsession is. I can understand the interest in politicians—they're the ones that run this country and the world. But the way some go on about movie stars and models, you'd think they were a band of deities! Relax, they're flesh and

*"I can understand the interest in politicians—they're the ones that run this country and the world. But the way some go on about movie stars and models, you'd think they were a band of deities!"*

blood mortals- with more money that most of us can ever hope to make. I marvel at how an actor can make so many millions from one single film and can even manage a pretty penny off of a cameo! I recognize that the American dollar has obviously changed in value since Golden Age Hollywood, but the actors and actresses of that bygone era usually made a salary that fell somewhere in the thousands, which was then considered a lot of money. If only the likes of Garbo, Dietrich and Bankhead knew how much they could have been making had they lived today!

It doesn't matter that there's a war going on the Middle East or that people are getting laid off by the day. Our media is more concerned with the fact that poor Paris Hilton

is going away to jail for the second time, to do a sentence that she probably won't even have to completely fulfill. Celebrities have an advantage over us in the court system-



A picture is said to be worth a thousand words, but for the skilled paparazzo, named after Federico Fellini's *La Dolce Vita* (1960), it can be worth between \$250-\$500,000 according to jam.canoe.ca. California actually had to pass a law to keep the paparazzi off of private property! It's no wonder the word "paparazzi" means "buzzing insects" (textually.org) Photo courtesy of devpunk.com

they can afford the best representation and they have the funds to pay off whoever it is they need to in order to reduce or in some cases eliminate their sentence. So much for equality under the law.

## The Adult Industry and Federal Government have a showdown

**Jonathan Barber**  
Grizzly Staff Writer

On March 11, 2009, I woke up to the news that my friend was going to prison.

A plea bargain capped off the longest-lasting obscenity case in the history of the United States. It was once said by *Hustler Magazine* founder Larry Flynt that "If the human body's obscene, complain to the manufacturer, not me." Politicians in the room with Flynt exploded in laughter. The government doesn't find the porn industry so humorous anymore.

On April 9, 2003, over 40 federal officers raided the California offices of the most depraved



adult film production company known to man. The only thing more notorious in the porn industry than the company's name, Extreme Associates, is its owner, who is the most controversial man in the most controversial entertainment industry on earth.

Meet Rob Zicari, better known by his fictional alias Rob Black. He has the uncompromising, antagonistic attitude of Danny Bonaduce and the mobster-esque, foul-mouthed persona of Joe Pesci, yet simultaneously the charm and charisma of John Travolta. When *TIME Magazine*

wrote an article about the porn business, the opening line was "Even among hardcore pornographers, Rob Black is considered a sleazebag." Porn critic Luke Ford wrote in 1998, when Zicari's content was a fraction as tasteless as it became in the early 2000s, "He produces the most repellent, vile, disgusting, morally troublesome work of which I'm aware."

For six years, Zicari and wife Janet Romano (ex-porn star Lizzy Borden) each fought 10 counts of distributing obscenity and potential 50-year prison sentences. On March 11 in Pittsburgh, PA, they succumbed to a plea bargain which calls for 10 months to five years in prison.

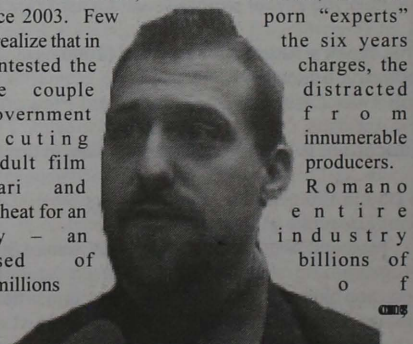
Zicari, a former-pro wrestling promoter and Los Angeles mayoral candidate, told *PBS Frontline* in 2001 that he did not mind representing the porn industry in a political war. It is my opinion that the government's primary motivation for prosecuting the couple was not the content of their films, some of which depicted rape, torture, murder, and worse (scenes that infinite Hollywood films showcase), but rather the personal vendetta that it (especially John Ashcroft) held against Zicari for so openly challenging its authority. Romano did nothing more than direct one of the five films named in the 2003 indictment; from the beginning, charging her appears to have been a strategic move to make Zicari more likely to plea bargain so his wife would not go to prison.

People are free to encourage friends not to watch the Extreme Associates product or even to publicly denigrate it as debase or worse. However, it should not be acceptable for the government to use its disapproval of Extreme Associates' films as a justification for preventing some other consenting adult from watching the films in the privacy of their own home. As Justice

Thurgood Marshall stated in *Stanley vs. Georgia* (1968), "If the First Amendment means anything, it means that a State has no business telling a man, sitting alone in his own house, what books he may read or what films he may watch."

Seeing a film labeled as "obscene" based upon the sex acts contained therein offends me more than any cheesy serial rapist video Extreme Associates ever sold. Tastelessness is not a crime. The day it becomes a crime, we as a society are moving backward in time and in progress.

Surprisingly, many people within the adult industry are disappointed with the decision to plea bargain, as they sought and anticipated a showdown between the federal government and the adult industry on a scale unseen since the Flynt prosecutions of the 1980s. This comes in spite of the porn industry showing an almost universal lack of support for Zicari, Romano, and their case since 2003. Few porn "experts" seem to realize that in the six years they contested the charges, the Extreme couple distracted the government from prosecuting other adult film producers. Zicari and Romano took the heat for the entire industry - an industry comprised of thousands of actors and actresses, and hundreds of producers. Zicari and Romano took the heat for the entire industry - an industry comprised of thousands of actors and actresses, and hundreds of producers.



thousands of actors and actresses, and hundreds of producers. My friend is going to prison. Her "crime" was making films that depicted sexual intercourse. A "justice" system, you say?

Photos courtesy of thepittsburghchannel.com



grizzly@ursinus.edu

## Crimes in pop culture: Flo Rida, Obama, Cage, Efron, and Bay

**Zach Shamberg**

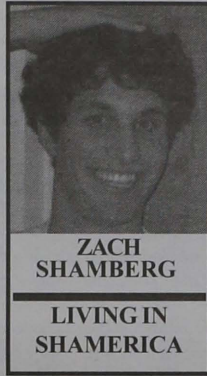
*Grizzly Opinions Editor*

**Flo Rida releases "Sugar"**

Just when you thought your least favorite techno-pop song was safe from being sampled, rapper Flo Rida comes along and totally ruins it for anyone who has ever been to a rave.

Italy's answer to Daft Punk, Eiffel 65, have had exactly one international hit to show for their decade-long career: "I'm Blue," a tune that redefined the term "music" and set Italian techno back almost fifty years (or whenever the turn-table was invented). I had thought I heard the last of "I'm Blue" at my fifth-grade graduation ceremony, but apparently Flo Rida listens to Italian 90s pop radio and had other ideas. His new single, "Sugar," and its ridiculous lyrics ("My lips like sugar/This candy got you sprung") make Sir Mix-A-Lot look like a Nobel Prize winner for poetry. His last single, "Right Round," sampled Dead or Alive's "You Spin Me Round (Like a Record)," a song usually reserved for high-school reunions and questionable internet videos. I'll just go ahead and say it: that's enough, Flo Rida. We could tolerate "Low," but "Sugar" just made you a whole lot less sweet.

**Barack Obama appears on Tonight Show with Jay Leno** Boy, I wish I was President of the United States. A faltering economy, corrupt CEOs, wars in Iraq and Afghanistan—all trivial issues when you really think about it. Here's what's really important: "How cool is it to fly in Air Force One?" This was just one poignant question asked by "Tonight Show" host Jay Leno when President Barack Obama



ZACH SHAMBERG

LIVING IN SHAMERICA

appeared on his program last Thursday night. That's right, a current U.S. President appeared on a late-night talk show to answer questions about his new family dog, basketball, and the plane he occasionally flies around in. During an economic recession. During a war which could potentially end in nuclear disaster. Former-President Bush may have been dumb, but he would never have been foolish enough to parade around the "Tonight Show" like The Rock or George Clooney. Obama's appearance on the show only reiterates what I have said before: the guy is a celebrity. And as most movie stars can tell you (Mel Gibson, anyone?), celebrity status doesn't last forever.

**Nicholas Cage stars in (gasp!) another bad movie**

Oscar-winner and perennial B-movie actor Nicholas Cage starred in the highest-grossing movie of the weekend, "Knowing." The film centers around a man who discovers a series of codes that will ultimately determine...you know what, does anyone really care anymore? Ever since Cage starred in "Con Air," I feel like his career has been careening toward a low point or the bottom of some sort of hole. And even though the bottom of that hole materialized as "The Wicker Man," the guy is still headlining countless action films every year. Here's the part that really upsets me: Nicholas Cage is a great actor! He's got an Oscar, for god's sake! Although, to be fair, so does Cuba Gooding Jr. The point is that, if he really wanted, Cage could get the lead in any dramatic film and win another Academy Award. It's frustrating to a film

enthusiast when an actor continually underwhelms when it's clear he or she can do better. Here's hoping that "Knowing" is the last we see of B-movie Nicholas Cage.

**Zac Efron drops out of Footloose remake**

That's right, teenage girls and creepy older guys: your favorite heartthrob, Troy Bolton himself, has dropped out of the "Footloose" remake. Sources close to Efron say he left the project to avoid further typecasting as a no-talent musical star. First, I'd like to publicly state that I starred in the stage production of "Footloose" as a junior in high school, and I am more than ready to take over for Efron. Second, can we just admit that "High School Musical" is over and move on with our lives? People are treating this like Barack Obama just stepped down from the Presidency. Efron was in four movies, all musicals—he's got no career after this. I think it's the height of stupidity to leave a project for fear of typecasting. Zac Efron will never be the movie star he thinks he is. Corbin Bleu, on the other hand...



Photo courtesy of reelmovienews.com

**Director Michael Bay to receive ShoWest Vanguard Award for excellence in filmmaking**

What, was Joel Schumacher unavailable?

## Album Review: "Dark was the Night" is not for dancing

**Chris Schaeffer**

*Grizzly Staff Writer*

Pitchfork Media reviewer Scott Plagenhoef writes in his review of Red Hot's recent compilation "Dark was the Night" that "When focusing on what's not here rather than what is, 'Dark was the Night' comes off as a gray, monotone look at the current indie landscape and, as a result, works best in small batches. It's missing not only rhythm and electronics—more hip-hop, anything in the DFA axis, M.I.A., Animal Collective, etc.—but volume and velocity as well."

The guy has a point. Except a few tracks, mostly front loaded on the start of the second CD, "Dark Was the Night" is not exactly dance party fodder. You'd think the title, nabbed from Blind Willie Johnson's 1927 blues-dirge "Dark Was the Night, Cold Was the Ground" (covered here by The Kronos Quartet) would be a tip-off. Furthermore, the Red Hot Organization is first and foremost a charity organization fighting AIDS and HIV—their 1989 Cole Porter cover album notwithstanding, the subject would seem to call for some gravity.

So let's shove Pitchforks somewhat puzzling expectation for the comp to provide a broad cross-section of "the current indie landscape" (hey, why doesn't my afrobeat CD have any Jens Lekman on it? Um, where's the Diplo remix on this copy of "Kind of Blue?" I don't understand!) and look at it on its own merits. The first thing you might notice is that as a representative of a certain musical aesthetic, it features a lot of big names. From Grizzly Bear to Sufjan Stevens, to Blonde Redhead and Yo La Tengo to about half of Broken Social Scene, the back of the

set looks like a best-of recapitulation of any number of midnight college radio shows from the past four or five years. Some interesting names show up—Sharon Jones contributes a velvety Shuggie Otis cover and Buck 65 takes a break from his reinvention as the next Tom Waits to slip back into his hip-hop roots for three-odd minutes. Other than that, for what it's worth, it is basically what it looks like—if you like this kind of thing, it's a consistent aesthetic. If a Dirty Projector just sounds vaguely unhygienic to you, or if you've been over the Arcade Fire for awhile now, "Dark is the Night" won't change your mind or serve as a particularly good introduction to any of the bands.

However, name recognition only goes so far. Charity compilations, noble-minded as they may be, often turn up sounding like phoned-in affairs, full of easy covers and barely-interesting live versions of songs you've heard dozens of times before. While "Dark Was the Night" isn't that bad, it largely fails to thrill. My Morning Jacket and The National sound vaguely like talented but uninspired tribute bands of themselves, a disappointing blend of rehashed melodies and general listlessness, and the Arcade Fire's "Lenin" feels oddly thin after 2007's "Neon Bible." And not to make a habit of picking on the Decemberists, but if you hate them already, the interminable eight minutes of "Sleepless" will not change your mind, and if you still like them you might start wondering why by the end.

The album's highs, though, are pretty goddamn high. A Dirty Projectors and David Byrne collaboration sounded like a woozy daydream to me when the comp was first announced, and "Knotty Pines" is everything I hoped for and more, unearthly but surprisingly poppy and bright, the

kind of neo-campfire-singalong tune that Panda Bear formerly had pretty much cornered. Belle and Sebastian's Stuart Murdoch, showing up solo with traditional Scottish folk-song "Another Saturday" is nicely twangy and winsome, and Feist, as usual, lights up the tracks she lends her voice to. I'm far from Andrew Bird's most impartial commentator, but his "The Giant of Illinois" is gorgeous, sounding like a cover of a long-lost and outstanding Sufjan Stevens song (Sufjan himself doesn't do too badly on this comp either, although ten minutes of Castanets homage is pushing it).

So long-story short—if you like this kind of stuff, you'll like this album. If you don't, you won't. I hate to be so tepid, but depending on your position this is either two discs of an outdated sound tooting around mourning itself, or a bunch of good musicians making (mostly) good music for a good cause. I mostly fall into the latter camp, I guess, but that doesn't stop me from regarding the set a little bit sadly. With such a stellar line-up, I feel like I shouldn't have to write such an apologetic review—while I understand that this is "just" a charity album, it's always disappointing to hear talented musicians getting complacent, and my unfortunate final impression is that many of these groups have become overly comfortable with their own sound. At the start of this review I chided Pitchfork for focusing on what "Dark Was the Night" isn't—but it may have been invigorating to challenge these musicians to new things. Why not pair up Grizzly Bear with the Cool Kids? What would we have to lose by hearing what Gang Gang Dance could do with old delta blues tunes? In pop music, as in all art, I'd much rather listen to an interesting disaster than a pleasantly middling success.

## UC Men's Golf team "warms up" in La Republica Dominicana

Chris Capone  
Grizzly Staff Writer

Most Ursinus College sports teams get the distinct pleasure of traveling to warmer weather to continue practice over Spring Break. Teams have traveled to California, Florida, and North Carolina. As a member of the Ursinus College golf team my freshman year, we traveled to North Carolina. However, this year, the Ursinus College golfers traveled to La Romana, Dominican Republic. As a second-year member of this team, I also traveled to this golfer's paradise for the eight-day getaway. If you aren't jealous yet, allow me to elaborate.

When we arrived at 9 p.m., the weather was still well above 70 (it was 90 and sunny every day). We were picked up by a small Dominican who quickly hustled our bags into an eight passenger van and sped off toward our destination, Casa de Campo. You would not believe how crazy the Dominicans drive. As we clocked 80 driving on a two lane highway, our driver would flash and beep at those driving slower, and smoothly pass them, even if the median lines indicated a no-passing zone. Nearing our destination, we had to travel through the city of La Romana, where red lights and pedestrian crosswalks mean nothing. While it was very dark because of the lack of lighting systems, we still were able to see the impoverished and unsafe living conditions. Skinny, wild dogs combed the streets looking for a quick meal, workers road on the back of trucks, and most cars looked like they just were dragged out of a junkyard. Policemen were scarce, and fires burned on street-sides with no sign of how they started or if they would go out.

We did not stay in this impoverished part of La Romana. Instead, we pulled up to a small gate that let us into our own little slice of Dominican paradise. This place was Case de Campo, the compound where most tourists in Dominican will visit or live. The compound was surrounded by miles of barbed wire fences, contained hundreds of security officers, and to our delight, had four and a half golf courses within a golf cart's distance. Our first surprise however, was the house. Our coach's house was on the third hole of a course called "The Links." It was a five bedroom, six

bathroom mini mansion with two maids and a large pool area with a covered deck and plenty of *real* coconut trees. We didn't think it could get any better. However, things in the Dominican were only starting to heat up...literally.

Each morning we awoke to a freshly prepared breakfast and then rushed down to the course to hit balls before 27 beautiful golf holes. The first course we played was, "The Links" which was a smaller, shorter, but no less difficult, course within the residential areas. However, the second, fourth, and sixth day we played, "Teeth of the Dog." This course was a favorite of most of the team members, probably because eight holes were played right on the Caribbean Sea. This tough course challenged the players with changing winds, slippery greens, and the ever-present threat of the clear blue Caribbean waters. However, this course was only a precursor to my personal favorite course which we played on Tuesday and Thursday of that week. We woke up early on these days to hit balls and then catch a 15-minute bus ride to the "Dye Fore" course on the far end of Case de Campo property. We arrive and the first noticeable thing is the distant view of the mountains in the middle of the island. Then, as you play away from the mountains, you notice that the course is on a 1000 foot cliff above the Chavón River. The course backs up to the Altos de Chavón Village on the back nine, which holds a commanding, beautiful view of the river and its banks below. This course also challenged the players with the same intimidating tactics as "Teeth," except, instead of nice, calm, clear Caribbean water, you must navigate the 1000 foot valleys that even scared the golf balls, especially mine.

These three spectacular courses were only a part however, of the fun that the Dominican Republic had to offer. The food was a key feature to the team's enjoyment. At an in-town restaurant called, "Lucas" one of the team members describes the lasagna as the "best he's ever had." The team was able to split a few small pizzas, a main course, and a few beers at restaurants like Lucas' for about \$25.

We also enjoyed the company that we met. Our caddies, Philippe and Benjamin, were two very different personalities, but fun, enjoyable people. One team member noted the second day that every person in the Dominican ran a, "side job." For Philippe, this was selling DVDs and CDs out of his backpack. He would always try to sell us some of his newest material, which sometimes some of the team had trouble refusing. Others, such as the work crew, sold golf balls. While on the tee they would walk over to you and open up their workers uniforms or pull their sleeves up and say "Callaway? Pro V?" revealing sleeves of gem-white golf balls. Some of the team had to purchase from these men, and were able to get balls for less than a dollar a piece where as in the U.S. they would be close to four or five dollars a piece.

Unfortunately, like all good things, this trip had to come to an end. As we bid farewell to our two very awesome caddies, the golf course, the food, and most importantly, the weather, I had a chance to reflect on my experiences. There are too many to even write in this article. Getting the chance to play golf in a foreign country was a chance of a lifetime. I had a blast with my team, even if sometimes the golf wasn't too good. We shared a lot of laughs and a lot of golf. The team's season starts April 1, so be on the lookout for a golf pre-season report next week!



Photo by Chris Capone

## Steve Kingsland finishes his Ursinus wrestling career strong

Jamey Cooper  
Grizzly Staff Writer

Ask anyone who has ever wrestled competitively in their lives: you don't simply compete in this grueling sport, you live it, day in and day out. There are no breaks, and there is no off-season. It's a full-time job, one that requires extreme discipline. Whether it's having the self control not to eat your favorite fatty foods, or giving up almost all of your social life in order to stay in shape and as healthy as possible, this game takes complete dedication and focus. So when Steve Kingsland finished out his dazzling career by making back to back finals at the Centennial Conference Championships, he finally had the opportunity to sit back and be proud of what he had accomplished after more than fifteen years of exhausting trial and error on the wrestling mat. For the first time in his entire life as a wrestler, he could relax and enjoy all of the hard work he had put in. One thing is for sure, he certainly earned it.

As Ursinus's representative at the 125 pound bracket, Steve took home the first place trophy at the Centennial Conference Championship in the 2007-08 season, his junior year. After enjoying a very successful senior year this past season, he had the opportunity to become repeat champion

heading into the Conference Championships this year at McDaniel College on February 21. Although he fell short in his bid at becoming repeat champ, he did not disappoint, finishing out his career impressively by taking home the second place trophy. Facing off against a very worthy opponent, Phillip Greene of Merchant Marine College, Steve kept it close but ended up losing by a 7-3 decision in a very evenly matched battle of 125 pounders.

Even though he missed the opportunity to reclaim his first place title, he did earn the Chris Clifford Memorial Award, given to the graduating senior that has compiled the most career points in the Centennial Conference Championships. While Steve was proud of his accomplishment, his humility shined through in his response to his accolades.

"I definitely feel like my hard work paid off, although I still feel I could have performed better and ended my career as an NCAA place winner. To be among the best wrestlers ever to compete in the Centennial Conference...I am very thankful for the people who helped me become that—Coach Racich, Curry, Mangle—teammates and also Todd, the athletic trainer."

And how does it feel to finally be finished after wrestling—well—seemingly forever? "I feel relieved as of

right now. But I still don't think it has struck me yet that my career is over. I feel the longer I am away from wrestling the more I will miss it." His playing career in the Centennial Conference may officially be over, but Steve says he wants wrestling to be a part of his life for years to come; in many ways, he feels, it's come to define many aspects of his identity. "I came to Ursinus not expecting to do well at the collegiate level but I worked hard and overcame the tough physical and psychological obstacles involved. Wrestling is a very fulfilling experience and has helped me become the person I am today."

Despite his recent success, Steve said he feels most proud of winning the Centennial Conference as a freshman. Coming in as the underdog, he was able to avenge his loss to the same player from the previous year and prove to everyone that he did in fact belong in the discussion with the best wrestlers in the conference. But that was just the first of many future achievements, and now that his career at Ursinus has come to an end, he can take comfort in knowing that he no longer has to fully immerse himself in a lifestyle that many would deem unimaginable. Congratulations on all of your success, Steve. Try to celebrate, even though that word may not quite yet be in your vocabulary.