



4-23-2009

## The Grizzly, April 23, 2009

Kristi Blust

Gabrielle Poretta

Gianna Paone

Caitlin Dalik

Lisa Jobe

*See next page for additional authors*

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



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

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

---

---

**Authors**

Kristi Blust, Gabrielle Poretta, Gianna Paone, Caitlin Dalik, Lisa Jobe, Serena Mithboakar, Liz Kilmer, Roger Lee, Laurel Salvo, Zach Shamberg, Chris Capone, Christopher Schaeffer, Jonathan Edward Barber, and Karin Swartz

---

# The Grizzly

The student newspaper of Ursinus College

Thursday, April 23, 2009

## For, by and starring Ursinus students



Photos by Josh Krigman

## Breakaway Productions holds annual One-Act Play Festival

Caitlin Dalik  
Grizzly News Editor

Ursinus students had the unique opportunity this past weekend to watch plays written and directed by their fellow students. On April 16, 17, and 18, Breakaway Student Productions presented the One Act Play Festival in the Kaleidoscope Performing Arts Center's rehearsal studio.

Breakaway Student Productions, the student-led theater group on campus, put on three one-act plays: "Saving Salinger," "Dayboy," and "Kill Your Darlings."

"Saving Salinger" was written by an alumnus, Grey Johnson (Class of 2008). As a student, Johnson was involved in many theater productions at Ursinus. The play was directed by senior Karin Swartz and starred Davis Howley, Zach Shamberg, Regan Dohm and Kevin Bench. The play centered around three college roommates, a brother and sister, and their Internet-obsessed friend, who are all looking for a new roommate. They interview a man named J.D. Salinger and find that he is strangely similar to the famous author who wrote "The Catcher in the Rye." The play is quite humorous especially since it pokes fun of Ursinus since Salinger attended for one semester.

"Dayboy" was written and directed by freshman Max

Marin. The play begins with a punk rock kid, played by Mark Smedberg, being confronted by a gunman. Smedberg's character realizes that the gunman doesn't shoot and that time has been frozen. While everyone else is stuck in place, he walks around and meets a homeless man, played by Josh Aungst, who steals belongings from the people frozen in place. The two are able to do whatever they want and the punk rock kid soon realizes that his idealistic ideas about anarchy aren't so great.

"Kill Your Darlings" was written and directed by freshman Chelsea Catalanotto. They play centers around a depressed painter, played by Jeff Thomas, who can't produce any work because he longs for his girlfriend, played by Sophia Lazare, to move back in. He begs her to come back while she tries to get him to take care of himself as his apartment becomes a mess and he doesn't leave the house. The audience finds later that Thomas' character is delusional when the grocery boy, played by Will Molden, makes it clear that Lazare's character isn't really there. Thomas' character begins to go insane and tells the grocery boy that he is working on a great, new exhibit, but weeks

"Breakaway Productions hold annual One-Act Play Festival" is continued on page 2.

## Red in the face?

### Blushing may indicate more than sheer embarrassment

Gianna Paone  
Grizzly Staff Writer

Have you ever noticed a crimson glow on a friend's face that seems to only appear when he or she drinks alcohol? While it might seem funny to watch their cheeks more closely resemble shades of fire engines with each shot they down, the person's body might be forewarning more than a bad hangover. A recent study published in *PLoS Medicine* reveals that flushing from alcohol consumption suggests an increased risk of esophageal cancer.

The cheek-reddening symptom is often accompanied by nausea and tachycardia, an increased heart rate, and occurs in roughly 36 percent of those of East Asian descent (Chinese, Japanese, Korean, or Vietnamese). It typically results from a hereditary deficiency in aldehyde dehydrogenase 2 (ALDH2), an enzyme that catalyzes aldehyde oxidation. In East Asian populations, two variants of ALDH2 exist—one with a normal protein-coding allele (Glu) and one with an inactive protein-coding allele (Lys). When these individuals drink, the alcohol becomes metabolized to acetaldehyde, whose accretion in the body results in red flushing. Those who have two Lys alleles (homozygotes) often find that alcohol consumption results in severe symptoms, leaving them unable to drink significantly and thus decreasing their risk of esophageal cancer from alcohol usage. Those with one Lys allele and one Glu allele (heterozygotes), however, experience a lower intensity of symptoms and can develop a higher acetaldehyde tolerance. Combined with social and cultural pressures of drinking, tolerance ironically places such individuals at greater risk for esophageal cancer than homozygotes of either Lys or Glu.

Specifically known as squamous cell carcinoma of the esophagus, esophageal cancer is one of the most fatal forms of cancer existing, with only a 15.6 percent five-year survival rate in the United States. Consistently, studies performed in Japan and Taiwan have revealed a connection between esophageal cancer and low-activity ALDH2 heterozygotes due to alcohol consumption, regardless of whether it be moderate or heavy (though the link appears nonexistent in non-drinkers' cases). Likewise, studies of cancer-free alcoholics have shown a twelve percent

"Blushing may indicate more than sheer embarrassment" is continued on page 3.

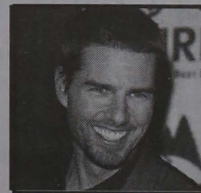
I  
N  
S  
I  
D  
E



Niger & Circumcision  
Page 2



CONGRATULATIONS TO JAZMINE SULLIVAN  
FOR HER 5 GRAMMY NOMINATIONS!  
Best New Artist  
Grammy Winner!  
Page 5



Pop Culture Surprises  
Page 6



Women's Tennis  
Page 8

## News in Brief: Childhood marriages and anti-pricay rulings

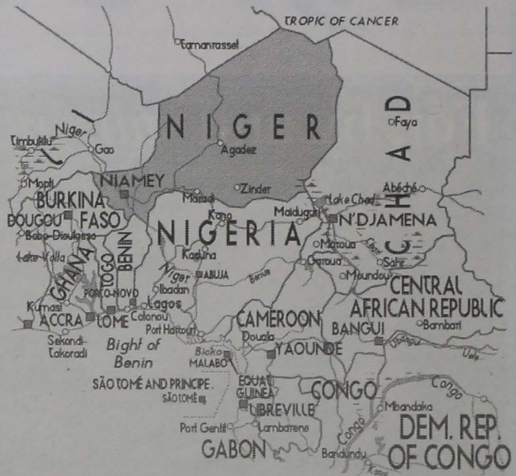
**Lisa Jobe**  
Grizzly Staff Writer

Tuesday, April 14

**(CNN)** – Ann Veneman, the head of the U.N. Children’s Fund, or UNICEF, expressed concern Tuesday over a Saudi judge’s second refusal to annul the marriage between a 47-year-old man and an 8-year-old girl. She said that “...the marriage of a child is a violation of that child’s right.” Late last year, the same judge rejected a petition seeking a divorce for the girl, filed by the girl’s mother. According to a family member speaking to *CNN*, the judge said that once the girl reaches puberty, she can file for divorce. The case has drawn considerable attention from local and international human rights groups since December, when the judge refused to annul the marriage on a legal technicality; since the girl’s parents are separated, the judge ruled that the mother is not the girl’s legal guardian and could not petition for a divorce. The girl’s father arranged the marriage in order to settle his debts with the man, a friend of his. The man has been required to sign an agreement saying he will not have sex with the girl until she reaches puberty.

Wednesday, April 15

**(CNN)** – Ten villages in the African nation of Niger have publicly denounced the practice of female circumcision, according to a new UNICEF report. Representatives of Niger’s Tillabery region have called for others to end the practice as well. The practice involves either the partial or total removal of the external female genitalia; some health consequences of which include: infertility, higher risk of HIV infection, and death. Female circumcision, also known as female genital mutilation, is based on religious and cultural traditions, and is sometimes seen as an effort to prevent premarital sex and infidelity. The rate of female circumcision in Niger dropped from 5.8 percent to 2 percent in eight years, from 1996 to 2008. However, 66 percent of women in other West African nations are still subjected to the practice. Kompoo Tamkpa, a former practitioner, said that “We thought it was good for women, that it was going to bring them success. But we found out that it does not bring anything,” and a leader of one of the ten villages said that they plan to “continue sensitizing neighboring villages so they also give up the practice.”



Wednesday, April 15

**(CNN)** – Tensions with North Korea continue to rise. Angered by the UN Council’s unanimous declaration on Monday decrying the country’s recent rocket launch, North Korea has threatened to walk away from the talks that are meant to disarm the country of nuclear weapons; additionally, they have threatened to reactivate their now-defunct nuclear reactor. On Tuesday April 14, the U.S. made clear its disapproval over North Korea’s actions, calling on the nation “to cease its provocative threats, to respect the will of the international community and to honor its international commitments and obligations.” North Korea has also told International Atomic Energy Agency inspectors to leave the country as soon as possible, saying it would no longer cooperate with the watchdog group. Russia, China, and Japan, three countries involved in the six-country nuclear talks, have issued statements urging North Korea to continue the talks.

**STOCKHOLM, Sweden (CNN)** – Four men behind The Pirate Bay, a popular Swedish file-sharing site, were found guilty “of collaborating to violate copyright law” in a ruling that many are calling a landmark decision. The four defendants (three founders and one patron of the website) were sentenced to one year in prison and to pay 30 million kronor (\$3.6 million) in damages to media giants, including Warner Brothers, Columbia, and Twentieth Century Fox. The verdict did not order the defendants to shut down the site. The Pirate Bay boasts over 3.5 million users, who use the site to exchange music, movies, and software, but the site does not host the files itself. According to supporters of The Pirate Bay, the fact that the site does not actually host the files means the defendants have done nothing wrong under Swedish law. Anti-piracy campaigners see the ruling as a huge victory; they have been targeting this site in particular for years. The owners of The Pirate Bay have faced legal threats before, but have consistently shrugged them off, posting inflammatory responses which include phrases like, “It is the opinion of us and our lawyers that you are ... morons.”

Friday, April 17

(All stories were taken from CNN.com.)

“Breakaway Productions hold annual One-Act Play Festival” is continued from front page.

...Later, investigators find that the painter has killed himself in front of a larger banner that displays the play’s title. The play also featured Tucker Bacon, Ashley Nelson-Gentry, Josh Krigman, Abe Woycke, and Brittany Esser.

Breakaway’s President, Zach Shamberg, said that the group hopes that the play festival will become an annual spring production. Other members of the Breakaway Executive Board include Allie Harmelin, Karin Swartz, Nick Bendas, and Davis Howley. In order for plays to be chosen for the play festival, all executive board members read through the scripts and interview the writers and directors.

Since the play is produced entirely by students, from start to finish, it is a different kind of experience, and a somewhat difficult one, for directors and actors alike. “It’s always tough to direct as a student, but I think Max, Chelsea, and Karin all managed their cast well and produced great shows,” Shamberg said.

Student Director Max Marin put it nicely when he said that “directing Josh Aungst and Mark Smedberg was like being Tiger Woods’ caddy.” He also explained that the extras that played the frozen characters in “Dayboy,” assisted him and “had physical presences that were indispensable.”

Shamberg also explained that acting in a student-written play can be difficult. “Acting in Grey Johnson’s play was actually a nerve-wracking experience,” he said. “As an actor, there’s much more pressure on you when you’ve become good friends with the writer. We all wanted to do the best job we could...not just for ourselves, but for Grey as well.”

“This was a unique production, showcasing student writers, student directors, and student designers,” said actor Mark Smedberg. “It really allowed some students to get involved in theatre who might otherwise not have had immediate opportunities.”

# The Grizzly

The student newspaper of Ursinus College

Volume 33, Issue 23  
grizzly@ursinus.edu

### EDITORIAL BOARD

**Kristi Blust**  
**Gabrielle Poretta**

Editors-in-Chief

**Caitlin Dalik**  
**Roger Lee**  
**Zach Shamberg**

News Editor  
Opinions Editor  
Sports Editor

### PHOTOGRAPHY

**Matt Whitman** Photo Editor

### ADVISOR

grizzly@ursinus.edu

## Are you contributing to violence in Congo?

### A discussion about Uganda and the country's situation

Serena Mithbaakar  
Grizzly Staff Writer

Could you unintentionally be supporting the conflict in Congo? Sasha Lezhnev, an expert on child soldiers and the founder of a non-profit organization based in Uganda, thinks so. Lezhnev gave a talk, sponsored by UC STAND and the International Relations Club on Tuesday, April 14.

Lezhnev is the Executive Director and Co-founder of the Grassroots Reconciliation Group, a non-governmental organization (NGO) devoted to rebuilding the lives of former child soldiers in Uganda. He has worked on peace and reconciliation issues in Uganda from 2003 to 2006, with the Northern Uganda Peace Initiative, a program of the United States Agency for International Development (USAID), and as advisor to the northern Ugandan mediator, Betty Bigombe. He has also been Policy Adviser at Global Witness, where he developed policy solutions to natural resource issues related to war and corruption.

Lezhnev addressed the audience about the situation in Congo, which has caught the world's attention for the use of rape as a tool to control women. Congo held successful elections in 2006, but with the help of the world's largest peacekeeping operation, violent conflict never ended. According to estimates by aid groups and the United Nations, fifteen hundred people continue to die every day, many from being displaced from their homes in Congo's eastern provinces. Armed rebels, who renewed their insurgency last year, continue committing acts of rape and other forms of sexual violence against Congolese women and girls.

Lezhnev explained how much of the conflict was fueled by conflict resources. Many rebel groups and both foreign and local warlords, some of whom were responsible for

the 1994 Rwandan genocide, were instigating the fight to control Congo's vast mineral resources.

Congo's conflict is mainly fueled by "3 T's": tin, tantalum, and tungsten. Lezhnev explained that the money earned in trading tin buys weapons being used in the conflict. The price of tin—found in eastern parts of Congo—has increased drastically; more than 500 percent, which has helped Congo earn more money and thus fuel this humanitarian crisis.

But how are we connected to the conflict? And what can we do to stop it?

Lezhnev talked about the "Raise Hope for Congo Project," an initiative of the ENOUGH Project to end crimes against humanity. He explained that something as small as our cell phones or iPods could be indirectly fueling a conflict in the Democratic Republic of Congo (DRC) as most computer and electronic companies use tin as a major component of their circuit boards. But major corporations like Intel and Apple are unaware where most of their tin comes from and how they might be fueling a horrifying conflict on the other side of the world. Most companies do not trace and audit their tin supply—a method that would otherwise drastically threaten Congo's rebel leaders from misusing these resources.

While peace talks have failed, Lezhnev believes that persistent consumer advocacy might go a long way. Lezhnev believes that active and ethical consumers should be directing consumer activism and exert more pressure on such companies to trace and audit their supply. For skeptics, Lezhnev assured that most companies are very attentive to their consumer's needs and concerns. One way that consumers could help is by signing the conflict mineral page on [raisehopeforcongo.org](http://raisehopeforcongo.org) or texting "CONGOPLEDGE to ACTION" to 228466.

"Blushing may indicate more than sheer embarrassment" is continued on page 3.

...increase in upper aerodigestive tract (UADT) cancers when they are low-activity ALDH2 heterozygotes. As evidence continues to show, microorganisms' metabolizing ethanol in the oral cavity significantly increases acetaldehyde levels in saliva—and ultimately, the esophagus—compared to the bloodstream.

For those of East Asian ancestry, ALDH2 deficiency can be detected simply by their experiencing the alcohol flushing (red-cheeked) response to drinking, though specific questions are asked in Japanese populations to account for one's possible tolerance to flushing. An ethanol patch test has also been used to determine sensitivity and specificity of symptoms in an individual. The study's researchers, who work for the Laboratory of Neurogenetics for the National Institute of Health (NIH), suggest that doctors warn ALDH2-deficient patients, or those potentially so, of the esophageal cancer risk that significant alcohol consumption poses for them. Additionally, they should know that smoking augments the connective risk by further increasing acetaldehyde levels in saliva. Finally, they suggest that doctors consider endoscopy because, when detected early, esophageal cancer is treatable by endoscopic mucosectomy.

Overall, their research gives reason to take flushed cheeks from drinking as perhaps less of a warning to slow down on the beers and more of a reason to consider how ethnicity can affect one's health in terms of substance use. Their study is available on the *Public Library of Science (PLOS) Medicine* website.

## Sizzling Entertainment News with Liz Kilmer

### Spector Convicted of Murder

Legendary music producer Phil Spector has been convicted of second degree murder as of Monday, April 13. The charge is for the 2003 death of cult-movie star Lana Clarkson. Clarkson was shot to death in Spector's Alhambra mansion, just hours after having met the Grammy winner. The jury neglected to reach a verdict in his first trial, which began in April 2007 and concluded in September of that same year. This time around, however, a guilty verdict was reached within 30 hours of deliberation. According to the *Associated Press*, the jury had "the option of choosing involuntary manslaughter, but did not do so." As the decision was announced, Spector's wife reportedly sobbed while he remained expressionless. Spector will be sentenced on May 29 and faces a minimum of 18 years in prison.

### Phillies Announcer Dies

Dubbed "the voice of the Phillies," Hall of Fame broadcaster Harry Kalas was pronounced dead last Monday, April 13 at the age of 73. Kalas had collapsed in the Nationals Park press box around 12:30 p.m., where he was found by a Phillies director of broadcasting. He was immediately rushed to the George Washington University Medical Center and pronounced dead almost an hour later. Players and personnel were informed shortly after, just prior to the game that Kalas had been preparing to call. "They're stunned," said club president David Montgomery, who informed the team. He later told reporters of the incident, and explained that Kalas "loved our game and made a tremendous contribution to our sport, and certainly to our organization."

To honor him during the game, a moment of silence was held prior to the first pitch. His picture appeared on the video board above right field. It was then declared by the stadium public-address announcer that Kalas was the "heart and soul of the Phillies organization."

### Scottish Singer Becomes YouTube Sensation

In the last two weeks, millions of YouTube viewers have watched and fallen in love with Susan Boyle, a 47-year-old Scottish woman whose rendition of *Les Miserables*, "I Dreamed a Dream" on *Britain's Got Talent* prompted a standing ovation and a unanimous "yes" from the show's three judges. Among these three judges is Simon Cowell, who dubbed the performance "extraordinary." The other two agreed, and made remarks regarding their initial skepticism toward the singer. It is evident in the seven minute YouTube video that audience members shared this cynicism—many were rolling their eyes and laughing at Boyle from the start. Prior to singing, she explained that she was from a Scottish town, unemployed and had never been kissed. On stage she related her talent to songstress Celine Dion—a comparison that soon seemed appropriate. Within seconds of opening her mouth, audience members were on their feet cheering and applauding. This continued throughout the entire piece, but hardly matched her own excitement upon hearing the judge's evaluation.

Since the performance, Boyle has appeared on *The CBS "Early Show"* and has been asked to appear on "*The Oprah Winfrey Show*." It is anticipated that she appear in the semifinals of "*Britain's Got Talent*." There are five more auditions before the semifinals. Judges will announce the 40 finalists after this time.

## Taking the industry by storm... Ms. Jazmine Sullivan

**Roger Lee**  
Grizzly Features Editor

The music industry has certainly evolved over the years. With new, advanced technology, it is easy to get a crystal clear sound on a record. Unfortunately, it is hard to find a natural, crystal clear voice to sell those records nowadays. In steps Philadelphia's own Jazmine Sullivan.

The 21-year-old singer just released her critically acclaimed debut album, "Fearless." Jazmine's distinct sound is being compared to old-school jazz greats like Sarah Vaughn and Phyllis Hyman along with new-school heavyweights Mary J. Blige and Lauryn Hill. Elle Magazine wrote, "She swings deep and wide like Sarah Vaughn, tears it up like Mary J., and emanates the lady-preacher seriousness of Lauryn Hill." These comparisons prove that Jazmine is a versatile singer that can be a chart-topping "current" artist.



Photo courtesy of myspace.com

Jazmine Sullivan came on the scene with the summer R&B hit, "Need You Bad." The song featured Missy Elliott and a reggae-hip-hop beat. This was followed by the female empowering "Bust Your Windows," and the soulful ballad "In Love with another Man." In Jazmine's biography, she admits that not every song came from her personal experience, but were honest songs that needed to be sung nonetheless. Jazmine served as the lead writer for her debut album.

During an interview, Jazmine talked about her song "Lions, Tigers, and Bears." It was inspired by her portrayal of Dorothy in a childhood production of "The Wiz." The song is about being afraid to enter the "world of love." Jazmine admits, "My life has been about music for such a long time that the thought of love was frightening. I knew the world of music, but the other world of love was scary, new to me. It's really about being afraid of love."

Knowing the world of music is an understatement for Ms. Sullivan. She lived in a world of music since the age of five. Jazmine started out singing in the church youth choir before singing with the adults by the time she reached double

digits. It was expected that Jazmine would sign to a Gospel record label at the age of eleven. Instead, she entered into a talented kid competition sponsored by McDonalds. This allowed Jazmine to perform "Accept what God allows" on an episode of the smash-hit "Showtime at the Apollo."

After that performance, Jazmine became interested in singing secular music. Her mother introduced Jazmine to all of the classics: Aretha Franklin, Stevie Wonder, Donny Hathaway and more. This was during the 1990s when hip-hop was in. Jazmine, like any other kid, wanted to hear what was "hot" and "current," but she soon learned to appreciate the classics and apply them to her own singing style.

Years later, Jazmine performed in Philadelphia café alongside Kindred the Family Soul and Mr. Stevie Wonder himself. Once Jazmine stepped into a Miami studio with hip-hop moguls Timbaland and Missy Elliott, major record labels finally began to take notice. Among the labels was J Records, run by "pop star producer" Clive Davis. Jazmine took a year to prepare for the important audition with Clive Davis. All of the hard work paid off as Clive Davis said "Welcome to the family!" Jazmine Sullivan was signed to J Records and began work on the debut record that still has people talking.

Billboard put it eloquently by saying "She's on fire and set to become one of the heralded new acts of the year." For more Jazmine Sullivan, visit [www.myspace.com/jazminesullivan](http://www.myspace.com/jazminesullivan)

## Thinking of becoming a vegetarian? Here's the lowdown

**Kristi Blust**  
Grizzly Co-Editor-in-Chief

Vegetarianism is as trendy as a Dooney and Bourke handbag these days. At least, that is the impression anyone who has wandered through their local grocery store lately might get. The types and quantities of vegetarian products available have flourished in recent years. Never did I think I would hear folks from my home town (good ol' south central Pennsylvania: where the cows outnumber residents and the after school hang-out is the farm store) ask what aisle the soy nut butter or tofurkey is in.

So what exactly does it mean to be a vegetarian? According to the American Heart Association, a complete vegetarian, or vegan diet, consists solely of food from plants: fruits, vegetables, legumes, grains, seeds, and nuts. This definition becomes a bit hazy, as there are certain degrees of vegetarianism. There is the lactovegetarian diet, which consists of the aforementioned foods, plus milk and other dairy products. Additionally, an ovo-lactovegetarian diet consists of all of the previously mentioned foods, as well as eggs. Then, there are semi-vegetarians, or flexitarians, who primarily eat food from plants, but also eat meat, poultry, fish, and dairy in small amounts.

I know what you must be thinking: what kind of person would give up a double quarter pounder with cheese for a spinach and chick pea salad? Better yet, why? Often, many cite animal rights as their reason for adopting a vegetarian lifestyle. These individuals are morally opposed to the killing or mistreatment of animals and object to the living conditions animals are exposed to. Others reason that the low fat, high fiber vegetarian diet is healthier than one including meat and animal products. Recently, an upsurge in environmental knowledge has prompted many to go veggie, as raising animals for consumption has shown

to be detrimental to the environment. Additionally, some feel the land used to raise animals could be better utilized, namely, to grow crops for the millions of malnourished people across the globe.

If you find yourself thinking, "Wow, maybe I should go veggie," you are not alone. I too have wondered tirelessly back and forth. Before you make any hasty decisions, it may be useful to consider some potential health benefits, as well as concerns pertaining to an all-veggie diet. As mentioned earlier, the vegetarian diet is lower in fat and higher in fiber compared to a non-vegetarian diet. According to the American Heart Association, studies show that vegetarians seem to have a lower risk of obesity, coronary heart disease (which causes heart attack), high blood pressure, diabetes, and some forms of cancer. While a vegetarian diet can be healthy if carefully planned and packed with essential nutrients, one must be vigilant, making sure that adequate calories, fat, and other important nutrients are incorporated into daily meals.

Vegetarians typically need to monitor their intake of several nutrients; some of the most important being protein, iron, vitamin B12, vitamin D, calcium, and zinc. Animals are not the only source of protein; this essential nutrient, responsible for repairing the body's cells and making new ones, can be obtained from plants. Plant proteins alone can provide enough of the essential and non-essential amino acids. Whole grains, legumes, vegetables, seeds and nuts contain essential and non-essential amino acids.

Since the richest forms of iron are found in red meat and egg yolks, many vegetarians have deficient iron levels. To combat this, it is suggested that vegetarians consume dried beans, spinach, enriched products, brewer's yeast, and dried fruits, as these are all sources of iron.

Vitamin B12 is found naturally in animal products, and should thus be monitored by non-meat eaters. Some fortified (not enriched) breakfast cereals, fortified soy beverages, some brands of nutritional (brewer's) yeast, and vitamin supplements are all healthy, alternative sources of this vitamin.

Since milk and other dairy products are a primary source of vitamin D many, vegans may have a particularly hard time taking in adequate amounts of this vitamin; supplements are suggested here. Dairy, often referred to along with Vitamin D, is also a nutrient to watch out for; however, this one can be obtained from vegetable greens such as spinach, kale and broccoli,

and some legumes and soybean products. Finally, we come to zinc. Essential for growth and development, zinc can be consumed through grains, nuts and legumes, and shellfish. As with many nutrients, supplements are also an option.

The decision to go veggie is a tough, personal choice and from what I have heard, involves quite a bit of sacrifice (especially if you like you a juicy burger). However, recent research and current environmental conditions make the decision more salient than ever before. For more information about vegetarianism, visit <http://www.americanheart.org>. For amazing raw, vegetarian cuisine, check out Arnold's Way Café in Lansdale, PA!

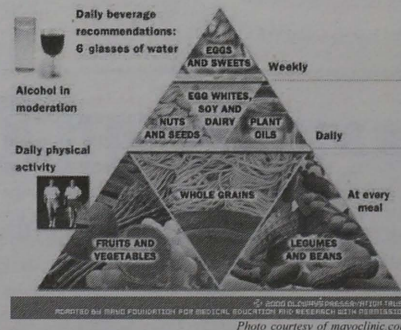


Photo courtesy of mayoclinic.com

# Trocadero goes punk with Bayside and New Found Glory

Laurel Salvo

Grizzly Staff Writer

I hadn't been to a messy show like that in ages, not since I was barricade front and center for Rise Against earlier last year. Seemingly an instant replay of that evening, I found myself front and center of a sold out crowd for New Found Glory and Bayside at the Trocadero last weekend. To say it was "messy" was really an understatement. Every strand of my hair was soaked and I felt as though I'd just come out of a shower, but had gone in with my clothes on. Even more disturbing was that most of the sweat wasn't even from me, but from the hundreds of bodies that were slamming into my back for close to four hours. I couldn't tell my own screaming from the fans around me, couldn't discern the rhythmic group-claps from Bayside's own drums; hoards of raucous crowdsurfers would occasionally slide over my cautiously ducked head, their arms flailing and kicking to move them closer to New Found Glory frontman Jordan Pundik.

Oddly enough, this show hadn't been a planned event for me. My best friend Kristy, who attends many concerts in Philadelphia, had a friend who couldn't make it to the show. I swiped his ticket and found myself in Chinatown standing outside the Trocadero with an eclectic mix of scenesters and punkers. Even more amusing was the fact that I had only ever heard one Bayside song, and was completely ignorant when it came to anything even relating to New Found Glory. Despite these facts, I had a fantastic time and can honestly say I'm now a fan of both groups.

Hailing from Queens, New York, Bayside have been touring for the past decade. They were previously seen in at festivals like Warped Tour and Bamboozle, events that

cater to short-sets and hardcore outdoor pits. Their sound is a mixture of alternative and punk. A lot of the fans who were early line-waiters outside before the show were sporting their most recent album logo in ink, a black-necked stilt bird which front man Anthony Raneri also had on the side of his neck. Like one of their 2005 singles, their fans seem to follow the label of "Devotion and Desire" when it comes to following the band. Signed to Victory records with close to ten albums behind them and 5 top-of-the-chart singles, they seem to be doing well and reaching that mark of recognition bands begin to find after touring for such a long time.

With New Found Glory, their stage presence reminded me a little bit of AFI and Green Day, combined with the silliness and endearing immaturity live bands need more of. Drummer Joe Moreno had a Paul Frank monkey wrapped around his cymbals, rhythm guitarist Steve Klein had a Ronald McDonald's playhouse decal on his Fender, and a rather large tattoo of Ronald McDonald's on his leg. Overall, as a front man Pundik was fun. He was not afraid to thrash around like a 14 year-old kid on stage, not too shy to climb down and hand screaming fans his microphone to sing into, and easygoing enough to laugh at himself during the set. The "Not without a Fight Tour" New Found Glory has been on since the middle of last month seems to have



Photo by Laurel Salvo

reached the point where all the bands know each other well enough to be their uncensored, punk-loving selves. A memorable part of the evening was just before their encore when members of Bayside and earlier opener members from Set Your Goals did a cover of Simple Mind's hit "Don't You Forget About Me." I'll foam at the mouth normally to have anything 80s played live in front of me. The way the fans sang and the little chorus line of rough and tough tattooed guys having a blast in front of us all made me remember why the best things in life always happen on unplanned whims, and why punk is still one of the greatest genres of music.

## Frustrated by incessant insomnia? Improve sleep with these tips

Caitlin Dalik

Grizzly News Editor

With finals approaching, paper and project due dates drawing near, and summer plans in the works, chances are there is a lot going on in the minds of UC students. We've all had those nights where we lie awake and can't seem to fall asleep. You lie there, staring at the ceiling, moving around, flipping the pillow over and try to get some decent shut-eye- sound familiar? It's easy to get frustrated when you can't get sleep even if you know you're tired. So, here's a list dedicated to some quick fixes that may help you get a good night's rest.

- *Relaxing Music.* According to *BBC News*, a group of Taiwanese researchers found that 45 minutes of music before bedtime can make for a restful night. Music which falls between 60 and 80 beats per minute is best, which includes jazz, folk, or orchestral pieces. The music was able to help listeners de-stress by lowering their heart and respiratory rates. The study found a 35 percent improvement for those who listened to music which provided longer and better quality rest.
- *Take a warm bath before bed.* Really, anything that relaxes you will obviously be beneficial. Getting into the routine of taking a bath and reading or listening to music will help prepare your mind and body for bedtime. Taking time out of the day to reflect and think will also help you de-stress.
- *Drink warm milk or herbal tea.* There's no scientific basis for this but they are said to be relaxing. Doctors also suggest eating a small meal a few hours

before bed. It's tough to go to bed hungry. It's important to avoid large, high-fat meals and any spicy foods because they can interfere with sleep.

- *Avoid caffeine.* Pretty obvious but it's important to avoid caffeinated drinks at least 8 hours before bed, so it's time to rethink iced coffees late in the afternoon or cocktails with soda. Doctors also claim that alcohol too close to bedtime is bad. Although alcohol initially makes you feel sleepy (a glass of wine anyone?), it prevents the deeper stages of sleep and can cause you to awaken in the middle of the night. And obviously, a lot of liquid can make you get up in the middle of the night to use the bathroom.
- *Keep a sleep routine.* Even though college doesn't always allow for this, try your best to go to bed around the same time every night. Sleeping in or taking long naps can throw your sleep cycle off so much that you can't fall asleep at all.
- *Counting sheep.* Just kidding. But some experts say that focusing on one thing can help you sleep.
- *Buy a sleep mask.* If the glow of your alarm clock or the sunlight peeking through your blinds in the morning bothers you when you're trying to get some shut eye, a sleep mask is an inexpensive way to fix that. I've found them at places like H&M and Victoria's Secret for less than \$10.
- *Exercise regularly.* Exercise during the day, and not close to bedtime, can help you sleep later at night.
- *Don't keep looking at the clock.* Looking over to check the time can cause more anxiety about falling asleep. Instead of pressuring yourself and telling

yourself that you need sleep, it's better to just get up for a little and read a book or watch some television and go back to bed once you feel tired.

- *Write before bed.* Many suggest writing down everything on your mind before bed so you feel that you have cleared your mind which keeps you from staying up worrying about things.

Whether you suffer from insomnia or simply can't fall asleep some nights, these tips may help you hit the pillow and stay asleep. And as college students, we all need to get as much sleep as we have time for.

### Ursinus College Earth Day Celebration!

In honor of earth day and this week's events, a culminating earth day celebration will be held.

\*Live music\* \*Petting Zoo\* \*Crafts\* \*Tie Dye\*  
\*Local & Organic Food\* \*Prizes\*

When: This Saturday, April 25

Where: BWC Triangle

Time: 12:00 p.m.- 5:00 p.m.

Come out and be a part of the fun!  
Sponsored by UC Environmental Action.

## Pop culture surprises: a week in review

Last week, I was driving my car to the nearby liquor... I mean, grocery store... when I heard the Taylor Swift song "Love Story" for the first time. Yes, the first time. Supposedly, the song was released months ago and, since then, has become a Billboard behemoth that can only be stopped by supernatural forces or the newest Miley Cyrus/Hannah Montana duet (but wait... they're the same person?) It's not like I avoided the song when Philadelphia disc jockeys repeatedly played it, or when the good people at iTunes decided



ZACH SHAMBERG

LIVING IN SHAMERICA

to devote entire sections of their store to Taylor Swift's discography. I try to make it out to parties on the weekends, and I've never heard even one second of this supposed "hit" on the dance floor. So, in a word, I was surprised. Pleasantly surprised. This eighteen year old girl, Taylor Swift, has become one of country's biggest stars, and she's managed to cross over into other music genres as well: next week she'll release a single featuring Snoop Dogg entitled "D. O. double-G and Ivory." "Love Story" is catchier than fire, and the only thing keeping it out of my head at this very moment is the image of Snoop Dogg and Taylor Swift actually singing together in a video. This was only one of the many pleasant (and unpleasant) pop culture surprises I encountered in the past week. Here some more:

The film "Milk" is not about milk. There are no cows, no farmers, and certainly no udders (from what I remember). "Milk" is about Milk, or Harvey Milk, the San Franciscan Gay Rights activist who, in the 1970s, became the first openly gay man to be elected to public office in the United States of America. Sean Penn won an Academy Award a few months back for his portrayal of Harvey Milk, and I don't think I could have agreed with the Hollywood voters more. Penn's transformation is absolutely jaw-dropping,

and his truly stunning scenes (ranging from a montage of political speeches to his tragic death) were perfectly crafted for Oscar night. I was lucky enough to see "The Wrestler" a few weeks back, and it must be said: Mickey Rourke does not hold a candle to Sean Penn's performance. As much as I despise Penn for his radical political views and budding "bromance" with Venezuelan President Hugo Chavez, I have to hand it to the guy: "Milk" was only watchable due to his performance. The rest of the film was bland, boring, and poorly directed. Gus Van Sant was actually nominated for the Best Director Oscar, but all he really did was throw together some old San Francisco footage with his new shots of Sean Penn and the cast. James Franco had a few nice scenes, but the disappointment that was "Pineapple Express" loomed over his every line. And Josh Brolin, who was also nominated for a Best Supporting Actor Oscar, did so little for the film that I was shocked to even see his name in the closing credits. His character may have been compelling in real life, but Brolin was so uninteresting that it was difficult to take his scenes seriously. I will also add that I watched this film over the Easter holiday with my mother, brother, and grandparents. Note to self: never watch "Milk" with mother, brother, and grandparents again. See the movie for yourself and you'll know why.

Tom Cruise. Faithful readers, fight back your preconceived notions of the guy for one second and hear me out. He's a good actor.

No, check that—he's a great actor. Watch ten minutes of "Magnolia" and try to tell me that he isn't one of the greatest actors of the last twenty years. Yes, he may have

jumped on one too many of Oprah's couches (one couch being too many), but there's no denying his acting ability. I watched the film "Tropic Thunder" for the first time last week, and I have only one question: will somebody please cast Tom Cruise in some more comedic roles? As foul-

*"I watched the film 'Tropic Thunder' for the first time last week, and I have only one question: will somebody please cast Tom Cruise in some more comedic roles?"*

mouthered studio executive Les Grossman, Cruise stole every single scene he was in, including a teleconference confrontation in which he tells Vietnam War hero Nick Nolte to shut up so that he can continue to curse out a timid director. Cruise was so hilarious that you have to wonder how any of the other actors could manage through a take without breaking character and hysterically laughing. The man who got most of the acclaim for the film, Robert Downey Jr., had some pretty memorable moments, but Cruise completely stole the spotlight. Downey Jr. was nominated for an Oscar, and I was surprised to see that Cruise's performance had gone unnoticed by the Academy. They'll honor Sean Penn, a friend of Chavez, but they'll never acknowledge a Scientologist. Strange, isn't it?

The word "overrated" is usually reserved for professional sports teams and Philadelphia athletes (Pat Burrell, anyone?), but it can most certainly apply to pop culture. Last week, the British talent competition "Britain's Got Talent" featured a forty-seven year old Scottish woman named Susan Boyle performing a song from the musical "Les Miserables." The television clip caught fire, and it has since been downloaded on more computers and seen by more people than anyone could have ever anticipated. During the performance, Judge Simon Cowell smiled so hard that it looked as if he had stumbled upon an abandoned truck filled with extra-small GAMP v-necks. The other judges were also in awe of Boyle's remarkable voice, and she's now favored to win the British reality show. I've watched the clip a few times now, and I'm still wondering what all the

fuss is about. Sure, she has a terrific voice, and it's nice to finally see an authentic contestant on a singing competition, but haven't we seen this all before? Last year, it was Paul Potts, the guy who sang opera on "Britain's Got Talent." A few years back, it was southern boy Taylor Hicks on "American Idol." Susan Boyle is not the first, nor the last, reality television surprise. Let's just hope this all blows over as quickly as possible.

## Listen and learn... Some tunes suited for finals work

Chris Capone  
Grizzly Staff Writer

When I write papers, cram for tests, or look over class notes, one thing remains the same: I listen to music. Since I live in the loudest place on earth (Reimert Hall), it is imperative that I attempt to reduce noise when I try to complete my work. For some reason, listening to the smooth sounds of an orchestra or the semi-calm lyrics of my favorite band seems to be that solution. I have had a lot of people inquire as to how I am able to accomplish such a feat. Listening to music and writing simultaneously can be a bit difficult. The lyrics seem to get in the way of thought-processes, but I guess that I have been able to mitigate their effect by concentrating. I have to the point where the music does become too much of a distraction, and therefore I don't listen to it. However, most of the time, if you see me in the library or in my room, I have my gigantic noise-cancelling headphones and I'm listening to these songs:

"Pushing Me Away" by Linkin Park.

As a die-hard Linkin Park fan, I was most definitely going to include at least one song on this list. I will be the first to admit that listening to Linkin Park and doing work simultaneously is not the most ideal of combinations. However, this particular song, which happens to be my all-

time favorite by Linkin Park, is of a different breed than most of the hard-rock/rap songs of "Hybrid Theory." Chester (the lead singer) actually sings rather than screams, and the song builds to a beautiful duet in the end.

"Cairo Suite" by Marty O'Donnell

I guarantee that less than fifty total people have heard this song, which can be found on the "Halo 2" soundtrack. That's right, I am a dork at heart, but either way, the entire "Halo 2" soundtrack is completely instrumental and this song is just as relaxing as any when one is trying to do work.

"Shooting Star" by Black Stone Cherry

I am not sure how exactly I discovered this band, but their number one song, "Shooting Star" is one of my favorites. It's got some meaning and the guitar riffs in the opening portion and the chorus are especially fun to listen to when you are writing a paper.

"Fog Bound" and "Pirates of the Caribbean"

Soundtrack by Klaus Badelt

I'm still a dork, but nothing gets me more excited about beginning that paper than the Jack Sparrow theme song.

"Vicarious" by Tool

Anyone who knows me knows that I fell in love with Tool last year. This song is my favorite Tool anthem, though not necessarily the best for writing papers. I get

way too into this song, especially before the sick guitar ending with Maynard rattling off those amazing lyrics. Either way, I can't write a paper without listening to it at least once.

"Lateralus" by Tool

The song is longer and the lyrics are not as oppressive as "Vicarious." I enjoy not having a song change every three minutes because then I can get into a zone with the song. It sounds weird, but that is the way I do it.

"High Charity Suite" by Marty O'Donnell

I'm back to the "Halo 2" soundtrack. This song is heroic and I like that, especially if I'm writing about some super-human that is about to kill thousands of aliens over a three-game span. Okay, so that isn't exactly what I write about...but if I had my choice, this song would promote such a paper.

And the number one song?

"We Still Kill the Old Way" by Lostprophets

I recently discovered this band, and have subsequently fallen in love. The reason they are number one is because, for the entire semester, I simply cannot complete any work without the Lostprophets. This song gets me into a really good zone where I am able to churn out pages at a time. Most likely, if you see me in the library, this song is on repeat for 70% of the time.



## Breakaway in the eyes of a senior: exciting and eye-opening

Karin Swartz  
Grizzly Staff Writer

This past Saturday night, as the One-Act play festival ended, the final curtain closed on my time with Breakaway Student Productions. Four years ago, fellow theater major Alia Dixon and I decided that the opening of the Kaleidoscope Performing Arts Center was the perfect opportunity to get students involved in all aspects of theatre. Being a technical theatre person myself, I was searching for opportunities to get involved in a variety of ways. In fact, my motto the past four years has been something along the lines of "I'll do anything...but act." Acting was never for me, and I desperately needed a group on campus that could utilize my abilities offstage. The thing that I loved about the idea for a Student Theatre Club is that I could do just that. Since the club officially started in 2006, I have acted as stage manager, lighting designer, scenic designer, writer, production manager, producer and, most recently, director for Breakaway.

Working with our student theatre group has undoubtedly been one of the most unique experiences of my life. I won't say that every minute has been smooth sailing, but in my humble (and clearly unbiased) opinion, we have had great times and produced some really fun shows. The past few years have been a huge learning experience for everyone involved. The overall lesson?

Expect the unexpected...and never, ever underestimate the number of hours it's possible to spend in the theater.

Breakaway has always tried to challenge the norm. Beginning with our very first show, we always tried to incorporate something new. The only performance space available to us in our first year was the Rehearsal Studio in the Kaleidoscope. It was essentially a large room with stage power. By opening night, we had created a stage, lighting, set, and audience seating. Since that show we have tried to use any spaces available to us. Our annual "Ten Minute Play Festival" is held on the lawn in front of the theater, and earlier this semester we produced "*The Vagina Monologues*" in Bomberger Auditorium.

In addition to using a variety of venues on campus, Breakaway has tried to keep the material unique. Our most recent production consisted of three one-act plays that were written and directed by Ursinus students. In the past we have also produced the age-old tale of "*Beauty and the Beast*" and the well-known "*No Exit*." Last spring, we conceived and created a play that is now widely regarded as our greatest success. The play, "*P.S. We've Missed You: The Return of the Curse of the Prisoner of Azkaban Whose Bourne Supremacy, Discovered in the Quantum of Solice was Attacked by the Clones who Lived Free and Died Hard, Part 1*," commented on the social norms of our society. Written by the Breakaway executive board and the play's cast members, "*P.S.*" portrayed television shows

and films from the future. The play encompassed every one of our goals as a student organization. It was completely student-created and, in the end, we were able to connect to our peers through the performance.

In addition to producing plays and festivals, Breakaway is also home to Ursinus' very own improvisational troupe, ZBS. Working with the group, which has been led by Nick Bendas, has allowed Breakaway to showcase all types of theater. ZBS has also provided an outlet for Breakaway actors to hone their skills as improvisers and vice-versa.

As I look back and say my parting words with Ursinus Theater and Breakaway Student Productions, I truly hope that the club continues to grow and take on new endeavors. Breakaway is so unique because it gives students an opportunity to work solely with their peers in the form of designers, producers, writers, actors and directors. The collaboration that occurs in creating a show is extremely impressive, and I hope that it will continue. I have complete faith that the rest of the executive board, which includes Zach Shamberg, Allie Harmelin, Nick Bendas and Davis Howley, will work with next year's group to carry on the traditions of the organization and continue to help the club expand. These past few years have been intense, exciting and eye opening, and I can only imagine that Breakaway will continue to succeed on this campus in the years to come.

## Disney vs. Seneca: a little flesh, a little breath and a novelty hat

Chris Schaeffer  
Grizzly Staff Writer

This week's column isn't a book review in the traditional sense; instead, it's a response to something that troubled me in last week's issue, something which I feel can be addressed by literature (see, it isn't all namedropping Umberto Eco and making snide jokes

*"The idea of happiness deriving from actually facing up to the unpleasant things in life, and in paring down our lives to the few things that truly mean the most...is the exact opposite of the swill the Walt Disney Company peddles."*

about post-structuralism). I'm talking about the rather wordily titled "Magic bridging the gap between generations and countries," an article I found well-meaning but ultimately perfidious, built on the same method of providing easy, deceptive answers to fundamental questions that the Walt Disney Company employs in order to rake in that shiny smiling 37.843 billion dollar/year revenue.

I'm not unsympathetic to the premise of the article, and I think the opening paragraph addresses a real human need—is there any place in the world where you can feel happiness in the air, believe in magic in the etc. etc., so on? Tough question. Leibniz would say yes, Sartre would say no—but neither would charge you for the privilege of hearing them say so. Neither of them would confuse paying for platitudes with finding any kind of meaningful happiness. What Danielle Chmelewski seems to miss is that Disney World is a place of business, and while that business has a vested interest in pleasing the customer, it is anything but altruistic.

In writing about "his" dream, Chmelewski, astoundingly, attributes the growth of the Disney brand to some kind of horrible animistic personification of Mickey Mouse himself—I'm sure this is all a figure of speech, but it's a dangerous one, and exactly what every company wants

you to do. In associating a product with its cute mascot instead of with the business interests behind that mascot, you effectively sign away your consumer's discretion and become every capitalist's dream. I feel like I shouldn't have to explain, in a college newspaper, that Disney is *not* your friend, that perhaps "generations of children and parents... sitting in their living rooms...watching the 'Lion King' over and over and over again, for days on end" is a disgusting and terrifying idea, that sure Disney World *is* like a drug, but it's far from the safest and happiest, in that instead of opening up some interior vista it clogs the mind with products, focus-group tested mush, complete cultural pablum.

When Chmelewski writes that "whether you are rich or poor, skinny or fat, young or old, too small or too tall, you feel at home," she is being shockingly naïve. The truly poor probably wouldn't feel at home at Disney World because, surprise, they're *poor*. For those of you following at home, that means they, well...they might not necessarily have the money to spend on a Disney World trip (over \$1,200 dollars for a three day trip, as Goofy helpfully points out on the resort's official website). Again, Disney World is not a kind of all-encompassing utopia, it's a fun-fair, a neutered, sexless, decrepified mockery of Bakhtin's *carnival*, and you're only getting in if you can fork up the cash. Disney World is the most dangerous sort of product because it fools the consumer into thinking that it stands for more than selling cartoon animals and roller-coasters; it actually makes people believe that Disney is synonymous with "optimism, faith, magic, happiness, creativity..." This is bullshit, but apparently very effective bullshit.

I'm not a cynic—hell, I even liked Disney's own "*Wall-E*" well enough—as much as the preceding paragraphs

might suggest. Far from it. I take the list of lofty adjectives above very seriously, actually. Optimism, faith, and creativity are all terrific, and I should point out that they are also free, and anyone who tries to sell them to you is mind-blowingly morally bankrupt. I'd like to direct your attention a couple hundred miles north-east of Orlando, Florida and millennia or two back, and talk about the classical philosophers known as the Stoics for a minute. Like the Walt Disney Company, stoics like Seneca, Epictetus, and even the emperor Marcus Aurelius, thought they had a pretty decent idea of how to make people happy. Except here's the thing—none of them thought lasting happiness could come out of being lied to, of charging people to muddle around in a big fake castle for a couple days, and get told by college students in costumes that life is easy. Epictetus, in fact, writes "Let death and exile and every other thing which appears dreadful be daily before your eyes; but most of all death: and you will never think of anything mean nor will you desire anything extravagantly."

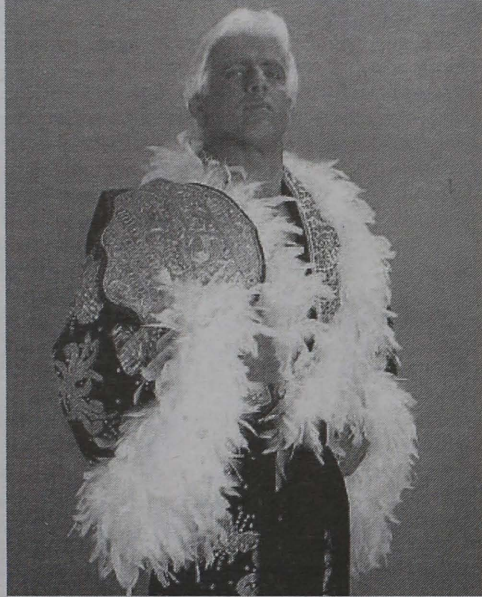
The idea of happiness deriving from actually facing up to the unpleasant things in life, and in paring down our lives to the few things that truly mean the most—family, friends, nature, reason and thought—is the exact opposite of the swill the Walt Disney Company peddles.

The ideas of these philosophers are not particularly tricky to grasp, and many of their writings are pleasantly aphoristic and bite-sized ("Erase fancy; curb impulse; quench desire; let sovereign reason have the mastery"), quite like the popular conception of Zen. You can easily go down to our very own Myrin, check one out, and breeze through it in a day while still retaining enough to chew on for awhile. It saddened me, seriously legitimately saddened me, to read Chmelewski's article, and I believe that the Stoics address this kind of befuddled idealistic consumerism beautifully. They aren't perfect—if I lived like Epictetus demanded I would be bored within a day, honestly—but they offer something honest and sincere, something I would take over a ride on Splash Mountain any day.

## Ring of fire at ECW Arena in Philly brings some "Flair"

**Jonathan Barber**  
*Grizzly Staff Writer*

"Wooo!" This was the sound which reverberated through the ECW arena in south Philadelphia on April 9, 2009. "The Nature Boy," Ric Flair, widely considered the most successful professional wrestler in history other than Hulk Hogan, strolled down the aisle in a posh gray suit.



Flair's legacy in professional wrestling is matched by few things, one of which is the ECW Arena.

Don't let the word, "arena" fool you, though. The ECW arena is not like any "arena" you've ever seen. It's less than one square block in area and is located between Oregon and Snyder Avenues, on the corner of Swanson and Ritner Streets. It wasn't until the Viking Club Mummies paved over train tracks in the 1980s that Swanson Street came to exist. Up until that point, the arena was a facility where trains stored cargo. The ECW arena is situated mere feet from the I-95 expressway overpass and a mini-landfill guarded by a 15-foot barbed-wire fence. At the Swanson and Ritner intersection is a sidewalk cratered by puddles of cigarette butts, beer residue, and mangled potato chip bags. Jagged beer bottle shards line the road, awaiting the unsuspecting ambler.

However, when a pro wrestler stepped through the doors and the decrepit gum on their shoe soles contacted the soggy, stained ECW arena floor, they might as well have been walking into Madison Square Garden. At this lonely intersection which SEPTA maps didn't even acknowledge the existence of until the mid-1990s, magic happened. There is no other way to describe how a converted bingo hall that smelled of stale beer and reached temperatures of 130 degrees with over 1,500 fans packed into its 1,000 person-capacity walls could possibly be the place where the entire professional wrestling landscape changed forever.

Fans flew to Philadelphia from all over the world just to be able to tell their friends who were wrestling fans that they had stood inside of the hallowed ECW arena. Beginning on May 14, 1993, when Extreme Championship

Wrestling (ECW), held its first pro wrestling event there, the ECW arena became a place where pro wrestling heroes became pro wrestling Gods. It is in this arena where legends such as Mick Foley and Stone Cold Steve Austin had their first encounters with greatness.

In 1994, there was one wrestler, Shane Douglas, who declared that Ric Flair epitomized everything that was wrong with professional wrestling. Douglas claimed that Flair had sabotaged his career in the rival World Championship Wrestling (WCW). Douglas' anti-Flair tirades sparked, "Flair is Dead!" signs and chants by the ECW arena faithful, who reciprocated that hate for Flair so much that they probably wouldn't have minded if he really did die. Some people said there would be a riot if Ric Flair ever came to Swanson and Ritner streets.

On April 9, 2009, hell froze over. Ric Flair stepped foot into the ECW arena. It wasn't death threats that he received, either. Fans transformed the arena into a cacophony of "Wooos," Flair's signature catchphrase. Multi-colored streamers were launched toward Flair and people bowed to him as he made his way to the ring.

Professional wrestling came full circle in an occasion that was 15 years in the making, as Ric Flair acknowledged the history of the ECW arena and its unmatched legacy in professional wrestling. In a moment that not a single person in the world could ever have foreseen happening, Ric Flair proceeded to lead the fans in a chant of three immortal letters: "E-C-W!"

*Ric Flair returns to the ECW Arena on May 29 for a second time, as Ring of Honor (ROHWrestling.com) tapes six new episodes for its HDNet national TV series, "Ring of Honor Wrestling."*

## Let's talk tennis' successful season

**Jonathan Barber**  
*Grizzly Staff Writer*

As the tennis season comes to a close, it's time to reflect back on all that was accomplished this year. The women of the UC tennis team came into the season determined to push themselves as they battled against some of the toughest tennis teams in the region. The Centennial Conference consists of two regionally and nationally ranked tennis teams in addition to several other well-respected tennis programs.

While being competitive, the women's tennis team has in recent years fallen just short of winning in numerous close matches. This year marked the turning point in the team's history. The continued efforts of captains Laura Ng and Pamela Odorizzi, both seniors, strengthened the team's camaraderie both on and off the court. Four new players

joined the six returners when the season began February 1.

The season kicked off with the team's annual Spring break trip in Altamonte Springs, with the Bears returning with a 3-1 record.

Conference play began with a monumental win against Dickinson, setting the tone for the rest of the season. In every match, every court counted as Ursinus battled to pull out exciting wins against Franklin and Marshall and Washington College despite suffering several heartbreaking losses.

If one thing is for certain, the world of tennis in the Centennial Conference has changed this year. This exciting season is drawing to a close, but everyone is ready to continue to work hard and is looking forward to shaking up the rankings even more. Ursinus hosts their final home match Thursday, April 23 against Moravian at 3:30pm - see you there!

### Upcoming Games

| Thursday, April 23             |          |
|--------------------------------|----------|
| Women's Tennis vs. Moravian    | 3:30 pm  |
| Track at Penn Relays           | all day  |
| Friday, April 24               |          |
| Track at Penn Relays           | all day  |
| Women's Tennis at Misericordia | 3:30 pm  |
| Saturday, April 25             |          |
| Baseball at Gettysburg         | 12:30 pm |
| Men's Tennis at McDaniel       | 1 pm     |
| Women's Tennis at McDaniel     | 1 pm     |
| Men's Lacrosse at Muhlenberg   | 1:30 pm  |
| Track at Penn Relays           | all Day  |

**Think volleyball's cool?**

**Do you think supporting a great cause is even cooler?!**

**Enjoy great food, music, volleyball and a raffle while you help raise money for Philabundance!**

**When: Sat, April 25      Where: Behind Reimert**

**\$: 10 bucks for a team of 4 or 5 & 1 buck for 3 raffle tickets and 5 bucks for an arms length**

*contact Alex McBride with questions: almcbride@ursinus.edu*