



1-28-2010

The Grizzly, January 28, 2010

Caitlin Dalik

Katie Callahan

Nikhil Popat

Gianna Paone

Maryanne Berthel

See next page for additional authors

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Authors

Caitlin Dalik, Katie Callahan, Nikhil Papat, Gianna Paone, Maryanne Berthel, Lisa Jobe, Emily Arndt, Emily Haldeman, Ellen Bernhard, Carly Siegler, Zach Shamberg, Helen Ann Coin, Christopher Michael, and Kate Lechleitner

The Grizzly

The student newspaper of Ursinus College



Collegeville, Pennsylvania

Thursday, January 28, 2010

Vol 34, Iss 15

Ursinus students celebrate MLK Jr. Day

By Nikhil Popat
nikhilpopat@gmail.com

Ursinus students and staff gathered together to honor the memory of slain Civil Rights leader Martin Luther King, Jr. In honor of King, Ursinus faculty put together a range of programs spanning two weeks that commemorate King's pivotal role in securing rights for African-Americans and other disenfranchised citizens. Signs with King's image were posted throughout residence halls, many adorned with quotes from Dr. King: "The good neighbor looks beyond the external accidents and discerns those inner qualities that make all men human, and therefore brothers" and "We must learn to live together as brothers or perish together as fools."

The first event took place on Monday, Jan. 18, the day recognized nationally as Martin Luther King, Jr. Day. A candlelight vigil was held at 6 p.m. from Olin to Bomberger, with Barry



On Tuesday, Jan. 19, filmmaker Jessica Sanders presented her Oscar-nominated documentary "After Innocence".
Photo by Brianna Gaddy.

Scott, authority on the life of Dr. King. That following evening, on Tuesday, Jan. 19, filmmaker Jessica Sanders presented her Oscar-nominated documentary "After Innocence," which related to King in that it was "linked to

the justice system," said sophomore Emily Patrick. The event was held in the Olin Auditorium, where freshman gathered together with their CIE instructors to view King's famous "I Have a Dream" speech last week. Stu-

dents chattered before the beginning of the viewing but as King's image projected across the screen the audience grew silent.

"King" is continued on to News, page 2.

Recyclemania: Ursinus to get in the game

By Maryanne Berthel
maberthel@ursinus.edu

Last semester Ursinus began the semester with a strong kick off towards becoming a more sustainable campus, with the Move-in Day Recycling Team trying to salvage as many recyclables as possible from what would have been the overflowing dumpsters. In the spirit of both school pride and active citizenship Ursinus students have come together yet again to build a stronger, more sustainable community.

Around campus and dispersed amongst people's inboxes are flyers advertising this semester's big event: Recyclemania! This isn't just an initiative to reduce our ecological footprint on campus, but also shows other schools how strong we are as a community, giving everyone a chance to en-

gage themselves in an event that truly can change the face of this campus. Recyclemania is a 10 week long national competition, putting us on the "court" against other colleges and universities like Franklin & Marshall, Dickinson, Haverford, Gettysburg, and hundreds more across the country. This year there are a total of 594 schools registered for Recyclemania, and like Ursinus, 377 of those registered schools are competing for the title of Grand Champion, or settling for the two next best as Per Capita Classic or Waste Minimization. Last year there were only 206 participants, with a total of 69.4 million pounds of recyclables saved from landfills all across the U.S. This year the competition

"Recyclemania" is continued to News, page 3.

Bisphenol-A: Focus of Ursinus Professor's Research

By Gianna Paone
gipaone@ursinus.edu

The fact that many CDs, medical supplies, and cell phones contain a similar chemical in the plastic from which they're made may not be surprising, but suppose that the chemical could be severely damaging to human health. You might be thinking, "Great, I'll avoid ingesting CDs or phones anytime soon;" however, UC Biology Professor Dr. Rebecca Roberts' ongoing research—as well as a progressing number of government warnings and other studies—suggest that the chemical, bisphenol-A (BPA), is nothing to joke about.

BPA, according to the National Institute of Environmental Health Sciences (NIEHS), is a chemical compound used in the manufacturing of

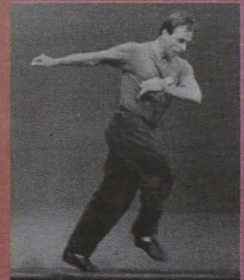
polycarbonate plastics and epoxy resins. Distinguishable by having hard, clear appearances and being marked by recycle label number seven or "PC," polycarbonates have become known for their role in the composition of plastic bottles, food packaging, electronics, medical devices, impact-resistant safety equipment—like bullet-proof vests—and automobiles. Epoxy resins, according to a brief report by the National Toxicology Program (NTP) offered by the NIEHS website, often coat metal products such as cans, bottle tops, and water pipes.

Despite its contributions, BPA's health hazards are becoming increasingly evident. A National Health and Nutrition

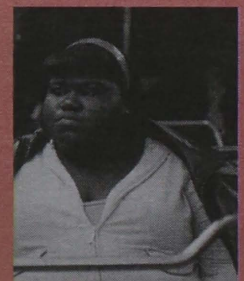
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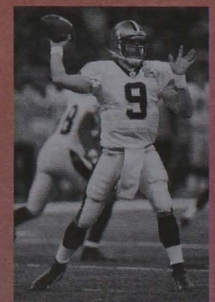
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International News with Lisa: Saints and Soldiers

By Lisa Jobe
ljobe@ursinus.edu

Sunday, Jan. 17
ROME, Italy – Pope Benedict XVI visited the Tempio Maggiore (“Great Synagogue”), the main Jewish synagogue in Rome, on Sunday amidst heightening tensions between Jews and Catholics. He called on Jews and Catholics “to keep an open dialogue” and work together to solve world crises. The visit was part of what is supposed to be an annual Catholic Day of Dialogue with Jews, but the day did not take place last year. Last year, the Vatican reinstated an old prayer that called for conversion of Jews that had been halted as part of 1960s reforms. When the Jewish community responded with anger, the prayer was reworded. However, the Vatican then “revoked the excommunication” of a bishop who denies the Holocaust took place. Furthermore, the Vatican is mov-



Photo courtesy of Google Images.

ing toward declaring World War II-era Pope Pius XII a saint, a move that angers many Jews who believe Pius XII could have done more to save Jews from the Holocaust. (CNN.com)

Tuesday, Jan. 19
BEIJING, China –

Cell phone companies in China are now monitoring text messages and have been told to revoke text messaging capabilities for users who have sent messages containing “illegal or unhealthy content,” according to state-run news on Tuesday. The new measures are part of what the Chinese government is calling a crackdown on pornography. China Mobile, a premier Chinese provider of cell service, reported that it will be scanning text mes-

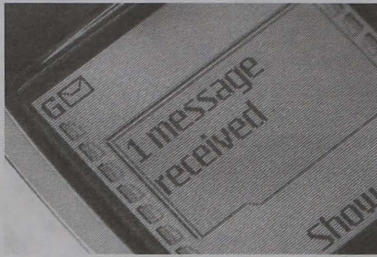


Photo courtesy of Google Images.

sages for keywords provided by police. China has been monitoring cell phone usage for a while, but now the measures are more intrusive and more punitive. Some Chinese citizens reacted with outrage to the reports. Said one businesswoman: “This is against the law. You can block Web sites for pornography or violence, but texts are from person to person. It has nothing to do with the public.” (NYTimes.com)

Thursday, Jan. 21
WASHINGTON, U.S.A. –

Soldiers stationed at Guantanamo Bay are currently preparing the base to possibly receive an influx of Haitian refugees. A spokes-

woman for the base said that at this time there is no guarantee that Guantanamo Bay will be used to house refugees, but supplies are being set up “as a prudent measure” because “it takes some time to set things up.” Soldiers at the base have erected 100 tents that hold ten beds each, with bathroom facilities nearby. Currently, the base has contributed to relief efforts by shipping bottled water and food from its warehouse to Haiti, which is 200 miles away. (CNN.com)

Friday, Jan. 22
NIGERIA – Nigeria’s federal

court has ordered the nation’s cabinet to decide in two weeks whether or not ailing president Umaru Yar’Adua is fit to lead. The BBC reports that, “The president has been in Saudi Arabia for two months, receiving treatment for a heart condition.” Many have concerns that the president’s absence has led to a “power vacuum” that could cause conflict. On Thursday, 1,000 Nigerian citizens gathered to protest the president’s



Photo courtesy of Google Images.

ongoing absence. They argue that when the president left the country for treatment, he did not hand over power to his deputy, as he is required to do by constitutional

law. If Yar’Adua is deemed unfit to lead, Nigeria’s vice president, Goodluck Jonathan, will take over. This, too, may lead to problems, because of an unusual custom in which power in Nigeria is to switch back and forth between representatives from the north and south. Yar’Adua is from the north, whereas Jonathan is from the south; northern political figures would prefer Jonathan not take over and shortchange their time in power. (BBC News Online)

“MLK” is continued from front page.

King’s image projected across the screen the audience grew silent. King delivered the speech on Aug. 28, 1963 amidst a crowd of hundreds of thousands of Americans, to voice his concerns in what he decried as “the greatest

demonstration for freedom in the history of our nation.” The 17-minute speech, delivered on the steps of the Lincoln Memorial, was a landmark event during King’s time, but his words still resonate today. “It was a very different experience actually watching King speak,” said freshman Neal Shukla, “we’ve all heard

men Caitlin Feltcher. In addition to watching King’s speech, Ursinus freshman also critically analyzed and discussed the significance of the “I Have a Dream” speech in their CIE classes. Many expressed disbelief that the most memorable part of the speech, from which the speech

gained its title, was improvised. “The fact that he ditched the last part of his written speech and then spoke the words Americans remember most is astonishing,” said freshman Michael Agiorgousis. Others however, were not as surprised. “This was a man who helped revolutionize

the way Americans thought about their core values, so naturally his speeches would reflect this,” offered freshmen Scott Taddonio. Although nearly 45 years have past since King led the March on Washington and uttered “I have a dream,” his words still astonish and inspire today.

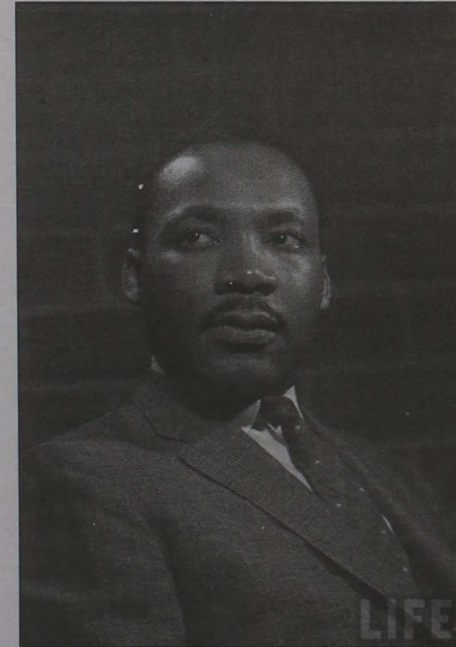


Photo courtesy of Google Images.

about [the speech] but when you see it for yourself you start to really understand the magnitude of what was being said.” King’s oratory skills were often attributed to his background as a Baptist preacher in the South. “King seemed to understand the mood of the crowd and adapt his delivery to help him communicate consistently in a meaningful manner,” said fresh-

The Grizzly

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Volume 34, Issue 15

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"Recyclemania" is continued from page 1.

has more than doubled, and everyone has to step up their game.

So what are the rules? How do we play? How do we win? And why should we care? Well the rules are simple: Recycle as much as possible! How do we win: Recycle everything and anything we can here at Ursinus, as often as possible. These first two weeks are what is called a trial period, but starting Apr. 1st our stats will begin to weigh for or against us, quite literally as they weigh the amount of recyclables vs. trash

leave this campus. Then we have 8 more weeks ahead of us to show the nation what we are made of. And finally, why should you care? Well for one, we have a chance at winning a competition that allows us to compete on an entirely new level with schools we have faced in sports events. And if winning doesn't matter to you, that is fine because this competition isn't all about winning, it is about coming together as a community.

In joining Recyclemania, we join the hundreds of other colleges that have pledged to start their path towards sustainability by recycling as much as possible, and together as a nation of college

educated, active citizens, we can really make change in the world. We could ideally save up to double the amount of recyclables as last year with twice as many participants, possibly bringing the national grand total up to over 138 million pounds, if we all show a strong initiative. Recyclemania gives us a chance to not only build our school pride and strengthen our community as it becomes more sustainable. It also helps the community at large, reducing the amount of waste we banish to landfills that might still have a purpose. With each step



we take as Ursinus community members, as Bears, we leave a paw print behind that is either harmful or helpful towards the ecological community, including humans. We have the chance to reduce that paw print by taking steps in the right direction, as consciously and purposefully as possible.

There will be several events throughout the semester, so keep your eye out for all the fun events that you may even have the chance to win things at, or learn new creative ways to transform

recyclables into cool little items you can use every day. Check the calendar on the UCGreen website under Events to keep yourself posted on where we are at in the Recyclemania competition, and just keep recycling! Wondering what you can recycle and where to take it? The UC Green website can also help you on the Campus Sustainability page. To learn more about Recyclemania and how to "get in the game" go to the UCGreen webpage or: <http://www.recyclemania.org/>. Any questions or comments, I'm always willing to help in any way I can: maberthel@ursinus.edu.

"BPA" is continued from page 1.

Examination Survey conducted over 2003-2004 by the Centers for Disease Control and Prevention (CDC) observed detectable BPA levels in 93 percent of given urine samples. Additionally, according to the NTP, numerous studies on animals report harmful effects among fetuses and newborns exposed to BPA.

On a smaller scale, BPA's potential effects on an aspect of the body's immune function are being studied right on campus; Dr. Roberts, along with student researchers, have been observing

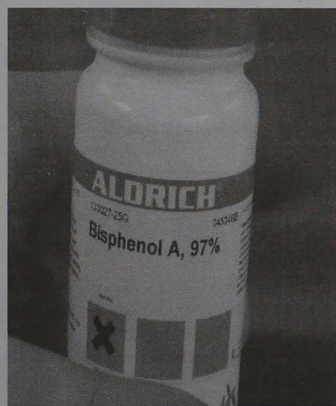


Photo courtesy of Google Images.

higher among women than men.

Dr. Roberts offers a strong opinion, stating that "the science is clear that BPA is detrimental and that infants, children, and pregnant women are especially at risk," which is due to the metabolism of BPA taking a greater toll on the smaller, still-developing bodies of unborn or young children.

While Dr. Roberts has been studying BPA's effects for ten years, the government and product manufacturers have only recently begun to call serious attention to the matter.

In an Apr. 2008 article featured on their website, for example, Nalgene Outdoor

Products announced that they'd begin to phase out their line of BPA-containing products. Liz Campo, a Penn State University Senior, admits her excitement toward buying her first BPA-free Nalgene water bottle.

Likewise, Ursinus Junior Jacki Clymer recalls seeing "BPA-free" labels on bottles that her dad had used to store gasoline while he worked on a car. "I'd heard that BPA could be bad for you," Clymer explains, "But I wondered why that would matter for something that only held gasoline."

A study featured in the journal "Human Reproduction" in September may offer her some clarity; observing the effects of occupational exposure to BPA, researchers found that men who worked in factories where they were exposed to extremely high BPA levels had consistently higher risk of sexual dysfunction than did unexposed workers.

Having had the chance to give testimony to the House of Representatives Commerce committee on House Bill 221, proposing to limit BPA in products aimed at infants and toddlers, Dr. Roberts advises that we realize that BPA exposure is not limited to water bottles. Though marvelously useful outside the body, BPA's toxic effects can be avoided by our eating fresh or frozen fruits and vegetables rather than canned ones, especially when the food is highly acidic. The NTP also suggests avoiding microwaving polycarbonate containers or washing them in dishwashers with harsh detergents and, when possible, avoiding such containers altogether by opting for glass, porcelain, or stainless steel containers and BPA-free bottles.

Students might also consider looking into how many of the containers at Wismer and Zack's are made from polycarbonate and, if any are, seeking ways that they could possibly be changed to benefit the health of the campus community.

Ursinus is Top 100

By Katie Callahan
kacallahan@ursinus.edu

The Princeton Review in conjunction with The USA Today recently announced their top 100 Best Value Colleges for 2010, Ursinus being among them. The list is split between 50 private and 50 public colleges with the top ten schools in each section being ranked followed by the other forty schools in alphabetical order. Although not making the top ten, Ursinus is one of only three colleges from Pennsylvania on both the private and public school lists. Bryn Mawr and Swarthmore, Centennial Conference rivals, both appeared on the list.

To determine the top value schools, PrincetonReview.com stated, "The Best Value Colleges were selected based upon institutional data and student opinion surveys collected from Fall 2008 through Fall 2009. Broadly speaking, the factors we weighed covered undergraduate academics, costs and financial aid. Additionally, we considered the percentage of graduating seniors who borrowed from any loan program and the average dollar amount of debt those students had at graduation."

Vice President of Enrollment, Mr. Rick DiFelicianantonio, mentioned administration was unaware that Ursinus was being considered in the Best Value Colleges because there was not a nomination process or direct contact with the school regarding the topic.

DiFelicianantonio spoke a lot about Ursinus and how academics set the school apart from others. Some of those highlights include the Common Intellectual Experience and the Independent Learning Experience that each student participates in to gradu-

ate. With the ILE, Ursinus gives students the opportunity to study abroad with other students or on their own. From India to Egypt, or Spain to Australia, Ursinus opens the doors for students to experience the world for one or two semesters without affecting their financial aid. Ursinus also helps students become involved in extensive research projects through department honors projects and Summer Fellows.

In addition to great academic experiences, Ursinus gives roughly 85% of students financial aid after an admissions process that looks for students who push themselves with rigorous courses during their senior year of high school, who are actively involved in their communities, and students that are from different socioeconomic backgrounds.

"It costs financial aid to maintain quality [of students]," said DiFelicianantonio.

DiFelicianantonio also mentioned that Ursinus keeps getting better because they are attracting the best students for the school. He also said that Ursinus focuses on a small administration and not spending money unless it directly influences quality student experiences.

We have, "academic quality for the right price," said DiFelicianantonio. He added that a liberal arts education is preparing students to be avid learners when they graduate from Ursinus. He said Ursinus does not teach just one skill, Ursinus teaches students how to learn new skills throughout their lifetime.

For a full list of the top 100 Best Value Colleges for 2010, check out USAToday.com.

It's never too late to write for The Grizzly!
E-mail elkilm@ursinus.edu
to write for the News section!

Making the Landscape at the Berman

By Emily Arndt
emarndt@ursinus.edu

The Philip and Muriel Berman Museum of Art's new exhibit may only consist of eighteen pieces, but what it lacks in quantity it makes up in its impressive individual sizes and striking images. The photographs, taken by award-winning Canadian photographer Edward Burtynsky, measure upwards of three by four feet and feature bright blues, oranges and reds. As Berman Director Lisa Hanover states, these photographs are "mind-boggling"- both in the impressive scenes they portray and the technique that is evidently necessary to develop such stunning prints. The images, which often feature human figures that provide size comparison, are composed of large-scale events that are often dramatic and tend to "center on the abstract quality" they provide, adds Hanover. While installing the exhibit, she was careful to embrace the similar elements the photographs share to a sort of continuity from one image to the next.

The photographs also have an environmental message behind them, which explains why Assistant Professor of Environmental Studies Patrick Hurley

was so eager to bring an exhibit such as this to the Berman. The images depict scenes like ship breaking and mining as well

as exhibiting, often through subtle details, the environmental impact of such industries. While this environmental

edge has facilitated Environmental Studies classes to view the exhibit, this collection appeals to more than just that area. CIE classes, as well as Media and Communications Classes, Art History and others, have also been interested in the exhibit. For Professor Gregory Scranton's Tactics, Media and Art class, the group made a trip to the Berman to examine the photographs as part of an exercise based on Walter Benjamin's "Art in the Age of Mechanical Reproduction," which itself focuses on cinema and photography, marking the exhibit as an excellent tool. The exercise, which involves a discussion of whether reproduced works of art can retain the aura of an original creative piece, is one Scranton does annually, but this year's exhibit's political message adds to the study of the essay. The students were challenged to be critical consumers rather than passive agents, fitting in with Benjamin's idea that art, in its reproduced state, is political and acts as propaganda as it is used to pacify the public. The essay further brings up the question of "what is the original?" which is clearly applicable to this exhibit.



The exhibit runs until Apr. 11 in the Main Gallery.

Talks to look for:

Mar. 30 at 4:30 p.m. with Dr. Petra Tschakert of Penn State

Apr. 8 at 4:30 p.m. with Christina Miller of Millersville University.

Spring dancing brings fundraising and events

By Emily Haldeman
emhaldeman@ursinus.edu

As always, the Ursinus dance community is ready to start off the spring semester with new and enjoyable performances. Recently I had the honor to sit down with senior Roger Lee to discuss what he and the rest of our Ursinus dancers are presenting us with this semester.

Ursinus' Escape Velocity is ready to bring new and exciting pieces to their spring performances. Lee, the current artistic director and a choreographer for Escape Velocity, spent his winter break taking classes at one of Philadelphia's most well known dance companies, Koresh Dance Company. He spent a great deal of time honing his knowledge of modern dance and is ready to apply some of his new technique(s) to the spring performance, themed Technicolor. He gave the inside scoop that he has been looking into and starting to choreograph a

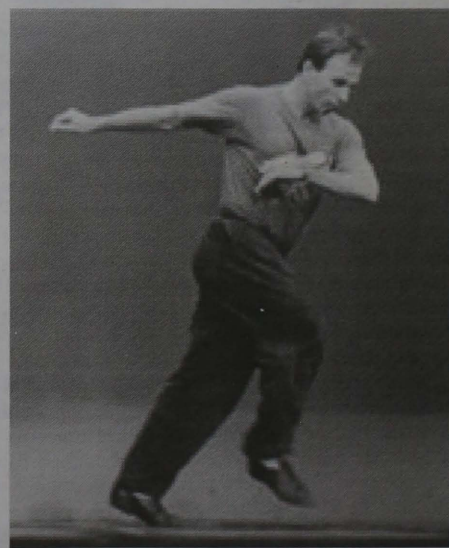
dance that represents the change from being a rural community to the industrialized society. He would focus on the idea of using the color silver; and will be used to represent industrialization. Aside from the silver color showing through his hip-hop piece, he also said that the audience can expect colorful backdrops, colorful costumes, and even colorful pieces, i.e. a piece based on envy, the color green. The Spring Concert is currently planned to run from Tuesday, Mar. 2 until Thursday, Mar. 4 at 7:30 p.m.

Also, other events to look forward to from Escape Velocity are their fundraising performances. They are looking forward to bringing back their "Dancing with the Staff" show as well as continue to raise money for UNICEF, Toys for Tots, and more. They are also in the midst of planning a performance for Relay for Life, as well as beginning to start planning an Alumni concert. The Alumni concert's

main goal is to celebrate the 10th year for Escape Velocity by welcoming back previous dancers and families. All of these performances are to be held during the months of March and April.

UCDC (Ursinus College Dance Company) is also ready for a great semester with a lineup full of well-rounded and enjoyable dances. Guest choreographer, Danny Buraczeski, is bringing the company a special piece that he has been teaching and performing for a great number of years. The piece is swing related starring music from the Big Band era. It's based on migration to rural America in the 1930s and the work, growth, and the changes that one may be faced with. Lee is the only male in the piece and with this he has a rather demanding role. In our conversation, Lee stated how this has been a large challenge for him. He has watched quite a few different recordings of previous shows in an attempt to find his inner "old and

Jewish" personality. It is something that the entire Ursinus community should be ready for. Aside from Buraczeski's piece, there is also a ballet piece by guest choreographer, Melissa Chisensa. She has been teaching ballet for the intermediate/advanced level and is now bringing her art to the stage. Aside from both guest works, we can look to see other pieces ranging from ballet to African. Dates for the spring performance are Thursday, Apr. 22 to Saturday, Apr. 24.



Be on the look-out for tickets to all dance performances to go on sale!

The Bouncing Souls celebrate

By Ellen Bernhard
elbernhard@ursinus.edu

For most Americans, 20th birthday celebrations are fairly uneventful. You've already gained the right to vote and buy cigarettes. Twenty-one is within reach, but not yet, meaning there will be no (legal) alcohol-fueled celebrations. It is the unfortunate limbo between finally escaping those awkward teenage years and becoming what most consider a "real" adult. For the Bouncing Souls, punk rock veterans and East Coast enthusiasts, this milestone didn't have to wait another year.

Throughout 2009, the Bouncing Souls celebrated twenty years together, inviting fans worldwide to join the party—and they weren't checking IDs at the door. For

MTV. Bryan, Greg, Michael and "The Pete" have spent years on the road and have met thousands of fans, but their Jersey pride always brings them home at least once a year. Since 2007, the band has been recognizing their roots with their "Home for the Holidays" concerts, held in Asbury Park after Christmas. Fans near and far make the pilgrimage to a days-long nonstop celebration featuring after parties and meet and greets. Over the years, the show opens have varied from rap to "circus punk"—but there is always something for everyone. And fans never go home disap-

they plan to go in the future. The album bleeds passion, with every song serving as a reminder that the Souls show no signs of slowing down. Tracks like "Gasoline," "We All Sing Along," and "Boogie Woogie Downtown," provide listeners with heartfelt, thought-invoking lyrics and plenty of "whoas" and "ohhs." "I Think That the World," and "Mental Bits" are lighthearted and optimistic songs with infectious beats that make you want to, well, just dance. Or push your way to the moshpit.

Many early era Bouncing Souls songs were all about having fun, going to shows, and doing what you love. Their song "Badass" harkens back to these times, citing all sorts of "badass stuff," including Kung Fu, broken bones, and Harley Davidsons. The Bouncing Souls may have been around for a while, but they definitely have not lost their sense of humor.



Photo courtesy of Google Images.

the past year, the Souls released a new downloadable track on the first of every month, ultimately compiling these songs on to a CD that dropped in January. The CD, titled "Ghosts on the Boardwalk", is an homage to what the band has stood for over the span of two decades—good times, great music, and an even greater sense of pride in what they do.

It's easy for a band to record music for twenty years—some of them should have called it quits years ago. Celebrating the Souls' twenty years in the business is unique—they have been D.I.Y. from the start, recording, touring, and promoting their music without the help of major labels or

pointed. Souls devotees defy any specific demographic. "Tweens" and senior punkers alike have spent years debating with friends about their favorite songs, concerts and memories. At the age of twelve, after (legally) downloading "Gone" from their 2001 album "How I Spent My Summer Vacation", I was instantly hooked. In the decade since, four additional CDs have been released, proving it is possible to successfully do what you love without the politics of major labels. "The Ghosts on the Boardwalk" is the crowning achievement of this—a dozen tracks that show listeners where the band has been and where

The album's last track "Never Say Die/When You're Young," leaves listeners with sage advice—to pursue your dreams and to always have a positive outlook along the way. I had intended for this to be a CD review. What resulted was an experience review. The Bouncing Souls cannot truly be experienced through a YouTube video or illegally downloaded track. Buy the CD, see them live. They have made it a lifelong point to care for their fans—and it shows. They've come a long way in the past twenty years, proving not only that punk still thrives, but that life can be a party at any age.

Career Corner: Top Ten Tips for the Career Fair

By Career Services
career@ursinus.edu

Ursinus College Job & Internship Fair
Floy Lewis Bakes Field House
February 10, 2010
12:00-2:00 pm

- 1. Why go to the fair?**
 - Meet face-face with representatives from organizations.
 - Opportunity to present the "real" you instead of the paper one.
 - Get ideas and make connections for future internships and work options.
- 2. Research organizations participating in the fair**
 - Review the list of organizations who will be attending the job fair at <http://www.ursinus.edu/career>
 - Develop a clear understanding of the organization and its mission and purpose.
- 3. Create a Resum that stands out- Bring multiple copies (at least 10-12)**
 - Have your resume critiqued by Career Services. Contact career@ursinus.edu or call 610-459-3599. Resume paper is available for purchase in Bomberger 110.
- 4. Make a good first impression**
 - Allow yourself plenty of time- arrive early and dress in professional business attire.
 - If you are applying for full-time jobs wear a suit. If you are applying for internships, "business-casual" attire is appropriate.
- 5. Have a plan of attack**
 - Pick your top 5-10 employers- find out more about them through research done

ahead of time and plan to approach these organizations first. - Approach an employer independently, do not travel in a group.

- 6. Prepare the all-important commercial**
 - Prepare and rehearse a "30-second commercial- a brief introduction that will sum up your background and strengths.
 - Walk up to the employer's table, firmly shake the employer's hand, look them in the eye and hand them your resume and launch into your introduction.
- 7. Practice your interviewing skills**
 - Practice answering specific interview questions. Have a good understanding of your academic/career goals and the type of experience you are looking for. Mentally prepare questions you would like to ask the employer.
- 8. Bring energy and a positive attitude!**
 - Smile and project interest in the organization. Employers identify "enthusiasm" as the most important personal attribute students can bring to their first position!
- 9. Keep track of contacts**
 - Ask for a business card. Have paper and a pen with you to note important details about particular conversations and organizations, including names of people who may not have had business cards.
- 10. Thank and follow-up with employers**
 - Send a thank you letter to those organizations in which you are most interested - this may help bring attention to your name.

Save The Date! Marga-RELAY-ville

Relay For Life of Ursinus College is
April 9 at 3 p.m. until April 10 at 9 a.m.
Sign your team of 8 to 15 people up now at
www.relayforlife.org/paursinus
E-mail Laura (laprahlad@ursinus.edu)
or Sam (saeverhart@ursinus.edu) with any questions.

The Grizzly is in the process of getting a face lift. If you have any ideas for the new look or if you even want to help email kacallahan@ursinus.edu or cadalik@ursinus.edu with your interest! Are you a photographer, a comic? E-mail us! This is the student newspaper of Ursinus College, we want your feedback! Happy Reading.

Who's counting anyway? A month of movies

By Carly Siegler
csiegler@ursinus.edu

A week into my second semester of college, I cannot even begin to fathom how my life has changed over the past months: new faces, new surroundings, new experiences, and a new appreciation for that extra five minutes of sleep in the morning. I missed Ursinus over break, and I am thrilled to be back, but at the same time,



winter vacation gave me a chance to renew my love affair with the cinema in a big way. My goal was to see fifteen movies over the month. I fell one short. What can I say? Was I disappointed? Of course, but fortunately, many of the films that I did see were so rich that my taste buds are still reeling.

Per my mom's insistence, my break began with George Clooney in Jason Reitman's "Up in the Air". America's favorite salt-and-pepper bachelor brings his usual charm to his role as Ryan Bingham, the guy who



A frame from the film "Precious". Photo courtesy of Google Images.

is paid to smile at complete strangers while telling them that they are out of a job. Bingham, who jets all over the country for his company, has more frequent flyer miles than Brad Pitt and Angelina Jolie. The film also stars the always graceful Vera Farmiga and Anna Kendrick as a high-strung ingénue. Kendrick, who is best known for her role as Bella's human friend Jessica in the "Twilight" films, was nominated for a Golden Globe and will likely earn an Oscar nom for her revelatory role. It makes me chuckle just a little that Kendrick is the "Twilight" girl taking Hollywood by storm, instead of the one who's been snogging the vampire.

Mr. Clooney is mighty fine as far as humans go, but in "Fantastic Mr. Fox", he is well, foxy. I do not remember the last time I saw a cartoon up until this past year, and although there is something to be said for watching real humans interact onscreen, I thoroughly enjoyed this movie, based on the Roald Dahl book of the

same name. If nothing else, it is worth the price of admission just to hear Meryl Streep as Mrs. Fox as she asks Willem Dafoe, "Am I being flirted with by a psychotic rat?"

Technically, I did see fifteen movies over the past month, if you count the fact that I saw "The Young Victoria" twice. This period drama about the early days of England's Queen Victoria (Emily Blunt) and her romance with Prince Albert (Rupert Friend) was without a doubt my favorite movie of '09. Blunt is radiant and majestic, and Friend is officially one of the most underrated actors working today.

As a hopeless romantic, I could not help but cry at the end of this movie for the love that existed between history's longest reigning female monarch and her devoted husband and confidant. Sinead O'Connor's beautiful ballad "Only You," that plays through the credits did nothing to staunch the flow of tears.

If I thought that "The Road" was depressing (which I did), I needed only see "Precious: Based on the Novel Push by Sapphire" to realize that a post-apocalyptic Earth is nothing compared to the physical, sexual, and emotional abuse inflicted on Precious (Gabourey Sidibe in a stunning debut) by her father and mother (Golden Globe winner Mo'Nique). Even the ending that offers some hope for Precious's future with her two young children is only bittersweet.

I do not want to talk about "Avatar". I do not want to talk about James Cameron. It will just make me bitter. All that I will say is that once upon a time, I thoroughly enjoyed this movie. Then, in all its flashiness, it had the audacity to win the Golden Globe

over "Inglourious Basterds", and I am still seething. The end.

While watching the Courteney Cox comedy series "Courgtown" a few weeks ago, one quote in particular struck me for its veracity: "If Matt Damon weren't married, and if he weren't a movie star, and if he lived in this town, I really think we would date." After seeing

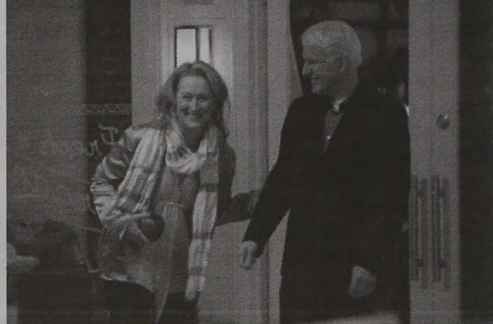
"Invictus", I agree one hundred percent with this assessment. Matt Damon is in his finest shape since "The Bourne Ultimatum" as Francois Pineaur, the real-life rugby captain who aided Nelson Mandela (Morgan Freeman, born to play this legendary South Africa in the 1990s.

"The Imaginarium of Doctor Parnassus" was a surreal experience for me. Through the entire first half, I watched mesmerized at all the talent and beauty and youth and life exuded by the late Heath Ledger in his final film. Then, as time went by, I began dreading the moment when Ledger would disappear, to be replaced by Johnny Depp, Colin Farrell, or Jude Law, all of whom stepped in for Ledger after his shocking death two years ago. At one point in the movie, Mr. Depp describes the likes of Princess Diana, James Dean, and Rudolph Valentino, with these words: "They're forever young. They're gods." It was with a profound sadness and a sense of awe that I realized that this holds true for Ledger as well.

"Daybreakers" stars Ethan Hawke as a vampire in a futuristic world where nearly everyone is undead. The irony, of course, is that due to a lack of human blood, these undead are dying out. The movie is superficially entertaining, and Willem Dafoe gets my vote for best use of a crossbow since the road rage video they showed

us in 10th grade Driver's Ed.

For the sake of space, I am going to only briefly touch on a few of the less memorable films I saw



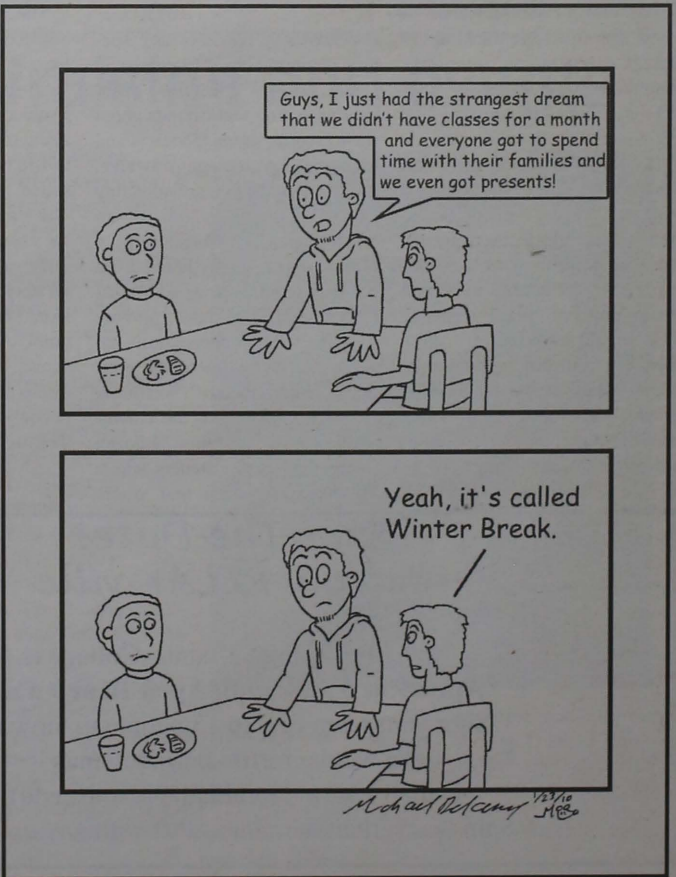
A frame from the film "It's Complicated". Photo courtesy of Google Images.

over break. The first was Rob Marshall's musical "Nine", which underwhelmed despite a cast headlined by Daniel Day-Lewis and a who's who of Hollywood royalty. Marion Cotillard gives a stand-out performance, and Fergie brings down the house with her version of the song "Be Italian," but other than that, "Nine" is a four at best. "Sherlock Holmes", directed by Guy Ritchie, has the distinction of being the only movie in which I fell asleep over break. Robert Downey, Jr. as

Arthur Conan Doyle's legendary sleuth is the one bright spot in this otherwise bleakly lit, and plotted, film. "It's Complicated" is one

of those movies that has its moments of brilliance (Meryl Streep and Steve Martin getting high "poking smot," every scene with the adorable John Krasinski), but it is definitely geared toward an older audience, one who enjoys seeing a naked Alec Baldwin... although I cannot imagine that any audience enjoys that too much. Finally, Colin Firth has gotten rave reviews for his performance in "A Single Man", and while his acting is top notch, I am a girl who will always see Firth as the hero of "Pride and Prejudice" (1995), and I cannot come to terms with the fact that Mr. Darcy is starting to get old. "Youth in Revolt" is classic Michael Cera. Based on the novel by C.D. Payne, the premise is nonsensical at times, but if you can accept it for the silly fare that it is, it is a worthwhile distraction.

So fifteen movies did not happen this year, but then again, maybe that is a good thing. I am only a freshman. I need something to work up to next year, after all.



My wake up call: the other side of 7 a.m.

By Zach Shamberg

zashamberg@ursinus.edu

The sun doesn't shine at 7 a.m., and I'm pretty sure I know why: no one in their right mind wants to be bombarded by rays of bright light that early in the morning. The birds don't chip either, and that's probably because after their 5 a.m. obligatory sing-along, they're thinking, "What the hell are we doing up so early, anyway?" Most importantly, *life* doesn't begin until at least 8:30. Employers never really mention an "8 to 4" workday, and morning traffic doesn't start becoming brutal until about 8 or 8:15. So why mention all of this, you ask? Because every Monday at 7 a.m., my alarm (which, by the way, is the new LM-FAO song "Shots") rings so loud that my neighbors must either think I'm beginning a drinking Power Hour or practicing dance moves for MTV's "Spring Break 2010" show. Though those are two activi-

ties I might enjoy immensely, I'm actually waking up for a class. Yes, a second semester, 22-year-old senior is waking up at 7 a.m. to attend an 8 a.m. class that may or may not directly affect his life in the coming years. As horrible as I feel as soon as Lil' Jon starts screaming about pouring shots for all the women in the club, I've come to enjoy my Monday morning wakeup calls. Actually, I've come to *embrace* them.

Keep this in mind: in high school, I once missed a class *twenty* times because I couldn't wake up early enough to catch the bus. During the summer, I tend to sleep until my father returns home from work (which is usually around 5 p.m.), so imagine his surprise when he begins to cook dinner and I stumble downstairs asking for an omelet and black coffee. And over winter break, I missed doctor's appointments, visits to the dentist, and I was even unable to provide my younger brother with a ride to work because of my sleeping hab-

its. Go to bed late, wake up even later. It's the one rule I've always lived by (besides showering once every four days, but I think we all follow that). This 8 a.m. class, however, has changed my outlook on sleep. Hell, it's changed my outlook on life! It doesn't have anything to do with the class, per se, but more with the fact that waking up at 8 a.m. earns you respect. There, I said it. I get respect

for waking up early.

Respect is the cornerstone of our society. Without respect, we could never look up to elected officials. We could never be in awe of celebrities. And we certainly could never watch any film starring Ben Affleck, because you couldn't say "I respect him for

making a fool out of himself" if the word "respect" didn't exist. When I wake up at 7 a.m. to take a shower and brush my teeth, the people who pass me smile. They nod.

They might even wave. It's too early to speak actual English, so I might get a muddled "hey Zach" that sounds more like a dog growling. But I know what they mean. People respect you for waking up early.

And I send it right back to them—there's a mutual understanding between students who wake up this early for class. We all know that we'd rather be asleep, dreaming about cars and food and love affairs with Dame Judi Dench (I'm not the only one, am I?), but we're up and we're going to make the most of it.

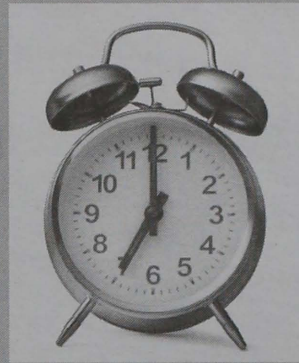


Image courtesy of Google Images.

Joggers and gym-goers, however, are not looked so highly upon. These people wake up by choice, and you can always tell a jogger from a regular person because instead of holding a bar of soap and a bath towel, they're eating an energy bar and singing along to a Ke\$ha song that's playing too loudly on their iPod (which is attached to one of those gaudy bands around their arm). We don't take too kindly to these folks—maybe it's jealousy, or maybe it's the fact that by the time we reach our classroom seat, they've already ran two miles and are just beginning to learn the words to a dance remix of "Tik Tok" (yes, I know it's catchy).

You have to understand that we 8 a.m.ers are a very exclusive group. It's quite difficult to leave the club, but it's so easy to join: just schedule your next class at 8 a.m. and ask for your membership card. I'll be waiting for you with a cup of coffee and sunglasses.

The liberal arts education in the real world

By Helen Ann Coin

hecoin@ursinus.edu

On paper, graduating and finding a job seems so simple. Step 1: Get a diploma in a respected major. Step 2: Create an outstanding resume that makes you seem like the best candidate applying for the position. Step 3: Dominate the interview. Step 4: Accept the job. Piece of cake, right?

Alright, maybe I'm exaggerating. With the current state of the economy, everyone recognizes the intense, competitive environment of the job market. The reality is that many businesses have to ensure that the person they hire is worth the expenses of hiring. In other words, a business wants to get a bang for their buck. So what does this mean for Ursinus students? It means that we have prove that we are the worth the business's expenses for hiring. This shouldn't be a problem, right? With our broad, liberal arts studies, Ursinus College prepared us to be well-rounded candidates who are open to many different learning styles.

However, as I begin to venture into the job hunt along with many of my peers, I quickly realized

that perhaps our liberal education can hinder our chances of employment. Recently, Lockheed Martin refused to consider me for a Human Resource Leadership Development program for the sole fact that I did not have enough credits in Human Resource. While my resume impressed them, Lockheed Martin emphasized how they desire a candidate with a major in Human Resource or at least a candidate with intensive studies in the field. My general Business Management minor was simply not good enough. I understand the importance of having an employee specialized in a specific aspect of a major, but how can I specialize in Human Resource when Ursinus only offers one HR course every two years?

When I realized that I could run into this problem more often in my job search, I wondered how many other graduating seniors were experiencing similar problems. Jessica Zatwarnicki, a senior Business and Economics major, explained how when applying for an accounting firm, she was almost immediately asked one simple question—"How many credits have you taken in the ac-

counting field?" Zatwarnicki truthfully stated that she only took 16 credits, and was then told she was not qualified for the position any longer. "I was told that I cannot even be considered for the position unless I have taken 24 credits that pertain to accounting," Zatwarnicki admitted. Similar to my situation, Ursinus simply does not offer any more accounting courses than the ones Zatwarnicki already took. So where else can she get her credits?

Don't get us wrong; both Zatwarnicki and I fully understand and appreciate the value of a liberal arts education. If we did not, why would we attend Ursinus in the first place? Nonetheless, we acknowledge that perhaps the liberal studies prepare students for graduate school more than the job market. As Zatwarnicki notes, "I felt great about graduating with a liberal arts education because I thought that employers would appreciate someone who would be more 'well rounded.' I actually thought that I might have an edge." For those attending graduate school, the knowledge in assorted studies is beneficial because it demonstrates how an

Ursinus student can willingly open their minds to all sorts of studies; Ursinus students are both scientific and creative. What kind of graduate school wouldn't want that kind of diverse student? I mean, even the Princeton Review commends Ursinus College's values and education.

While graduate schools may love liberal arts students, the current job market does not. Many employers worry about taking the time to train employees who are not specialized in a certain field. Ursinus students can most likely learn quickly and easily, but it is a risk some employers fear to take. Consequently, Zatwarnicki suggests, "I think some majors at Ursinus are a little too broad for today's day-in-age. Business and Economics, in particular, encompasses a wide range of topics, and I think it would be beneficial for advisors or professors to advocate concentrations in the field more so that students have a narrower focus, which is something that may be more attractive to employers." Senior Media and Communications and Theater double major Abbie Cichowski proposes, "It would be nice to find that balance

within the classroom of intellectual inquiry and real-world application of material. From the testimonials I've been hearing from fellow classmates, one of these skills is not enough anymore." With this in mind, maybe it's not that Ursinus has to change their liberal arts philosophy. Maybe it's more that Ursinus needs to incorporate hands-on experience into the classrooms as well.

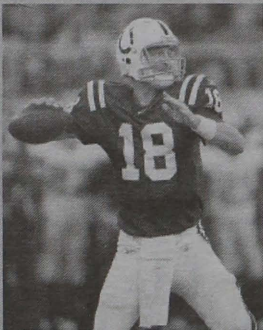
Am I saying that we all wasted our time and money on a liberal arts school? Absolutely not. Ursinus taught me more intellectual and cultural values than most other institutions ever could. "In no way do I regret my decision to attend Ursinus. It has provided me with opportunities I may have never encountered at other schools," Cichowski admits. Like Cichowski and I, most Ursinus students appreciate and respect the improvement in reason and other intellectual capacities acquired at this institution. Yet, with a little more practical and professional skills taught in the classroom, our future employers will learn to respect Ursinus equally as much as its students.

Colts and Saints to face off in Super Bowl XLIV

By Chris Michael
 chmichael@ursinus.edu

This past Sunday featured the AFC and NFC championship games which gave the winners a trip to NFL's biggest game. This year's Super Bowl will be played on Sunday, Feb. 7 at Sun Life Stadium (formerly known as Dolphin Stadium) in sunny Miami Gardens, Florida.

The AFC Championship game between the Indianapolis Colts and the upstart New York Jets was the first game of Sunday's doubleheader. The Colts went 14-2 in the regular season to win the AFC South division and clinch a first round bye. Despite the controversy of resting their starters such as Quarterback Peyton Manning in the last two games of the season instead



Colts Quarterback Peyton Manning. Photo courtesy of Google Images.

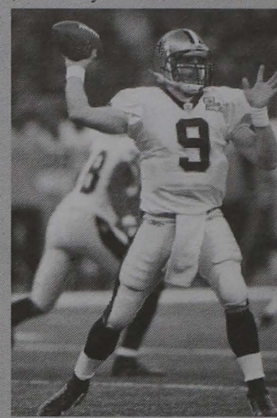
of going for a 16-0 season. The Colts were able to put it behind them and beat the Baltimore Ravens 20-3 in the AFC divisional playoffs the previous Sunday.

The New York Jets managed to win their last two games of the season in order to go 9-7, which was good enough to earn a Wild Card spot as the fifth seed in the AFC as well as a second place finish in the AFC East. The Jets defeated the Cincinnati Bengals 24-14 in the Wild Card playoffs then went on to upset the San Diego Chargers in a come from behind 17-14 win to get to their third ever AFC Championship game. Both wins came on the road for the Jets and gave QB Mark Sanchez the distinction of being only the second rookie quarterback to win two consecutive playoff games, after Ravens QB Joe Flacco who accomplished

the feat last year. After a scoreless first quarter for both teams at Lucas Oil Stadium in Indianapolis, the Jets broke out for 17 points, including an 80 yard touchdown pass from Mark Sanchez to Wide Receiver Braylon Edwards. The Colts responded and at halftime the game was 17-13 Jets. However, the Jets were not able to capitalize on their momentum and Peyton Manning (377 passing yards, 3 TDs) was able to rally the Colts to score 17 unanswered points in the second half against a tough Jets defense. The final score was 30-17 in favor of the Colts who now head to their fourth ever Super Bowl. The Colts are 2-1 in the Super Bowl with their only loss being Super Bowl III against the Joe Namath-led New York Jets.

The New Orleans Saints faced off in a dogfight against the Minnesota Vikings in the NFC Championship game. The Saints went 13-3 in the regular season to win the NFC South division, although they lost their final three games. Despite the late season struggles the Saints were able to rebound

after a playoff bye week to defeat the Arizona Cardinals in a blow-out 45-14 win. The Vikings, led by QB Brett Favre, finished the season with a 12-4 record to win the NFC North, earn a bye week,



Saints Quarterback Drew Brees. Photo courtesy of Google Images.

and grab the second seed in the NFC. Minnesota demolished the Dallas Cowboys 34-3 to travel to the Louisiana Superdome in New Orleans.

Although the Vikings scored first and led 14-7 after the first quarter, the Saints answered back in the second quarter with a 64 yard touchdown drive that culminated in a TD pass from QB Drew Brees to WR Devery Henderson. The Vikings and Saints each scored one touchdown a piece in the third and fourth quarters to force over-

time. Although Brett Favre set records for career postseason passing attempts and yards, he also broke the record for most postseason interceptions. Favre threw two interceptions in

that second half that cost his team the game as New Orleans won the coin toss in overtime and never gave up the ball with Saints kicker Garrett Hartley booting a 40 yard field goal to clinch the win. The Saints will be making their first ever Super Bowl appearance.

With the Saints and Colts winning their respective games, this year's Super Bowl will be the first time two number one seeds have played each other since Super Bowl XXVIII between the Buffalo Bills and eventual winner Dallas Cowboys.

UC Women's Swimming makes big splash in conference pool

By Kate Lechleitner
 kalechleitner@ursinus.edu

Even though the Ursinus Women's Swimming Team suffered a tough loss from Franklin & Marshall on Saturday, Jan. 23, the team is still proud of their accomplishments this season.

Coming into this weekend 8-1 for the season and 3-1 in the conference, Coach Mark Feinberg says that this is the best team he has seen in his five years of coaching at Ursinus College.

"So far, we haven't had a winning record. Last year, we finished 6-7, which was great, but this year was amazing," he said.

Coach Feinberg specifically comments on the leadership of the senior class. Great performances by Emily Herman, Lyndsay MacFeeters, Elizabeth Gombosi, Casey Gilmore and Melissa Krupa have pushed this team to work harder and achieve more this season. Emily Herman will most likely finish sixth in the conference in the 1000m and is the team's most versatile athlete.

"She'll swim anything," Coach says of his star swimmer.

The junior women also seem to propel this team into greatness.

"I can't tell you how many

times Bridget Winn and Jessica Saloky have come in first and second to win meets," he pointed out.

A prime example of this was the Swarthmore meet when both girls finished first and second in the 200m breast stroke propelling the team to a win.

But Danielle Yentz, a returning sophomore, must not be forgotten. She comes back to the team as the MVP of last season and possibly the team's most valuable athlete.

When asked about the conference competition, Coach Feinberg says that Gettysburg, Franklin & Marshall and Washington are the stiffest competitors. The team's first loss came from Gettysburg earlier in the season and its second loss from Franklin & Marshall this past weekend. Meeting two of the three toughest teams in these two weeks will be the most challenging part of the season for the Bears.

At Franklin and Marshall, the team lost 126 to 71. Starting off the meet by winning the 200m medley relay (swam by Elizabeth

Gombosi, Bridget Winn, Jeannie Weaver and Sarah Kolosky with a time of 1:56.48), the team had a difficult time continuing the momentum. Emily Herman took third in the 1650m free with a time of 18:53.18 and Danielle Yentz in the 200m back with a time of 2:19.88 took second. Other performances only amounted to second or third place wins, which was not enough to put the Bears ahead.

In evaluating what's left for the Bears, Coach Feinberg says that the team's winter trip to Costa Rica put them in a great posi-

tion for the final stretch. "You never know what the season will bring," he says optimistically.

Let's hope it bring nothing but the best for the Ursinus Women's Swim Team.

Men's Swimming lost to Franklin & Marshall 124-68 making them 5-5 for the sea-

son and 1-4 in the conference. Next Saturday, the teams will make the trip down to Maryland to swim against Washington

College followed by the Women's Swim Team's last meet at Bryn Mar on February 6 before

Conference Championships.



Photo courtesy of Ursinus College.

Ursinus Sports
this Weekend

Saturday, January 30

Track at Franklin & Marshall

Wrestling at Muhlenberg w/
 Stevens and USMMA, 11 a.m.

Swimming hosts Washington, 1 p.m.

Men's Basketball at Hopkins, 3 p.m.