



4-15-2010

## The Grizzly, April 15, 2010

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# The Grizzly

The student newspaper of Ursinus College

Collegeville, Pennsylvania

Thursday, April 15, 2010

Vol 34, Iss 23

## Ursinus' Relay For Life brings in over \$43K

By Mike Delaney  
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Despite cold winds and a forecast for rain, Friday, Apr. 9 saw the fifth annual Ursinus Relay for Life kick off without a hitch. Begun in 1985, Relay for Life is a fundraiser in which participants, divided into teams, walk around a track through the night in order to raise money for cancer research. Starting at about five in the afternoon with the survivor's lap, where those who have battled cancer are given the honor of starting things off, Relay for Life usually runs for 12 or more hours, and hosts a number of activities to raise additional funds.

Samantha Everhart and Laura Prahlad, both seniors, were this year's event co-chairs, overseeing the individual committees which made Relay for Life possible. They were also present throughout the relay to organize different ceremonies, answer questions, and distribute food, shirts,

and prizes to the numerous teams.

"This year we have over 50 teams and 600 participants signed up," said Everhart, "and expect 250-300 people to stay throughout the night, which is really exciting especially due to the weather."

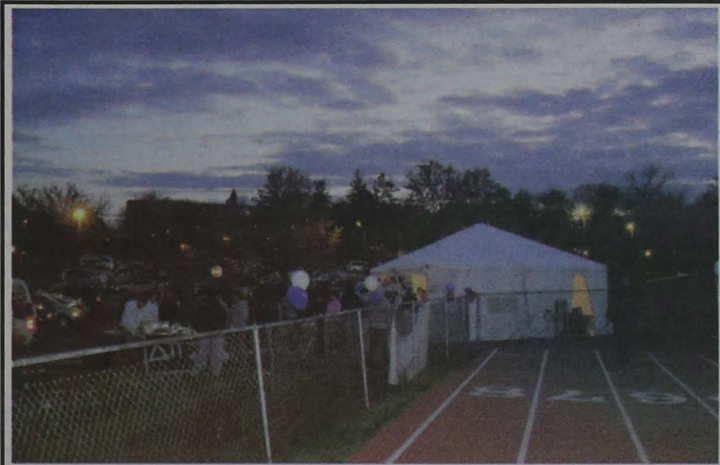
Indeed, from the relay's onset, teams had to battle surprise wind

fronts which threatened to blow over tents and scatter supplies. As the night wore on, walkers began applying more and more layers of clothes, and wrapped themselves in blankets, snuggles, and each other to stay warm. Though the goal for the relay is

to walk all night, event organizers knew that many participants would leave at some point and return to bedrooms for warmth. Still, there were countless activities throughout the night which kept teams active and, most importantly, warm.

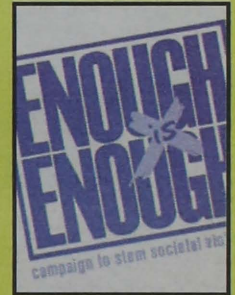
A number of the laps had themes, including the limbo, raves, or a couples lap, meant to get walkers excited and on their feet. There was also the Mr. and

"Relay" is  
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Relay for Life took place with tents set up all across the field filled with groups of students while events and food were available throughout the night. Photo by Matt Whitman.

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## V-Day celebrations continue with The Vagina Monologues

By Ashley McComeskey  
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The Vagina Monologues was presented in the Black Box Theater Thursday, Apr. 8 through Saturday, Apr. 10. Sponsored by Breakaway Student Productions and The V-Day Committee, The Vagina Monologues raised awareness and money for the women and girls of the Democratic Republic of Congo.

Directed by Senior Allie Harmelin, the production included 11 monologues and countless facts about the violence and abuse being suffered by women in the Democratic Republic of Congo. The monologues were created after Eve Ensler conducted 200 interviews with women about their sexuality.

Each monologue was presented by a different student

actress, and they covered a wide range of topics. Opening with "Hair," performed by Carly Siegler, the audience was immediately thrown into a world of issues surrounding vaginas—many that aren't often talked about in such a public forum. The first few monologues stayed light hearted, covering topics like shaving, orgasms, and the way women view their own vaginas.

In "My Angry Vagina," which was widely appreciated by the audience, Emily Garmisa ranted about the injustices vaginas face, including the need for tampons and the use of different tools by gynecologists. Then, the monologues focused on more somber topics.

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## Phi Kappa Sigma runs another successful Bike-A-Thon

By Stefanie Moyer  
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The Phi Kappa Sigma fraternity held their annual Bike-A-Thon, a fundraiser that runs for 24 hours straight. The event ran from 1 p.m. on Tuesday, Mar. 30 to 1 p.m. on the following day. In order to put on such a great fundraiser, the fraternity arranged to have a stationary bike brought up to the Olin Plaza, one that, according to the President of Phi Kappa Sigma, Mark Smedberg, was "wonderfully donated by the Ursinus gym." The fraternity arranged to have brothers of the organization bike at all times. The shifts were for an hour, with two brothers signed up per shift. One may think that the boys took a break while the campus was sleeping but that was not the case. Rather, two of the Phi

Kap members were outside of Wismer; one peddling the bike and the other playing music to keep them awake and moving. Through the event, the fraternity was able to raise \$140.60. According to Smedberg, "our goal was right around our total earnings. In the past, we have raised between \$100 and \$125 for our Bike-A-Thons, so this result was a pleasant surprise to us." The proceeds from this event have always benefitted MS walk which is a national foundation funding research to help find a cure for Multiple Sclerosis. In order to encourage people to donate, the fraternity gave all donors who pledged \$1 or more a chance to guess at the final

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## International News with Lisa:

### Chinese coal workers rescued, Russia calls for adoption halt

By Lisa Jobe  
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Monday, April 5

**BEIJING, China** – One hundred and fifteen workers were pulled from a flooded coal mine in China's Shanxi province on Monday, after being trapped for eight days and eight nights. Crews hoped to rescue another 38 miners. The workers were trapped

on Mar. 28 when a "tidal wave" of water rushed into the shaft; apparently, while constructing the mine, the workers had hit an abandoned shaft that had filled with "enough water to fill more than 50 Olympic-size swimming pools." Workers had been pumping water out of the mine for five days, when they finally heard voices on Friday. Some of the miners had used their belts to lash themselves to the wall in order to stay above the water level, while others ate bark from wooden support beams to survive. The rescue has turned into a national spectacle, with state-run news programs broadcasting live footage from the site. (*LA Times Online*)

Tuesday, April 6

**WASHINGTON** – New footage released Monday shows the death of two Reuters-employed photojournalists killed in Iraq in 2007. The journalists, along with 12-15

other Iraqis, were killed by a U.S. helicopter gunship that opened fire on a van. The footage shows journalist Saeed Cmagh survive an initial shot, but later die when the helicopter apparently opened fire on civilians attempting to move him to safety. After the incident, a U.S. military investigation concluded that the pilots of the helicopter believed the van was there to evacuate wounded insurgents, and that they mistook the cameras held by Cmagh and his colleague Namir Noor-Eldeen to be weapons. A U.S. military spokesman stated: "We regret the loss of innocent life, but this incident was promptly investigated, and there was never any attempt to cover up any aspects of this engagement." The footage was uploaded by the website WikiLeaks.org, a site that "publishes anonymously submitted documents, video and other sensitive materials." (*CNN.com*)

Thursday, April 8

**PARIS, France** – French President Nicolas Sarkozy ordered French counterespionage to investigate the origins of rumors that he and his wife, Carla Bruni-Sarkozy, were having extramarital affairs. Bernard Squarcini, the head of French counter-intelligence service DCRI, claims that the investigation was conducted in March under orders from France's police chief, who supposedly received orders from Mr. Sarkozy himself. Squarcini's claim came only hours after Mrs. Bruni-Sarkozy appeared on a French radio show to dispel rumors of such an investigation. According to leaks by aides of the French government, former justice minister Rachida Dati played a role in spreading the rumors. (*Telegraph.co.uk*)

Friday, April 9

**MOSCOW, Russia** – The Rus-

sian government has called for a halt of all adoptions of Russian children by Americans, in response to a recent scandal in which a 7-year-old Russian boy, adopted by a Tennessee woman, was put on a plane back to Russia. The boy, Artyom Savelyev, arrived in Moscow on Thursday by himself, carrying a note from his adoptive mother. The note said the woman, Torry Hansen, could no longer care for the boy because he had severe psychological issues. The note also claimed that she was misled by Russian orphanage workers into taking the boy. Russia's foreign minister, Sergey Lavrov, has called for a stop to all American adoptions of Russian children until a new agreement between the governments can be worked out. John Beyrle, the American ambassador to Russia, said in a statement that he was "deeply shocked and outraged" over the case. (*NYTimes.com*)

## "Enough is Enough" week brings awareness to campus violence

By Ashley McComeskey  
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The Ursinus Enough is Enough campaign kicked off last week on Monday, Apr. 5 with a concert, and continued through Friday, Apr. 9 with different events to raise awareness about societal violence. Each day was designated a "body part," offering alternative actions to violence.

According to Ty Wetzel, who helped organize the event, "Enough is Enough is a nationwide campaign targeted to stem societal violence in schools, on college campuses, and in the community. Typically, it's a week-long schedule of events, during the first full-week of April. The campaign was started as a result of the Virginia Tech shootings just a few years ago."

On Monday, Apr. 5, the concert was held to represent the ears-everyone hears about violence happening around them. Senior Helen Ann Coin explained, "Just listening and hearing about violence isn't enough- you have to act in response to it." The concert included acts by the UC Bearitones, Justin Cunard, Matt Whitman and Davis Howley. There was also music provided by WVOU. Between acts, musicians read facts about how violence is caused on campus,

and how colleges can prevent these acts from happening.

"I think the campaign against violence on college campuses is important, especially in response to the episodes of violence that have occurred on other college campuses," said senior Caitlin Dalik.

The event continued on Tuesday, highlighting the importance of using hands for another cause. In "Hands Don't Hurt," students were encouraged to trace their handprints on a banner outside of Wisner to show their support against violence.

Wednesday was dedicated to speaking out against violence. Wetzel explained, "During 'WisdomMM,' we filled little hand-out bags of M&Ms with key messages from the event on each of them, and handed them out during lunch. We also handed out blue awareness ribbons for the cause." In the evening, representatives from local violence shelters spoke to the campus.

Students were encouraged on Thursday to participate in a game of whiffle ball, to take a stand against violence by participating in an alternative activity. The campaign ended on Friday with a free giveaway: Frisbees with the new campus safety number were distributed at Relay for Life.

Wetzel said the initiative for the campaign was brought to the attention of the Assistant Dean of Students and Director of Campus Safety, Kim Taylor. "Planning started at the end of January," Wetzel informed. "The entire Ursinus Campus Safety Desk Assistant staff showed their support by running each event throughout the week.

Various leaders provided their help with the planning of the events, including members of the UC Ambassadors, V-Day, and the Hobson community House." Taylor worked with the Campus Safety Interns in tailoring the initiative for the Ursinus campus throughout the entire planning process.

Wetzel explained, "No one

expects that schools or college campuses would be a place of violence- they're generally safe environments. But any acts of violence are wrong, and since Ursinus is such a small community, we have the ability to make sure that any violence is stopped before it starts."

# The Grizzly

The student newspaper of Ursinus College

Volume 34, Issue 23

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*"Relay" is continued from front page.*

Mrs. Relay competition, which judged participants in such categories as Hula Hooping, Bathing Suits, and Best Dressed, where teams had to make impromptu costumes out of toilet paper and trash bags. The Relay committee also had plans for a movie at four in the morning, an Easter egg hunt at 5:30, and yoga at 7 a.m. Additionally, walkers brought their own forms of entertainment, including football, soccer, and volleyball.

Several musical performances were booked for the relay, a number of which were done by students including the Mara Claffy Band, as well as Sarah Round, who played the guitar. Junior Brandon Kamin had his own special performance alongside special Philadelphia personalities Tony Luke, famous for his cheese steaks, and the rapper Neeko, whose most recent song glorifies his home city. Local band Practically Single was also booked by one of the Relay for Life committee members.

Other organizations showed their support for Relay for Life, including Red Bull, which donated countless energy drinks to relay participants to help them stay awake through the night. A local family-run carnival company also offered their moon bounce and carnival games, donating a fair percentage of the proceeds to the fundraiser.

As far as dinner went, the

staff of Wismer made themselves available to grill hamburgers and hotdogs for the countless relay volunteers. "Dinner was served at 5:30," Everhart explained, "and teams were required to host onsite fundraisers, with most of them selling food. Breakfast is served at six in the morning."

By 11 p.m., most of the events had died down, and students continued to walk the track or take breaks in their tents while a variety of music played over loudspeakers. Two sophomores, Lindsay Adams and Chrissy Taylor, were wrapped in blankets as they rounded the football field time and time again.

"This is my fourth time doing a Relay for Life," said

Taylor, who began participating with the charity after a friend of hers in high school was diagnosed with cancer. She represented the Ursinus Women's Basketball Team, which she believes raised several thousand dollars.

"We've been out here since four o'clock," said Adams. "I think we've walked maybe 13 miles, and we're going to be walking the whole night through."

Joe Kost and Andrew Regan, both sophomores, represented the football team, which raised several hundred dollars to donate to cancer research. "It's a good thing to see all the students out here doing a good thing," Kost commented, as he and Regan

went to join their teammates in a friendly game of football on the field.

As is tradition, Relay for Life remained open to the public until midnight, giving non-college participants a chance to contribute to this fulfilling charity. Parents, Collegeville residents, and Ursinus faculty took the tracks Friday afternoon and put in their miles to raise money and awareness for cancer research. Opening Relay for Life to the community also gave local cancer survivors a chance to share their experience and to ensure no one else will go through their same ordeal.

The survivor's walk, as well as the luminaria ceremony, reminded walkers of those who made it through their battle with cancer, as well as those who did not, giving Relay for Life a much more tangible purpose. During the luminaria ceremony, both the Bearitones and the B'Naturals sang in honor of cancer's victims, and shortly thereafter George Edson, father of Ursinus graduate Amy Edson, spoke before all Relay participants about his experience with renal cancer, of which he has been free of for over a year, and how much it means for the college to contribute to the ongoing battle against cancer.

This year's Relay for Life raised \$43,000 to date. However, donations will continue to be collected until August, with an ultimate goal of \$55,000.

*Anyone interested in participating in Relay for Life in the future, or making a donation to their ongoing cancer relief efforts, can find information online at <http://www.relayforlife.org/paursinus>.*

"A Teenage Girl's Guide To Surviving Sex Slavery." She told the story of a woman from the Democratic Republic of Congo, who was held captive as a sex slave for two years. She delivered a list of ways to survive to a captivated crowd, ending the show with a powerful message.

According to the Vagina Monologues brochure, V-Day organizers around the world are working to make a difference. In the Democratic Republic of Congo, "rape is used as a weapon of war to torture and humiliate women. Since 1996, this conflict has caused over 5 million deaths, more than any war since World War II." The Vagina Monologues works to increase awareness about groups of women, like the women in the Congo, who are resisting violence every day.

While each monologue was different, each raised awareness about the power of women, the importance of their own sexuality, and the importance of fighting violence against women. Harmelin explained, "It's such a great show for a great cause."

Many members of the Thursday night crowd had the same reaction: "That was intense," was heard from countless mouths as the theater cleared.

Harmelin said, "I was really happy with the turnout [of the shows], especially Saturday... We were more than sold out. I was also really happy that a lot of guys came out to see the show. I think it speaks very highly of the Ursinus Community."

*"Bike-a-thon" is continued from front page.*

final mileage. The person who had the closest guess would win a \$25 gift card. The closest guess came from freshman Gary Boyson who guessed that the fraternity would bike a total of 283 miles, only 5 miles shy of the actual mileage. Smedburg shared that one of the traditions with this fundraiser is "we always end the last hour of the Bike-A-Thon with a rendition of 'It's The Final Countdown' by Europe which is always a lot of fun."

Not only did the fraternity enjoy their fundraiser but the students on campus loved the atmosphere that accompanies the Bike-A-Thon. According to senior Jennifer Hooven "it was great walking out of my dorm at 9 a.m. to music playing. It started

my day off on a good note, no pun intend." Junior Emma Bacharach "wishes they held this fundraiser on a daily basis because the whole campus seems to be in a better mood during this time. However, I know biking for 24 hours is quite a feat so I guess it is not very plausible to expect an organization to participate in this for days on end."

Not only does this organization hold successful fundraisers, they also offer tutoring sessions to the whole student body. So if you are stressing about upcoming finals, keep an eye out for their sessions and you'll be sure to do well on your exams.

The Ursinus Community would like to congratulate the Phi Kappa Sigma fraternity for biking a total of 288 miles and raising money to benefit such an important foundation.

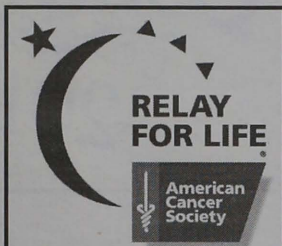


Photo courtesy of the Am. Cancer Society.



Brothers of Phi Kappa Sigma pose around Jason Mullins. Photo courtesy of Phi Kappa Sigma Fraternity.

*"Monologues" is continued from front page.*

"I Was There in the Room" was performed by Melissa Pankake, and told the story of a grandmother witnessing the birth of her granddaughter. "Crooked Braid" followed and told the story of Native Americans that were abused by their husbands. Performed by Gabi Poretta, Sarah Brand, Diana Finesmith, and Alexis Murauskas, the monologue was moving, switching between the individual stories of the women, and ending with a powerful, united plea: "You took our land. You took our men. We want them back."

The show ended with Anna Larouche performing the heartbreaking monologue,

*The Grizzly is currently seeking editors for the 2010-2011 academic year!*

Are you looking for ways to boost your resume? Have a talent for coming up with great story ideas and editing?

The Grizzly is looking for students who have a sincere interest in being a part of the student newspaper of Ursinus College. Previous experience is not required but is preferred. As an editor, you will help brainstorm ideas for your section, recruit writers, and edit stories weekly.

If interested, submit two writing samples (in a journalistic style preferably), clubs and organizations you will be involved in next year, and a short statement on why you would like to be considered to Katie Callahan, at [kacallahan@ursinus.edu](mailto:kacallahan@ursinus.edu).

**Applications are due no later than 5 p.m., April 21, 2010.**

## Career Corner:

### Honoring Earth Day with green grad school programs

By Career Services  
career@ursinus.edu

If you're considering grad school, you might want to consider a program that will prepare you for a green-collar career. Consider the following fields of green.

#### Environmental and Natural Resources Law

Schools such as the University of Oregon School of Law and Lewis & Clark Law School offer programs that teach earth-friendly law practices, such as environmental justice and animal law. Environmental law grads work in private practices, public interest, the government, or corporate America.

#### Master's in Sustainable Design

Courses in green material and eco-friendly construction

practices prepare students for a career as LEED-certified architects. Columbia College Chicago, Philadelphia University, Carnegie Mellon University, and University of Texas are a handful of the many universities that offer master's degrees in the field.

#### Master's in Environmental Journalism

Many journalism programs are adopting an optional environmental concentration. Columbia University, University of Colorado, and Michigan State University are some top schools offering degrees for journalists who want to inform the public about discoveries, insights, and controversies in earth and environmental sciences.

#### Engineering Sustainable Systems

Students learn to protect, restore, and create systems that are so-

cially, environmentally, and economically sustainable. Villanova University, Arizona State University, and Appalachian State University all offer master's degrees in sustainable engineering. Tracks of study may include alternative and renewable energy, watershed sustainability, environmental sustainability, and sustainable infrastructure.

#### Sustainable Agriculture Master's and PhD

This degree focuses on components like landscape and watershed management, food security, as well as crop and livestock production and protection. Iowa State University and Aquinas College offer both a master's of science or PhD in sustainable agriculture.

From *Jungle Campus*, Spring 2010

## Don't miss Ursinus' Annual Celebration of Student Achievement (COSA)



Wednesday, April 21, 2010  
All day event!

## Title IX: A female athlete's freedom, or her health?

By Gianna Paone  
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Title IX of the Education Amendments of 1972 applied changes to U.S. law that prohibited gender discrimination in educational environments, stating, "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance..." While the amendment was created with the intention to provide high school and collegiate females with deserved freedoms in school activities, research is now showing that females in the preceding years were, essentially, denied the opportunity for important health-improving behaviors.

The most significant and well-recognized impact of Title IX was that which it had on school athletics, whose participation by high school females increased by over 600% between the academic year prior to Title IX's enactment (1970-71) and 1977-78, according to the National Federation of State High School Associations. Beyond showing that females, like males, could have serious interests in sports, the amendments also opened the doors for increased future physical activity and lower risks of weight-related issues

among those who participated in sports as adolescents.

UC senior and competitive gymnast Kira Oldham-Curtis agrees, explaining, "An active lifestyle is essential to combating stress and preventing diseases that so frequently accompany obesity and the aging process."

A study published earlier this year in "Evaluation Review," for example, focused on women ages 12 to 17 during 1971-1980 and found an increased likelihood of girls participating in physical activity that led to improvements in body mass index (BMI)—

which measures weight in relation to height—likelihood of being overweight or obese, and body composition—or percentage of body fat vs. lean body mass. In other words, adolescent females seized the chances to partake in physical activity once it became offered to them, resulting in a positive

impact on their bodies and fitness habits even when they reached their 30s and early 40s.

The Surgeon General's report on physical activity and health and the report of The President's Council on fitness and sports both offer further support for the

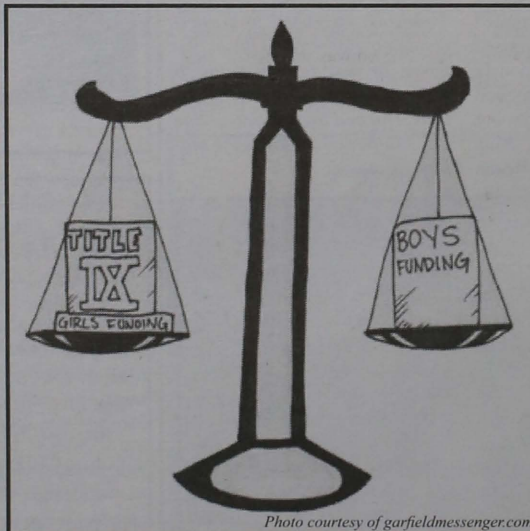


Photo courtesy of garfieldmessenger.com.

study's implications, revealing that improved blood lipid (fat) profiles and lower blood pressure—measurements of two risk factors for coronary heart disease, the number one life-taking disease in the U.S.—are linked to youth physical activity.

In the midst of a struggle with obesity in epidemic proportions,

U.S. society may be intrigued to further understand how factors like gender discrimination could be contributors. "Healthy People 2010," for example, was a framework designed in 2000 to outline the goals of improving nationwide health over the next decade, and it listed physical activity as the foremost Leading Health Indicator on a list of ten major concerns. Acknowledging the importance of the goal, then, those who encourage increased physical activity could benefit from looking at how and why discriminating laws could be linked to physical health-related issues just as strongly as other often-accused sociological factors.

The female/male wage gap offers a potential example. According to the Institute for Women's Policy Research "Fact Sheet" published in March, women's median weekly earnings were only 80.2% of men's in 2009, while the annual salary ratio was even lower. Factors that doctors, nutritionists, fitness experts, and government researchers repeatedly cite as contributors to better physical health and

lower obesity risks (i.e. gym workouts, whole or organic foods, organized sports teams) often cost money, so—as the study above demonstrates—those having a harder time accessing them are less likely to reap their benefits. Numerous findings indicate that males are more likely to participate in physical activity, but if a woman having the same employment as her male counterpart makes less money, then investing in a gym membership at an average of \$30 to \$40 per month would obviously be more of a financial burden for her. Moravian College senior Jackie Swope also recognizes the issue and explains, "I didn't know companies still discriminated like that. It's really sad that our country still has yet to accept full equality in the workplace, even after women prove themselves over and over."

Thus, while many continue to seek and to work for equality among genders, races, ages, social classes, and other common target areas of discrimination, perhaps they might consider looking beyond the grounds of freedom and justice and expand their focuses toward health-related effects—like those made evident by Title IX's enactment—to support their arguments against discrimination.

# Bruno's Restaurant: Cheeseburgers in paradise?

By Mac Kilduff  
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A bit away from school, straight down Germantown Pike toward the amazing city of Philadelphia, sits a restaurant that I have been frequenting for over a decade. Bruno's Restaurant sits on a corner near the stunning Chestnut Hill College and overlooks a portion of calm Valley Green. The outside of the building is very quaint and looks like what it is: a local joint catering to the nice town of Chestnut Hill. Many flock to the area in the spring and summer to get a seat outside on the porch. We even sat on the porch with a dog once and no one paid us any mind; many folks come along from the local trails so pets sometimes lounge outside.

Inside you will find a vintage jukebox with a nice selection of oldies. The restaurant has an old diner appeal to it but certainly has higher quality food. You can take a seat in the booths that sit on top of the checkered floor or sit over at the counter on stools that children often twirl around on. You might even get acquainted with the friendly staff.

Going with friends or even with takeout I usually get the

cheese fries. The round cut fries are perfect for collecting the delicious Cheese Whiz. Cathy Hauk, a senior at Ursinus, is a fan of Bruno's: "I like their fries. Not everyone can do cheese fries all that well but Bruno's pulls it off." A basket of fries can usually disappear pretty quickly so make sure you get your fill. One problem a few friends had was that they did not get fries with their meal but the fries are so good and plentiful that paying a little extra is worth it.

I often keep it simple, going with a cheeseburger for my meal. I think Jimmy Buffet's "Cheeseburger in Paradise" was written about Bruno's because I hesitate to say any other burger is better than theirs. The cheese is melted perfectly over the juicy meat and it is topped off with whatever you want. I'm a fan of a plain cheeseburger and ketchup with a pickle on the side since I'm eating a burger, not a salad.

I would also highly suggest a milkshake to tie up the meal because their milkshakes are wonderful. Sitting on the porch with a milkshake on a hot summer day is definitely a must. If you decide not to have a milkshake, however, you can go to the ice cream shop



Photo courtesy of northwestphiladelphia.com

adjacent to Bruno's for a nice treat.

Bruno's offers comfort food at its finest but you can have full meals or even just go in for a hoagie or get some cheesesteaks for takeout. Do not take this article to make it seem like those are your only options but Bruno's is great for a lunch like this, even if it may be a bit busy sometimes.

If you decide to eat in, bring some friends and have a seat in one of the large circular booths. I guarantee it is a nice getaway from college food. Some complain about the prices but it is not that bad for delicious food. Just take a drive down Germantown Pike and you cannot miss it—and you will not want to.

Like writing about music, the environment, clubs and other issues on campus?  
Interested in writing for the Features section?  
E-mail [elbernhard@ursinus.edu](mailto:elbernhard@ursinus.edu)  
or [gipaone@ursinus.edu](mailto:gipaone@ursinus.edu).

# Omega Chi and UCARE team up for blood drive

By Jessica Zatwarnicki  
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Every two seconds, someone in the United States needs a blood transfusion, and more than 38,000 blood donations are needed every day. The demand for blood transfusions is growing faster than contributions, and it is more critical than ever for people to make an effort to give blood. Omega Chi knows the urgency for blood supply, and on April 6th and 7th, they teamed up with UCARE for their biannual American Red Cross Blood Drive.

The need for blood is virtually constant and is an easy and free way to give back to the community, yet many hospitals are operating at unsafe blood supply levels. Omega Chi member Loreal Brown is passionate about the blood drive—and possibly now more than ever—because of the recent natural disasters. "It's important for Omega Chi to be involved with the blood drive because it helps to bring awareness to our small campus community and allows for us to help

This year especially, with the earthquake that hit Haiti in January, Red Cross' need for blood is extremely high," Brown stated.

The problem is that blood cannot be manufactured; it can only come from generous donors. Amazingly, the American Red Cross provides more than 45% of the nation's blood supply, with 80% of the donations coming from mobile centers like those at Ursinus College.

Unfortunately, due to the unprecedented heat wave, workers and donors were not anticipating the increased hardships that were linked to the hot weather. Wismer Lower Lounge was not equipped with air conditioning so early on in the year, so the heat required the blood drive to shut down ear-

ly. The following day, the blood drive location was changed to the field house where hopefully cooler air would be able to circulate, but the hot weather won again and the drive had to be cancelled for good.

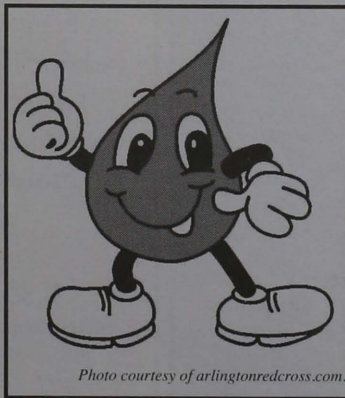


Photo courtesy of arlingtonredcross.com

Lauren Meeley, Community Service Chair for Omega Chi, was still impressed with the amount of blood that their drive could supply. "We didn't reach our goal for the first day, but we did for the second. Our goals were 60 pints each day. We got 17 pints on Tuesday and 59 pints plus 5 Double

Red, which means overall, we saved 228 lives," said Meeley.

Blood is in demand. The American Red Cross tries to maintain a five day inventory of all blood types; however, there is often less than one day's supply of any blood type at any given time. One out of 10 people admitted to a hospital needs blood, so it is extremely crucial that those who can give do so as often as they can. Blood donation is a gift that keeps on giving, and it is very satisfying to know that you helped contribute to someone's life. Donating blood is one of the easiest, quickest, and cheapest ways to give back.

Even though unplanned hot weather reduced numbers slightly, Omega Chi and UCARE could not be happier with the support from the community, faculty, and staff. Lauren Meeley was proud of what they had accomplished by saying, "We did what we could, despite the circumstances, and every little bit helps out the community, and that's all that we can ask for."

# Campus Events:

**Thursday, Apr. 15**  
*The Convergence of Islamic and Jewish Studies in the Nineteenth Century*  
-Rabbi Ismar Schorsch  
@ Musser Auditorium  
4:30 PM

**Friday, Apr. 16**  
National Day of Silence  
-UC Gay-Straight Alliance  
@ Olin Plaza  
11:00 AM

Tour of Asia  
-Southeast Asian Student Association  
@ Wismer Lower Lounge  
6:30 PM

Drawing Marathon  
@ Ritter Art Department  
7:00 PM to 7:00 AM

Wiffle Ball Tournament  
@ Reimert Hall  
12:00 PM

**Sunday, Apr. 18**  
*Carmina Burana*  
-Ursinus College Choir  
@ Bomberger Auditorium  
4:00 PM

**Monday, Apr. 19**  
Madame Brouette  
-Francophone Film Festival  
@ Olin Auditorium  
7:30 PM to 9:30 PM

**Tuesday, Apr. 20**  
*The Search for Well-Being*  
-Dr. Martin Seligman  
@ Bomberger Auditorium  
7:00 PM

Artist's Talk/ Slideshow  
-Siona Benjamin  
@ Olin 102  
7:00 PM

**Wednesday, Apr. 21**  
Celebration of Student Achievement

# “Heavy Rain” blurs video-gaming boundaries

By Mac Kilduff

jakilduff@ursinus.edu

When someone hears of solving murder mysteries in games, they may think about scouring rooms for hours looking for clues, inventory screens, and a typically dry experience just to find out who the killer is. “Heavy Rain” is not one of those games however.

The game blurs the line between cinema and video games. It doesn’t do this like “Metal Gear Solid 4” feature length cut scenes but rather it invites the player to be part of a cinematic experience. This heavy “interactive

drama” is a breed of its own with a deep storyline and involving control scheme. In fact, there’s a deeper issue in it than finding a killer that’s sure enough to get your heart pumping as the game progresses. Its many options allow you to help develop the four characters you control and the storyline to your liking, making each play-through a new experience. In the sense of cin-

ema, this game falls somewhere in between “L.A. Confidential” and “Saw.” It is sure to put you out of your comfort zone but in a way that you want more.

Actions are performed by following commands on the screen. The commands correlate to the actions, so if your character needs

or known someone who has, talked to the TV when watching a movie, maybe telling a character to not go behind a door. With “Heavy Rain” the TV will actually listen to you. But be warned, the game isn’t a walk in the park, there is a possibility of “failing” movements and sometimes this can have dire consequences but creates a nice challenge for the player.

The daunting atmosphere, a rain-soaked and dreary Philadelphia, is beautifully rendered and strays away from the wild locals and large explosions that are

now commonplace with many big budget titles. The game delves more into noir so it goes to smaller, “saddened” locations, and these locations are important to the overall feel of this dark drama.

The game relies on partially fixed camera positions, though the player can switch between two angles in these situations to get a full view of their surroundings. Sometimes when moving through

locations the camera will switch to a different direction causing the player to adjust their controllers but it rarely creates an issue.

Through simple actions, the player can have a deeper understanding of the characters. Trembling commands on the screen and the ability to listen to the thoughts of the person you’re controlling allows you to get insight to their fears, desires, and overall

current feeling. It’s almost hard not to describe the characters as actors. Their body language and facial expression, with the addition of the cast of voice actors, help to put a depth in the experience that more games need to follow. Some voices are a little off sometimes but it’s hardly an issue through the experience.

Overall, “Heavy Rain” is

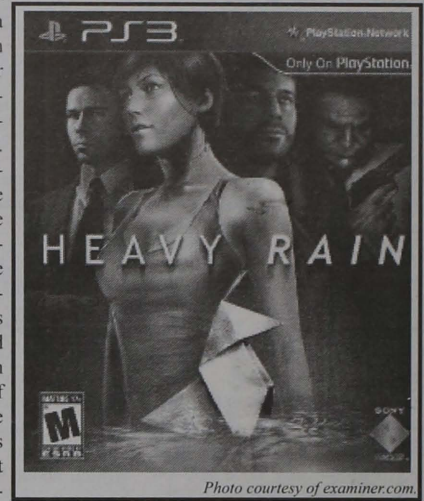


Photo courtesy of examiner.com.

“...it’s a breath of fresh air with a deep storyline that’s sure to keep you on the edge of your seat. It’s easy to give this game five stars.”

to push a heavy object the player may need to repeatedly tap one of the buttons, or if you need to pick something up you’ll have to look down at it first by pressing down on the control stick and pick it up by pressing up. The game also relies on the controller’s Sixaxis so the player can expect to be swinging and shaking their arms about in times of duress.

I’m sure most people have,

an experience that should not be passed up. While its control scheme and unique gameplay may be hard to adjust to for people who are used to first person shooters and other games, it’s a breath of fresh air with a deep storyline that’s sure to keep you on the edge of your seat. It’s easy to give this game five stars.

## Two worlds of Ursinus’ small campus

By Samuel Stortz

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It is a well known fact amongst college campuses that alcohol is an amazing social lubricant. It enables you to do things in some social situations that you would have never before thought possible. You meet new people that you wouldn’t have normally talked to sober and it puts everyone in a happy and extremely social mood. However, it does come with its drawbacks. The next day is always so weird and awkward and very few people know how to handle these situations; I am no exception.

This past Saturday, I was talking to a girl for the second time, the first occasion being Saint Patrick’s Day. We were both under the influence of alcohol and the conversation was, more or less, flowing. We were talking for a good amount of time, but we eventually said our sorrowful goodbyes.

Sunday rolls by and Wismer’s brunch is packed. I was feeling the effects of the night before a little bit, as was everyone else. Now, guess who I run into? The girl. It was only a

slight walk-by, but eye contact was made and I had no idea how to react. Should I say hi? Is that weird? Does she think that it’s obvious that we were just two drunkards talking to each other? Does she even remember? Do I even remember?! I decided to go with no reaction. We walked by and neither of us said a word or even made a gesture that we remotely knew each other.

I really find it amazing how that happens so often. It’s like two separate worlds exist on this campus. The sober world and the drunk world. The only thing is that the sober world translates very well into the drunk world. If there is a girl that I know a little bit but I’m interested in getting to know more, the drunk world opens doors that the sober world simply can’t offer. We may see each other in the Reimert courtyard one night and things can just take off from there like they never would in the sober world. Having a sober base translates very well into this new world and can lead to good things.

There is risk involved in this transition process though. A drunken encounter can be disastrous. Random hook-ups

can be toxic to a good, friendly, and sober relationship making the sober interactions extremely weird. Most people choose to abandon these sober relationships after a situation like that occurs. Some try to pursue it but most find it to be a useless endeavor.

The drunk world on the other hand, doesn’t translate at all to the sober world. If you meet someone drunk, it seems like the only way you can talk to them again is to enter the drunk world. Trying to convert a drunken relationship to a sober relationship is damn near impossible. Nine times out of 10, you see each other the next day or the next week, say hey, maybe you’ll try to get a conversation going as well. It almost immediately dead ends and you’re both left there in an awkward silence until someone says, “Okay, we’ll see ya around...” It’s nobody’s fault, we can’t all be drunk all the time (although some would argue against that).

It’s a very tricky game to play and an even harder one to be good at. Maybe I just suck at it, but either way, I would imagine that everyone has had some sort of experience like that.

## ATTENTION SENIORS!

Have a few words to say before you leave Ursinus? *The Grizzly* wants to hear what you have to say! Have advice for current students? Do you have things you wish you knew Freshman year? Do you have favorite professors or clubs you would like to acknowledge?

If so, please send articles of 500-700 words to Opinions Editor, Zach Shamberg at zashamberg@ursinus.edu.

The written word is very powerful. Leave your last statement in *The Grizzly!*



# Ursinus dining offers less than healthy options

By Stefanie Moyer  
stmoyer@ursinus.edu

If you came to Ursinus in hopes of following a healthy eating lifestyle, you have picked the wrong place. Unfortunately it appears that Ursinus College has not yet taken into consideration the nationwide obesity issues that are on the rise. Currently, 34 percent of adults are obese—more than double the percentage 30 years ago. There are many healthy adjustments that Ursinus food service could make without anyone noticing, yet the students are still waiting for that to happen. For instance, junior Allie Furman does not understand why the yogurt in Wismer is full fat. “They could easily serve low fat or even fat free yogurt and no one would ever notice. The only thing people would notice is that their pants might stop fitting so tightly.”

Another area that could easily be made more health friendly is the salad bar. Rather than having two types of regular shredded cheese, they could change one of them to a fat free or reduced fat cheese.

It is unfortunate that many students try to be healthy and do everything they can to avoid the “freshman 15”, but Ursinus is sabotaging their diet. For instance, according to the director of dining services, Scott Dube, “the vegetables are cooked in either butter or oil”, but this is not advertised. Rather, the menu just reads ‘steamed vegetables’. Although many students were raised to believe that steamed vegetables were healthy for us, remind yourself that that is not the case at Ursinus College.

What makes this whole situation worse is that many of the students at Ursinus prefer to eat healthy but the school is not making that possible. At lunch,

the Weight Watchers bread is always the first to go, but there is plenty of white bread left. One would think that the food service would recognize this and start decreasing the amount of white bread they supply and increase the amount of Weight Watchers bread. Out of six salad dressings, one of them is usually reduced fat and that bottle is always the one that is empty. If the school is worried about making too many drastic changes for fear of upsetting those who do prefer the least healthy options, then they should at least provide a low fat alternative to most if not all foods. One option include offering half regular salad dressing and half reduced fat. If you are shocked about how unhealthy Wismer is, then prepare yourself as you continue to read on about Zack’s.

Out of all the meals offered at Zack’s, very few of them are below 500 calories, which is nearly

one-quarter of the calories one should eat in a given day and that does not include the side of chips and soda you get to accompany your meal. The meals that do fall below 500 calories are many

of the 6 inch classic subs and all the salads, except if you decide to add a dressing or sauce to either one of them. Then, the total calories increase by about 200. When junior Emma Bacharach was told that the buffalo Panini offered at Sandella’s is 590 calories, 31 grams of fat, and 48 percent of the calories come from fat she responded by saying “That’s ridiculous! No wonder everyone



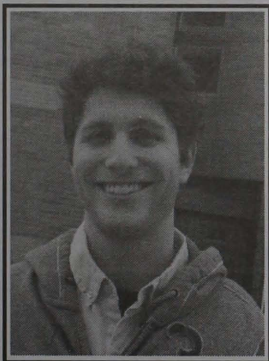
Photo courtesy of kenorth.blogspot.com.

gains the ‘freshman 15!’” As an ESS major, she was taken aback that the school is offering such “unhealthy food when America is currently in an obesity crisis.”

So a word to the wise is be mindful that although what you think you are eating at Ursinus College is healthy, most likely it is extremely high in calories and saturated fat.

# The songs of senior year: how will it be remembered?

By Zach Shamberg  
zashamberg@ursinus.edu



I do not recall what my four years of high school were like. Was I popular? I think I had girlfriends, but what were their names? Did I honestly see “Ocean’s Twelve” three times in theatres? Truth be told, I do not remember a whole lot of specifics. Some might call that a “bad memory”. I call it “trying to forget”.

I do, however, remember the music. Boy, do I remember the music. Turn on “God Bless the Broken Road” by country singers Rascal Flatts and I’ll tell you everything that happened to me my junior year of high school. Change the dial to “Love’s Divine” by Seal, and I am right back in the middle of my drama-filled tenth grade year. For me, those special songs transport me right back to a much simpler,

undemanding time in my life.

So how will I remember my senior year of college when I am forty years old? I will remember the music. Here are my songs of the school year, starting with the strongest candidates and ending with the undisputed winner:

“Hey, Soul Sister” by Train  
Who knew the guys behind “Drops of Jupiter” could create something so sweet and sincere? There is nothing complicated about lyrics like, “So gangsta, I’m so thug/you’re the only one I’m dreaming of,” but that is what makes the song so great. It’s like lead singer Patrick Monahan told his band mates, “Guys, I want to write a song about a girl like I was back in the sixth grade.” This is the kind of song every guy wishes he had written for his girlfriend.

“Break Your Heart” by Taio Cruz (featuring Ludacris)  
How can anyone not love this song by now? When the music kicks in and an absolutely unchained Ludacris defiantly states, “I don’t think there’s anybody as bomb as me,” how can you not jump out of your seat and move to the beat? The award-winning Phi Kappa Sigma Airband piece featured this song as its centerpiece, so I certainly have a personal connection to Taio Cruz’s dance club triumph. But left to its own merits, this is one of the most honest pop/rap songs of

all-time. Why promise everlasting love when you can simply declare, “I might tear you apart/told you from the start/I’m only gonna break your heart?” Bravo, Taio Cruz. Good luck finding a date for the next few years.

“Casimir Pulaski Day” by Sufjan Stevens  
Probably the saddest song I have ever heard. It is ideal for a rainy day, a car ride home from the beach, or the moments just after a heart wrenching breakup. Honestly, I’m deeply disappointed that this song will be one of the reminders of my senior year at Ursinus, but life goes on. For the brief period when it just doesn’t seem that way, listen to “Casimir Pulaski Day”.

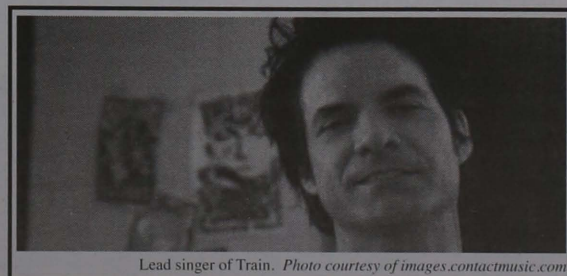
“Forever Young” by Cash Cash,  
“Young Forever” by Jay-Z  
During my senior year of high school, the producers of “The O.C.” thought it might be a good idea to make the theme of the show’s god-awful third sea-

son “forever young,” so they had a little-known indie band cover the song “Forever Young” by Alphaville and proceeded to play it in a few episodes. Four years later, the song gets remixed twice during my senior year by rapper Jay-Z and techno-pop group Cash Cash. The latter is the group behind hits like “Sugar Rush” and “Party in Your Bedroom,” while Jay-Z is famous for dating that chick from Destiny’s Child (and, uh, rapping occasionally). These two versions of the same song could not be more different. This was a close second for “song of the year.” And the winner is...



Timbaland. Photo courtesy of kickinthepeanuts.com

“Lose Control” by Timbaland (featuring JoJo)  
When I look back twenty years from now at my senior year of college, I’m going to remember this song. And when I hear this song as a forty-year-old man, I’m going to think of nothing but Ursinus, graduation, and the fantastic times I spent with friends. This pop gem (from producer-turned-rapper Timbaland’s underappreciated “Shock Value II”) is so good that you can’t help but crack a smile when JoJo and Timbaland sing “the way you love me/the way you love me” in perfect, auto-tuned harmony. The song’s lyrics are nothing to drool over, and the message is pretty simple: we understand each other, so we love each other. But the chorus gives me chills every time I hear it, and believe me when I tell you that I’ve listened more than a few times. This song perfectly encompasses my entire year. It is four and a half minutes of youthful, unadulterated bliss. It’s like the first time you fell in love: when you knew, you knew. The first time I heard “Lose Control,” I just knew.



Lead singer of Train. Photo courtesy of images.contactmusic.com.

# Flyers clinch postseason with shootout win

By Shane Eachus  
sheachus@ursinus.edu

Win and you're in, lose and it is time to clean out the lockers. This is the ultimatum that the Philadelphia Flyers were faced with Sunday afternoon as they took to the Wachovia Center ice for their final regular season contest of the year. Standing in their way were the New York Rangers, an Atlantic Division rival, also facing a win and in, lose and go home scenario.

With less than 4 minutes removed from the clock in the first period, the Rangers opened the scoring. The words of Flyers play by play announcer Jim Jackson described the situation best, as he exclaimed "You've got to be kidding me!" The Flyers found themselves behind, in the most pivotal game of their season, on home ice at the hands of a Jody Shelley deflection goal. Shel-

ley, who had gone 62 games without a goal during the regular season, found himself with goals in back to back contests, as he had also netted a goal in Friday night's contest between the two teams (a 4-3 victory for the Rangers). With 16:33 remaining in the first period, the Flyers found themselves with a "King" sized mountain to climb, by the name of Henriq Lundqvist.

Over the course of the ensuing 36 minutes of play the Flyers put forth a complete offensive onslaught, registering an astonishing 30 shots on goal in the first two periods of play. Despite the tallies in the shot and scoring chance column, the goal column remained blank. Lundqvist, who finished regulation with 45 saves, appeared to be



Photo courtesy of Google Images

carrying the Rangers on his back towards the playoffs. And for the Flyers, as they entered the last twenty minutes of regulation, hope was starting to slip away.

Not so fast Philly fans. With 13 minutes remaining in the game, and the Flyers on the power play, the tides turned. A beautiful entrance rush by Jeff Carter, Scott Hartnell and Danny Briere lead to a one time blast

from Briere that sent Lundqvist sprawling across his crease, and a rebound lying only a few feet from his grasp. A well timed pinch from Matt Carle, coralling the loose puck and firing it past the Ranger's net minder, had tied the contest at 1. Throughout the remainder of the period Lundqvist supplied the Rangers with an additional number of highlight real saves, robbing youngsters

James Van Riemsdyk and Claude Giroux on successive shots. And after 60 minutes of regulation, the game had yet to be decided. The two teams vying for a playoff spot, were headed for five minutes of sudden death overtime.

The overtime period, relatively unaggressive in style of play, lead yet again to no goals, and thus the two teams prepared to settle the Eastern Conference Playoff pic-

ture once and for all, via a shootout. Brian Boucher, a former first round draft selection for the Flyers and NHL journeymen, against All Star and Swedish national net minder Henriq Lundqvist, in a shootout, with their team's play-off lives on the line. And after the dust had settled, Boucher and the Flyers found themselves on top. Giroux avenged Lundqvist's robbery in the third period with a sizzling wrist shot that found the back of the net and gave the Flyers the advantage they would need to send them into the playoffs.

So, with the victory the Flyers have earned the 8th and final play-off spot, which has landed them the 7th seed. With this comes the right to play another familiar foe, the Atlantic Division Champions and No. 2 seeded New Jersey Devils. In the regular season, the Flyers owned the matchup taking the season series 5 games to 1.

## Remembering Harry the K; Phillies home cooking

By Matt Campbell  
maccampbell@ursinus.edu

It's hard to believe but one year ago Tuesday Philadelphia sports fans lost our "Voice."

Harry Kalas the Phillies play-by-play broadcaster for nearly four decades died doing what he loved (preparing for a baseball game) on April 13, 2009.

"We have lost our voice." Phillies President David Montgomery's voice cracked as he officially announced that Kalas had died.

Harry left a void that could never be filled but baseball always endures and so it did that day.

It was tough for the Phillies but they did exactly what the Hall-of-Fame broadcaster would have wanted them to do -- they played. And Kalas' beloved Plightins beat the Nationals 9-8.

One year later that shocking Monday afternoon feels just like yesterday.

HK's death sent shock waves up I-95 to Philadelphia and beyond. It made national headlines on sports broadcasts and newspapers and teams around baseball honored him with moments of silence.

Kalas was more than just a baseball voice. He called play-by-play for NFL games on Westwood One and he

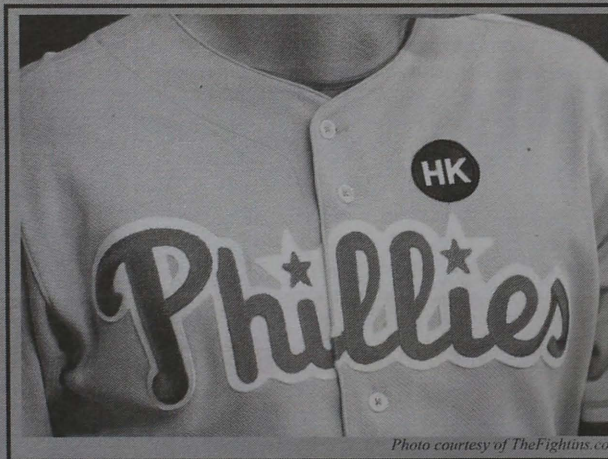


Photo courtesy of TheFightins.com

was the voice of NFL Films.

Kalas' death hit the City of Brotherly Love and the surrounding suburbs the hardest. No more hot summer afternoon's with Harry's velvety voice booming from the stereo, no more "It's outta here" letting fans know when the Phils went yard and no more parents teaching their children the game through a uniting voice.

The Phillies continued to honor Kalas by wearing "HK" on their uniforms throughout the season, we sing "High Hopes" after Phillies' wins and the team even honored him by celebrating at his outfield billboard after they clinched the National League pennant.

It might be a year since heart disease took Harry but we will

never lose him in our hearts.

### Phillies stay Hot in Home Opener

Cole Hamels wasn't stellar for his second-straight start but got some help from his friends on his way to his second win.

Placido Polanco hit a go-ahead single and Chase Utley had a two-run homer to push the Plightins past the Nationals 7-4 in their home opener Monday.

The two-time defending NL champions are off to a 6-1 start, their best since opening the 1993 pennant-winning season 7-1.

Hamels (2-0) earned the win despite another so-so effort. He allowed four runs and six hits in 5 2-3 innings. The lanky left-

hander is trying to bounce back following an inconsistent year after a dominant postseason in 2008.

Hamels' counterpart Jason Marquis was worse. The veteran righthander gave up seven runs (six earned) in 4 1-3 innings on his way to his second loss to the Phils this season.

Playing without Jimmy Rollins, a late scratch after straining his right calf, the Phillies continued their torrid hitting. They're averaging 7.1 runs and 11 hits per game.

Rollins wasn't the only Phil bit by the injury bug. Right fielder Jayson Werth left the game after the fifth inning with a hip injury.

The Fightins round out the rest of the week against Washington and host Florida this weekend.

## On This Day In Sports...

1947 - Jackie Robinson goes hitless in his major league debut

1965 - NFL changes penalty flag from white to bright gold

1997 - Baseball honors Jackie Robinson by retiring #42 for all teams

To write for Sports, contact  
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## Ursinus Sports this Weekend

Thursday, April 15th  
Softball hosts Immaculata, 5:30 p.m.

Friday, April 16th  
Lacrosse @ Dickinson, 7:00 p.m.

Saturday, April 17th  
Baseball @ McDaniel, 12:30 and 3:30 p.m.

For more information, visit the Ursinus Athletics Web Page