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Photo courtesy of Skye Gailing

Members of Ursinus USAS gathered in protest to demand that the college insource the cleaning staff.

USAS fights to insource Ursinus cleaning staff

USAS members interrupt faculty meeting to demand President Blomberg make a decision concerning the Ursinus cleaning staff workers

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Members of United Students Against Sweatshops (USAS) interrupted a faculty meeting at Bomberger Hall last Tuesday to confront president Brock Blomberg over the college's continued relations with Olympus, a company contracted to provide cleaning services to Ursinus.

Offering Blomberg a symbolic choice between scissors or a broom, USAS supporters urged the president to cut ties with

Olympus and to avoid sweeping the concerns of students and staff members under the proverbial rug.

While Blomberg thanked students for their concerns, he declined both the scissors and broom.

USAS is demanding that the college insource the cleaning staff with the retention of their union and the full benefits afforded to all other in house Ursinus employees.

After hearing the demands, President Blomberg thanked the

members of USAS and promised to look into their concerns. He later said in response to the demands, "Currently, [the cleaning staff] are employed by Olympus, much like dining services is contracted through Sodexo. There are several factors involved in those discussions, so we will continue that dialogue so that USAS understands the implications of its request."

Sam Wanta, a USAS member

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Ursinus releases 2017 annual security and fire safety report

Campus Safety Director John Bera and Deputy Title IX Coordinator Jessica Oros discuss how they use the report to help make the campus safer

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The Ursinus College 2017 Security and Fire Safety Report was released on Sunday, Oct. 1, and it revealed a number of interesting statistics on campus. According to the report, drug and liquor law violations are down from last year while sexual offenses, including rape and forcible fondling, have remained fairly consistent with six offenses of forcible fondling and thirteen charges of rape in 2015 and seven cases of forcible fondling and thirteen charges of rape in 2016.

The report was published in order to fulfill federal requirements put in place by the 1990 Campus Security Act, which aims to help students be more aware of crime statistics on college campuses. The Disclosure of Campus Security Policy and Campus Crime Statistics Act states that "All colleges and universities in the United States [are required] to report their crime statistics, campus security/law enforcement policies, and reporting procedures to the United States Department of Education and the campus community annually."

John Bera, the new director of Campus Safety, believes that the statistics play a crucial role in helping him figure out what his office can best do to keep the campus safe.

"[These are] sustaining statistics for a college campus. [They keep] us fresh and [tell] us what we need to focus on and [how we

should] create relationships with our student body," said Bera.

Jessica Oros, Prevention and Advocacy Educator and Deputy Title IX Coordinator, thinks that the sexual assault statistics are an accurate reflection of the number of sexual assaults that happen on campus. "It's important to remember that one in five women will be sexually assaulted on college campuses, and those numbers are underreported. We try to encourage people to report as much as possible. But I think the numbers here accurately reflect the numbers that are reported to us. Every person that reports to us are put into the report."

Oros also believes our numbers are similar to other schools. "It depends on a lot of factors: what is our culture here, what is happening on campus. So you need to look into a lot of things. You can compare our data [online] with other schools in the region. Students know the culture here, and [should be] using [their] informed thoughts and opinions on our culture."

McDaniel College, Swarthmore College, and Washington College, three similarly sized schools in the Centennial Conference reported comparable numbers. Swarthmore college reported 19 incidents of violence against women, while McDaniel and Washington college reported 16 and 9 instances respectively in 2016.

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Oros also explained that high written reports of sexual assault are not necessarily bad for the school: "To me, I would rather have people come forward because they feel comfortable. Just because we're not getting reports doesn't mean it's not happening."

She continued, "High numbers have increased, and part of that is having the Peer Advocate program, a resource and an education tool for people on campus. They've been able to talk about [reports of sexual assault] and be a space for this situation, on and off-campus."

Against intuition, an increase in numbers shows that more people are taking advantage of the resources on campus and demonstrates a healthy feedback loop between students and campus. "We're finally able to talk about it," Oros said.

She continued, "[It shows] people believe in our process and our system. They feel like this is a safe place to say 'This is happening to me' and will feel believed and that we have resources that are good for them."

Oros compiles the report and puts forward actions to help campus be safer. "[The reports] inform what types of programs we're doing and who we're

gearing programs toward. A lot of the programs we've been trying to work on this year are on bystander intervention. The Peer Advocates have brought this term called 'upstander' on campus because a lot of stories involved people being around an incident. Bystanders happen because people don't know a situation is happening and don't act."

By reframing bystanders as "upstanders" Oros and the Peer Advocates hope to encourage students to take action and be aware of the situations that are occurring around them.

In addition to the Peer Advocate's sexual assault prevention and advocacy programs, the col-

lege requires all first year students to attend an educational session on sexual misconduct in order to teach them about actively seeking consent, intervention, and how to report a crime if one occurs.

John Bera used the statistics published to move forward with Campus Safety. He said, "We keep on doing what we're doing. We have a great relationship with community members. We want the officers and everyone to be approachable, myself included. We want people to come and talk to us, and report things to us, and not have to worry about being afraid of the safety officer. We're not the police. We have a team leader who works nights and

weekends, who designed patrol plans where each part of the campus is hit multiple times. We focus on social events and try to be cognizant and mobile."

Students who would like to review the report should look for an email from Dean Kim Taylor in their inboxes. Additionally, the report is available to the public during normal business hours. Students who would like to report a sexual assault or another crime to the college can contact Campus Safety, the Residence Life Office, or the Wellness Center. Wellness can be reached at 610-409-3100, Safety at 610-409-3333, and Residence Life at 610-409-3590.

Dr. April Carpenter and her team of students challenge the "rest, ice, compression, elevate" approach to recovery

Skeletal muscle injury and repair lab uses unique research to test common methods of treating muscle injuries

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Most people believe that they should ice and bandage their aching muscles, prop them up on a fluffy pillow, and rest to promote healing. The Skeletal Muscle Injury and Repair lab (SkM), however, is challenging the traditional "rest, ice, compression, elevation" method of treating muscle injuries using unique research on how mice heal after muscle injury. Specifically, Health and Exercise Physiology (HEP) professor, Dr. April Carpenter, and her team of students are asking the question of whether this well-known method of treatment is the fastest, most efficient way of treating muscle injury.

Dr. Carpenter established the SkM Lab in Fall 2015. Her research focuses on the process of muscle regeneration. She noted, "There's a reason for pain sometimes."

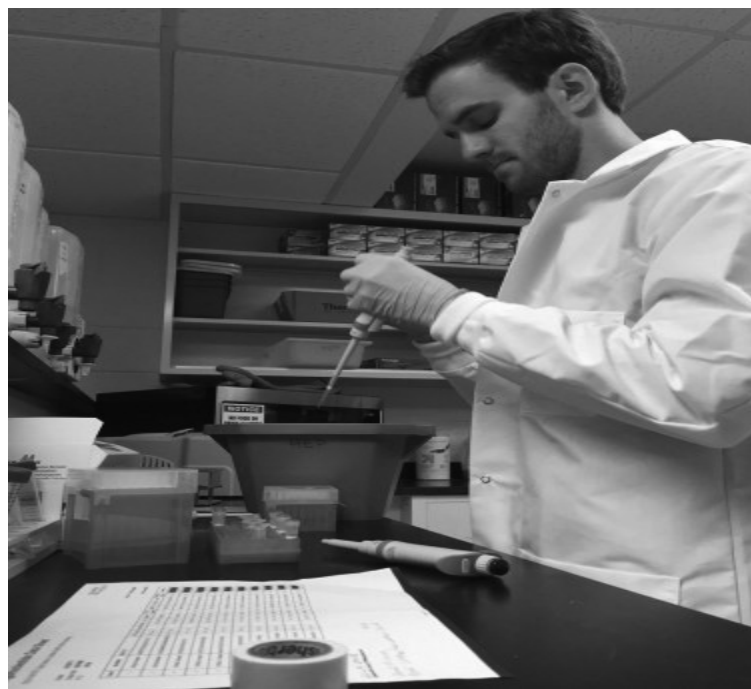


Photo courtesy of Ursinus Communications
HEP researcher working in the Skeletal Muscle Repair Lab.

Her ongoing study investigates how pain itself can be a signal for an immune response, calling specific cells to the injured area so that healing can

promptly begin, and how this response regenerates muscle tissue in a timely matter. The researchers are studying mice to discover if the rest, ice, com-

pression, and elevation method is preventing or slowing this immune response, thereby slowing down the whole healing process.

The idea that there could be a more efficient and swift way to treat muscle injury is astounding. Carpenter described such an advancement as "a big paradigm shift . . . [It] makes you think about how you approach your patients."

Additionally, she believes that the research being done in the SkM Lab could change the way health and exercise medicine approaches treatment of muscular injuries and improves the healing process.

In addition to possibly transforming standard perspectives on muscle injury treatment, students participating in various labs through their HEP courses are able to experience real-world applications of what they have learned in class. Sophomore Nicole Florio explained that the HEP labs allow

students to physically engage with their studies. "[It helps students] think in a different way [and] visualize [concepts learned in the classroom.]"

Both tenets are important for undergraduates to be prepared for either the working world or an entrance to graduate school.

Florio also mentioned how HEP has deepened her understanding of the human body. "[It teaches] health in general . . . and [how to live] a good lifestyle," she said.

The SkM lab not only allows students to visualize such concepts but also to take part in research that has the potential to change healthcare and sports medicine. By giving more insight into abstract theories in the classroom through hands-on experience, Ursinus HEP students are preparing themselves for success post-graduation with the skills they learn in the SkM lab.

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Several uninvited visitors reported in Reimert Courtyard

Campus Safety officers were notified of the trespassers over the weekend of Sept. 22

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During the Sept. 27 Student Senate meeting, Student Government Vice President, Chris Tan, announced that several non-students were on campus during the weekend of Sept. 22-23. Tan described the alleged visitors as “high school students” and others with dubious backgrounds. Campus Safety was alerted on the night of the incident and resolved the situation.

Two days after his announcement, Vicky Nucci, the Graduate Assistant for Wellness, Prevention, and Advocacy, sent an email to all students informing them of the unregistered visitors that had come into the Reimert courtyard.

In the wake of such events, Tan and Nucci have encouraged students and other members of the community to contact Campus Safety and report if anything looks out of place, whether it’s an unfamiliar person or something out of the ordinary.

Additionally, John Bera, the Director of Campus Safety, said, “The Ursinus community is small, and we encourage the students to have a great relationship with campus officers. Officers can recognize who belongs to the school and typically can spot the ones who are unfamiliar to the area.”

The Ursinus campus is private property, so if a person is not registered and is deemed to have no business on the campus, they will be asked to leave by the campus officers. If they choose to refuse, the Collegeville police will be contacted. This is not to say, however, that students cannot invite their friends to campus. As per college policy, students can invite up to five friends

to campus at one time. Guests must be registered through the Campus Safety office and they may be asked to leave if they are causing a disturbance. The link for guest registration can be found at <https://www.ursinus.edu/offices/campus-safety/>.

In order to address the situation, Campus Safety’s patrol presence has increased not only on weekend nights but also on regular weeknights. They are there to ensure more safety to the school and hope that students will become more willing to approach them.

Bera said, “[Campus Safety officers] want students to feel comfortable enough to voice their concerns regarding anything, and do not want to be seen as intrusive.”

“[Campus safety officers] want students to feel comfortable enough to voice their concerns regarding anything, and do not want to be seen as intrusive.”

— John Bera
Director of Campus Safety

Campus Safety does their best to determine who the strangers are and where they are from. If someone is assumed to be trespassing, they will be sent an email saying they are banned from the school’s grounds, and if they do return they will be arrested.

Nucci notes that social media can be a contributor to having unexpected visitors on campus and that students should be cognizant of privacy settings. Unknown people could potentially see information that is published on Snapchat, Instagram, and other forms of social media. These unregistered individuals

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since the group was founded in the Fall of 2015, said that USAS has been petitioning the college to improve their treatment of the cleaning staff for almost two years. USAS takes issue with the fact that the cleaning staff at Ursinus are not hired by the school directly.

“We give Olympus a chunk of money so that Ursinus doesn’t have to deal with anything, and then Olympus negotiates with the union,” said Senior and vice president of USAS Zev Bliss.

“It’s less dramatic now . . . people have left Ursinus because they’re not satisfied with the working conditions . . . or treatment . . . But in the past, it was very dramatic,” Bliss continued.

In the past, USAS has staged other protests demanding that President Blomberg in source the cleaning staff. For one protest last year, the group posted flyers all over the walls surrounding the main staircase in Olin Hall.

While conditions have improved slightly, USAS believes this doesn’t erase the fact that workers have been mistreated in the past.

Staff have, in the past, allegedly taken money from their own wallets to provide students with what their company has not. In some residence halls, if there’s

a store-bought soap dispenser, “that’s because workers have bought that [using] their own money,” alleged Wanta.

USAS believes that many of these issues could have been avoided if the current administration insourced the cleaning staff. Ursinus employees are offered a family healthcare plan while the cleaning staff is not. Bliss admitted, “We aren’t sure if they aren’t given an option or if it’s super unaffordable, but either way, they [allegedly] can’t access it.”

The responsibility, Wanta and Bliss agree, is on President Brock Blomberg. They believe that the school’s affiliation with Olympus is for the wrong reasons, and that Blomberg specifically should step in.

“[He’s] had . . . lots of time to think very carefully about this, and decide whether [his] budget is more important than [his] values,” said Bliss.

“And, well, here we are. This is representative of a larger problem USAS has with the administration as a whole. Decisions that he makes about the school don’t seem to take student input into account or at the very least, in very tokenizing and trivial ways,” Bliss continued.

A statement from the president contradicts the allegations that the administration has ignored USAS. President Blomberg said, “. . .

members of the college’s administration have met numerous times with representatives from USAS over the past year. They’ve been productive meetings, and we’ve been able to address the vast majority of the questions raised by USAS.”

The administration’s concern, Blomberg insisted, is in the best interest of all involved. As far as permanently cutting ties with Olympus and insourcing the staff, it’s complicated.

“There are several factors involved in those discussions, so we will continue that dialogue so that USAS understands the implications of its request and whether it is in the best interest of not only the college, but also the workers themselves,” Blomberg’s statement read.

President Blomberg also reiterated that the administration wants what is best for the cleaning staff. He said, “The college’s administration and USAS share the same goal: to ensure the janitorial and cleaning services staff, as well as all those who are employed by Ursinus, are treated fairly and with respect. They are important members of our community and we value their contributions.”



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Photo courtesy of Ursinus Communications

Strangers in the Reimert courtyard were suspected to have come to campus due to social media posts.

could show up to campus claiming to have a relationship with the student who posted on their social media accounts. Students will be contacted if strangers claim to know them.

Nucci is more than willing to sit down with anyone and go

over their digital identity and security settings for their social media accounts.

Although this incident took place at Reimert, unexpected strangers can be found all over campus, and are not isolated in just one location. If anything

seems troubling, Campus Safety hopes students won’t hesitate to come to them, no matter the severity of the situation.



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Sustainability Week brought fall fun to Ursinus

The Sustainability Fellows highlight environmental consciousness through events on campus

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This year, Sustainability Week focused on the BikeShare program, revamped after a vacancy last year, as well as other new events and programs within the department. It was a week-long awareness event that encouraged students to learn more about environmental sustainability on campus and in their personal lives. This is an annual event. Each fall, Sustainability Week kicks off the academic year with a celebration of sustainability and environmental consciousness.

Sustainability Week this year started on Oct. 3 with “Transportation Tuesday,” where students could learn more about the BikeShare program. The program allows students to rent bikes any time during the day for a one-time \$10 fee, usually paid at the beginning of the year, after which they are free to rent bikes as often as they please.

Events in previous years have included “Power It Down,” a program encouraging students to watch their electricity consumption; “Community Bike Ride,” an event where students can ride across Collegeville; and “Tree Planting,” an event where students helped plant trees at a local park.

Daniel Berger, a senior, is the head of the BikeShare program on campus. He discussed “Transportation Tuesday.”

“[We talked] about the bike share and car share programs on campus. A lot of people don’t know that we exist, and [we gave] people the opportunity to learn more about the programs, and to sign up for both online. We want people to know that they can ride a bike here and drive a car here,” Berger said.

According to Berger, he joined the BikeShare program because of his love of bike maintenance and to join the avid community of Ursinus bicyclists.

“I mostly wanted to work on bikes. I joined specifically to be



Photo Courtesy of Robert Varney

Students (left to right) Ryan Vega, Ashlyn Welch, Jenna Detweiler, Megan Burns, and Clara Kiss decorated recycled boxes on Pinterest Night.

in the BikeShare program part of [the Office of] Sustainability. I wanted to work on bikes and meet people who are interested in biking. I wanted to learn and wanted to spread the knowledge of riding bikes and being able to fix your own stuff.”

Berger has high optimism for the future of Sustainability, and has a good plan for what’s to come.

Said Berger, “We definitely want a more prominent presence on campus. We want a sign that says, ‘This rack of bikes is the BikeShare. Here’s how you sign up, and here are the rules,’ which directs people to the Office of Sustainability. We have the bikes, and we have the shop to work on them. We want the presence that tells people about the bikes.”

Kate Keppen, head of Sustainability, is excited for the new year. “There’s something everyday that I’m excited for,” she said, describing the sustain-

ability options on campus.

“[We tried] a lot of things, like tabling events in Lower Wismer. [We] also [tried] something we’ve never tried before, which is ‘Pinterest Night.’ A lot of students don’t have recycling bins in their room, so to address that issue [we took] old recycled boxes that have already been used and [reused] them and [decorated] them with recycled material. In there, students can put metal, plastics, and paper and recycle them. ‘Harvest Fest’ is another fun, low-key annual event on campus. [We had] pumpkin carving, and [we had] an observation hive with our beekeeper. It’s just about coming out and having some fun.”

Other events this year included “Pledge to Make a Difference Monday” and “Give a Kahoot! Green Trivia Challenge” on Thursday. While these events only lasted from Oct. 2 to Oct. 7, Sustainability will be hosting the occasional event for students in the future.

Keppen also sees a number of changes coming to Sustainability due to structural reorganization. According to Keppen, this year the Office finally has a “fully-staffed fellows program.”

She said, “Last year, we were running at half a year. This year, we have a full year to really dive deep and get some good programming available to the student[s].”

If you’re interested in Sustainability Fellows, Kate Keppen will be hosting some open houses on the Organic Farm Fellows. “Even if students are just interested in farming, bike-share, or recycling, contact me and we’ll get you in the loop,” she said.

You can learn more about Sustainability Fellows by emailing Kate Keppen at kkeppen@ursinus.edu, and BikeShare by emailing Daniel Berger at daberger@ursinus.edu.

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Lend your
voice to The
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Join us for our
weekly news
meeting

Mondays,
6:00 p.m.
Ritter 141

Digital aid for humanities

Grant funds Digital Liberal Arts Fellows

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Ursinus' Digital Liberal Arts Working Group (DLA) uses students as a resource to help humanities students and faculty with digital tools. Led by co-directors Dr. Kara McShane and Dr. Meredith Goldsmith, the DLA has invented innovative ways to combine the 21st Century's cutting-edge software with the creativity of the liberal arts and the determination of young Ursinus students.

McShane, an English professor, spoke with enthusiasm about the group. Said McShane, "The Digital Liberal Arts Working Group is a group of faculty and staff who promote digital literacy and digital work on campus, including faculty who have strong digital components in their research and teaching as well. We have been working for about a year and a half now."

Before the DLA, there was another group at Ursinus with a similar purpose. However, this did not focus as much on student inclusion with the organization itself.

According to McShane, "There was a committee for the digital humanities, which was one of my specializations. We opened it up to the liberal arts because we think that it acknowledges better what we do here and the kind of interdisciplinary place we strive for. It gets English, history, and philosophy faculty talking to computer science,

politics, environmental studies, and even music faculty to get us to a holistic approach and seeing where there are connections."

"Professor Goldsmith and I said, 'We need to get people together about these issues, especially students,'" said McShane. By obtaining permission from former Dean April Edwards, the group put forth a proposal for the DLA Fellows. The Fellows are students who assist others, including faculty, staff, and outside students who want to learn more about expanding their own technological horizons and advancing their knowledge in the digital humanities. The four current Fellows are Shelby Bryant, Shelby Carmichael, Tiffany Eckenrod, and Paige Szmodis.

McShane continued, "We applied for a grant through the Pennsylvania Consortium for the Liberal Arts. Our goal was to put students at the center of this initiative because a lot of projects on this campus were student-driven."

As a result of this proposal, the DLA received the grant. McShane and Goldsmith used the funds to finally produce the Digital Liberal Arts Fellows. McShane stated how there was a meeting between various institutions, including Muhlenberg College and Gettysburg College, that endorsed the same goal. This created the opportunity to collaborate with other Fellows on how best to bring the literary and technological worlds together.



Photo Courtesy of Ursinus Communications

Shelby Bryant, one of the four DLA Fellows, looks through the college archives for Bears Make History.

Said McShane, "The job of the Fellows is both partnering and pairing students with faculty. The Fellows have 'drop-in' hours for people who are interested in learning new programs or [want] help with using them." These programs include but are not limited to: Audacity, Omeka, StorymapsJS, StorymapsJS, and Wordpress.

When it came to bridging the gap between the differences of technology and literacy, McShane explained that it is not as challenging as it appears.

"Here's what I think we forget when we think about digital literacy. You need the same writing skills because when you put something out digitally, all the questions are the same as when you are doing other kinds of work. It's not a difficult bridging process because it empowers students. When I have students writing a public blog and then sharing it all over social media, it completely changes how students perceive what they are doing. As researchers and scholars, thinking about the audience makes us

better researchers and scholars because we are not writing to each other anymore."

She acknowledged the daunting act of learning something new and how inexperience can create a barrier. "It's always uncomfortable when you're suddenly in the position of learning something again and saying, 'Oh I don't know how to do this!'" It was like that for me: I was a medievalist first, then I started getting into digital humanities. I think it's enriching for faculty, and it can breathe new life into what you have been doing."

Shelby Bryant, one of the head Fellows, praised the DLA and her co-Fellows, but she described her duty as difficult at times. "We get supplemental training to make sure that we are up-to-date on the digital humanities trends, and we have to make sure that we can explain some fairly complex ideas easily. However, I think that because we're students, that comes a little easier to us."

Bryant encouraged people to

"take advantage of the many different aspects of the DLA. Our workshops are geared specifically toward classes and Ursinus experiences, and our office hours are meant to assist students with many different aspects of their projects. DLA Fellows are students who have all used different tools and platforms to get our humanities projects into digital formats, and we know firsthand the different challenges that come about when creating these projects."

The DLA Fellows are available to meet with students in Myrin 124 on Tuesday, Wednesday, and Friday from 2 p.m. to 3 p.m. or on Thursday from 4 p.m. to 5 p.m. While there, they can answer questions about technology, walk individuals through how to use certain software, and assist those who are not accustomed to technological programs.

Appointments with the Fellows can be scheduled on the Ursinus College website at www.ursinus.edu/library/digital-liberal-arts.

Happening on Campus

Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
<i>International Film Festival: Bonobos</i> 7 p.m. Olin Auditorium	<i>Engineering at Columbia</i> Univeristy 1 p.m. Musser Auditorium	<i>The Speaker's House Family Friendly Oktoberfest</i> 11 a.m. - 5 p.m. 151 W. Main Street		<i>Fall Break</i>	<i>Fall Break</i>	<i>Berman Conversation</i> 6 - 7 p.m. Berman Museum

Puerto Rico deserves federal assistance after Maria

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After Hurricane Maria, President Donald Trump made comments disparaging the Puerto Rican people. He claimed they wanted “everything done for them.” Later, he downplayed the damage done to Puerto Rico, claiming the territory was not suffering from “a real catastrophe.” These would be highly insensitive remarks if they were aimed at any nation, but they are especially callous when aimed at Puerto Rico, which is technically a US territory. The people of Puerto Rico are U.S. citizens, but have no voting rights in our national elections. The remarks are especially problematic, when one considers how the U.S. has exploited Puerto Rico since it became a U.S. territory in 1898.

According to historian Nelson A. Dennis in an interview in Truthout, the U.S. passed the Hol-

lander Act in 1901. The act raised taxes on Puerto Rican farmers, who were forced to borrow money from U.S. banks. These banks’ interest rates were so high that many farmers were forced to foreclose, which led to private companies taking over 80 percent of all farms. These companies transformed the island from a producer of a multitude of crops, such as sugar and fruit, into an island that just focused on sugar.

The impact of the Jones Act of 1920 was another debilitating problem. This decreed that any goods shipped from one American port to another must be transported on an American built and owned ship, as well as be crewed by U.S. citizens. This is highly problematic, as Puerto Rico now was forced to buy from the U.S., which drove up the costs of living.

Dennis also points to two more problematic laws passed in 1922 and 1948. The first law was a ruling by the Supreme Court, Balzac

vs Puerto Rico, which decided the U.S. Constitution did not apply to Puerto Rico. Then, Public Law 53 ordered that anyone doing something that might be considered against the U.S. government would be summarily imprisoned. These harmful laws may not have been directly related to Puerto Rico’s economy, but they reflect a broader history of the U.S. exploiting citizens who do not have national voting rights.

According to the U.S. Census Bureau, Puerto Rico still suffers a poverty rate of 44.9 percent. Furthermore, according to the United States Department of Labor, the unemployment rate is at 12.2 percent. The Puerto Rican government estimates 640,000 families receive food stamps, which as the organization, Child Trends, points out, is roughly the same number of people who receive food stamps in Pennsylvania, a state whose population is three times as large as Puerto Rico’s. Obviously, Hurricane

Maria has not helped matters, as it has left more than half of the population without water.

Latin-American journalist, Julio Ricardo Varela, wrote that Puerto Rico currently resembles an atomic blast with overturned cars and downed power lines. Also highly problematic is that Puerto Rico, whose GDP has shrunk in seven of the last 10 years, is estimated to have incurred damage costs that will reach at least \$30 billion according to Enki Research. Carol Guzy of NPR recently wrote an article describing the brutal conditions in hospitals. She writes that three quarters of the hospitals in Puerto Rico are operating on emergency power, which means a lack of air conditioning. This is extremely serious since parts of the hospitals could reach up to 112 degrees Fahrenheit. While the hospital Guzy visited is still open, other hospitals have shut down because of lack of power, due to other conditions,

such as flooding.

The conditions in Puerto Rico after Hurricane Maria have not been helped by America’s slow response. As Patrick Gillespie of CNN shrewdly points out, part of the reason it took so long for Puerto Rico to administer aid is that it took the U.S. until Sept. 28, eight days after the hurricane, to waive the Jones Act. As a result, for eight days, it was exceedingly difficult for Puerto Rico to get supplies in. The people of Puerto Rico not only deserve our help, but the U.S. also has a responsibility to aid Puerto Ricans, who are U.S. citizens, in the same way it aided the citizens of Texas during Hurricane Harvey. Rather than exhibiting the condemnation and flippancy exemplified by our president, I instead urge students to support charities, such as One America Appeal or United for Puerto Rico that will help send aid to Puerto Rico.

Meal plan options should include opt-out opportunity

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This year, Wismer changed the meal plan options for the first time since I arrived at Ursinus three years ago. The biggest change is probably the inclusion of the “dining dollars only” plan and the ability to use more than one meal during a single meal period for the 21-meal plan, making the plan more versatile. In some ways, the changes are positive because they reflect that the school does listen to student feedback. I think that the people who work at Wismer do their best to cater to our entire student body. However, mass dining as a system itself inevitably leaves some students feeling less than at home at “Hometown”. The progress that has been made is great, but I still think students should push for more dining options in order to feel at home at Ursinus.

Junior Sarah DeFelice told me that she wants to see more food from other Latin American countries besides just tacos at

hometown.

DeFelice said, “Wismer served fried plantains two times that I know of this semester. Plantains, consumed in various forms, are a staple food in many Latin American and Caribbean countries. So, seeing what appeared to be plátanos fritos in the dining hall one day was a surprise. I was happy to see that they had even tried. It felt wonderful being able to eat a type of food I was more accustomed to. I had never seen or heard of them serving that food before in my previous years here, so to me those were plantains of progress.”

I think something Wismer does well is that they actively listen to student feedback. I don’t think the progress is perfect, but they’re actively working to have more food from more different cultures. This is important to Ursinus’ commitments to diversity. Ursinus is your home for these four years and food is so much a part of how we conceptualize home.

Ron Wood, general manager of Dining Services said, “Feed-

back from students, faculty, staff, and all guests is always welcome. We have several avenues one can take to supply Dining Services with feedback on our operations. We are available to speak with patrons directly, about anything Dining Services related.”

“We want students to have a good experience and be able to enjoy dining so we work really hard to come up with accommodations that can address their needs.”

— Shamma Bermudez
Director of Disability Services

Junior Ace Melendez commented, “I genuinely enjoy both the options and the quality of the food provided. Coming from my high school, it’s such a step up and it’s hard to come by this kind of food anywhere else. As for the new options, by which I think you’re talking about the upgraded meal plans, I love it. I think it’s just what I needed and

having daily rollover credits really helps me get the most out of the plan.”

Despite this progress, I think students should be able to opt out of being on the meal plan. Currently, students that live on campus don’t have the option to opt out of the meal plan. I’m not claiming that cooking is better and that students need to learn how to cook, but students who don’t feel Wismer meets their needs should be able to opt out. I have struggled with an eating disorder and multiple stomach issues that prevent me from being able to enjoy Wismer like other students. Wismer also has fewer vegan and vegetarian options, so cooking at home allows me to have a healthier, varied diet. College is really the only place where meal plans are enforced. In high school they don’t make you buy the cafeteria food, and in a work place you wouldn’t be forced to eat at a dining hall, so why here?

Shamma Bermudez, director of Disability Services, explained that “it is rare that we approve

a student to opt out of a dining plan due to a dietary restriction. However, we always consider all requests on a case by case basis.” He also said, “We want students to have a good experience and be able to enjoy dining so we work really hard to come up with accommodations that can address their needs.”

Ursinus illustrated its attempts to listen and accommodate more students through the recent meal plan changes. However, they should also accept if students don’t want to be accommodated. Cooking for myself in Zwingli’s kitchen has been great for my stress levels. I don’t think I should have to argue based on an eating disorder that I don’t want to be part of the meal plan. In the future, the school should consider letting students opt out entirely. Until then I’ll just use my dining dollars on the occasional drink at the C-Store.



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Football continued from pg. 8

gave Johns Hopkins possession with 10:17 left to go. The Blue Jays were able to nickel-and-dime the ball for thirteen plays. Hopkins scored on a one-yard rush by David Tammaro, going 80 yards in almost five full minutes of game time to put the Blue Jays up 17-14.

With all the momentum looking like it was going the way of Johns Hopkins, the Bears had one more chance to score with just over five minutes remaining in the game and 74 yards to go for the touchdown.

Ursinus was not able to complete any passes on this drive, but ran the ball proficiently. Asa Manley, Stacey Gardner, Sam Ragland, and Tommy Garlick were able to combine to rush for 66 yards when Garlick delivered the final blow to the Blue Jays, rushing the ball eight yards for the touchdown. After the extra point from DeSpirito, the Bears went up by four points,

21-17: a lead that would not be relinquished with just twenty seconds remaining for Hopkins.

A failed 50-yard "Hail Mary" attempt from Johns Hopkins clinched the game for the Bears, pulling off one of the biggest upsets in the history of Ursinus College Athletics.

Gerhartz explains this season's success in close matchups: "[One big] difference is our ability to overcome adversity. Last season we did some great things but when faced with a challenge, we couldn't finish. This year, we have been challenged to drive down the field and win a game and to make a big time stop in the 4th quarter and we have found a way to overcome [adversity] every time . . . [This, along with] the overall attitude of our team, [has made the difference]. We don't have any weak links. Everyone shows up each day ready to work. Everyone [has] bought into this journey we are on. We have great players, but there are not all-stars on this team. Each win is a complete team effort. It

takes a lot of guys winning each down and each series to come out with a win each week, and so far we have been getting that done."

The Bears will look to continue the success they have experienced through the first half of the season moving forward.

Said Gerhartz, "Preparation for this week wasn't much different from what we have been doing since camp. [After] every game we have been able to look at the film and find things we can improve upon. We have continually made the appropriate changes and have gotten better with every practice. Our future success will be dependent on our ability to improve every week."

The Bears had their first loss of the season to Muhlenberg College on Oct. 7, with 21-14. Muhlenberg was facing their own hardship with the tragic loss of their head coach, Mike Donnelly, to leukemia.

The 5-1 Bears will next appear at Patterson Field against McDaniel College on Saturday, Oct. 28 at 1 p.m.

a tougher pill to swallow. First half goals by sophomores Gemma Dufoe and Erin Saybolt kept the Bears knotted up with the William Smith Herons 2-2 at halftime. A pair of goals for the Herons had the Bears down 4-2 with twenty minutes of action to go. A goal by junior captain Bridget Sherry put the Bears within a point with fourteen minutes left in the game but to no avail as the Bears fell 4-3.

Ursinus rattled off three wins in four matches against Elizabethtown College, McDaniel College, and Swarthmore College, but fell to the Division II West Chester University.

A really tough in-conference loss, 2-1, at Gettysburg College in double overtime cost Ursinus their national ranking and had the Bears motivated to face Dickinson College and claim victory.

Ursinus got on the board first against the Red Devils when senior captain Brooke Overly blasted the penalty corner inserted by junior defender Mikayla Jordan, giving the Bears a 1-0 lead and Overly her fifth goal of the season.

A short three minutes later, the Bears struck again. Defend-

er Bridget Sherry continued her proficiency in penalty shots by scoring her third of the season and the seventh of her career at Ursinus. The Bears looked to be in good shape the rest of the way with a swift 2-0 lead.

Tensions rose when Dickinson first-year midfielder Marie Laverdiere scored her first goal of the season for the Red Devils as time expired in the first half, scoring off the penalty corner inserted by senior defender Kim Monteferante, to tighten the score at 2-1.

The Bears shook off the threat when midfielder Erin Saybolt blasted her fourth goal of the season off an assist from first-year midfielder Devon Carroll to give Ursinus a 3-1 lead, a lead that would remain untouched.

A 4-0 win over Haverford College and a heartbreaking 3-2 loss to No. 14 Franklin and Marshall College have the Bears a record of 6-5 overall, with a 4-2 record against Centennial Conference opponents.

The Bears will take on the No. 5 Lions of The College of New Jersey at 12 p.m. on Saturday, Oct. 14 at home on Snell Field.

A midseason check in with Ursinus College field hockey

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Before splitting games this week against Centennial Conference opponents Haverford College and Franklin and Marshall College, Ursinus College Field Hockey defeated Centennial Conference opponent Dickinson College on Saturday, Sept. 30 in an effort to turn around an uncharacteristically tepid start to their season.

The Bears have won four consecutive Centennial Conference Championships, and twelve of the last thirteen, including an NCAA National Championship

in 2006. The Bears went 19-4 last season, defeating perennial foe Franklin and Marshall in the Centennial Conference Final on November 8 in a tight match.

The Bears' history of excellence for the last thirteen years makes this season's early disappointments that much more curious.

Ursinus got off on the right foot to open the season on Sept. 1, taking down Rowan University 5-3. It was unlike the Bears to give up three goals in a game, but the issue was swiftly brushed off with the victory.

The problems arose immediately thereafter with a pair of

highly ranked opponents defeating the Bears: Messiah College and William Smith College, at the time ranked No. 1 and No. 20 in all of Division III, respectively.

Against Messiah, in a highly anticipated matchup with the then-seventh-ranked Ursinus, the Bears struggled to maintain possession, being outshot 21-0. A miraculous effort by junior goalkeeper Jules Singer kept the score at 1-0 for as long as possible, but two more goals in the last five minutes of action clinched the game for Messiah, 3-0.

A narrow game against No. 20 William Smith College was



Photo courtesy of Amelia Goldstein
UC has outscored opponents 32-20 in eleven games so far this season.

Scores as of Monday, October 9, 2017

Football (5-1)	Volleyball (5-13)	Field Hockey (6-5)	M. Soccer (2-9)	W. Soccer (1-7-2)	Cross Country	M. Golf
October 7: Ursinus: 14 Muhlenberg Coll: 21	October 4: Haverford Coll: 3 Ursinus: 0	October 4: Haverford Coll: 0 Ursinus: 4	October 3: Ursinus: 1 Stockton U: 3	October 4 (2OT): Haverford Coll: 0 Ursinus: 0	September 29: Paul Short Run @Lehigh U (Bethlehem, Pa)	October 2: Muhlenberg Invitational @Lehigh C.C. (Allentown, Pa.)
	October 7: Franklin and Marshall Coll: 3 Ursinus: 0	October 7 (OT): Franklin and Marshall Coll: 3 Ursinus: 2	October 7: Franklin and Marshall Coll: 5 Ursinus: 0	October 7: Franklin and Marshall Coll: 0 Ursinus: 1	Men: 9th of 36 Women: 25th of 36	15th of 18 Total Score: 350



Photo courtesy of Dave Morgan/Stylish Images

Ursinus had 433 yards of total offense and three sacks in the victory over Johns Hopkins University at Patterson Field on Sept. 30.

Bears upset Blue Jays, remain atop CC

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Ursinus College Football suffered its first loss of the season to Muhlenberg College on Saturday, snapping a five-game Bears winning streak which had culminated a week earlier with a 21-18 upset of Johns Hopkins, ending the Blue Jays' historic 45-game regular season winning streak.

Hopkins, the seven-time reigning Centennial Conference champions, entered the game with a 4-0 record and a 40-game winning streak against Centennial

Conference opponents, ranked #8 in all of Division III.

Ursinus' senior wide receiver Jon Gerhartz, who had two receptions for 93 yards against Johns Hopkins, was excited by the victory.

Said Gerhartz, "Beating these guys felt great; there were three teams Ursinus had never beaten in my four years here and Hopkins was one of them. They have always been the team to beat, the number one in the conference. To take them down after four years was a great accomplishment for our team and for all of the players

I've played with in the last four seasons."

The Bears opened up the scoring at Patterson Field early on with a 67-yard touchdown pass to senior wide receiver Carmen Fortino from quarterback Tommy Garlick less than a minute into the game. With the extra-point from first year kicker Alex DeSpirito, Ursinus took a quick 7-0 lead.

The Blue Jays of Johns Hopkins soon answered with a nine-yard touchdown pass of their own to Brett Caggiano, capping off an eleven play 80-yard drive, and knotting the game up at 7-7 with

9:20 remaining in the first quarter.

That remained the score for nearly a full quarter's length until kicker Jamie Sullivan of Hopkins knocked a 40-yard field goal through the uprights to give the Blue Jays a three point lead, 10-7. The game remained at a three point deficit for the rest of the first half.

Ursinus put together a quick scoring drive in the third quarter. Garlick had a 13-yard run for a first down, then a pair of catches by Fortino and Gerhartz for 26 and 34 yards, respectively, put them two yards away from a

touchdown. The Bears handed the ball off to sophomore running back Stacey Gardner who punched it through the goal line for a touchdown, his fifth in as many games this season, giving Ursinus the 17-14 lead with twelve minutes to go in the third quarter.

The score would stay there for twenty-two minutes of action due to a pair of missed field goal attempts and a lost fumble by Ursinus.

The missed 37-yard attempt

See Football on pg. 7

Upcoming Games

Wednesday	Wed. Cont.	Saturday	Sat. Cont.	Sat./Sun.	Monday	Tuesday
Volleyball: 7p.m.: @Muhlenberg Coll.	Field Hockey: 7:30p.m.: @Muhlenberg Coll.	Field Hockey: 12p.m.: vs. #5 TCNJ	Women's Soccer: 1p.m.: @Dickinson Coll.	Men's & Women's Golf:		Field Hockey: 6p.m.: @ #18 Catholic U
Women's Soccer: 7p.m.: @Muhlenberg Coll.	Men's Soccer: 7:30p.m.: vs. Goucher Coll.	Men's Soccer: 1p.m.: @Muhlenberg Coll.	Men's & Women's Cross Country: Gettysburg Invitational @Gettysburg Coll.	Revolutionary Classic @Patriot's Glen G.C. (Elkton, Md)		Volleyball: 7p.m.: @Elizabethtown Coll.