



9-21-2017

## The Grizzly, September 21, 2017

Valerie Osborne

Johnny Myers

Courtney A. DuChene

Emily Shue

Skyler L. Gailing

*See next page for additional authors*

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**Authors**

Valerie Osborne, Johnny Myers, Courtney A. DuChene, Emily Shue, Skyler L. Gailing, Kevin Leon, Paige Szmodis, Sophia DiBattista, and David Mendelsohn

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Photo courtesy of Suzanne Angermeier

Guest speaker, Nina Federoff, explains the importance of GMOs in feeding the world population.

## CSCG brings biologist and policy maker Nina Federoff to campus

*Federoff speaks on the role of GMOs in feeding the global population.*

**Johnny Myers**  
jomyers@ursinus.edu

In her talk, “Feeding 10 Billion: Can We? Will We?,” Dr. Nina Federoff argued for the importance of adopting modern farming techniques to help feed a growing population. The Parlee Center for Science and the Common Good (CSCG) invited Federoff to speak about the benefits that genetically modified organisms (GMOs) in crops such as corn could have in feeding the expanding global population.

Fedoroff, a professor of molecular biology and recombinant DNA at Penn State University, recently won the National Medal of Science. She was a former Science and Technology Adviser to Secretaries of State Condoleezza Rice and Hillary Clinton. She was also a member of the National Academy of Sciences, and a previous president of the

American Association for the Advancement of Science. Federoff has published over 150 papers in scientific journals on the molecular analysis of plant transposable elements, stress responses, and microRNA processing.

Outside of academia, Federoff lectures on plant science internationally and examines the importance of genetically modified crops in feeding the global population.

Federoff’s talk is part of the CSCG speaker series that brings civically engaged scientists to campus. Dr. Robert Dawley, one of the co-directors of the program, said, “We try to bring people in who have a position of expertise and evidence on a subject of important societal interest.”

The CSCG speaker series and Fellows program also gives students the opportunity to interact with and learn from distinguished scientists. In addition to the

speaker series, the CSCG runs the student Fellows program, which aims to shape responsible leaders in science. Another feature of the CSCG is the FUTURE summer research program, which supports research experiences for students from groups that are underrepresented in science.

*“We try to bring in people who have a position of expertise and evidence on a subject of important societal interest”*

— Dr. Robert Dawley  
Biology professor and Director of the CSCG

Senior Ben Allwein, an active member of the CSCG, said, “CSCG fellows are student liaisons between guest[s] and campus. We have direct interactions with [speakers] and [are able] to pick [their] brain[s] as science

## Students surprised by new student senate requirements

*Club leaders react to new two senator rule*

**Courtney DuChene**  
coduchene@ursinus.edu

Athletic teams, Greek organizations, and club members came together this past Wednesday for the first Ursinus College Student Government (UCSG) senate meeting. The email advertising the meeting, which was sent to all students this year, outlined new rules aimed to increase the participation of new clubs and ease the burden on existing clubs. One such rule now requires that each club have two senators who can alternate meeting attendance, rather than one senator who attends every meeting.

Some clubs found this year’s two-senator requirement to be a hassle.

Robin Gow, Feminists in Action (FIA) Social Chair, said,

“[We’ve] gone through a lot of re-organization lately. This means that a lot of work falls on a few people to keep the club going . . . I think the rule directly harms group[s] . . . [that are] already stretched thin.”

Senior Rachael Carter of the International Relations Club echoed Gow’s sentiments. “A lot of times there just aren’t enough officers for the clubs to go to all of the meetings at that time. It would be helpful to have options.”

Chris Tan, the vice president of the UCSG and the senate leader, explained that the two-senator requirement was meant to ease the burden on smaller clubs. “The reason why we want

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and math students invested in the concepts of the higher purposes of science and how it applies to the common good. We’re also responsible for organizing and campaigning [events]. Our efforts through talking and social media have been to draw students to this event.”

Allwein recorded a podcast before the lecture so that students who couldn’t attend could still learn about the topic from Federoff.

Said Allwein, “The podcasts are . . . brief synopses of [the] lectures . . . they’re an accessible, distributable medium to introduce people to the concept topic and to [the speaker’s] perspective . . . [the podcasts allow] people who aren’t able to make the lecture to be engaged with the topic.” The podcast should be available on the college website soon.

This year, the speaker series focuses on agricultural develop-

ments and sustainable ways to feed the global community. The next speaker in the series is Dr. David Mortensen whose talk examines why crop technologies fail. As in previous years, the goal of the series is to exemplify the CSCG mission by tying together scientific and ethical issues. According to Dawley this mission derives itself from Ursinus’ liberal arts philosophy.

He said, “CSCG is about programs to help students see the connections between science and society: religious, ethical, and political implications of science, all of which deal with how we live together.”

CSCG Fellows are chosen through a nomination and application process in the spring semester of each year. Students who are interested in learning more about the speaker series or CSCG should contact Dawley at rdawley@ursinus.edu.

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two senators is because we want to distribute [the work]. We talked about making it easy. We don't want to put anything too onerous or burdensome on one senator... Everyone's very busy with their own schedules, with their extracurriculars, and so the main rationale behind having two is so that you can flip flop... We wanted to make it easier."

The senator requirements are based on the philosophy that every element of student life should have a say in UCSG proceedings.

Tan said, "It's community. We can't have a vibrant and strong community at Ursinus if everyone is so separated. So we want to bring this into a big forum where people can start engaging with each other and really coming together, because, really, student senate brings together these leaders from each slice of

life at Ursinus."

For Tan and other UCSG officers, the student senate meetings provide valuable feedback and he sees club participation as integral to that process.

"[The UCSG is] only as knowledgeable as what we know and sometimes these clubs that are on the ground have this perspective that us in student government don't have," Tan said.

Gow and other small club leaders, however, have not found the process to be worth the difficulty of recruiting senators.

Gow said, "I have never heard anyone mention having senators to be helpful. I do think senate is great if you want to talk about what's going on for campus, but clubs have a lot to do without having to go."

Other organizations have found the two-senator requirement to be difficult to meet

because of the Wednesday night meeting time. Carter thinks more options could help ease this concern: "Two different options, one that's on a Monday/Wednesday/Friday schedule and one that's a Tuesday/Thursday schedule just to like, give people more options. It's not like [people] don't want to go, but it's just that it's not possible."

Tan said the UCSG plans to work with these groups to help accommodate their needs. "We hope we can start working with them to find a more accommodating way to get their voices out there."

Tan also eased concerns about the penalty towards clubs' AFAC funding if they miss a senate meeting. "We try not use negative punishment like that... That's usually our last measure. We are really trying to urge these clubs to come, and the reason why is that we need their voices... [AFAC cuts] are like

the nuclear option, but we do that because they are using funds from AFAC and we think it's appropriate that if they're using money given to them, they have a say in how [the student government] is being run."

Despite the initial misgivings students have expressed, Tan is hopeful that this year's senate will be a place for groups to come together and support smaller clubs. "The reason why we want to get these small people involved is because... it's the little guys. We want to be supportive of these small but dedicated clubs that love what they're doing and maybe they don't have that medium to get that publicity out. The senate's there not only to give a voice to the students... but it's also to help give representation and publicity to other clubs. Hopefully as we move on we'll see a lot of cross-organization collaboration."

## WRITERS WANTED

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Join us for our weekly news meeting

Mondays,  
6 p.m.  
Ritter 141

# International film festival kicks off

The documentary themed festival began on Thursday, Sept. 14 with "White Helmets" and "Watani: My Homeland"

Johnny Myers

jomyers@ursinus.edu

The annual Ursinus film festival began this past Thursday with the films "White Helmets" and "Watani: My Homeland." Both are short films about the Syrian Civil War, specifically about those caring for the wounded and seeking refuge from the travesties of war.

Film festival attendee and junior William Wehrs spoke about the effects the two films had on him. "It was extremely hard to watch. It was also very strange. There are some things you think of with war, like explosions, but then there was also the surreal. Like, at one point we saw an explosion and then we saw a girl running by in a Disney backpack. You don't associate those two

things."

Ursinus' International Film Festival was founded over two decades ago by French professor emerita, Dr. Collette Trout. It was formed as a way to introduce modern language students to the film and culture of the languages that they were studying. Each year the festival offers a film for every language taught at Ursinus.

The film festival is now run by media and communications professor Dr. Jennifer Fleeger and Japanese professor Dr. Matthew Mizenko.

According to Fleeger, three years ago "Dr. Mizenko and I decided that it would be an interesting idea to choose the films based on a theme. It used to be films from the contemporary era, say, the last five years or so, and

good films that people would like to see. This year, we're doing 'documentary with an eye towards social justice.'"

Although attendance is mandatory for students in language classes, all students and Collegeville locals are welcome. Fleeger expressed her enthusiasm for the community involvement she has experienced over the years. "We've had some people [in the Collegeville community] who are completely dedicated to the festival, and that changes the conversation about the films we're having. It's a great way to bridge the gap between the college and the town."

This year, the festival theme is documentary film. Wehrs spoke to the importance of this year's theme.

"Documentaries are one of

the best ways to build empathy because when you see a fiction film, even if it's extremely real, there's still a sense of removal that's not there in documentaries," Wehrs said.

The documentaries being shown this year offer a variety of perspectives on a range of subjects. Following last week's Syrian films will be the Chinese film "Ai Weiwei: Never Sorry." "Ai Wei-wei: Never Sorry" paints a portrait of the renowned Chinese artist Ai Weiwei, whose politically themed work often makes him the target of the Chinese government. "Bonobos" tells a somewhat fictionalized account of the activities of the Belgian naturalist Claudine André in the Democratic Republic of the Congo as she studies and protects the bonobos, a rare primate species

said to be one of the closest relatives of humans. "Minamata: The Victims and Their World" focuses on the residents of a small Japanese fishing village poisoned by mercury released by a fertilizer plant and the creation of a political movement seeking justice. "Oma and Bella" follows German filmmaker Alexa Karolinski's grandmother and her friend, survivors of the Holocaust, as they teach Karolinski how to cook traditional Jewish food while reminiscing about their childhoods and addressing questions of heritage, memory, and identity. Finally, "Which Way Home," nominated for the Academy Award for Documentary Feature, shows the personal

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## THE GRIZZLY

VOLUME 42 ISSUE 3

The Grizzly is a weekly student-run publication that serves the Ursinus community. Views expressed in The Grizzly do not necessarily reflect the views of the staff or college.

Ursinus Grizzly  
601 E. Main Street  
Collegeville, PA 19426

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Photo courtesy of Robert Varney

Dean Mark Schneider, the new Vice President of Student Affairs, stands outside Corson Hall.

## Q&A with Dean Mark Schneider

Emily Shue

emshue@ursinus.edu

*Dean and Vice President of Academic Affairs, Mark Schneider, came to Ursinus this summer from Grinnell University in Iowa where he was a physics professor and an associate dean. At Grinnell, Schneider established the award-winning Grinnell Science Project. A noted physicist, Schneider received his bachelor's degree from Carleton College and his master's and doctoral degrees from Princeton University. This week Schneider sat down for an interview with The Grizzly.*

**Q: What kind of programs do you think Ursinus could use more of?**

DS: Well, a lot of what I did at Grinnell related to support of both faculty and students: particularly being cognizant of the challenges of students who come from a variety of backgrounds. So, whether those are issues of feeling like they don't belong on campus because they're a first-generation student, or they're a student of color, or . . . an international student who feels like, "Oh, this is a completely—literally, a whole new place." And similar sort of things affect faculty . . . So, trying to do kind of comprehensive support of faculty is also . . . important . . . One of the main

reasons that I want to do this is the notion of diversity and inclusion. Every institution out there is, "Oh yes, this is really important to us," then what they do is hire a person who will take care of that and the president and the dean kind of brush their hands off and say, "Yep, well now that's done, I don't need to worry about it anymore." And I think that that's really inadequate. It has to be a really top priority of people at the top of the institution, in partnership with people who are hired—hired specifically for some of those purposes. So, having a dean and a president who are working really closely with someone like Terrance Williams . . . and the Institute for Inclusion and Equity—those, I think, are the kind of recipes for real success . . . And it's difficult to predict, saying, oh, well, you are from this group and therefore you will—may not feel that you are included . . . Just because you're a person of color may not mean that you feel uncomfortable on campus and just because you're a white male does not necessarily mean that you will feel comfortable on campus.

**Q: What do you think students specifically need the most in college to prepare them for after graduation?**

DS: A lot of people end up focusing on the wrong things.

That is, there's a great deal of attention, particularly in the popular press, of making sure that students are getting marketable skills. And those skills are definitely important . . . But the kind of preparation that a school like Ursinus is giving students is not a preparation for a job, but it is a preparation for a career that embodies leadership. So the people that leave selective liberal arts colleges are people who are going to be changemakers, and not people who have a job. And so the combination of making sure that people have good skills with . . . understanding problems from different dimensions, knowing something about what it means to . . . understand how someone else's perspective might be different, but also to [learn] how to be analytical, how to be synthetic—that is, take different ideas and put them together. And as important as anything, how to listen. And I think that latter one is something that we in higher education in general do a poor job at . . . It's one of the things that I really want to initiate and already have done a few experiments on, in terms of helping foster really good listening skills through a variety of activities in which we empower people to tell stories to one another and listen carefully to what other people have to say as a way of helping to generate understanding, trust, and a sense of community without . . . sacri-

Film continued from pg. 2

stories of unaccompanied child migrants riding a freight train through Mexico in a courageous and resourceful attempt to enter the U.S.

Fleeger explained the motivation behind this year's documentary theme. "We felt a social responsibility to think about what we could do, in our small way, to attempt to make the world a little bit better: We can foster discussion about real things that matter to real people, and issues that people might not think about every day."

To add value to each viewing, specific professors were invited to lead discussions. Said Fleeger, "[Biology professor] Dr. Ellen Dawley, for example, will come when we see "Bonobos," and

talk about animals. [Professor of philosophy and religious studies] Christian Rice and [professor of politics] Dr. Becky Evans will talk about politics and civic engagement in relationship to the films from Syria. It brings the subject of the film in a much more real way to the audience."

"Ai Weiwei: Never Sorry" will be shown on Sept. 28, "Bonobos" on Oct. 12, "Minamata: The Victims and Their World" on Oct. 26, "Oma and Bella" on Nov. 9, and "Which Way Home?" on Nov. 30. All films will be screened in Olin Auditorium at 7 p.m. and are open to the public.

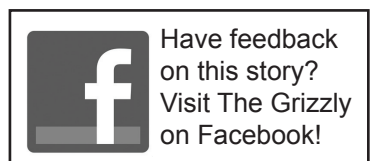
Student Ben Susser has already proclaimed his excitement for the festival, "The films are eye-opening, and the discussions are richer than chocolate cake!"

ficing your individuality.

**Q: What are a couple of the things you've tried?**

DS: There's a sort of retreat-like thing that happens at the beginning of each academic year . . . called Community Conference . . . I wanted to take the lead in formatting some of that. So, in partnership with . . . [President] Brock, we put together a plan that had a variety of different opportunities in there in which faculty and staff . . . had opportunities for small discussion, we had opportunities for little panel presentations in which we asked groups of people to read particularly interesting articles that had to do with issues of diversity and higher education, and then comment on that, and get conversations with the larger group based on that . . . And then we also had opportunities . . . for faculty and staff to express themselves in a really anonymous way. We . . . solicited answers to the question, "What would you like your colleagues to know about you, but you're afraid to tell them?" And people sent in some things that we then read out loud . . . And the purpose was for everyone simply to listen and to hear the range of concerns and issues without any sort of commentary. And part of the instructions were . . . [don't] follow up on who said that. It's simply a matter of trying to develop good listening skills and understanding the wide range of opinions and concerns that people have. And we also did an exercise called "Stand With

Me" in which both Brock and I stood up at the front of the room and said "If you agree with this particular statement, come stand with me," and there were . . . positive ones like, "I want to stay at Ursinus until I retire," to more negative ones like, "There are times on campus where I feel like I'm the only one." And then we encouraged people to walk up and literally stand with us. Both as a way of publicly showing that they have had those feelings, which are important for everyone to see, and as well as saying, "You're standing with the president and the dean of the college. You don't have to be afraid to say this." And of course, for that, we wanted to tell people . . . you can stay in your seat during this no matter what you feel . . . It took bravery to say, "Oh I'm gonna stand up for these things." So, all of these were an opportunity to set a stage for the kind of conversations that we'll continue to have—with faculty, with staff, and with students, over this whole year and beyond. We're trying out a name for this . . . "Cultivating Resilience: Conversations About and Across Difference" . . . We're going to . . . have opportunities to do this over lunch or during . . . common hours and things like that.





# Beekeeping society creates some buzz

*Ursinus College Beekeeping Society hopes to educate community with an entrepreneurial twist*

**Skye Gailing**  
skgailing@ursinus.edu

Some Ursinus students might be afraid of bees, others might only like them for their memes, but junior Johnny Myers and sophomore Andrew McSwiggan think differently. Myers and McSwiggan are the founders of the Ursinus College Beekeeping Society.

For Myers beekeeping and sustainable farming have been passions for a while. His high school had an organic farm where students could work with livestock and plant trees. Additionally, Myers has a large amount of experience working in the outdoors having volunteered with Habitat for Humanity.

McSwiggan too has always had a soft spot for bees and noted their ecological importance, “Bees are such an essential part of the environment . . . it’s really saddening how quickly they’re going extinct . . . it’s shocking how much all of these colonies provide for farming and food security as a whole, even outside the realm of honey.”

Myers saw the potential of Ursinus’ Organic Farm right away: “I heard that Ursinus had an organic farm my freshman year and I thought that the farm was underutilized. I was upset because we have this awesome resource with plenty of willing students and nothing was going on over there.”

McSwiggan agreed with this sentiment and was inspired to work on this project by a question: “What if there’s a way we can tackle both of these issues at once? Nutritious, good quality eating and environmental security. And that’s where the idea sprung from: both of these facts coming together here. And I think bees are a really good outlet to do both things.”

However, it is not just about harvesting tasty honey for this group. In addition to raising environmental awareness on campus, Myers and McSwiggan are developing an app as part of a honey-delivering service. To

financially support their endeavors, Myers and McSwiggan competed in the U-Imagine Center’s BEAR Innovation Competition this past spring where they won \$2,000 for the “Ready, Set, Go” prize.

Myers explained, “We decided to enter because we put an entrepreneurial spin on the beekeeping. Our plan and business model was to sell honey to students through a subscription service: every month, we deliver a jar of honey to your address. This idea is still in Beta. I would like to do more philanthropy and charity work with the honey produced.”

The group also has set their sights on increasing their community outreach and engagement, hoping to eventually collaborate with other student organizations to lead events about the environment focused on how we can contribute to slowing climate change and global warming. And, of course, the society wants to share their love and knowledge of bees with others.

McSwiggan explained, “You don’t need to be a part of the actual club to make an impact on campus. If you want to learn anything about how you can keep bees, how you can spread awareness about healthy environmental practices, nutritious eating, just come talk to us. We’re more than happy to have these discussions, that’s why we’re here. We’re very passionate about it and we want to make other people passionate about it as well.”

Myers hopes the Beekeeping Society will serve as a catalyst for student-driven environmental action.

“Education is [the group’s] most important aspect . . . If I have inspired at least one student and made them an active citizen for the environment, this would have all been worth it,” said Myers.

When the duo was looking for an advisor to help start their organization, Kate Keppen, who runs the Office of Sustainability, helped connect the students with

Will Caverly, a grant-writer in the Advancement Office, who is an avid beekeeper himself. He is currently finishing his third season as a beekeeper.

Both Myers and McSwiggan sang their praises for Caverly; Myers called him “the most awesome adult I’ve ever met.” He went on to say that Caverly is “so informed about beekeeping and what I’ve learned from him is incredibly valuable for the Beekeeping Society. When I graduate, I hope Will brings the same knowledge and energy...to the next generation of students.”

Caverly genuinely enjoys working with the society and sharing his knowledge with students. He hopes that, despite the distance between campus and the organic farm, more students will visit the hives and see how successful the bees have been under the care of Warren Graham, Jr., who has been working on Ursinus’ farm since 2010.

According to the group, bees are complicated, semi-domesticated animals with many lessons to teach us. “There’s a lot of creative things to do with bees . . . they capture the imagination . . . Bees are quite a bit like humans, and that’s why they’re interesting to people,” said Caverly.

Each member of this bee-

keeping team emphasized the significance of bees’ communal living. Caverly even pointed out that “the workers own the means of production . . . the individuals [are] subsumed underneath the group identity.”

The organization of this communal living is Myers’ favorite part of beekeeping.

Said Myers, “Bees have a matriarchal structure, organize themselves into equal classes, and work exclusively for the common good. If there are too many bees living and there isn’t enough food, bees will decide to either starve or find another hive—all for the betterment of the hive. To put it in Will’s terms, bees are communists, vegans, and feminists. Humans—take note.”

Despite the emphasis on the importance of honeybees, the Beekeeping Society is well aware of the importance of taking care of bees native to this area.

Caverly explained, “Honeybees are only half of the equation. The other half is that we have native bees that are equally, if not more, important. The club actually has language in the charter about how we have to take care of native bees. We know very little about native bees. They tend to be solitary, they

don’t do honey, so they’re not agricultural in the same way that honeybees are. I want people to know that learning about and creating a habitat for native bees is equally as important as saving the honeybees and saving our agricultural system.”

The Ursinus College Beekeeping Society has just received a shipment of parts for their own Flow Hive system, a product created by two Australian entrepreneurs, which the team found online.

According to Myers, “The Flow Hive makes beekeeping easy, friendly, and time-efficient... [It is] an automated system that has pre-created hexagons which the bees can fill with honey. With the turn of a lever, the hexagons break apart without disturbing the bees, which lets the honey drip through.”

This technology should make beekeeping more accessible for beginners and less aggravating for the bees.

The Beekeeping Society has been making great strides in bringing beekeeping to Ursinus. The Beekeeping Society hopes to share their passion and knowledge with the rest of the community as they continue to grow as beekeepers and educators.



Photo courtesy of Ursinus College Beekeeping Society  
The Ursinus College Beekeeping Society shows off their hive of bee friends at the Organic Farm.



# The final member of Pi Omega Delta

*Senior Brandon Carey talks about being the last man standing in his fraternity*

**Kevin Leon**  
keleon@ursinus.edu

Senior Brandon Carey is the final remaining member of Pi Omega Delta (POD). After years of the fraternity hemorrhaging members, this year may be its last chance at surviving.

He joined the fraternity his sophomore year because the members of POD, his Bigs at that time, helped him come out of his shell. Before pledging his freshman year, Carey was the awkward misfit from a cookie cutter suburb in Maryland. The guys that pledged him challenged him to try new things, to be more social and to put himself out there.

“I thought if these guys are opening their door for a weird chubby kid, what is there not to like?” said Carey.

The thing that Carey really enjoyed about POD was the lack of body politics. He attempted to use this as a selling point this semester while trying to find people to take over the fraternity. He explained that being a part of the fraternity was not the main identifier for members. Your personal goals and pursuits were more a part of you than the frat would ever be.

“Who you were as a person, your identity, always always always came before the organization and the letters,” said Carey.

If people couldn’t pay dues, that was fine. They’d set up a payment plan. If members couldn’t come out on weekends for two weekends straight, that was no problem.

To Carey, there’s definitely a frustration for not being able to sell these points to other students, but he recognizes that maybe that’s just not what people are looking for.

After Carey pledged and received his letters, there were a total of nine brothers. What followed was what seemed like an endless stretch of membership loss. By the fall of 2016, when the fraternity was placed on probation for an administrative/logistical reason, unrelated to discipline or behavior, only four members remained. Carey studied abroad that semester and by the time he returned from Hong Kong he was one of two remaining brothers. By the time the organization’s probation was lifted, in the spring of 2017, only Carey remained.

POD had been built back from two people before: in 2010, the mid 90s and late 80s.



Photo courtesy of Daniel Berger

Bradon Carey, final member of Pi Omega Delta on campus, wears his letters with pride.

“I know it’s hard work but not impossible,” said Carey.

People don’t want to associate with the negative ramifications of probation, so it’s difficult to counteract the stigma. New rushes also want assurance that they will have a brotherhood, but Carey can’t show them that alone. Carey believes these factors adversely affected interest in POD.

According to Carey, what makes POD worth keeping alive is the connection formed between new members and alumni. They gave Carey support. He could call anyone. He could send an email and get a response in 30 minutes.

Unfortunately, Rush Week did not go the way Carey had anticipated. Earlier last week, he decided to suspend recruitment for a combination of personal and logistical reasons. He and the previous members had been through a lot. Trying to build back the fraternity by himself

proved to be a difficult and emotionally demanding task, so much so that his decision to suspend recruitment was influenced by him not wanting to put that weight on the one person rushing POD.

“You can build back an organization from two people. But my worry is based on the people who showed genuine interest, they are good people, they’re fantastic people, but knowing what I’ve been through the past year, knowing that I’d be damning whoever is left with that [task], I can’t in good mind put someone through that,” said Carey.

Carey is graduating this December. Pledging takes about a month. But in reality it takes the whole year for the new members to become fully acquainted with how the frat is run. The fact that he will be gone next semester only further complicates things.

“I am a stubborn person. Everything else in my life I’ve

made work, but this is the one thing that I can’t. It’s taken eight months of humble pie for me to realize this is my first real ‘L,’” said Carey.

Despite the need to accept defeat, Carey reminisces on the best aspects of POD. According to Carey, the memories that people have of POD and 204, their suite in Reimert, will remain strong. Carey believes that if anyone wanted to bring POD back at any point in the future, they could. His hope for POD is that at some point in the future, someone will come along and look at what they were as an organization and will want to bring it back.

Carey said, “We’re in good standing, we’re just going to be dark, inactive. Think of Fry in “Futurama” when he’s in the cryotube. I acknowledge there might not be a future and I’ve mostly made my peace with it. There’s nothing I can do about it. It’s way out of my control.”

## Happening on Campus

Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
<i>INSPIRE Event:</i> <i>Randy Nelson</i> 7 p.m. <i>Blackbox Theater</i>	<i>Chemistry Seminar</i> <i>Talk with Nathan Scharf</i> 12:15 p.m. <i>Pfahler Hall 208</i>	<i>Community CPR/</i> <i>First Aid/AED</i> <i>Class</i> <i>All Day</i> <i>Bear’s Den</i>		7 p.m.		



*Lock-in: What to do when crop technologies fail?*

*Omega Chi Blood Drive*  
10 a.m. - 4 p.m.

*Student Success Workshop: Study Smarter, Not*





Photo Courtesy of Suzanne Angermeier

Students explore the wide variety of social, academic, athletic, and activist clubs and organizations at the annual Activities Fair run by the Student Activities office in Lower Wismer.

## How to be involved but not overcommitted on campus

Paige Szmodis  
paszmodis@ursinus.edu

After the annual Activities Fair held on Sept. 6, most Ursinus students, from first-years to seniors, have begun scheduling their involvement on campus for the semester. Student Activities celebrated over 100 organizations present at the fair with a diverse range of social, athletic, academic and activist clubs on campus. The front page of the Ursinus website even proclaims, “You’re more than a major. Most of us are a little bit of, well, everything.” This support of community involvement is great. However, campus life also often promotes a pressure to overcommit oneself to too many responsibilities.

As a senior, I’ve had three great years of experience at Ursinus, but my academic, social and job responsibilities have added up over the years. I understand Ursinus students’ compulsion to build up roles while in college for a resume after graduation, especially because our society often overlooks the value of a liberal arts education. Most committed students naturally want an extensive list of leadership positions for LinkedIn profiles and email signatures, but these commitments are not actually helpful

in the long-term if they’re just a laundry list. You will get the most out of your Ursinus career if you have constructive commitments, not if you are overcommitted.

First-year students particularly are often sent conflicting messages, getting lectured on time management while also being encouraged to be involved with as much as they can in order to get the most out of their college experience. In my perspective, the key to mastering this abstract idea of “time management” is not just maintaining a schedule, but actively considering how much extra work outside of classes you can take on and prioritizing those activities according to what will most benefit your personal and professional growth.

For instance, I cannot possibly make it to every club meeting that I signed up for and I have had to decline opportunities to apply to certain jobs on campus. It’s important to balance activities that have varying degrees of responsibilities and time commitments. For example, most social clubs are a great way to be involved in a specific campus community but generally do not require you to attend every meeting unless you serve on their executive board. Some campus jobs may be valuable for gaining experience for a future career,

while other jobs may allow you to do homework when not busy. Before committing to any activity, make sure you’re fully aware of the responsibilities and time commitment required. Saying “no” to certain roles should not be seen as a failure, but as a way for you to succeed at other responsibilities.

Furthermore, knowing your limits regarding campus life will actually help foster a healthier campus community. It’s important to be transparent with professors, supervisors and even student leaders and peers about what work you can or cannot complete on a weekly basis. Because many student organizations function on communal participation, you should be clear with them about your priorities before accepting any responsibilities. I’m not advocating that students should start declining duties last minute, but rather proposing a fundamental shift in how students view campus involvement. Instead of attempting to compete with other students for most campus positions, carefully consider what activities you can prioritize and commit to over the course of your Ursinus career.

Other students on the staff of The Grizzly offered some advice for underclassmen seeking to get involved as well. Copy editor Sienna Coleman said, “I am defi-

## First-year perspective: challenge yourself with new experiences

Sophia DiBattista  
sodibattista@ursinus.edu

My first few weeks at Ursinus have been an exciting, but utterly terrifying ride, especially for a first-generation student such as myself. Friends and relatives have told me to join everything and to “put my name out there.” This has become a challenge and a goal.

On the first day of orientation, I made it a priority to introduce myself whenever I made eye contact with anyone. It was daunting, but worth it since I ended up meeting friends and fellow students in my year and above. I kept saying to myself, “Keep your shoulders back, keep your chin up and walk in like you own the place.” Confidence is key in a new environment and it forces a person out of their comfort zone.

Classes began and so did a rush of stress until I walked into my CIE class. But, when I walked in and saw questions about education and Plato’s “Allegory of the Cave” posted around the room, I knew I was going to be fine. CIE has been a wonderful class and allowed me to appreciate the entire liberal arts curriculum as a welcoming, inspiring, academic model. It is flexible, balancing mathematics and sciences along with arts such as poetry, theater, and philosophy. The wide range of courses offers numerous opportunities for growth in the mental, physical and possibly spiritual spectrums. In my few weeks here so far I’ve

found that community is a prominent aspect of campus life. There are jobs to work, organizations to join and sports to play. Plus, between going to the gym, library, friends’ dorms and school-wide events, the college student’s schedule becomes packed with all sorts of activities, helping ease the homesickness some are prone to feeling. It seems that every day flies by. I have found that “being involved” is not a cliché phrase to shrug off, it is a method of expanding social circles and educating oneself.

First-year student Caroline Cadigan also feels the open-hearted atmosphere on campus. She said, “I’m so happy I get to live in a place where I already feel such a sense of community. It feels like the friends I’ve made so far have been my friends for years! I can’t wait to continue growing here and further my education at a place that is already so special.”

High school is a different ballgame than college but within the three weeks of living here, I’ve learned more than I expected. College life is active, engaging and thought-provoking. It requires motivation from all parts of a person. Having a sense of poise and willpower positions an individual for success. I feel that I should savor the moment, stay grounded and join into the warm aura of community. With joining clubs and getting a job, my time here has been zooming past me. Ursinus College has so much to offer, so take advantage of it all.

nately guilty of stretching myself too thin! When I know that I have committed myself to more than I can handle, I just try to focus on the things that I really love and put them first.”

Editor-in-Chief Valerie Osborne advised, “Prioritize activities you enjoy over things that you think would look good on a resume. You’ll enjoy yourself a lot more and the people

looking at your resume will get a better sense of who you are if you’ve included things that actually interest you. Also, don’t be afraid to try new things. If there’s something you’ve always wanted to do, but have never gotten the opportunity to, you should try it out. I’d never written a newspaper article before joining The Grizzly my sophomore year and now I’m the editor-in-chief.”





Photo courtesy of Amelia Goldstein

Men's Cross Country has come in first and fourth place, respectively, in the first two races of the season.

# Electric start for UC Men's Cross Country

**David Mendelsohn**  
damendelsohn@ursinus.edu

The Ursinus College Men's Cross Country team has gotten off to a fantastic start this season. In their most recent race on Sept. 16, the team finished in a rather impressive fourth place out of fourteen teams at the Bill Fritz Invitational hosted by Rowan University. The team's first race had an even more jaw-dropping result as they came in first place out of nine teams at the Bryn Mawr Invitational at Rose Tree Park in Media, Pennsylvania.

While some might be surprised by such a hot start to the season, senior Joe Iulucci was not. Said Iulucci, "Coming into preseason, we knew we were bringing in freshmen with some

real potential because each year we're able to recruit athletes of a higher caliber. During preseason, they definitely made a good impression. In the seasonal time trial held on the first full day, Dylan Geissinger-Tuttle and Kyle Berardi finished third and fourth. As for the rest of the team returning, having put in better summer training and coming back to work out with fitter teammates, they are certainly performing better."

Iulucci also explained how the team as a whole was able to improve so tremendously from their 2016 season in which they collectively finished in the bottom half in all but one of their races.

"[My teammates and I] expect to finish a few places higher

as a team in our conference race at the end of October. First of all, we knew we were returning everyone from last year. Factor in our solid group of freshmen and without a doubt we are taking down a few of the teams that beat us last year. Sophomore James McDaid has always had an excellent work ethic and competitive drive, but so far this year he has really proven it by leading the team in our first two races. Also, as I already mentioned, our freshmen are already looking really strong."

Iulucci detailed how the team prepares for race day, crediting the sage wisdom of Head Coach Carl Blickle and assistant coaches Crystal Bacon and Tyler Melius.

Said Iulucci, "Every day, but especially leading up to races,

the coaches preach doing the little things right. These include eating well, getting plenty of sleep, doing extra rolling and stretching on your own time as needed, and so on. Before race day, it's important to get a good night's sleep, but it's usually two nights before that is most important. In the past, the coaches have encouraged us to visualize our races leading up to them: really imagining ourselves racing successfully through different scenarios that could happen out on the course. Building up your confidence and working on other mental components before race day can have a huge impact on success. In terms of basic logistics, we always go over departure times, race strategies, and other details the day before. We'll always have maps printed out to begin familiarizing ourselves with each course before we arrive at the meet and actually warm up on the course."

The coaching staff is also to be credited for setting up constructive practices that allow the team to improve on a daily basis. Joe laid out a traditional practice: "Practices start out with some quality foam-rolling and a daily injury prevention routine. After warming up sufficiently, we usually go out on the trail for our run. A couple days a week we'll make use of some of the grass playing fields, the track, or even Hunsberger, to do some harder, faster running. Once we finish up, we always spend some time stretching and rolling before heading over to the dining hall. This year focusing on the rolling, stretching, and injury prevention exercises will be crucial to not only keeping us healthy but also building our mobility and strength."

The practices are not just advantageous for improved performance, they also help the team to form a close bond.

"Practice—specifically the

amount of miles we run together during which we're able to talk and joke about different things—sets up that initial sense of camaraderie. Moreover, during the cross country season, when we're all doing pretty much the same hard workouts, whether they are long tempos or extended intervals, we develop certain kinds of bonds that I think may be a little different from other teams. I mean the workouts where we have to embrace certain levels of pain much greater than those of our basic runs, when we're really pushing each other to the end of each repetition and fighting the natural desire of our minds and bodies to back away from the pain: Persevering in these workouts and pushing each other to get better makes us even closer as a group of guys," said Iulucci.

The team bonds outside of the practice facilities as well, Iulucci explained. "Outside of practice, we spend a lot of time eating together, of course. It's always nice to unwind during a meal at Wismer in the company of teammates. Although everyone mingles with different crowds on campus and as a team we are not always together, I think starting to form that natural team bond at practice definitely carries over to daily campus life and makes us more inclined to seek each other's company out. Our bond continues to develop and really solidify itself as we hang out with each other, do work together and so on."

The Men Cross Country team's next race will be the Paul Short Run on Friday, Sept. 29 at Lehigh University in Bethlehem, Pennsylvania.



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## Scores as of Monday, September 18, 2017

Football (3-0)	Volleyball (4-7)	Field Hockey (3-3)	M. Soccer (2-3)	W. Soccer (0-5-1)	M. Cross Country	W. Cross Country
September 16: Juniata Coll: 28 Ursinus: 35	September 12: Marywood U: 0 Ursinus: 3 September 16: Rowan U: 3 Ursinus: 0 Trinity (D.C.): 0 Ursinus: 3	September 16: McDaniel Coll: 0 Ursinus: 4 September 17: West Chester U: 4 Ursinus: 1	September 13: Neumann U: 1 Ursinus: 0 September 16: Ursinus: 2 McDaniel Coll: 4	September 12 (OT): Ursinus: 1 Elizabethtown: 2 September 16: McDaniel Coll: 2 Ursinus: 1	September 16: Bill Fritz Invitational @Rowan University Glassboro, N.J. 4th of 14	September 16: Bill Fritz Invitational @Rowan University Glassboro, N.J. 7th of 13





Photo courtesy of Amelia Goldstein

Emily McGarrigle (pictured) and Sarah Thompson lead the way for Ursinus in their first tournament of 2017.

# Party of Five: Women's Golf wins first match

**David Mendelsohn**  
damendelsohn@ursinus.edu

The Ursinus Women's Golf team began their season on Sunday, Sept. 10 with an impressive first place finish in the Swarthmore Invitational at Rock Manor Golf Course in Wilmington, Delaware.

Sarah Thompson, senior captain and the Bears' top scorer in the tournament, was excited about the results.

"It felt good! Definitely a great way to start the season with some momentum!" she said.

Meaghan Corbin, a senior playing her first season for the

golf team after three years playing lacrosse at Ursinus, was also elated with the team's performance.

Said Corbin, "I was very excited to have won my first match ever competing. According to my teammates who have been on the team for multiple years, this was an oddly long match, spanning over 6 hours when a typical round takes 4.5 hours. We played right up until sunset, and it was really nice to bring back a trophy."

While winning the first tournament of the season certainly feels good to the ladies of the links, this accomplishment is

nothing new for the team, as they have been outperforming much of the competition for the last few seasons. What is more impressive about this victory is that they've done it with a roster of just five people: Seniors Sarah Thompson, Shelby Bryant and Meaghan Corbin, and juniors Emily McGarrigle and Rebecca Chiger.

Women's Golf has the smallest number of athletes on a team out of all Ursinus College athletics. The team acknowledge that this certainly comes with some challenges, but they never shy away from a challenge.

Junior Emily McGarrigle ex-

plained, "Because we have such a small roster, it puts more pressure on each of us to play our best all the time. We don't really have anyone to fall back on if one of us is having a bad day, so we all have to practice a lot and really try our best at each tournament."

Corbin agreed. "With only five girls available to compete, four girls have to be ready to go for each event for us to post a team score. Since I am a newcomer, I felt particularly challenged knowing that for the first match and for matches to come, my score will always matter. I am motivated to get even better and make sure I can contribute to the team score at my best playing ability."

Thompson explained that while that pressure exists, "there's more pressure to perform as best as you can because if someone has to miss for class or something then your score will definitely count."

There are also advantages to having such a small roster. Said Thompson, "There's no competing for spots to play in the lineup, so sometimes [it feels like] there's even less pressure to play well!"

The advantages of a small roster have not stopped there for the Bears. Due to having such a small squad, the team has been able to become very cohesive and tightknit, something head coach Wes Hollis really works to accomplish.

"Coach takes us out for team meals to encourage team bonding. He also has us compete against each other for the best scores for things like a candy bar or a jar of honey for the winner of the day," said Corbin, when asked how she has meshed with her new teammates as a first-year

collegiate golfer.

Along with team dinners and friendly competition throughout the year, the girls are also able to bond over their annual trip over spring break.

Said Thompson, "Our spring break trip for sure is great for team bonding. We have a week in North Carolina playing golf together."

The trip to North Carolina is a hit with both the Men's and Women's Golf teams. Every year members of both teams speak glowingly of the trip and how much fun it is to play golf for a week in the middle of the spring semester.

Coach Hollis does all he can to prepare the players for each match, despite the individuality that comes with preparing for a golf tournament.


McGarrigle said, "Everyone has their own routine to prepare for a tournament. It is usually an individual thing because you have to get yourself in the right mindset to have a good round."

Because everyone has their own routines, Hollis just tries to pass down all the knowledge he can to his players. Thompson explained, "[Coach] knows almost every course we play very well so he tells us the ins and outs of the course."

Everyone who has ever tried to play golf knows how challenging the sport can truly be, even with little to no pressure on you. The ladies of the Ursinus College Women's Golf Team have had much success with a lot of pressure applied to them and they truly embody the meaning of a team.

The Bears' next competition will be the Ursinus Invitational at Raven's Claw Golf Course in Pottstown, Pa. on Tuesday, Sept. 26.

## Upcoming Games

Wednesday	Friday	Saturday	Sat. Cont.	Sat. Cont.	Tuesday	Wednesday
Field Hockey: 7pm: vs. Swarthmore Coll.		Volleyball: 1pm: @Gettysburg Coll.	Men's Soccer: 1pm: vs. Washington Coll.		Men's and Women's Golf: Ursinus Invitational @Raven's Claw G.C. (Pottstown, Pa.)	Men's Soccer: 7:30pm: vs. Swarthmore Coll.
Men's Soccer: 7:30pm: vs. Kean U		Field Hockey: 1pm: @Gettysburg Coll.	Football: 1pm: @Moravian Coll.	Women's Soccer: 4pm: @Gettysburg Coll.	Volleyball: 7pm: vs. Penn State-Berks	