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Campus Safety takes safety initiatives

Campus Safety makes staff changes, implements poster contest to improve safety awareness on campus

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This fall, Campus Safety is introducing several changes to staff and Main Street safety. They have hired a new officer in addition to installing a new team leader position. The additions to Campus Safety's staff occurred because, according to Kim Taylor, assistant dean of students, the workload was becoming larger.

"Compared to other colleges this size we run with a pretty lean staff," said Taylor. "The guys on our staff do a remarkable job ... but last year we, in conjunction with the rest of the administration, saw that we had some pretty big incidents that were concerning. So we brought in a colleague from another school to help us do an assessment ... we thought [that] adding another safety officer who is really committed to interacting with students would help a lot."

A team leader position was created for Campus Safety, and former safety officer Paul Harris was appointed to the new position. The team leader supervises safety during the weekend overnight shifts.

When the new position was created it left an opening on the Campus Safety officers' team. Kristen Evans, was selected as a new Campus Safety officer.

Alex Wiltz, assistant director of campus safety, said that a search committee made up of staff and one student all discussed the different candidates. They decided on Evans for a number of reasons. "We thought Kristen would be the best person," said

Wiltz. "We also definitely saw a benefit to having a woman on staff to help us [with] some different issues. Kristen also comes from a really good background [having worked] with college students at Thomas Jefferson [university]. Her personality really seemed to fit Ursinus."

Taylor was also very enthusiastic about Evans. "I loved her overall approach," said Taylor. "When she talked about her philosophy for addressing issues and incidents, she had a really good focus for deescalating incidents and figuring out how to solve them before things got crazy."

Campus Safety is also working to improve awareness of safety issues on Main Street. A poster design contest is being conducted by Campus Safety and the Main Street Residence Life staff in order to get students more involved. Students can submit posters with three tips about crossing Main Street safely and the campus will vote on which poster will be used. The winner of the design contest will receive an iPad Mini.

The three required tips are: Always use designated crosswalks, ensure both lanes of traffic have stopped before entering crosswalks, and avoid electronic distractions while crossing. Submissions for the poster contest are due Sept. 30 and voting begins Oct. 3.

"We know that Main Street is always a concern," said Wiltz. "In the past we've done a lot of posters and different programs, so this time we really wanted to reach out to the community and see what they are thinking. That's really what drove the idea of the contest. We really want to get the

campus involved in Main Street safety."

The three tips selected to feature on the poster address issues that Wiltz said have been consistent issues with students.

"I think our students are pretty good, for the most part, about not running out in front of cars, but we do see a problem with students not using crosswalks, being on their phones, and having headphones in so they're not able to hear traffic," said Wiltz. "We also see problems with drivers not stopping both directions. Which is why we ask for students, unfortunately, to take the responsibility to wait for all the cars to stop because we have seen instances where one car stops and the others don't and that puts students in danger."

Ursinus has also been working with the borough on other initiatives to address safety on Main Street. According to Taylor, "There's a lot of contact and a lot of cooperation with the borough. So there are some things that are going to be happening that we are very hopeful will happen this fall: one is a traffic light at Sixth and Main, which is the main crosswalk; another is a push button light at 7th Avenue, so when you walk at least you've got something that will flash to bring attention to it; and we're also increasing the wattage in the lights along Main Street to make the visibility better. So we have three pretty significant initiatives."

More information on campus safety can be found on their page on the Ursinus website:

<https://www.ursinus.edu/offices/campus-safety/>



Photo courtesy of Charles Rafferty

Charles Rafferty, poet and professor at Albertus Magnus College

Poet comes to UC

Q&A with poet Charles Rafferty, who will give a reading Sept. 28

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Can you tell us about how and when you first discovered your passion for writing and poetry?

Wednesday, Sept. 28, at 7 p.m., Charles Rafferty will give a poetry reading in the Pfahler auditorium, which will be free and open to the Ursinus community. Rafferty is a widely published poet and professor at Albertus Magnus College, where he directs the MFA writing program. His poems range hugely from naturalistic to amusedly self-critical, featuring such titles as "Poem after Bouncing the Rent Check and Waking with a Hangover, while Searching for My Car Keys Twenty Minutes before a Very Important Interview."

We spoke to him about his poetry and career.

Well, I'm sure a girl was at the bottom of it. In high school, I wrote crappy love poems that failed as the obvious propaganda they were. It wasn't until I got to college that I began taking writing more seriously. I had the happy accident of having Stephen Dunn as my workshop teacher. He wrote a kind of poetry that I decided I was aspiring toward -- subtle, not loud-mouthed, more interested in exploring human failings than in persuading women to take their clothes off. Dunn gave the impression that he took

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the class's writing seriously, and that encouraged me to take my own writing more seriously.

In college, what role were you looking for poetry to play in your life in the future?

Pretty much the role it's playing right now. It's something that absorbs all my free time. I get pleasure in making a small clarification of the world sound as good as possible coming out of my mouth.

Where along your professional path did you start pursuing technical writing? Was it ever a day job for poetry?

I've been in the technical editing [and] writing field ever since I got out of graduate school. And yes, even though I worked full-time, I did my writing at night and on lunch breaks. My first book, "The Man on the Tower", was pretty much written during my lunch breaks over the course of four years. I'd revise a draft of a poem at lunch, type up a new version that night, and revise again the next day. I'd keep doing that until I couldn't think of anything else to change. Sometimes it took 10 drafts, sometimes a hundred. I find it necessary to advance a little bit each day. A slow drip eventually fills the bucket.

In an interview with Indie Bound, you said that since taking your MFA in 1990, you've been "more or less divorced from academia ... except for part-time teaching jobs ... out of necessity." Since, you've been more widely published and now you're the director of the MFA writing program at Albertus Magnus College. Do you find there's been a relationship between your job title and the frequency of your publishing?

Ha! That's true. I direct the MFA program at Albertus, so on paper, I suppose I do look like I've gone over to the dark side. But I'm just an adjunct at Albertus. I still teach out of necessity only. While I do enjoy the work, I'd really just rather have my full-time job as a manager of technical writers[and]editors.

I would say there's no correlation at all between my publishing and my position at Albertus. I've been publishing 20 to 40 poems per year since I got out of graduate school, and I've only been directing the MFA program for about five years.

"That a poem means is more important than what a poem means."

— Charles Rafferty
Poet

In prior interviews, you've made clear your belief that the purpose of poetry is clarification, not salvation. What do you get out of poetry today? How has it changed since you started writing poetry?

Hmm. I said that? Well, I completely agree! When I read poetry, I'm looking to be startled into some kind of fresh awareness. It doesn't much matter what the awareness is. "That" a poem means is more important than "what" a poem means. Every once in awhile, I'll encounter a poem that shifts the course of my life, but this is rare and definitely unsustainable. My vices are too deeply ingrained to be thwarted by mere poems.

I don't think the writing of poetry has changed what I like about reading poetry -- except to appreciate the difficulty of certain good moves I used to think were easy: a clear image, a consistent voice, the closing couplet of an English

sonnet. There's nothing like your own failings to make you recognize someone else's triumph, however unwilling you may be to say so publicly.

In addition to poetry, you've published short stories and essays. What inspires you to start projects in mediums other than poetry?

More and more, I see fewer distinctions between my poetry and my fiction. In part, this is because my stories are tiny -- often a single paragraph, rarely more than a thousand words. When I decide to write a story, it's usually because I have two characters that I want to make bump up against each other. For whatever reason, I find that tedious in a poem. A story format seems much more welcoming. At least for me.

Can you tell me about the role that writing plays in your happiness?

It does make me happy, though "satisfied" might be the better word. I've been writing for so long and so regularly that I've trained myself to need to do it. It's a healthier version of smoking, I suppose. If the rest of my life overwhelms me, and I have to forgo even 15 minutes of writing, I feel like I'm letting myself down. It's like falling asleep on the couch because I've done nothing but watch TV all day. I feel like I'm wasting my time. One more day closer to the hospice and all that.



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ESL Program promotes community between students and staff

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Every Wednesday during common hour, a group of students gather with the cleaning staff on their lunch break for the Ursinus ESL Program. The students help the staff with their English by sharing their respective stories with one another. The Ursinus ESL Program is run by two Bonner Leaders, and is funded by UCARE, Ursinus's center for social advocacy and community engagement. The Ursinus ESL program has worked for six years to improve opportunities for the campus' cleaning workers and to unite the campus.

Co-coordinator and junior Roseangela Hartford spoke passionately about the program. "We help promote conversation, and just try to understand the staff on a human being to human being level instead of a student to cleaning staff level," said Hartford. "We work a lot on grammar, vocabulary, conversation, all the mechanics that come with English, but we also do a lot of conversational activity where we learn about who they are and how they got here."

Many of the cleaning staff are immigrants from Mexico and Ecuador. They traveled here to help their families, leaving behind successful careers. "Three

quarters of them have really high degrees in their origin countries ... [they are] social worker[s], engineer[s], and teacher[s] ... They came here because they have famil[ies] and they wanted to offer their children better opportunit[ies]," said Hartford.

These interactions bring home the struggles that many Latin American immigrants face. Hartford emphasized the impact hearing their stories has made on her own life. "I was going to drop my Spanish after the year requirement ... Spanish is my Achilles' heel: It's not something I'm inherently good at," she said. "Then, I joined ESL. I picked my Spanish back up and now I'm a Spanish double major with a minor in Latin American studies ... for me it's completely changed my career path and now I'm interested in working in the Latino community permanently."

Senior Bonner Leader Kelly Johnson, who coordinates the program, agrees. "My life experiences sometimes vastly differ from many of the life experiences of the members of the cleaning staff, but when I talk to Carmen about how she wants to learn English so she can help her son with homework, or work with Leonor on her English so she can become a more confident person, or listen to the life story of Aude-lia, I learn what it is to truly listen

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Staff positions at The Grizzly are open to students of all majors. Contact the adviser for details.

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Photo courtesy of Jon Gerhartz

Students Ryan McGowan and Jon Gerhartz (left to right) try to get big money out of politics through the new club Democracy Matters.

New club aims to get money out of politics

Junior Jon Gerhartz brings national student organization Democracy Matters to Ursinus

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Democracy matters at Ursinus, or at least that's what junior Jon Gerhartz is hoping.

This semester Gerhartz is starting a new chapter of the national organization Democracy Matters (DM) at Ursinus. According to the Democracy Matters website, DM is "a non-partisan campus-based national student organization, work[ing] to get big private money out of politics and people back in."

"The national organization is focused on getting more students involved, getting more branches on campuses and also coordinating with those branches to organize specific events," according to Gerhartz.

The organization offers paid internships to undergraduates responsible for creating DM chapters on their campus, which is how Gerhartz initially got involved. "I applied, like you would apply for an internship, on Handshake actually," said Gerhartz. "I was just looking for an opportunity to become active in politics and I figured when I saw this it was a great opportunity [for me]."

Gerhartz thought that the organization would be a great fit for a campus like Ursinus, believing it could help passionate students take greater action in

politics.

"Ursinus is definitely a place where there are a lot of students that are passionate about a lot of different issues, but I don't know necessarily that a lot of students at Ursinus have mediums to express those issues ... I thought that this would be a great opportunity for myself as well as many other students who are interested in making a change," said Gerhartz.

DM recently sponsored a presidential debate watch party on Monday, Sept. 26 with some of the other political groups on campus, including the UC Democrats, the UC Republicans, and the student senate. The next event hosted by DM will be on Oct. 3 and will encourage students to become active participants in politics.

"We're hoping to get a table to start registering people to vote ... [we also want people to] be able to write a letter or sign a petition to local representatives."

Gerhartz plans to sponsor more events throughout the semester.

One of the co-founders of Democracy Matters will also be coming to speak. Joan Mandle is a co-founder and is professor at Colgate University. Gerhartz is hoping to host a lobbying workshop with Mandle.

"She's a professor of psychology and politics and she's really knowledgeable ... She's

going to come here and give a workshop that will be open to the entire student body on how to lobby, how to make an impact in your community. Then once we have that experience, we're looking to maybe go down to Philadelphia and lobby there," said Gerhartz.

Gerhartz is also hoping that the group will be able to host a local politician sometime this semester.

Gerhartz is planning to host DM meetings weekly as a forum for students to discuss issues and organize action plans.

"We would go over the agenda, but we're also going to ... talk more specifically about important issues ... Each meeting we will give out a little bit of information [on an issue] and give the students an opportunity to give their opinions ... then the second half of the meeting, we're going to plan," he said.

Gerhartz wants Democracy Matters to give students the tools and the incentive to become more active in politics.

"I think my main goal is just to get more people involved with politics," said Gerhartz. "Because that is how our democracy is meant to work. It's meant to be run by the people ... The people cannot be stagnant."

Democracy Matters next general meeting will be held on Thursday, Sept. 29.

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to others and learn from them," said Johnson.

According to Hartford, the program has morphed from a "come one come all" approach to something more focused on building a strong community.

"Last year, we wanted everyone [who was interested] to be involved, which is a beautiful opportunity for everyone but the staff. . . The staff are very perceptive in knowing when certain students aren't there and then when they see them they get upset that they didn't see them in class," said Hartford.

The goal this year is to focus on building the close-knit community focused on communication in English. "There is an orientation process that we are mandating for all volunteers in order for there to be a set of ground rules . . . This year [we] are really emphasizing consistency so that the staff can feel comfortable building that relationship," said Hartford.

However, the program is still open to anyone one who wants to be involved. When asked if the program requires even basic Spanish skills from volunteers, Hartford gave an emphatic "no." Students with Spanish skills are

paired with beginning learners, and students with none are paired with those ready to engage in conversation.

Hartford characterizes the lesson as a sanctuary from current political issues, asking volunteers instead to "check their interests at the door." She says that the focus must be on the staff and their needs.

"As much as we would like to advocate for the staff, that time is good to just dedicate to them helping to learn their English," said Hartford. "It's not a time for us to start creating a different dialogue. The space is for them."

The environment is wholly a place for the improvement of the lives of the workers, according to the coordinators. Johnson summed up the program when she stated, "The cleaning staff at Ursinus does work that most of us easily overlook and undervalue. Helping to make their lives easier by teaching them English skills is the least I can do in return for all of the service they do on this campus."

Students who are interested in getting involved in the ESL program can contact Kelly Johnson or Roseangela Hartford.

Comments Sought for Tenure Review

In accordance with the Ursinus College Faculty Handbook, student comments on teaching effectiveness and student-faculty interaction are invited at the time of a faculty member's review for tenure. Although student letters must be signed to be considered, student names may be withheld, upon request, when their comments are shared with the Promotion and Tenure Committee and the faculty member.

This year, the following members of the faculty are being reviewed for tenure:

Brent Mattingly, Psychology
Jennifer Fleeger, Media & Communications Studies
Scott Deacle, Business & Economics

Your feedback is strongly encouraged and will assist the Committee in its review process. Letters should be sent to April Edwards, Office of the Dean, by October 31, 2016. Your comments can be sent electronically to deansoffice@ursinus.edu.



Photo courtesy of Sydney Cope

The cast of "A Midsummer Night's Dream" strikes a pose during a rehearsal on the Lenfest stage in the Kaleidoscope. The show runs Oct. 6-9.

Shakespeare in the Summer of Love

"A Midsummer Night's Dream" to be transported into the 1960s in UC production

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One of Shakespeare's most raucous, popular comedies is getting an update.

In a few weeks, the Ursinus theater department will perform "A Midsummer Night's Dream." The twist? They're transporting it into the Summer of Love.

Professor of theater Domenick Scudera, who is directing the play, had the idea to set it in the late 1960s because it was a time when people were challenging the status quo by trying things that were radical and new, much like today.

The play is a comedy and according to Scudera, this production specifically involves physical comedy. "We're throwing ourselves into it in a physical way, so it should be a lively, active production."

"Midsummer" is one of

Shakespeare's most famous plays and also one of his most complex. It involves layered comedic plots, mixed-up lovers, and mischievous woodland fairies. It's a lot of fun, even for people who aren't familiar with Shakespeare.

"...It's just this raucous, crazy, silly thing."

— Domenick Scudera
Professor of theater

"It's a show I love ... [It's] such a funny, funny play, and it's so much fun to be part of. There's so much activity in the play. [All] of the characters are actively engaged in different comic business," said Scudera, who has directed a lot of comedies throughout his career. "And so it's not the kind of show where there are four leads and they do everything: It's divided up amongst a big cast."

Scudera mentioned that there tends to be a stigma surrounding Shakespeare's plays—specifically that the language is too hard to understand and that people without proper training are unable to be entertained by it. However, he believes that this is untrue.

"In my mind, Shakespeare is actually easier to understand than other playwrights because he gives you so much, particularly for actors," he said.

He added that he sees Shakespeare differently than a lot of people, who treat his work like an ancient, untouchable piece of art. "To me, it's not that, it's just this raucous, crazy, silly thing."

Arthur Robinson, who plays Lysander, one of the lovers, agreed that Shakespeare still has a lot to offer. "I think Shakespeare's wonderful because it ages very well," he said. "The fact that we can take a plot from Shakespeare's time, put it in the Summer of Love, and have very

smooth transitions in that regard I think [is] very telling."

Seeing the play in a theater goes a long way towards making it more accessible, according to Scudera.

"I think if you see it performed it makes much more sense than if you're just reading it on the page," he explained, because the actors have interpreted the words and an audience can see the actions of the play.

"My favorite part about doing the show is really just having a chance to step out of my life and be someone else."

— Sarah Gow
Cast member

Robinson said that he is looking forward especially to the set and costumes, which will really add to the dynamic nature of the play. "The set is going to be really

awesome ... It's really crazy," he said. "The costumes also are pretty wild and pretty great."

He also said that he particularly loved working with the 25-member cast. "I think this cast is really wonderful because everyone is enthusiastic, everyone is throwing themselves into it, and everyone is really funny, too—in a comedy, that's super important."

One of his fellow cast members is Sarah Gow, who plays Puck, one of the mischievous fairies in the play (in this production they'll be hippies).

"I like him because he is the ultimate chaotic good," said Gow. "He knows everything will turn out okay, but he still likes to have fun with it."

The play is particularly fun for Gow because it allows them to escape the chaos of everyday life.

"My favorite part about doing the show is really just having a chance to step out of my life and be someone else," they said. "The show is really magical. It's like having the ability to literally pause all the craziness of the semester and prance around as a fairy on stage. Who doesn't want to be mischievous?"

"A Midsummer Night's Dream" opens in the Lenfest Theater in the Kaleidoscope on Thursday, Oct. 6 at 7:30 pm. There will be performances at the same time on Oct. 7 and 8, and a matinee on Sunday, Oct. 9 at 2 pm. Tickets are \$2 for students and \$5 for all others and can be reserved online at the theater department's website.

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Family Day branches out

UC debuts new activity-filled Family Weekend, kicking off Friday

Emily Jolly
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This year, Ursinus has expanded Family Day into a whole weekend to better showcase everything the college has to offer.

Family Weekend will run from Friday, Sept. 30, to Sunday, Oct. 2, with various activities scheduled each day to be enjoyed by parents and students alike.

As Todd McKinney, associate dean of student life and director of student affairs said, the goal this year is to “showcase a lot of the things the college has to offer [and to] give a bigger, more global picture of the kind of thing going on here at [Ursinus], Collegeville, and [the] surrounding Philadelphia [area].”

Angela Cuva, assistant director of leadership development and student activities, explained that she worked closely with McKinney on a committee of several faculty and staff members to make Family Weekend a hit.

“In previous years our demographics have been more focused on the families,” Cuva said. “So we used to have bouncy houses, the face painting, and things like that. But now we’re just trying to showcase our students to the families.”

One of the programs will be a mini-CoSA (Celebration of Student Achievement), where students will present research or talk about their experiences with internships and study abroad. The program already has several students lined up, but if any other students are interested in participating they may contact Cuva.

The weekend will not only focus on the academic success

of students and faculty. Saturday will include the football and field hockey games, an open swim, and a picnic on the BWC triangle. There will also be sculpture tours led by students that will take place in the morning and afternoon so parents can experience the art around campus.

Saturday evening will feature many musical events for all students to enjoy. The Robot Bears, the Ursinus College society for electronic music, will perform. Among others, students Michael Muli, Antonio Goode, Kenneth Ball, and Alexander Lehr will take the stage to show off original work.

Jazz Night will begin shortly

“...Now we’re just trying to showcase our students to the families.”

— Angela Cuva
Assistant director of leadership development

after in Lower Wismer, where students and parents are invited to relax, eat and listen to the jazz music hosted by the Blue Note Jazz Society. This program, according to Cuva, is normally held later in the semester, but was moved up in order to offer parents the opportunity to attend while experiencing the other events.

Some of the activities will be moving off campus. McKinney said that these trips were planned “to let folks know that [in] our surrounding [area] there’s a vibrant communal feel.”

Friday evening is comprised of trips to nearby towns Phoenixville and Skippack to explore

what they have to offer. McKinney said that this gives people the opportunity to go “strolling through Skippack village and [see] everything from antique stores to comic books stores.”

Families will also be able to go to Phoenixville and explore the town’s shopping and food. “There’s the vinyl records shop, and some consignment places supported by different charities,” McKinney explained.

On Sunday the events will extend all the way to Philadelphia, where three trips will be offered. One is geared towards the sciences with a tour at the Mütter Museum, led by Dr. Robert and Dr. Ellen Dawley, professors of biology at Ursinus.

Another trip will visit Pennsylvania Academy of the Fine Arts, Reading Terminal Market, and City Hall; Cari Freno, assistant professor of art and art history, will guide.

The third will be a historical tour of Philadelphia, guiding people to landmarks such as Independence Hall, the Liberty Bell, and the Constitution Center.

Cuva and McKinney want to encourage all students, including those without family coming to visit, to take advantage of all that will be offered over the weekend.

Many events require registration, which can be completed in advance online, but will also be offered onsite as well to accommodate students’ shifting schedules.

A full schedule of events and registration can be found on the Ursinus webpage under Family Weekend.



Photo courtesy of Henry Gustafson

Actors Brian McCann, left, and John Zak, right, perform a staged reading of Plato’s “The Euthyphro” as part of a CIE common event Monday afternoon in the Strassburger Commons outside of the Kaleidoscope.

Have a feedback on anything we covered?

We welcome your letters to the editor!

Send us your thoughts to:
grizzly@ursinus.edu

Happening on Campus

Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Global Horror: International Film Festival - French 7 p.m. Olin Auditorium	Chemistry Tea 3:30 p.m. Pfähler 202	Family Weekend	Family Weekend	Black Legend: The Unexpected Story of ‘El Negro Raul’ 4:30 p.m. Bear’s Den		Road Map for Graduate School 6:30 p.m. Olin 108



Let's (finally) talk about sex addiction

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Editor's Note: This piece addresses themes of sex and addiction. At the request of the author, we advise discretion for readers who may be triggered by these issues.

A note to all current and future employers, if you dig this up: The information below should not give you any reason to fear I am unfit or unqualified for the job or that I'm unsafe around others.

A note to all current and past professors and staff I've worked with: Read whatever you're comfortable with.

I took last semester off from Ursinus to treat an internet addiction and a sex addiction. These addictions have exacerbated other mental health problems of mine (chiefly depression) such that I could not punctually complete my schoolwork or, really, any work required of me outside of a group setting. While I've had trouble completing assignments on time since kindergarten, the troubles got progressively worse

throughout high school and college. I somehow made it through seven semesters of college without being treated directly for these addictions, but I've come to the conclusion that, in addition to my own irresponsibility, persistent taboos on sex have gotten in the way of my health, and they need to be torn down for the sake of public health.

To give you some idea of what my conditions are like, I've spent a lot of time with my laptop, a lot of time jerking off in isolation, and a lot of time engaging with both. I have had a sex addiction without ever having sex with another person. I can procrastinate with plenty of other tools, but the internet and masturbation have been my biggest time-wasters. I currently keep both under control with rules either suggested or approved by my therapist. They involve tying my internet time to the amount of work I do and masturbating only twice a week, both activities only allowable provided I have no overdue homework and wake up on time. This has worked so far.

Since I watched myself pro-

crastinate in these ways since the beginning of my freshman year of high school, why did I wait until halfway through my senior year of college—over seven years—to do anything about it? Why did I not tell my high school therapist anything about my masturbation habits? Why did it take years of therapy, instead of months, to get a complete picture of what was going on?

Despite the Sexual Revolution, a somewhat thorough sex education from my school district, and my own long-held values of sincerity, taboos on sex have interfered with my life. Something made it feel shameful to acknowledge to my parents and therapists how much time I spent masturbating. There are stigmas surrounding all types of mental illness, including addiction, and I've been trying to work against them through Active Minds and my own writings, stand-up comedy material, and slacktivism. I've been open with everyone, including my professors, about my other mental health problems: depression and even internet addiction, as that's a softer addiction to

talk about. There's just something extra embarrassing about letting people know that one masturbates at all, even more embarrassing to let people know how much one masturbates, and yet more embarrassing to let people know that one's masturbation habits are unhealthy. Why? Can't we just view ourselves and each other a little more sincerely?

For the sake of feminism, I want to elaborate on some issues and temper this essay's thesis with a few points. 1) Sex taboos don't only harm those with sex addiction. They are inextricably linked to bad sex education practices in schools nationwide. According to a 2011 study in PLoS ONE by Stanger-Hall and Hall, abstinence-only sex ed is correlated with higher rates of teen pregnancy. Sex ed that refuses to cover important subjects inevitably reinforces anti-LGBTQ sentiments and policies, and it also leads to horrific notions (or lack thereof) of what constitutes consent. 2) Being open about our sex lives doesn't mean revealing to our social networks whom we

have sex with or want to have sex with. 3) As hard as this is for me to talk about my sex addiction, it may be yet harder for women and femme-presenting people to open up about sexual health issues, as female sexuality is stigmatized even more than male sexuality. 4) Sex addiction doesn't provide an excuse for sexual assault or harassment, and while it may explain patterns of infidelity, it doesn't erase responsibility for cheaters. Sex addiction doesn't compel men to treat women as sex objects.

I'm not sure what exactly needs to change about how or how much we talk about sex. Maybe I did the right thing by withholding information about sex addiction from my professors and am ruining that with this piece. I just know that the addictions I've suffered have to be more pervasive than we'd like to think, and there are millions around the globe suffering in silence. I have gathered up the courage to talk about my problems. Hopefully, someone else can benefit from what I've said here.

Frank Ocean's "Blonde" was worth waiting for

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I do not think it's exaggerating to call Aug. 20, 2016 a blessed day. "Why?" you might ask, "What makes a random August day special?" In short, Frank Ocean released a visual album titled "Endless" and a studio album, "Blonde."

Despite his debut album "Channel Orange" receiving rave reviews from critics—well-respected music reviewing platform Pitchfork gave the album a score of 9.5 out of 10—Ocean has taken his sweet time releasing any new tracks since the 2012 release of his debut album. Perhaps it's because of those rave reviews that Ocean took his time crafting his albums.

The four-year wait spawned pages of Twitter memes and countless BuzzFeed articles outlining how much the world had changed in the time since Frank

Ocean had released new music. Some of us were just beginning high school! The world was supposed to end! Liking Daniel Tosh was cool! Bottom line, it was a simpler time.

It didn't help that potential dates for the release of the album were leaked every few months over the course of four years, which frustrated fans after being denied music over and over again. Ocean even poked fun at this with a picture posted to his website that resembled a library card containing all the dates his album was expected to drop with "Date Due" written at the top. I will admit that I had tweeted numerous times expressing disappointment after each date passed with no album.

So, when I got the news that the albums had dropped, I was ridiculously excited. That is until I heard that it was an Apple Music exclusive, which meant a few more weeks of waiting. At this point, a few more weeks meant

nothing in Frank Ocean time. Finally, the studio album "Blonde" was released on Spotify last week and it was like seeing a rescue boat after being trapped on an abandoned island.

Before listening to the album, I was struck by a fear that the album might not be worth a four-year wait. Could anything live up to the hype after all of the fanfare on social media? What could it even be like with no news about the album or featured artists? Well these fears were immediately put to rest as soon as I tuned into the first track, "Nikes."

Now, I think it needs to be said that I believe Frank Ocean is a tremendously talented individual with a talent for production and artistic lyrics. How else could we have survived being made to listen to "Channel Orange" for four years? To this day, "Thinkin' Bout You" from "Channel Orange" makes me cry. I'm a devoted fan and would probably say an album where Frank plays a kazoo and

presses discordant piano notes was an experimental masterpiece, but I truly believe that this album is exceptional.

The first two tracks from "Blonde" are by far my favorite tracks on the album. "Nikes" is a tech-y track with auto-tuned vocals that features a message about the importance of avoiding materialism. I've played this song over 30 times in two days and I'm not tired of it because the beat is just so soothing.

"Ivy," the next track, is also a major stand-out on the album. The soft guitar twangs amid Frank's sweet vocals are enough to make anyone fall in love with this song. Yet, the lyrics take one back to a "Thinkin' Bout You"-era Frank—all sentimental and nostalgic about a love. When he sings "I thought that I was dreamin' when you said you loved me. It started from nothing, I had no chance to prepare. I couldn't see you coming," it'll take anyone back to their first or current love.

This song is just so sweet.

After the first tracks, the album takes an experimental turn. Although the same soft melodies and reflections on life and love as a young person are reminiscent of "Channel Orange," Ocean experiments with production more than ever. There's a slight futuristic feel to many songs, with futuristic beats like those used in "Nikes" being the most common. These production elements work and show Ocean's maturing style in both lyrical subject matter due to his maturation since the release of his debut album as well as his growing presence in the industry as a massive talent.

It is worth mentioning that beautiful guest vocalists like Beyoncé, Kendrick Lamar, and Andre 3000 are featured in this album. Overall, this record is a masterpiece. While I'm hoping we won't have to wait another four years to hear from Frank Ocean, I know "Blonde" could keep me going for a decade.

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time whenever she can to keep up. "With efficient time management, I am definitely able to complete my work," she said. "However, sometimes we do have to do schoolwork on the buses to away games."

Mitchell, another two-sport athlete, plays football and runs track for the Bears. As far as playing two sports goes, Mitchell said, "[it] can be difficult at times because there is not really a time of the year where you [can] focus strictly on school work and nothing else."

Sometimes it can be hard for athletes to be as successful as possible while committing to two sports a year, especially with such varying schedules. "I have to find time to do my schoolwork. During track season I feel like I get a lot more work done because practice is only from 4-6, with football I would have meetings from 2:45 and practice until 6:15-6:30," said Mitchell.

Both athletes stressed how academics always come before athletics and how much their coaches emphasize this point. "Due to class times my teammates and I sometimes have to miss the beginning of practices [but] our coaches definitely stress [that] academics come first," Sherry acknowledged.

"For the most part I am able to make athletic meetings. There may be a few times where I would have to come late because I had to get work done, but I try to work around my athletic schedule," Mitchell added.

Although these athletes have a large amount of responsibility to deal with, they also have many people supporting them who want to see them succeed. This includes coaches, professors, friends, and family.

"In my opinion, Ursinus has a great support system for athletes," said Sherry. "The faculty is extremely supportive of the student athletes and often attend games!"

Mitchell agreed with this, noting the support he gets from staff and family.

"In my opinion, Ursinus has a great support system for athletes. The faculty is extremely supportive of the student athletes and often attend games."

— Bridget Sherry
UC Student Athlete

With field hockey and football held in the fall, and lacrosse and track in the spring, both semesters are fully loaded for Sherry and Mitchell.

Currently, the football and field hockey seasons are in full swing. With their constant commitment to excellence in both academics and athletics, they are taking on the semester full force.



Photo Courtesy of Hunter Gellman

The women's cross country team during a practice Monday, Sept. 26. The women will be competing again Saturday, Oct. 1 at the Paul Short Run at Lehigh University in Bethlehem, Pa.

Cross Country continued from pg. 8

Cope rounded out the top seven for the Bears. All runners posted times below 30 minutes. "Some of the guys had trouble managing the hillier course after several weeks of heavy training, yet as a team we still handled the 8k pretty well," said Iuliucci.

What is notable this season is that the men have a very young team, with significant contributions coming from their freshman class. Lauer, McDaid, Mazullo, and Haase have all found themselves in scoring positions this season. "This year marks the first year of very successful recruiting as several of our top seven men are freshmen," said Iuliucci. The young talent on the Bears will be key to whether or not they can rise up and knock off some of the historically better teams at the conference meet later this fall.

On the women's side, the team is led by captains Alicia Baker, Lily Talerma, and Sam Innes. Like the men, the woman began their season in Salisbury. The Bears were led by sophomore standouts Brittany Gasser and Riley Engel. Posting times of 24:25.99 and 24:40.25 respectively on the 6,000 meter course. Junior Jenna Kelly, in her first season with the team, came in third for the Bears and was followed by sophomore Gabby Manto in fourth. Freshman Alyson Manley rounded out the top five by producing a time of 25:10.73 in her 6k debut. The women finished fourth in the overall team standings. "Our 1-5 gap is really

good, but our goal is [making] the 1-7 gap a lot smaller," said Talerma. "This will help us score more points and work together as a team," added Engel.

Two weeks later, the Bears competed on the rolling hills of Kutztown. With the difficult course and stiff competition, the women's team had their first real test of the season. Engel lead the Bears with a time of 25:34.20, good enough for 77th place overall. Manto and Manley crossed the finish next for the Bears, turning in times of 26:47.10 and 27:06.20 respectively. Senior captains Sam Innes and Alicia Baker finished fourth and fifth for the Bears, completing what was a solid day in Kutztown. "The team has been working really well as a cohesive unit and we've been pushing each other," Talerma attested.

Both the men's and women's teams have two meets remaining before the all-important Centennial Conference championship meet. On Oct. 1, the Bears travel to Lehigh University to compete in the annual Paul Short Run; two weeks later they head to Rowan, New Jersey to compete in the Inter-Regional Border Battle. After these contests, the Bears will test their team standing when they travel to Haverford for the Conference Championship on Oct. 29 before seeing how well they can place at the NCAA Regional hosted by DeSales University on Nov. 12. Between these meets, the Bears will also host the annual UC Fall Twilight race on Friday, Nov. 4 at Patterson Field.

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Scores as of Monday, Sept. 28, 2016

Field Hockey (5-2)	Football (0-4)	M. Soccer (3-4)	W. Soccer (3-4-1)	Volleyball (6-5)	M. Cross County (0-0)	W. Cross Country (0-0)
Sept. 21; Ursinus 9 - Bryn Mawr 0	Sept. 24; McDaniel 30 - Ursinus 27	Sept. 21; Ursinus 2 - Marywood 1 (2OT)	Sept. 20; Ursinus 4- Alvernia 0	Sept. 22; Ursinus 3 - Penn St.- Abington		
Sept. 24; Franklin & Marshall 1 - Ursinus 0	TD(s): Sal Bello (2) Carmen Fortino (1) Stacy Gardner (1) FG(s): Ford (2)	Sept. 24; Gettysburg 2 - Ursinus 0	Sept. 24; Ursinus 2 - Franklin & Marshall 0 Goal(s); Phoebe Shoap (1), Kendall Couch (1)	Sept. 24; Franklin & Marshall 3 - Ursinus 0		





Photo Courtesy of Ben Allwein

Bridget Sherry '19 and Jequan Mitchell '18 are both two-sport athletes. Sherry is a standout in both field hockey and lacrosse and Mitchell is a force in football along with track and field.

A Rare Breed: The Two-Sport Athlete

Bridget Sherry '19 and Jequan Mitchell '18 are both forces on the field. Sherry plays both field hockey and lacrosse and Mitchell is on the football and track teams this season.

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The world of college sports is full of opportunities. At Ursinus, there is a variety of sports offered to students. According to the Ursinus website, the school offers 25 varsity sports and a third of the study body participates in those sports. On this campus there is an unusual breed of athlete known as the two-sport athlete, two standouts being sophomore Bridget Sherry and junior Jequan Mitchell.

These students face the challenge of balancing a college workload with two sports, along with any other extracurricular activities they may be involved with on or off campus. For many students, managing schoolwork can be difficult enough; depending on what major a student may have, the workload can be especially hard to handle. Two sports, then, can be a hassle to juggle with everything else student-athletes do, but some make it work.

Sherry is a member of both the field hockey and lacrosse teams. In field hockey, Sherry plays de-

fense and has 30 games under her belt as a sophomore. In lacrosse her freshman year, she played 16 of 17 games and scored 21 points. "Our teams essentially have two seasons per sport, so I really miss the off-season of one sport while I'm in regular season for the other," said Sherry. "I have found that managing my time is crucial in order to finish all of my work for classes."

While it may seem impossible to balance all of this with schoolwork, Sherry said that she finds

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Ursinus Men's and Women's Cross Country Team Off to a Hot Start

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The Ursinus College cross country program has made great strides under the guidance of third-year head coach Carl Blickle and its future is looking bright. While both the men's and women's teams lost senior leadership to graduation last spring, the mix of veteran guidance and freshman talent has both teams heading in the right direction. Along with Blickle, the Bears are led by assistant coach Crystal Burnick, who proved that she is one of the best runners in the area by winning the Broad Street Run this past spring.

On the men's side, the team is led by captains Joe Iuliucci, Luke Schlegel, and Mitchel Kelly. The Bears began their season by traveling to Salisbury University to compete in the annual Salisbury University Fall Classic. Despite the rainy and windy conditions that came with the remnants of Hurricane Hermine, the Bears delivered many quality performances. Iuliucci led the Bears by posting a career best time of 27:10.66 on the 8,000 meter course at Winter Place Park. "The team got off to a great start on a fast course," said Iuliucci. Craig Lauer, James

McDaid, Evan Cirafesi, John Haase, and Logan Mazullo followed Iuliucci, all posting times under 29 minutes. Andrew Voyack rounded out the top seven for the Bears, posting a career best time of 29:08.70. "The team has definitely had a good start to the season," noted McDaid.

"The team got off to a great start on a fast course."

—Joe Iuliucci
UC Cross Country Athlete

After a week off, the Bears returned to action at Kutztown University's Division II/III Challenge. The meet was a unique challenge for the Bears as they had to compete with an extremely talented field comprised mostly of Division II teams on a difficult, hilly course. Iuliucci once again led Ursinus, posting a time of 27:47.00. He was once again followed by an a tight group of Bears, as freshmen Craig Lauer, James McDaid, Logan Mazullo, and John Haase finished as the top five for the Bears; sophomores Andrew Voyack and Jonny

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Upcoming Games

Thursday	Friday	Saturday	Sat. Cont.	Sat. Cont.	Monday	Tuesday
W. Volleyball @ Penn State-Berks 7 p.m.		Field Hockey vs. McDaniel 12 p.m.	W. Soccer @ McDaniel 1 p.m.	M & W Cross Country vs. Paul Short Run @ Lehigh University	M. Golf vs. Muhlenberg Invitational @ Lehigh Country Club	
		W. Volleyball @ McDaniel 12 p.m.	W. Volleyball vs. Randolph @ McDaniel 2 p.m.			
		Football vs. Moravian 1 p.m.	M. Soccer @ Swarthmore 4 p.m.			