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Photo courtesy of Henry Gustafson

Zev Bliss '18 speaks to former board chair Michael Marcon during public forum held to address Marcon's controversial tweets. Students asked Marcon for explanations of the tweets.

Board chair Marcon resigns amid controversy

Michael Marcon resigned last week after coming under fire for tweets on his personal account. Nina Stryker, the previous vice chair, will take over as the interim chair during the search.

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President Brock Blomberg announced via email to the campus last Thursday that embattled board chair Michael Marcon resigned.

"I love Ursinus and it has been one of my highest honors to serve on the Board of Trustees," said Marcon in a statement. "Ursinus is about to embark on a number of wonderful new initiatives. I want to ensure the college can move forward with the focus and energy with which it deserves, and I decided to resign as chairman and step down from the board for this reason. Though it was a very difficult and personal decision, I am grateful to have had the opportunity to address the campus com-

munity last week, and I appreciate the sincerity of everyone's feedback and their willingness to engage in a deep and meaningful dialogue."

Marcon had come under fire over the past two weeks after senior Jordan Ostrum found and distributed a series of controversial tweets from Marcon's personal Twitter account. The story was widely reported by local and national news outlets after trustee Dave Bloom resigned from his position in protest of Marcon's tweets.

"I've spoken with Michael about his personal choice to tender his resignation," read Blomberg's email announcement. "It was a difficult conversation to have and I appreciate the personal reflection that must have gone into making this decision. And

while it must be very difficult to acknowledge one's own shortfalls, Michael accepted responsibility for his actions on social media and extended, again, his sincere apologies for having put the college and members of our college community through such a challenging period."

Reaction from students has been mixed. Kisha Patel, a senior who met with Marcon when he was on campus, felt that his resignation could have been avoided. "I think letting Marcon go means turning ignorance away as opposed to working to correct and better inform those that are similarly misguided," said Patel. "Personally, I do not mean to invalidate feelings of other students and their emotions on this incident, but I think as a student body we need to table the 'I feel' state-

ments and start declaring what change and initiatives we want in place for the coming time in order to see some active change. Ultimately, I think we were lucky to have Marcon willing to take student input and work with us toward the future for Ursinus and I think it is a shame to have lost someone who took who took that student account into view."

Jordan Ostrum, who published an op-ed last week in The Grizzly inviting Marcon to meet with him to work on issues of diversity, felt that this incident was an important step towards increasing inclusion on campus. "My love for my second home, Ursinus College, remains, and with it a dedication for myself and every community member to do what we can to address with courage and conviction the serious is-

ues of diversity, inclusion and inequality," wrote Ostrum in an email. "I wish Michael Marcon well, as a human being and as a fellow Bear."

Bloom, the former trustee who resigned from his position, said in an email to The Grizzly that it was unfortunate that the board lost two trustees over the course of the week. "I have never doubted Mr. Marcon's love of Ursinus and I hope no one has ever doubted mine," wrote Bloom. "Mr. Marcon's ultimate separation from the College gives me no joy, none of this does. That said, I believe that Mr. Marcon's resignation from the Board was the action required to provide the campus and alumni communities an opportunity to heal and learn,

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which is of paramount importance in the wake this unfortunate situation.”

The resignation came after a day of meetings between Marcon and members of the Ursinus community. He met with faculty on Wednesday, Sept. 7, and held a public forum for students on the morning of Thursday, Sept. 8. During that forum, Marcon fielded comments, questions, and criticisms of his tweets.

Many of the student commenters asked for explanations of the tweets, and why they were not deemed offensive. Erin McK-

inney, a senior, said that she was disappointed that members of the board didn't know why these tweets would be interpreted as harmful. "It's one thing to be of another generation and not understand, and that's okay, but the fact that you didn't try to educate yourself at your appointment is another issue entirely," said McKinney.

"And that's what we're trying to do now," responded Marcon, who said that the tweets couldn't be taken back. "The question is where do we go from here, where do I go from here, how do I learn from it."

After the forum, Marcon seemed optimistic. "The inter-

action today was great," said Marcon to The Grizzly. "It was thoughtful, it was respectful, it was passionate, it was direct, and it was feedback that we needed. So I'm very pleased."

The email announcing his resignation was sent out later that day, moments before a second forum that was scheduled for that evening. Attendance at this forum was lower, and conversation focused mainly on the news of the resignation, with student government president Rob Rein, vice president Victor Fernandez and Blomberg moderating.

The email also stated that current board vice chair Nina Stryker will serve as interim chair. A

special meeting of the board of trustees to discuss the leadership transition will occur on Sept. 22, 2016.

After Thursday evening's forum, Blomberg told The Grizzly that there is a clear path forward for the school. "During a transition, people want to know is the transition going to be full of uncertainty, and I would say no," said Blomberg. "Nina's not providing uncertainty, she's giving us a certain environment. She's already the vice chair, she's spent some time on the board, she's an alum, she's a parent, she knows Ursinus." Blomberg also stressed the strength of the governing principles of the board, and said

that there is a clear process for this role to be filled.

Rein had similar sentiments. "There was a lot of back and forth discussion and debate, but it was productive debate," said Rein. Going forward, Rein said that the student body can build on these discussions. "We are going to have these open dialogues, and have these conversations that we should have had probably three or four years ago," said Rein. "And now that they're starting to happen, I think that's good."

With additional reporting by Valerie Osborne.



Photo courtesy of Sharen Nocella

New interim board chair Nina Stryker is a practicing attorney and partner with Obermayer Rebmann Maxwell & Hippel LLP.

Meet the interim Board Chair

A Q&A with Nina Stryker, who will serve as board chair while Michael Marcon's replacement is found.

Valerie Osborne

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In light of former board chair Michael Marcon's resignation, Nina Stryker has been appointed to serve as interim board chair. The Grizzly reached out to Stryker to find out a little more about her and her thoughts on how Ursinus can move forward following Marcon's resignation.

What year did you graduate from Ursinus and what do you do now?

I graduated in 1978 with a B.A. in history. I am currently a practicing attorney and partner with Obermayer Rebmann Maxwell & Hippel LLP, for which I chair the Trusts and Estates Group. My concentration is in the area of estate planning, estate and trust administration and litigation involving descendants' estates, trust administration, charitable

gifts and guardianship matters.

How long have you served as a member of the board? What made you want to become a member of the board?

I have been on the board since 2009, when I was asked to consider serving by the late president John Strassburger. Until that point, I had been the chair of the Planned Giving and Advisory Committee for many years. Board members are all volunteers and are requested to devote their personal time and commitment to service of the College. I have always been appreciative of my alma mater for my experiences here and sought out ways to further support Ursinus, which has such a strong record of changing our students' lives.

What are your thoughts on Michael Marcon's resignation?

Michael's decision was a very personal one and was made in

the best interest of Ursinus, and, personally, I thank him for his dedication and long service to the college.

How do you hope to help Ursinus move forward after this incident?

I am only able to address this question as one individual board member, but I would hope that a dialogue could continue and that we can strive to find common ground to address issues that are timely and so relevant—not just on campus, but among the greater Ursinus family. We are looking at ways to make sure we carry this dialogue forward in a truly constructive and transparent manner.

What does inclusivity mean to you?

From my personal perspective, being inclusive means making sincere efforts to understand and

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Black Girl Dangerous comes to speak at Ursinus

Mia McKenzie, writer and creator of the website Black Girl Dangerous, to participate in Q&A

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Mia McKenzie, the award-winning founder of the website Black Girl Dangerous, will be having a Q&A session on campus Wednesday, Sept. 14. McKenzie's website, which boasts over five million readers, focuses on the struggle of trans and queer people of color. According to event organizer Jordan Ostrum, McKenzie is "the rock star of internet social understanding of nuanced structural issues." Black Girl Dangerous reflects the pain of oppression and whitewashing experienced by trans and queer people of color according to its about page, stating there that "what started out as a scream of anguish has evolved into a multi-faceted forum for expression."

McKenzie is originally from Philadelphia, but now lives in Boston, Massachusetts. She earned a writing degree from the University of Pittsburgh. Her first novel, "The Summer We Got Free," earned a Lambda Literary Award, an award which focuses on the work of LGBTQ writers. In

2011, she started her blog, Black Girl Dangerous, which "hosts over two hundred queer and trans writers of color who discuss race and class and gender from intersectional yet understandable approaches," according to Ostrum. Ostrum added that her blog is like "Alison Bechdel's 'Fun Home' plus Michelle Alexander's 'The New Jim Crow' plus the Internet and dozens of different perspectives. . . . Miss McKenzie discusses racism in the education system, media portrayals of black communities, intersections of being transgender and a person of color, Islamophobia, and so much more."

Ostrum first heard about McKenzie on Facebook, and from there they and "a rather small group of dedicated people" worked hard to bring her to campus. As Miss McKenzie has spoken at Brown University, Harvard University, and Penn State, this was no easy task. Her renown has spread across the country, and multiple colleges use her website Black Girl Dangerous in their curriculums. Ostrum worked with the Office of Diversity and Inclusion to bring her to campus.

There will be two student moderators at McKenzie's Q&A session. "It was very important for Miss McKenzie to have two people of color moderating the discussion, and preferably two queer people of color," said Angela Bey, one of the student moderators. They said that they were honored to be thought of, but that it also reminded them of "how important representation is"—one of the reasons that they are so excited for McKenzie to come to campus.

Mia McKenzie will answer questions from students on Wednesday, Sept. 14.

Bey has a particular interest in McKenzie's talk as a queer female-bodied person of color and a vocal member of the LGBT community of color on campus. They said that they think "seeing an example of someone who is intersectional on all those identities speaking on topics that are personal to [us] and having a

talk about it is enough to inspire people to be more comfortable in their own skin." Bey added, "there's a lot on this campus that is often overlooked in those three intersections of identity," but they said they want this talk to inspire them to "keep up being true to myself and advocating for people who are like me." Ostrum would agree—McKenzie's platform is all about "amplifying the voices of people we don't hear from, queer and trans people of color."

However, this talk is not just for members of the Ursinus LGBT community, but will be deliberately accessible to everyone on campus. The talk will provide a time for white and cis people to listen to a vocal member of the queer black community and hopefully will allow them to begin to understand how her life is affected by those aspects of her identity.

Bey hopes that fellow students begin to understand that "not every experience is the same, not every person is the same," and that McKenzie has had a different experience than most people on campus. They hope the talk will serve as a reminder that "there's

no one black person, no one black queer person, and certainly no one black queer-female bodied person." Bey hopes that the Q&A will provide a place for everyone on campus to "ask thoughtful questions and to be open-minded about the answers."

Ostrum agrees, saying that "what we're really hoping for is for her event to be a catalyst for people to start listening more to the voices of women of color and LGBT people of color. Even if you think you might disagree with her, there's still a valuable perspective in what she's saying that will be lost to you if you don't bother to listen."

Bey confirmed this, adding that the discourse should not end when McKenzie leaves, but that students should "listen to what their friends have to say, have discussion."

McKenzie's book, "Black Girl Dangerous on Race, Queerness, Class and Gender", will be available for purchase at the event.

Stryker continued from pg. 2

appreciate the perspectives of all members of our community, including specifically individuals or groups who feel excluded or marginalized. I see inclusivity as a measure of respect.

"We are looking at ways to make sure we carry this dialogue forward."

— Nina Stryker
interim board chair

Where does the conversation on inclusion go from here? How can the Ursinus community become more inclusive?

A discussion has begun but, in all fairness, much of it will be guided by the next board chair and continual board discussion in general.

Do you think that the board needs to be better educated in areas concerning inclusion and

diversity? If so, how could that education best be achieved?

There is always an opportunity for improvement. Many viewpoints are represented by members of the board, though we have not yet had the opportunity to meet in person, in whole, to discuss what steps we plan to take together.

How do you think the recent events have affected the school's image? What can we do to improve that image?

The lasting impact of the previous two weeks has yet to be decided, though, to a great extent, it will be measured by how well we engage with each other to open a respectful dialogue that is sustainable. Personally, I am very hopeful that the next few weeks and months will reflect well on our college and, ultimately, the value of a liberal arts education.

In what ways do you think Ursinus can improve? What do you think Ursinus does well?

What Ursinus does extraor-

dinarily well is educate its students and provide opportunities for their growth and self-exploration. We have an exceptional and talented faculty who not only educate but assist our students in their life's journey. I think it is important that we all commit to making sure that message gets out and that we more effectively promote, as one community, the benefits of a liberal arts education at Ursinus.

What are some things you love best about Ursinus?

The sense of community and family, and each of our student's ability to engage with each other, faculty and staff. That's such an incredible component of the Ursinus experience.



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 Oct. 31, 2016. Your comments can be sent electronically to deansoffice@ursinus.edu.



Photo Courtesy of Henry Gustafson

Theater major Arthur Robinson, front, center, with the cast of "Mook Fruit," his series of original one-act plays to be presented later this month.

Student work hits the stage

Senior Arthur Robinson to present series of original one-act plays at Ursinus Fringe Festival

Courtney DuChene
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This semester senior Arthur Robinson has a unique opportunity to look back on his time at Ursinus as he prepares to present three of his one-act plays in a program titled "Mook Fruit: A Series of One Acts." The three plays act as a reflection of Robinson's time as an artist on the Ursinus campus, since he wrote one of them for each of the past three years he has been a student.

The individual plays are titled "Lemon-Aid," "Forbidden Apple," and "Sour Graves." All have been performed on campus before.

Robinson started writing one-acts his first year as a part of Breakaway Student Productions' One Act Festival in the spring. After editing the first play that same year, he continued to write plays and direct one-acts his sophomore and junior years.

Now, Robinson said he wants to "celebrate the incredible expe-

rience of writing the plays by putting all of them together into one performance."

He explained, "I figured it was my senior year. I'm not going to get too many opportunities to broadcast the things I create before I become busy with whatever awaits me outside of Ursinus. I really loved directing them and putting them together already, so I figured why not do it again while I still can."

The Ursinus Fringe Festival offers Robinson the opportunity to do just that. Inspired by similar festivals, such as the Philadelphia Fringe Festival, it offers students the opportunity to showcase their work alongside the work of other groups.

Robinson's advisor, professor Domenick Scudera, is one of the coordinators of the Ursinus Fringe Festival. Scudera recommended that Robinson present his plays at the festival after Robinson brought him the idea of incorporating all three plays into a joint performance. Robinson feels that

the festival is a great venue for work he described as "completely student-driven."

Robinson is interested in student-driven work because he believes it gives expression to unique voices.

"I love student-driven works because it shows a young zeal and passion."

— Arthur Robinson
Ursinus Senior

According to Robinson, "Students are very young, very thoughtful people who are going through a lot of different changes in their lives. They're confronting things from the eyes of someone inexperienced. When you obtain pieces from them, you can see the world in a whole new light because it's a totally different perspective than you're used to. I love student-driven works because it shows a young zeal and passion."

In order to prepare his works

"Apple" was a much more informal reading with only blocking, specific movement and positioning by actors, and acting. This semester, the performance is "more serious," Backelin-Harrison explained.

"It's actually going to be performed; we're memorizing lines. He's putting himself into it more. He's letting us interpret the material more," she said.

"Having Arthur as the writer and director means there's such a kind edge to it."

— Anika Backelin-Harrison
Ursinus Sophomore

Backelin-Harrison also mentioned that she is excited to see "how everyone else acts in their respective one-acts" and is excited for the "push and pull" between actors in her own performance.

The plays will be performed on Thursday, Sept. 22 and Friday, Sept. 23 at 5 p.m. in the Kaleidoscope's Blackbox Theater. Robinson hopes his plays will entertain students and encourage them to get involved with Breakaway Student Productions. He also hopes that the Ursinus community will continue to support student-driven work and that more of it will be performed in the future.

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weekly news
meeting

Mondays,
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Photo Courtesy of the Peer Advocates

This year's Peer Advocates, pictured above, are in the process of creating a zine about consent.

A creative approach to raising awareness

For National Consent Month, Peer Advocates call for zine submissions

Rachel Dickinson
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September is National Consent Month and the UC Peer Advocates want you to know it. The student group, whose purpose is to educate the campus on issues of sexual misconduct, sent out a campus-wide email last week promoting their newest measure. In order to raise awareness about this month of activism they are producing their first-ever zine.

A zine is essentially a small, self-published magazine that can be widely distributed—an effective way to reach students on a college campus. While a zine may feature a variety of topics, the Peer Advocates' will focus on consensual sex.

Senior Peer Advocate Sophie Snapp described the zine as a

“miniature homemade magazine” that will include student submissions consisting of personal narratives, poems, comics, and art—all relating to the importance of consent.

When the zine is completed, the Peer Advocates will distribute copies around campus. Their intention is to encourage students to gain a better understanding of what consent means here at Ursinus.

“I think the more these types of topics are talked about, the better the understanding as well as the outcome.”

— Jessica Oros
Prevention and Advocacy Educator

The idea to create a zine came from the Prevention and Advocacy Educator Jessica Oros, one of

Ursinus' newest faculty members.

“[Since] Ursinus is a really creative place, and the students are really creative...I just thought it would be a good fit for students [to be] able to express themselves [in regard to] their concerns and what matters to them,” Oros said.

Oros explained that working with and educating college students on matters such as sex, relationships, and consent is something she is very passionate about.

“I think it's important that students have a full understanding [of] what consent and all of the small details that make up consent [are] because coercion and intoxication can often be mistaken as consent,” Oros said.

The Peer Advocates work alongside Oros and assist her in various projects. The group is trained to support and guide students on campus dealing with

Word on the Street

What are you most looking forward to this fall?

“I'm looking forward to being a good RA and trying to be there for my hall; also being president of Nerf Club.”

-- Morgan Larese, 2018

“I'm looking forward to the presidential election and presidential debate memes.”

-- Kayla O'Mahony, 2018

“I'm looking forward to the drag show. When's that happening?”

-- Solana Warner, 2018

personal issues that involve sexual misconduct. Active throughout the campus, they are constantly promoting awareness of issues with safe sex and sober consent that persist.

“I think the more these types of topics are talked about, the better the understanding as well as the outcome,” Oros continued.

Last weekend the Peer Advocates stood outside of Reimert early one evening to hand out condoms and Hershey Kisses as a way to remind everyone to be safe and to make responsible choices. This weekend they hung signs printed with statements like “My cup is not my consent” as a way to highlight the importance of sober consent.

“The Peer Advocates have only been around for a few years, so we're relatively new, but every year we get stronger, and this year

we're trying to take every opportunity we can to be active in the community,” Snapp said.

Snapp went on to express the importance of being an advocate for people who cannot, or don't know how to advocate for themselves.

“I decided to become a Peer Advocate two years ago, when I realized [these] issues happened to people I knew. I wanted to learn what to do or say in a situation where someone needs help,” said Snapp.

Submissions for the zine will be accepted until Sept. 30 and can be submitted electronically or in person to the Peer Advocates. Student contributors may remain anonymous.

Additional information about the Peer Advocates and Jessica Oros can be found on the Ursinus website.

Happening on Campus

Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Exhibition Opening: A Strati- graphic Fiction 4 p.m. Berman Museum	Shabbat Dinner 7 p.m. Hillel House	SUN Afropunk Festival 2 p.m. Front Lawn	Faculty Recital: Holly Hubbs and Friends 4 p.m. Bomberger Auditorium	A Fierce Kind of Love 4 p.m. and 8 p.m. Blackbox Theater		



“Choose the America you wish to be a part of”

Student activism is needed to end oppression and create change at Ursinus and across the U.S.

Temi Olafunmiloye
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America does not grant freedom to all who reside in its land. We do not live in a post-racial society. “The New Jim Crow” by Michelle Alexander tells us that black and Hispanic peoples are incarcerated at rates higher than white people, although they sell and use drugs at the same rates. Islam is a religion of peace. The LGBTQA+ community will not be invisible for your comfort and are deserving of the same rights as you. Gender roles are a means of societal control. Women are not property: Their bodies are not up for political debate.

Did any of these statements make you uncomfortable? Good. It is necessary to examine the criticisms of a country from the people who live in a constant state of oppression. What is oppression, you ask? Oppression is what makes young black girls and boys hate their skin. Oppression is a rapist serving only a few

months in prison, and still call it [the sentence] justice. Oppression is mass murder occurring at a gay bar and people believing it is God’s doing. Oppression is calling a religion you know nothing about terrorism. It is hateful hegemony written in the foundations of this country. Oppression is the evil that persists in America to protect the walls of a white supremacist patriarchy, to protect the precious privilege of white, cisgender, heterosexual males.

These values that the American flag upholds are some of the highest forms of injustice. If being American means choosing to worship the American flags’ symbol of “freedom” and ignoring the bodies and the corruption it stands on, then consider me un-American. However, though we are but measly college students, you and I have the capability to devise an America that stands for honest freedom. This is what is called student activism; it is the means to the end of such cruelty. It is crucial for us not to fear, but become acquainted with words

such as “activism,” “radical,” and “change.”

Back in spring 2016, Sankofa Umoja Nia, Ursinus’ black student union, organized a protest to show solidarity for the black football players at the University of Missouri. We demanded that the term “diversity” at Ursinus not continue to be an empty word.

“To live love, is to take action, and to take action is to bring about the greater good for all.”

— Temi Olafunmiloye

At this point in time, diversity just means tolerance. It needs to be redefined as truly understanding the meaning of each other’s experiences. This way, we could foster an Ursinus community full of critical thinkers, who examine the world through honest eyes.

Susana Zelaya, a sophomore, recalled her thoughts about activism and the protest last year. “Student activism should get

more recognition from the faculty, the staff, and the president. It takes a lot of work to organize even just one letter or meeting. It can be so easy to go on Facebook or Twitter and post your opinion, but to actually take initiative and pioneer your ideas and put them forth? That is very unique, and not many people do that. That is one thing that not just this campus, but America, needs. More people should not just say their ideas and opinions, but put them into action.”

I also spoke with senior Kelly Johnson about her opinions. “In the US, activist work is seen as something radical that people do because they are ‘pissed off’, or uninformed. They [activists] just want to make noise. But I really think that activism is the only way we can be truly present in what is going on around us. The surge of activism on the Ursinus campus reflects the world that is around us.”

Johnson later spoke of activism on campus. “I do think that the work of student activists on

campus is really commendable, and is attempting to reach out and show what students should really be concerned about. I am really hoping to see a surge of it in this upcoming election because this election is really about our values. Martin Luther King said that every man of humane conviction must find something he must protest, but we all must protest. Activism is being active, that is a key part of it. We need to redefine what activism is and what active citizenship is.”

You need to decide what your activism will look like. Whether you stand for the black community, the environment, the laborers, etc., work needs to be done. As moral agents, we must continue the work in our lives at Ursinus, and in the world. It can only be done if we commit ourselves to living love. To live love is to take action and to take action is to bring about the greater good for all. Choose the Ursinus you wish to be a part of. Choose the America you wish to be a part of.

The students’ guide to weekends at Reimert

Before you go out this weekend, keep in mind these helpful tips provided by your peers

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A big part of the anticipation of a new year here at Ursinus is the first weekend in Reimert. What better way to relieve the stress of the week—full of club meetings, classes, and work—than to spend some well-deserved time kicking back with friends and enjoying the typical “college experience?” An experience made complete with beer pong, booming music, and seeing every single person you know. Heading out to Reimert on Friday, Saturday, and Sunday and maybe Thursday too—no judgment—is no problem as long as you enjoy yourself responsibly.

I’m not referring to just drinking “responsibly,” but rather conducting oneself in a way that doesn’t cause problems for you or anyone else around you.

My motivation for writing this article comes from my experience over the past weekend. I went out on Saturday night to spend time with my friends and have some more fun before the weekend was over. While I was speaking to a few friends in the courtyard I suddenly heard a menacing whistle coming from behind me. Before I could turn to see where the sound was coming from, I was hit in the back of the head by a half-full beer can that then exploded—sending beer through my hair and down my back.

Some of you reading this might laugh off the incident and insist things like this are in good fun. I have to say that having a bruise and bump on your head for days because someone threw a can off of a balcony isn’t really my idea of fun. I’m sure it was a funny scene, but I’m really not a fan of receiving random blows to the head.

Obviously, I’m not the only

one who came away from Reimert this weekend with some type of minor injury or feeling annoyed because someone said something disrespectful.

Aside from the safety concerns, which are really basic common sense—i.e. perhaps not throwing metal cans into a large crowd from a balcony— it just leads me to wonder why basic human decency and respect are thrown out the window just because people might be drinking or partying. So, in the spirit of being welcoming to people who might not know better and starting a new year positively, I thought I’d share a short list of some Reimert “do’s” and “don’ts” from a few fellow students:

“Don’t spill your drink all over someone’s shoes. That’s happened to me a lot. Also, if you’re trying to hit on someone don’t try and insult them, [it] doesn’t work.”

—Steph Bohrod, junior

“Do go with someone you know well! It’s way more fun and if something happens to you someone’s there to help.”

—Jada Grice, sophomore

“Don’t go by yourself. Don’t drink by yourself. Don’t take alcohol from someone that you don’t know. Don’t use the bathrooms.”

—Amanda Turcios, freshman

“Don’t curse a girl out if you go up to grind her and she says no. I’ve seen that too much!”

—Andrew Stetser, sophomore

“Leave queer people alone! Like, if you see two girls kissing then leave them alone, don’t assume they’re doing that for you.”

—Anonymous junior

All of these are just a few helpful tips from your peers so you can avoid being a bothersome mess in Reimert!

Colleen Valerio, assistant director of residence life, also sent me a few things to keep in mind in an email. “Open containers are permitted, but only one drink in hand (16 oz or less) [and] balconies must have a clear pathway at all times.” Valerio emphasized that no changes have been made to the open container policy in the courtyard.

Overall, it’s up to us to make Reimert a safe and enjoyable place to be. It’s definitely easy to cross the line between enjoying yourself and having fun into creating problems for yourself or others. Really, all of these “do’s” and “don’ts” can be summed up into an admittedly really corny package—meaning we should follow the golden rule. Treat others as you would want to be treated. Now armed with this knowledge, go forth and enjoy the upcoming weekend!



Photo Courtesy of Amelia Goldstein

Bridget Sherry '19 (Far Left) passing the ball to her teammate during a practice on Elenor Snell Field.

Field Hockey Off To a Hot Start, Looking For Redemption

The Bears are Looking Build on a Strong 2015 Season, Bidding for a National Title

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With the season underway, the Ursinus College women's field hockey team is getting ready to achieve even more success. Last year the Bears made it all the way to the NCAA Division III semifinals, and this year they have their sights set even higher. Having beaten two nationally ranked teams in Rowan and William Smith, the women are already off to a hot start. Despite a loss to nationally ranked Messiah, the team is looking just as strong and determined as their previous successful years.

For quite a few years within the

Centennial Conference the Bears have been a force to be reckoned with having won the Centennial Conference Championship 11 of the last 12 seasons. According to the Centennial Conference pre-season poll, the Bears have once again been chosen to finish first with 9 first place votes; they beat out Franklin & Marshall, the only team to beat them in conference play last year, by 7 points. In addition to winning the conference, the Bears are expected to make the playoffs again. During each of their conference-winning seasons, the Bears have gotten to play on the NCAA Division III playoff stage.

After last season, the team needed to replace positions that

had graduated. This includes three-time player of the year Megan Keenen along with a host of other players. "We have a completely new team," head coach Janelle Benner, who is returning at the helm in her sixth season, said. However, the Bears have many solid players returning to command an intimidating lineup.

Senior Aliko Torrence and Sophomore Bridget Sherry return

"The team chemistry is really good; [the women] are really excited about working together"

-Coach Janelle Benner

to help anchor a Bears defense that only gave up 1.09 goals per game last season. Torrence was a first-team All-American last year and Sherry was second team all-region. The goal will be protected by sophomore Jules Singer and junior Sydney Godbey who had a combined total of only 12 games played last season.

On the offensive side of the ball, the Bears are looking as dangerous as ever. With the return of senior co-captains Amber Steigerwalt and Ann Kopera, scoring will not be an issue for the squad. Together, the duo combined for 64 points last season, with Steigerwalt scoring 51 points and Kopera scoring 13. Colleen Leahy, Brooke Overly and Maria DiCioccio add to the offensive threat as well; scoring a combined total of 16 goals last season, they look to contribute just as much this season.

In addition to the returning players, a host of rookies debut in the 2016 season, all with major athletic accomplishments in high school. These freshmen include Katie DeLuca, Abbie Roberts, Erin Saybolt, Megan Carty, Gemma Dufoe, Anna Hall, Emma Sawyer, and Brianne Nicholas. This group of new players will have big shoes to fill, having to replace the key roles of seven players that graduated following the 2015 season.

After coming off of a very

successful season last year, Coach Benner looks to build on the team's success. "We're really excited about the group that's coming back," said Benner. "The team chemistry is really good; [the women] are really excited about working together." They have already been working well together as their victories over ranked opponents prove, despite their recent loss to 18th-ranked Messiah.

In spite of the tough non-conference schedule the Bears have faced so far, they are still poised to make a run at a national championship. After making it all the way to the semifinals last season, the bar has been set high. When asked for her feelings about the remainder of the season, Benner had a confident yet humble response. "The non-conference wins that we picked up will definitely be confidence boosters for us.," said Benner. "I think our conference has continued to grow and has gotten more competitive. We are looking to take things one game at a time."

As the regular season gets rolling, the Bears will begin conference play. Their first conference game is on Saturday, Sept. 17 at 4:30 p.m. against conference rival Gettysburg College.



Photo Courtesy of Amelia Goldstein

Scores as of Monday, Sept. 12, 2016

Field Hockey (2-1)	Football (0-2)	M. Soccer (2-1)	W. Soccer (1-2-1)	Volleyball (4-3)	M. Cross County (0-0)	W. Cross Country (0-0)
<p>Sept. 8; Messiah 4 - Urisnus 1 Goals (UC): Brook Overly (1)</p>	<p>Sept. 10; Gettysburg 42 - Ursinus 17 TDs: Fortino (1) , P. Patterson (1) FGs: Ford (1)</p>	<p>Sept. 10; Ursinus 4 - Cabrini 2 Goals (UC): Noah Kimelheim (2), Ben Amaral (1), Joe De-Marco (1) Assists (UC): Ben Amaral (1), Ryan Molyneaux (1)</p>	<p>Mayor's Cup Sept. 10-11; Saturday Ursinus 3 - Hartwick 1</p> <p>Sunday Ursinus 1 - Oneonta St. 1 (2OT)</p>	<p>Sept. 6; Ursinus 3 - Rutgers-Camden</p> <p>Sept. 7; Ursinus 3 - Marywood 0</p> <p>Sept. 10; Swarthmore 3 - Ursinus 0</p>		





Photo Courtesy of Henry Gustafson

The Ursinus College Athletic Training Staff. Back Row, from left to right: Pam Chlad, Jeff Wolfe, Michelle Vande Berg, Akinori Kashiwagi. Front Row, from left to right- Colin Dixon, Beth Ward and Kathy Wright

You Bend Um, We Mend Um: The Life of an Athletic Trainer

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One of the more underrated attributes an athlete can have is the ability to stay healthy. Many overlook the importance of overall health and focus on talent, determination, and the will to win. While these are certainly part of what makes a great athlete, they do not mean very much if an athlete is injured all of the time. Now, it's unreasonable to suggest that injuries shouldn't occur. No matter the sport, athletics push the human body to its limits, making it more susceptible to injury. This is why athletes at Ursinus are for-

tunate to have excellent athletic training staff and facilities in the region.

Located in the lower level of the Floyd Lewis Bakes Center, the Ursinus College Sports Medicine Clinic is home to Ursinus' talented and dependable athletic trainers. Head athletic trainer Pam Chlad and associate trainers Kathy Wright, Michelle Vande Berg, Akinori Kashiwagi, Colin Dixon, Jeff Wolfe and Beth Ward work diligently every day to make sure that Ursinus athletes are strong and healthy enough to compete.

"We have a very experienced staff that puts an emphasis on continuing education in order to

provide the best care to our student-athletes," said Dixon. This is no easy task, as according to the Ursinus College website, the college has 25 intercollegiate athletic teams and more than 550 student athletes.

In order to deal with such a large number of teams and athletes on campus, the trainers divide and conquer each team and season. Chlad tends to football, gymnastics and both men's and women's golf. Wright does men's soccer and men's and women's tennis. Vande Berg takes care of athletes from field hockey, women's basketball, baseball, and men's and women's swimming. Kashiwagi is responsible

for football, men's and women's indoor track, and lacrosse.

In addition to the trainers working in the sports medicine clinic, Ursinus has Eric Hoffman as the strength and conditioning coach for all varsity athletic programs with assistant Paul Searles. To complement the work of the athletic trainers, "having a year-round sport-specific training program is vital," noted Colin Dixon.

Dixon, a 2007 graduate of West Chester University, works closely with the Ursinus cross country and volleyball teams. In order to perform his job at the highest level, he believes that building solid relationships with coaches and athletes is essential to helping athletes avoid serious injury. "A good relationship and effective communication between coaches and athletic trainers are vital for the health of our athletes," said Dixon.

Coach Carl Blickle, in the same vein, has worked on forging a better relationship with the sports medicine clinic since he took over as leader of the cross country and track and field programs 3 years ago. "The athletic trainers are the first line of defense against all injuries [and] effective communication between all parties has been key to [catching] many injuries," he said.

Unfortunately, injuries still occur. Some of the more common injuries Dixon sees are what he calls "overuse injuries". These include shin splints, patella-femoral syndrome (a knee condition which deteriorates the cartilage under the knee cap), lower back pain, and more. To treat these injuries, the trainers use a combination of electrical muscle stimulus (which involves the use of electrical pulsation to strengthen mus-

cles), massage, ultrasound, and cold therapies to combat and control inflammation. They also prescribe specific exercises to help prevent injuries from reoccurring.

Ursinus College cross country and track runner Evan Cirafesi knows firsthand how difficult it can be to work through injuries as he has missed significant time throughout his running career due to shin splints and stress fractures. "While running at Ursinus I've been dealing with on and off shin splints," said Cirafesi. "Colin has shown me multiple strength exercises I can do for my lower legs to help prevent [further] injury." Fellow runner Joe Iuliucci dealt with similar overuse issues, working through plantar fasciitis and tendonitis. "When I went to Jeff Wolfe during outdoor, he determined what was wrong and gave me specific instructions on how to handle my issues," said Iuliucci. "Because of that, I was healthy enough to end the season as planned by racing the 10k at conferences."

The prevention and treatment of injuries occur mostly behind the scenes, unbeknownst to many fans and spectators. The Sports Medicine Clinic and the athletic trainers have proven indispensable to the success of the Ursinus College athletic programs. Moreover, the new addition of strength and conditioning coaches Eric Hoffman and Paul Searles will aid in the work of keeping athletes active in their sports. Thanks to these hardworking staff members and great facilities, Ursinus' athletes are in good hands.

Upcoming Games

Thursday	Friday	Saturday	Sat. Cont.	Sunday	Monday	Tuesday
		M. Soccer vs. Gettysburg 12 p.m.	W. Soccer vs. Gettysburg 3 p.m.			W. Soccer vs. Alvernia 7 p.m.
		Football @ Franklin & Marshall 1 p.m.	Field Hockey @ Gettysburg 4:30 p.m.			
		W. Volleyball vs. Gettysburg 1 p.m.	M. & W. Cross Country vs. DII/DIII XC Challenge			