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Photo Courtesy of Henry Gustafson

Ursinus Prepares for the Job, Internship and Networking Fair

The Career and Professional Development Office hosts the fair every year, allowing students to get face time with future employers

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The time is approaching for students to break out their dress clothes and practice their elevator pitches.

Ursinus's Job, Internship and Networking Fair, organized by the Career and Professional Development Office, takes place on Feb. 15, from 12 p.m. until 2 p.m..

Many students may worry: What can I possibly do with my major after college, or what jobs await me? Is my resume in good enough shape to send to employers? Where can I meet organizations and companies and grow my network? The Career and Professional Development Office works to provide answers to these daunting questions.

Amy Brink, the assistant director of the Career and Professional Development Office, offers some advice for students interested in participating in the fair.

"It's understandable that you may be nervous, but remember that the representatives from the various organizations are coming here to meet you," she said. "They have job and internship opportunities, and they want to offer those positions to Ursinus students, if there is a fit. Even if you are a freshman, it's still a good idea to go see what opportunities are available and perhaps consider for the future."

Brink offered some tips to help students feel comfortable when meeting potential employers.

"All classes would benefit from attending," Brink said. "To

help ease your nerves, give yourself time to prepare and practice your 30-second introduction of yourself, maybe practice it in front of a friend, and research the attending organizations ahead of time so that you know who you want to talk to. Have confidence in yourself, and the employers will see that, as well."

Brink is particularly excited about all the organizations coming to meet Ursinus students at the fair.

"Currently we have more than 80 organizations representing a variety of career fields and interests attending the Job, Internship and Networking Fair," she said. "The most current list is available in Handshake."

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IBEW protested on Main Street last week with inflatable rat.

Local Union Amps Up Protests on Main Street

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Representatives from a local union deployed a giant inflatable rat on Main Street in front of Ursinus last week to protest what they see as insufficient employment standards by the contractor hired to work on the Innovation and Discovery Center (IDC).

IBEW Local 98, a union representing electrical workers in Philadelphia and throughout southeastern Pennsylvania, says that despite repeated efforts at negotiation, Ursinus decided against using a contractor that employed union members.

According to Tom Lepara, a business representative for the union, this is a problem because the union works to secure fair payment and thorough training for their members. The union has over 4,000 members, and wants to work to guarantee that local workers are employed at Ursinus.

An IBEW handbill, addressed explicitly to Ursinus students, claims that UC "allows its buildings to be built and renovated by construction contractors who refuse to give pensions and complete healthcare plans to their employees and don't require their employees to be properly educated in their trade."

Kinsley Construction, the firm contracted to lead the IDC, denied the union's allegations.

The Grizzly reached out to Kinsley Construction's management and they had to following to say about accusations that Local 98 had against them:

"It seems to [Kinsley Construction] that this whole situation is really about the fact that this job is being completed by non-union construction companies. Local 98 appears to believe that they are the only construc-

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Photo courtesy of Amy Brink

Ursinus students network with employers at a previous Job, Internship and Networking Fair.

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tion workers that are trained and paid a living wage. Kinsley is proud of our well-trained and skilled workforce. We pay our employees competitive wages and give excellent benefits including 401(k) and health insurance. Kinsley also seeks to ensure that our subcontractors perform at the highest quality and in a safe and professional manner. Based on these principles, Kinsley has consistently achieved outstanding results for our customers for 50 years.”

Kinsley subcontracted local firm Brothers Electric for the electrical work on the project. A representative from Brothers confirmed this, but they did not respond to repeated requests for further comment as of press time.

Lepera and other union members have been distributing the handbills on Main Street in front of campus since the beginning of the semester explaining their complaints.

As for the rat? It’s a common tactic for unions to signify their displeasure with a business’ hiring practices.

“We felt like we wanted to make a statement and get people’s attention,” said Lepera, standing on Main Street and handing out handbills to passersby on Friday, Feb. 3.

When asked for a comment, President Brock Blomberg stated in an email:

“As you know, members of the union have been here a few days and we support their right to express themselves in a peaceful and responsible manner. We chose Kinsley Construction after an exhaustive search and vetting process that included reference checks. It is a nationally recognized firm that has completed several complicated projects at colleges and universities throughout the Mid-Atlantic

region. The electrical work is managed through Kinsley and is part of the contract.”

Lepera said that, thanks to the rat, they’ve attracted a lot more attention and been able to distribute more handbills.

Lepera said that the union is devoted to education—so much so that he says their apprenticeship program is the only one in the country that is college-accredited. He said he couldn’t understand, therefore, how Ursinus could go elsewhere for their work.

In a previous interview about the handbills, Bob Cresswell, assistant business manager for the union, said that he didn’t see how a school as expensive as Ursinus would not be willing to use their members.

“They’re not afraid to raise tuition,” said Cresswell, “but they neglect paying proper wages and benefits to the people of this area.”

Still, Cresswell said that the union admires Ursinus, and hopes to form a long-lasting partnership with them for future projects.

“We believe in what [Ursinus] does with their education, but we feel like we’re being neglected in what we do,” he said. “The new management of Local 98 really wants to get involved in the community, and we have,” he continued, citing recent projects in Norristown and work with Habitat for Humanity. He said they hope that Ursinus can be the next way for them to become closer with the community.

Lepera said that he anticipates continued action by the union, and that they will likely be back over the next few weeks with more handbills and the rat.

With additional reporting from Sarah Hojsak and Hunter Gellman.



Photo courtesy of Erin McKinney

A researcher on the Flint Water Study Team gives a lecture for the CSCG in Olin Auditorium.

CSCG hosts speaker on Flint Water Crisis

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The Center for Science and the Common Good (CSCG) hosted their first event of the new year this past week.

The talk, hosted on Thursday, Feb. 2 and given by Ph.D. candidate at Virginia Tech and Bucknell University graduate Rebekah Martin, focused on the issue of the Flint water crisis.

Her talk, titled, “Lead, Leaks, Legionella,” centered on her experiences as a researcher for the Virginia Tech Flint Water Study Team. It provided insight into a pressing public health issue that has been the subject of debate and controversy since it began in 2014.

Martin provided a background of the issue before getting into the subject at hand. Flint,

Michigan, during its population peak, was home to about 200,000 people and the water system was created to reflect that population, she said. Since the economic crisis and decline in population (which is now down to around 100,000 people) the water system is slow and ineffective.

“The corrosive water and old pipes were a perfect storm for lead release,” said Martin.

Following the publishing of the 1991 Lead and Copper Rule by the Environmental Protection Agency (EPA), Flint’s old water pipe system was retrofitted with new pipes that met standards, however some of the lead pipes were not replaced and no note was taken as to the location of those older pipes. This wouldn’t have been much of a problem until, in a cost-cutting measure, the water source for Flint residents was changed.

“Loopholes and lack of enforcement of the Lead and Copper Act caused the issue to escalate,” said Martin.

In April of 2014, Flint made the decision to stop purchasing water sourced from Lake Huron from the city of Detroit in favor of a more economical local source, the Flint River.

According to research performed by various scientific teams, including the Virginia Tech Water Study team that Martin was a part of, water from the Flint River possesses many corrosive substances that would go on to negatively affect the citizens of Flint. This corrosive material in the river water caused parts of the protective coating of the pipes, which prevented lead contamination, to flake away.

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Correction: A story about a lawsuit filed by Terry Winegar against Ursinus misidentified Winegar’s lawyer as Anthony Abramson. His name is Andrew Abramson. We also misidentified last week’s issue as Issue 13. It was issue 12.

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Handshake is the school's most utilized tool for employment opportunities and social networking.

The Ursinus website says that, "Through Handshake, students and alumni can store resumes and cover letters, apply for positions, explore organizations and make connections, make appointments with a career advisor, sign up for events and workshops, and access additional online career resources."

Many students worry about employment after graduation.

"Students are typically anxious about applying for internships and getting a foot in the door," Brink said.

But there's no need to panic: according to data found on the Ursinus website, "54.3% of students [from the Class of 2015] found full-time employment after graduation. 68.4% of people found some form of employment, and 21.4% of students chose to continue their education with graduate programs."

The Career and Professional Development Office has more

resources available for students who feel unprepared for the fair.

"We have an entire section of resources devoted to preparing for the Fair," Brink said. "For example, [we have] What to Expect and How to Prepare for the Fair [sections on our website] that includes six three-minute videos that cover everything from how to make your video pop and how to prepare your introduction to employers. Students can also view registered employers by visiting the Career and Professional Development website."

Brink highly recommends researching the organizations participating in the fair. She encourages students to "create a concise, well-written résumé that stands out and bring multiple copies."

She pointed out that résumé paper is available for five cents a sheet in the Career and Professional Development Office. Additionally, the Copy Center in the Facilities Department can copy your résumé, also for five cents a sheet.

She also emphasized the importance of making a good first impression.

"Dressing professionally for job interviews shows respect and emphasizes your interest in the position for which you have applied. Please see our 'What to Expect' and 'How to Prepare for the Fair segments' on our website for more tips and advice."

On its website, the Career and Professional Development Office also encourages students to "download the Handshake app and take the time to research the attending organizations, [and to] please remember to put those phones away before walking through the Fair and give the employers your complete attention. There is a student lounge area at the event where students can sit and look through Handshake, if they choose."

The Career and Professional Development Office is available for one-on-one appointments for résumé reviews, interview tips, or to answer any questions that you may have. Appointments can be scheduled online through Handshake or by emailing career@ursinus.edu.

International Perspective: A Chinese student's thoughts on social life at Ursinus

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The first day I lived in my dormitory, I realized that I came to a totally unfamiliar country. I needed to use English, which was not my mother tongue, to study and to make friends here. In fact, I prefer not to talk with strangers. So there still are many people who don't know me even after living around me since August. Sometimes, I envy those people who can say "Hello" to everyone, but I prefer to stay alone.

Being alone. This is an unusual condition in America. I tried to observe the Ursinus students for a few days, and I found out that most of the local students prefer to be with someone else. They eat together, learn together, and hang out together. Although there are a few students who prefer to be alone, they are hard to find. In contrast, I like to read alone, listen to music alone, and take photographs alone. I tend to eat or travel alone instead of shopping or hanging out with a bunch of people. Most people who live around me wonder why I feel good staying alone. One of my friends asked me once why I always stayed alone. I answered her. It is not because I don't want to be with friends; I just feel that I need more time to stay by myself than other people.

In my opinion, being alone is not a negative condition, although my parents and friends hold the contrary opinion. All I know is that they want me to expand my social circle, meet more

people and make more friends in my life. Maybe they are right. Sometimes I do need someone to be with me who may make me feel that being alone is foolish. With friends, even talking about something boring like the weather or listening to a song or watching a movie can be fun.

I have a friend who always needs her friends to be with her and she totally changed my outlook in a short period. The first day I met her, two years ago, we spent all night chatting, which my parents couldn't believe. We had a sumptuous breakfast before we fell asleep all day. After that night, we became best friends. She has taught me how to talk with strangers and changed the way I make new friends. I let her know how to avoid unnecessary problems like arguing some minor point with someone who is not important. Although we often hold different viewpoints on some topics, our friendship does not break down.

Although I might prefer to be alone, I still look forward to making many new friends at Ursinus College.

Zixiao (Rita) Lin is from Shenzhen city in Guangdong province. Shenzhen is a coastal city in the southeast of China. Rita is an international student in the Class of 2020 and although her major is still undecided, she is planning to choose psychology. Rita enjoys campus performances like concerts and dramas, and tends to attend activities that are quiet and where people can focus on the show.



Photo Courtesy of Henry Gustafson

Greg Wood, Akeem Davis, Taysha Canales, and Tina Brock, four actors from Philadelphia perform influential American speeches at CIE Common Event this week.

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This caused lead levels in the water to rise to an unsafe and unregulated level. Martin's team was alerted to the crisis by a Flint resident named LeeAnne Walters.

Walters had contacted the EPA and local governing bodies to determine what was making her children sick and the water from her tap appear red. After being ignored, she decided to reach out to the team at Virginia Tech.

This team, staffed on a volun-

teer basis by graduate students like Martin, contacted other Flint residents. With their help, the team mailed out lead kits, which could be used by individuals to test the water in their homes, and put together instructions for the use of the kits. Ninety percent of the kits sent out were returned to the research team for analysis.

When the results of these kits came in, it was determined that there was an alarming rate of unsafe and unusable water throughout the city of Flint. When these results were first presented to the EPA, the Michigan Department of Environmental Quality

(MDEQ), and different media outlets, the results were thrown out. The team was dismissed by officials claiming they were simply looking for trouble and lied about the results.

However, the social and news media response differed. Flint residents refused to give up and go on living with unusable water for drinking, cooking, and even bathing.

Eventually, after continuous outreach and protest, the MDEQ and other city officials decided that they would return to using Detroit water and put systems in place to try and repair the dam-

age done by the corrosive Flint River water.

Martin and her team have continued to periodically test the water in Flint and have come away with promising results. As recently as November 2016, the team found that the lead levels have dropped below the 10 parts per billion deemed unsafe by the government, and are now at a level of around six percent.

At the end of her talk and in the brief questions and answer portion, Martin stressed the importance of active citizenship and partnership with research in affecting change. Martin made

sure to clarify that without the assistance of Flint residents and the persistence of activists and supporters, her team at Virginia Tech and the other research teams would not have been able to accomplish anything.

"We could not have done this without the citizens of Flint," she said. "It takes people standing up" to promote change.

CSCG seeks to provide students with informative and interdisciplinary discussions on various subjects each semester. Schedules for this semester are posted around campus and available online.

Students Pitch Entrepreneurial Ideas at Philly Competition

In partnership with the U-Imagine Center, three students comprising two teams pitched original ideas to internationally known entrepreneurs



Photo courtesy of Rae Hodenfield

Rae Hodenfield presents Team Soleil's body positivity campaign at the USASBE entrepreneurship competition last week.

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Last week, three Ursinus students competed in the United States Association for Small Business and Entrepreneurship's (USASBE) annual entrepreneurship competition in Philadelphia through the Ursinus U-Imagine Center.

Representing two teams—Team Trainwreck and Team Soleil—the students pitched ideas they were passionate about alongside international entrepreneurs with undergraduate and doctorate degrees. To compete for the judges' votes in the competition, the students had to approach them, pitch their ideas, and convince them that theirs would either make money or inspire social change. Preparing their pitches

along with PowerPoints, posters and business cards was a significant undertaking, but they were glad to do it.

"When you are passionate about something, it doesn't feel like work."

— Maureen Cumpstone
Entrepreneur-in-Residence

"When you are passionate about something, it doesn't feel like work," said the U-Imagine Center's Entrepreneur-in-Residence Maureen Cumpstone, who is also a restaurateur and an Ursinus alumna. "Entrepreneurial spirit is about aligning your passion with your work so that you

can pursue things that make you happy and create economic and social value."

Team Trainwreck was comprised of Brent Garcia, a senior health and exercise physiology major, and Chase Babrich, a junior computer science major. Trainwreck is a strength and fitness program aimed specifically at ultimate Frisbee players, according to Babrich.

As part of a social media campaign before the competition, the team hosted a Frisbee tournament. They brought in twelve teams and 85 athletes from the local area, even some of the Philadelphia Spinners, to play at Ursinus. Their program would have more tournaments, host high school and youth clinics, and develop ultimate Frisbee specific strength and conditioning. Their passion for fitness, athletics and, most of all, ultimate Frisbee led Garcia and Babrich to design their program pitch. To be part of Ursinus' Frisbee team, which is also called Trainwreck, you can be a student at Ursinus or a member of the community. Their practices are five days a week and are open to men and women of all abilities.

"Overall it was satisfying to hear that many people thought our idea had great potential," Babrich said. "We got lots of great ideas to mull over and consider implementing in the team."

Garcia agreed that the experience at the USASBE competition was eye-opening.

Junior English major Rae Hodenfield was the sole member of Ursinus' second team, Soleil. Her mission is to combat the body negativity that is rampant on social media. Team Soleil's pitch suggests urging peers to submit their most confident selfie along with a caption of what makes them feel confident, to promote body positivity.

"Social media is directly impacting its users, particularly

See **U-Imagine** on pg. 5

Ursinus Unveils New Relaxation Station for Stressed-Out Students



Photo courtesy of Henry Gustafson

The newly opened Relaxation Station, located on the third floor of the Myrin Library, is available for student use during library hours.

Brian Thomas
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Members of the Ursinus community now have a quick, easily accessible resource for when they're feeling stressed out.

The Relaxation Station, located on the third floor of Myrin Library, is a room that anyone can reserve. It has stress balls, books on mindfulness, comfy chairs, and a sun lamp for people with seasonal affective disorder (SAD).

The idea came about through casual discussions between psychologists at the Wellness Center and members of the student government, according to Jessica Parrillo, director of counseling and wellness.

"In discussing the trends of ongoing increased rates of students utilizing Wellness for individual counseling and the well-documented levels of anxiety, depression, stress, and other mental health concerns among college students, we started brainstorming additional ways to access students other than just traditional therapy," said Parrillo in an email.

The space is meant to not just be a one-time resource, either. According to Parrillo, the organizers hope that it will encourage a culture of care surrounding students' mental health.

"In creating this room, we are aiming to cultivate not only a space, but a lifestyle of growth and enrichment," said Parrillo, adding that the staff at Wellness has seen people benefit from regularly practicing mindfulness habits to manage stress.

"In creating this room, we are aiming to cultivate not only a space, but a lifestyle of growth and enrichment."

— Jessica Parrillo
Director of Counseling and Wellness

"I do think that it is especially useful to have this tool and resource available to students, because even though someone may not be open about their stress, now they have a private room to go to where they have a stress ball, they have a light box," said Robert Rein, president of the Ursinus student government.

Rein said that mental health has become a focal point for student government this semester, and that they hope to use the station as a jumping-off point for further initiatives.

The space itself really accom-

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women,” Hodenfield explained. “Adolescent women use social media . . . more than their male counterparts—in a very absorptive, passive way. This has been shown to correlate [with] body dysmorphia and depression.”

The body positivity campaign concluded with a night of confidence during which people who had been interacting with the body positivity campaign online met face-to-face, listened to live music, and played games in a positive, safe atmosphere. Team Soleil hopes to bring this campaign to the Centennial Conference and other schools nearby.

Hodenfield valued the USAS-BE competition as an opportunity to spread awareness and to talk to business people about the real life problem of body negativity.

“I learned how to pitch,” she said. “It was just another example of standing my ground, even when it is not necessarily easy to do so: looking people in the eye (and saying) this is what I care about, this is what I am passionate about.”

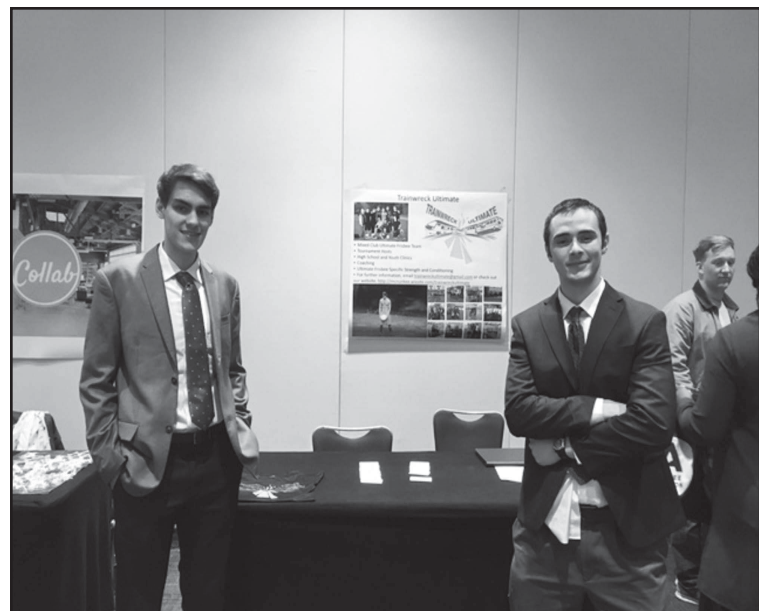


Photo courtesy of Rae Hodenfield
Chase Babrich (left), and Brent Garcia (right) present Team Trainwreck's pitch at the competition.

On Friday, Feb. 3, the U-Imagine Center began registering students interested in this semester's competition. The competition will now have one track for teams with economic goals and another track for teams with goals to create social change.

The U-Imagine Center for entrepreneurial studies is open to any and all students from 7-9 p.m. during the week. There are whiteboards, a 3-D printer, and a collaborative-working space that students can use to create and innovate. Whether students want help pitching their idea at the Philly Entrepreneurship Competition, are stopping by to use the 3-D printer, or otherwise dream of changing the world, these entrepreneurs urge you to develop your passion.

“Today we need entrepreneurs to move society forward on all levels by solving very large environmental and social problems,” Cumpstone said. “[We need] businesses to be competitive in the 21st century workplace and in the global economy.”



Photo courtesy of Vivian Viera

Last Thursday, to complement their new student-curated exhibition, the Berman Museum held a conversation with artist Natessa Amin (center), whose work is now on display in the museum's upper gallery. The talk, part of the Berman Conversation series, was led by juniors Shelby Bryant (left) and Dani Statuti (right).

Relaxation continued from pg. 4

plishes its goal of just providing a space to get away for a little. The third floor of the library has a built-in silence that helps, and the general vibe is calm. It's like scoring a collaborative workroom in the library, but without people constantly peering in and without the work. It's hard to leave without a clearer head.

Privacy is paramount for the room, according to Parrillo. In order to access it, students have to sign in with the front desk at the library (full names aren't necessary; initials will suffice). Once you're in the room, the windows are mostly tinted to prevent people from looking in, and a sign is posted on the door instructing potential users to check with the front desk before entering. You also have to swipe your Ursinus ID to get in.

Still, despite these measures, both Parrillo and Rein understand that there is a stigma associ-

ated with seeking help for mental health issues. That said, they hope that these measures and this resource will help reduce that stigma.

“My idealistic hope here is that we will help create a culture which promotes mindfulness as a proactive strategy for all students to manage their stress and health and that there need not be a stigma involved in this form of self-care,” said Parrillo.

Rein agreed.

“ . . . it is especially useful to have this tool and resource available to students.”

— Robert Rein
UCSG President

“You might feel a little self-conscious, a little hesitant to try this room out, but if your normal resources and patterns aren't working to get the help you need, then it's not the worst thing in the

world to try something new,” he said. “And we want to provide that for students.”

He also hopes students realize that they are not the only ones struggling with mental health issues.

“You definitely shouldn't stigmatize someone for trying something new [like this resource], and if you're afraid of being stigmatized, know there's so many people out there like you,” he said. “They may not be as open about it or they may be very shy about it, but you're not the only one suffering from this.”

The Relaxation Station is available any time that the library is open.

Parillo and Rein both encouraged students who may be struggling with mental health issues to visit Wellness. More information on warning signs, preventative measures, and how to schedule an appointment is available online at <https://www.ursinus.edu/offices/wellness-center/>.

Happening on Campus

Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Faculty Baden Lecture: Stephanie Mackler, “The Uselessness of Liberal Education” 4:15 p.m. Pfahler Auditorium	Nerd Camp: Resume Basics 2 p.m. Kaleidoscope 215	Debating for Democracy 10 a.m. - 4 p.m. Bear's Den	Spring Electronic Music Concert 4 p.m. Bomberger Auditorium			Job, Internship & Networking Fair 12 p.m. - 2 p.m. Floy Lewis Bakes Center



Nikki Haley is a standout in Trump's cabinet

Student shares reasons why Haley can tackle being an ambassador to the UN

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Since the presidential inauguration the United States has been going through a very drastic transition from the Barack Obama administration to the Donald Trump administration.

Over the last few weeks many of President Trump's cabinet picks have been passing through the Senate for approval. While some nominees are controversial, such as Betsy DeVos for Secretary of Education and Secretary of State Rex Tillerson, who are seen as questionable for their lack of experience and past affiliations with President Trump, there have been some cabinet nominees who, in my opinion, are outstanding choices.

One such nominee is former South Carolina governor Nikki Haley, who was nominated to be the United States' ambassador to

the United Nations. During the election, Haley was critical of Trump's proposed policy plans such as a travel ban on Muslims and his stance on Russia. While Haley does not have any direct experience in foreign affairs, she has already made waves in New York, where the U.N. convenes.

According to Politico, Virginia Senator Tim Kaine, Hillary Clinton's running mate, praised Haley, saying, "I believe that Governor Haley's executive experience would serve her well in the challenging role of negotiating with all United Nations member states and representing the United States on the Security Council."

Since being confirmed by the Senate, Haley has been swift to act at the U.N. headquarters by condemning Russia's actions in Ukraine. As reported by The New York Times, Haley said that while the United States would like to have a better relationship with Russia, "the dire situation in east-

ern Ukraine is one that demands clear and strong condemnation of Russian actions."

While President Trump has expressed his interest in creating a better relationship with Russia, Haley has so far done what some U.S. officials have suggested, which is to stay tough on Russia.

Haley has already openly condemned Russia's annexation of Crimea. At the U.N. she said, "[The] United States continues to condemn and call for an immediate end to the Russian occupation of Crimea. Crimea is a part of Ukraine. Our Crimea-related sanctions will remain in place until Russia returns control over the peninsula to Ukraine."

Right now, the United States needs an ambassador who is not afraid to be hawkish or use hard power political tactics. Thus far, Haley has shown she is capable of standing up to world powers such as Russia by using hard power tactics like sanctions. However,

more than hard power tactics must be used; a U.N. ambassador will eventually require soft power approaches of diplomacy. While Haley does not have foreign affairs experience I believe that her experience as governor of South Carolina has prepared her to respond diplomatically when needed and that she is capable of fulfilling the task.

For instance, after the 2015 Charleston shooting, in which a self-described white supremacist killed nine African-American churchgoers in their church, Haley ordered the Confederate flag to be removed from the state capitol, which was an attempt to symbolically unite the state in a time of distress. While this move had partisan backlash and does not relate to foreign affairs, this act showed me that Haley is willing to break longstanding traditions to unite people together. If she can take this attitude into the position of ambassador, especially

at a time when world government must come together, then I firmly believe she will have the graceful tact needed to be an agent of American diplomacy in the United Nations.

Having a tough and hawkish ambassador may not be appeal to everyone, but in a cabinet full of controversial picks Nikki Haley is one of a few shining cast members. If Haley can succeed in her position as ambassador then I believe many doors will be open for her down the road. While it's easy to disregard every aspect of a presidency you don't support, cabinet picks like these demonstrate bright spots in an administration that so far has a high disapproval rating.

Rob Rein is a senior politics major and president of UCSG.

"Moonlight" outshines the other Oscar nominees

Student explains the importance of "Moonlight" in film and society as a whole

Courtney DuChene
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This year holds many firsts for the Academy Awards. It is the first time a black actor or actress has been nominated in every single acting category and the first time three black actors have been nominated in the same category. These firsts, and many other reasons, are why "Moonlight" deserves best picture.

W magazine reports that it is also the first time two black writers, Barry Jenkins and August Wilson, have been nominated and the first time a black woman, Joi McMillon, has been nominated for editing. Barry Jenkins is also the first black man to secure best screenplay, best director, and best picture nominations.

Many of these firsts can be associated with the film "Moonlight." Joi McMillon is the film's editor. Barry Jenkins is the film's director and screenwriter. "Moon-

light" also contributed to the acting categories with the nomination of Mahershala Ali for best supporting actor.

In Variety, Jenkins described these victories as "bittersweet." He said, "It's 2017. There should be no room for firsts anymore."

"Moonlight" started as a small, independent film that premiered at the Telluride Film Festival. After the festival, it earned a limited release which became a wide release in November after the film performed well at the box office and started gaining award season buzz.

"Moonlight," however, is not just a successful independent film. It is also a film with heart that tells an important and timely story. It follows Chiron's (the main character) coming of age story as he grapples with being poor, gay, and black in the Miami projects. The film is deeply grounded in the development of its characters, especially Chiron, who ages from boy to teenager to man over the course of the film.

The dialogue is crisp, the cinematography is lyrical, and the entire film is subtle in a way that is incredibly poignant.

"As America tries to silence minority voices, 'Moonlight' speaks."

— Courtney DuChene
Junior

The film also makes great use of its setting by employing the beach to represent an escape from Chiron's reality during the now-famous swimming lesson scene and several other moments. At some moments, it feels as if Chiron could vanish and no one would notice. The jump from teenager to adult emphasizes this feeling, showing the audience everyone who adult Chiron has lost contact with. This jump makes his reunion with his mother and Kevin, his best friend, especially potent.

This story is incredibly powerful and its themes of sexuality, maturation and race give the film a larger, real world context that is missing from some of the other best picture contenders, particularly "La La Land." While technically strong, "La La Land" is a story steeped in nostalgia and the magic of Hollywood. It is a love letter to the film industry, whereas "Moonlight" is something more. It honors several groups of people who do not normally get a lot of screen time. It also tells a story about race and gender that all Americans need to hear.

Ever since I saw the film over Thanksgiving break, "Moonlight" has stuck with me. As America tries to silence minority voices, "Moonlight" speaks. Even though its voice is soft, it is difficult to ignore. A best picture win would encourage even more people to seek out this film. "La La Land" is not interested in representing America's diverse reality. "Moonlight" is.

There are many things I would

like to see happen at the Oscars this year. I would love to see only people of color take home the best acting prizes. I would love to see Viola Davis win, especially since she's the first woman of color to receive three nominations. I want to see the women of "Hidden Figures" honored in some way for their good work. I want to see "Moonlight" run away with dozens of awards, but mostly I want to see it take home best picture.

Aside from being truly the best film of the year, it is a film that deserves to represent both a diverse America and a diverse award show season. If you are able, see "Moonlight." Even if it does not garner the Oscar, it is worth your time.

Courtney DuChene is a junior English and media and communication studies major. She is also a film studies minor and in her spare time she serves as a resident advisor.



Photo Courtesy of Henry Gustafson

Senior Erin Farrell during a drill at practice before the Frank Colden Invitational. Farrell placed within the top 10 in each of her events during the invitational.

Track running into the outdoor season with high spirits

Both the men's and women's track teams look to translate indoor success to outdoor triumph

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Optimistic is an apt word to describe how the Ursinus Bears track and field team feels about its winter and spring seasons.

They hope that the solid base of training indoors will lead to great success outdoors. Coach Carl Blickle, a National Championships Mentorship Grant recipient, and coach Crystal Bacon, winner of the 2016 Broad Street Run, guide the team through smart and serious training that puts an emphasis on injury prevention.

The indoor season began early December and, for NCAA Division III qualifiers, will continue into early March. The outdoor season promptly follows.

This season, coach Bacon has designed injury prevention workouts specifically for all event groups. To prevent setbacks caused by injuries, the Ursinus Bears follow the training at practice and are mindful outside, when they concentrate on optimizing nutrition and facilitating recovery through sleeping, stretching, and rolling. Mere seconds can be the difference between winning and losing, and the team believes that attention to detail in all areas is crucial to success. Blickle says that their mantra for this season

is "big things are accomplished only through the perfection of minor details."

Sprint captain Tia Wisdo agrees that this strategy is working. "We seem to be healthier and stronger due to the new lifting workouts and injury prevention activities that we do regularly," she said. "With all of these new additions, I am very excited for this season."

Sprinter Caroline Buckley added, "It's incredible: All of us compete in different events but you will always have a teammate cheering for you whether it's during a track workout, lift, or a meet . . . ! It's so helpful to be close to everyone during those tough times."

Distance captain Joe Iuliucci insisted that "the future is bright" for the team because it is full of talented first-year student athletes.

"I am impressed with how this season has been going so far," said junior captain Jequan Mitchell. "We have a lot of freshmen stepping up to big roles and I think they are going to be a great attribute to our success in the [Centennial Conference]."

Mitchell is also optimistic about the Centennial Conference championship in late February, noting that the team is "in a great position to be highly competitive."

Last year the women's and men's indoor teams ranked fifth and third in their conference, respectively. Both teams hope to repeat and surpass the team's performance from last year. The men's team is enthusiastic about their potential to do well in both the 4-x-200 and the 4-x-400 relays.

On Jan. 27 the Bears competed at the Muhlenberg Invitational. Erin Farrell, a returning conference champion, claimed gold in both the 200-meter and the 55-meter; first-year student Sophia Simoes placed second in the shotput with a shot of 10.33 meters.

On the men's side, Mitchell ran for gold in the 200-meter; junior Adam Myers won with a shot of 13.89 meters. Such performances early in the season build great fitness and confidence while contributing to the strength of the team as a whole.

Emphasizing that it is the consistency in training that is most important, Coach Blickle said, "throwers are [getting] stronger in the weight room, sprinters are [improving] their speed and technique, blocks, hurdles, and distance runners are continuing to build their mileage. We are constantly improving every day

[on this] specific path that we [are following]."

The success the team has this season with the consistent training and competing will set them up for even greater success come spring. The Bears will be competing next at the Valentine Invitational in Boston Massachusetts on Friday Feb. 10 and will continue on Saturday Feb. 11.

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Scores as of Monday, Feb. 6, 2017

M. Basketball (13-8)	W. Basketball (12-10)	Wrestling (15-3)	M. Swimming (5-3)	W. Swimming (9-0)	M. & W. Track (0-0)	Gymnastics (0-0)
Feb. 1; Ursinus 94 - Franklin & Marshall 82	Feb. 1; Ursinus 53 - Franklin & Marshall 35	Feb. 4; Ursinus 38 - McDaniel 8	Jan. 21; Ursinus 143 - Franklin & Marshall 119	Jan. 28; Ursinus 150 - Washington 112	Feb. 4; Ursinus vs. Frank Colden Invitational*	Jan. 28; Rutgers 194.875 - Ursinus 191.350
Feb. 4; Ursinus 95 - Washington 65	Feb. 4; Ursinus 48 - Washington 36	Ursinus 32 - Gettysburg 10	Jan. 28; Washington 133 - Ursinus 129	Feb. 4; Ursinus 97 - Bryn Mawr 79	*For full results please visit ursinusathletics.com	Feb. 4; Temple 193.950 - Ursinus 190.850

Congratulations on a perfect season!



Photo Courtesy of Amelia Goldstein

The 2017 Ursinus baseball team during one of their first practices of the season. The men will open their season in Winter Park, Fl. on March 5 at the RussMatt Invitational.

UC baseball swinging for the fences in 2017

After a rocky 2016 season, the 2017 Bears look to regroup and make a run at a conference title

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The sun sets on the night of Feb. 1, marking one thing: the Ursinus Bears' baseball season is officially underway.

The Bears didn't exactly live up to expectations last season, but they're ready to put it all behind them and focus on a fresh season, which for the senior class means one final shot at glory.

At the conclusion of last season, the Bears had only managed

two conference wins. This gave them a record of 2-16 in conference play.

"I think the mistake we made last year was [getting] off to a great start and [then taking] our foot off the gas: We went from being a team that was hungry to a team that was looking further than we were," said head coach Stan Exeter. "This year we're not talking [about] playoffs; we're not talking anything but the next game or the next practice. We're really going to be dedicated to the process, and that's the best way

we can do it."

This season, however, the Bears are ready to take the Centennial Conference by storm. The Bears return seven starters, including a core group of seniors. The class of 2017 also happens to be Exeter's first recruiting class at Ursinus.

"The tradition and legacy we leave will carry a lot more weight than our record on the field," said senior second baseman Jake Banks. "We started here as a bunch of guys, but we will graduate as a family."

When the Bears take the field for the first game this season, they will be without conference home run champion Chris Jablonski and pitcher Sean Pisik, both of whom graduated in 2016. The Bears will return key starters in catcher Vince Terry; infielders CJ Diana, Greg Petorak, Alex Campbell, and Kieran Geyer; and outfielders Travis Kozak and Jay Farrell.

"The main goal is to win, whatever it takes," said Petorak. "Whether you play one inning or you play all nine, it's all about what you can do to step up and help get a win for the team."

"You go into every year just trying to help the team win games," Campbell added. "We've all progressed as baseball players, no matter which position we play."

Many of the players on the team are seasoned veterans in multiple positions—present in case they need to step in for a game and make some plays.

"A big part about college baseball is that you play a lot of games," said Diana. "Sometimes someone gets hurt or has to miss a game for class . . . The fact that we can bounce around, be utility players, and pick each other up is something that's really big for the program."

"I don't practice or prepare to play second base or shortstop, but we practice and prepare to help the team win, no matter what that [win takes]," Geyer noted. "Obviously you'd like to play every inning of every game, but if that's not going to help us win, I don't think anyone on the team has any problem stepping back and letting [other] guys play that position."

Not only do the Bears return a solid group on the field, but they also have a very strong pitching rotation and bullpen capable of

stepping up and winning. This season, the pitching staff will be relied upon even more to keep the games close.

"In order to win big games we need to have contributions across the board from our pitching staff," said pitching coach Chris Threadgill.

"90 percent of being on the team is not [playing each] game or baseball [itself]: It is that we're all going to Wismer together, we're all doing homework together, and we all live in the same suite and do the same things."

— Jake Banks
UC baseball player

Additionally, coaches and players agree that bonding on and off the field will be a crucial factor in the team's success this season.

"Ninety percent of being on the team is not [playing each] game or baseball [itself]: It is that we're all going to Wismer together, we're all doing homework together, and we all live in the same suite and do the same things," said Banks. "That's what's going to stick with us for the rest of our lives. We all came here because we love baseball and we all love being on a team, and if you can win at the same time, [that's even] better."

With an abundance of senior leadership and hungry veterans, the Bears have a good chance of establishing themselves as a contender in the conference this season.

The Bears will be in action again on March 5 at the RussMatt Invitational in Winter Haven, Fl. You can catch them on March 18 for their home opener against Pitt.-Bradford.

Upcoming Games

Thursday	Friday	Saturday	Sat. Cont.	Sat. Cont.	Sunday	Monday
	M. & W. Track vs. Valentine Invitational	M. & W. Swimming vs. F&M Pre-Championship Invitational 9 a.m. Wrestling vs. Centennial Conf. Championship 10 a.m.	W. Basketball vs. Dickinson 1 p.m. M. Basketball vs. Dickinson 3 p.m.	M. & W. Track vs. Valentine Invitational	Gymnastics vs. Cortland St. 1 p.m.	