



10-29-2015

## The Grizzly, October 29, 2015

Brian Thomas  
*Ursinus College*

William DiCiurcio  
*Ursinus College*

Deana Harley  
*Ursinus College*

Valerie Osborne  
*Ursinus College*

Kristen N. Costello  
*Ursinus College*, [krcostello@ursinus.edu](mailto:krcostello@ursinus.edu)

*See next page for additional authors*

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### Recommended Citation

Thomas, Brian; DiCiurcio, William; Harley, Deana; Osborne, Valerie; Costello, Kristen N.; Laramée, Blaise N.; Tillson, Caitlin; French, Phoebe; Gellman, Hunter; and Anelli, Kayla, "The Grizzly, October 29, 2015" (2015). *Ursinus College Grizzly Newspaper*. 673.  
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**Authors**

Brian Thomas, William DiCiurcio, Deana Harley, Valerie Osborne, Kristen N. Costello, Blaise N. Laramée, Caitlin Tillson, Phoebe French, Hunter Gellman, and Kayla Anelli



## SPINT hosts trick-or- treating

**Brian Thomas**  
brthomas@ursinus.edu

On Friday, Oct. 30, the SPINT houses and first-year RAs will host a trick-or-treating event on campus. The SPINT houses will be distributing candy from 7 p.m. until 8:30 p.m. and the RAs will be distributing candy to first-year students in their rooms from 8:30 p.m. until 10 p.m.

“This is to get recognition for SPINT, and let first-year students know what is out there,” said Ed Malandro, senior associate of residence life. “They don’t have to fully commit to staying for something for an hour, but they get a taste of everything.”

While the event is specifically targeted to first-year students who may not know much about SPINT, all students are welcome to participate. “A main goal of [SPINT] is to connect to the wider Ursinus community,” said Malandro. “We don’t want to exclude anybody; we want to bring everyone in to see what we’re doing.”

SPINT is a unique housing option at Ursinus where students can propose themes for a select number of houses.

The themes are changed every year to allow all students a chance to create their own houses. At the end of each year, students pitch ideas to the current leaders of the houses, who then select the next year’s themes. Once the themes are selected, students apply to the houses that interest them and are

Photo courtesy of Alexis Primavera  
Fall is in full swing at Ursinus with leaves covering the grounds with bright yellows, oranges, and reds. Students have been enjoying the last few days of warm temperatures and clear skies before Fall makes way for Winter.

# *Fall Foliage at Ursinus*

See **SPINT** on pg. 2

# Antisemitism panel seeks nuance

**Brian Thomas**  
brthomas@ursinus.edu

On Thursday, Oct. 29, from 7 p.m. until 8:30 p.m., a panel titled "Seventy Years after Auschwitz: Antisemitism Today" will be held in the Lenfest Theater in the Kaleidoscope. Cosponsored by the Office of Diversity and Inclusion, the Jewish studies and politics departments, and Hillel, the panel will feature three distinguished scholars grappling with three questions: What is antisemitism? Is it on the rise? If so, why, and what can be done about it?

The speakers include Dr. Sharon Musher from Stockton University, Dr. Jeffrey Herf from the University of Maryland, and Dr. Elliot Ratzman from Temple University. All three speakers have written widely on the subject and have had writing appear in publications such as Times of Israel, The New Republic, and The Washington Post.

According to Jonathan Marks,

professor of politics and co-organizer of the event, "Antisemitism has been in the news in the past year or so in a way that it hasn't been in recent memory." A number of articles have been published recently outlining resurgences of antisemitism everywhere from Europe to American college campuses.

"The topic fits well into what we do as a college because we are hoping to be in a better position to judge the conflicting claims people make about antisemitism, and it also fits the concerns of the Office of Diversity and Inclusion, which is among the event's sponsors," said Marks.

"There does need to be a very serious conversation about antisemitism, particularly as it relates to discussions of Israel and violence in Israel and Palestine today," said Josh Hoffman, a senior at Ursinus and co-president of Ursinus Hillel. "There is still a lot of antisemitism out there, whether it is related to Israel dia-

logue or not."

In addition to violence abroad, recent comments by American politicians that compare contemporary issues to the Holocaust have raised questions about modern antisemitism.

"Democratic politics, left and right, has a tendency to trivialize everything and the Holocaust, like anything else, is used as a weapon to bludgeon opponents in a way that decent and thoughtful people should view with disgust," said Marks. "My hope for the panel is that we can get beyond the propaganda and counter-propaganda that prevents us from inquiring seriously into the truth of the matter; I can think of nothing more closely connected to the aim of liberal education."

"I hope they can get beyond the often outrageous partisan claims that are made even about this topic, with some wanting to claim that antisemitism is fabricated and others wanting to see it in every protest of Israeli policy, and think seriously about contem-

porary antisemitism, its extent, its causes, its similarities to and differences from the antisemitism of the past, and about how best to respond to it," added Marks.

According to Hoffman, antisemitism is a much more complex issue, and one that the Jewish community is still trying to define. "It is a very nuanced topic. It's something that you really have to work hard to tease out because in today's world antisemitism looks different and also Jews as a whole statistically are in a different place now than they were 70 years ago," said Hoffman. "While Jews do get killed and injured by violent attacks in Israel and all over the world, while there is rising antisemitism, we are in a different place and it varies."

In addition to discussing antisemitism, the panel will explore its links to racism, and how the two are connected. Still, while the panel will be discussing contemporary antisemitism, it won't be

doing so in hopes of convincing people that it is immoral, according to Marks.

"To me the most important thing about this event is not to rally people against antisemitism, which I assume everyone knows is wrong, but to have a discussion of the questions surrounding it in an atmosphere free of sloganeering."

"It's unlikely that people will get as nuanced a discussion as maybe American Jews in general should have," said Hoffman. "We can't get into all of the details of all of the manifestations of antisemitism, kind of like how you can't learn everything about racism in an hour and a half panel. But I hope that people can look at the nuanced details that are brought up and get an understanding of patterns and when the patterns don't hold."

More information on the panel and speakers can be found online at ursinus.edu. All students are welcome to attend and no reservation is necessary.

## SPINT continued from pg. 3

interviewed. After students are placed in houses, program coordinators or PCs are selected to help coordinate house events and act as ambassadors of SPINT. Students who live in SPINT houses are all required to create, organize, and host an event relevant to the theme of the house each semester that is open to campus.

"SPINT is a unique opportunity to live in an environment that suits your particular interests, which I think is really cool," said Malandro. "It's a niche house

with other people who share that common interest, and you can develop programs where you can express yourself through that common interest based on the theme of the house."

Flyers with this semester's upcoming events will be available from the RAs and at the individual houses during the trick or treating event. Students are encouraged to come to any event that they think may be interesting.

"They are students who created the atmosphere in the house, and because they are passionate about their theme, they want people to come," said Malandro.

*"I love SPINT because it's like this community on campus where your entire house can get together and geek out over one big common interest, like gaming or writing."*

— Alana Larrick  
Program Coordinator of Schaff

"I love SPINT because it's like this community on campus where your entire house can get together and geek out over one big common interest, like gaming or writ-

ing," said Alana Larrick, the PC of Schaff, otherwise known as the Gaming and Technology House.

At each house, current residents will be available to casually discuss their experience living in SPINT houses, answer questions about the program, and talk about their house's theme.

"SPINT can act as a really amazing space to feel free to express yourself without being judged; everyone around you is just as excited and expressive as you are," said Althea Unertl, PC of 777, which is the Queer House.

This year's themes are Outdoor Recreation and Wellness House (476 Main St.), Interna-

tional Culture House (Musser Hall), Writing and Arts House (Zwingly Hall), Queer House (777 Main St.), Gaming and Technology House (Schaff Hall), Africana Studies and American History House (Cloake Hall), and the Community Service House (Hobson Hall).

More information on SPINT can be found online on the Residence Life page of ursinus.edu.



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## THE GRIZZLY

VOLUME 40 ISSUE 7

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

Ursinus Grizzly  
601 E. Main Street  
Collegedale, PA 19426

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

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Photo courtesy of Eryl MacConnell

Students participated in activities that were meant to creatively raise awareness of ways to re-use material. Here, students make bowls out of old magazines and mod podge.

# Harvest Festival ends Sustainability Week

**Deana Harley**  
deharley@ursinus.edu

Sustainability Week concluded on Sunday with a Fall Harvest Festival put on by sustainability fellows at the organic farm.

Alana Lorraine, co-director of the organic farm along with Sydney Godbey, said the festival began last year when a sustainability fellow, Hannah Marshall, organized the event with the help of other fellows. This year, the fellows decided to continue the tradition.

The event had many activities, including a bounce house, henna tattoos, pumpkin carving, face painting, and more. Students and the community were all invited.

Khalilah Baber, an RA in BWC, said she took her residents to the festival.

"It was a fun way to enjoy fall," Baber said. "It was a nice social event where people really came out to laugh and enjoy each other's company."

Natalie Barbagallo, another student who attended the festival, said it was a gorgeous day for a festival, and she was happy to be able to enjoy the day with friends.

Baber also said the pumpkin carving and the bounce house were the biggest hits, in her opinion.

Lorraine and Godbey both said the event was a success, so it will most likely continue in years to come.

"Since these past two years this event has been a major success, it will more than likely be carried out in the same fashion in years to come with new ideas open to add by the future sustainability fellows," Lorraine said.

*"The amount of people that came up to me smiling and told me how much of a great time they had at the festival really made myself, as well as all the rest of the fellows, so happy."*

— Alana Lorraine  
Co-director of the organic farm

As for now, the organic farm is done growing for the season. Lorraine said the farm has been covered with a "winter cover crop" called Winter Wheat, and the chickens were taken to Chenoa Manor, so there are no longer any animals on the farm.

Godbey said that does not mean the work for the season is done, though.

"As of now we are done with

our physical work on the farm, but through the winter we will be working on preparing the farm for the next harvest by contributing to a manual the sustainability office has already started on," Godbey said.

Lorraine says a lot of events from the sustainability fellows sometimes get overlooked, so it was refreshing for her to get such positive feedback about the festival.

"A lot of the events from the sustainability fellows haven't gotten a lot of attendance from the general campus, so the amount of people that came up to me smiling and told me how much of a great time they had at the festival really made myself, as well as all the rest of the fellows, so happy," she said.

Godbey says that for her, one of the best parts was being able to see what all the people were participating in.

"It was exciting to see the other interests and talents the sustainability fellows have," she said.

Students should check their emails for other events sponsored by the sustainability fellows.

## HEART lab brings promising results

**William DiCiurcio**  
widiciurcio@ursinus.edu

Research done in the HEART lab this semester is bringing promising results for volunteer firefighters from Montgomery and Chester counties.

A test study was conducted this past summer on eight adults who completed an on-the-go training circuit for four weeks. The lab, which is directed by Dr. Deborah Fearheller, is looking at cardiovascular health in conjunction with a four-week exercise intervention program.

Fearheller is drawn to the volunteer firefighter community because she is a volunteer firefighter with the East Bradywine and Collegeville Stations, and the leading cause of death of firefighters is sudden cardiac incidents.

The study is composed of volunteers from the Collegeville, Limerick, and East Bradywine stations, as well as a couple other volunteers from various other stations.

Fearheller said that the exercise intervention is an easy way to get people moving and exercising. Most of the volunteer firefighters do not exercise and have jobs that don't involve much physical movement, so the program should result in improved cardiovascular health.

Fearheller put together a training circuit that could be completed anywhere and does not require a gym. The "functional fitness test," which is separate from their workout, consists of different exercises, such as climbing stairs, wall sits, planks, carrying objects over a distance, balancing on one leg, and a 145-pound dummy drag.

The fitness test and circuit were created to mimic everyday movements and everyday tasks of firefighters. In just four weeks, the fitness test is focused on improving core strength, balance, and overall cardiovascular health.

In addition to the function fitness test, the firefighters also go through a series of fasted tests. The fasted tests include taking blood pressure, ultrasounds of

the brachial and carotid arteries, Pulse Wave Analysis (PWA), which shows the pressure of the heart, a finger stick to show the components of the blood, and a four-minute treadmill walk to find VO2 max. These tests can help predict the risk of an individual having a sudden cardiac incident.

The only negative that Fearheller could think of was time. She said it is a good negative to have because it means that there is high interest in the study and individuals are eager to participate.

Fearheller says there is a lot going well with the study and the volunteers are grasping the program. "They are very enthusiastic, they are very excited, they are doing it together, and they are using the buddy system," said Fearheller.

The volunteers are gathering together and working out at the fire station in groups, cheering each other on. Fearheller said it was great to see the enthusiasm for exercise amongst the firefighters, which is an added benefit of the study.

One firefighter involved in the study, Jerry Zepp from the Trappe Fire Station, said he wanted to be involved in the study to raise awareness for physical fitness in his firehouse. He says when other volunteers see or hear about the study, it peaks their interests in their own physical fitness.

Zepp says he is interested in seeing how his fitness changes over four weeks and says other volunteers probably feel the same way.

The future studies of the HEART Lab will include an eight-week exercise intervention program and looking at the blood pressure responses to fire calls and on scene cardiac function under fire conditions.

The ultimate goal that Fearheller would like to achieve in the HEART lab is to look at the change in blood pressure responses to fire calls after an exercise program.



Photo courtesy of Blaise Laramee

Students and members of the community were able to make paper lanterns at the harvest festival in order to raise awareness of the Lantern, the Ursinus literary magazine.

## Rekindling The Lantern

*Submissions for Ursinus's annual literary and arts magazine are open until Nov. 1*

**Valarie Osborne**  
vaosborne@ursinus.edu

Submissions are now open for the 2015/2016 edition of Ursinus' literary magazine, the Lantern. Started in 1933, this year will mark the Lantern's 82nd publication.

The Lantern is a unique publication in that it is put together by Ursinus students for Ursinus students. Students judge and edit all featured pieces and submissions are open exclusively to Ursinus students.

Dr. Jon Volkmer, professor of English and advisor to the Lantern, explained some of the judging process.

"Preliminary selections are made by committees of student volunteers," he said. "Students are not permitted to submit work in the category which they are reading for. All the works are read blind and judged blindly. We want to be as fair as possible."

Emails were sent out to all students detailing the requirements

for each submission. Submissions are due by midnight on Nov. 1.

The 2015/2016 Lantern publication will be released in April 2016 at a launch party and reading.

The Lantern aims to showcase a wide variety of Ursinus talent through creative writing and visual arts. Students are invited to submit poetry, fiction, creative non-fiction, photography, paintings, sketches, and even photos of 3-D artworks. Submissions are open to all Ursinus students regardless of major.

"We don't want people to think of the Lantern as just something for the English department or just something for the nerdy writer kids," Volkmer said. "We want the pre-med students to write for us, the football players to write for us, we want to reach out to SUN and ALMA and the GSA. We want as broad a representation as possible."

For many Ursinus students the Lantern provides a way for self-expression within the community in a unique and rewarding way.

"The Lantern is a good method for students to feel their voice has been heard, whether they are interested in writing or other professions," said sophomore student and Lantern contributor Solana Warner.

The Lantern grants students the opportunity to express their perspectives, an opportunity they might not normally have.

The Lantern is also an awarding experience for students who volunteer to work behind the scenes.

According to Blaise Laramee, senior student and one of this year's section editors, "Students get a sense of community working on the Lantern, seeing all that great writing and art come in and contributing to a nice finished product. Working on the Lantern also hones some professional skills: copyediting, meeting deadlines, soliciting bios, making tough decisions about what goes and what stays as a group. And it's just plain fun."

Recently, current students had the chance to see how the Lantern

has impacted former students. During homecoming weekend previous contributors, including Ursinus alumni, were invited to attend a reading and reception for the Lantern hosted in the Berman Museum of Art. Current Ursinus students read their works and mingled with former students. The alumni in attendance ranged from recent Ursinus graduates to an alumnus from the class of 1955. The event was initiated as a way to celebrate both current students and what will be the 50th Lantern edition advised by Volkmer.

Said Volkmer, "The idea for me was to showcase the current

talent on campus to the alums coming back to visit."

The reception also served as a way to show students the history they are a part of as contributors to the Lantern. The Lantern extends beyond student's time here at Ursinus. Students who participate on the Lantern become a part of a greater legacy.

Said Laramee, "The Lantern usually goes unseen until the magazine comes out in April, most of the work is behind the scenes until the very end, and it was encouraging to have an event where all that history and work and creativity was very visible, and celebrated."

## Word on the Street

*What was your most creative Halloween costume?*

"I once was an educated Viking. I had a PhD in pillaging and wore my brother's graduation gown with a viking helmet."  
— Emmett Goodman-Boyd, 2017

"I was a nudist on strike once and I wore clothes."  
— , 2017

"Once I was a California sushi roll for Halloween."  
— Andrew Tran, 2016

"One time I was Elvis Presley and I dyed my hair black and drew on chest hair and carried a guitar around all night and said Elvis catchphrases."  
— Rae Hodenfield, 2018

"I was Kim Possible when I was younger. I scaled the side of a building for that one."  
— Anna Gulko, 2018



Photo courtesy of Ursinus College Communications

President Brock Blomberg (right) bikes through Hunsberger Woods with students on Oct. 24, 2015. "Biking with Brock" was one of the final events of Ursinus's Sustainability Week.

# Spotlight on student work

A poem from a collection written by Blaise Laramée as part of a Summer Fellows project.

## In the Voice of the Frog

You spoke in the voice of the frog  
as we walked the pond's edge  
tucked away in the quiet  
fold of some rustic happiness.

Low in your throat you said many things  
in a language you yourself  
could not understand. You said

here is the water,  
here is where I sit all day and am warm,  
here is where I was a tadpole  
wriggling through the muck  
and where I will lay my eggs,  
and in the same place  
one day die.

You said these things  
in a song of mud,  
in a low green cluck.

But when we left,  
behind us the bullfrog spoke  
with human speech,  
well-formed words. In your voice he said

I am not worried  
about taxes, or systems of value,  
I am not thinking of the city  
or the long ride home in the car,  
of pollution and exhaust.  
I am here, a perfect being,  
I am sitting by the sweet  
cool stillness of my joy  
and coiling the spring of myself back.

# A poem a day keeps writer's block away

**Kristen Costello**  
krcostello@ursinus.edu

Inspired by the poet David Lehman, who wrote a poem every day for five years, Ursinus senior Blaise Laramée wrote two poems every day for eight weeks last summer as a part of his Summer Fellows project. His poetry explored themes of memory, forgetting, and transience.

"Writing poetry every day is like making a meal every day, and every day trying a new dish or a new recipe," Laramée wrote in an essay on writing poetry daily. "You're only really worried about feeding yourself, but you want other people, if they partake, to enjoy it too."

Laramée said that he used post-it notes to jot down poems, carrying them wherever he went so he could be ready whenever inspiration struck. After typing a poem, he would stick the post it notes on his wall over the desk in his dorm room.

"It was a way to visualize what I had accomplished, a form of encouragement," he said.

Throughout the summer, Laramée read the work of various poets and essayists. At the end of the eight weeks, he wrote an essay reflection on his experience with strict, daily writing.

When he's not writing poetry, Laramée also takes part in a variety of Ursinus's extracurricular activities. He is the copy-editor for the Grizzly, the Visual Arts editor for the Lantern, and a member of the Literary Society.



Photo courtesy of Andrew Tran

Blaise Laramée, pictured here in his Summer Fellows dorm room after presenting his project, covered his wall in post it notes. Each note had an idea or phrase that he developed into a full poem. His poems were compiled in a collection titled "Picking Bugs off the Moon."

## In addition to free verse poems, Laramée also composed one haiku per day for the project

Lazy summer evening -  
the cap laps sunlight  
from his bowl

Standing on stone in  
the middle of the creek,  
middle of myself

*"A haiku by its very definition encapsulates a moment briefly and powerfully."*

— Blaise Laramée  
Ursinus Senior

Balanced on the edge  
of the waterfall -  
three pirouetting lilies

A robin perched on  
a headstone listens carefully  
to the dead

## Happening on Campus

Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
"Seventy Years after Auschwitz: Antisemitism today" Lenfest Theater 7-8:30	Pause for Paws Halloween Costume Contest Olin Plaza 12:00	All in the Timing Blackbox Theater 7:30 (Also Thursday, Friday, and Sunday)		Pop-up BEAR Pitch Party Bear's Den 7:00-8:00	Fellowship Night Unity House 8-9:30	World Hunger: 10 Myths with Frances Moore Lappe 7:00

# Voter ambivalence is harmful

Caitlin Tillson  
catillson@ursinus.edu

There are few things more irritating than people who don't care about politics. What is wrong with you—what do you mean you “don't really follow politics”? Do you not care about the country? Do you not care about your education, having a job, the environment, and wars? Even if you just don't care about social issues, any person who is currently employed and pays taxes should have a basic concern for politics since it is largely responsible for the huge chunk of money you lose per paycheck.

The United States has fostered a culture of young people who care more about their social media accounts than they do about their country's leaders and policies. This has led to a lack of participation in shaping our country. When people do participate, it is often fanatical and uninformed. If I had a dollar for every Clin-

ton supporter whose education on Hillary ends at knowing she has a vagina, I could probably pay for one of her super PACs.

I think young people's favorite excuse is a lack of time. Let's be honest, though: What is more important than your country's leadership? How is it that you have time to mindlessly scroll Facebook and get trashed on the weekends but not five minutes a day to read about a political candidate? For all of you who regularly shop online or browse social media sites while in class: I would judge you less if you were at least looking at something worthy of distraction from the classes you are paying thousands of dollars for.

Here are just a couple reasons why your lack of care is disastrous for everyone: 1) If you are intelligent and you just think our government is so corrupt it's pointless, then you are simply enabling corruption and making the country a worse place by being one less positive influence on the

vote; 2) If you are simpleminded and only follow politics based on your newsfeed and who the media shoves down your throat (cough Hillary cough), then you are enabling corruption and making the country a worse place by being one more ignorant influence on the vote.

In an article published by *The Economist*, the author notes millennials' lack of participation, especially in midterm elections for non-presidential positions. This has a large impact on our Congress because “such low turnout means that in mid-term years, Republicans (whose voters tend to be older) dominate the ballot even though they cannot win so easily in presidential years.”

This phenomenon results in situations like what we currently have: a Democratic president, but a Republican majority in the House of Representatives and the Senate. This is a problem because a majority of people voted for a

Democrat as president because (I assume) they want to see Democratic policies in place—but they forget that Congress plays a very large role in determining the policies of the United States. With a Republican Congress, the majority is not being represented; if you don't vote, you aren't represented, and you feel further disillusioned with our government.

Robert Montenegro, a Big Think journalist, wrote, “The reason millennials don't vote is because politics doesn't serve their interests. The reason politics doesn't serve their interests is because they don't vote...If voter turnout among millennials were 75 percent rather than 25 percent, issues such as the student debt crisis would rise to the top of politicians' priority lists.”

This makes a lot of sense, and explains Bernie Sanders' success with young voters—he targets issues like the cost of education and student debt. When candidates show that they value millennials'

problems, millennials will go out of their way to support that candidate—which makes a big impact because millennials are now the largest group in the workforce.

If you can read all of this and you still don't think politics matters or that your influence matters, then I strongly encourage you to leave this country; just get on a boat with a bunch of people who don't care and sail away and start a commune that will probably fail since you don't care. That might sound harsh, but people fought wars, suffered torture, and died so you could vote. If you can't even do the bare minimum and make an educated vote for president, then you don't deserve all the benefits of living in the United States.

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*Caitlin Tillson is a senior at Ursinus studying neuroscience. She is a resident advisor, a writing fellow, co-president of the Neuroscience Club, and secretary of Best Buddies.*

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# Gun control: a loaded issue

Phoebe French  
phfrench@ursinus.edu

The nation's on-going debate over gun control appears to be a perfect example of “the dichotomy fallacy” at work, particularly as it pertains to those who have refused to accept any limitations on their right to bear arms.

This particular fallacy describes the flawed reasoning that attempts to take an issue or construct that is composed of many gradations or options and simplify it down to two extremes (e.g., it's either black or it's white). I'm sure all of us can think of circumstances in which this kind of thinking either entered into our own arguments for a particular viewpoint or someone else used it against our viewpoint. It's attractive because it makes things simple.

However, the problem is that it distorts reality and often leads to deadlock between two opposing

viewpoints because one or both sides of the argument are unable to move from an extreme position and see the various options or gradations that could represent a mutually acceptable conclusion or agreement on the issue. In other words, a compromise that finds middle ground between the two extremes.

The extreme pro-gun position appears to be locked into this type of reasoning, where even the slightest movement away from the view that the second amendment to the U.S. Constitution must be interpreted as “I can have whatever weapons I choose” is met with outrage and accusations that “people want to burn the constitution.” This is, of course, not the viewpoint of all people who support the second amendment. It is unfortunately the view of the NRA (National Rifle Association), which has considerable financial resources and influence in Washington, D.C., where the

federal laws are created.

It seems to me that there is considerable middle ground between the position of having no laws governing the possession and use of firearms and banning the possession and use of firearms altogether.

For example, from 1994 to 2004 there was a federal law banning the use of “assault weapons” (defined as automatic, rapid fire guns that have a capacity of firing more than 10 bullets before needing to be reloaded). Past presidents from both the Republican and Democratic parties advocated for this law, including Gerald Ford, Jimmy Carter, and Ronald Reagan, and Bill Clinton, the president at the time, who signed it into law, according to *Independent Journal*.

The law didn't take guns away from people, it didn't violate the second amendment, it didn't stop people from hunting, and it didn't stop people from owning a gun

for self-protection. It did, however, put some common sense in the law. According to a 2004 study conducted by the University of Pennsylvania, “The use of assault weapons in crime declined by more than two-thirds by about nine years after 1994 Assault Weapons Ban took effect”

Unfortunately, this law expired in 2004 and was not reinstated by the U.S. Senate despite having overwhelming support from the American people, according to the Law Center to Prevent Gun Violence. Ten years later, in 2014, support for this type of legislation is still strong. According to a poll conducted in January of 2014 by Rasmussen Reports, 59 percent of Americans support a ban on assault style weapons.

The gun control debate is not an “all or nothing” issue. That reasonable middle ground has been achieved in the past, and appears to be desired by most Americans right now. Common-

sense seems to be relevant in this argument as well. Does a responsible gun owner really need an assault weapon to hunt a deer or protect his or her family?

Should splitting hairs over the precise meaning of the second amendment to our Constitution really take precedence over common sense? I hope not. The world is filled with gray, and reasonable people should be able to find a mutually satisfying shade, and not remain in an irrational argument about the extremes.

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*Phoebe French is a senior at Ursinus studying Media and Communications and Chinese. She is involved in STAT (Students Today Alumni Tomorrow) and holds a position on the executive board on the Relay for Life planning committee.*





Photo courtesy of Ursinus College Athletics  
Mackenzie Groff, a first-year Ursinus forward, advances the ball downfield on the way to a 1-0 victory over Washington College on Oct. 21. The lone goal was scored by senior defender Paige Abronski.

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our seniors, captains or not, are doing a great job leading this team,” Feinberg said. “Our juniors have stepped up and are grooming themselves to be great leaders. The sophomores have been great and there is a lot of potential in the freshman class.”

Though the women lost about 30 percent of their team to graduation, they are still resilient. The women are returning with six first-team All-Centennial Conference swimmers from last season along with one honorable mention swimmer. With a strong freshman class and experienced upperclassmen, the women are poised to have a terrific season.

The men also are coming off of a fruitful 2014-15 season. The Bears are led by senior captains

James Marrone, Keith Larkin, and Chris Hoops. Hoops was named honorable mention All-Centennial Conference after finishing second in the 200 yard butterfly at the conference championships.

All three men have been top performers for the team in previous years. They bring a wealth of experience to the table, both physically and with their leadership in and out of the water.

The men are looking to “make some noise in the Centennial Conference; [they] want to start a new era of Ursinus swimming,” Larkin said. The men are returning with key swimmers: juniors Marcus Wagner and Will Benn, both of whom have earned many records and accolades within the conference.

The men also have a lot more depth in all of the events than in

previous years, according to Larkin. He also believes the freshmen will be a big factor in the Bears’ success this season.

The men have trained hard this offseason. A goal for them after the 2014-15 season ended was to come back bigger and stronger than ever before. Larkin is confident that they have achieved that goal. They hope that their work in the offseason will translate into success in the pool.

Both the men and women have difficult schedules, but coaches and captains alike believe they are ready for the upcoming tests. Both teams start their respective seasons on Halloween, Saturday, Oct. 31, against conference rival Dickinson College.

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lacrosse as well. As a result, Kenny decided to play lacrosse her sophomore year. After going from playing one sport to two, Kenny noticed a difference right away. “I noticed my social circle expanded greatly, as well as my appreciation for being able to play [and be involved in] collegiate athletics in general,” Kenny said.

Kenny also recognizes the differences in team dynamics at Division III schools versus larger schools. “I’ve found that Division III sports just tend to have stronger familial bonds than Division II or Division I schools,” Kenny said. “I’ve also found that many coaches at UC pride their athletes in being very involved on campus outside of sports.”

The opportunities provided to these three college athletes are ones they don’t believe they would have been given at larger schools. These opportunities have enabled them to become more well-rounded students, athletes, and individuals because of the offerings at a Division III school.



Photo courtesy of Ursinus College Athletics  
Rebecca Honor, Matison Leand, Emily McGarrigle, Coach Wes Hollis, Sarah Thompson, and Rebecca Chiger pose with their first-place trophy from the Alvernia University Women’s Golf Invitational on Oct. 14, 2015. This was the first time in school history that the Bears placed first in a tournament. Ursinus finished with a total score of 338 strokes.

**Scores as of Monday, Oct. 26**

M Soccer (2-8-4)	W Soccer (11-4)	Football (2-5)	Field Hockey (13-3)	Field Hockey Ctd.	Volleyball (5-17)
<p><b>Oct. 21 @ Immaculata</b> UC: 4, Immaculata: 0 Goals (UC): Ryan Butler (3), Brendan Werner</p> <p><b>Oct. 24 @ McDaniel</b> UC: 1, McDaniel: 1 Goals (UC): Justin Mendez</p>	<p><b>Oct. 21 @ Washington College</b> UC: 1, Washington: 0 Goals (UC): Paige Abronski</p> <p><b>Oct. 24 vs. Dickinson</b> UC: 3, Dickinson: 1 Goals (UC): Kasey Sheahan (2), Erin Farrell</p>	<p><b>Oct. 24 @ Susquehanna</b> UC: 21, Susquehanna: 48</p> <p>Asa Manley: 69 yards rushing, 36 yards receiving, 1 receiving TD</p> <p>Kyle Adkins: 4 tackles, 1 fumble recovery</p>	<p><b>Oct. 21 vs. Washington College</b> UC: 6, Washington: 0 Goals (UC): Danielle Stong, Ann Kopera, Brooke Overly, Steph Cooper, Megan Keenan (2)</p>	<p><b>Oct. 24 @ Dickinson</b> UC: 5, Dickinson: 0 Goals (UC): Danielle Stong, Colleen Leahy, Devin Brakel, Samantha Macchio (2)</p>	<p><b>Oct. 19 @ Haverford</b> UC: 0, Haverford: 3</p> <p><b>Oct. 21 @ Washington College</b> UC: 1, Washington: 3</p> <p><b>Oct. 24 vs. Dickinson</b> UC: 0, Dickinson: 3</p>



## Division III sports offer big-time benefits to Ursinus athletes

**Kayla Anelli**  
kaanelli@ursinus.edu

A common misconception people have about Division III sports is that they don't offer as many advantages as Division I or Division II sports. Ursinus College provides a multitude of Division III sports for students to get involved with, and students who take part in them realize the many benefits they are given at the Division III school.

For Kennedy Monteith, Derek Arnold, and Danielle Kenny, the advantages they've been provided by Division III sports programs are something they will be grateful for forever.

Monteith, now a junior at Ursinus, has been gearing up for this season of women's basketball after not having played since her senior year in high school. After two years away from the sport, she realized how much she missed it. "I knew I would regret it if I didn't at least try to play at the collegiate level," Monteith said.

Being able to pick up a college sport her junior year is something she probably wouldn't have been able to do at a larger school. Division III sports programs often give their athletes flexibility. "Having this opportunity is awesome," Monteith said. "I think it just shows all of the different opportunities you get when you're at a small liberal-arts school like this."

Ursinus has a strong wrestling

program, finishing first or second in the Centennial Conference the past four years. Along with the team's success, many individual accolades have come as well. Among the wrestlers who have received recognition is junior Derek Arnold, who was named an All-American last season.

Since making the decision to wrestle Division III, Arnold has noticed the benefits a Division III sports program provides over others. "In DI [wrestling] I probably wouldn't be a varsity starter until my junior or senior year," Arnold said. "Here, I've been lucky enough to be a starter since my freshman year, and I've had a lot of success."

He also recognizes the differences in team and coach dynamics at a Division III school. "Here in DIII you're not just another wrestler; you're a person," Arnold said. "The coaches value you outside of the sport as individuals and help you grow to your potential."

At larger schools, it would be nearly impossible to play two collegiate sports. Danielle Kenny, however, has been able to play two collegiate sports here at Ursinus. Kenny, a junior psychology major, says this is in large part because she goes to a Division III school.

After playing on the women's volleyball team her freshman year, Kenny regretted not playing

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Photo courtesy of Henry Gustafson

Corinne Capodanno, left, earned All-American status after her performance in the 200-yard free at the Division III Championships in March. Marcus Wagner, right, holds three individual school swimming records.

## Men's and women's swimming prepare for start of season

**Hunter Gellman**  
hugellman@ursinus.edu

The Ursinus men and women's swim teams are back in the pool for the 2015-16 season. Both teams are coming off impressive campaigns from the prior season and are looking to build off of that success.

The women are the reigning Centennial Conference champions and have returning All-American Corinne Capodanno. Capodanno placed 16th in the NCAA Division III Championships in the 200-yard freestyle in March, giving her All-American status.

The men also enjoyed an impressive year, placing fourth in the conference. Both teams are coming into the current season with high hopes and high intensity, attempting to make this campaign a memorable one.

Mark Feinberg, who is the head coach for both the men and women, is entering his 10th season. He has led the women to back-to-back Centennial Conference championships and is looking for his team to reclaim the top spot once again. Feinberg was named the Centennial Conference Women's Swimming Coach of the Year last season.

The women are led by senior

captains Capodanno and Micaela Lyons. Both women have had exceptional careers at Ursinus.

Capodanno, along with being named an All-American, has also won two conference championships in the 200-yard freestyle. Lyons has placed in the conference championships the past two seasons in the 100- and 50-yard freestyle.

With this team, leadership is in abundance. The women only have two returning seniors, but according to Feinberg, this isn't too much of an issue. "I look for leadership from all four classes..."

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### Upcoming Games

Friday	Saturday	Sat. Cont.	Sunday	Monday	Tuesday	Wednesday
<b>Field Hockey</b> @ Muhlenberg, 7 p.m.	<b>W Soccer</b> vs. Muhlenberg, 12 p.m.	<b>M&amp;W Cross Country</b> @ Centennial Conference Championships, @ Johns Hopkins, 11 a.m.				
	<b>M Soccer</b> vs. Muhlenberg, 3 p.m.					
	<b>Football</b> @ Johns Hopkins, 1 p.m.					
	<b>M&amp;W Swimming</b> vs. Dickinson, 1 p.m.					

