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Photo courtesy of Ursinus College Communications

Dr. Richard King passed away on Feb. 8 in his home after an illness. A celebration of his life will be held on February 27 at 1 p.m. in Bomberger Hall.

Ursinus remembers Dr. Richard King

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Ursinus College is mourning the loss of Dr. Richard King, who passed away Monday, Feb. 8, in his home.

Dr. King, 65, was a staple in the history department and served as associate professor of history. Students say he was also enthusiastic and compassionate.

"His love for history shined through and he was a humble professor," Khalilah Baber, a senior at Ursinus and one of Dr. King's former students, said.

Dr. King was the first recipient of the H. Lloyd Jones award for faculty mentoring in 2002 and is consistently credited for helping students achieve various scholarships and awards, according to Ursinus's website.

Christopher Goss, class of

2015, credits Dr. King for helping him be selected as a Fulbright Fellow to teach in Turkey. Aaron Ranck, class of 2002, was Ursinus's first Watson Fellow, and he also credits Dr. King with encouraging him along the way to his success.

Dr. King was born in September of 1950 and earned his B.A. and M.A. degrees at Michigan State University, according to Ursinus's website.

He then went on to earn his Ph.D at the University of Illinois, Champaign-Urbana. He had worked at various colleges and universities including Middlebury College and Memphis State University, among others.

A celebration of Dr. King's life will be held on Feb. 27 in Bomberger Hall. The celebration will start at 1 p.m.

Norovirus sickens 200+

The outbreak, which led to classes and social events being cancelled, is still contagious

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This past week, a large number of Ursinus students fell ill with norovirus, according to the Montgomery County Health Department. At the time that The Grizzly was going to press, the number of ill students was estimated to be 214. A handful of faculty and staff have reported symptoms as well. Social events were cancelled Thursday morning, and classes were cancelled for Thursday afternoon and all day Friday.

"All of this started Tuesday night," said Missy Bryant, assistant dean of students. "We now know that the first case that we saw happened Tuesday afternoon." The student was treated at Wellness, but overnight the number of sick students rose dramatically. Ursinus voluntarily closed Wismer on Wednesday afternoon, and worked with local restaurants

to provide food for students.

"Being sick was the worst 24 hours of my life and was made even worse when I gave it to my roommate," said Rae Hodenfield, a sophomore who fell ill last week. "I thought the school should have cancelled classes earlier."

A number of Ursinus students called on the school to cancel classes Thursday after it was announced that, while social events were cancelled, classes would still operate on a normal schedule.

"Social events, or the ability to register social events on campus, was cancelled sooner than classes, and partially that was because we know that when students are hosting parties on campus...they're in really close quarters," said Bryant. "We felt that the classroom setting was one that was not quite as intimate as a social event, but as the illness continued throughout campus, it became clear that it would be a

precautionary measure to cancel classes as well."

This week, the number of sick students has declined, according to Esme Artz, communications manager of Ursinus. "Aggressive cleaning, sanitizing and disinfecting efforts will continue throughout the week with the help of additional custodial staff," wrote Artz in an email. "Emergency custodial services will be available after hours." Cleaning staff members will be staying overnight on campus throughout the week to respond to cleaning requests.

Although the outbreak has been officially confirmed as norovirus and therefore not foodborne, Wismer recently had to confront a number of health code violations revealed on Feb. 10 when the Montgomery County Health Department completed an initial inspection. Some of the

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Photo courtesy of Blaise Laramée

After the school voluntarily closed Wismer, local businesses donated food. Volunteers staffed the tables in the Floy Lewis Bakes Center, where students could come for meals.

Rainbow Resource Center comes back

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This semester the campus will see the return of the Rainbow Resource Center. Formerly known as the LGBTQA Connection, the Rainbow Resource Center is a division of Student Affairs that serves as the official, administrative voice for gender and sexually minoritized people on campus. The center is currently being run by Dean Terrence Williams, the director of diversity and inclusion, and Jordan Ostrum, the student director.

The Rainbow Resource Center was created about 10 years ago, as part of the Summer Fellows program in order to address an issue of homophobic hate speech that occurred on campus. This semester the center is going through a period of “rebranding and re-crafting,” according to Ostrum.

The RRC is currently working with the GSA team and Dean Debbie Nolan to refocus its mission on campus and to connect with other resources on campus for gender and sexually minoritized people.

In an email to all students sent out last week, Ostrum explained the difference between the GSA, the Gender and Sexuality Alliance, and the RRC. Ostrum wrote, “The GSA is a student club [while] the Rainbow Resource Center is an administrative organization that works with students, faculty and staff to create official policies and programs that improve the campus environment for people of all sexual and gender identities and expressions.” He also explained how, as a social resource, the GSA is built to address the needs of its community,

while the RRC is meant to be a resource for all students.

“The important issue I see going forward is on transgender issues,” said Ostrum. “What it means to be transgendered is widely misunderstood.” In order to address this issue on campus, Ostrum is working with Dean Debbie Nolan to provide education and resources for Ursinus students.

He is trying to bring gender neutral bathrooms to campus, aid students who are seeking name changes, and provide proper training and education for staff and students, such as the Resident Advisors, Peer Advocates, CIE professors, and Campus Safety Officers.

In addition to the name change, the RRC’s office, located on the second floor of Unity House, is currently being redone. Ostrum is also sending out a survey for gender and sexually minoritized students to describe their experience on campus. Ostrum believes the survey will help the center better address the campus needs. As a part of its rebranding, the RRC is also going to hold a logo design contest for students.

The RRC also hopes to bring students into its reformation. The survey and the logo design are just the beginning. “We hope to be a resource for students who are questioning and their friends who are supporting them,” said Ostrum. “We are also here for parents of prospective students who have questions about these issues on campus.”

Ostrum believes including students in its rebranding is vital to

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Mid-term Recharge created to help students through slump

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Jan Levengood, the assistant director of the center for academic support, noticed that students start to feel tired and unmotivated during the mid-term. Levengood calls this the “mid-term slump.” In response to noticing students go through this, Levengood and her coworker, Shammah Bermudez, the director of disabilities, came up with an idea.

“I’ve talked to so many students that have that issue and I’ve tried to help them; I’ve tried to meet with them at mid-term one-on-one, but I struggle with how to motivate them...students tell me they start feeling stressed, they start feeling overwhelmed and they fall apart,” said Levengood.

After seeing so many students with the same problem, Levengood decided she wanted to try to come up with a way to help combat this “mid-term slump.” Levengood talked with Bermudez, and they came up with the idea for the Mid-term Recharge. The

Recharge, scheduled for March 16 from 3-4:15, will feature a panel of four to five students who will discuss successful ways in which they’ve dealt with academic stress.

Levengood hopes to find four or five students who will be willing to give advice to currently struggling students. That being said, Levengood doesn’t want a panel of students who’ve had perfect GPA’s, but rather students who struggling students can relate to.

“I want students that may struggle but who have learned a trick or two in their time here and have figured things out... what do you do when you hit that slump? How do you get to the finish line?” said Levengood.

Levengood and Bermudez will also be offering tips and strategies at the event, but hope that the Recharge will be a mostly student-led event.

“I think that students can motivate other students in ways that I might not be able to...I would love to see the students share their

stories and say in their words what helps them... I think that if you hear that from someone you can relate to it’ll just gel a little better,” said Levengood.

“Hearing from other students will allow me to learn from their experiences, so I don’t make similar mistakes,” said Gavin Johnson, a junior business and economics major.

Senior business and economics major Dan Eicher believes the Mid-Term Recharge will be a great way for students to see that they’re not alone in feeling stress and will help alleviate some of the guilt that can come with falling behind academically.

“I think students will realize that they aren’t alone. Appearances can be deceiving,” said Eicher. “Nobody wants to admit that they’re not doing well in school... Lots of people feel stress and falter at some point or another. When you hear from others personally about their expe-

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Renowned author visits campus

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Dan-el Padilla Peralta, author of “Undocumented: A Dominican Boy’s Odyssey from a Homeless Shelter to the Ivy League,” visited Ursinus Tuesday, Feb. 9, to talk to students about his memoir. The book recounts Peralta’s journey as an undocumented immigrant struggling in New York City to the top of his class at Princeton.

Peralta’s family moved to New

York when he was 4 years old with a tourist’s visa. After 6 months, when the visa expired, instead of moving back, Peralta’s mother decided to stay with her sons. She saw great intellectual promise in her boys and realized the vast opportunities the United States presented, according to a biography about him on Ursinus’s website. Years later, when Peralta was still in grade school, his family became homeless and had to stay in various shelters in New York.

To escape from the streets, Peralta visited his community library and fell in love with literature, specifically the classics. Eventually he was discovered reading a book about Napoleon by a volunteer teacher, Jeff Cowen, who played a crucial role in getting him into the prestigious Collegiate School. In a New York Times article from earlier this

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Quaker group formalizing

The student-run group plans to meet every Sunday

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This semester, Ursinus students have the opportunity to join a new student-run Quaker group. While the group is still technically informal, it is working on gaining official recognition. The group meets every Sunday at 4 p.m. to sit in silence. The Ursinus Friends Community is a non-denominational group of students who silently use their time to reflect.

Members' reflection time is based around Quakerism; they observe peaceful and reverent silence while individuals voluntarily share their beliefs and ideals. They do not discuss or debate social issues, religious ideas, or philosophical readings with each other. They are gathered under whatever deity or lack thereof they choose. After about 45 minutes, the room clears, and the students return to their daily schedules.

Sophy Gamber '18 is a religious studies and sociology double major with a minor in social justice. She was a pre-med student until she came to the conclusion that she "wanted to pursue a life of service for other people and a life of healing in a different way." Religious studies, for her, is

a "an avenue into counselling and social work, and just a really cool way to study history and politics and literature and social life."

She started the Ursinus Friends Community early last semester "following the Paris terrorist attacks because I really wanted a place to come together that was rooted in mindfulness and wanting to reconcile with the reality of our times and find a greater solace through faith and community, and an exploration of peace. From there it just became a cool meditation and support system for a lot of us on campus."

Gamber explained what a Quaker is. "Quakerism is technically a branch of Protestantism, so it's a sect of Christianity. It's rooted in following the life of Jesus and living a life of service that is trying to emulate His example of service," she said.

Still, the term has different meanings for all. "For me, Quakerism is about community, it's about developing a greater sense of your personal relationship with that which is divine, and people find a lot of different meaning in what is divine," said Gamber. "Divinity can be expressed in a lot of different things. For me, I find God when I look for the good in other people. Some Quak-

ers will say that they uphold the trinity and I say that God is just good. God is just what is love and what is helpful and happy. So, for Quakerism God can take on a number of different forms. It can be Christian, it can be Buddhist, it can be atheistic, it can get really complicated. But it itself is grounded in Christianity."

The group is still in the process of gaining formal recognition from the school but is open to all students. "Any kind of spirituality, any kind of faith concern, if you want a place that is just support, a place where you can come and sit and meditate and share some ideas about what's going on in your world or in the world at large, that's what we want to do here, that's what we want to promote here, that's really my end goal in all of this," said Gamber.

The Ursinus Friends Community strives to encourage students of all theistic or nontheistic backgrounds to participate and enjoy the reverent atmosphere, according to Gamber. Students who are interested in the group can sign up for an email list, join the Facebook group, or stop in to the next weekly meeting. The Ursinus Friends Community meets every Sunday at 4 p.m. in the Bomberger Meditation Chapel.

plating what you have done up to that point and what you must continue to do helps you see the broader picture of success," said Eicher.

After the event Levengood hopes to be able to follow up with students to see how the Recharge helped and to motivate students to keep the momentum.

Both Johnson and Eicher hope that Ursinus will offer more events like the Mid-Term Recharge in the future.

"I think more support networks like this Recharge program will help students deal with their stress...constant connections to

learn more can do so."

Ostrum encourages students to stop by the RRC if they need anything and to like the organization's Facebook page to get the word out.

The center also has a page on the college's website students can go to for resources. Information about the survey and logo

someone who can help you reflect works like a safety net," said Eichner. "I also think students should take advantage of existing resources. Our academic counselors and teachers are very kind and supportive. Motivation ultimately comes from within, but having someone to talk to in person really helps start the process."

The Mid-Term Recharge will be held in Olin 104. Pizza and soda will be provided.



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design contest will be emailed to students in the near future. For more information about the RRC students can email them at rainbowresourcecenter@ursinus.edu. The center is hoping to continue to serve as an organization that helps create an environment where all Ursinus students can thrive.

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violations included employees not washing their hands after taking out trash and "dead roach like insects under the sinks." As of the most recent health inspection on Feb. 11, Wismer has rectified the violations and been in compliance with all requirements. It opened for student use the evening of Thurs. Feb. 11.

"Being sick was the worst 24 hours of my life."

— Rae Hodenfield
Ursinus Sophomore

"We were really precautionary in voluntarily closing the facility for some extensive cleaning and sanitizing," said Bryant. "So we were really proactive upon receiving that report in rectifying the things that were in it."

The health department's most recent statement said that it had no further recommendations, simply saying that "this will need to run its course." Still, the adminis-

tration is encouraging students to be proactive and hygienic in the coming days to stay healthy.

"Anyone who has been ill should follow the CDC guidelines to prevent the virus from spreading," said Dr. Paul Doghramji, the Ursinus College medical doctor. "This includes practicing good hygiene, avoiding people for a few days, and cleaning clothes, linens, and contaminated surfaces."

"The best way to prevent the illness from spreading is to be really consistent and thorough about hand washing," said Tom Holt, a student member of the UCEMS officer board. Holt was one of the first responders last week.

"With the return of students to campus, there may be some spread of it, but we're anticipating that over the course of the week," said Bryant.

Students who fall ill should contact Campus Safety or Wellness. They should also request cleaning services for any areas that may have been contaminated, including bathrooms.

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year, Peralta's mother describes how much Jeff Cowen helped her son. "He strove for the very best for us, and he did it without any expectations of returns," she wrote. "He wanted Dan-el to flourish."

After being accepted at Collegiate, Peralta thrived in the classroom, especially in Latin, and eventually got into Princeton University. He received a full scholarship despite still being in the country illegally. He majored in classics and was named the salutatorian of his class.

Just months before his college graduation Peralta shared his story in a Wall Street Journal profile about being an undocumented immigrant and trying to pursue a doctorate under the circumstances.

Today Peralta is a research fellow in Columbia's Society of Fellows and teaches previously incarcerated adults. He still is not a citizen but has his green card and working visa. His memoir was released this summer to high

acclaim in an article in the New York Times, and received a 4.5 out of 5 stars on Amazon.

Peralta found his way to Ursinus after a chance meeting with Dr. Paul Stern, a Professor of Politics here at Ursinus. The two met at a dinner where Peralta shared stories of his upbringings and mentioned that he had just written a memoir, which Stern read and was enthralled by.

When asked why he brought Peralta to Ursinus, Dr. Stern said "I thought that he could speak in a very thoughtful and personally engaging way about the benefits of a liberal education, especially for underrepresented students."

In regards to how the speech affected Ursinus students Dr. Stern went on to say: "It's clear that Dan-el's education in the liberal arts informs his entire life. It has enabled him to reflect more deeply on the issues—immigration, the meaning of citizenship and Americanism, the definition of justice - that arose in the course of his struggles."

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riences, you accept that fact and don't feel isolated. I think that students won't blame themselves as much if they share their stress with others."

Eicher also believes the Recharge will be beneficial to students who aren't struggling.

"I think the Mid-Term Recharge will work kind of like a doctor's checkup. Even if you're doing well throughout the semester, taking the time to reflect can help you alleviate stress. Contem-

Rainbow continued from pg. 2

the RRC. "I believe students will care more about something they helped create," he said.

"I think the name really says it all," Ostrum said. "I think both here and Unity House should be a place where anyone who wants to

The Job, Internship and Networking Fair is now Wednesday March 2 from 12 p.m. – 2 p.m. in the Field House.

Activities, meals, and deals for students without wheels

A list of things to do off campus for those who don't have cars

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It's the age-old freshman dilemma: What can I do off-campus without a car? This same question has been posed by hundreds, if not thousands, of Ursinus freshmen over the years. Thankfully, an editor for The Grizzly was perplexed by the very same problem and put me on the case to find the 11 best things to do in Collegeville without a car.

Collegeville and the surrounding areas have a wealth of things to do, but for our sake, I will break them down into three categories: food, entertainment and nature.

Food

For those with a big appetite, have no fear because Collegeville is home to some pretty tasty food. Here is a list of some of the best places to eat that are easily accessible from Ursinus.

Appalachian Brewing Company – The brewing company is an upscale restaurant and brewery located in the building that shares a parking lot with the Collegeville Diner.

The food is considered American causal, which means there are a lot of burgers and sandwiches on the menu.

What makes the brewing company unique is that it has craft soda for those under 21 and those over 21 can enjoy their eight craft beers on tap all year round.

Don't be fooled by the name alone; the food is delicious and won't put a huge dent in your wallet.

Bonjung Japanese Restaurant – Located in the same building as the Appalachian Brewing Company, Bonjung is a great Asian fusion restaurant. Bonjung was rated one of the best Japanese restaurants in the greater Philadelphia area by Philadelphia magazine in 2011, 2012 and 2013.

Long-time Collegeville resident and Ursinus junior Anthony Barbine notes, "It's not super-duper expensive and it's really good Asian fusion."

He also said that it is the best sushi you can get within walking distance of the school.

Marzella's – The pizza place that isn't just about pizza. Marzella's is known for its famous dollar slices after 9 p.m., but there is a lot more beneath the surface.

Marzella's has a full menu of salad, cheesesteaks, and burgers. Not only is the food good, but so are the prices. Marzella's is great for a late-night snack or for a cheap date with that special someone.

Rocco's Pizza – A favorite of first-year resident director Jordan Toy. Rocco's Pizza has two nearby locations, one in Norristown and the other in Redner's Plaza in Collegeville. Each location offers unique flavors for any palette.

Rocco's is an upscale pizza joint that has, according to Toy, very good deep dish and stuffed pizza. "It's really phenomenal food," he said.

If you're looking for a nice Italian eatery, Rocco's should definitely be on your list.

Entertainment

Da Vinci's Pub – Da Vinci's is food with a twist. Mainly known for its Italian eats, Da Vinci's offers a host of entertainment options and specials throughout the week. Conveniently located at the corner of Main Street and Route 29, it's an easy walk from campus.

Methacton Community Theater – For those with a creative side, the Methacton Community Theater is right up your ally. Located on First Avenue right in Trappe, just outside the limits of Collegeville, the theater is home to shows and events during the week.

Ticket prices are reasonable and the theater are always looking for volunteers to get involved.



Photo courtesy of Sky Riders Balloon Team

During a balloon ride with Sky Riders, passengers travel 500-2,000 feet above the ground and are able to see views of the Philadelphia skyline on clear days.

Providence Town Center – Providence is really a great place to go just to get away, though it is the second farthest place from campus on this list.

However, with a little help from the Ursinus Bikeshare program, you can get there in no time flat. Bikeshare is a service on campus that allows you to rent bikes from Ursinus for an annual fee of \$10.

Providence offers a host of things to do, from the Movie Tavern to great restaurants and shopping. If you don't mind a 20-minute bike ride, Providence is the place for you.

Sky Riders Balloon Team – Feeling adventurous? Located in scenic Trappe is the Sky Riders Balloon Team. It offers hot-air balloon rides over beautiful Montgomery County.

The trip might be a bit pricey (\$215 for you and two friends), but how often do you go on a hot air balloon ride? They are located right on Main Street in Trappe by the Dairy Queen.

The American Barber Company – Located right on Main Street in Collegeville, the Barber Company is a fun place to visit. Not only can you get your luscious locks trimmed, but the space also doubles as a musical venue.

Musicians, comedians, poets, and other performers from all around come to show off their skills. If you're looking for a cut and a show, this is the place to go.

Nature

One thing Collegeville has in abundance is its natural beauty. There is a lot of open space

and state regulated parkland all around the borough. Listed below are just a few of the best spots to visit on your journeys.

Evansberg State Park – Evansberg Park is the farthest destination from campus on this list, logging in at a whopping 4.3 miles away. But if you're a nature buff then that is no sweat.

This is another opportunity to visit our friends at Bikeshare to get a ride to this gorgeous place. It offers 3,349 acres of protected space for hiking and biking.

During the spring and fall the scenery is stunning. Skippack Creek also runs directly through the park for your viewing pleasure.

Perkiomen Trail – The trail is a quaint spot to visit. It runs directly parallel to Skippack Creek and is almost 20 miles long.

Its main entrance is easily accessible if you take Ninth Avenue all the way down to the intersection with Route 29.

If you are daring enough to venture the whole trail you will end up in Valley Forge Historic National Park.

Collegeville Community Park – Located right on the corner of Park Avenue and Third Avenue in Collegeville, the community park is a nice little green space to visit. It has an outdoor basketball court, a swing set, and a playground for your inner child.

The park also touts a large open field and baseball diamond. With a little creativity and a passion for the outdoors, this is a great spot to visit during the spring and fall months.



Photo courtesy of Appalachian Brewing Company

The Appalachian Brewing Company is located next to the Collegeville Diner and is within walking distance of campus. The restaurant is one of America's largest brewpubs, and its building is over 100 years old.

From bike lanes to BWC

A Dutch freshman shares his experience adjusting to school in the States

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Although it started as a small college in Montgomery County in 1869 with students primarily from the immediate area, Ursinus has grown over the years to become a community of students from a wide variety of backgrounds.

With Ursinus' enrollment of just over 1600 students, one may not realize the international population of students at the college.

Almost every corner of the globe is represented at Ursinus, with more countries being represented every year.

According to the Ursinus College website, five percent of the entire student population consists of international students. These students come from 20 different nations with very diverse backgrounds.

While some students come from countries with a similar culture to the United States, some arrive in Collegeville having to make a complete cultural transformation.

This is the process many international students must go through during their freshman year.

According to Ursinus Magazine, the class of 2019 boasts students from China, the United Kingdom, and one student from the Netherlands. That student's name is Daan Slaats, and the transition for him from the Netherlands to the United States has been very unique.

"I have noticed that the most important thing is to just introduce yourself and talk to people. If you avoid communicating with people, you will not get known with the culture on campus,

which will make adapting much more difficult," said Slaats.

The small community feel of Ursinus is one Slaats is familiar with. He grew up in a village called Waalre in the Netherlands with a population of only around 16,000 residents.

Due to its size, the town's main method of transportation was by bicycle.

In Slaats' hometown, the main mode of transportation is bicycle.

This is something that Slaats said is one of the biggest differences between the Netherlands and the United States.

"There are literally bike lanes everywhere in the Netherlands, whereas I believe that this is not the case in the USA," said Slaats.

Another big difference that Slaats has noticed is the sports culture in the Netherlands compared to the United States.

"Sports such as American football, baseball, basketball, ice hockey, and lacrosse are not that popular in the Netherlands. The sports usually broadcast on Dutch television are soccer and field hockey," said Slaats.

The most popular sport in the Netherlands is, in fact, soccer.

This proved to be a major part of Slaats' life growing up as well as his current Ursinus experience.

"Soccer is a big part of the Dutch lifestyle. During the weekends I am always busy with either playing or watching soccer," said Slaats.

Additionally, Slaats is a mem-

ber of the Ursinus men's soccer team.

He attributes a lot of his easy adjustment at Ursinus to this aspect.

"It definitely helped me adapt to college. As a team we arrived on campus before school started. This gave me the opportunity to have more time to get adjusted to living on campus and it immediately allowed me to make new friends through a common interest [namely soccer]," said Slaats.

A common question that Ursinus' American students have for international students is: How did you find Ursinus?

Slaats decided that he wanted to go to college in the United States, so he reached out to the Fulbright Center in Amsterdam.

This program gave Slaats an advisor who recommended that he read the book "Colleges That Change Lives" by Loren Pope. This was one of the main influencers that got Slaats interested in Ursinus.

"The things that were described in this book about Ursinus immediately caught my attention. Therefore, I decided to apply to Ursinus and, after being accepted, I was able to attend the Capstone event in March last year," said Slaats.

After attending the Capstone event, Slaats believed that Ursinus was the best fit for him.

As described in the book "Colleges That Change Lives," the CIE course at Ursinus is very unique in itself. This is one of Slaats' favorite parts about Ursinus.

"I definitely enjoy the CIE classes. I don't think I will ever experience such a class again. Back in the Netherlands, in sec-



Photo courtesy of Alexis Primavera

Daan Slaats is a freshman from the Netherlands who said that he decided to go to Ursinus because he liked the idea of getting more personal attention from professors.

ondary school, classes were practically never discussion based. I enjoy listening to fellow classmates' opinions and sharing my own opinions about the books we discuss," said Slaats.

Overall, Slaats has thoroughly enjoyed his Ursinus experience and his transition into American culture.

"I have had great experiences with the Ursinus community, as I have been able to build many new friendships," said Slaats.

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Happening on Campus

Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Presentation by candidate for assistant professor of anthropology Olin 009 1:30 p.m. - 2:30 p.m.	Dance Auditions Helferrich Dance Studio 6:30 p.m. - 9:30 p.m.		Heefner Memorial Organ Recital Bomberger Auditorium 4 p.m.	Magician and Hypnotist Mat Lavore Lower Wismer 8:30 p.m.		



Wismer wasted by health code violations

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Wismer has been Ursinus' longtime vice, so it was no surprise when students were quick to blame the dining hall's subpar food for the unknown sickness that plagued the school beginning last Tuesday night. Though it remains unclear as to whether the norovirus that spread across campus originated from Wismer or not, all of Wismer was shut down shortly after a health inspector arrived on Wednesday afternoon in order to undergo thorough cleaning. The results of the inspection, regardless of its pertinence to the spread of the norovirus, cannot be ignored.

The Montgomery County Health Department released the inspection report of Ursinus College's dining facilities that same day, Feb. 10, which lists a total of 12 health and safety violations, five of which were marked as "risk violations." Some of the violations included open pesticide containers, dead roaches in dry storage areas, an employee handling the trash and then pre-

paring food, an employee placing hotel pans on the floor before placing them on the steam table to be used, multiple cross contamination violations, and the dishwasher not being able to get hot enough to sanitize dishes properly.

Despite the fact that the cause of the illness remains unknown, it is clear that these poor conditions could have easily contributed to the rapid spread of the sickness that took the campus by storm. Besides getting people sick, the multiple violations regarding unclean and sanitized surfaces can also get students with dietary restrictions sick, such as vegetarians and vegans whose bodies are not used to digesting meat, and students with celiac disease whose food can be contaminated by even the smallest particles of gluten.

Looking at just one health report could potentially be misleading, especially to those who have never read this type of medium before, so it would be beneficial to compare this health report with those of other small, private lib-

eral arts colleges in the county.

According to the Montgomery County Health Department, the last inspection at Bryn Mawr's Haffner Hall cafeteria revealed zero health violations; the last inspection at Arcadia University's Easton Café revealed zero health violations; and the last inspection at the Gwynedd Mercy University Café revealed one total health violation with zero at-risk violations. Even the last inspection at the Main Street McDonald's, which was conducted on the very same day as Wismer's initial inspection, only revealed three health violations, one of which was at-risk.

"An off-campus meal plan that includes housing should be available as an option for all students,"

This trend continues: other local restaurants received minimal health code violations, such as Great Wall, which only received four total violations, Domino's in the Trappe Center which received

five, and Marzella's which received four. In contrast, Wismer had the same number of at risk violations as the establishment with the highest number of total violations observed in this quick comparison.

"Ursinus' first priority is the health and well-being of our students," said President Brock Blomberg, according to a Feb. 11 press release. If this is true, then what is being done to insure that these issues won't continue to be a problem? Yes, the facilities were re-assessed and Wismer's second health report showed no violations, but this was only after being shut down for 24 hours for cleaning, and when there was no food being prepared at the time. Many of the violations, such as the ones regarding cross contamination or the employee rubbing his or her eyes, or handling the trash and then preparing the food, have nothing to do with how clean the facility itself is, but rather the mannerisms and abundance of caution used by the employees—and old habits are hard to break. How are students, especially

those with dietary restrictions, supposed to feel safe eating the food from Wismer? What exactly is being done, besides the installation of hand sanitizer dispensers (which should have been installed or fixed months ago), to prevent a catastrophe like this from happening again?

An off-campus meal plan that includes housing should be available as an option for all students, and the school should seriously reconsider using Sodexo to provide food services to the college. Regardless of whether or not the spread of the norovirus was affected by the health violations in Wismer, our only dining option on campus clearly does not use an abundance of caution when preparing our food.

For Ursinus, a prestigious private institution that charges \$58,000 a year to attend, allowing the only dining hall on campus to spread germs as quickly as it did is sickening and embarrassing. The school should take this as a one-time lesson to shape up its act and fix this persistent problem once and for all.

Admin response to illness strikes controversy

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Unless you've been living under a very sanitary rock, you will no doubt have noticed the "plague" circulating campus and causing students to drop like flies and local stores to run out of Gatorade and saltines.

The first thought that crossed my mind was that it was only a matter of time before this happened. Wismer is notorious among the student body, as I'm sure dining halls in colleges across the nation are, for its mixed assortment of food, and most people I know have at least one horror story (mine being a spider crawling out of my rice bowl freshman year). However, I worked in Upper Wismer during my first semesters at Ursinus, and knowing all of the people who worked there, I was confident that they had done what they could to keep us safe. Yet here we were, sitting on bathroom floors, begging for Gatorade and rides to

the hospital to avoid exorbitant ambulance costs. The cause of this illness has since been attributed to norovirus, defined on the CDC website as a very infectious virus that "causes your stomach, intestines, or both to become inflamed...this leads to stomach pain, nausea, diarrhea, and vomiting." This disgusting-sounding virus can begin on food and then become transferred person to person or through additional consumption of contaminated material. Knowing that there was something like this on campus, one would think that administration would tell the sick to stay home and close the dining hall. In fact, the opposite happened.

As Wednesday continued, classes also did, as is the Ursinus way, and people missed important work, notes, quizzes, and class time. Students began taking to their e-mails and to Facebook, asking the administration to realize the epidemic and do something for the affected students. Wismer remained open, classes

went on, and students who were ill or caring for their friends began to receive nasty emails from teachers about missed classes or felt the anxiety of being bad students simply for trusting the food that is covered in our tuition dollars. Others attended class, no doubt infecting others and getting infected themselves. The decision of the administration seemed to students to be in blatant disregard for our physical well-being and our grades.

The school did make one good decision in shutting down Wismer for inspection and disinfection, and thanks to local businesses, students remained fed and attempted to stay well during the crisis. On Thursday, Feb. 11, the Floy Lewis Bakes Center was opened for those healthy enough to trek out and retrieve a Wawa hoagie, juice, and Gatorade and crackers for those who were sick. According to an email sent by Ursinus News on Thursday, Feb. 11, at about noon, 174 students had reported exhibiting symptoms

since Tuesday night, however, this was the first time the school offered any food to the ill other than the student EMS response team. The EMS team worked tirelessly through the night aiding their fellow students and covering normal Wellness Center appointments.

Yet even when faculty wore rubber gloves to interact with students going to collect their allowance of food, classes still went on. Eventually, late Thursday afternoon, students received an email cancelling the rest of the classes for the day, and the cancellation of Friday's classes. In an email received on Monday morning, Dean "Terry" Winegar referred to the cancellation stating that it is very difficult for the administration to make up missed class days. Winegar stated that eliminating our "reading day" or cancelling CoSA were not valid options, and it is up to faculty and students to make-up the missed classes. It was apparently not an issue to cancel classes for the new

school president's inauguration, but classes couldn't be cancelled for a serious illness affecting approximately 13 percent of the student body.

The response of our administration in addressing this issue was delayed at best, negligent at worst. They worked with the proper authorities off--*+campus with Montgomery County health inspections, which they passed not with flying colors, but with open pesticides and unclean cooking surfaces. While this effort to save face to the outside community can be acknowledged and perhaps appreciated, they kept students in the dark (and in the bathroom). The decision to keep classes open, and to re-open Wismer so quickly and with very little regard for dietary restrictions, purely reflects an interest in saving face and dollars, while costing students medical bills, hours of vomiting, and trust in their college's concern for their safety.

Knowles continued from pg. 8

last game, he increased his scoring by nearly six points per game from his sophomore season, but nobody was surprised to see this happen.

“He works incredibly hard on his game and he has such a competitive drive that I knew he would succeed,” said Mark Wonderling, a senior captain. For Knowles, the biggest difference was his confidence. “My biggest thing is if I’m confident, I can play well; if not, I can just get lost in the game and be irrelevant,” Knowles said. “So, I definitely think it was a little bit of getting better and a lot was just the confidence my coaches and teammates have in me.”

Knowles wasn’t even aware that he was leading the conference in scoring until sophomore point guard Brian Rafferty showed him. “[Rafferty] was joking around because he always said, ‘Oh, you’re gonna lead the conference in scoring,’ and then he showed me and he’s like ‘Told ya.’” For Knowles, it was cool to think about, but it wasn’t something he was going to dwell on.

The injury, though, is much harder not to dwell on. “When I got the MRI results, I guess I was trying to convince myself it wasn’t what I expected, so it was just kind of a realization of what the next nine months are gonna be and that I was gonna miss the rest of the season,” Knowles said. “It was definitely very, very discouraging and frustrating.”

If history can repeat itself again, though, Knowles and the Bears will be in for an exciting 2016-17 season. Knowles said his high school career was “very similar” to how his college career has gone so far. Knowles said he was “average at best” his freshman year of high school, but then started a few games his sophomore year. He was having a

really good junior year, but then “almost to the date” tore his ACL.

This injury put a dent in the recruiting process, as some schools stopped looking at him. But his senior year he caught fire in the second half of the season, led his team on a run in the state tournament, and was named PIAA AAA third team all-state. Ursinus came into the picture late, but Knowles quickly realized that it would be a good place for him to end up. “I don’t know if [Ursinus] would’ve even known who I was if I didn’t tear my ACL,” Knowles said. “So I guess just the way the whole thing worked out was best.”

Knowles will look to help guide the Bears to the playoffs this season in a different fashion. He has been helping the freshmen and has taken a mentoring role to help them become more comfortable as they get increased playing time. “I’m just trying to help the team still, obviously just not in the same way that I was before,” Knowles said.

The Bears are currently 10-11 overall and 6-8 in the conference entering Tuesday’s game. At eighth place in the conference, the Bears are only one game out of the last playoff spot in the loss column. They have played two fewer games than McDaniel, who is currently sitting in the fifth and final playoff spot.

As for his return, Knowles’ goal is to be cleared to play by October 10, shortly before next season begins. “I just told him he would be back better than ever to have a great senior season,” said Wonderling, who went through an ACL injury last season. “I also reminded him that it is important to keep perspective on things. Being away from the game allows you to have a greater appreciation for it and it also allows opportunities to grow as a leader and person. It allows opportunities to help the team in other ways besides performing on the court.”

Wrestling continued from pg. 8

Hoogheem. “This was just a light, unfortunate hiccup that we will move past without looking back.”

Hoogheem was very confident that conferences would be very fruitful for the Bears otherwise. “Other teams peaked a couple weeks ago, some are peaking just now, while we are still building up and are going to peak at regionals and nationals,” Hoogheem said.

Though the Bears did not compete at conferences, the ability to have an extra week of training may be beneficial for Ursinus. This is the first time since Hoogheem has been on campus that there has been a two-week break between conferences and regionals. This will give the Bears the opportunity to heal injuries and regroup for the regional tournament.

A saving grace for the Bears is that a wrestler can compete in regionals without having to compete in conferences first.

The Bears will also have one

more match before the regional tournament to fine-tune their skills and make sure bodies are healthy.

Ursinus should be sending a lot of talent to regionals this year. The regional tournament will be held at Washington and Lee University in Lexington, VA, on Feb. 27 and 28. There are a few notable names for the Bears, including Arnold, an All-American finisher in 2015, Christian and Keven Hoogheem, 2015 conference champion and runner-up, respectively, and Alex Kramer, who is within the top five for Division III for technical falls this year, according to NCAA.com.

Not being able to compete in the Centennial Conference Championships will impede the Bears when it comes to seeding. The champions from each conference championship in the Eastern Region receive a bye into the second round of the tournament. To receive their seeding, the Bears will have to rely solely on their season records and the quality of

their wins and losses. The Bears will lose out on this aspect in the complicated seeding process.

There may not be much adversity the Bears will have to overcome moving forward, but other teams within the region are experiencing down years due to a large volume of graduates in 2015. “This year is a lot of openness,” Arnold said. “There are a lot of people that graduated from other schools and it opened up a lot of spots. Any guy could be that guy.”

The roller-coaster ride of 2016 is starting to slow down, but the Ursinus Bears are still going full force and looking to finish their season on a high note. Looking forward on the schedule, the Bears have one more match before regionals, and following regionals, nationals will be in sight. Nationals will be the ultimate test for the Bears, but they are ready to compete and bring home some hardware to Collegeville.

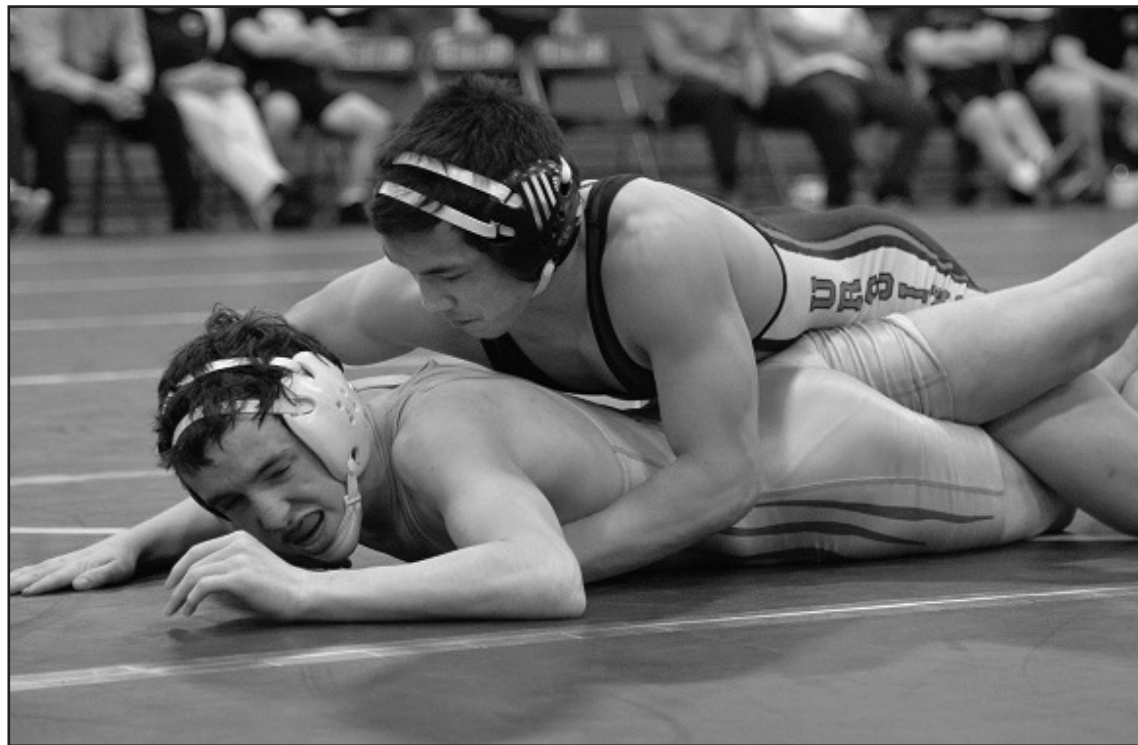


Photo courtesy of Ursinus College Athletics

Chris Tan '18 pins his opponent from the United States Merchant Marine Academy during a match on Jan. 30. Tan pinned all three of his opponents during the meet and has won seven straight dual matches.

Scores as of Monday, Feb. 15

M Basketball (10-11)	W Basketball (10-11)	Wrestling (14-3)	M&W Track & Field	Gymnastics	M Swimming (6-4)	W Swimming (11-0)
Feb. 13 @ Gettysburg Postponed	Feb. 8 vs. Washington College UC: 63, WC: 52 Caroline Shimrock: 16 pts., 6 reb., 1 ast.	Feb. 13 vs. Centennial Conference Championships @ McDaniel College Did not attend due to Norovirus	Feb. 13 @ Valentine Invitational, Boston University Highlights: Four school records were broken on the day, including the men’s and women’s 4x400-meter relay, women’s 400 and women’s 200	Feb. 12 @ Towson Did not attend due to Norovirus	Feb. 13 @ Franklin & Marshall Pre-Championship Invitational Did not attend due to Norovirus	Feb. 13 @ Franklin & Marshall Pre-Championship Invitational Did not attend due to Norovirus
Feb. 15 vs. Franklin & Marshall Postponed	Feb. 13 @ Gettysburg Postponed Feb. 15 vs. F&M Postponed					

For hot-shooting Knowles, injury ends season early but future still shines bright

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If it hadn't been for a torn right ACL in high school, Matt Knowles might not be playing for the men's basketball team at Ursinus. Fast-forward almost exactly four years and he's leading the Centennial Conference in scoring for the Bears.

But history always repeats itself. Knowles and his brilliant season came to a halting stop after he tore his left ACL in a game against Dickinson on January 12.

Knowles was lighting up the scoreboard and putting up career numbers game after game. He scored 26 points against Division I Penn at the Palestra. Growing up going to games at the Palestra and knowing the history behind it made this even more surreal for the junior guard. "To go into that gym, play against the best team we're gonna play against in Division I, Penn, and play really well was definitely very satisfying and very encouraging for the future," Knowles said.

But this was just the start. He then scored another 26 points in the next game against Rosemont. And on January 9 he dropped a career-high 29 points against McDaniel. Everything was starting to look up for Knowles and the Bears. "That game we started to realize we could be a good team in the league and make a run at playoffs," Knowles said.

The Bears had won four straight games and were "feel-

ing pretty good about the way things were trending," according to Knowles, who was leading the conference in scoring at 17.3 points per game. Up next was defending conference champion Dickinson. However, only four minutes into that game things took a turn for the worse.

Knowles caught the ball on the left wing, ripped through, drove to the basket, and planted his left leg to turn and throw a skip pass across the floor. But as he planted to jump, his knee twisted. Having gone through it before, he knew exactly what happened. All he could think to himself was "that's not good." Knowles got up and walked off the court but couldn't believe what just happened.

"I didn't want to jump to any conclusions because I knew that wouldn't help me, but I knew that my knee didn't feel right," Knowles said. "And I knew the only other time it felt like that I had torn my ACL in my other knee, so I was definitely kind of in shock. It's always been kind of a phobia of mine, like if that ever happened again that would be terrible. So I was upset, but I also couldn't believe it actually happened."

It was a disappointing end to the season for the conference's leading scorer. After scoring four points in the first four minutes before getting hurt, his average on the season dropped to 16.2 points per game. Not counting his

See **Knowles** on pg. 7



Photo courtesy of Ursinus College Athletics

Keven Hoogheem '16 is ranked eighth at 133 pounds in Division III, according to intermatwrestle.com. Hoogheem was a runner-up at last year's Centennial Conference championships.

Norovirus keeps wrestling team away from CC championships

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The 2015-16 season has been a roller-coaster year for the Ursinus wrestling team. The season got off to a rocky start as the Bears dropped their first three dual meet contests. Around this time, head coach Bill Racich was away from the team due to an injury. At that point, things were looking bleak.

The men rallied and went on a tear, winning 14 straight dual meets over the next eight weeks. In the process, Racich gained his 500th career win against SUNY Sullivan and made history by becoming only the seventh NCAA coach to reach 500 wins.

He currently sits at 513 wins, ranking him sixth on the all-time

list, right behind former Wilkes University coach John Reese. Of the coaches with 500 plus wins, there are only two active coaches: Racich and Pitt-Johnstown head coach, Pat Pecora.

As the season moved along, everything seemed to be falling into place for the Bears. Racich was back with the team, injuries began to diminish, and the Centennial Conference Championships were right around the corner. All signs pointed toward a successful weekend at McDaniel College, until the week of February 8th.

During this time, norovirus struck the Ursinus campus. About 200 students were sickened, a number of whom were hospitalized due to the illness.

One of the biggest casualties of the norovirus outbreak was the Centennial Conference Championships. Due to the norovirus, officials from Ursinus and McDaniel felt it would be appropriate for the Bears to stay on campus and not participate in the championship tournament. This is the first time since the tournament's inception 23 years ago that the Bears have forfeited their spot in the event.

Wrestlers and coaches alike were very disappointed with the decision but felt as though it will not affect things moving forward. "Conferences are a stepping stone toward making it to nationals," said senior captain Keven

See **Wrestling** on pg. 7

Upcoming Games

Friday	Saturday	Sat. Cont.	Sunday	Monday	Tuesday	Wednesday
M&W Swimming vs. Centennial Conference Championships @ Gettysburg College, 11 a.m./7 p.m.	M Lacrosse vs. Albright, 2 p.m. Gymnastics @ Rutgers, 6 p.m. M&W Track and Field vs. Keogh Invitational @ Haverford College	W Basketball vs. Muhlenberg, 1 p.m. M Basketball vs. Muhlenberg, 3 p.m. M&W Swimming vs. Centennial Conference Championships @ Gettysburg College, 10 a.m./6 p.m.	M&W Swimming vs. Centennial Conference Championships @ Gettysburg College, 10 a.m./6 p.m.			W Lacrosse @ Cabrini, 4 p.m.

