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The Grizzly, February 19, 2015

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College hopes to expand

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Ursinus College is trying to grow its enrollment to about 1,700 students, according to an email sent to campus by interim president Terry Winegar.

The college started the fall 2014 semester with 1,650 students. In order to get to 1,700, the college is targeting 475 students for the incoming class.

If they can enroll 475 students over the next two to three years, they should have around 1,700 students, according to Rick DiFelicianantonio, vice president for enrollment.

Enrolling an extra 50 students is much more difficult than it sounds. The admissions office has to first figure out how many students it will admit from the applicant pool, which was around 3,000 this year.

To do this, they must take the yield into account, which is the percentage of students who take the school up on their acceptance offer. Last year's yield was around 23 percent, which means that Ursinus had to admit four students in order to get one.

The admissions office then has to calculate how many students will stay in each class, which is the retention rate.

This can be challenging because it is hard to say how many students will stay, how many will transfer out, and how many will transfer in for each class.

However, Ursinus has a pretty consistent retention rate, according to DiFelicianantonio. Ursinus tends to retain about 90 to 91 percent of its freshmen to soph-

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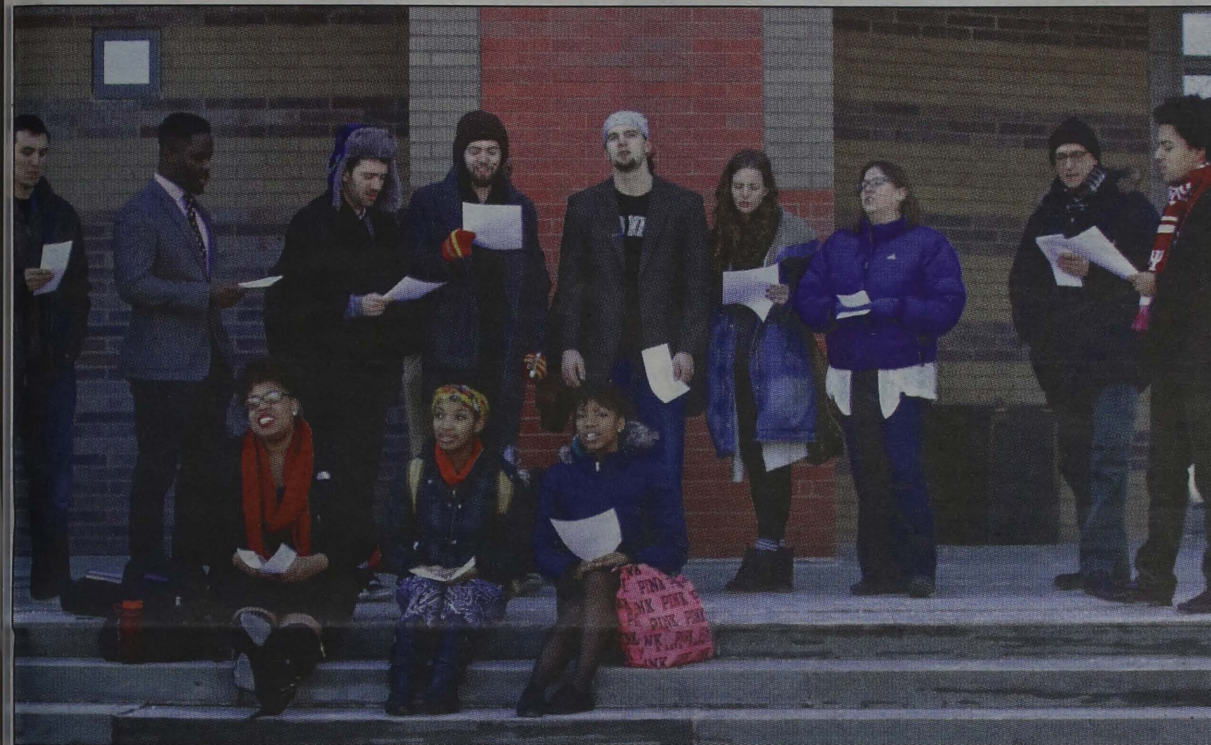


Photo courtesy of Neomi Haut

Kappa Alpha Psi, a fraternity on campus, held a "Kappa Kongregation" on Wednesday, Feb. 11. Everybody was invited to participate in the sing-along of spiritual songs.

Ursinus celebrates Black History Month

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Ursinus has many different events planned to celebrate Black History Month.

Kappa Alpha Psi is a fraternity on campus that plans to have a high participation in Black History Month on campus.

"This month we are going to continue to do the Kappa Kongregations and a couple Kappa Konversations about race and class," said Dominic Roher, a senior member of the Kappa Alpha Psi Fraternity. Kappa Kongregations are held at 12:30 p.m. (see page four in features for a story on last week's) in Olin Plaza on every Wednesday of the month of February, where the entire student body is invited to partake in sing-alongs of spiritual songs in honor of Black History Month. "We are also working on getting one of the original Tuskegee Airmen

to come to campus," said Roher, "if not this month, then definitely early March."

Dean Terrance Williams said that the Diversity Inclusion website is one way to find out what is going on around campus. "I'm keeping our website pretty fresh in terms of content and in terms of events, so that is a good place to look," said Williams. The website can be found by going through the Ursinus home page.

"Basically we are doing a combination of discussions, lectures, art and film without any one specific theme," said Williams. "We're trying to mix it up and have a little something that everyone might be interested in."

"There are other student led events," said Williams. "There is an event called Substance of Our Souls, which is sort of a big celebration bringing together a lot of different groups. The S.U.N

group is doing most of the work in bringing that together, but it is a variety of performances including dance, singing and spoken word, and that's one of the biggest programs of the month. That's the event that I am looking most forward to." Substance of Our Souls will be held on Friday, February 20 in Bomberger at 7:30 p.m.

Dean Williams said that he likes to stray from the typical. "I don't deal a lot with the more prominent names," said Williams, "I like to tell the story of people who have been left out of the narratives, particularly around civil rights."

"I also think that moving forward, the conversation moves beyond just what happened in the black freedom struggle," said Williams, "because there were many more historical events, but we're kind of taking one step at a

time and seeing what our community is interested in and moving in that direction."

"The response has been good so far, people have been coming out and I am looking forward to representing this model throughout the year," said Williams, "Not just for Black History Month but for other heritage months, as well as taking on other types of inclusion-based programming, so look for more from our office."

Some other scheduled events include a viewing of "Freedom Riders" being shown followed by food and a discussion about the film and the movement it depicts on Thursday, February 19 at 6 p.m. in Unity House, and A Black History Month presentation and discussion on Monday, February 23 at 6 p.m. in Unity House as well. The Website also includes a "Profiles in History" section, featuring influential historical figures.

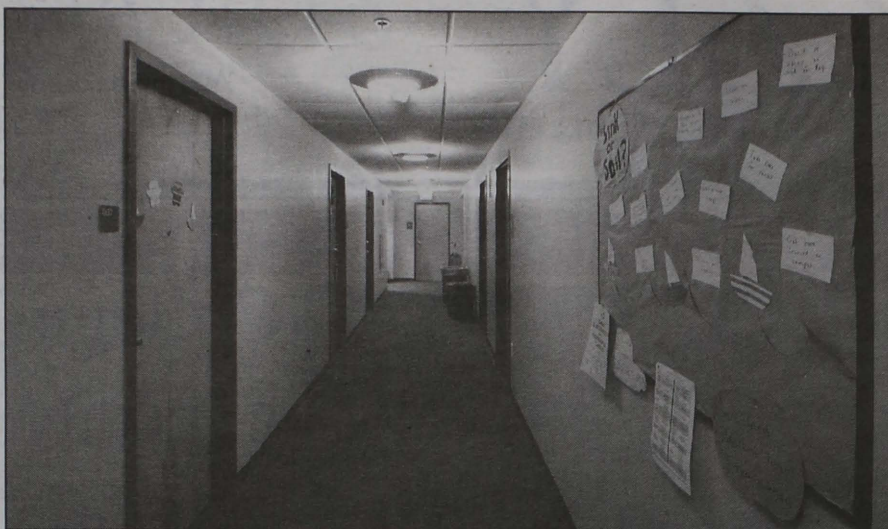


Photo Courtesy of Alexis Primavera

After a fire on Main Street, some freshmen were relocated to North Hall. There has been some tension between the upper classmen and the freshmen.

Tensions in North Hall grow

Jordan Scharaga
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Following the fire in 444 Main Street last semester, the freshmen residents of the house were relocated to different, temporary housing throughout campus. Ross Mintzer is one of the six freshmen relocated to North Hall after the

fire. According to Mintzer, the other freshmen from the adjacent house were placed throughout the other two freshmen dorms. The arrival of the freshmen has not been a topic of discussion until this semester.

Jordan Toy, assistant director of Residence Life, provides some insight on the placement of the

freshmen residents. There were priorities in mind for Residence Life as they searched for new housing on campus.

"The freshmen class is the third largest in Ursinus history. So we were tight on space and we wanted to keep those students together because the fire was such a traumatic event. We thought they

"Capacity is good, because everybody is happy then," DiFelicantonio said. "It's not overcrowded, classes are healthy, there's revenue to keep increasing the quality, you can do programming and pay the people who deserve it, and so forth."

The freshmen class started out the fall 2014 semester with 497 students. If the retention rates stay true and the college can continue to enroll and maintain around 475 students the next three years, they will be able to reach the number they are hoping for.

The senior class started out the fall 2014 semester with 359 stu-

dents. That class came into their freshmen year with 427 students.

The number of students since the beginning of the fall 2014 semester has changed due to transfer students and other aspects, but the retention rate was at 84 percent, right around the average.

The residence life staff is much more equipped to handle the housing of first-year students for the upcoming year, said Melissa Sanders Giess, director of residence life.

"This time we are anticipating it," Sanders Giess said. "Last time we did not anticipate it and we had to scramble, and that was unfortunate because it was hard

had built a really strong community in that house and we had this specific space open," said Toy.

Despite the ideal goal to have the freshmen all live in BPS, BWC, or Sprinkle, this was their only permanent solution for the rest of the school year.

The addition of the freshmen has affected the community and environment of the small section in North.

Elle Potruch, an upperclassmen resident of the floor, said, "It's been kind of difficult because they are so displaced and not near their friends or anything."

According to Potruch, this has an impact on the sense of community because of the distinct age difference.

Part of the reason for the tensions and lack of community can be attributed to the changes in dynamics and logistics. "Before our little section was pin drop quiet," Potruch described, with two bathrooms which they all shared interchangeably.

Potruch explained that since the freshman arrived, "there are six more people sharing the bathrooms" and it has become very crowded and inconvenient, particularly the upperclassmen. It is hard for both groups to create

a functional relationship in the current situation. She clarifies, "They haven't really gotten used to the flow of college yet," and especially the fact that everyone needs to be aware of their time in the bathrooms – specifically in the morning before classes.

Potruch mentioned that cleanliness in the bathrooms has been a major issue since the number of residents for two bathrooms has doubled.

"It's really tough because finding a solution to those problems would be extremely difficult," said Potruch.

Ross Mintzer discussed the freshman perspective and his transition to North Hall. He does not seem to favor either dorm, but does acknowledge the disparities. "The house was like thirty of us. It was all freshmen and that was fun," Mintzer said.

From the dorms themselves to the residents, there appears to be a huge difference in the atmosphere and sense of community.

Mintzer said, "North basement is quiet down there and it is like our own little space." The upperclassmen like Potruch value the

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omores and graduate about 80 percent of its students after five years.

The magic number for Ursinus is 1,700 for a few reasons. The capacity of the college is around 1,720 students. Any more than that becomes problematic due to issues such as housing, room in Wismer, and other logistical matters. Any less than that does not create enough revenue.

If Ursinus can grow its enrollment to around 1,700 to 1,710 students, it will be very good for everybody.

for everybody."

This year was the first year that Main Street houses were used solely for freshmen. The residence life staff was not expecting such a large class, so they did not know where they would be placing the first-year students when they were first faced with the issue.

Residence life has already decided that 424, 426, and 444 Main Street will not be available to upper-class students. They will be keeping those houses vacant going into May when they can see what the class size will be.

If the class size is over 500 they will be using the Main Street

houses for freshmen, according to Sanders Giess.

If the class size is fewer than 500 and they can accommodate all of the first-year students in BWC, BPS, and Sprinkle, those houses will be used for students on the upper-class wait list or incoming transfer students.

First-year students who deposited and completed their housing questionnaire on time were automatically put in BWC, BPS, or Sprinkle this year, while students who did not were placed on Main Street. The same process will be used again for the upcoming year.

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Influenza poses its yearly threat to Ursinus students

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Ursinus College is in the midst of its annual influenza outbreak. Every year when the temperatures drop the number of influenza cases rise. Students this year have received multiple emails regarding the outbreak and how to prevent the spreading of the virus.

The Wellness Center has been extremely busy the past couple of weeks. Dr. Paul Doghramji and his staff have seen fifteen reported cases of influenza so far this year, but speculate that upwards of 5-10% of students have/had the flu. He stated that many students ignore the symptoms and never go to Wellness to get themselves checked out.

The number of cases this year is high when compared to previous years. Dr. Doghramji believes this is due to rate of flu shots declining, and on top of that, the flu shot this year has been especially ineffective. The shot this year is only about 23% effective as compared to other years where the effectiveness was between 50-90%. It is not just locally that people are not getting the flu shot. Doghramji stated that the number of people getting the shot is declining everywhere. Some reasons that people avoid getting the flu shot are fear of death, fear of the shot getting you sick, and thinking that the shots are government-

tal propaganda. Dr. Doghramji made it a point to say that all these thoughts are "completely untrue".

When a student comes into the Wellness Center suspected of the flu, Doghramji or his nurse practitioner examine the student and if they think the student could have the flu they administer a Rapid Flu Test. In about 5-15 minutes the results of that test are available the student is then diagnosed with the flu if the test was positive.

There are a couple of options once a student has the flu. If it is caught early enough, within 24 hours, the student can be prescribed Tamiflu which will shorten the duration of the illness. Also, they suggest that students with the flu go home if it is possible. If going home is not an option, the students are instructed to stay in their room and do not have other people around, according to Doghramji.

Roommates of infected individuals are instructed to sleep elsewhere if possible, but if not they can receive a preventative dose of Tamiflu. This is a lower dose than what is usually prescribed and should keep the individual from getting infected too.

The flu is a very serious infection because it could lead to other illnesses, like pneumonia. In cases where the students develop pneumonia they are usually hospitalized for respiratory support

and in rare cases death can occur, according to Doghramji. But there are many ways students can avoid influenza.

"Develop a general type of behavior that prevents infection of any kind" Doghramji said.

These behaviors include sitting two arms lengths away from people, staying away from sick individuals, and sanitizing hands frequently.

"The one best way to strengthen your immune system is getting sleep" Doghramji said, when asked how to recover from an infection.

Some students have expressed concern about how the college is handling the flu cases. Sam Milewski, a senior who has been infected with strep throat, believes that the places on campus are not cleaned well enough during the flu season. She explained that she has witnessed scoopers fall into the food in the dining hall which clearly spreads germs. When the handle falls into the food, the food gets contaminated with bacteria and this could facilitate the spreading of infections from student to student.

Some symptoms for influenza consist of a fever, cough, sore throat, runny nose, chills and fatigue. If a student is experiencing any of these symptoms, contact the Wellness Center at 610-409-3100 or wellness@ursinus.edu.

should be able to reach some sort of an understanding.

Hopefully with the help of their RA, both the freshmen and the upperclassmen will be able to make North basement feel like home for the next few months.



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International Perspective

Social living across cultures

Xichang Wu

"Way to go, Xichang!" "Yeah!!!" A huge shock stunned me when I walked into my very first dance in America with four girls.

All the guys started to cheer for me, shouted out my name and they just went crazy in the room. I just stood there and had absolutely no idea what was going on.

Then one of the guys came to me and explained how "swag" I was to have four dates. Then I felt even more embarrassed because my American friends never taught me what the word "swag" meant. I thought it was a bad thing.

So, a very confused me started to explain that I only invited one girl as my date; the other three girls just wanted to come with me and check out if there were any differences between their public school dance and our private Christian school dance.

"So you mean three girls asked you if you could take them to the dance?" asked a friend.

"Yes," I said.

The boys went wild again. At that moment I start to understand why Americans are called "party animals".

This story happened the first year I came to America; two years ago when I was junior in a private Christian High School in California.

After the dance I realized that knowing how to have fun with one another in a new environment is very tricky for foreigners. In my case, how Chinese and Americans "party" became relatively important since I was continuing my studies in the U.S.

To hold the best party on earth seems like a part of the American dream. In a foreigner's eyes, due to the media I've seen, an American party can be recognized by red plastic cups, dirty dancing and being sassy.

In comparison, socializing in China is more skills demanding because you need many different kinds of party skills. For example, how well can you sing? Are you good at gaming? And most importantly, how much alcohol can you drink?

Music is always a requirement for any party, but where the music plays varies by culture.

In China, people will typically go to a karaoke place, where you can rent a private party room, have your friends come over and sing with them. On the other hand, Americans hold their parties in their house or dormitory for students. Some American parties are by invite only, like Chinese parties, but many parties welcome whoever wants to come in and have fun.

Another big difference is what we do during the party. Chinese will sing, play games and drink but karaoke is also a place that friends talk about their life, share thoughts and feelings. It's more of a private, content place for people to chill rather than an America party where people "go out" and meet new "friends".

Night clubs are the only places where you can dance with strangers in China, but most people don't really dance on the dance floor unless they actually know some steps. This is very different from American parties where people can just start to wiggle when they hear beats instead of really dancing on the dance floor.

Having fun could be complicated when you hang out with people who grow up from a completely different culture. Adaptations and assimilations are always required for both sides.

Regardless of a person's religion, race, or sexual orientation, sharing feelings and experiencing new things with others always makes people feel happy. Now there are many private karaoke places in Chinatown. Wouldn't it be awesome to check out how well your friend can sing while eating real Chinese food?

Author Bio

Xichang Wu (class of 2018) is from Dalian, China. He is interested in psychology, media and communication, and theater and participates in the Gender and Sexuality Alliance. Although he hasn't decided on his major yet, he hopes to work as a human resource manager in the future.

Freshman continued from pg. 2

quiet and peaceful living conditions.

Despite the tension between the two groups, Mintzer takes stock in the relationships with his immediate peers. He explained that the, "The six of us are really close from our relationship at the house. He suggested that their isolation from the rest of the freshmen has only strengthened their closeness. According to Mintzer "[The upperclassmen] don't say anything to us," which does not help the situation improve.

Since there is such a small community for the freshmen to reach out to in North, they spend a lot of time in freshmen dorms. Mintzer and the other five freshmen might be better off because they can choose what they experience. Mintzer elaborates on this by saying, "We get the taste of the freshmen dorms when we want to or I can go to North when I want my own space." The ability to see the freshmen dorm conditions might help these freshmen value their new residence in North Hall.

Sadly, there is no one clear solution to this friction filled situation. However, both groups



Photo courtesy of Neomi Haut

Rosie Davis-Aubrey, La' Shante Cox, and Laurel Boyce, along with 12 other students, gathered to honor Black History Month with a spiritual sing-along on Wed. 11.

Sing-along hits home

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Last week the brothers of Kappa Alpha Psi hosted their first sing-along in honor of Black History Month. The brothers asked the Ursinus Community to join them in singing two songs, "Wade In The Water" and "Woke Up This Morning." The idea came to them whilst doing some brainstorming about events for Black History Month. Since music was (and still is) a huge part of the African-American cultures, they thought doing a sing-a-long would work well to immerse people in Black History.

"I felt this really beautiful connection," said La' Shante Cox, a junior who took part in the event. "It was nice that people came and gathered together." According to one of the brothers, Eddie Torres, a junior, about 15 people turned up to participate in the sing-along, even a couple professors. "We are not singing a song just for kicks," Torres said. "We are singing to remember the struggle of the civil rights movement." The songs chosen helped connect people to the history of African

Americans. "These songs really empower people to move forward and to keep on going."

These songs were created during the slave era and recreated during the civil rights movement and they encouraged perseverance among the people. "Wade In The Water" is about escaping from slave owners. The song is representative of the passage that slaves took to escape slavery. The verses reflect the Israelites' escape out of Egypt as noted in the bible. The slave owners just thought it was something the slaves sang to pass the time. "Woke Up This Morning" encouraged the Black community to persevere in a time when the law and the people worked against them in every sense of the word.

Kappa Alpha Psi is hosting these sing-alongs every Wednesday of February. There will be different songs each week, but they will all revolve around the idea of black history. The brothers of the fraternity believe that once there are more people attending, there will be a better sense of what they are trying to accomplish across the campus. The idea was first introduced a

little before February, with the intention of appealing to the whole Ursinus community. "Music really brings people together, in all types of boundaries," Torres said. Music is relevant to everyone in this day and age and the brothers of Kappa Alpha Psi used that to their advantage when planning an event to spread awareness of Black History Month. They knew that just having a gathering to witness a speech or talk would not be as stimulating. "You don't really see anything like [this] at Ursinus," Dom Roher, a senior and another brother of Kappa Alpha Psi said.

The fraternity is fairly new, so they are still trying to figure out what to do and how to go about doing it. The brothers plan on having more events throughout the semester such as Kappa Konversations. They also want to connect with different people in the Ursinus community and even go beyond the Collegeville area. If you want to partake in the sing-a-long, just head to Olin Plaza every Wednesday for the rest of the month.

Art dept. will sojourn to DC

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The art students on campus will be leaving Ursinus for the day to head down to Washington, D.C. on Saturday, Feb. 28 to check out what the free museums there have to offer.

The art department has been making this trip every spring semester for the last several years in hopes of arriving in time to see the cherry blossoms bloom as well.

This trip to D.C. gives students a new opportunity to go outside of the Philadelphia area to experience art. The art classes typically visit the Museum of Modern Art and other galleries in New York City during the fall.

Upon arrival in D.C., the art classes will attend specific exhibits that will correspond with their class. They will begin at the National Mall and head to museums

from there that are free admission, including the Smithsonian Institution.

Two senior seminars taught by Deborah Barkun, associate professor of art history and the department chair, and Sarah Kaufman, professor of art and art history in photography, will be attending the trip. Barkun's art history class and Kaufman's studio art class will be attending The Phillips Collection, which is one of the museums that have an admission fee. It will give students the opportunity to engage with the work that the seniors' honors research is currently focusing on.

One of the main incentives for this trip is to meet up with Ursinus graduate Brittany O'Dowd, who works as a museum associate at The Phillips Collection for almost a year now.

The art classes will be able

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Word on the Street

How do you think sports contribute to Ursinus culture?

"Sports add an important facet to Ursinus culture; it is another demonstration that Ursinus students give their all in the entirety of their collegiate careers." - Lucas Bricker, 2015

"Since Ursinus is a very academically-oriented school, it provides athletes with a sort of outlet for their stress." - Kim Realbuto, 2017

"Sports seem to create more cliques." - Alec Matchett, 2015

"I think sports teaches valuable lessons in hard work and camaraderie, and provides a strong defense against the impending zombie apocalypse. Of course, the real question everyone's asking is where's the curling team?"

-Blaise Laramee, 2017

Pre-med UC alum joins Montco police force

Chris Santoro

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Police officers all begin their careers at the same place: the academy. Dylan Royce is no different as he undertakes this task during a time of scrutiny on the officers that protect and serve the public. But what sets Royce apart is his education at Ursinus College.

Royce is a 2013 graduate of Ursinus College and has gone on to take on the task of becoming a police officer. Royce is utilizing his liberal arts education to help him become a better police officer. "The education I received at Ursinus has helped me to realize

that the world is diverse and led me to a solid foundation of understanding each part of the world," Royce said. His time at Ursinus has helped him form educated opinions on political and social matters.

"I've been able to take what I learned there and apply it not only to my life, but what I am being taught at the academy," Royce said.

While at Ursinus, Royce was a double major in biology and health and exercise physiology. Royce planned on joining the medical field after graduation.

"I decided to join the academy after my tenure at Ursinus. I always had an interest in public service, which is why I chose the

pre-medical field at Ursinus, but I decided that my attributes were more beneficial toward a career in law enforcement," Royce said.

Royce, a cadet sergeant at the academy, started at the Montgomery County Municipal Police Academy in the summer of 2014. He didn't grow up thinking he would be a police officer or at the academy preparing for this career.

"It's the profession I believe my attributes are best suited for to make a difference and the only one I've considered that I can envision doing for the rest of my life," he said. Royce said that he is inspired to actually get involved in the community he serves. Royce believes what he

is preparing for is important and wants to take advantage of this opportunity to the fullest extent.

Austin Oscovitch, a senior, met Royce his sophomore year while the two were playing rugby together. They established a strong friendship and bond.

"Dylan is a very disciplined, hardworking, level-headed individual. Those are a few of the many characteristics that Dylan possesses and that make for a quality police officer. It is illustrated not only in his studies, but his athletic achievements as well," said Oscovitch.

Oscovitch relates to Royce's decision to enter the academy after graduation this May.

"Personally, I have wanted to

be a Pennsylvania State Trooper for several years now. I recently passed my State Police physical examination and am waiting on instructions on when I can take the Polygraph examination in April. My father is a retired Pennsylvania State Trooper, having served for 21 years," Oscovitch said.

"I want to be an officer who thinks about every aspect of what he is doing and the implications it will have not just on me, but the community I am serving," Royce said.

He says that with his education he will be able to achieve that goal of becoming an officer who can understand consequences.

Art Trip continued from pg. 4

to discuss O'Dowd's experience after Ursinus in the art field and get advice for future endeavors. Seniors are required to attend and most art classes are highly encouraged to go to the museums as well.

Barkun and Kaufman are looking forward to collaborate and meet with an Ursinus alumna who will be able to provide more information about the museum for the senior classes.

"You can look at work in slide form all day long, and it's not the same as it is to actually be in front of it and be able to really study and interact with the object versus its virtual image," Barkun said.

Barkun expressed her gratitude to be able to have this trip and meet with an Ursinus graduate, especially in order to encourage students to think about plans

after graduation.

Other classes, such as Intro to Islamic Art taught by Sumreen Chaudry, a drawing class taught by Cari Freno, and Book Arts taught by Kay Healy will also in attendance.

Many of the classes will have an assignment or project to complete after the trip that reflects on one of the museum exhibitions. The professors coordinated the trip to go along with the course and discussions from class and allow students to have a different experience from inside the classroom.

"It's a valuable opportunity for students to have a kind of experiential encounter with diverse works of art and architecture they might not usually encounter on campus," Barkun said.

The trip will be an all-day event which will give students the opportunity to go to different museums of their choice and meet up at the end of day before head-

ing back to Ursinus. The accessibility of this National Mall will be convenient for students to visit several museums because they are in proximity of each other.

Sophomore Sophie Snapp, art history and religious studies double major, will be attending the art trip to D.C. for her first time for Professor Chaudry's Intro to Islamic Art class. Snapp was raised in New Mexico and attending Ursinus has given her the opportunity to see museums on the east coast such as the Philadelphia Museum of Art.

"Intro to Islamic Art is really interesting so far, and it will be great to connect what we're talking about to the objects at the gallery," Snapp said. "This is a really exciting experience for me, especially since I'm from New Mexico and don't get many opportunities to go to D.C."

Bear Prints

An Ursinus comic series by Blaise Laramee



College gets tired of students switching majors, uses magic hat to decide once and for all.

Happening on Campus

Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Diversity Monologues	SPINTfest Q&A, Lower, 11:00 a.m.	SPINTfest Wellness house vegan baked goods, 476 Main Street, 2:00 p.m.		Airband act registration begins	Squatting Eligibility meeting, Olin Auditorium, 8:00 p.m.	Study Strategies and note-taking workshop, Olin 103, 12:00 p.m.
What's a Business Model?, Bears Den, 10:00 a.m. and 1:30 p.m.	Chemistry seminar talk, Pfahler 208, 12:15 p.m.	"Dream Girl", Kaleidoscope, 7:30 p.m.		SPINT, Wicks, Hillel and Carriage House applications due		Poet Ida Stewart, Kaleidoscope Lentfest Theater, 7:00 p.m.
	Shabbat Dinner, Yost Hillel, 7:00 p.m.					

Stress-management should be required

Christine Palazzolo
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Being a freshman at Ursinus College—what does it mean? What does it entail? There are three letters in the alphabet that I can safely assume roll off the tips of upperclassmen's tongues when asked about their first year here and that are bitterly grumbled from the current BPS and BWC dwellers—the Common Intellectual Experience, or CIE, as we know it. The CIE curriculum, through small class discussions, rigorous writing assignments, and a close analytical walk through some of history's most provocative works, challenges and disintegrates preexisting beliefs of the freshmen class. Ursinus' first year course is unique and has received praise from the collegiate community and media, such as Colleges That Change Lives and the Washington Post.

CIE has inarguably satiated the college's inner adolescent

showing off their beloved baseball card set, but has the self-pride of the course blinded the school from realizing that freshmen, in this day and age, could need more? While the growth of critical thinking within new students undoubtedly takes place at Ursinus College, the burden of carrying the title of "college student" has multiplied for students nationwide, and the skills to carry that burden have been left here, and elsewhere, brushed aside.

Stress is in an inevitable trap for all students, and one that freshmen tend to become ensnared in. In a study conducted by UCLA, the majority of undergraduate students reported to experiencing negative changes in their self-assessment of their academic ability and intelligence. New school, new home, new friends, new teachers, new expectations, new demands; it all makes sense. What if, within the first year of college there was a way in which freshmen could be

given a class just as beneficial as CIE is to new thought? The only difference is, this class would not try to resolve the question, "What does it mean to be human?" but rather, "What does it mean to be a student and how to handle it?" Yes, I am suggesting a required freshman course on handling stress.

Luckily for the curious reader, there already exists a model class at Ursinus which exemplifies the idea I am proposing. HEP-240, Stress Management, taught by Professor Kristin Paisley, is seemingly just another elective in Ursinus' Health and Exercise Physiology department. However, after closer examination of the course with its sole instructor, the class has real potential to pose as an ideal requirement for the average incoming freshman. HEP-240 is broken down into three subtopics within the semester. The first of which focuses on self-awareness—the individual looking at themselves and pinpointing their

stressors, some of which they may not even be aware of yet. The second portion of the class revolves around developing coping skills for those newly recognized stressors. Finally, within the last segment of the course, students work on techniques to manage their stress and establish preferences for different strategies to do so. Typically because of the limited space, the class is made up of mostly juniors and seniors, with the occasional sophomore. When asked about the demographics of the class, however, Professor Paisley explained that she almost always gets emails from students of varying departments, either asking about the class or desiring placement into it. Essentially, a course on stress management on its own presently seems both very popular and valuable.

Paisley receives a lot of positive feedback during the span of teaching HEP-240 and the student perceptions of teaching questionnaires (SPTQ's), in which, "a lot

[of students] feel like they could benefit from stress management in combination with the CIE course."

The only problem is that many who are receiving the help for coping with their stress are at the latter end of their collegiate careers. "Some wish they heard it a long time ago...three years ago versus now," said Paisley.

So I ask, think back to your first freshman class, surrounded by fifteen or so other people you met just two months prior. Think back to the feelings of being a freshman, not just the realization that nobody you notice wears their lanyard, but to the real feelings or emotions you had. It was overwhelming, maybe even scary. No matter what high school you came from, you probably did not understand the real definition of "stress" until your first finals week at college.

The pinnacle of the booty in today's society

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There are two pop songs being held up as body acceptance anthems recently: Meghan Trainor's "All About That Bass" and Nicki Minaj's "Anaconda." It's true that they both are promoting the concept that curvy women should feel sexy, but they both achieve it through the same means: tearing down thin women, whom they endearingly term "skinny bitches."

Greetings, hello, hi! I am a skinny bitch. I mean, I actually don't look in the mirror every day and think I'm skinny, but I am fairly certain that this song refers to women like myself who are of average size—because if you're not curvy, you're skinny. And if you don't have "buns hun" or "a little more booty to hold at night", then boys won't want you—which is obviously what determines your sex appeal according to these "body peace" songs.

So let's discuss issue number one with these songs: they rely on

men's ideals for fornicating with you in order to establish what is sexy. This is problematic for countless reasons, including but not limited to 1) not every man has the same taste in women and 2) sexiness is something everyone should feel whether they are getting laid or not, because it is an individual experience. And even if it was about sex, I hate to break it to these pop stars—but skinny girls get some too. Shocking, I know.

The problem is that as a young adult, it is pretty easy for me to brush off the insults these songs sling at me because I have already developed a strong sense of self; but what about the young girls who hear these songs? Ursinus student Katie Faust brought this to my attention by saying, "I know if I were a skinny girl first going through puberty, and I was thin but lacked breasts and heard something like "fuck skinny bitches"—especially in conjunction with the artist singing about how men prefer women with curves—that would be really

damaging to my self-esteem."

There has been some outcry against these songs, and phrases like "skinny shaming" have been tossed around, parallel to the popular term "fat shaming." However, many people are taking issue with this because while insulting skinny girls isn't very nice, it isn't the same as the discrimination faced by fat women.

Many articles have been floating around about why skinny shaming isn't "a thing." An interesting one was published in Yale's school newspaper, titled "The myth of skinny shaming." Author Rachel Baker argues this from a sociological standpoint, explaining that thin privilege is embedded into our culture, causing a power disparity between those who are thin and fat.

Her argument is best summarized by one of her statements: "Fat-shaming represents a larger social system of oppression. Skinny-shaming is an individual insult or criticism against those who are already in a position of power."

I am on board with this argument, which I can admit is pretty much only because I took a sociology class and learned the difference between institutionalized and individual discrimination (Thanks Dr. Clark!). However, I still strongly disagree with brushing off the growing criticism against skinny or average-sized women. (I know even using the term "average" can incite entire debates itself, but that is another topic for another article.)

Baker goes on to make a pretty presumptuous statement in her article, arguing that these songs are not attacking thin women. Apparently, "when Nicki Minaj says 'fuck the skinny bitches' she's not personally attacking women who receive skinny privilege, but rather combatting the system that gives it to them. She's publicly recognizing the power dynamic that surrounds the female body, and she's attempting to disrupt the dominant narrative that allows this dynamic to exist."

I, for one, find it comical that anyone might assume Nicki

Minaj chose those lyrics to do something like disrupt the dominant narrative; I am of the belief that she probably was just taking a nice poo on skinny girls in the club. I mean, she says "Fuck those skinny bitches in the club/ I wanna see all the big fat ass bitches in the motherfucking club, fuck you if you skinny bitches. What? Yeah!" That does not sound like an acknowledgment of skinny privilege, or recognition of the power dynamic surrounding the female body; it sounds like a bitter "fuck you" to women who are thin.

If you want to fight the hierarchy surrounding size in America, you can do it without tearing others down. Trainor and Minaj both are trading in one ideal for another, which is not a solution to the problem—nor is it body positivity.

While I agree fat shaming occurs on a much more structural scale, I will not let that be an excuse to ignore shaming anyone of any type.

Richie Schulz leading mens' track

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Richie Schulz is senior member of the track team who is determined to make his last year at Ursinus College the best one of his career.

Schulz is an extremely versatile athlete. His main event is the 400-meter run, but he also runs the 60-meter dash, and 200-meter run. He ran the 500-meter run back in December and set the school record at 1:08.52, which was only just recently beaten, and he can run all the way up to the 800-meter. He's on the 4x200 and 4x400-meter relay teams, and according to track and field head coach Carl Blickle, would also be a part of their best 4x800 relay team as well.

However, Schulz's talent does not stop at just running sprints. Currently, he's practicing long jump again, an event he had not competed in since high school, because of a previous hamstring injury.

"He's talented enough that he can pick it up pretty quickly and place in the conference," said Blickle.

Just this past weekend, the

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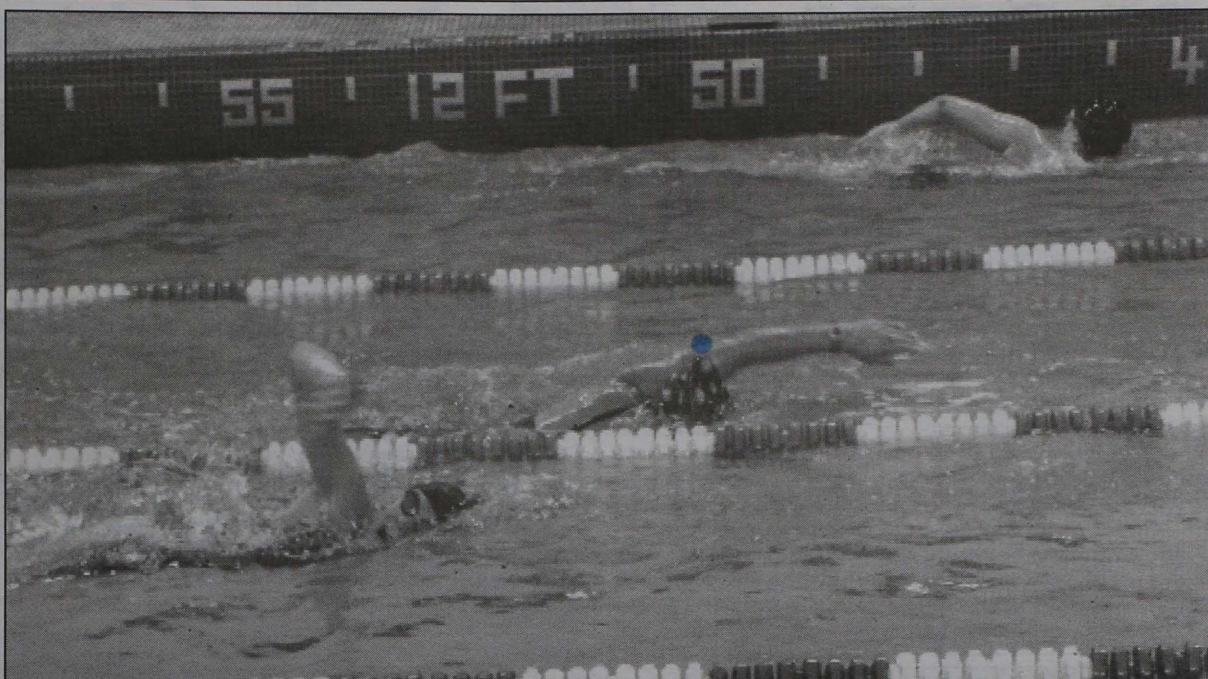


Photo courtesy of Henry Gustafson

Part of the swim team is seen here practicing on Saturday, Feb. 14. The champs meet takes place over three days the weekend of Feb. 20-22.

Taking the plunge

Womens' swim heading into champs looking to defend conference title

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After another undefeated season, it seems that there is only one challenge left for the women's swim team this year: the Centennial Conference Championships at Gettysburg College. The meet will take place the weekend of Feb. 20-22. The Bears hope to maintain their level of excellence and defend their title as conference champions.

Mark Feinberg, head coach of both the men and women's teams for the last ten years, described why they have been doing so well. He said, "They have really developed a knack for racing. Getting

up for big meets and competing at a high enough level for the competition that we are swimming. They win close races."

He also believes that everyone from every class has contributed to the team. Surprisingly, Feinberg stated that going undefeated was not a goal but that their "focus all the while has been winning the conference championships." That seems to be the most important repeat, rather than their undefeated regular season, on the minds of everyone on the team.

However, with successful back-to-back seasons there is an added sense of pressure for the team as they head to the competition. According to Sydney Gunderson, a freshmen on the

team, "It's a good pressure, it kind of makes me push myself harder at practice especially during the real season and now as we are starting to taper." She finds that the pressure and higher level of expectations has helped her drop a lot of time in her races and allowed her to exceed her personal goals.

The pressure does not appear to be a cause of concern for Gunderson as she prepares for the championship, however. In fact, she said, "I'm just trying to have fun. I'm not trying to think about it a lot because if I think about it a lot I'll get too nervous." This approach to championships applies to another swimmer on the team as well.

Katie Pielmeier, a sophomore and crucial member on the team, is trying to remain positive and upbeat as the meet draws near. She said, "Yeah, there is pressure but it is how we turn that into what we want ... and we want to win, but we also want to have fun at the same time. We won last year, and we are the champions. We just have to prove that again."

Pielmeier mentions that she keeps an open mind as she goes into practice and really focuses on believing in herself. She said that her personal attitude helps her build confidence for the meet. "I feel pressure when I am up on the blocks but its excitement—

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Last Week's Scores as of Monday, Feb. 16:

WM Track	Gymnastics	Wrestling	M Basketball (9-14)	W Basketball (8-15)
Feb. 13 Valentine Invite @ Boston University Neither team received a team score. M: Evan Shea had a PR in the 60 and 200 hurdles events. Richie Schulz set a PR in the 400. W: A total of nine Bears, according to coach Carl Blickle, set PRs at the meet.	Feb. 14 @ Rutgers Maryland-College Park: 195.375, Rutgers: 194.400, Cornell: 192.700, UC: 189.650 Kaelin Ruoss again competed all-around, finishing with a score of 37.700. She ranks fourth nationally, across all divisions, with an average of 37.800 in all-around.	Feb. 14 @ Centennial Championship @McDaniel 2nd-place finish with 91.5 pts Christian Hoogheem won the 141 pound bracket, and Derek Arnold won the 149 bracket. Dan Manganaro won the Chris Clifford Award, given to the senior who had accumulated the most points at the event in his career.	Feb. 14 @ Washington College UC: 85, WC: 94 Matt Knowles: 22pts Brian Rafferty: 12pts, 9reb	Feb. 14 @ Washington College UC: 44, WC: 59 Olivia Kane: 11 pts

THE GRIZZLY SPORTS

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track team traveled to Boston University for the David Hemery Valentine Invitational, where Schulz came out with a 7.54 in the 60-meter dash, a 51.47 in the 400-meter run, and a 5.58 in long jump—stats that are promising for the upcoming Centennial Conference Championships.

Schulz's unwavering demeanor as a team player makes his leadership qualities all the more noticeable to his coaches and his fellow runners.

"He has a really good invested interest in the team in general and then in everyone as individuals," said Blickle, "he has a lot

of leadership qualities...in the way he acts, in the way he carries himself, and in his abilities to perform at a high level, as well as coaching and supporting other people."

Although the heart of his competing seems to have always centered on the 400, Schulz is very easily willing to run in other events in order to score more points for the team.

"I'm willing to put the team on my back if I need to," said Schulz, a runner who recognizes the value of each and every one of the other members on his team.

Schulz has kept several goals in mind for this season, of which include winning the 400 and 4x400 at conferences in March.

These goals helped Schulz to motivate himself over off-season training in the summer and fall. Schulz's goal of winning the 4x400 specifically has his attention as he hopes to come back from a tough third-place finish last year, after dropping the baton in the race.

"The 4x400 is the event I care most about, I want to come back from that and take our throne back", said Schulz.

Schulz notes that his health right now is the best it has ever been. He attributes part of his current fitness level to the new training of the coaching staff, but also in part due to his own personal motivation. Schulz is expected to do very well at conferences, and



Photo courtesy of David Morgan
Schulz is seen here competing in a relay. The Bears compete next at the Centennial champs meet on Feb. 28 at Haverfod.

could potentially even qualify for nationals.

"Win everything", is the man-

tra Schulz currently holds as he prepares for the Centennial Conference Championship.



Photo courtesy of Jon Vander Lugt
Members of the women's swim team are seen here cheering on those in the pool during their meet against Franklin and Marshall.

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I'm ready for this," she said.

Along with Gunderson, Pielmeier possesses a sort of confidence and sureness that gives the impression that she is well-prepared for what is ahead. Both women find that the support of their teammates on the sidelines and the strong bond of the team will create the perfect atmosphere for a successful meet.

Feinberg said that the team as a whole hopes to win in all five of the relays and then in the individual categories. In addition to an overall victory, each member of the team has set a goal to better themselves. For some it is scoring highly in the top half of the sixteen spots, and for others it is just qualifying in the second half of the sixteen.

If they reach their goals at the championship, some members could even qualify to go to nationals in March in Texas. Feinberg reaffirms his faith in the team and their talents. He said, "They have embraced the pressure that comes with it. They thrive more as the pressure mounts."

Upcoming Schedule:

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
M&W Swimming: Centennial Conference championship meet @ Gettysburg, 9:00 a.m.	M&W Swimming: Centennial Conference championship meet @ Gettysburg, 9:00 a.m. M Basketball: vs. Muhlenberg, 3:00 p.m. W Basketball: vs. Muhlenberg, 1:00 p.m. WBCA Pink Zone Day Wrestling: vs. Main St. Vincent @ New York City, 12:00 p.m.	M&W Swimming: Centennial Conference championship meet @ Gettysburg, 9:00 a.m. Gymnastics: vs. Temple, 1:00 p.m.			

