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The Grizzly, January 29, 2015

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THE GRIZZLY

STUDENT NEWSPAPER OF URSINUS COLLEGE

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COLLEGEVILLE, PA. THURSDAY, JAN. 29, 2015 VOL 39, ISS 13

Search for new president continues

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The search for the next president of Ursinus College continues to make great progress, according to Michael Marcon, chair of the presidential search committee.

The committee is currently in the process of seeking applicants and building the candidate pool.

The committee does not have a specific number of candidates they are hoping to compile. Instead, they are focusing on the quality of the candidates they receive applications from.

"I am pleased with what I have reviewed to date," Marcon said. "Of course, only the final candidate matters."

Marcon has kept the student body up to date on what the committee has been doing by frequently sending out emails with updates.

The search committee, along with the search consultant Storbeck/Pimentel & Associates, is advertising the position in major higher education periodicals.

They have received resume submissions from very different and interesting candidates so far, according to Nina Petry, one of three student representatives on the search committee.

Some of those candidates include entrepreneurs, ambassadors, and non-profit leaders, along with many others.

"I think it's exciting that the resumes I have read belong to very different people," Petry said. "The range of experiences and viewpoints is very reassuring."

The next step of the process is reviewing candidates, which is set to begin in early to mid-February. After reviewing the candidates, interviews will be held in March.

The members of the committee are excited to begin both reviewing and interviewing candidates, said Marcon. The committee hopes to complete the process by the end of spring.

In order to assure the candidates complete privacy, the process is confidential. Although it is confidential, the search committee is open to feedback from the community.

"While we cannot divulge confidential information, we will keep the concerns and comments of the community in mind throughout the process," said Uli Luxem, one of the student representatives on the search committee.

Any questions or comments about the process or the next president can be sent to presidentialsearch@ursinus.edu.



Photo courtesy of Henry Gustafson

During the week of Jan. 11, campus safety received two reports of missing personal items from New Hall. Both campus safety and the Collegeville police investigated these incidences.

Thefts reported in New Hall

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Two thefts were reported in New Hall during the first week of classes according to an email sent out to campus by Campus Safety. The rooms were unlocked and the thief stole personal items from the students.

Alex Wiltz, the assistant director of Campus Safety, was interviewed about the college's policy and protocol when a theft is reported. He stated that the number of thefts has stayed relatively the same.

"The biggest thing we do is provide locks for students," Wiltz said when asked what the college does to prevent thefts from occurring around campus. "We also encourage students to lock their doors and not leave their items out."

Wiltz then talked about efforts the Campus Safety office does, such as hanging door hangers reminding students to lock their doors.

"We are always trying to increase the use of locks because that's the biggest thing we can do," Wiltz said.

Along with the locking of doors and personal items, Wiltz went on to talk about how Campus Safety stresses to students not to let others they do not know tailgate them into their building, meaning students should only open doors for people they know live in that building.

The punishment for theft is handled on a case by case basis. Punishments range from a warning to possible dismissal from the college. Many times, when dealing with theft, the case goes to judiciary board and the sanctions

are issued there by the perpetrators peers.

Wiltz also said there are other factors that go into a theft case, like force used to enter, how much they stole, and their personal conduct history.

Theft is not a problem that only happens at Ursinus. Colleges all over face the issue.

"Ursinus definitely has that family feel, but unfortunately colleges in general have very high theft rates," Wiltz said.

Thefts are not localized to one area on campus. They occur everywhere on campus. In non-Reimert locations thefts usually happen during the day when students are in class or busy with other activities. However, in Reimert

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WRITERS WANTED

Lend your voice to The Grizzly

Join us for our weekly news meeting

Mondays, 6:00 p.m. Ritter Lobby

Tuition set for 3.5% raise in 2015-2016

A three-part investigation into the cost of an Ursinus education

Kristen Costello
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The price of tuition will increase by 3.5 percent for the 2015 to 2016 school year. Each year, administration makes recommendations for the tuition price to the board of trustees, who then votes on a number. The total price that students pay at Ursinus for the 2014 school year is \$57,580, with tuition itself costing \$45,890, room and board \$11,500, and the technology fee of \$190.

"Setting tuition and room and board fees is always a balance between collecting enough funds and revenue to keep the quality of the school at a level where students are satisfied and making sure we're not so expensive that bright students can't afford us," said Rick DiFeliciano, vice

president for enrollment.

One aspect of quality that the board takes into account is the student-faculty ratio. Ursinus' current ratio is 11:1.

"The most important value here at Ursinus is your access to faculty," DiFeliciano said. "We might be able to do this a little less expensively if we had a 20 to 1 faculty ratio, but that probably wouldn't be what students and parents want us to do."

"If the class sizes were a little bit bigger, maybe of an average of 25 or so students, and tuition was cheaper, I wouldn't really mind," said Daniel Pineda, a sophomore at Ursinus. "However, I definitely wouldn't want to see the average class size go up much more than that because it would change the dynamic of the classroom."

"I think here you could make the argument that our students

would feel, say, a 15:1 ratio in terms of lesser quality," DiFeliciano said. "We all believe in our hearts that the lower that ratio is, the better the experience is going to be for students."

He also said that a lower ratio is better for students because it allows faculty more time to spend with students one-on-one.

Other aspects of quality that the board takes into account when determining the price of tuition are athletic programs, study abroad opportunities, summer research, community service programs, the majors and minors that are offered, and student life programs.

"The depth and quality of these programs depend on how we staff and fund them," DiFeliciano said. "These are all things that make us us, but developing the

quality of the experience here is not free."

The board also has to think about accessibility when setting the price of tuition.

"We're really interested in having a diverse student body here, so we try to ensure that it's possible for many students with low incomes to actually come here," DiFeliciano said.

In order to make sure that Ursinus is accessible, the board approves a financial aid budget. About 95 percent of students at Ursinus have financial aid. The average price they pay for tuition after merit and need-based aid are given is about \$30,000 per year.

"I've heard a lot of people around campus say that they're annoyed with how expensive tuition is and how it just keeps going up every year," Pineda said. "But, I rarely hear anyone complain about the amount of aid they're getting; I think Ursinus does a very good job with their scholarships."

There are benefits to Ursinus'

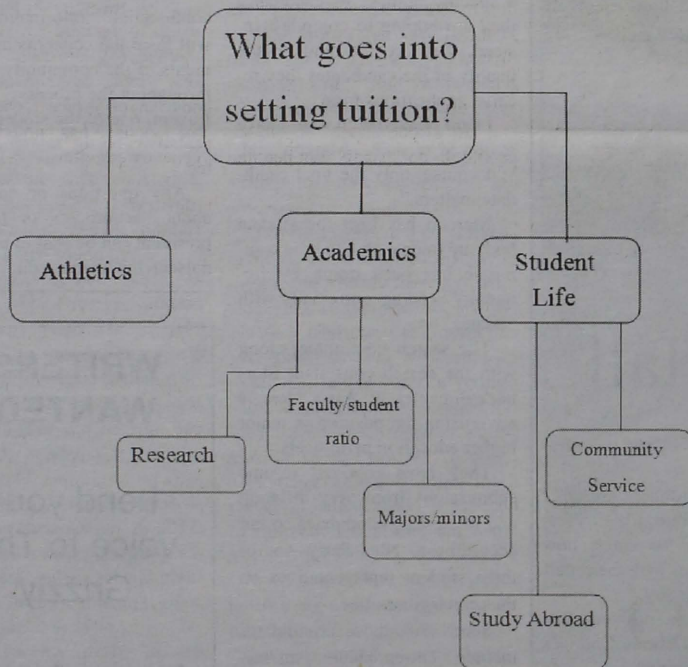
high tuition, high financial aid model, according to DiFeliciano.

"The upside is a little subtle," he said. "Almost every study we read suggests that if you're significantly priced below your competition, the public doesn't see you as having the same quality."

Even though most students don't pay full tuition, the high sticker price is a symbol for the quality of the school, according to DiFeliciano.

Tuition has also been increasing at a similar rate at other small liberal arts colleges in Pennsylvania. At Dickinson, the total cost of tuition has increased 3.47 percent from 2013 to 2014. At Muhlenberg, tuition has increased by about 3.11 percent.

"Keeping tuition reasonable is something that the industry has been grappling with nationally," said Associate Vice President for Finance Jim Cooper. "It's difficult to say what the future trends will be."



Thefts continued from pg. 1

most thefts occur on Friday and Saturday nights during social events, according to Wiltz.

With Ursinus being such a trustworthy campus, the effects of these thefts have brought more awareness amongst the student body. Austin Feuerman, a sophomore resident of Reimert Hall, has been taking note of the recent thefts around campus.

"Students should take more precaution by locking their doors and making sure their valuables are in a safe place," Feuerman said.

Feuerman went on to suggest that the college adds cameras to

residence halls that monitor traffic in and out of students rooms. Then when something gets stolen, there would be something Campus Safety could go back to look at.

The "family feel" of Ursinus could make thefts here easier to execute because everyone is so trusting of others, so students are more comfortable leaving their doors unlocked and their valuables in plain sight. But with the increased awareness, reminders to lock up personal belongings, students can help make thefts less of an issue.

If you are ever a victim of theft, call Campus Safety immediately at 610-409-3333.

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

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Feick leaves Ursinus

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One of the most common occurrences during recent winters at Ursinus have been emails sent out to campus by Andrew (Andy) Feick, former director of facilities, reminding students to wear "deep tread shoes," and take other precautions during wintry months.

The emails became a hit and were often discussed among students who looked forward to reading them whenever there was snow or ice outside.

But now, students and faculty are no longer receiving those emails.

Feick recently accepted a position at Temple University in the facilities department. His last day at Ursinus was January 16.

The past facilities staff member at Ursinus recently transferred to Temple University to work as the head of facilities there.

When Andy Feick first arrived at this school, Ursinus College

was under much construction and he lent a helping hand all over campus.

Ranging from the athletic center, to wellness, to housing, to other facilities around campus, Feick worked all over the place at Ursinus College. Feick was also one of the people who helped ease the transition over this past summer to the new cleaning staff that arrived at Ursinus.

Jonathan Ivec, the vice president of finance and administration, described what type of transition this has been for Feick and how Ursinus College is going to be able to move forward.

Ivec described Feick as "a guy who is relatively young and has an opportunity to go out and do something for a different organization that has a much larger amount of resources for him." Ivec continued, "I think that any time that someone makes a decision that is in the best intention for his or her family, the individ-

ual is making a very respectable decision."

Feick will be aiding Ursinus in the search for a good candidate for the new director of facilities.

Because of Feick leaving facilities, Ursinus College has been searching for new candidates to take his position.

"No one is taking his place yet, but we are in the process of finding someone for his position. We have advertised and are gathering resumes for the job," said Ivec.

Ursinus is still looking for somebody to fill the job, but in the meantime students hope to receive emails warning them of weather conditions outside.

"It was nice to always know what to expect when I was walking out of my building in the morning," said Jennifer Grugan, a junior. "So I hope somebody will keep sending out those emails so I know what the conditions are like outside."

International Perspective

Affection is different in all cultures

Koji Yamamoto

Musser, the "international" dorm, makes me happy because there are many students who are from different countries. They are very friendly and I enjoy talking with them every day. One day I had an interesting conversation about PDA (public displays of affection) with other Musser residents. There were six students and I was playing darts with one of them while the others were chatting beside us. One of them said to me "Is it really true that Japanese people do not hug even with their families or best friends?" I answered, "It is true. It is very rare to hug with someone except your girlfriend or boyfriend." By their reactions, I realized that this Japanese cultural practice was very surprising to them.

I am from Japan. Japanese people do not usually hug people even if they are very important to them. One big reason for that is because it is a bit embarrassing for us. Little kids do hug with their mothers but once you grow up to be an adult, we do not because we feel embarrassed. People who are reading this may not understand this and may be thinking "it is not embarrassing at all." But because we have this thought, I was a little confused when I had the chance to hug with my friends here at Ursinus. But I knew American culture so I hugged, of course.

I think that another reason the Japanese do not hug as much is related to Japanese language. Because the Japanese language has a history of Haiku, a kind of song from ancient times you have to make within a certain rhyme and number of phrases, Japanese people use language to express their emotions. In the past, if you were very good at Haiku to convey your feelings when you asked someone out, you were considered very attractive and talented. In other words, people had to be good at using language if you wanted to attract the man or woman in whom you were interested. For example:

*Meguri aite
Mishi ya sore to mo
Wakanu ma ni
Kumo-gakure ni shi
Yowa no tsuki ka na
- Murasakishikibu*

English Translation:
*At long last we meet, only for
me to leave hurriedly, for I could
not recognize you, like the moon
hidden behind the clouds.*

Today, we do not have the practice of using Haiku but we still use verbal language to express our feelings more than body language. Because of this origin of language usage, Japanese language has much more vocabulary to express emotion compared to English. I believe that is why Japanese people do not have to use body language because the Japanese language has enough power to convey emotions.

In comparison to Japanese, English is a relatively new language. English does not have that much vocabulary for emotions according to my roommate who is American and has had the experience of staying in Japan to learn Japanese. (Consider the many ways the words "like" and "love" are used in the English language). However, I think English has more vocabulary for actions or expressions coming from body language. I believe this is related to Americans' actual behavior in daily life where they often use body language in order to share feelings. In addition, I have experienced that Americans are very welcome and open to people and they do not feel embarrassed to hug with someone. This is a big difference between Japanese and American cultures.

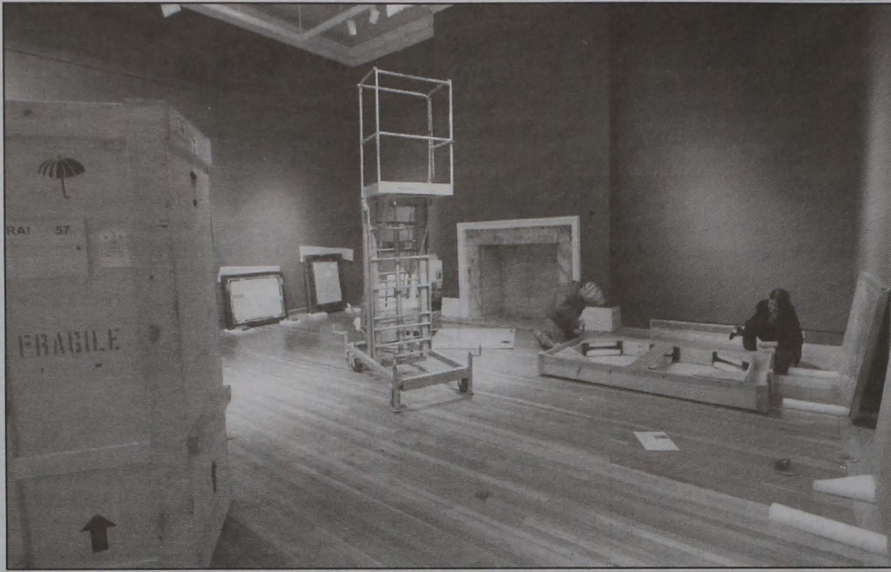
Author Bio

Koji Yamamoto is an international exchange student from Kyoto, Japan. He attends Akita International University and majors in Global Studies with a specialty in North American Studies.



Photo courtesy of Andrew Tran

Thousands of people gathered in Center City, Philadelphia to be part of a walk that honored Martin Luther King Jr. People were seen carrying signs throughout the street.



Berman Installation Photo courtesy of Alexis Primavera

On Jan. 21, the Berman staff worked diligently to begin the installation process of their latest exhibition, Museum Studies.

New Berman exhibits open

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The Berman Museum opened two new exhibits on Thursday. The first new exhibit, "Under Color of Law" is a response to the growing tension between law enforcement and minorities and will be on display until May 15. The second exhibit, titled "Museum Studies", exhibits twelve contemporary artists who based their artwork on procedures or customs of museums.

"Under Color of Law" features art work from five African American artists. The artists are Terry Adkins, Nsenga Knight, Hank Willis Thomas, Nari Ward, and Carrie Mae Weems. According to the press release concerning the exhibition, the title "refers to the legal term for the appearance of authority that covers the actions of police officers, judges, or other government officials, whether those actions are lawful or not."

The press release goes on to say that although the exhibition responds to the recent tension between law enforcement and minorities, the exhibition is also a look into deeper historical context, not just the sensation of media and conflict between the two groups.

The works in the exhibition reference important political

movements in regards to minorities. Some movements or events referenced are the legacy of Jim Crow, Voting Rights marches from Selma to Montgomery, and "stop and frisk" policies.

One of the artists, Nsenga Knight, was a student of one of the other artists, Terry Adkins, at the University of Pennsylvania. Knight will be visiting Ursinus on April 2 and performing one of Malcom X's last speeches. According to the press release, the performance involves Powerpoint-style visuals that reference the speech's original delivery in 1965, but also includes images from social media coverage of recent movements. The performance is called "X Speaks" and will be held on April 2 at 7:30 in Pfahler Hall.

Ginny Kollak, curator of exhibitions at the Berman, got the idea for the exhibition after Interim President Winegar called a meeting last semester regarding student responses to the lack of indictment of Officer Darren Wilson, and the death of Eric Garner.

"For me personally, I get really excited when I see a work of art that responds to something that I had been thinking about or that had been going on in another part of my life," said Kollak. "I think a lot of people don't expect art to do a lot more than

sit and look beautiful, so I love that moment when I'm just really touched by something."

"Museum Studies" features work from Joe Amrhein, Richard Artschwager, Don Celender, Thomas Demand, David Diao, Alicia Framis, Elliott Erwit, Louise Lawler, Glenn Ligon, Julian Montague, Vik Muniz, and David Shapiro.

"Taking their cue from the essential but often mundane duties of art handlers, conservators, critics, curators, and registrars, the artists in Museum Studies explore aspects of the museum's functionality that generally remain out-of-sight or unacknowledged," says the press release regarding the exhibit. The exhibit features works such as recreations of the backs of paintings, a crate sculpture, pictures of how other museums feature art, and more.

"Even when the most dedicated and knowledgeable museum-goers visit, their focus—is as it should be—is mainly on the art displayed in the museum's galleries. Having spent my career as a curator, I know all too well that while the exhibition is the primary end product, it is still only a small part of what a museum is and does. It is the behind-the-

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Peer Advocates raise awareness

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The Peer Advocates program strives to inform the student body about sexual misconduct and awareness. The group also wants to serve as allies to victims of sexual assault.

The Peer Advocates program was created by dean of students Debbie Nolan and an alumni student. "I started the program after being interviewed by a Grizzly writer who was frustrated with sexual assaults on college campuses, and wanted to know what we were doing about it. During our interview, I asked her if she would consider partnering with me to develop the program. She agreed," said Nolan.

After her Grizzly interview Nolan aimed to make this group bigger and better by adding faculty and staff members. "We enlisted additional advising support from Dean Kim Taylor and Professor Brenda Lederach, and strong student interest," said Nolan.

Kelsey Knowles, a junior, is the student leader of the Peer Advocates. "The Peer Advocates hold monthly meetings with the administration working to address sexual assault issues on campus and conduct preventive

education programming," said Knowles. "Our program focuses on the importance of consent and raising awareness. We offer support for students dealing with a sexual assault either through advocating for them judicially or helping them find the mental support that they need and deserve."

The Peer Advocates want to fight rape, sexual assault, stalking and relationship violence. The program provides services where students can open up about their experiences. "We also provide misconduct prevention programming to raise awareness and hopefully lower sexual misconduct incidents on campus," Knowles said. "We try to achieve this by providing programming open to the campus as well as working with specific groups of people as incidents arise. We also provide one-on-one meetings with complainants of sexual misconduct where we assist them through executing judicial processes or seeking support after a crisis."

The Peer Advocates want to make sure that students can find out information with creative ideas. "With people's busy schedules combined with the taboo topic of sexual assault, it is difficult to reach out to everyone," said Knowles. "We try to combat this problem by creating

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Word on the Street

What is your New Year's resolution?

"To eat shark fins."
- Victoria Glover, 2015

"To live more in the moment and be more mindful of little things in life."
- Bri Keane, 2016

"To call my mother more often."
- Dylan Stephens, 2017

"To meet one more person everyday."
- Usman Baqai, 2017

Docent program relaunches

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The Peer Docent program at the Berman Museum of Art is striving to make people think deeply about artwork. This is done by looking at images and artworks and discussing them in groups.

The Peer Docent program at the Berman Museum of Art is a program in which students, who act as tour guides, lead discussions about different types of artwork. According to Ginny Kollak, the curator of exhibitions at the Berman Museum of Art, "The peer docent program is designed as a way for students to talk to fellow students about the exhibitions that are on display in the Berman Museum in ways that they might be applicable to academic life and campus."

The program was started by the previous curator of education at the museum, and it has recently been rebooted. It follows a format for museum education called visual thinking strategies, which is based on the premise that there is a limitless number of ideas that can be pulled out of any artwork. It is based on three fundamental questions: What is going on in the image? What do you see that makes you say that? What else can you find?

"The idea is to present artwork in an exhibition without any predetermined ideas of how the discussion will go and to rely on

the people, the visitors, to shape the conversation by what they see and what they're feeling in the moment," Kollak said.

These questions allow the visitors themselves to think deeply, and encourage focusing on the details of each image. Some details that may stand out to one person may not be details that stand out to another.

A group of Ursinus students are involved in the program, and as peer docents, they lead the discussions. The students do not need to have any special expertise on the artwork to lead the discussions. Also, having peers lead discussion offers a different and unique dynamic for students to interact with each other.

"They basically act as the professors but it's an interesting dynamic, because they are your peers and maybe, by chance, the person who is leading the discussion is someone you know from your math class and your biology class," said Kollak. It's a way to make the discussion less formal, and more open to bizarre possibilities and tangents, which are always the fun part."

Being a peer docent also allows students to engage their peers from the campus. "Ursinus doesn't have a huge art community and lot of people don't know about the Berman museum, [through the program] we can pull more people in the museum, and they can see how cool

it is and how great the exhibitions are," said Madeleine Scuderi, a sophomore and a peer docent.

Kollak addressed the value of the peer docents being integral to engaging the entire campus community in artwork. "In any museum it's important to have outreach. It is tough just to be a casual visitor to a museum, and to fully appreciate the many different levels you could understand a work of art on." Kollak said. "It's a way to show that learning is happening in all sorts of ways, every day and all the time. I also think it's important, especially today, because so much of our life takes place online and in front of screens and even when you're reading, and all those experiences are visual experiences. Everyone needs to develop skills in interpreting images."

Besides engaging viewers with artwork in a very unique way, Peer Docents also benefit greatly from leading discussions. Public speaking and discussion leading are very important skills when one leaves college and enters the workplace. "It's also an opportunity for their fellow peers and friends to see them in a different light perhaps," said Kollak.

"The Berman and the exhibitions here are a really fantastic resource and the peer docents are just another gateway to those possibilities," Kollak said.

the press release regarding the exhibit.

Stainback has wanted to do this exhibit for a long time. He got the idea to do so after a conversation with a faculty member about a potential museum studies minor. Stainback then contemplated the term "museum stud-

ies", which led to the exhibit being installed in the Berman.

"I hope students are bewildered. I hope they are full of questions, and hopefully they'll get some insight into the museum world and ask lots of questions," said Stainback.

Advocates continued from pg. 4

innovative programs to provoke interest, advertising through multiple medias, and passive programming to get our message out there. We hope to have open communication with the campus so they know where to turn for knowledge or help."

Senior Kristin Irwin has noticed positive changes in the Peer Advocates program since her freshman year. "I think the Peer Advocates program has improved a lot in the past four years I have been here," Irwin said. "They have hosted a lot of programs that try to bring attention to a lot of different problems that are all too common on college campuses."

"I want Ursinus to be ahead of the curve and to set the bar of awareness and safety against sexual violence for other colleges," said Knowles. Raising awareness

and by holding information sessions and educating the student body on sexual misconduct.

Nolan is proud of the program, but still wants it to grow improve. "Starting the program was a way to provide a richer understanding of the complexity of the issue, process the tension between the right to know and the rights of privacy, and to create richer advocacy, awareness, and education for the community," Nolan said. "The program has grown very well, although we still have plenty of work ahead of us."

The Peer Advocates can be reached at peeradvocates@ursinus.edu or they can be requested by any member of the crisis response team. The Wellness Center offers help to students who have been the victim of sexual misconduct. To make an appointment, call Monday through Friday during office hours. Emergency walk-in hours are also offered to students in crisis.

Bear Prints

A new Ursinus comic series by Blaise Laramee



"So, come here often?"

Exhibitions continued from pg. 4

scenes procedures that truly fascinate me. Why not pull back the curtain so everyone can feel like an expert?" Charles Stainback, director of the museum, said in

Happening on Campus

Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
French candidate presentation, 3:45 p.m. in Bear's Den	American Red Cross blood drive, Bear's Den, 10:00 a.m.	Chemistry Day, Pfahler Hall, 9:30 a.m.	Super Bowl Party, Lower Wismer, 6:30 p.m.		Resumania, Career Services	Pinterest Night, Lower Wismer, 7:30 p.m.
The Solo Circus, 8:00 p.m. in Hellferich dance studio	Last day to add classes				Dakaboom, Lower Wismer, 8:00 p.m.	

Students should be cautious when studying abroad

By Jordan Breslow
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After the horrifying attack on satirical journalists in Paris, France this month by armed terrorist extremists, UC Students should be undeterred in their study abroad plans but increasingly cautious and vigilant.

Whether you are currently abroad or you are going in coming semesters, violent global terrorist activities are expected to continue to be on the rise primarily against soft targets (densely civilian occupied targets with less security). Soft targets could include college campuses or academic facilities.

According to CBS News, "The State Department has issued a worldwide travel alert for Ameri-

cans. Authorities say U.S. citizens traveling abroad should be extra vigilant for possible threats in public venues. The move comes following a deadly hostage attack in Australia in which a gunman took 17 people hostage at a café."

I personally feel that no one should be very fearful, but we should be aware of the situations and all the necessary precautions.

Having traveled abroad in Europe and the Middle East, I know the culture shock and adjustments themselves are difficult and disorienting.

As Americans, you should know where the nearest U.S. embassies and consulates are located. If there is an emergency or crisis, nationally or personally, the diplomats there can help

you. U.S. Embassies and Consulates are, under international law, American soil. U.S. Embassy and Consulate officials are a good resource for issues large and small because they do know the lay of the land and the common pitfalls facing traveling Americans.

Americans often stand out more so than any other tourist group. This is why you should check before and during your travels the U.S. State Department's Travel Warnings and Travel Alerts, "when the State Department wants you to consider very carefully whether you should go to a country at all" or "short-term events the State Department thinks you should know about when planning travel to a country" respectively.

Many individuals traveling

weigh this information carefully, for instance long standing travel warnings and alerts exist for Mexico but many Americans will vacation there.

While in any country, continue to consult the U.S. State Department's Travel Warnings and Travel Alerts to ensure the sound judgment of planned activities. According to Sierra Tishgart of Teen Vogue magazine "Research, research, research to stay out of trouble . . . know what time the sun sets so you won't find yourself walking alone in the dark. Understand which areas are okay to be in and which aren't."

Finally, identity theft is just as big a problem abroad as it is in the United States. Protect all your documents, cards, and identifications.

Especially in Europe, street thieves target tourists in every way imaginable. There is almost nothing worse than being in a foreign land and calling your parents to send you money and contacting credit cards companies when you are just trying to enjoy an educational experience that immerses you in another culture.

I feel that studying abroad can be, and often is, a wonderful opportunity. I offer these admittedly elementary and straightforward pieces of information and guidance to help ensure that students can enjoy their travels to the fullest. Often the excitement of greater independence and cultural engagement can overshadow the need for preparedness and forethought.

After all, you only live once, right? *Take advantage of Ursinus' study abroad programs*

By Max Molishever
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Fear of Missing Out (FOMO) is a blistering infectious condition that causes Ursinus students to stop themselves from whatever might be their genuine interest for a given day, weekend, or semester in fear of missing out on something socially happening on campus that strays away from the routine events of that period of time.

FOMO is a debilitating thought that forms in a student's head and continues to gnaw and gnaw at them, until the student finally succumbs and goes to that very routine event that happens daily or weekly. Imagine being poked in the head, then again, then again, then again, then again, and then once you start to believe that you have beaten being poked in the head, it starts happening again.

What is unfortunate about

FOMO is that in the past it has been able to infect individuals to the degree where he or she prevents himself or herself from pursuing opportunities that are exciting to them.

I am writing this opinion piece to advocate for one type of those possibilities: studying abroad. I was incredibly fortunate to study abroad in Prague, Czech Republic in the Fall 2013 semester. The impact that it had on me personally was astronomical to the point that it has been over a year since I came back and I still do not shut up about my time there. I have run into concerns from students considering studying abroad about what they can tangibly gain, so here goes a list.

Students have the opportunities to try things they have never done before. Brendan Howseman, a recent alumni (UC Class of 2014), was happy that he was able to join The Glasgow

Laughter and Sketch Society in Glasgow, Scotland.

Howseman said, "I had never tried sketch comedy or stand up before, and working with people with a more 'British' sense of humor let me bounce my own weird humor at them to see what worked." Howseman is now pursuing opportunities in the sketch comedy and acting fields, and viewed his time studying in Glasgow as a major reason for why he made that decision.

Another huge benefit from studying abroad is that students can take classes they would not be able to take at Ursinus.

I took a class on a Czech writer named Karel Capek, and through reading what he wrote, I discovered ideas that I had never considered before. For example, Capek's view of what happens to people after they pass away is still fondly in my memory. Capek believes that when a person dies, he

or she gets a halo above their head and will remain on Earth unaware to those who are alive and will follow their living loved one for the rest of their lives. It is unlikely that I would have ever learned about Capek without studying in Prague and taking a class on him.

While academic learning is a significant component of studying abroad, I cannot stress enough the amount of learning that takes place outside the classroom.

One of the first things I realized was that everything in Prague is literally three-times the age of the United States. Every day, I walked through the very first Czech Castle ever built to get to class. One day, I toured a silver mine at Kutna Hora where miners used to work close to a 1000 years ago.

Studying abroad is a great way to discover, learn new things, and have daily adventures. It is an unforgettable experience and an op-

portunity that more people should take advantage of.

Additionally, students also get to connect with, befriend, and learn about people from all around the world. One way to experience this is by doing a homestay, in which a student lives with a family. I got close with my host-mom, who often told me stories and shared lessons about what it was like to live in the Czech Republic when the Soviet Union occupied the country.

If you study abroad, you will be able to take classes you never thought you would take, see things and have adventures in places you never expected to, travel, go out and not have your night ended by Campus Safety at 2:00 a.m., and learn more about what kind of person you are. I am very glad I traded in a homecoming weekend and semester here to study abroad in Prague. I hope you do not let FOMO stop you from doing anything.

Winter track seasons are well underway

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The women's track and field team is kicking off their indoor season with a powerful sense of optimism and team unity as they prepare for the upcoming meets and invites.

"The team is a lot closer now than it once was," said senior sprinter Jenny Jones. "Coach Blicke really cares about the athletes."

This is Carl Blicke's first season as head coach for the track teams. Blicke comes to Ursinus after having a successful stint as assistant coach of track and field at Roanoke College. During that time, his teams amassed 21 NCAA National Qualifiers and

The men's indoor track and field team is coming into the season with greater expectations under the new coaching staff.

Everything is new for the team this year. There are seven new coaches, including the head coach, Carl Blicke. "With Coach Blicke taking over and bringing his experience to the team, we have a really good shot to place well in the conference," said David Slade, a junior.

With the new coaches come new expectations, new training theories and ideas, and new team dynamics. Injuries have hampered the team in previous years, according to Erich Keyser, a ju-

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See **M Track** on pg. 8

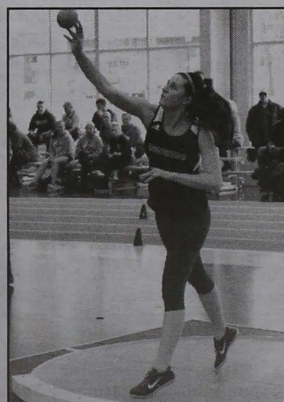


Photo courtesy of Jon Vander Lugt
Thrower Erin Specht is seen here throwing shot put in the Saturday, Jan. 24 meet.



Photo courtesy of Jon Vander Lugt
Senior Darius Jones is seen here in the high jump event on Jan. 24. Jones is the defending conference champ for the event.

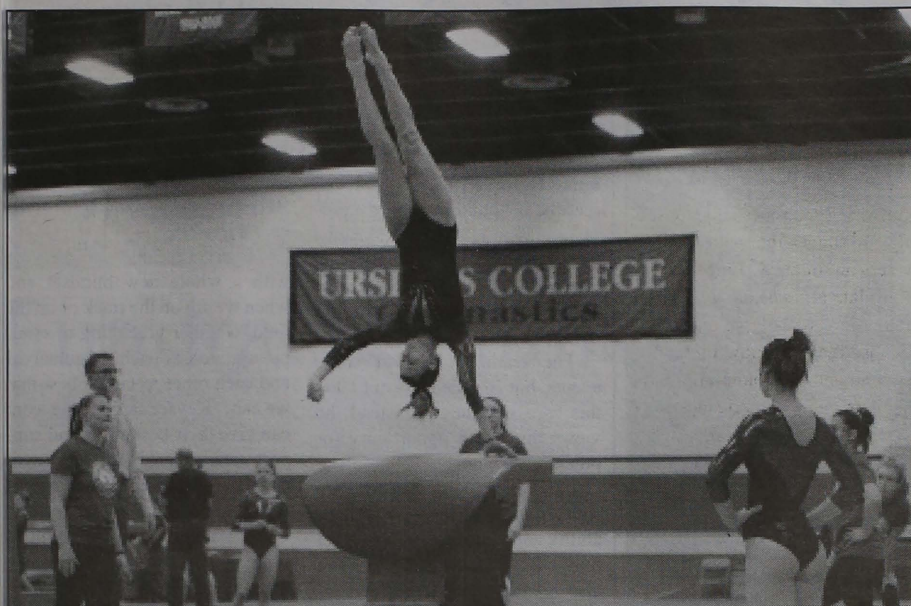


Photo courtesy of David Morgan of Stylish Images

Tina Steffenhagen is seen here performing the vault event. Steffenhagen, a junior, also competes in balance beam, and floor exercise.

Finding their balance

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Through a combination of strong veteran leadership and a stellar recruiting class the Ursinus gymnastics team expects big accomplishments from this year's team.

The team broke the school record on floor during their first meet, and came very close to doing so again during their second. The Bears are currently ranked 67th nationally, out of all divisions, and are the second-ranked Division III school. The passion for the sport and excitement about the season is at an all-time high among the team.

"I have never been so excited for a season," senior captain Riley Acton said. "This team can hold its own against any team in our division, as well as several D-I and D-II schools."

In order to improve for the upcoming season the team really stepped up the level of dedication

and effort in the preseason, with the goal of being ready to compete earlier than they have been in previous years. The coaching staff implemented a new strength and conditioning program under Ursinus alumnus Andrew Regan. The new program has allowed the athletes to be in elite level physical condition to begin the season.

The team will also benefit from more depth due to a huge recruiting year. The team brought in a class of 11 freshmen, which nearly doubled the size of the team. With the addition of the new 11 athletes, the team grew to 23 gymnasts. This increase in depth will provide more routines to choose from on each event, ultimately benefiting the program by creating more competition.

"Our team gets along really well this year so the support system we have is definitely a strength," said senior Adelaide Hurlbert.

It addition to the increase of depth due to the abnormally

large freshman class, the Bears have also hired a new assistant coach, Emily Repko. Repko was a National Champion and All-American for the Division II University of Bridgeport. She has taken charge of the team's balance beam training, floor exercise choreography, and has pushed the team to improve both their difficulty and consistency. The team hopes that the new hire will bring the team to success.

"We want nothing more than to leave our own legacy this season and watch Ursinus gymnastics continue to grow as we transition into being alumni and the team's biggest fans," said Action.

After defeating Division II squad West Chester and continuously improving, the team is currently ranked ahead of several D-I schools such as Air Force. The team hopes to continue to improve every week in order to have the opportunity at capturing both

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Last Week's Scores as of Monday, Jan. 26:

W/M Swimming (9-0; 6-3)	W/M Track	Gymnastics (2-1)	Wrestling	M Basketball (6-11)	W Basketball (6-11)
Jan. 24 vs. F&M	Jan. 23 Collegeville Classic	Jan. 24 @ Temple	Jan. 17 Will Abele Invite (home)	Jan. 24 vs. McDaniel	Jan. 24 vs. McDaniel
Women: UC: 118.5, F&M: 86.5 Corinne Capodanno: Won 50 freestyle, member of winning 400 medley relay	Women: 20th out of 24 teams. Emily Lamb finished fifth in the mile run Men: Ninth of 24 teams. Andrew Mackin finished second in the 800 with a time of 1:57	UC: 189.575, Temple: 189.900 Tina Steffenhagen won vault and floor setting a school record, and tying another, respectively. The Bears as a team set a school record for overall score despite the loss.	First place, with 157 points. Hans Seri finished first at 165 pounds, and Dan Manganaro won at 184.	UC: 58, M: 50 (OT) Malik Draper: 17pts Joseph Lostracco: 11pts, 13reb	UC: 63, M: 77 Jessica Porada: 18pts Alyssa Polimeni: 15pts
Men: UC: 89, F&M: 116 Marcus Wagner won the 1000 freestyle					



Photo courtesy of Jon Vander Lugt

Senior Chelsea Nemeth (3) is seen here leading off the women's distance medley at the Colledgeville Classic on Friday, Jan. 23. The girls' track team finished 20th out of 24 teams in the event.

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four NCAA All-American athletes.

"I am incredibly optimistic regarding the season," said Blickle. "Our primary goal is to peak at conferences and I am expecting overall good performances both individually and as a team."

In addition to athletes that compete solely in running or field events, there are some that do both. "Krista Snyder does everything from sprints, hurdles to mid-distance and jumps," said Blickle. The women's team has multiple athletes that Blickle is counting on to be big contributors and to score points for the team.

"Distance is the biggest event area we have on the women's side. Several of the women have an opportunity to score points at the conference meets in the

middle distance events including the 800m through the 3k steeple," said Blickle. "We have a lot of talented young sprinters including Erin Farrell and Chloe Johnson-Hyde. Kristen Prijs is going to play a big part in the 400m run, while Liz Cooley will be a big contributor in the Pole Vault."

After a long season of cross country, some of the track long distance runners have residual aches, pains and are sore before the indoor track season begins. So to remedy this, Blickle has a three to four week restoration phase. He has the athletes take a break from running for the first seven to ten days.

Then, the next few weeks he has the runners focusing on flexibility and doing range of motion exercises. After this he will have them slowly progress back to running. Winter break occurring prior to the season's full-fledged

start only serves to help as well.

"Liz Reynolds and Emily Lamb are our big senior distance runners," said Blickle. "They are also great team leaders and set good examples for the rest of the team."

"The practices can be really tough," said junior runner Kristen Prijs. "I believe that half of running is mental though. You have to be in the proper mind set when doing it. We push each other through sets and feed off of each other's energy. We support each other."

Blickle is very enthusiastic about what his team can accomplish this season. "In track and field, everyone has their own individual events," said Blickle, "but at the end of the day when all of the athletes do their part and support each other across event areas then that is when we succeed as a team."

Gymnasts continued from pg. 7

the NCGA East Regional and NCGA National Championship titles. The women of the gymnastics team also hope to end the season with several All-Americans

on each event.

Coach Jeff Schepers highlighted Acton as the team's leader due to her motivation, work ethic, and passion for the sport. Tina Steffenhagen has also stepped up to lead the team and has been

very dependable scorer on three events. Jillian Casarella, Kelsey Jewell, and Alyssa Hershman won beam, floor, and vault respectively against West Chester. The team believes that when Kristin Aichele and Heather Brubaker

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recover from minor injuries they will be crucial to the Bears' line up.

"I've waited for this team for a long time and I think we're going to make it to nationals as a team," said Scheper.

UC fell in their last meet to Division I Temple, but in doing so, set a school record for overall score with 189.575 (out of 200). The Bears take on the University of Pennsylvania away on Saturday, Jan. 31.

Blickle expects all of them to compete at a high level and perform well at the Centennial Conference Championships and possibly even the NCAA Division III championships.

"Everyone came into the year with a whole new mindset and when we are on the track or on the field, whether practicing or competing, we are pushing ourselves and each other to be the best that we can," Keyser said. If the team can give their best effort and support each other, Blickle believes they can accomplish many of their team and individual goals.

"It's always tough running in such a competitive conference that's filled with so many talented teams," Slade said. "But I'm really looking forward to this season, and I think that the potential is extremely high."

The Bears will continue their season with the third meet of the year on Saturday, Jan. 31 at the Patriot Games Invite at George Mason University.

The team has talented and accomplished hurdle, long sprints, and middle distance groups.

Senior Evan Shea is seen here competing in the high jump on Jan. 23. Shea finished 10th, and also performed well in the 60 meter hurdle event, finishing fourth.



Photo courtesy of Jon Vander Lugt

Senior Evan Shea is seen here competing in the high jump on Jan. 23. Shea finished 10th, and also performed well in the 60 meter hurdle event, finishing fourth.

Upcoming Schedule:

Saturday	Sunday	Monday	Tuesday	Wednesday
<p>W/M Swimming: @ Washington College, 1:00 p.m.</p> <p>M Basketball: @ Gettysburg, 2:00 p.m.</p> <p>Wrestling: @ Stevens (N.J.), 12:00 p.m.</p> <p>W/M Track: Patriot Games Invite @ George Mason</p> <p>Gymnastics: @ University of Pennsylvania, 1:00 p.m.</p>				<p>W Basketball: @ Swarthmore, 7:00 p.m.</p> <p>M Basketball: vs. Swarthmore, 7:00 p.m.</p>

