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Ursinus College Grizzly Newspaper

Newspapers

10-8-2020

The Grizzly, October 8, 2020

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Smokestack Updates: Reaching the Top Ava Compagnoni avcompagnoni@ursinus.edu

The 120-foot Ursinus smokestack has received a new and improved look, thanks to Brooklyn artist Katie Merz. The smokestack has been painted to reflect the memories of the Ursinus College Class of 2020. Merz took submissions from members of the class to depict on the smokestack. She translated the memories relayed in interviews with students into symbols. Hundreds of symbols, individual letters, and shapes combine to tell the stories from and about the Class of 2020.

Merz stuck around campus for a while before beginning this process, to become knowledgeable about the spirit of Ursinus. The understanding of location and the atmosphere that the campus brings added to her internal hard drive of shapes, language and imagery to be portrayed on the smokestack. She had no plans as to what the design was going to be before arriving: she took each day as it came and went. She looked at the smokestack as an unfinished puzzle, progressing as each symbol was fitted correctly.

When asked about the size of the project, Merz explained that she was concerned, especially since she has a fear of heights and the project stands over 100 feet in

the air. “The unimaginable reality of being up that high on the lift, but after that, my major concern during the whole project was scale. The scale gradually gets larger so that the farther you get from it -- you can still read it in the same way as you can if you are up close,” says Merz. When looking at the bottom of the smokestack, the details are very clear, to make the scale smaller, more compressed and readable from the ground. But her final adjustment to the top involved making sure that the “U 2020” could be clearly seen from all points on campus.

While the smokestack is covered in hundreds of symbols and hidden meanings of the Class of 2020’s favorite memories from their time at Ursinus. Merz reflects back on her finished artwork and says on her favorite piece of the project. “The most memorable part of the process was correcting the U at the top on our last day in 15 mph wind. I wanted to make the U more readable. While the lift was swaying, the experience was harrowing and comical and definitely memorable” says Merz. With that experience, she accredits her partner, Ty, who had to go back up and finish it alone while I texted

him with the corrections from the ground. That’s what partners are for!

While painting the smokestack was a fun and exciting project, it simultaneously displays heartfelt emotions from Merz, the Class of 2020, and the entire Ursinus community. After the unexpected tragedy of losing Aidan Inteso, Merz thought it right that he should be remembered on the smokestack as well. “The most heartfelt part of the creation was drawing the homage to Aidan. When I received the news, I immediately drew his name and the two hockey sticks into the stack.

It was not an abstract shape but a real life memorial, I am glad he will be remembered in this mural,” states Merz.

Growth is important to an artist. They ask themselves progressive questions: How have I grown from this piece? Merz feels that the Ursinus smokestack was a very influential project. “I am more confident in my ability to take on something unimaginably difficult and it felt effortless. I realized that the intuitive knowledge of the body to measure complex hand/eye proportions in real time is absolutely wild.

I usually work intuitively but I have never been more challenged by this scale and height,” says Merz. She credits her growth to the Ursinus community, supporting her through the project.

Just as our community has been impacted by the integrity of Merz’s work, she feels that the school has impacted her greatly, too. “I am so floored by this school, completely overwhelmed by how intimate, caring, ethical and timeless Ursinus is; the smokestack is a collaboration with that spirit. I hope I have given something to this amazing College that everyone can read from and have as theirs.”

Ursinus College is noticeably impacted by Katie’s work, both visually and emotionally. Once the Class of 2020 gets to see the smokestack in its decorated towering glory, they too will feel the change on campus.



Courtesy of Emma Wood



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Gilman and ACS Scholarships

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Many important deadlines regarding scholarship opportunities are approaching for students at Ursinus. Two of the scholarships being offered include the Benjamin A. Gilman International Scholarship and opportunities provided by the American Chemical Society

Students interested in the Benjamin A. Gilman International Scholarship program will have until October 6th, 2020 to send in their applications to Dr. Julin Everett. Ursinus College describes the program as one that, “offers grants for U.S. citizen under-

graduate students of limited financial means to pursue academic studies abroad.” Specifically, this means students who have been the recipient of a Pell grant are fully eligible for this program, and thus to study internationally. This international study is an aspect of the larger goal of the administrators of this scholarship to bring about student preparation for occupations in an increasingly globalized world. The program, named after the late New York Senator Benjamin A. Gilman, has been managed by the U.S. State Department and further sup-

ported by the nonprofit Institute of International Education since 2001. Freshmen, sophomores, and juniors who apply and demonstrate financial necessity have the opportunity to earn up to \$5000.

Further scholarship opportunities are being provided by the American Chemical Society. Assistance in developing proficiency in scientific skills along with highlighting the rewards of science careers are some of the goals of these scholarship programs. The American Chemical Society is asking that students interested in their scholarship pro-

grams have a desire to undertake a career in “the fields of chemistry, biochemistry, or chemical engineering, and students seeking a two-year degree in chemical technology.”

These programs were created with the intention of encouraging chemical science or chemical technology undergraduate degrees for African-American, Hispanic, and American Indian students. Thus, African-American, Hispanic, and American Indian freshmen, sophomores, and juniors who are chemistry or biochemistry majors have the opportunity to apply

for these scholarship opportunities. Applications for these scholarships are being accepted starting November 1st, with the deadline being March 1st of 2021.

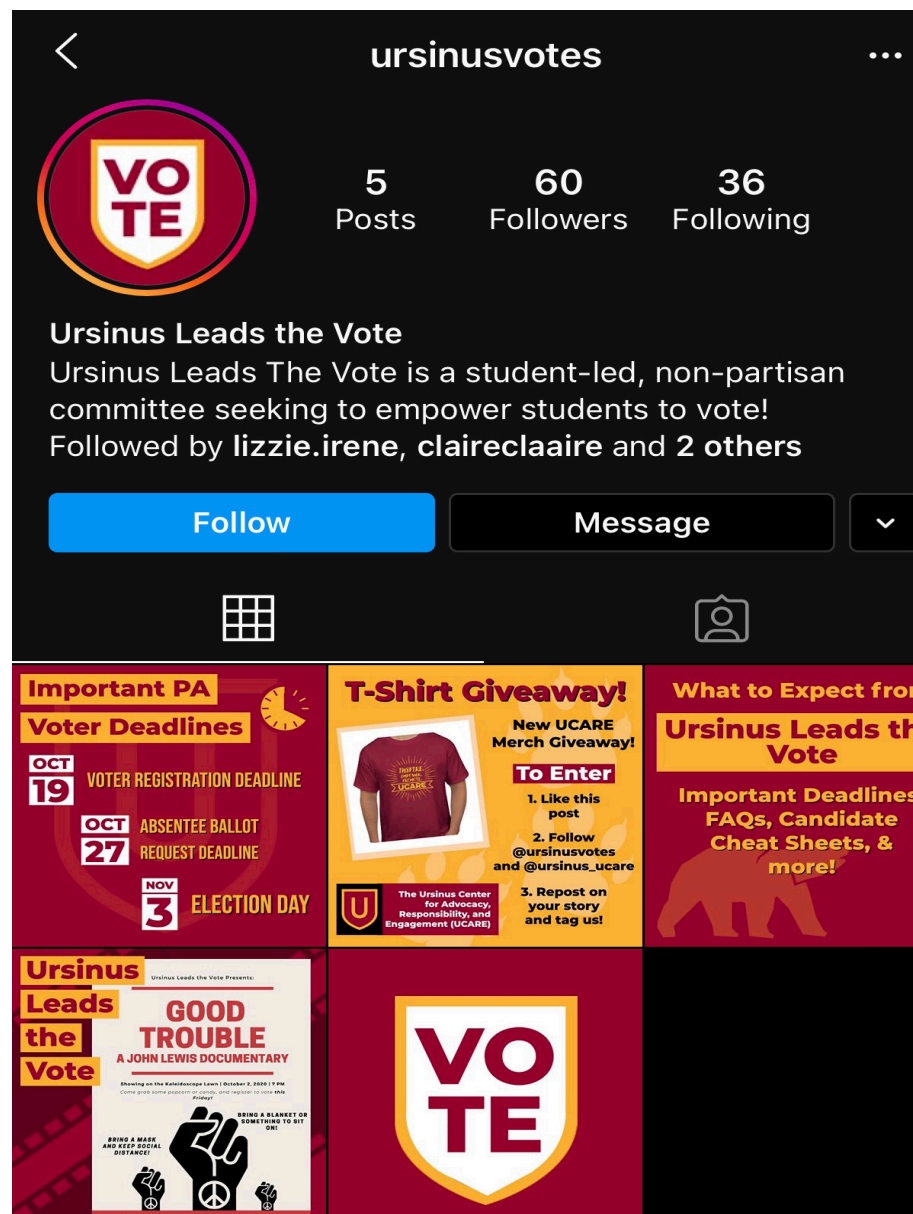


Courtesy of Ursinus College

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All Leading up to the
November Election



'Ursinus leads the vote' for the upcoming election

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The deadline for voter registration for the upcoming presidential election is approaching quickly, but some campus organizations, like Ursinus Leads the Vote, are helping to prepare the campus-community for this date. Ursinus Leads the Vote (ULV), a student-led organization, helps with "requesting a mail-in or absentee ballot, answering [people's] questions, and providing information [needed] to vote for the upcoming and future elections."

"[It's] a student-led, nonpartisan initiative that helps ensure that Ursinus students are informed and prepared to vote...engaging with the campus in a couple different ways this fall... with a series of events," stated Katie Turek, associate director of the Ursinus Center for Advocacy, Responsibility and Engagement (UCARE) and staff advisor of ULV. As staff advisor, Turek supports and guides the organization. ULV meets biweekly as a full group on Wednesday evenings via Zoom to update on ideas, events, plans, etc. Turek is the only staff member in ULV.

ULV kicked off their engagement initiative with a night screening of "John Lewis: Good Trouble" this past Friday Oct. 2, on the Kaleidoscope Lawn. Several viewers

were in attendance, wearing masks, and seated in accordance with the campus' COVID-19 guidelines/protocols.

ULV is broken into subcommittees, with each having specific tasks. The first subcommittee is "doing grassroots outreach to different organizations on campus, to recruit students [as] voter captains," Turek said. Voter captains will make sure that others within their organizations are ready and registered to vote. The second subcommittee's Instagram page, @ursinusvotes, is their digital-communication platform where the organization aims to

"If everyone were able to engage with voting... the world would look a lot different than it does [currently]."

- Katie Turek

mobilize and empower others to vote through text blasts, social media campaigns, and promoting the other subcommittees' work and voting resources. The last subcommittee focuses on event planning. They plan and host virtual and/or outdoors-and-socially-distanced events in the attempt to create hype around voting.

UCARE is connected to ULV beyond Katie Turek serving as staff ad-



Katie Turek and some ULV members
Courtesy of Madeline Corbett

visor. UCARE itself engages in social advocacy and civic engagement. As stated on the Ursinus website, UCARE provides a variety of hands-on service opportunities and training(s) for Ursinus students, with the goal of helping them develop into thoughtful and responsible civic leaders.

Given this, UCARE believes ULV's initiatives are crucial. "The voting and civic engagement aspect of UCARE is an important side to being an engaged citizen. Participation in democratic systems like voting...we see it as part of our role on campus to make sure students have access to information and assistance needed to access those routes of involvement," Turek said. "I

believe fundamentally that everyone should be able to vote and have a say in their government and policies that shape our lives. Unfortunately, voting has been made very difficult, tedious, intimidating, which makes people feel alienated and prevents them from voicing their opinions. If everyone were able to engage with voting, and participate in democracy that way, the world would look a lot different than it does [currently]."

Future ULV events are still under discussion. A trivia night, co-hosted with a UCARE fellow, is still under work. Furthermore, the organization has reached out to the Montgomery

County's election judge for a possible virtual Q&A in learning how to vote with the new COVID-19 precautions and procedures in place. The organization plans to address the USPS/mail-in system in regards to mail ballots and voting as well. Nevertheless, this student organization is doing something large here on campus, bearing in mind the current pandemic we are in that continues to surprise us with its unpredictability. This demonstrates ULV's vitality and determination to make sure that everyone goes out and votes this November.

  @URSINUSGRIZZLY

The real-life 'Energizer Bunny'

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Finding positivity and contagious energy in the world today is difficult, but not for Meaghan B. Murphy. An author, editor, and on-air personality, Murphy is well-known for her high energy and positive approach. According to her biography, "She was recently named Content Director of Woman's Day magazine charged with energizing the brand across print and digital." She is a regular guest on shows like "Live with Kelly and Ryan," "Today," and "GMA."

When not writing or appearing on TV, Murphy is usually raising her three children with her husband, Pat, in Westfield, NJ. As a certified trainer and a former fitness director at SELF, she has a passion for working out and can be found at several local gyms.

Murphy just finished her first book called, "Your Fully Charged

Life: A Radically Simple Approach to Having Endless Energy and Filling Everyday With YAY." She defines her book as, "an attempt to share the life lessons I've learned over the course of a 20-plus year career as a service journalist that help me live fully charged with optimism

"What made you say YAY?"

- Meaghan Murphy

and joy." Murphy believes that living a fully charged life means making a conscious effort to remain present and to choose positivity daily. She acknowledges the bad but does not dwell on it. She is addicted to strengthening her optimism muscle by focusing on the 'YAY' each day. She often asks the question to her 20,000-plus Instagram followers, "What made you say YAY?"

Murphy's book is aimed toward people of all ages, yet she believes

the younger generation should follow her approach, too, because it may help retrain their minds. Murphy believes, "[i]f you think tomorrow could be more awesome, but you're stuck, 'YFCL' will give you science-backed strategies to move to the needle." Murphy wants students to remember that good and bad energy is contagious and life is a boomerang -- whatever you put out, you get back.

While "YFCL" is packed with tips and tricks for leading a life full of good energy and positivity, Murphy wants students to realize most importantly that "[y]ou're in charge! Life isn't happening to you; you are happening to life. Own your days,

"Life isn't happening to you; you are happening to life. Own your days, your decisions, your happiness."

- Meaghan Murphy



Meaghan B. Murphy
Courtesy of Lauren Anzevino

your decisions, your happiness." She implies that you only get one shot at life, so you might as well live each day with intention and optimism. It's too short to live any other way. Murphy's hope for all

students is to find what they are most passionate about. She also advises them to chase after what excites them. If they do just that, they will be successful in all their endeavors.

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Quarantine First-hand

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Both of us underwent a 14-day quarantine after a mutual friend of ours recently tested positive for COVID-19 and we were potentially exposed to the virus. We have since tested negative. The following is an account of our quarantine experience.

Tracing Team

Liam: There was a lot of frustration at first, as it took 24 hours from me learning my friend tested positive until the tracing team informed me about my quarantine. By this time, I had already emailed my advisor, packed up my stuff, contacted my parents, and developed a plan. I

don't blame the tracing team, as they told me they had many other potential exposures to deal with that week.

Throughout quarantine, multiple resources and emails were sent to me to clarify guidelines, and I received multiple messages before my return. This allowed for a seamless transition back to campus.

Kevin: It really was somewhat disappointing that I was aware of the situation and ready to leave campus for nearly 24 hours before I got a phone call telling me I had to leave. I wasn't sure if I had to just sit in my room, if I could go to Wismer, or when I had to pack my things and have my parents pick me up. My personal con-

venience aside, if I had not been aware that I had been in contact with someone who tested positive, I could have been walking around campus putting other students and faculty members at risk.

On top of that, we were in contact with other students who had different understandings of the protocols and how we should proceed. But these are unprecedented times and much of the work is being done by volunteers, so you have to expect some confusion.

Being off campus

Liam: All three of my classes were already online pre-quarantine, so the only activity I had to move to Zoom was my advisory meeting. The

biggest aspect of campus that I missed was socializing. Not being able to pop into my friends' dorms or grab dinner at Wismer with them was the biggest adjustment. I had gotten into the groove of my freshman year. However, we all did Group FaceTime calls and sent each other gifts to make it more bearable.

Kevin: All of my classes were already online as well, so there was not much academic adjustment necessary. I can also say that I really missed being on campus. After only a month or so of classes, I honestly spent every day of quarantine wanting to be back in Collegeville. I know I don't speak for everyone, but I genu-

inely missed being away from campus for the two weeks.

Overall experience

Liam: Quarantining was something that was necessary not only for my own safety, but for that of the campus. I believe it was the right call for me to be quarantined, but it wasn't something that was enjoyable.

Kevin: It sucks, but we have to do it. I wish we didn't live with these circumstances, but we have to do everything we can to get through this school year as safely as possible.

The IDC is the Best Place to Study

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The IDC, or the Innovation Discovery Center, is the top spot to study on campus. The IDC makes studying feel more personable and with its numerous classrooms, floor-to-ceiling whiteboards, and comfortable chairs. The atmosphere in other potential study spots, such as Myrin Library, is a little too ghostly for me; the fresh face of the IDC is welcoming and knows all too well that I am going to plant myself down for three hours.

The IDC is more of a collaborative workspace for students, especially for group projects. Instead of attempting to cram and keep a

minimal volume on the first floor of the library, students can get projects done more easily together in the IDC.

Another helpful tool in the IDC for studying in groups, or by yourself, is the whiteboards. All different types, too; floor-to-ceiling, wall-to-wall, mobile, any kind of whiteboard imaginable. The whiteboards make writing out notes a little more fun than it is with standard pen and paper. I believe using the whiteboards helps me study more efficiently than reading from my notes. In my experience, when I study with others, we incorporate the whiteboards into our study habits, almost as if we are teaching each oth-

er -- the more you can teach others shows how well you understand the material. That is one of my most helpful study tips for the next time you decide to study in the IDC.

Walking through the IDC, if I happen to pass my friends, I feel comfortable enough to stop and talk to them without disturbing anyone else. Whereas in the library, I only offer a brief greeting and I keep walking until I find my own creaky, wooden seat. I, and other students, greatly appreciate the choice of chairs in the IDC. They are comfortable, well-cushioned, and brightly colored; it is the small design details that make or break a

building and render it comforting and not overwhelming. Myrin, to me, oozes with the expectation that students have to be grinding out work, non-stop, for several hours. The IDC does not present itself that way and projects more of a calming environment.

Myrin may work for some people, but to me, it is not the go-to spot to complete my homework or write a paper. The silence hangs in the air with a sense of eeriness, making the slightest noise result in a distraction, causing students to stop and look up from their work. The location of the IDC is another desirable feature, a far enough

walk from most dorm buildings so students are not tempted to rush and pack up their work early. Also, the joining of Thomas, Phfaler and the IDC is another amazing design feature. This layout makes it easier for students who have back to back classes in any of the three academic buildings.

Overall, the IDC is the better place to study, while the Myrin Library is a historic, memorable building, an updated face can surpass that. So, the next time you have to study for an exam or write an essay, the IDC, and all of the study options it presents, is waiting for you.

Field Hockey cont. from pg.

ing out to the field: “UCFH is known for sitting out against the wall in front of the SMC before practices and games every day.” This, being something that they have always done, allows the team to practice social distancing all while still being able to interact with their teammates. Zia Cooper, also a senior and member of the field hockey team, talks about the importance of this interaction before practice, “We are not able to hang out in the ‘normal’ way that we are used to, so this little time we have together before practice allows for all of us to catch up on what is new and what has been happening in our lives.”

“UCFH is known for sitting out against the SMC before practices and games every day”

—Addie Frey, Class of 2021

Engaging in physical contact, which is something the team is very much used to during practice, is not possible now under new regulations, so this means practices have been changed drastically. Frey talks about the struggles that she has seen the team face, stating, “Everyone’s favorite drills are scrimmaging, defensive corners, and anything that is contact. We can’t do those things anymore because it’s

not ‘COVID-friendly’ which is obviously unfortunate but obviously understandable.” But this does not stop this team from staying as close as possible, “The best part about our team though is how adaptable we are. Even during this time of huge adjustments, at the end of the day, we are more than grateful to just be on Snell together as a team,” states Frey. As the field hockey team continues to make adjustments to their practices, there has been one struggle that has been the hardest for them to face. Frey states, “The biggest struggle/adjustment we as a team had to make is not having games.” Although this is upsetting for the team, it does not stop them from being as motivated as possible, “Even with no games, the team is still at a very good place. This has allowed us the opportunity to get even closer than we already are even with such restrictions in place,” states Cooper. Along with staying motivated, being dedicated, even with not much to look forward to, is a key component for this team, “We are dedicated to our roles and accomplish our goals as we test both during games,” states Frey.

So how does this team maintain its team chemistry as well as positive mindsets considering all of the adjustments that they

have had to make?

Being there for each other seems to be the strongest way that they are able to maintain their team relationship. Relying on each other is how they are able to do this, “When one falls we all fall, but preparing for these practices mentally and physically on our own and together during summer league, we were able to pick one another up to prevent the domino effect from impacting the entire team during this practice season,” states Frey. The loss of their season has given this team a spark that they have not felt before. It has permitted them to push for more and more in each practice, and they are not letting the pandemic get in their way of continuing to grow and learn as a team: “This practice season has and will be really testing our unity and dedication to our sport, but I never lost hope that any of that will diminish even if COVID is trying to get in our way,” Frey concludes.

Wishing the best of luck to this Field Hockey team as they continue to make adjustments to their daily practices. Go Bears!

Wellness cont. from pg. 8

this year, occurring every weekday from 2pm to 3pm. Students who do not have a private place to meet virtually with a counselor can rent a “zoom-room” through their therapist or through the front desk. The Wellness Center is taking precautions in dealing with students experiencing COVID-19-related symptoms. Dr. Finnegan says “We have an entirely new set of procedures to bring the student in safely while minimizing any possible exposures to other students and staff.”

Along with additional staff, the Wellness Center is using the Old Heart Lab as an exam area for any suspected COVID-19 patients.

“[We] have an entirely new set of procedures to bring the student in safely while minimizing any possible exposures to other staff and students.”

—Dr. Lauren Finnegan

The Wellness Center is working hard to ensure the safety of the students and staff who utilize it. The staff urges students to read the weekly Wellness Newsletters they put out, which cover topics that are pertinent to the student body. The Wellness Center is also preparing for a flu shot event in the coming weeks, and wants to remind students of how important it is to get your flu shot and stay healthy this

winter.

As changes continue to arise, the Wellness Center is working hard to stay available for students who may need their help. Be on the lookout for updates on the constant changes that may happen during this uncertain time.

Wellness Center Explains New Regulations

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The Wellness Center provides both medical and mental health services to any student who seeks these resources. However, just like many other facilities on campus, changes have been made to accommodate for the pandemic. An emphasis has been placed on these resources being accessible to students in need, while also following social distancing guidelines and maintaining a safe, clean environment for everyone. Dr. Lauren Finnegan, the director of Counseling and Wellness, and Dr. Paul Doghramji, the Medical Director, have shared some of the changes the Wellness Center has undergone.

The first big change that the Wellness Center has made is ending walk-in visits. Appointments can be made ahead of time by contacting the Wellness Center either by phone, at (610)409-3100, or by email at

wellness@ursinus.edu. Dr. Doghramji stressed the importance of making appointments so that there were “no congregations in the waiting room.” Only one student will be allowed in the center at a time. They will have to buzz in and have their temperature checked by Wellness Center Coordinator, Ellen Macionsky. Medical appointments are available 9am to 7pm on weekdays.

Another big change is the option of telehealth calls. Instead of coming into the clinic, students can call and determine the best course of action from there. Zoom will be utilized for those seeking counseling. Dr. Finnegan states that the Wellness Center is “committed to providing the same services that we did pre-pandemic, including individual therapy, group therapy, crisis consultations, and outreach programming.” The Crisis Hour will also be virtual

See **Wellness** on pg. 7



Photograph by Ursinus Athletics

Field Hockey: COVID Style

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With a lot of alterations being made to fall sports, and possibly winter and spring sports as well, we are left with some unknowns about where sports teams are, and what they can and cannot do. Field Hockey, one of the sports that has been immediately affected by COVID-19 regulations, has had their season cancelled. Where does this leave them in terms of practice and team goals? Not having

a season means that the team must be able to find a new purpose and a new goal to work toward. This can be more difficult for seniors who do not have another season in front of them, so, what is this team up to and what is keeping them motivated considering what they have lost? Comparing this year to last year, not only have the team’s practices been altered, but so has every task that they have had to do before they go onto the field. Thinking back to past years, making sure that each player does their

stretches and agility before practice would have been the main priority. Fast forward to this season, and there are many more tasks that are prioritized over making sure each player is properly warmed up. Taking temperature checks and answering various COVID questions before walking onto Snell Field is the new normal for this team.

Senior member of the field hockey team, Addie Frey, talks about what she and her teammates partake in before head-

See Field Hockey on pg. 7

Thinking of You!



Photograph by Ursinus Athletics



Photo by Ursinus Athletics