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## The Grizzly, October 22, 2020

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## Tie-Dye a Face Mask with U-Imagine

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What better way to spend a Friday night during COVID than tie dyeing a face mask to wear around campus? Freshman Kevin Gonzalez, among other U-Imagine scholars, ran a different kind of Friday night under the lights. This was one of the first few events that the U-Imagine ambassadors have held, and they are going to continue to host events for the rest of the academic year. The ambassadors are working hard with Maureen Cumpstone, entrepreneur in residence and professor, to create events that allow Ursinus students to engage in fun activities with each other while simultaneously staying safe.

The original plan for this event was for students to use iron-on patches and unique patches heat-pressed onto masks. The event was intended to help aid students who had developing ideas to start their own fashion line, clothing company or brand. However, Gonzalez wanted to allow students to be more creative with their designs, so the event switched over to tie dyeing, providing several choices with colors and the freedom

for students to create their own design.

Gonzalez explained how the U-Imagine Center and ambassadors create their events. "We like to do crafts that engage people and pushes them to think how they can start little things like this event tonight. We have a lot of more fun activities in the works through the semester that will allow students to think creatively and critically, as well as spark innovation," says Gonzalez.

Not only did the ambassadors enjoy developing and running the event, so did the students who designed their own mask. "It was a great activity to do when there is nothing to do at all and engage with students who I normally would not gather with on campus," says Delaine Rogers '23.

"It was a creative activity to do with friends that we normally wouldn't do; a nice break from our busy schedules and sigh of relief to engage in fun activities," says Brenna Trkula '22.

The U-Imagine Center runs events that are designed to teach students to bring ideas to action. Some of the events and programs are student run, the ambas-



sadors are responsible for developing programming, while being mentored by Maureen Cumpstone. "We try to meet the interest of the students, while developing the entrepreneurial mindset and motivation. Currently, students are working on a podcast series, Spark to Skyscraper," says Cumpstone. The podcast focuses on innovation; students will interview innovators starting with COVID-19 innovations and along with on-campus innovation that helped bring students back to campus. The ambassadors also have a work in progress called Jump Start, a workshop which will allow Ursinus students to pitch their ideas to mentors. The workshop is intended to aid students in developing their ideas whether it is a clothing brand, an app, or any entrepreneurial

inking.

The workshop offers information sessions that teach students important entrepreneurial lessons. "Obtaining the entrepreneurial mindset is what our workshops push for, to help students start thinking like they are ready to present their pitch, our mentors and ambassadors sprinkle in effective lessons to help students pursue their ideas," says Cumpstone.

The workshop provides support for students who are interested in creating their own products, social campaigns or entrepreneurial ventures. These are very early stage ideas and trying to develop them and actionable steps to bring their idea to physical touch.

An event to look forward to in November, hosted by the U-Imagine center, is the UC Imagine Fest. Students from across all majors and years can come together to present an idea with effective solutions within the span of 15 hours.

The focus this year is on COVID innovations and it kicks off with a virtual keynote speaker, the student teams will then be assigned virtual mentors to help them throughout the process.

Again, another fun event that will engage students in entrepreneurial thinking. Who would've thought that inspiration could come from something as simple as tie dyeing a mask?



@URSINUSGRIZZLY

# Radio Plays

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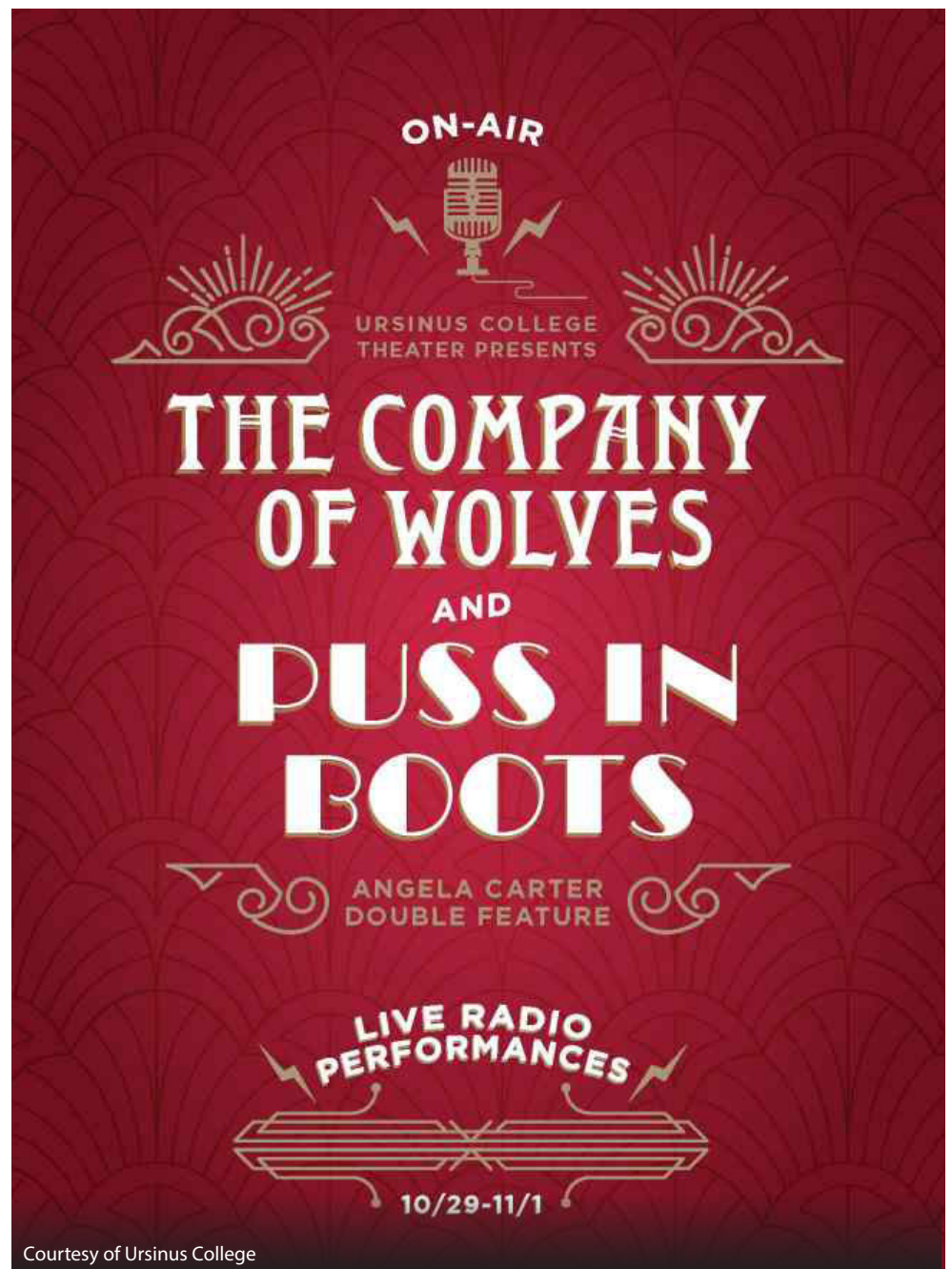
COVID-19 has impacted all areas of campus life. From the sports fields to Wismer this semester is unlike any other. Among the departments that has had to adapt most to COVID-19 is Theater and Dance. Live shows can no longer be performed in front of an audience, but that isn't stopping the department from putting on a production for the students and faculty at Ursinus. Students and faculty are currently working hard in preparation for two radio plays: "The Company of Wolves" and "Puss in Boots" which will be livestreamed on Zoom October 29th through November 1st.

Dr. Meghan Brodie, the director of the radio plays, has a very optimistic outlook on the production and the learning experiences to be gained from it. While many components of putting on a live performance can be translated to a virtual context, the cast and crew have had to take extra precautions to ensure the safety of everyone involved. Dr. Brodie says: "Those of us working on productions and concerts are putting in extra hours to coordinate our artistic goals, safety needs, and commitment to community outreach." She believes that a virtual approach to theater is a great learning opportunity in both creativity and adaptability for those

involved, while still useful for providing entertainment for viewers during the pandemic.

Despite not having an audience, the Theater department is dedicated to creating high quality productions and are excited to share their hard work with the Ursinus community. Dr. Brodie sees the efforts of those involved as inspiring, stating: "I genuinely believe that making art together under trying circumstances and in uncertain times is an act of hope." The cast and crew have been putting in long hours to create a polished and in-depth theater experience for remote viewers.

Live theater at home gives the audience more freedom in how they wish to experience a play. Viewers have the option to only listen to both plays, in true radio format, or view it in full, watching the actors as well as the musicians and sound assistants. This provides an accessible format to those on and off campus who wish to experience theater how they normally would, or to those who want to experience something new and innovative. Even though the participants will miss performing in front of an audience and bouncing off of their energy, they hope that the productions will

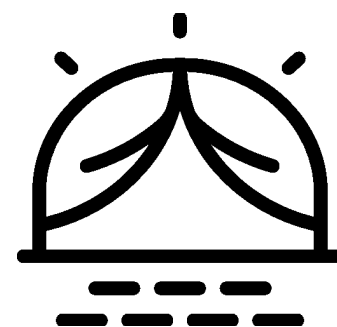


continue to do what they have in the past: give to the community. Dr. Brodie shares some uplifting words on her experience working on the radio plays: "Our faculty, staff, and students welcome the creative challenges we are facing and are eager to collaborate. We are resilient."

The radio plays will be livestreamed October 29th and October 30th at 7:30 pm and on November 1st at 2:00 pm. To access the livestream, visit [ursinus.edu/liveonmain](http://ursinus.edu/liveonmain) at the time of the performance. The Theater department

looks forward to the performances and being able to bring some entertainment to the community. In a true testament to the department's positivity and resilience, they are already brainstorming ideas of what they will bring to the Ursinus community come spring semester. To all of those involved in the production of the radio plays --

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**BREAK  
A  
LEG!**



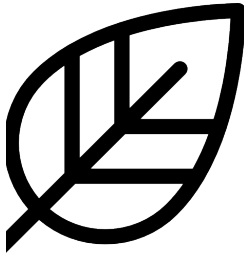
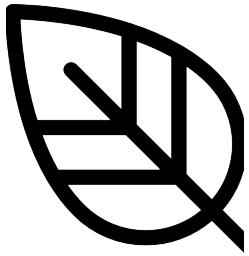
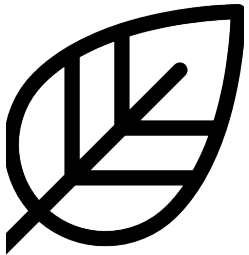
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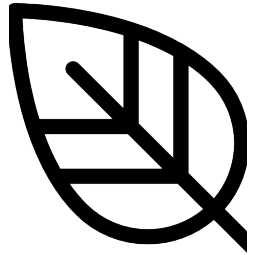
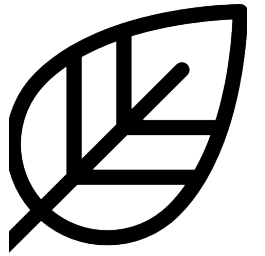
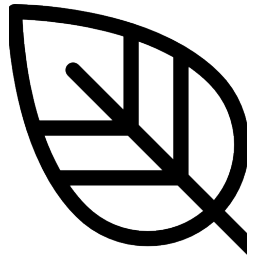


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# SPOOKY SEASON at Ursinus College



Courtesy of Ursinus College



Courtesy of Ursinus College

## RBG's impact on Hillel

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On Sept. 18, 2020, the nation lost an iconic figure when Justice Ruth Bader Ginsburg (RBG) died of complications from metastatic pancreatic cancer. RBG's death occurred on the eve of Rosh Hashanah, the Jewish New Year, which made her passing even more significant. The late RBG served as associate justice of the U.S. Supreme Court for 27 years. She was the first Jewish Supreme Court Justice, and the second woman to serve. She was an advocate and champion of gender equality.

RBG's death had a significant impact on Ursinus Hillel, the center for Jewish student activities on campus. Hillel is not only a student-campus organization, but also a community in which Jewish students can reside (Hillel House is on 33 Sixth Ave) and convene together to practice Jewish traditions. Honoring and paying tribute to RBG's legacy, Hillel held a commemoration and life celebration on September 25 via Zoom. The event had a nice turnout, with attendees joining from their rooms and/or during their dinnertime.

"[It] was a nice change from a typical semester, when it can be hard to motivate people to walk to a location

for an event," said Jess Greenburg '21, who was co-coordinator and host of the commemoration event. "It was also really easy to share the readings, prayers, and slideshow on everyone's screen, instead of dealing with printouts or connecting a device to a projector." Jess also stated that hearing everyone's stories about how Justice Ginsburg inspired them was one of the main highlights of the commemoration.

Other moments from the RBG commemoration included learning about Jewish perspectives on social justice, grieving, and death,

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*"She had a special place in the hearts of the American Jewish community."*

- Dr. Xandy Frisch

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which served well in processing the loss of the late role model, and celebrating Shabbat Shuvah, the Shabbat (day of rest and meditation) that falls between Rosh Hashanah and Yom Kippur, the two most important holidays in the Jewish calendar.

Coordinator of Jewish Life, and visiting assistant professor in Jewish Studies, Dr. Xandy Frisch also spoke kindly of RBG. "RBG was the first female justice on the Supreme Court and the longest serving Jewish



Hillel House  
Courtesy of Jenni Berrios

justice, so I think she had a special place in the hearts of the American Jewish community," Dr. Frisch said. "For me personally it was difficult to hear the sad news and then transition into a holiday celebration with my family." As coordinator, Dr. Frisch helps students organize an array of programs that offer different ways to engage with Jewish traditions and culture, with the hope of creating a vibrant, inclusive community, including weekly Shabbat dinners, celebrations for major holidays, etc. Although Dr. Frisch has not taught courses specifically related to Justice Ginsburg or her work, her courses do explore how Jewish culture has largely developed within the context of Western culture, where the Jewish influences the Western and vice versa. "Therefore, Jewish Studies can

help to contextualize American history and experiences."

Hillel has held tons of virtual events, which allow commuter and remote students to participate. The on-campus events are carefully socially distanced with the campus guidelines applied (i.e. face-mask wearing). Traditionally, Hillel hosts most of their events at their Hillel

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*"Hillel is... a way for the Jewish community to remain visible within the larger context of our Ursinus community."*

- Jess Greenburg  
2021

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house, which center around sharing home-cooked food and singing prayers. Despite those activities being inhibited for now, Hillel still volunteers at their usual

service site: the campus farm. "We're definitely doing our part to repair the world by modifying our Hillel activities to keep each other safe," Greenburg said.

Hillel also plays a part in shaping the identity of the Ursinus Jewish students. "Hillel is important to me because not only is it a space for Jewish students to find folks to share traditions with, but it's a way for the Jewish community to remain visible within the larger context of our Ursinus community," Greenburg said. "Hillel provides a means for non-Christian faiths to be represented on campus and reminds us that while we all come from different backgrounds, we are all still deserving of respect and dignity."



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# Daily practice of yoga

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The stress of the pandemic can be damaging to our mental health. Most of us have never experienced social isolation, health concerns, or economic uncertainty at this level. Even worse, politically, the presidential election is around the corner which can increase people's stress levels. According to the American Psychological Association (APA), "[t]he average reported stress level for U.S. adults related to the coronavirus pandemic is 5.9." This is a drastic increase from the reported 4.9 back in 2019 which marks the largest increase since the survey was started. With the help of yoga, the drastic level can, hopefully, be brought down.

There are so many benefits to practicing yoga in general but during a pandemic it can enhance satisfaction. The benefits can

range from better sleep habits to reducing cortisol, which is our stress hormone. Certified yoga instructors believe it is so important to check in with yourself daily and reflect on your emotions. We live in a fast-paced society and often forget to take the time to care for ourselves. This

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*"[T]he average reported stress level for U.S. adults related to the coronavirus pandemic is 5.9."*

- APA

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pandemic has given us the chance to pause and take advantage of the opportunity to listen to our needs. Richard Staines, a journalist, stated that there has been a global yoga surge since the pandemic hit, with a 42% increase in popularity.

While teaching virtual classes throughout the pandemic, instructors usually recommend all students tune into their bodies. It gives them a chance to reflect on where they hold the most pain and tension.



Courtesy of Ursinus College

By paying attention to our physical needs we are also caring for our mental health.

One of the best parts of yoga is that people can practice it first thing in the morning, in the afternoon, before bed, or whenever

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*There has been a global yoga surge since the pandemic...a 42% increase in popularity.*

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they desire. It is great to teach classes early in the morning because it energizes and gives all participants the confidence to go about the day -- despite the challenges it may bring. There is no right way to do yoga, so leave the excuses behind and just get started.

Whenever I am feeling stressed, my go-to is balasana (aka child's pose). It is a gentle stretch for the knees, back, hips, thighs, and

ankles. It often relieves upper and lower back pain. This specific pose helps completely rest the mind and tune into some deep breaths. Stop feeling stressed. Take back your power. Practice yoga.

## MASKS OF THE MOMENT

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# OPINION

## Ursinus or *Urscience*?

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It has been two years since the Innovation and Discovery Center (IDC) was constructed on campus, and became an addition to the science complex that already includes Pfahler and Thomas Hall. This year, Ursinus College introduced a new area of study and social gathering located near Main Street and Fifth Avenue: Schellhase Commons. Although these two developments bring more vibrance and a modern-look to Ursinus, I am quite upset that the college *still* has overlooked and neglected the needs of the Ritter Center, the building that houses the media studies department (visual arts and media and commu-

nications). As a media and communications major, and film studies minor, who has had several courses in Ritter, I agree with others who have stated that there is a desperate need for renovations in all areas of the building.

Two years ago, I interviewed associate professor of media and communications Dr. Sheryl Goodman, where she described the physical changes Ritter has undergone since its establishment, and explained how “there can be many fix-ups, such as the lobby, elevator, repaint on walls... just minor things.” Today, those thoughts ring loud and clear as Dr. Goodman’s perspective on the state of Ritter has not changed.

“Present day in Ritter – I don’t think anything has changed,” Goodman said. “I believe that in the new master plan, they talk about moving MCS and Art [studies] somewhere else– in the distant future not any time soon, but it’s not really clear where.” The master plan, which has been in the works since we last spoke, seems like it will sweep Ritter under the rug for a while. I attended one of the first master plan meetings back then, and given this is my last year at Ursinus, I may not get another chance to voice my concerns for the building. While the building for communications rots, other less-tech-oriented areas are given more attention. Ursinus College, which

is known as a liberal arts institution, is gradually becoming *Urscience* College.

Some people, however, do not see this occurring. Zainab Williams ’22, a media and communications major also, does not think Ursinus has academic biases. “Everything and anything can always be improved,” Zainab said. “And the IDC’s resources can be used by students of all majors. I will say that [many] UC students have stem majors/concentrations.” For Ritter changes, though, Zainab does suggest that there could be “newer camera equipment since some of them do need repairs.”

Vikki Rueda ’21, a biochemistry and molecular biology major, states the opposite.

“Yes, Ursinus does look like more of a science college, with the addition of...IDC,” she said. “[Many] students at Ursinus are science majors...colleges are a business, they prioritize [mostly] those that are bringing in more money... It does look like other majors like media and communications are not being helped as much when it comes to having resources.”

I agree about the resources, and I see the point made about the many student STEM majors. Still, using those reasons to “justify” Ritter’s neglect is far from rational. In general, Ursinus just needs to do better.

## Heteronormative Education is not Inclusive

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Not everyone is straight, yet we continue to live in a heteronormative society, and many students spend their days in classrooms that are extensions of the world outside. The lens that society looks through, especially in K–12 curriculum materials, pushes a heteronormative worldview onto children. Schools continue to educate with the assumption that students conform to the standard gender-binary and/or are heterosexual, thus excluding students who may still be figuring out their gender and sexual identities.

When heteronormative teaching practices

are applied in a school, there is an assumption that most students, parents and faculty are heterosexual and those who reveal themselves to be non-heterosexual are labelled as unusual. These heteronormative teaching practices oppress LGBTQ+ students. Luckily, a few schools have updated their approaches to sex education, but too many continue to improperly inform their students on LGBTQ+ history and identities. During the time in which most current Ursinus students would have attended high school, there was little mention of LGBTQ+ education, and any previous education would have been

even more lacking. I can only imagine how difficult this must have been for students who were questioning their sexual orientation at this time, or even way before, probably feeling confused and invisible. If LGBTQ topics were to become a part of the standard curriculum, including sex education, perhaps most of the LGBTQ+ community could experience earlier awareness and acceptance of themselves, and acceptance from others, instead of confusion, fear, and internal struggle.

According to GLSEN’s annual National School Climate Survey from 2019, bullying and harassment against

LGBTQ+ students, as well as children with atypical gender behaviors is prevalent. Perhaps if inclusive education was taught and introduced in a majority of schools, fewer members of the LGBTQ+ community would be rejected or bullied. It is paramount that all students feel supported, represented, and validated within the classroom; if this does not happen, students cannot focus on learning and will not reach their full academic or social potential. Teachers have a responsibility not to make assumptions about their students’ identities, and this includes their sexual orientations and gender identities. For LGBTQ+ youth in the

closet, it is not possible for them to feel vulnerable without first feeling safe. The American, as well as global, education system must take a further step and stop heteronormativity from taking root in all of our classrooms.

Some easy steps to consider as an educator would be as follows: utilize LGBTQ+ resource materials; be considerate that at least one child in your class is LGBTQ+; show support towards the LGBTQ+ community by creating classroom discussions; and show students that the classroom, school and administration are open, safe and affirming spaces and people they can trust.

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**Football** cont. from pg. 8

has resulted from this year, and more recently the past three months when they should have been competing. Members of the team did not only have expectations of how the season was expected to go for them individually, but also how the team dynamic would change as they became top-tier seniors. Tight end senior, Shane Conlin, mentions how many high expectations were held for the team this season, "Coming into the season both the players and the coaches had very high expectations for how we would perform as a team this fall season, and we were looking forward to playing in all aspects of the season. When the decision came to cancel the entire season, it was devastating," says Conlin. Luckily the team, like other sports here at Ursinus, are allowed to practice on Patterson, which allows them the opportunity to have interactions with other players and coaches.

The players have now changed their outlook on the aspects of their game that they looked down upon, "Whether it was our spring practices or preseason, which is normally the worst parts, were actually sounding exciting to go to," says Conlin. This absence of competition has taken an incredible toll on the motivation of the seniors. Attempting to

figure out a way to be encouraged, while also having a dark cloud of realization that they may never play college football again hangs over them. "Finding out ... that I have most likely played the last down of football ever was very hard to swallow. Especially having high expectations for my personal goals and team goals, it was a huge hit emotionally and also mentally, specifically when people are constantly telling how they feel bad, it added to the mental toll," says Conlin. However, the relief of practice and coming back to school this semester is refreshing and relieving some of the stress on the seniors, as well as all the other players.

*"Overall, our team is still as strong as ever, and we look forward to our next chance to get on the field and compete!"*

—Harry Thomas, Class of 2023

The team has shifted their focus from games in the Centennial Conference to stepping up their skill level to enter the competition stronger than ever before seen in UC Bears football history. Junior offensive lineman Brett Johnson, mentions how difficult it is dealing with the absence of rivalry and competition in the conference, "It has been really difficult not being able to compete against

other schools this season but being able to practice and work out with the team has been great. It has definitely been a big adjustment as far as practice goes because of social distancing, but I'm thankful that we have been able to practice and work out together to get ready whenever the next opportunity presents itself," says Johnson.

Hopefully, the football team will be seen out on Patterson sooner rather than later. Nothing but the best of luck to the team as they persevere through the next few months, awaiting a definitive answer on what the spring will bring. Both the football team themselves and the Ursinus community would love to be able to enjoy Saturday game days again, with abiding by the CDC and Ursinus COVID guidelines. Go Bears!

**F45** cont. from pg. 8

on the recovery tapes because they are relaxing and soothing after a long day of class.

*"... We build connections and bond over, while also building our mental, physical, and emotional health during this pandemic "*

—Mike Moronese

If students are not feeling a Wismer meal but have access to a local grocery store and kitchen, there are quick, delicious meal recipes. They suggest those three important meals of the day along with two snacks while also tracking the total intake of calories.

The portal also includes results trackers and personalized calorie guides free of charge. Athletes as well as non-athletes can simply download the app from their device -- F45 Challenge. The company's goal is to help transform its member's health by working around the clock with F45 professionals and expert nutritionists.

We have high hopes that this will be very beneficial for all students at Ursinus. Additionally, we wish that this will play a big part in student's mental, emotional and physical health. So, Ursinus College students, will you be the one that takes a dive into the F45?



## Ursinus' New Partnership With F45

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Being consistent and disciplined with your workout routine is crucial, but can often be tricky with a busy, fast-paced schedule. A student may have the desire to fit a workout in before class but doesn't have time to drag themselves to the fitness center. Sound all too familiar? Don't worry...Ursinus will spot you.

The new F45 mobile partnership with Ursinus makes working out easier and more convenient for students. F45 is a HIIT (high intensity interval training), circuit-based training system. The variation of the workout keeps individuals challenged, engaged, and ready to have fun. Michael Moronese, Head Strength and Conditioning coach at Ursinus, explains "F45 was to provide an optional service to our community, that we build connections and bond over, while also building our mental,

physical, and emotional health during this pandemic." He further explains that the importance of physical activity cannot be overlooked, especially now.

On their challenge app, F45 offers on-the-go workouts with audio and visual instruction that students can do anywhere at any time. Students can sneak in a 45-minute workout without leaving their dorm, quickly shower, and still arrive at class on time.

*"F45 was to provide an optional service to our community..."*

—Mike Moronese

The platform has three categories that users can choose from -- bodyweight, weighted, and recovery. I, personally, love the bodyweight and recovery videos. I'm fond of how I do not need equipment and that I just rely on my own strength. I'm also keen

See **F45** on pg. 7



Courtesy of Ursinus

## Patterson Misses Football

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Patterson misses the game day energy from all the sports teams that call this field their home, and the Ursinus College Football Team is no exception. The cancellation of the fall season is devastating to all of the players, but especially the sixteen seniors who have worked hard over the past three years to finally reach their senior season. With this challenging obstacle in front of them, the Ursinus

College Football Team is focused on the opportunity of a potential spring season.

Sophomore defensive back Harry Thomas talks about how unfamiliar this season is, while adding that the team is trying to grasp it by the horns: "The fall season right now is anything but normal, with our season being canceled and our fall practices being very limited on what things we can do. Overall, our team is still as strong as ever, and we look forward to our next chance to get on the field and compete!"

says Thomas. The team has 137 young men on the team, 84 returning and 53 incoming freshmen; to keep that many players in check without COVID seems difficult enough. Luckily, Coach Gallagher has organized a unique and modified routine to their practices, and with the help of their assistant coaches, the team continues to have participation run smoothly during their workouts.

Seniors are struggling to come to terms with the new normalcy that

See **Football** on pg. 7

## Thinking of You!



Photo by Ursinus Athletics



Photo by Ursinus Athletics