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The Grizzly, November 5, 2020

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Intruders & Campus Security

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Over the past month, students have received three safety alerts from Campus Safety detailing separate incidents involving unknown intruders in Reimert Hall, New Hall, and a Main Street house. Campus Safety is currently investigating these intruder reports alongside the Collegetown Police Department. Meanwhile, some resident students are spending their nights with a lingering sense of unease.

The intruder incidents were reported on the nights or early mornings of October 4, October 6, and October 19. Through their investigation alongside the Collegetown PD, Campus Safety has confirmed the identity of the individuals reported on October 4 and October 19. They have both been banned from campus. The investigation into the intruder from October 6 is still ongoing. Despite not knowing the identity of the third intruder, Campus Safety believes that there is no serious

risk to students living in New Hall.

While continuing their investigation, Campus Security is implementing procedures to add extra security in and around campus. They have increased the number of both Campus Safety officers as well as Collegetown PD officers patrolling Main Street throughout the night. On top of extra security, Director of Campus Safety Gabrielle Wright is conversing with Ursinus students and staff in an attempt to think of more safety measures that will be implemented in the future.

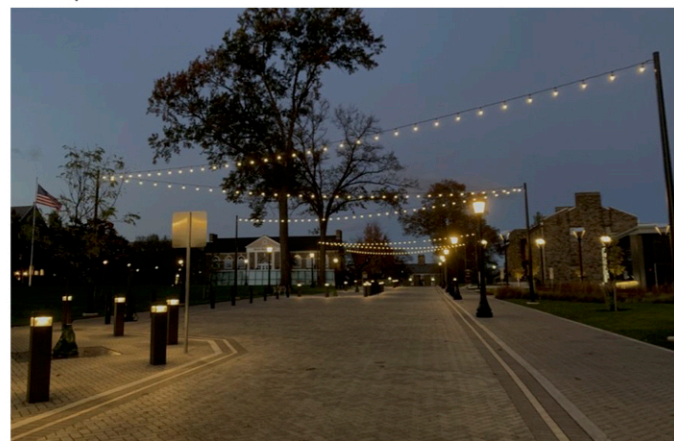
She says: "I believe that every incident should be treated as a learning opportunity, and that we should constantly evaluate how we perform to see what we can do better in the future." Wright says that the safety of the Ursinus community is of the utmost importance and is working hard to maintain our security and come up with new ways to ensure that no similar incidents happen in the future.

There are also steps that resident students can take to help defend the den. Wright provid-

ed an extensive list of what students can do to ensure their own safety as well as the safety of others. The list includes: locking all doors and windows when out of a room or sleeping, especially at night; students should report any broken locks to facilities or their RAs in order have them fixed; students should not hold doors to residence halls open to anybody whom they are not sure lives in that hall; most importantly, students should report any suspicious activity seen on campus as quickly as possible to Campus Safety. Wright also urges all students to download the MobileU app, which includes many important safety features including a virtual "blue light" that connects students with Campus Safety; a virtual walk home feature that gives your location to Campus Safety until you reach your destination; and a chat function that lets you keep in contact with Campus Safety.

The recent on-campus incidents have students shaken, Freshman Lauren Kovarick says: "It's a bit scary, seeing how close

together [the incidents] were. I make sure to lock my door whenever I'm out and always tell my friends where I'm going." What we can do, Wright says, is work together to protect our den. We're very proud of our community -- and particularly our students -- for remaining diligent and working together to keep our campus safe." Let's continue to keep each other on campus safe by keeping an eye out for any suspicious activity and utilizing Campus Safety and the MobileU safety feature.



Trash Increases on Campus due to COVID-19

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As they made their way back for the Fall 2020 semester, Ursinus students were surprised to be greeted by new art pieces all across campus: large towers of Styrofoam. The piles of trash were stacked one on top of another at every trash can. It was certainly a sight to behold. Ursinus has taken great strides in making campus safe for its students during the COVID-19 pandemic. Helpful protocols include weekly testing, established family units, a strict mask-wearing policy, Zoom classes, take-out dining, and zero tolerance for rule breaking. Unfortunately, not every change has had entirely positive results.

The switch to take-out dining has produced significantly more trash all over campus. "Within our house, Styrofoam containers have been a big source of trash buildup," Miles Noecker,

an Ursinus student who lives on Main Street, said. "During the first few weeks of school, we were all throwing our trash out and it was getting out of control with Styrofoam. It definitely builds up fast." It builds up so fast because of how much Styrofoam is being handed out. Walking into the Wismer Dining Hall, you'll immediately find Styrofoam containers and cups waiting for you. And in Zack's Food Court, whether you're buying food from Tres Habaneros, the Grill, or Jazzman's, you'll be given at least one Styrofoam container, possibly more. This constant use of the product is worrying for numerous reasons.

"First of all, it's gross -- the trash cans are just overflowing with trash," said Avi Griegel, a sophomore at Ursinus. "And second, it's really bad for the environment. It's just mountains of Styrofoam everywhere." With over a thousand students on cam-

pus purchasing breakfast, lunch, and dinner daily, there's a lot of nonbiodegradable material being used.

However, there is a plan in sight. "We have recently been able to secure a few thousand paper to-go containers and are now offering them in Upper Wismer," said Michael Forstoffer, the director of dining services. These replacements, he says, are biodegradable and compostable.

"These items are in very short supply and we are currently on back order for replacements." A step in the right direction, but the Styrofoam towers still cast long shadows.



Photo by: Jenni Berrios



Kindness Isn't Cancelled

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At a time when it feels like everything is cancelled, Integrate for Good invites people to celebrate that kindness isn't cancelled with Kindness Fest 2020. The two-day virtual event, November 13 and 14, salutes community heroes and invites people to spread kindness throughout their neighborhoods in recognition of World Kindness Day. It also supports Integrate for Good's efforts to champion inclusion, reduce loneliness and social isolation, and build inclusive communities that open up opportunities to people of all abilities, including those with intellectual and developmental disabilities.

Integrate for Good is an innovative nonprofit organization committed to empowering children and adults with diverse abilities to share their talent through inclusive volunteerism, community leadership and meaningful employment. Since 2017, Integrate for Good has worked to strengthen local communities in Montgomery County, PA. Bev Weinberg, Founder and Executive Director of Integrate for Good, will kick off the event at 7 p.m. shining a spotlight on the organization's new virtual approach to reducing loneliness and social isolation through volunteerism, friendship, and community connection.

Several Ursinus students have been working with Integrate for Good through this semester, myself, Ava Com-

pagnoni '23, along with Mekha Varghese '23 and Katrina Follmer '23. Mekha Varghese is working alongside Weinberg as co-leader for this event, making sure all members of the team are meeting deadlines before the event. The UC Live Internship Program paired students with Integrate or Good and it could not have been a better matchup. Among all the students we have had a great experience with Bev and the Integrate for Good team. Jake Olson, cofounder of Engage and the first completely blind Division I college football player, will headline the first night of Kindness Fest, November 13, by sharing his transformational story. Jake Olson is an inspirational speaker, author of two books on overcoming adversity, and president and cofounder of the web-based platform Engage. A rare form of retinal cancer caused him to lose his sight at age 12, but he persevered to achieve his goal of attending the University of Southern California and becoming a long snapper for the USC Trojans. He made history as the first completely blind player to compete in a Division I college football game. Jake has been featured on ESPN, ABC, CBS, NBC, CNN and Fox Sports, as well as the New York Times and the Wall Street Journal.

"None of us could have predicted what 2020 would bring," says Weinberg. "But, not everything is postponed. Kindness isn't cancelled. There is hope, and everyone can be a part of bringing hope to others. The Integrate for Good team embraces the

words of poet and civil rights activist Maya Angelou: 'You can't go through life with a catcher's mitt on both hands. You need to be able to throw something back.' The team helps remove that extra glove, empowering people to get in the game as pitchers as well as catchers—receiving services, but also sharing their talents and abilities as valued members of the community."

Following guest speaker Jake Olson, Weinberg will announce this year's Community Hero Award winner, an individual who exemplifies kindness and community engagement. A fun evening of virtual games and prizes will cap off the Friday night event.

The celebration continues on Saturday, November 14 as the Integrate for Good team invites people to join them in spirit to spread kindness out in the community. Starting at 9:30 a.m., Kindness Fest participants will be out and about in their own neighborhoods placing kindness rocks, raking leaves for elderly neighbors, delivering surprise flowers to someone's doorstep, and doing other selfless acts to show that COVID can't stop goodness. Participants are encouraged to get outside, walk, run, bike, be mobile to promote kindness. So gather your team, family unit, clubs, organizations, anyone you could think of who can walk, while remaining distanced and safe! Watch Integrate for Good's channels on Facebook and Instagram as Kindness Fest ticketholders post photos of their kindness activities tagged with

@IntegrateforGood and #KindnessIsn'tCancelled. By posting a picture and using the tags, participants are entered into a raffle to win amazing prizes!

Kindness Fest will wrap up at 7 p.m. November 14 with a Facebook Live broadcast announcing winners of the event raffles and sharing the difference that kind gestures have made in the community on World Kindness Day. Students are encouraged to participate at a discounted ticket rate of \$20 for Friday night and \$10 for Saturday night! For more information, and to get tickets to the event, visit <https://integrateforgood.org/kindness>.





Ursinus College is labeled green!

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Recently, “The Princeton Review’s” Guide to Green Colleges recognized and ranked 416 colleges by how environmentally responsible they are. Our very own Ursinus College was ranked among the 416 recognized schools! “Princeton” green colleges’ recognition is not competitively ranked but listed in alphabetical order instead. “The Princeton Review” took into account whether students have a quality of life on campus that is both healthy and sustainable, how well the school prepares students for employment in an increasingly green economy, and how environmentally responsible the schools’ policies are. These rankings also emphasize the schools’ exceptional commitments to sustainability in areas ranging from academics and career prep to campus and initiatives. The findings confirm that our campus community works diligently to keep our beautiful campus eco-friendly and green for both faculty and students.

Kate Keppen '05, an Ursinus environmental (ENV) studies alumna, who went on to receive her master’s degree in environmental and energy policy at the Univer-

sity of Delaware in 2007, is now the director of sustainability for Ursinus College. Keppen--and current students majoring and minoring in environmental studies--get involved in taking green action on campus by working tirelessly in the Food Forest (a research opportunity for ENV students plus stewardship), the classroom, with each other, and with the campus-community in whole.

“Students who are

“Students have worked on recycling, energy conservation, greenhouse gas emission, inventorying... and more.”

- Kate Keppen

involved with environmental studies, either as a major or minor, and Sustainability Fellows often undertake projects that have lasting effects on the campus,” Keppen said. “Students are able to research a particular issue, then take what they have learned in the classroom and apply it to a particular project.”

The Ursinus campus-community has undergone many changes thanks to the Sustainability Fellows and environmental students. Although sometimes the recognition goes unnoticed, Ursinus is grateful for their diligent work. These fellows and



Courtesy of @ursinusfoodforest

students have worked endlessly on their prioritized list(s) on how to make the Ursinus campus an environmentally safe and sufficient place for the rest of the student body and community members. “It is actually difficult for me to think of an area of campus in which a student has not worked on,” Keppen said. “Students have worked on recycling, energy conservation, greenhouse gas emission inventorying, green building design, sustainable food sourcing, stormwater pollution reduction, sustainable farming, composting, and more.”

Keppen emphasizes that all the pressure for environmental advocacy should not solely be placed on the ENV student-community; it is a responsibility for the

entire campus. “Being a sustainable campus is a community effort, the

“The recognition that Ursinus receives as a green college is reflective of countless hours of work done by students, staff, faculty, and the administration.”

- Kate Keppen

work does not fall on one group of people but belongs to all of us as a community. There are serious intersecting environmental and societal issues at hand, and I am proud to work with such a committed community of people,” Keppen added. Ursinus College did not make the top 50 in Princeton’s Guide to Green Colleges recognition, but being part

of the 416 selected out of 700 surveyed showcases its extraordinary efforts. “The recognition that Ursinus receives as a green college is reflective of countless hours of work done by students, staff, faculty, and the administration,” Keppen stated.

Keppen herself sees how involved students across all disciplines are becoming in sustainability efforts. The campus’ environmental efforts all stem back to the CIE question of “how should we live together?” While November is the month for fall colors, as a community let’s continue to keep our campus green!



Self-care: Check your emails only twice a day

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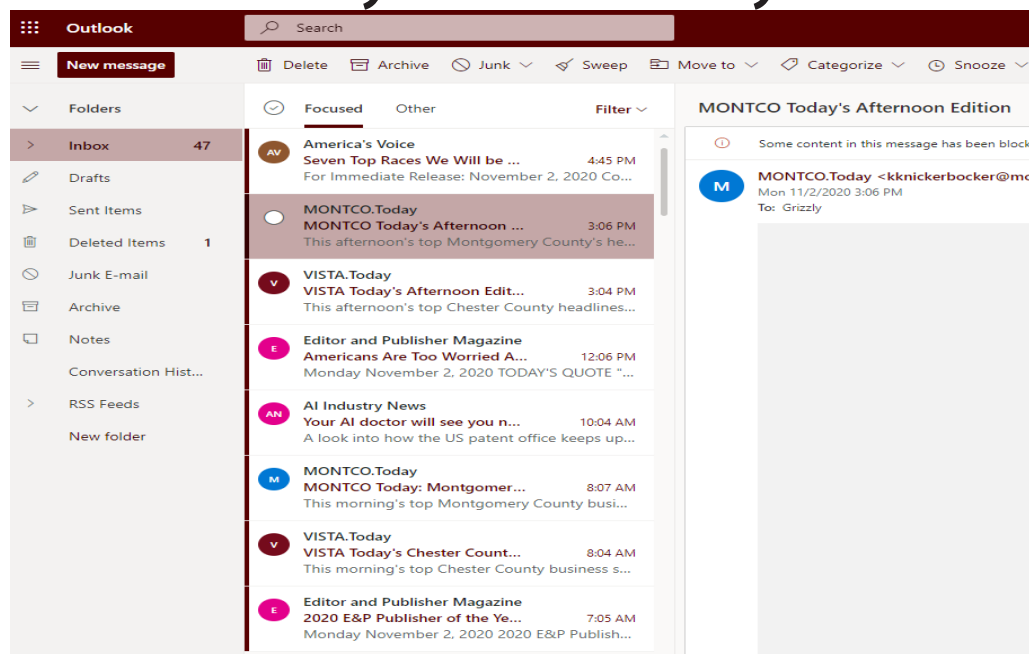
As we shift from our workplace to our home offices, many professionals are living in their inboxes. According to the Harvard Business Review (HBR), the average professional spends about 28% of their workday reading and writing emails. “For the average full-time worker in America, that amounts to a staggering 2.6 hours spent, and 120 messages received per day,” HBR states. In-person conversations are limited these days, leaving us with email and Zoom as our main sources of communication. This has caused individuals to check their inboxes multiple times a day and feel overwhelmed and pressured to respond within a timely manner.

Studies also show that professionals check their emails about 15 times per day, which translates into every 37 minutes. Over-checking our emails wastes precious time that can be spent

elsewhere. It lessens our productivity rate and mental health as we fixate on what we have recently received, or waiting for someone to reply. It can “take people up to 23 minutes and 5 seconds to fully recover after an interruption, such as a break to check email,” according to HBR.

In addition, 80% of current college students frequently experience daily stress due to remote learning put in place. Hence, this new learning form is increasing stress levels. Like professionals, students are disconnected from campus and are only left with email as their form of communication amongst professors and classmates.

Limiting email usage is a form of self-care. Doing this can help a person set boundaries between work and leisure time. Additionally, setting boundaries reminds us to remain present in the current moment. So many workers have their work email sent to



their smartphones that it makes it difficult for them to find a work-life

“[It can] take people up to 23 minutes and 5 seconds to fully recover after an interruption, such as a break to check email.”

- HBR

balance and fully focus on the present moment.

In order to break these bad habits and preserve our energy, people first need to realize that they deserve a break, and that work is only done between certain hours. Setting aside times for email checks during the day and turning off notifications

are beneficial altogether. When turning off notifications, people do not feel the urge to respond. It also limits the chances of being distracted and unproductive during the workday which causes them to remain present by focusing on one project at a time.

We should leave on notifications for important or mandatory emails. In addition, we should declutter our inboxes occasionally. However, in terms of self-care practices, we should take our time to respond and delete with periodic breaks in between.

So how many times a day should one be

checking their email? Unbelievably, experts say that checking it once a day is more than enough. Elizabeth Saunders, a productivity expert, clears her inbox out in the first one-two hours of her workday. After that, she does not check her email again, which allows herself to fully focus on the projects she has to get done. This information applies greatly to college students, as they often find themselves disorganized and crumbling under the weight of heavy workload and other activities. Limit your email usage and empty out your inboxes!

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How to Increase Campus Safety

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Many colleges in America have emergency blue lights scattered around their campuses, which help their students to feel safe. Blue lights are security tools that are meant to act as a safety precaution in public areas, creating a highly visible and accessible way to reach campus safety or if needed, law enforcement. Ursinus' campus safety can only be reached by a phone call (or other phone-based methods, such as an app). What happens in cases when a student's phone is dead? They are forced to take the risk walking from the IDC or Ritter all the way back

to their residence or vice versa. While Ursinus is a small campus, there should be a stronger push here for a few blue lights on campus, and specifically Main Street.

Most of the recent disturbances have involved people unaffiliated with the school, which presents the additional challenge to the college of ensuring safety on Main Street, where there is technically "on-campus housing" off of the campus bubble. But these incidents can be serious -- remember the almost-kidnapping from last year. I propose a blue light at each residence hall, plus a couple spread out through the

Main Street houses. Why should Ursinus allow its name to continually get dragged through the mud of being called an unsafe campus? The officers at campus safety have a devotion to this school, let's help them out.

If Ursinus cannot afford the blue lights, perhaps enhancing the mobile app needs to become a priority. Perhaps allow students traveling across campus to set a safety timer: if the user does not arrive at the location within the designated timeline, the app will notify a campus safety team. An enhanced app could also provide first responders

with critical location-data during an emergency, giving the tool another advantage over blue light boxes. Perhaps if campus safety worked with a more advanced technology and security reinforcements, incidents such as the three recent disturbances would be less of an issue.



Photo Courtesy of Ursinus College

Women's Soc. cont. from

lives. "I think we (Ursinus Women's Soccer Team) are all on the same page that we need to be safe and smart in order to have the practices. For me this season was not so much about playing to compete with other teams but playing to further develop our own program in terms of team bonding and individual skills," says Tesone.

All the sports teams here at Ursinus are adjusting to the new COVID regulations, keeping practices running as smoothly and efficiently as possible. The UC Women's Soccer team holds every one of the players accountable to make sure they are prioritizing health first to spend as much time together, safely, on campus before Thanksgiving, "I think our team is doing well by following the rules and guidelines for living on campus. Even if we cannot hold our normal team bonding events like previous years, we have done socially distanced activities such as pumpkin carving and making our own social justice patches," states Tesone.

The NCAA has approved that student-athletes can now wear patches on their uniforms to honor causes they support, including social justice initiatives. Sophomore offensive player Kyra Handel talks

about how she balances all of the difficult challenges being thrown on her plate during this pandemic. "Between school, sports, and my participation as an Abele Scholar can definitely be very overwhelming and easy to stress over. However, I find it very helpful to make a to-do list at the beginning of each week; also, I think it is easy to get wrapped up in too much school-work. I allot a certain number of hours to give myself time to relax and relieve stress, usually either by working out, taking a screen break or just casually hanging out with my friends," says Handel.

"I think we (Ursinus Women's Soccer Team) are all on the same page that we need to be safe and smart in order to have the practices."

—Zoe Tesone, Class of 2021

Throughout their practices, the team has worked on improving their footwork, speed, and overall team chemistry on the field. Both sides of the field, offense and defense, have been working extremely hard to become a better team than they were last year. "Offensively during this irregular season, we have been able to narrow our focus on our first touches and shots really well. During the regular season we did not have much time to focus on

the "basics," having the ability to reset and take a step back to focus on the little things that increasingly benefit our overall skill," says Handel, talking about how beneficial this season is though it does not seem like it currently.

While the team is no longer competing on the field, off the field they are working hard in the academic aspect. The women's soccer team, as well as the men's, have been awarded the United Soccer Coaches College Team Academic Award for the past academic year, announced recently by the organization for their scholarly achievement. Keep up the good work, and hopefully we will see a spring season for the women's soccer team. Go Bears!

Safety cont. from pg. 8

break-in. I just feel more on edge now and it can be stressful."

Other female students also feel unsafe doing some of the simplest things. Current junior, Olivia Rachel, talks about how her safety on campus feels threatened. "I think that as female students, and women on campus especially, it feels less safe walking alone, and there aren't precautions being taken to help alleviate our fears and protect us." She also adds, "We have now even started locking our doors more, which is something that a lot of people, at least who live in Reimert, do not do."

Nor has Campus Safety's response helped restore a sense of security for residents of the Main Street house. After the incident took place, students in the house asked for an officer to remain present for the rest of the night. It didn't happen, however.

"We have now even started locking our doors more, which is something that a lot of people, at least who live in Reimert, do not do."

—Olivia Rachel, Class of 2022

Female students who felt on edge that night do not think campus safety took their feelings into consideration, "No I think they did not handle what happened correctly at all," states Morgan. Nazih adds on

to that by saying, "They are unarmed and have yet to really do anything to help or make us feel safe."

With students now only feeling safe sleeping with things such as tasers and pepper spray in order to protect themselves, the campus is under a lot of unwanted and avoidable stress. The female student body, as a whole, seems to have lost their sense of safety, and with only a month left on campus, we hope that the school does what it can to remedy the situation. Be safe, and always walk with a buddy. If you see anything suspicious, call campus safety right away.

Safety Concerns Affect Students' Mental Health

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As many in the Ursinus community know, there have been several disturbing incidents on or near campus lately. Unwanted interactions with men have caused stress to the female student body. Some women on campus have become worried about doing simple tasks that they may have been comfortable doing alone prior to any of this happening. Walking across campus day or night, going to the C-store, and even just sitting in the residence halls are all things that now are done with "buddies." What has this constant paranoia for female students done to their mental health, and additionally, what is the school doing to make sure that these encounters come to an end?

The last incident reported was just around two weeks ago when a man unfamiliar to students attempted to

enter through the back of one of the Main Street houses. Events like this have led many female students to feel unsafe and caused them mental stress. Reilly Morgan, a junior and current resident in the house, talks about how since the incident, she has felt unsafe on campus. "I always felt super comfortable on campus but after everything that went on this year so far I feel like there [are] a lot more safety measures that should be in place."

She also adds how this has affected her mental health. "Yes I think it adds a lot of stress and anxiety. Even just walking places alone during the day I get anxious," states Morgan. Morgan is not the only one who feels this way. Kamilyah Nazih, another junior and resident in the house, talks about how she never felt stressed, mentally, until now: "It never did before the incident with the attempted

See **Safety** on pg. 7



David Morgan/Stylish Images
Courtesy of Ursinus

Women's Soccer Has Fun

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The Ursinus Women's Soccer Team is coming off of last year's difficult season and continues to face challenges during their "fall season." This is most difficult for the ten senior players especially, who have worked hard to make it to their senior season. It is a challenge on and off the field for the women's soccer team, as it is for most other teams in the current climate, but the young women of this

team are working exceptionally hard to make sure their team remains steady.

After three years of amazing soccer at Ursinus, defensive player Zoe Tesone talks about how she as a senior, as well as the other nine senior players, are dealing with this unusual season, "I think this season showed me it is important to just enjoy playing the sport you love as much as possible while you can. So, I tackled the opportunity presented to me and took on practice with the intention of wanting to have fun,

being safe and taking care of myself," says Tesone. This should be a valuable season for all seniors, a time to reflect back on the memories of Little League, as an aspiring young athlete participating in the sport they would soon come to love. With no additional pressure, perhaps athletes should take this season as lightly as possible; while it may be difficult to do, continue forward with a positive attitude and worry about what is controllable in their individualized

See **Women's soc.** on pg. 7

Thinking of You!



Photo by Ursinus Athletics



Photo by Ursinus Athletics