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Simra Mariam
Ursinus College

Marisa Spiegel
Ursinus College

Shelsea Deravil
Ursinus College

Ava Compagnoni
Ursinus College

Layla Halterman
Ursinus College

See next page for additional authors

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Authors

Simra Mariam, Marisa Spiegel, Shelsea Deravil, Ava Compagnoni, Layla Halterman, and Julia Paiano

“Do not be afraid” - Letter from a Graduate

Marisa Spiegel
 spiege47@students.rowan.edu

When I was an undergraduate student at Ursinus, I admit it was difficult getting used to a new environment. However, after four years of attending, I realized that it was a great experience. I try my best to give any students advice since I learned a lot from my professors, my family, and myself as well.

My first piece of advice to people is “do not be afraid.” It is okay to be shy and quiet, but making friends is the best thing you can do at college. You will not be alone, there are many great people there that you will get along well with and just want to be with.

My second piece of advice is that college is not just about work. Yes, you should do your work,

but do not overwork yourself. If you do not understand the material, then skip it and go back to it later. If the entire thing is confusing, then take a breather and go back to it when you have a clear and refreshed state of mind to think over it. If that doesn't work, go to office hours for help. You will gain more of an understanding since it will be one-on-one and your professors know you are trying your best. Personally, I hate asking for help since I also want to do it myself, but when I realized I could not do it alone the professors were there to help. More importantly, we are not perfect human beings, if you do not do well on an assignment or an exam, do not let that define you. You are not your grades; you are trying and that is all your professors are asking of you.

So don't worry too much about work.

In the end, the college experience is about having fun as well. So, gather your friends and have fun with them. My last piece of advice for undergrads would be to get close to your advisors and the other professors within your department. You can visit them for office hours for help or just stop by to say hi. Your professors will appreciate that you made the effort to see them, even if it is a brief conversation about random ideas. Just like us, the professors need a break, so a few moments of free time help. By getting close to your advisors and professors, they will get to know you a little bit better which benefits you in numerous ways. Your professors are not just your teachers and advisors, they can be really good

buddies as well. They can see how well you can handle any type of workload or situation, but also the struggles you have. That way, they can try different methods to make sure you are educated using the best method possible. In addition, you will need letters of recommendations for grad schools, and so your advisors can write a proper and unique letter about your achievements.

Go Bears!



Image courtesy of Ursinus College



Photo courtesy of Marisa Spiegel

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The celebration of Black professors and staff at Ursinus College

Shelsea Deravil
shderavil@ursinus.edu

Black History Month recognizes Black people who have made a lasting, influential impact in our society, and helps make room for the new trailblazers that come along the way. It is a time when black people can celebrate one another's achievements or paths towards success. As we draw towards the end of Black History Month, the Grizzly is taking the time to honor some of the Black faculty and staff members at Ursinus whose work has contributed to enhancing students' college experiences.

We begin with our Vice President for College and Community Engagement Heather Lobban-Viravong, who joined the Ursinus community in the summer of 2018, and has been involved in many team projects where diversity and student success programs are her top priority. Lobban-Viravong is part of the Diversity Action Resource

Team (DART), an ethnically diverse committee aiming to strengthen the inclusion of diversity on-campus.

Other Black faculty and staff members on DART include: associate controller (in investments, grants, and contracts) Christopher Guy, Prof. M. Nzadi Keita of English, Prof. Edward Onaci of History, College Chaplain and Director of Religious and Spiritual Life Rev. Terri Ofori, Prof. Simara Price of Biology, telecommunication technology administrator James Tiggett, Associate Vice President for Advancement Ava Willis-Barksdale, and the Institute for Inclusion and Equity (IIE) leaders Ashley Henderson and Dean Terrence Howard.

At the IIE--a center and space for social gatherings, media viewings, dialogue on injustices and intellectual matters, and student networking--Henderson serves as the director, Dean Williams as the former

presidential advisor, and the newest addition to the team, Diana Deoki, serves as assistant director. The IIE is always involved in activities that help enhance the lives of students of color on campus, and feature various clubs by co-coordinating or co-hosting their events.

Prof. Simara Price, Prof. Jennifer King, and Prof. Carlita Favero are the three Black women professors in the science department who continuously change students' perspectives on what a science educator looks like. Prof. King finds her profession as a great opportunity to teach many students while applying her main principle of teaching. "One guiding principle of my teaching philosophy is to create an inclusive learning environment where all students can comfortably engage," Prof. King said. "Being a Black woman highlights this inclusivity through black students' ability to relate to my experience, or allowing all

students to see me as a direct example of the growing diversity in science."

In Prof. Price's course, Biology and the African Diasporic Experience in America (BIO 151), students unravel harsh truths about black people's pain and experience of being victims of brutal surgical and medical experiments since slavery. This course not only helps rectify false historical narratives seeded within medicine and science but also shows the need for diversity in STEM.

We also celebrate Black professors and staff members in other departments: Prof. Patricia Lott of English and African American and Africana (AAA) Studies, Prof. Jasmine Harris of Sociology, Prof. Kneia DaCosta of Psychology, Prof. Lynne Edwards of Media and Communications Studies, Prof. Alvin C. Grisom of Computer Science, operations and digitization technician Gwendolyn Marshall, Director of Student Activi-

ties Todd McKinney, Assistant Director of Residence Life Michael Thompkins, Director of Campus Safety Gabrielle Wright, Fitness Center Director (Coach) Mike Moronese, Coach Sergio Jackson, Associate Athletic Director Marqus Hunter, and Coach Stargell Williams.

The Athletics Dept. has seen some growth with head/assistant coaches over the last few years with the addition of Coach Williams and Coach Jackson. "Representation matters, and anyone can look around campus and see that most of our higher-level leadership roles for staff/faculty are primarily filled by...white males...especially the growing strength and conditioning department," said Coach Moronese in an email sent to The Grizzly, where he discussed the demographics and percentages of diverse head coaches in the different Division levels that has remained static since

2005. "It is important to recognize and celebrate our Ursinus staff/faculty members that are part of historically minoritized communities...because it highlights the disparity that exists, while also showing [what] can be done." Many of our Black professors have extended their area of study into independent research or published works. Some published work accessible for students to check out, via their bios on

the Ursinus website, are Prof. Keita's "Brief Evidence of Heaven: Poems From the Life of Anna Murray Douglass" (2014), Prof. Onaci's "Free the Land: The Republic of New Afrika and the Pursuit of a Black Nation-State" (2020), Prof. Grissom's "Thinking About How NLP is Used to Serve Power: Current and Future" video talk (2019), Prof. Harris' co-found business The Hues Company, and Prof. Edwards'

essays on cyberbullying analysis. We conclude our celebration with mentions of former Ursinus Black staff members, alumni, and professors: the late Dr. W. Robert Crigler '56 (first Black Ursinus graduate) and Rev. Charles Rice, Director of Multicultural and Tutorial Services Paulette Patton, Campus Safety member Ernest Freeman, Prof. Anthony D.J. Branker of Music, Prof. Donald E. Camp of Art, Admissions

staff member Janeen Flamer, and first black women Ursinus grads Deborah Bumbry '73 and Carol Clark Lawrence '73.



FEBRUARY IS

Black History Month!

We've chosen some of our favorite quotes by influential figures throughout history to highlight the significance their words carry to this day.

"Hate is too great a burden to bear. It injures the hater more than it injures the hated."
-Coretta Scott King

"A man who stands for nothing will fall for anything."
-Malcolm X

"He who is not courageous enough to take risks will accomplish nothing in life."
-Muhammad Ali

"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."
-Nelson Mandela

"Never be limited by other people's limited imaginations."
-Dr. Mae Jemison, first African-American female astronaut

Phi Alpha Psi

Ava Compagnoni
avcompagnoni@ursinus.edu

The COVID-19 pandemic has temporarily halted many of the extracurricular activities at Ursinus College. Greek Life faced this threat as well, and could have gone a year without New Member Education and induction. Luckily, Ursinus' fraternities and sororities were able to do so last fall through COVID-friendly education.

Founded in 1907, Phi Alpha Psi (PAP) is the first, and currently the oldest, local sorority at Ursinus. For the 2020-2021 academic year, there are 44 current active members and over 850 alumnae. The sisters of PAP continue to support and help each other long past graduation and enjoy coming back to campus. The purpose of PAP is to promote and maintain a friendly and cooperative spirit of sisterhood within the organization, the campus, and the surrounding community. The PAP sisters uphold the standards of personality, ambition, loyalty and scholarship (their motto since 1907). This is achieved through campus activities, on and off-campus community services, and maintaining high academic standards.

Alyssa Lawson '23, a new member of Phi Al-

pha Psi, says that Greek Life was always in the cards for her during her college career. "I always considered Greek life because I wanted to be part of a group, especially at Ursinus because I was not a part of a sports team. Once I met the girls in Phi [Alpha] Psi, I knew I wanted to join, they were so welcoming, energetic and fun, I knew I would make lots of memories," Lawson said. PAP is welcoming to all young women who

"Once I met the girls in Phi [Alpha] Psi, I knew I wanted to join, they were so welcoming, energetic and fun..."

- Alyssa Lawson
2023

want to have a second family here at Ursinus. The sisters have a large variety of majors, interests, sports, personalities, and extracurriculars.

New Member Education for all Greek Life took place in October 2020, and the 44 Phi Alpha Psi pupils grew close with both their class and new sisters. "New Member Education taught me the history of the sorority and their values, as well as [how to] connect with alumni, which was a really cool experience. Being a sister in Phi [Alpha] Psi has made my college experience a lot more special because I



PAP Board Members

get to be a member of one of the oldest organizations at UC," Lawson stated.

Phi Alpha Psi has an impressive senior executive board for the 2020-2021 academic year: President Emma Kramer, Vice President Paige DeAlba, Treasurer Aliyah Stephens, Secretary Hannah Reape, and New Member Educators Ellie Templeton and

"New Member Education taught me the history of the sorority and their values...[and how to] connect with alumni, which was a really cool experience."

- Alyssa Lawson
2023

Claire Vance. These young women have shown excellent leadership skills in guiding the new PAP members through the pandemic with positive attitudes

"Holding the position of Vice President...is one of my most honorable achievements. I am truly so thankful for the relationships I have made...they will last a lifetime."

- Paige DeAlba
2021

and flexibility to keep the sisterhood thriving when the sisters cannot be together. VP DeAlba has created lasting memories with her sisters in the Hobson residency. "Holding the position of Vice President of Phi Alpha Psi is one of my most honorable achievements. I am truly so thankful for the relationships I have made in this sorority because I know they will last a lifetime," DeAlba said.

Phi Alpha Psi contin-

ues to grow in sisterhood and goals from when they were founded. The PAP sisters are hopeful to see many new faces at recruitment fall 2021. Go Phi Psi!

WANT TO BE FEATURED IN OUR "DESK DRAWER OF THE WEEK" SECTION? HOW MESSY, CLEAN, OR ORGANIZED IS IT? TAKE A PICTURE OF YOUR DESK SEND YOUR PICTURE, NAME, AND YEAR TO GRIZZLY@URSINUS.EDU PICTURES ARE DUE EVERY THURSDAY!!!



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The virtual JIN Fair

Layla Halterman
lahalterman@ursinus.edu

The Job, Internship, and Networking (JIN) Fair has been a signature event for decades at Ursinus College. It has changed moderately over the years but never as dramatically as this year. The Career and Postgraduate Development (CPD) office joined forces with nine other liberal arts institutions to hold a virtual fair on Feb. 24 from 3-7 PM via Handshake. The Ursinus' JIN Fair was also supported by the Maryland and Pennsylvania Liberal Arts Career Fair this year.

Olivia Correll, former assistant director of Employer Engagement, explained that she and her colleagues originally were going to hold this event solely through Ursinus but were provided with this opportunity and took it. She says it “meant that we were able to pool more variety of employers and geographic regions.” She strongly believes that be-

cause of this partnership, Ursinus can provide students with greater opportunities than before.

Correll claimed that students will see the same employers that

Olivia Correll strongly believes that because of this partnership (with nine other liberal arts institutions) for the JIN Fair, Ursinus can provide students with greater opportunities than before.

attend in-person each year, but Ursinus is “always looking to build new and dynamic relationships.” She and her team want to provide students with as many opportunities as possible to succeed, especially with the difficult economy they will be graduating into.

The fair is typically two hours long but was doubled in duration so employers could “offer many group or one-to-one sessions.”



Courtesy of Hannah Bierling



Courtesy of Unsplash.com

DESK DRAWER OF THE WEEK



This week’s desk drawer comes from Miles Noecker ’22, who maintains a disorganized assemblage on top for easier access. “I reserve my desk drawer to hide my coloring paraphernalia. Coloring is a nice coping mechanism for when I get stressed,” Noecker said.

SEND YOUR DESK PICTURE, NAME, AND YEAR TO GRIZZLY@URSINUS.EDU
TO BE FEATURED! DUE EVERY THURSDAY!!!

Class of 2021 Getting the Short End of a Senior Year

Ava Compagnoni
avcompagnoni@ursinus.edu

There is no debate that the Coronavirus pandemic has negatively affected all students attending school, but it is clear that this year's graduating class received the shortest end of the stick. The 2020-2021 academic year is not what the Ursinus Class of 2021 expected or deserves. The seniors may be on campus, but are living without the events that make a memorable senior year. The Class of 2021 has never and will never see a Bear Bash. No traditional school-organized events for the seniors this year, either. And who knows what graduation will look like?

Left will be only the memories of the past

three years -- Reimert days and nights, classroom banter, formals, sporting events, Homecoming and everything in between. The Class of 2021 fortunately got to see The Commons. While the Café is dedicated to the Class of 2020, some recognition of the Class of 2021 should be considered. From the perspective of the senior class, it is hard to understand that in-person classes can resume, but an outdoor socially distanced, masked event is unachievable.

As a current sophomore, I cannot and will not understand the disappointment seniors are experiencing. But I sympathize greatly with them. Listening and talking to various mem-

bers of the senior class, athletes and otherwise, from every major, there is a general consensus that Ursinus could have done more to support their class. I am certain that the senior class is grateful to the administration for making on-campus living this year possible; however, they would have liked to see more in the way of fun and uplifting events. Seniors suggested, for example, outdoor, socially distanced gatherings to decompress from the stress of classes. The seniors are attempting to be understanding of the circumstances the administration faces, and while they are incredibly thankful to be in person, the campus is just not the same socially.

Senior student-ath-

letes, not just at Ursinus but in the entire Centennial Conference, have missed out on their senior seasons. For the spring student-athletes especially, if the 2021 season is cancelled, they will have missed out on 50 percent of their collegiate athletic experience. Hopefully that decision turns around in the next couple of weeks, even if it is an irregular season. The senior class would appreciate any kind of season they can get their hands on, to play with their teammates.

There is still some form of graduation and related events to look forward to, but another concern among seniors is that morale surrounding such events is too low. The administration should work more to

give seniors something to look forward to. This article is not intended to degrade the intentions of the administration, but the senior class would greatly appreciate more recognition, especially for all they have given to this school for the past four years.

To the senior class; your teammates, friends, classmates, the entire student body stands behind you and is hoping for administration to turn around these last two and a half months to make up for the loss since March 2020.

Advice Column: Ask a Bear

Layla Halterman
lahalterman@ursinus.edu

Q: Hey Grizzly, I really miss being on campus and participating in all of the activities. Are there any activities available to those who are remote? Where can I look to find them?

A: I'm studying remotely and miss campus dearly, too. But it is possible to remain connected and still feel fulfilled: I'm proof.

It is in your best interest to get involved with clubs or organizations that are of interest to you.

If you deeply care about something, you are

more likely to show up and put your best foot forward.

Ursinus faculty and staff defend the den. They want to see students succeed so of course they offer activities for those unable to live on campus this semester. To find them, check emails like you check social me-

dia. Remote students are assigned to virtual communities with leaders that emulate Resident Advisors. These folks are there to support you [from a distance] and promote activities weekly as if you were physically present on campus. From time to time, community leaders also hold

Zoom meetings explaining various ways to get involved.

As for now, get "beary" excited about the activities going on this semester.

If you have any further questions, call the student activities office, or reach out to your virtual leader.

Gymnastics cont. from pg. 8

“My first semester was unique and challenging with COVID guidelines, but the team made the transition to college life really easy! My teammates are amazing and fall training went very well with what we could work with given the circumstances.” says Tucker. Not only were her teammates welcoming and high energy, but the UC Gymnastics coaches are the backbone of the amazing team dynamic that allows UC to have such a highly talented group of gymnasts. “Coach Kim and India are amazing, they are so supportive of everyone, always encouraging us, they do not sweat the small stuff and will always be there to back us up,” says Tucker.

“My teammates are amazing and fall training went very well with what we could work with given the circumstances.”

—Elisabeth Tucker,
Class of 2024

Alex Panetta, a shining uneven bar asset for the team last season, stood out in her rookie season. In her debut meet she scored a 9.175 on bars and by the end of the season she scored a career best of 9.750 against Kent State. At every meet, the entire team surrounds their teammate when it is time to compete, cheering and clapping to make sure they know they are there supporting her. “Some-

thing I loved about last season was the overwhelming amount of love and encouragement. During our season there were always other athletes at our home meets and lots of family and friends. Having a great support system surrounding our team was a great feeling to have,” says Panetta. The Helferich Gym was crowded when it came time for UC Gymnastics to perform. Back in their practice gym this semester, COVID-friendly training resumed. Without a season it is difficult to stay motivated, but the team remains optimistic. “My team and I are very excited to be able to start training again. After a little time off, it may be hard to come back, but as a team we are willing to put in time, effort and support for each other, in and outside the gym, so we can come back even stronger for next season,” says Panetta.

“They have recruited some amazing gymnasts to help progress our scores and skills.”

—Danielle Terrenzio,
Class of 2021

The team has four seniors graduating this year, and while this is not what they expected, they recall all of the amazing memories of their UC Gymnastics experience. Danielle Terrenzio, an all-around member, has seen her

team, both past and present, progress tremendously from when she was a freshman. The growth has made her collegiate experience worthwhile. “Since my freshman year, we got a new head coach my sophomore year and we got a new assistant coach my junior year, and together they have worked really hard to grow the program both in skill level and the culture of the program. They have recruited some amazing gymnasts to help progress our scores and skills,” says Terrenzio.

Together as a team they have grown together outside of the gym as well, “We volunteer in the community, support other UC athletic teams, and have important conversations about current trends and important topics to focus on bettering the community that we work in,” says Terrenzio. With the first week of practice already underway for UCG, we cannot wait to see the skills they come up with next. Go Bears!

Wrestling cont. from pg. 8

future goals.” Carter notes that although his college career may be winding down, he feels ready to tackle future challenges. “Wrestling has shown me how to overcome adversity in life. It has taught me to never give up and work hard, so I feel prepared for whatever comes my way.”

“It would have been nice to get another shot at becoming an NCAA champion, but I feel wrestling has prepared me to fight in MMA and accomplish future goals.”

—Jason Carter,
Class of 2021

Teammates agree that participating in this sport has prepared them for challenges in life and has given them skills to help overcome them. On the other end, Ursinus’ freshman athletes are just beginning their college athletic careers and are eager for them to finally start. First-year student Will Schwartz shares what he thinks will be the biggest adjustment from high school to college athletics, “The pace of wrestling. Everyone is going to be as competitive as me so I need to set my own pace and wrestle hard.” It is difficult for the freshman to imagine the possibilities of what “could be” their college athletic careers, but the freshmen on this team are surely ready and willing to put in the

work so that when it is safe to begin competing, they are more prepared than ever.

“The pace of wrestling. Everyone is going to be as competitive as me so I need to set my own pace and wrestle hard.”

—Will Schwartz,
Class of 2024

We are excited to see what both the current and graduating wrestlers are able to accomplish in the future!

Wrestling Takes a COVID Hit

Julia Paiano
jupaiano@ursinus.edu

With the official cancellation of all Fall and Winter sports in the 2020-2021 season, it would be easy for the Men's Wrestling team to feel defeated, but instead they are feeling prepared for the future and eager to see where the coming months take them. The team is hoping to be able to practice during the spring months, but still keeping in shape through individual lifts and workouts. The members of the team feel that despite the circumstances of having to socially distance, and follow all COVID-19 restrictions, they have actually been brought closer as a team. Sophomore Shawn Marchesano talks about how the team dynamic has shifted, "COVID has brought us closer as a team. It has been a frustrating time so being there for each other has been our goal." The team has built a support system where teammates

can feel comfortable relying on each other during this time, in order to make the unforeseen circumstances more tolerable. Not only are the wrestlers themselves making sure to be there for one another but their coaching staff is as well. "We have the best coaching staff a team could ask for," Marchesano continued, "They have been keeping in touch with us everyday, giving us updates and making sure we are all safe and well." The team expressed their gratitude for having such a caring group of people to rely on whether it was related to wrestling, or other major aspects of their lives.

However, for senior Jason Carter, he does admit it is a bit upsetting that his career has ended the way it has: "It would have been nice to get another shot at becoming an NCAA champion, but I feel wrestling has prepared me to fight in MMA and accomplish

See **Wrestling** on pg. 7



Courtesy of Jenni Berrios

UC Gymnastics is On a Roll

Ava Compagnoni
avcompagnoni@ursinus.edu

Before COVID-19, the UC Gymnastics Team was excelling in its winter season, finishing out the regular season with a team tally of 185.775 against Temple. Unluckily, they did not have a chance to show off their skills at the National Collegiate Gymnastics Association East Region Championship. Still, the girls continued to keep their skills tuned up over the summer, safely and diligently, before com-

ing back to campus to work on their training.

Following the transition to remote and the end of the regular season, three gymnasts were recognized as regular season All-Americans by the NCGA: Skylar Haas for beam, Kaylin Knapsack for floor, and Alex Panetta for bars. These athletes compiled a season-average score that ranked in the top-four of the East Region in their respective events. Both in and out of the gym, the team's members excelled for the Fall 2020 semester with their team average GPA

at 3.42, including nine members of the team making Dean's List.

There were three new additions to the team this year, including freshman Elisabeth Tucker who came all the way from Massachusetts because of the opportunity she had to be a member of the UC Gymnastics Team. For her and the other Class of 2024 freshmen, this past fall was a unique experience of getting to know each other and adapt to Ursinus and new teammates.

See **Gymnastics** on pg. 7

Thinking of You!



Photo by Ursinus Athletics



Photo by Ursinus Athletics