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the grizzl

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Community Health Class Applies Service Learning to COVID-19

Ava Compagnoni avcompagnoni@ursinus. edu

Each spring semester, HEP-447, Community Health, is offered to students as a four-credit course. Community Health provides an in-depth analysis of health and wellness problems and needs of various populations. Students perform service with surrounding organizations and learn how health organizations are working to address the health needs of a community. According to the course description, Community Health is, "Building on principles of community health, a field of public health that focuses specifically on the different health characteristics of bio-

logical and social communities, special emphasis is placed on the experience of health and ill health among populations across the life span and between groups divided by forms of difference such as ethnicity, race, class, citizenship/immigration status, and sexual orientation." This class studies how health services are structured to support these populations. By the end of the course, students must create an oral presentation and write a report for their final grade.

Community Health could not have been offered at a better time than right now, during the COVID-19 pandemic. Community Health creates a classroom experience that blends education,

real-life examples and service to immerse students in an authentic health-learning cohort. Health and Exercise Physiology students are gaining first-hand knowledge of how health disparities in our society have been exacerbated by the COVID-19 pandemic. COVID-19 has been incredibly destructive toward elderly, immunocompromised, and underrepresented populations. Community Health gives Ursinus students first-hand exposure to the types of wellness needs in each of these communities.

Assistant Professor Catherine van de Ruit teaches this course and assists students in presenting research ideas. She encourages students to take what

they have learned in Community Health and make it a topic of discussion in their communities. Dr. van de Ruit's research interests include, but are not limited to, public health in Southern Africa and clinical settings, including surgical and emergency medicine in the United States and South Africa. She is interested in frontline care-workers' interpretation and performance of health guidelines.

The project is supported by Project Pericles, a consortium of 30 colleges and universities that promotes civic engagement within higher education. Catherine van de Ruit has been accepted to the Periclean Faculty Leadership Program in STEM and Social

Sciences. It is supported by the Arthur Vining Davis Foundations and the Eugene M. Lang Foundation. With the Project Pericles funding, the students are performing virtual service work at Frederick Living, a continuing-care retirement community, and Phoenixville Area Positive Alternatives, which provides opportunities for at-risk youth.

By performing service for the community organizations, the Ursinus students observe practical ways in which various groups are working to help the marginalized communities they serve.





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Job and Internship Fair Review

Layla M. Halterman lahalterman@ursinus.edu

The Job, Internship, and Networking fair was a hit this year. The fair was held on Handshake, a virtual recruiting platform for students. Handshake created the online experience because of the pandemic, and invited liberal arts colleges like Ursinus to work together and

actively partake in the fair.

Since this was new technology to all, it had its minor issues. All problems ended up being easy fixes though.

Sharon Hansen, director of Career and Postgraduate development, was pleased to do a career fair in cooperation with other schools. "There are so many other possibilities when joining similar institutions which attract additional organizations that possess greater opportunities for your students." Close to 200 students attended from Ursinus. Hansen even noted that alumni, especially the Class of 2020, were encouraged to attend. She appreciates the employers that have participated, especially under diffi-

cult circumstances, but also how much the fair has grown throughout the years. Hansen is confident that they "joined in with the right partners" due to the large turnout.

Lastly, Hansen hypothesized that students were satisfied with the overall experience. She would like to continue teaming up with other schools in the future. However, she hopes to get back to the routine in-person fair on campus as soon as possible.



Photo courtesy of Hannah Bierling



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Featured images courtesy of Ben Goetz

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FEATURES SHELSEA DERAVIL
shderavil@ursinus.edu Kelly Piotrowicz '20: The alumna's volleyball legacy

Katie Cressman kacressman@ursinus.edu

This week's feature focuses on alumna Kelly Piotrowicz '20 and her legacy at Ursinus College. While at Ursinus, Piotrowicz studied media and communications, was a captain of the UC Women's Volleyball team, participated in the Emerging Leaders Academy (a program developed at Ursinus that provides guidance for potential leaders of sports teams), was a tour guide, and also a member of the local sorority, Phi Alpha Psi. Although her senior year got cut short due to the COVID-19 virus, Piotrowicz still managed to make her four Ursinus years worthwhile. She continued to be just as invested in her education and create bonds with students and faculty in every way possible. In fact, Piotrowicz made a great bond with her volleyball team and Coach Cecily Scavicchio, that she was chosen to return to the program as an assistant coach for the 2021 volleyball season.

Piotrowicz reached large milestones in her volleyball career and for the team itself. A team member from 2016-2019, Piotrowicz helped garner points in every court position: 114 ace serves, 1,285 assists, 1,027 digs, and 574 kills. Piotrowicz made more than just an emotional impact on the pro-

gram. Coach Scavicchio touched on the kind of player Piotrowicz was during her time on the team compared to the person she has grown to become during her four years at Ursinus. "Kelly transitioned from being one of the most decorated Ursinus volleyball players to assistant coach just this past year and continues to play an integral role in the team's success," Coach Scavicchio said. "She is an invaluable member of the program and I couldn't be more thankful for her loyalty and commitment

"I felt like my time wasn't over, and I couldn't leave behind something that meant so much to me."

-Kelly Piotrowicz 2020

to the team and college."

Piotrowicz reported that her decision to return to the program as a coach was easy. "I felt like my time wasn't over, and I couldn't leave behind something that meant so much to me." Additionally, Luca Walborn--a current sophomore on the Women's Volleyball team--had formed a close relationship with Piotrowicz during the 2019 season and also added a few comments as to how Kelly was able to impact her life. "Coming in as a freshman, she made the transition so much easier for me. She didn't hes-



itate to take me under her wing and was genuinely the first person to make Ursinus feel like a home," Walborn stated.

On top of being a force on the court, Piotrowicz was also a presence in the classroom. She reminisced on her favorite class. "Sports Journalism with Professor Taussig! It was something that could relate to life a lot, which made the class that much more

"Coming in as a freshman, [Kelly] made the transition so much easier for me... [she] was genuinely the first person to make Ursinus feel like a home."

> - Luca Walborn 2023

interesting." But most of all, her favorite memories involved spending as much time as she could with her best friends, who she still keeps in touch with today. "Living with those girls had to be my favorite memory of all. We lived in Hobson Hall, a house on main street, and I absolutely used to love passing by the Ursinus Gate most of all. The path and campus is unforgettable."

Despite making so many amazing memories at Ursinus, her time here was cut short by the global pandemic, caus-

ing the school to shut down early in spring 2020. "I remember the day so clearly, first we got an email that we would be returning two weeks later. All this meant at the time was that Spring Break was extended and in all honesty we were excited. Then about a day later another email came through that we wouldn't be returning to Ursinus to finish out the semester. This absolutely broke my heart," Piotrowicz stated. Through the heartbreak, she managed to find solace in light moments. "I focused on the good, my family and friends were healthy and I was healthy. So my friends and I made the best we could out of graduation

See Piotrowicz on pg. 7

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!!!



Recap of Black History Month at the IIE

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The Institute for Inclusion and Equity (IIE) was festive all February long in celebrating Black History Month. The IIE--a center for student-social gatherings, dialogue on injustices and intellectual matters, and networking--created a series of events honoring Afro-culture, heritage, and triumph. There were several documentary screenings, conferences, conversations, and special events led by students, faculty, and staff.

The IIE held a Zoom screening every Thursday to view one out of a four-part series by Henry Louis Gates Jr., "Black America Since MLK: And Still, I Rise," focusing on the past five decades of civil rights victories through Gates' point of view, and exploring the experiences of African-Americans. Drawing from numerous archived and media evidence, "Still, I Rise" examines America's recent past and creates a comprehensive depiction of Black America

since 1965. Additionally, the film proposes questions about the future of the African-American/ Black community, and America as a whole, engaging the audience to think of injustice beyond the film.

Sankofa Umoja Nia (S.U.N) is an organization on campus that promotes education surrounding, but not strictly limited to, African American and/ or African culture. The "Nia Principle," the N in S.U.N, asks each person to be service, or mission-driven, on behalf of their family, school, and community. The principle also calls for purpose, and so a NIA Walking Group, hosted by the IIE, took weekly walks and participated in reflective conversations with each other. Each week, members registered for the walking group received an email with a reflection related to purpose. The walks were for 20 minutes, either alone, in socially-distanced pairs, or in small groups of four. The IIE wanted to make sure the students



Courtesy of IELUS

were as COVID-friendly as possible while also being active. Nia, the Fifth Principle of Kwan-

The "Nia Principle," the N in S.U.N., asks each person to be service, or mission-driven, on behalf of their family, school, and community.

zaa, emphasizes that our life will have much more meaning if we value purpose. Through the principle of Nia, Kwanzaa reminds us to put ourselves on a path of purpose by setting goals for ourselves and our community.

The IIE also created a "grab and go" event for students each Thursday in February to receive a sweet treat and message of radical love from authors and activists. Students arrived at the IIE in Lower Wismer and received some love, gratitude and candy. This event setup allowed students to become more familiar with IIE's office, location, and its staff, and helped create an overall welcoming environment for them.

The student center

strives to make Ursinus an institution that enables all members of its community to feel a sense of belonging and ownership on campus. Their welcoming environment is intended to spread beyond their office and grant community members the opportunity to gain support from others who share similar identities, as well as to embrace multiple identities without conflict and develop deep, understanding, and meaningful connections with others across identity divides.

DESK DRAWER OF THE WEEK



This week's desk drawer comes from Jenni Berrios '22. Berrios maintains an neat order of her items and materials. Some items spotlighted inside Berrios' desk include a Vitamin C packet, red phone case, and a set of press-on nails.

SEND YOUR PICTURE, NAME, AND YEAR TO **GRIZZLY@URSINUS.EDU**PICTURES ARE DUE EVERY THURSDAY!!!

OPINION Wismer: Do Better

Ava Compagnoni avcompagnoni@ursinus.edu

Wismer Dining Hall, the primary eatery on Ursinus campus, has its strong points: Mardi Gras, Thanksgiving, Mozzarella Stick Monday, and a list of other fun events. However, at many other points in the semester, Wismer doesn't meet the bar of students' expectations. The new Café 2020, serving Starbucks drinks and a variety of café foods, has become our holy grail.

On the question of whether Upper or Lower Wismer is better, students are split. Upper breakfast is the superior of the three meals served at Wismer, and hunger needs are satisfied at Sunday brunch in Upper after the weekend. Lunchtime can be repetitive when American Chinese food is served extremely often. Dinner at Upper is par, especially when sports teams roll in after a practice or game, as the buffet variety is filling. The dearest pasta station always hits home, however the pizza does not meet the same standard. Students have asked for a bigger selection of vegetables and brown rice, something to consider Wismer!

Lower Wismer or Zack's Food Court is a great grab-and-go or sit down option, as all four providers have great options for meals any time of day. A personal favorite are the cinnamon buns from Jazzman's, which are always a great sweet treat. The Grill is a great option for proteins and 'game-day' food, with disco fries, onion rings, and cheesesteaks. Sub Connection has proven itself worthy of a hoagie despite being Wawa, and Tres Habeneros quesadillas are worth getting two. The Grill has lost some amazing veterans this year, like the buffalo chicken cheesesteak and the double bacon cheeseburger on sourdough, the best menu items this school had to offer.

The C-Store is suitable for late-night

snacks, but necessities are overpriced -- \$20 for a case of water seems ridiculous. The 'fresh' fruit and vegetables often have mold on them, you know it is a great day when you purchase produce without any sight of slight mold. The C-Store took a hit this year when the ice cream switched from Ben & Jerry's and other various top shelf brands to Hershey's, and when Lays

products turned to Utz. Above all, dietary restrictions are hard to overcome at Wismer Dining Hall. If a student is vegetarian, pescatarian, vegan, gluten free or kosher, they can struggle to find meals that meet their needs. Students have to be careful with allergies as well.

We appreciate all of our Dining Services staff; it has nothing to do with their work and everything to do with the quality of food served. The campus dining plan has no affiliation with any of the surrounding restaurants on Main Street or in the Providence Town Center. This is an opportunity that could boost local businesses and the campus relationship with Collegeville. The least the student body is asking for is a revamp of food we have no choice but to eat.

Netflix Recommendations

Jenna Smith

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Because of the pandemic, Netflix has become incredibly important; there really isn't anything else to do besides binge watch television shows and movies, so you might as well be watching quality content. Netflix movies and television shows also work great as background noise, if you're a fan of multitasking and enjoy listening or watching as you do homework. Netflix has also stayed consistent in their releases, despite COVID-19, promoting new and exciting originals and movie and television show classics, so they're always updating

their selections.

Bridgerton, a steamy period romance, is a sure fire winner and already approved for a second season, so you don't have to worry about-a show you're invested in getting cancelled--I'm looking at you Sense 8 and Anne with an E. Looking for an action or horror T.V. show with multiple seasons? The Walking Dead or The 100 are your guys, set in post-apocalyptic worlds and with a plethora of frightening discoveries. Are you more into scientific and medical dramas? Grey's Anatomy and Criminal Minds each have more than ten seasons available for your binge-watching

pleasure. I'm shamelessly pro-*Grey's* -- despite how repetitive it may seem to an outside viewer, it always keeps you surprised.

Netflix also has amazing movies if you aren't a fan of binge-watching and instead prefer to digest your content in one sitting. The To All the Boys I've Loved Before trilogy is a great Rom-Com. What Happened to Monday is a suspenseful, post-apocalyptic take on the one-child policy and The Conjuring movies, both the first and second, are amazing horror classics that are available for your viewing pleasure (or viewing horror). If you're more into action, American Assassin

is an exciting one, and who doesn't love Dylan O'Brien? Netflix also released some amazing originals like *Malcolm and Marie*, starring the beautiful Zendaya, *#Alive*, another fascinating, zombie virus film, and *Murder Mystery*, a comedy with fan-favorites Jennifer Anniston and Adam Sandler.

Whatever type of media you're looking to indulge in, Netflix has all types of movies and television shows for you to drown out the pandemic sorrows.

Wentz cont. from pg. 8

the outstanding performance of Nick Foles in the playoffs. Without Wentz, the Eagles would likely not have become NFC East Champions or even made it to the Super Bowl. When it came time for Foles to step up in the big game, Wentz was there to prep him. Wentz was key to the championship despite his injury. It's hard to understand how he's now gone.

Wentz's 2018 season began in Week 3 and finished with 21 touchdowns and 7 interceptions. This was when Eagles fans began to split about Wentz, since his performance dropped from his 2017 season after his traumatic injury and surgery. The Eagles shocked the football world when they used the No. 53 pick in the 2020 draft on quarterback Jalen Hurts. After watching Wentz's historic regression for the first 12 weeks of the season, Pederson pulled Wentz out in the third quarter of a game against Green Bay. Hurts took over as QB and played well enough to earn a start, followed by another start; Wentz did not see the field again in the 2020 season. The Eagles franchise seems to have a history of QB controversies.

Pederson was fired in January and Wentz traded in February. The next few years seem likely to be a rebuilding era for the Philadelphia Eagles. General Manager Howie Roseman has disappointed us, but we will see if he made the right decision when the 2021 season comes along and the matchup between the Eagles and the Colts kicks off.

Piotrowicz cont. from pg. 4

day and that is something we will never forget. The Class of 2020 graduated during a global pandemic!" In her post-college life, besides being an assistant coach for UC Women's Volleyball, Piotrowicz also works for a company called SEI Investments as an operations analyst! A local company positioned in Oaks, Pennsylvania, working at SEI makes the commute to Ursinus and juggling two jobs easier for Piotrowicz. Piotrowicz ended her interview with The Grizzly with some advice for the current and future Ursinus students: "Life moves too fast! Soak it all up while you can. Make all the connections you can and enjoy your time with your forever-friends that you make. People aren't kidding when they say those four years are some of the best of your life! Take every opportunity you get, join the clubs and organizations and meet the people, as those things may not be there the next day."

Spring Sport cont. from pg. 8

ing brewing among fall athletes. For while their peers will be able to play, they were not. Their season was hopelessly entangled by the red tape of COVID-19 safety protocols. We spoke with Ursinus College football player Mike Conforti for his perspective on the change. "It's good that there's going to be a spring season. The spring season last year was cut short because of the Covid-19 pandemic, so it's great that spring sports will be having a season. As a fall athlete, I was disappointed I couldn't have my senior year for football, but I'm happy spring sports will be playing. I think having sports this spring will be a good sign that fall sports will be happening in 2021."

"It's good that there's going to be a spring season... As a fall athlete, I was disappointed I couldn't have my senior year of football, but I'm happy spring sports will be playing." —Mike Conforti, Class of 2021

Although this fall athlete is happy for his peers, there is a degree of melancholy to his words. For although sports may be coming back, it will have come too late for these dedicated athletes. No matter the perspectives, spring sports are returning. Ursinus College, after months of deliberation, has decided it can carefully

integrate sports back into collegiate life. This is certainly exciting news for sports fans and the athletes that make them possible. Additionally, this revelation also speaks to the hard work and dedication of the UC faculty and staff, who appear to have finally found a safe and healthy way for Ursinus College sports to continue on, albeit with robust pandemic restrictions. Keep your eyes glued to the Grizzly for all things Ursinus athletics!

SPORTS/WELLNESS

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Spring Sports Will Make a Return

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After months of speculation, it has been officially announced that Ursinus College will go ahead with spring sports for the upcoming season. Like countless universities and colleges across the country and the world, Ursinus College suspended athletics for both the spring 2020 season and the fall 2020 season due to the ongoing danger of the COVID-19 pandemic. How exactly sports will return remains to be seen, however the campus is certainly abuzz with the news.

This revelation has been met with mixed emotions. We spoke with Ursinus College baseball player Thomas Pancheri to get his thoughts on the move. "It's awesome. That's what we wanted. It kinda gives meaning to the spring. Not that practice didn't have meaning. It's just what we all wanted. We all wanted to get out there and compete for something." Additionally, we spoke with Nick Diaz to get his opinion on the developing story. "At least for us for baseball, we made it work in the fall. To have a fall season with minimal interruptions, it worked. I think we're gonna do something similar. It's really exciting to have a chance to go back." From the perspectives of these spring athletes at least, there appears to be a great deal of joy surrounding the idea of spring sports returning.

"It's awesome. That's what we wanted. It kinda gives meaning to the spring. Not that practice didn't have meaning. It's just what we all wanted. We all wanted to get out there and compete for something."

-Thomas Pancheri, Class of 2023

As much as the spring athletes are elated to get back to work, there is also a bittersweet feel-

See Spring Sport on pg. 7



Farewell Wentz

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Carson Wentz, the unforgettable number 11, was traded from the Philadelphia Eagles to the Indianapolis Colts for two picks in late February. The Wentz dynasty has left a legacy for the team and the city of Philadelphia. Carson Wentz was set to be in Philadelphia until the 2024 season after former coach Doug Pederson chose him second overall in the 2016 NFL Draft from North Dakota State. He was the poster child for Philadelphia, sporting number 11 and garnering massive media attention. In Wentz's debut against the Browns on September 11, 2016, the Eagles defeated Cleveland 29-10, with all eyes on Wentz. In his rookie season, Wentz threw for 3,782 yards, ran for two touchdowns and threw 16.

In the 2017 season, the season that would finally bring home a Super Bowl ring for the Philadelphia Eagles, Wentz led the Eagles to a 10-1 start to the 2017 season and finished with 33 completed touchdown passes, the most in franchise history. During a game against the Rams in Week 14, Wentz suffered a season-ending ACL injury in in the third quarter. After the game, the Eagles were celebrating their NFC East title, but whispers went around about Wentz's season coming to a halt. The biggest dispute between Eagles fans is whether the Super Bowl win was due more to Wentz's performance in the regular season or because of

See Wentz on pg. 7



Photo by Ursinus Athletics



Thinking of You!



Photo by Ursinus Athletics