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## The Grizzly, April 22, 2021

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# the grizzly

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Collegeville, Pa.

Thursday, April 22, 2021

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## Meet Dr. Abigail Kluchin

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Dr. Abigail Kluchin appreciated the work of some of her professors at her liberal arts college so much, she decided to become a professor at a liberal arts college herself. Dr. Kluchin received a degree in Philosophy and Religion from Swarthmore College and went on to pursue her Masters and PhD at Columbia University.

Being that she attended a liberal arts college herself, she thought teaching at Ursinus was the perfect opportunity for her. However, she was not hired in the traditional way. “I was hired as a postdoc in connection with the CIE program,” Kluchin explained.

Dr. Kluchin’s favorite part about being a professor is working with students. She believes “there’s something profoundly rewarding about facilitating other people and

learning things that you can’t foresee. You can never really predict what’s going to happen in a classroom and that to me

for everyone, but I think that the condition of the possibility of genuine learning is trust,” she stated. Accordingly, Dr.

I think that prevents me from seeing them as whole people and prevents students from discovering their own intrinsic

at Swarthmore for going above and beyond to make her experience there a memorable one. She wanted to mirror that at Ursinus, something that she has accomplished 10x over. Kluchin is convinced that “being kind is much more important than being brilliant. And if you ever have to pick, choose the first one,” she concluded.

When Dr. Kluchin is not teaching or reading, she can be found hiking in the woods and practicing yoga. She can also be found spending quality time with her husband, a journalist.

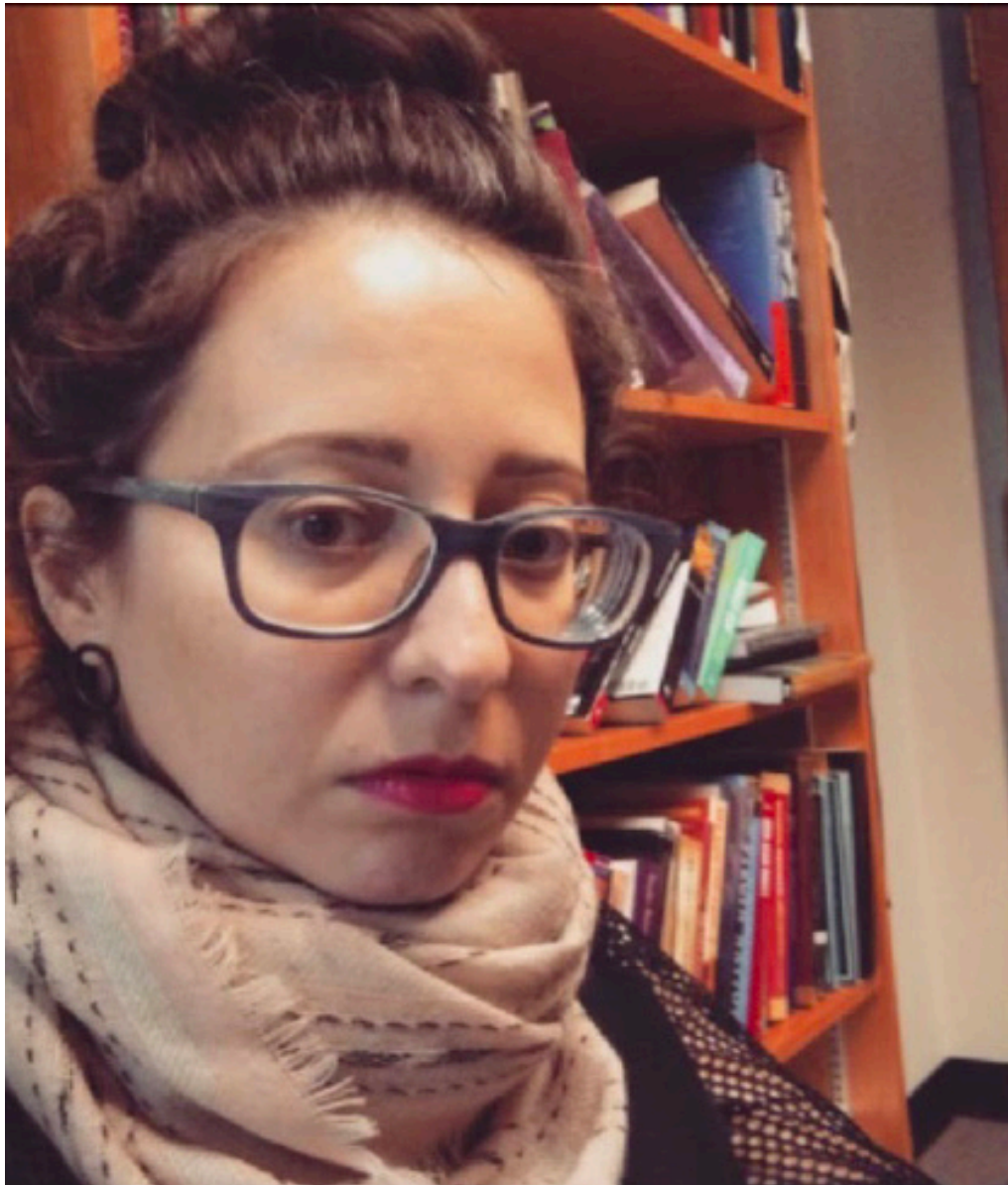


Photo Courtesy of Abigail Kluchin

is exciting.”

Dr. Kluchin seeks to create an environment where genuine learning is possible for every single student. “That may look different

Kluchin does not use a grading system in her courses anymore but does give students feedback on their work. “I don’t like to rank my students because

motivation(s),” she added.

Dr. Abigail Kluchin embodies kindness and compassion very well. She credits many faculty members

WEAR A MASK.

SOCIALLY DISTANCE.

STAY SAFE.

# Change is Coming

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On Friday, April 9, 2021, there was an altercation between a student and officer of the Colledgeville Police Department on Main Street. Officers had reported to the location because protesters shouting hateful invective had drawn the attention of counter-protesters from the Ursinus student body. Students were filled with frustration and sadness following the event, and called for action and change. Emails flew. Meetings were held.

On April 16, 2021, Student Body President Jalen Everette and Ursinus President Brock Blomberg released a video in which they discussed the situation. In the conversation, Blomberg expresses the frustration that he shares with the student body about the college's inability to prevent hate speech on public property adjacent to campus. He goes on to speak about the changes he wishes to make regarding campus policy, protests, and counter-protests.

He says that we

need to better prepare ourselves for the presence of groups whose goal is to intimidate and dehumanize. In his opinion, when we grant attention to such groups, they get what they want. Blomberg says we need to act in a way that does not feed the fire. He went on to give examples of how students might protect themselves from these hate groups, including distancing themselves.

Another topic that was discussed was campus safety. Many students feel that campus could

be safer, and believe that Ursinus campus safety is understaffed. Blomberg said that hearing students on campus do not feel safe was disappointing but that change will be made.

Admitted Students Day was also discussed. President Blomberg said he needs to hold himself accountable and use this as a learning experience on how to hear students' concerns. He said that while school staff did communicate about ASD, it's possible that their messages fell flat and there was a

miscommunication. He said he has since met with students in small groups to hear what they had to say, and moving forward the school will make changes.

Lastly, Blomberg makes the point that he is always available to discuss issues, whether on campus or on Zoom. He is willing to hear all sorts of comments made by students. To hear more about this interview, visit <https://www.youtube.com/watch?v=O4PZL8g-ZPio>.

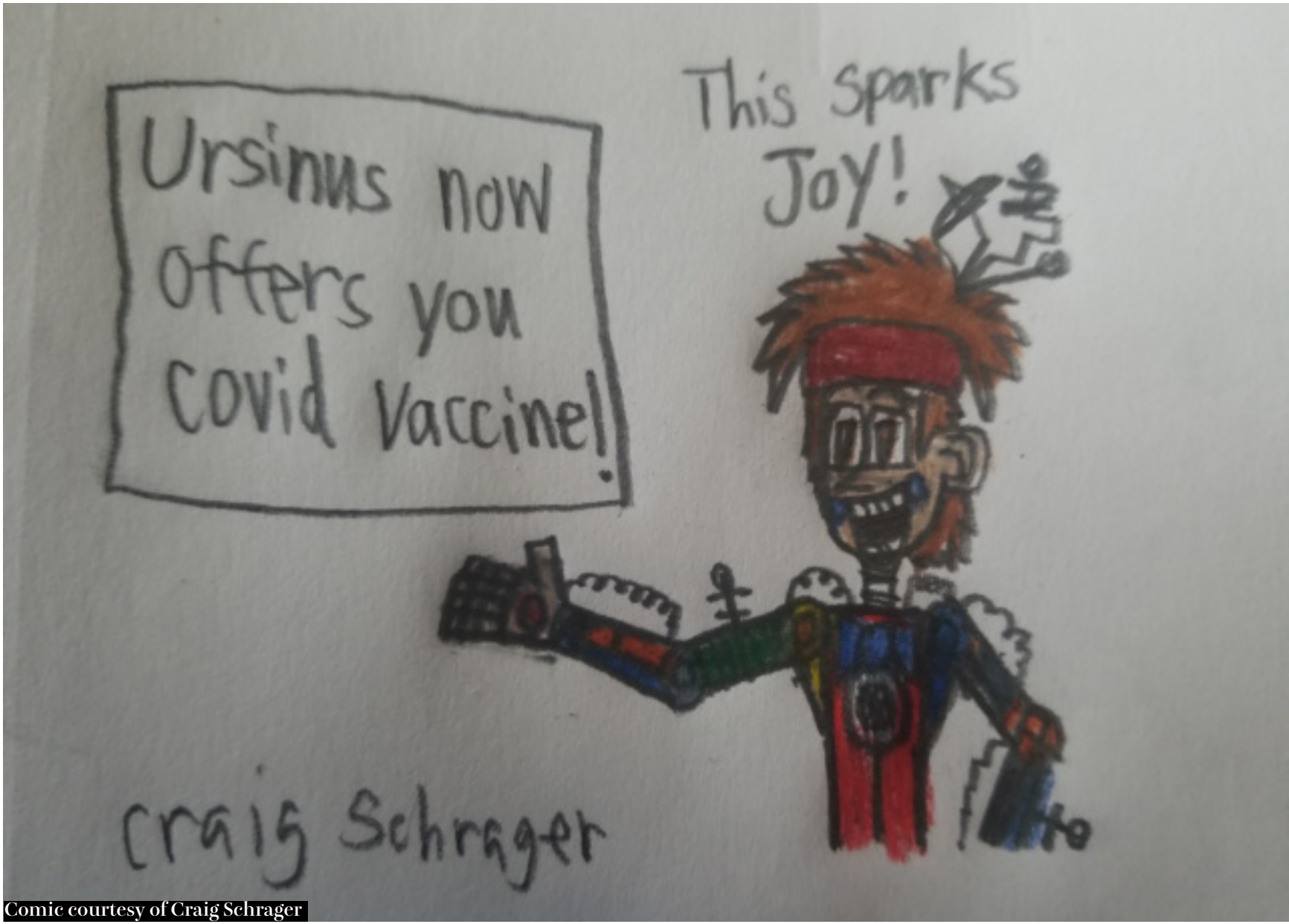


**Jalen Everette '22**  
**President, UCSG**

**Brock Blomberg**  
**President of Ursinus College**



Screenshot: UCSG Speaker Series, Ursinus College YouTube Channel



Comic courtesy of Craig Schrage



Image courtesy of Ursinus College

## Student Photo Essays

By: Julia Paiano  
'23



**The Disappointed Egg Hunter:** Maia Peele is picking up an Easter egg, the only one she found during the whole search.



**The Chapel's Easter Egg Hunt Was a Success:** There was a large turnout for the egg hunt and some people did not find any eggs. Maia Peele carries her egg around like a child to show everyone that she at least found one.



**The Single Egg:** The egg Maia Peele found is opened and candy is revealed!



**An On-Campus, Pandemic, Easter Dinner:** Maia Peele and Aylin Castillo enjoying their Easter Dinner at the Schellhase Commons. Their dinner consists of paninis, salads, and flatbreads, unlike their typical ham, deviled eggs, and macaroni.



**A Virtual Holiday:** Maia Peele facetimeing her family as they enjoy their Easter Dinner. She is sad she couldn't make it this year, but promises she will be there for the next.



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New Study buddies, succulents helps college students concentrate.



# By: Jenni Berrios '22 "Succulents"

Succulents near a window.



Succulents getting ready to be potted, New succulents that were bought from a Tau Sig fundraiser.



(Bottom Right): A low maintenance plant, the succulent is ready to go and just needs to be watered every other week.



A Plant Mom's Starting Kit, a college student buys new plants and pots.



## DESK DRAWER OF THE WEEK

SPOTLIGHTING THREE STUDENTS' DESK DRAWERS!

SEND YOUR PICTURE, NAME, AND YEAR TO [GRIZZLY@URSINUS.EDU](mailto:GRIZZLY@URSINUS.EDU)

PICTURES ARE DUE EVERY THURSDAY!!!

## Music Recommendations: Studying for Finals 101

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Finals week is approaching, and students are both overwhelmed and relieved to see this academic year come to an end. As final papers, exams and projects pile up, staring at a textbook or computer screen can be very draining. Reading your CIE or Capstone paper at least a hundred times in your head can be an overload. During finals week, make sure to give your brain, eyes and mental health top priority. Set out time for breaks and mindfulness.

The silence of the IDC or Myrin can be demotivating, but listening to some of your favorite songs

while studying may be a distraction and lower your retention. I find the best music to listen to while studying is calming music that you have never listened to before, therefore you are not singing to yourself while trying to prep for that big chemistry exam. Luckily music streaming applications, such as Spotify and Apple Music for example, have pre-made playlists that are directed towards studying. These playlists can vary from classical music to music with a certain number of beats per minute, or certain artists. A lot of playlists now have integrated breaks where someone speaks about mindfulness and encourages you

in between songs. I, personally, believe that classical piano music keeps me focus on my schoolwork and does not let me become distracted easily by outside factors.

On Spotify, under the browse tab, there is a folder called Focus, and in this folder there are at least 30 playlists concentrated on studying and focusing. Each playlist has a unique target audience and the environment they are listening in. Some playlists have singers, while others are strictly instrumental; there are playlists targeting daytime focus and nighttime focus, conforming to a diverse amount of people, surroundings and music style. Some

examples of playlist titles are Brain Food, Kora Focus, Peaceful Guitar, Lo-Fi Beats, Jazz in the Background, and a few dozen more. Each of these playlists have a brief description for the listener to read before deciding if the playlist fits their vibe. Similarly, Apple Music has the same exact type of set up. In addition to playlists, Apple Music also has live radio stations for a variety of genres, Focus being one of them. Apple Music has very specific playlists targeting students, with subsections including Living in the Library, Study Beats, Home-School-Instruments, and Songs Without Words.

I believe that certain types of

listening devices can affect how you listen to music. I know of no scientific fact or study to back this up; however, the experiences of noise cancelling earphones and AirPods is significantly different. The former may help cancel out outside distractions and noises, as well as the comfort you feel.

Ask around to your friends, classmates, and teammates for their finals week tips and tricks. You never know what might help you score better this semester! To each their own and how they study. These are my suggestions that can hopefully help you. Best of luck to all!





**Wellness cont. from pg. 8**

the body, it is essential to go through the entire stress cycle, beginning, middle and end, and let the body know that it is safe. Here are ten tips for unlocking and overcoming stress based on the book, *Burnout: The Secret to Unlocking the Stress Cycle*:

**Physical activity.** Twenty minutes a day of increased heart rate releases endorphins and completes the cycle, telling the body that it is removed from any danger.

**Breathing.** While breathing is already something everybody does, taking deep, slow breaths helps the body calm down.

When focusing on the breath, exhale to the end of the breath so that the belly contracts. There are many meditation apps that can guide mindful breathing, but a quick failsafe is breathing in for three seconds and working up from three to exhale for six seconds.

**Positive social interaction.** A deep conversation with a friend or even a casual compliment to a stranger helps ground the body and remind it that it is in a safe environment. Friendly interactions release oxytocin and calm the body.

**Crying.** While it might not do anything about the stressor, it helps to complete the stress cycle. It is important to feel your feelings all the way through. Crying does

not have to be related to the stressor. You can cry to a sad show/movie or book to release your emotions.

**Affection.** Like positive social interaction, affection releases oxytocin, the social-bonding hormone. Oxytocin tells the body that it is safe. It can be released by: a twenty second hug, a six second kiss, or three minutes of petting an animal.

**Laughter.** More specifically belly laughter. Even just the memory of laughter can regulate emotions.

**Creative expression.** Creation, or even imagining creating something leads to more energy, excitement, and enthusiasm.

Katie Bean recommends doing at least one of these things a day. These activities stop stress from accumulating and causing disease in the body; however, while they help complete the stress cycle, dealing with stress and dealing with the stressor are two different things. The stressor does not always go away after dealing with the stress. To complete the ten tips to unlocking and overcoming stress, here are three ways to deal with the stressor:

**Reframing.** It is essential to acknowledge the stress and its worth. If a class is the stressor, try thinking about what you are getting out of it. Changing how you think can also make the stress-

or more manageable.

Instead of saying "This is too much" try thinking "What do I need?"

**Redefine winning.** Aim for progress, not perfection. Winning does not have to look like earning high marks. It could just be making it through the class. By redefining winning, you can also redefine losing and make it into an opportunity to learn and to grow.

**Find meaning.** Turn pain into purpose. Think about what you are doing and why. Start small, and focus on where you are now. Stress is natural, especially for college students. Being able to recognize stress and stressor and take active steps to deal with them is essential to completing the cycle and truly feeling your feelings.

Katie Bean will be holding two more Zoom sessions on managing stress on April 22nd at 1:30pm and May 3rd at 4:30pm. One lucky participant will win the book, *Burnout: The Secret to Unlocking the Stress Cycle*! We are in the final stretch of the semester Bears! Good luck and remember to take time to manage your stress!

**Recap cont. from pg. 8**

fourth player in Ursinus history to do so. This only pushed the Bears to continue on their streak and they came out in the second half ready to go. The defensive side held off the Devils and made transitions up field to the offensive side. Tommy Reinhart made the final goal, and the team finished with a 14-9 win.

To close out the week of competition before a weekend packed with games we had our Women's Lacrosse team also compete against Muhlenberg. On Thursday the Bears suffered a tough 10-11 loss in overtime to the mules. Senior Abby Krasutsky scored a career-high of four goals and assisted for five points. The Bears came out strong with a lead of 5-0 in the first 10 minutes of the game. Krasutsky found junior Riley Morgan mid field, resulting in her first goal of the season, and putting the Bears in a good spot. After an intense regulation the game was still tied and went into overtime. The Bears held on for as long as they could, but fell short in the end.

With a strange season that has presented lots of obstacles our Bears continue to play their best. Good luck on the rest of the games in the spring season. Up the Bears!

**WRITERS  
WANTED**

Lend your voice  
to The Grizzly

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[grizzly@ursinus.edu](mailto:grizzly@ursinus.edu)

## Bears, Green Terror and Devils Recap

Claire Vance

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The week of April 12th was filled with competition for our student athletes.

Women's tennis did not take a break on Tuesday's break day, as they headed to Allentown, PA to compete against Muhlenberg. Four of the double's teams grabbed wins for Ursinus. Solidifying the Women's victory were Caitlin Vinsonhaler, Claire Burke and Jess Leach with their singles wins. The Ursinus Bears are now tied with Washington College for second place in the league. The men's team followed up on that, making a comeback at the end of their match to pull out a 5-4 win over Dickinson.

Wednesday was another big day for the Ursinus Bears, as the baseball team went to Coca-Cola Park to compete against the Muhlenberg Mules. Coca-Cola

park is home of the Lehigh Valley Iron Pigs. Senior Connor Barrett said, "It was a great opportunity to get to play in a different setting, it definitely added some much-needed excitement this season has been missing with the rule of no spectators at games." Although playing in Coca-Cola Park was exciting the team did not secure a win. Muhlenberg scored a run to tie the game in the 9th inning and ended up securing the win in the 10th. The Bears did their best to hold on, but lost 8-7 in extra innings.

The men's lacrosse team had a big day on Saturday, facing off against Dickinson College. They started off strong, racking up goals for the first couple of minutes. All of the Bears played extremely well, however senior Hakan Atillasoy reached a major milestone, scoring his 100th career goal and becoming the

See Recap on pg. 7



Courtesy of Jenni Berrios

## The Reality of Students and Stress

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This semester has been difficult for students. The combination of not having a Spring Break and some much needed time away from school, along with continuing to live in a pandemic, has led to students feeling more stress than usual. To help students cope, Katie Bean, Ursinus' Director of Prevention and Advocacy, is holding informative Zoom sessions focused on understanding and

managing stress. In the thirty-minute seminar, Bean goes over ten steps to help alleviate stress based on the book *Burnout: The Secret to Unlocking the Stress Cycle* by sisters Emily Nagoski PHD and Amelia Nagoski MDA.

In order to manage and cope with stress, it is important to understand what stress is. Stress is a "neurological and physiological shift that happens in your body when you encounter a threat," according to the book. Stress is the body's reaction to being in

a dangerous situation. There are two types of stress: acute and chronic. In acute stress, or short-term stress, the body goes into fight-or-flight mode. The heart rate increases, as does the blood flow to the brain and heart. Chronic stress occurs when stress is held in the body for an extended period of time. This can lead to depression, increased blood pressure, neck, shoulder, and back pain, as well as insulin resistance. In order to remove stress from

See Wellness on pg. 7

Thinking of you!



Photo by Ursinus Athletics



Photo by Ursinus Athletics