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the grizzly

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Bears Battle Common Cold

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Ursinus students were excited about living on campus once again this fall and enjoying a less restrictive COVID environment. However, they were welcomed by various other diseases. It's always an adjustment when living in close quarters, and many students have been fighting the common cold early this semester. Around mid-September, everyone on campus seemed to be feeling under the weather. Students have given the illness silly names such as "Reim Cough."

Rebecca Chernoff, a sophomore resident of Reimert, was infected by the virus. She attempted to withstand the sickness that initially infected her suitemates, but eventually fell sick with the 'Reim Cough.' Her timeline matches many other students in terms of when she

began to feel ill. "I got sick at the end of September and did not get better until the beginning of October. So I was sick for about two weeks," Chernoff said. She says she had symptoms of a sore throat, congestion, headache, a runny nose, and a bad cough. Over-the-counter medicine did not help the persistent cold. When reflecting back on how she possibly could have caught the virus, Chernoff was pretty sure of her answer. "I feel I could have gotten the cold from anyone in Reimert. Everyone in Reim seems to be sick but I also could have gotten it from my team. Close contact with anyone makes it difficult to find the source." After two negative COVID-19 tests as extra precaution, she is at least at peace it is not COVID.

Wellness has seen the non-COVID illnesses as well. The Grizzly reached out

to Dr. Lauren Finnegan, Executive Director of Counseling and Wellness, to understand how Wellness handled the spiking numbers of ill students and to get a perspective from a clinical professional. In regard to non-COVID illnesses Finnegan said, "Unfortunately, we have seen a number of non-covid illnesses come through Wellness so far this year, in addition to the normal seasonal allergies and the like. We've seen some colds, sinus infections, strep throat. I can't say this has been above average in terms of the time of year, but after more than a year of COVID restrictions, a return to even normal levels of illness

is an adjustment," says Dr. Finnegan. And of course, any little symptom can cause students to become concerned that they have COVID. Luckily, testing has shown that the Ursinus community continues to have low COVID case numbers.

As appointment slots filled up for the Wellness Center, the team there was not surprised. "There are always periods of time in the school year when colds, flu, and allergies become more rampant. We do the best we can to see as many students as possible on any given day. My best advice is to try and plan ahead in making your appointment; the more availability that you

have and the earlier you request an appointment, the more likely we can get you in on your preferred timetable," says Dr. Finnegan.

Because we Bears live in communal spaces, it is vital to continue fighting back against COVID and other illnesses. If you can make time for your schoolwork and other activities, you can make time for wellness. If we do that, we have a chance to keep these nasty bugs at bay.

If you have questions or need to make an appointment, please call 610-409-3100 or email wellness@ursinus.edu.



Image courtesy of Jenni Berrios

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UCSG Suggestion Box QR Code

Ursinus College Student Government wants to hear from you! Scan to fill out a Google survey to submit ideas or suggestions you want to see from Exec Board and Class Councils! Or if you have any problems you want us to address.



Main Street Suffers Parking Availability Issues

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The vibrant town of Collegeville is in full swing. There are lots of people around ... and with them, lots of cars. That means fewer parking spaces, and nowhere is the scarcity more pronounced than on Main Street. For students who live there, the availability of parking is becoming a concern. Junior Sarah Haughton explains that “parking is a pain because it’s a lottery ... you never know if you’re going to get a spot or not.”

Twenty-two Main Street homes are occupied by Ursinus

students, and there are only seven parking lots designed for Main Street available for students to park in. These lots, which vary in size, are in proximity to Main Street homes, but have a significant number of faculty spots unavailable for students to park in. Some of the lots simply do not have enough spots for the number of students with cars who live in nearby homes, and students regularly park in lots not designated for their houses. It’s a mess.

Across all Main Street lots students struggle with finding parking. Junior Claire Velte lives in Todd, which shares a big lot with other

Main Street houses, and it continues to be a problem. “My lot is always completely packed, so once you find a spot you kind of need to stay there. I feel like I can’t leave at all during the week or I’ll get stuck in a lot across campus—I just don’t have the time to be moving my car three times a day and walking all over campus to get to it,” says Velte.

The concern over parking for many students, especially females, can become a safety concern when they return to campus late at night. Senior Rileigh Klein shares an experience she had this fall semester: “I didn’t get home till 11:00pm

and there was not a single spot in the lot behind Hobson or the other lot closest to Hobson, so I just parked in a faculty spot, and they gave me a ticket early that next morning. I tried to dispute it online and told them I felt unsafe walking from the further lot, especially from the 9th Ave lot alone, but they refused to remove the charge. It seems ridiculous to charge a young girl over a safety concern walking home alone at night.”

The Ursinus website, under the Campus Safety section, states, “Students are not guaranteed a parking spot near their designated residence hall. If the

desired student lot is full, students may park in the West Lot off of 9th Ave. Students who return to campus late at night may request a personal escort from this lot to their residence hall.” We contacted Campus Safety to discuss these issues, but had not received comment by press time. Hopefully we will see parking issues resolved in the near future.

If you or another have additional concerns, please reach out to Campus Safety at (610) 409-3333.



Image courtesy of Britney Dyszel

Meet Dr. Meghan Brodie

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Dr. Meghan Brodie is no stranger to the Ursinus Theater and Dance Department. As the college's first theater major ever in 2000, she connected with the discipline at a young age. She says her time as a student here shaped the person she is today, "That [old black box theater in Ritter] was my home when I was an undergraduate—it seemed like one of the few places I could be myself and was accepted for the outspoken, nerdy, artsy woman I was becoming." Now, she takes on a new role as the Theater and Dance Department Chair.

As the Department Chair, Brodie serves as an intermediary between both departments. She also acts as a liaison between the Theater and Dance members to address their needs and concerns regarding a variety of classroom-based issues. Additionally, she collaborates with members of casts and crews for productions, including

the Technical Director and Theater and Dance Coordinator, along with staff members relevant to making the yearly productions run smoothly.

Her first few weeks as Department Chair have been eventful, to say the least. While adjusting to the new responsibilities of the role, unprecedented challenges arose for Brodie when floors in the Kaleidoscope sank during Hurricane Ida and mold was discovered in August. This created yet another new task for her, as the go-between between the Theater and Dance Department and Facilities to address these issues. During this time, she was welcoming a new assistant professor and administrative assistant, casting for the upcoming production she directs of *Pride and Prejudice*, updating the website, and getting familiar with her new role. She is hoping for "less eventful" months sooner than later.

Despite these ob-

stacles, Brodie loves her job at Ursinus. Her favorite theater courses to teach are about women and drama, queer drama, and dramatic literature classes. She constantly challenges herself to create curriculums on subjects that are engaging for all students and strives to make her pupils better writers. Her favorite parts of the college are her colleagues and students. "I am SO grateful to work with such supportive, smart, and kind colleagues—both faculty and staff. I also love my students. Their dedication, enthusiasm, and compassion are a constant source of hope to me. Their kindness and sense of community inspire me to pay forward the support that has brought me to this place in my life."

Currently, Brodie is directing Ursinus's adaption of *Pride And Prejudice*. This comedic adaptation of the Jane Austen classic is especially meaningful to the cast and crew as it



Courtesy of Jenni Berrios

will be the production with the first live audience since the pandemic. The show is running October 28-31, for more information and to purchase tickets go toursinus.edu/tickets.

"Their dedication, enthusiasm, and compassion are a constant source of hope to me. Their kindness and sense of community inspire me to pay forward the support that has brought me to this place in my life."

Those interested in getting involved in the Theater and Dance Department can contact Brodie and Dr. Karen Clemente, respectively.

Studying either field prepares students for success in the professional world, as well as creates well-rounded candidates for any related opportunities. She emphasizes the importance of the arts stating, "the College's commitment to the arts means more to me than I can express." These disciplines "are an essential part of an exceptional liberal arts education because the arts teach us not only about ourselves, but about the society we strive to be," she concluded.

Dr. Goodman and Her Furry Adjunct

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Dr. Sheryl Goodman, Associate Professor and Chair of the Media and Communication Studies department, has been an active member of the Ursinus community for 25 years. In addition to being passionate about research related to race and gender, she facilitates a classroom where students can openly discuss different topics. Even her pup, Fiona, joins these discussions actively listening [or not as she steals contents from the garbage] while chewing on her favorite bone.

Goodman enjoys teaching classes that allow students the opportunity to talk out and share their ideas. “I like teaching discussion-based courses in which students can open up and develop an understanding of each other,” she commented. She is also keen on helping students with their own research. “I also enjoy teaching courses in research methods and being able to see students create

their own research on topics they are interested in.”

Goodman’s personal areas of research revolve around ideas of culture and communication, specifically the roles that race and gender play in these regions of study. “I have always been interested in how culture shapes our communication with others, how we believe we should interact with people, how we believe others should interact with us, and what specific communicative behaviors mean,” she explained. “Specifically I examine communicative dilemmas and how they are perceived and managed.” For the past 15 years or so, Goodman has focused her work “on communicative dilemmas involving race and gender, the experiences of students of color at a predominately white institution, and how people talk about issues related to race and gender.” Her interest in these areas stem from a desire to foster com-

munication between different groups of people. “I’m passionate about these topics because I see so much misunderstanding and distrust in our communities, and I would like to help foster real heartfelt dialogue between people who have had different life experiences and have different perspectives and worldviews in the hopes that will inspire societal change.”

The love that Goodman displays for Ursinus is evident by the time she has dedicated to the college. She has made strong connections with her students and continues to do so. “This is my 25th year at Ursinus. I love being part of a small, caring community. It’s important to me that I can really get to know my students and have them in multiple classes and watch them perform in theater productions or dance shows, or play their sport.” In addition, Ursinus has allowed her to continue exploring other avenues like, for example, CIE. “I

also love that I get to teach courses that push me to move beyond my areas of specialization.”

Lastly, in June of 2020, Goodman rescued her dog, Fiona. “I got Fiona mainly for my daughter who was in her freshman year of college and got sent home like everyone else. When I realized how friendly she was, I thought that I would bring her to campus to cheer up my students since I started

out teaching in a tent in the fall of 2020,” she added. Fiona fit right into the campus community and was an instant hit. “She loved students more than I could have imagined. She made students smile, so I continued to bring her,” Goodman concluded.

When you have a minute, feel free to stop by Goodman’s office, Ritter 216-B, and give Fiona a big bear hug.



Courtesy of Jenni Berrios

What's your favorite midnight snack?

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Peanut Butter

*Buffalo
Chicken Bites*

Soup

Little Bites

Wawa Soft Pretzel

Potato Chips

Crackers

Animal Crackers

*Baked Lays Potato
Chips*

Pop Tarts

Cookies

Cheerios

Oreos

Gummy Bears

*Flamin' Hot Chee-
tos*

*Carrots & Ranch
Dip*

Cinnabons

Vanilla Flurricane

Doritos

Animal Crackers

Captain Crunch

Chex Mix

Leftovers

Ramen

*Chocolate Covered
Pretzels*

*Paw Patrol
Mac & Cheese*

*Lime Chips and
Salsa*

*Mint Chocolate
Chip Ice Cream*

Ranch Doritos

Life Cereal

*Extra Cheddar
Goldfish*

Candy

Fruit Snacks

Skinny Pop

Cinnabuns

*Cookie Dough
Ice Cream*

Cheese Quesadillas

*Off the Eaten
Path
Chips*

Strawberry Yogurt

White Cheez-Its

*Banana and Peanut
Butter*

Pretzels

Field Hock. cont. from pg. 8

rest of the game, including for two crucial penalty corners in the fourth. Jordan Moore '23 notched her 6th goal of the season with three minutes left in the game, ultimately giving the Bears the win.

Then, the team headed to Kibler Field to take on Washington College on Saturday, October 2. The ladies were firing on all cylinders as the offensive barrage had WAC on their heels, but the Shoremen stood tall and only allowed 3 goals on 16 shots. Ursinus outshot the Shoremen 16 to 8 in Saturday's contest, but the final score doesn't reflect the sheer amount of offen-

sive production the team experienced throughout the game. With the win, the Lady Bears improved to 7-2 overall and 2-0 in conference play. The defense, led by Senior Captain Erin McIlhenny '22 and Ulsh, are currently allowing a flustering 1.72 goals per game.

"Because the ball was being advanced up the right side, I was focused on getting ahead of the ball and building the play. When Gabi received the ball in the right corner, I timed my cut to get a step on my defender and get a touch on the ball right in front of the goalkeeper."

—Ellie Bruggeman, Class of 2024

A big part of the

Bears' excellence on the field is due to the team's mindset and core values. Moore believes the team's recipe for success this year is, "focusing on taking it one game at a time. Everyone is really buying into the team culture and every time we step on the field, we are playing as one full team for each other." Ursinus Bears are always the loudest and most energized team on the field, home or away. "One of our core values is humility, which involves never underestimating our opponent. The Centennial Conference is stacked with a lot of really talented teams," Ulsh concluded. The constant "one game at a time" mentality

mixed with a humble core is a recipe for success. We wish our Lady Bears the best of luck this season.

Athletics cont. from pg. 8

All Photos: Courtesy of Ursinus Athletics & Jim Beaver



The Bears at Work



Courtesy of Ursinus Athletics & Jim Beaver



Courtesy of Ursinus Athletics & Jim Beaver

See Athletics on pg. 7



Courtesy of Ursinus Athletics

The Bears are Boisterous

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On Wednesday, September 29th, the Lady Bears Field Hockey team headed over to Messiah College to take on the #5 ranked team in the nation. This was no unusual challenge for our Bears after they racked up two incredibly hard-fought wins the past two games against top-10 ranked opponents. The Bears started out fast with Ellie Bruggeman '24 scoring the first goal of the game in the first

20 seconds, assisted by Gabriela Howell '22. Bruggeman explained that "because the ball was being advanced up the right side, I was focused on getting ahead of the ball and building the play. When Gabi received the ball in the right corner, I timed my cut to get a step on my defender and get a touch on the ball right in front of the goalkeeper."

The early goal caught an extremely tough Messiah defense off-guard. The Falcons had only let in nine goals in their previous eight

games. Messiah's offense was hot in the first, mustering a solid five of six shots on net, but Jordan Ulsh '23 and the Bear's defense stood tall. Makayla Malcom struck for the Falcons with 1:12 left in the second quarter with her team-leading 7th goal of the season. The second half started off fast with the Falcons almost netting an opportunity three minutes into the 3rd, but Ulsh knocked the ball down as she sprawled out to her left side. The Bears' defense stood tall the

See Field Hock.on pg. 7

Upcoming Games

Wednesday

Thursday

Friday

Saturday

Tuesday

Happy

Fall

Break!