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## The Grizzly, February 23, 2023

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# The Grizzly



Collegeville, PA.

Thursday, February 23rd

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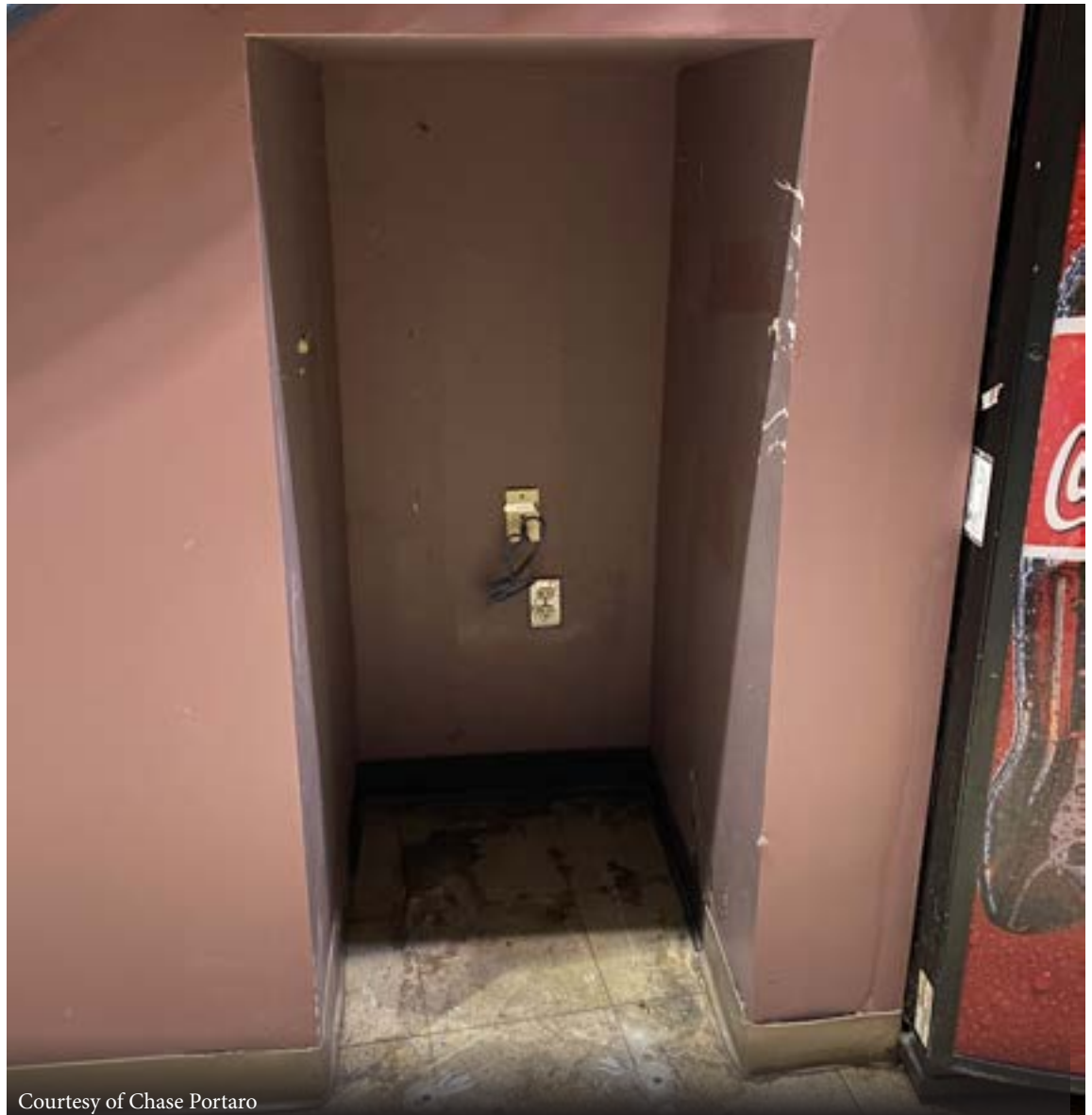
At The Grizzly, we believe there is always something to look forward to.

'A Look Ahead' is a section where our team showcases upcoming articles. The purpose is to generate excitement within our readership and the extended Ursinus community.

- » Commencement Speaker Announced
- » March Editor's Letter
- » Students' Plans for St. Patty's Day

## Need Cash? Too Bad. . .

Chase Portaro  
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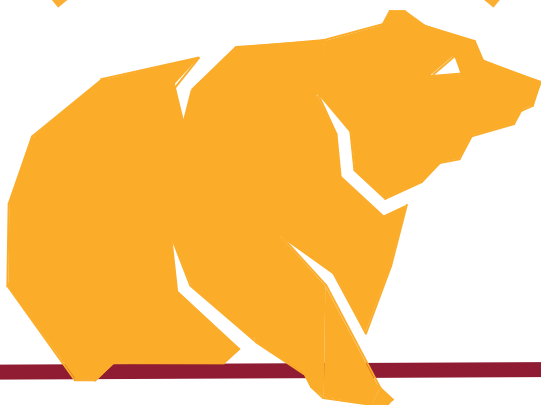


Courtesy of Chase Portaro

Is Ursinus going cashless? Not exactly, but the removal of the school's only ATM, previously located in Lower Wismer, might lead some students to think that the school is doing away with cash-only transactions. The removal of Ursinus's only ATM on campus will now force students to travel to an off-campus location to access cash for cash-only transactions, such as Wellness Center copays, course readers, deposits for lab materials, and Student Engagement activities fees.

The ATM's removal, which was not announced to the student body, caught many students off-guard. Liam Fagan '25 said, "This is simply unrealistic to ask students to make that trip on what could potentially be a regular basis. This shows a lack of concern for students on the part of the college. Especially given the lack of warning or the presentation of any alternative options on the school's part."

As much as it came as a surprise to students, it also came as a surprise to the





administration. Annette Parker, Interim VP for Finance and Administration, said “We found out about [the removal] after the fact, so there may’ve been a hole in the wall before we even learned about it.” Currently, there are no viable options that the school is aware of to replace the ATM. Parker added, “We would have to buy a machine, maintain a machine, it would cost fees as well,” which might not be practical for a small school like Ursinus.

Parker explained that PNC, which owns and operates the ATM, removed it because of the machine’s low amount of annual transactions. PNC expects about 1,500 transactions per month, for both PNC and non-PNC accounts collectively, but Parker explained that Ursinus is “averaging about 1,500 per year, [and] that’s not enough for the maintenance that’s required to keep the ATM on campus.” That maintenance includes routine support, restocking of consumables such as paper and ink, and solving minor problems such as jams from currency, cards, or paper. So the decision to remove the ATM fell under PNC’s prerogative. Nonetheless, some students believe an important, if not vital campus amenity has been taken away without any

notice given to the student body.

Kate Foley ‘23, said, “It’s become extremely inconvenient, especially for students who don’t have cars to get themselves to a bank. Siblings in my Greek organization can no longer pay their dues on time because they relied on the ATM for cash.” Another student, Ryan Edwards ‘25, said “It was convenient being able to quickly grab some cash. . . It was useful when paying for trips/excursions organized by student engagement.”

Besides fees for Greek Life organizations and Student Engagement activities, students also need cash for Wellness Center copays. The Wellness Center accepts payment by checks, but as many students do not carry check books, access to cash is still needed for copayments. Depending on the student’s individual need and ability, traveling .6 miles to the Quick Stop to withdraw cash may not be an option. So, besides the ATM’s removal being an inconvenience for non-disabled Ursinus students, those .6 miles, which doubles to 1.2 miles accounting for the walk back, could present a major disruption for Ursinus community members who may not be able to walk that far, let alone walk that far on an uneven

sidewalk along a busy road.

One potential solution to the absence of an on-campus ATM is a cashier’s office, which would allow students easy access to cash. Besides staffing and scheduling issues, Parker explained that a cashier’s office would make Ursinus, in essence, a bank. “We can’t be a bank because there are legal requirements on banks that we can’t [meet]. I suppose we can put stuff on students’ bills, but then you’re talking about someone going into each bill, and that’s lots of paperwork. So we’ll have to look at what the alternatives mean in terms of staffing, finances.”

As the school continues to look for options, Parker said, “The service of the students is the highest priority to us.” That may be true, but some students are still left questioning why there wasn’t an official announcement made from the school about the ATM’s removal. Until a viable alternative is decided on, The Grizzly will be in close contact with Ursinus’s Business Office as well as Missy Bryant, the VP of Student Affairs, to update readers on any developments in the story.

### Want to write for *The Grizzly*?

Pitch meetings are on  
Tuesdays at 7pm in Ritter  
141.

Reach out to  
[grizzly@ursinus.edu](mailto:grizzly@ursinus.edu) to  
get involved or sign up  
for MCS-006-A for next  
semester!



Courtesy of Ryan Carkhuff

# Employee Shortage at Cafe 2020

Quadai Brown

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Like many restaurants coming out of the pandemic, Ursinus's Cafe 2020 has struggled to maintain a steady workforce—and in turn, this staffing shortage has affected the speed of service. One Cafe 2020 staff member, who preferred to remain anonymous, said, “We had similar staffing issues last year so [speed of service] has been a constant problem.” To combat employee shortages, the Cafe has resorted to hiring temp chefs, or interim employees to fill in and speed up the pace of service. Robin Reindeau, Cafe 2020's supervisor, said, “We are currently working through, training and hiring full-time chefs, but in the meantime we are using the resources and people that we have.”

Running the cafe with supplementary temp chefs has also proved itself a challenge for Reindeau and other Cafe 2020 employees. When asked about temp worker's effectiveness, the anonymous staff member said, “They're doing well, but because they're temping, their likelihood of leaving is higher – and then we have [to hire] a whole new person who has to relearn everything.” They also explained, “The constant switch-up of

the chefs makes their efficiency go down which causes the food to take longer, and customers get antsy.”

Students' reactions to slower wait times haven't been reported as hostile, unlike the instances of viral videos of Starbucks customer freakouts. The anonymous staff member said, “During busy hours, there tends to be a handful of people that come up and inquire about how long their food takes.” But it doesn't go beyond that, and the cafe's supervisor, Reindeau has been thankful for students' understanding. She said “We appreciate any patience and if you have any issues you need resolved, bring it up and we'll be doing our best to fix it.”

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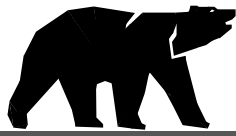
As Cafe 2020 continues to fight the uphill battle of national staffing shortages, students can expect to keep being patient. The frequent turnover of employ-

ees and the hiring of new, untrained staff members could mean that making your panini or steaming your latte takes a little longer. This also means that Cafe 2020 is actively hiring, and you can apply on HandShake, the school's job recruitment platform, using this link. The anonymous staff member interviewed for this article, said “The conditions [at Cafe 2020] are great. Everything is super flexible, and all the workers are kind and respectable.” If you have time in your schedule, consider applying, but until staffing numbers can return to pre-pandemic levels (which they may never do), continue to expect longer wait times for things like lattes and paninis. Restaurants everywhere are doing more with less, and Cafe 2020 is no exception. This may be temporary or it may be the new normal, but only time will tell, as examined in the microcosm that is Ursinus's Cafe 2020.

Disclosure: One of the authors of this article, Quadai Brown '24, is an employee of Cafe 2020



Courtesy of Ursinus Admit Twitter Account



## Meet the Ucrew Peer Educators

Jenna Smith: [jessmith2@ursinus.edu](mailto:jessmith2@ursinus.edu)

Within Ursinus's office of Prevention and Advocacy there is a group of students working towards a greater campus culture change around substance usage. These ten students are formally called Ucrew Peer Educators, and the acronym of Ucrew stands for cultivating respect, education, and wellness, which details the group's values perfectly.

These ten educators are trained student leaders who want to raise awareness about safety, and educate others about healthy substance usage and wellness. The Ucrew members for the Spring 2023 semester are as follow: Diane Imboden '23, Lizzie Elliot '23, Avery Tomeo '23, Izzy Deal '23, Jenna Smith '23, Sophie Louis '24, Luke Ammazalorso '24, Alexis Wood '24, Nalia Seibert '24, and Claire Burke '24. Each Ucrew member goes through lengthy training to learn about harm reduction and the most useful ways to promote health and wellness to the broader campus community. They educate about sobriety—if that is one's path—and work to support those in any direction of their recovery journey.

Ucrew was founded in Fall of 2020, with the goal of promoting their ideals to the Ursinus community, leading to a safer and more educated campus as a whole. The members seek to change the campus culture around drugs and alcohol through harm reduction and education. Ucrew is funded by a state grant, and uses its funding to hold events focused on educating the broader campus about wellness. Their main objective is to make sure students feel supported in their social environment on campus, so they never feel judged or pressured to consume drugs or alcohol. The members work to help others to feel safe, and encourage supportive mental health and wellness when it comes to making important behavioral choices.

Through their work, they have strived towards making Ursinus a recovery friendly campus, a title which Ursinus would be the first private college to hold. A recovery friendly campus supports those in the recovery process, and has the necessary infrastructure to do so. Ucrew members



Courtesy of UCREW

encouraged students to sign the Okanagan Charter, which allows them to embed health and wellness aspects into the campus culture. The Okanagan Charter is an international charter that aims to promote health in post-secondary schools across the nation. Some other events that Ucrew holds to promote wellness are self-care kahoots, tabling events, sober parties, and concerts—to name a few of their most notable campus actions.

This team has fostered a strong relationship amongst the members and across organizations on campus. Avery Tomeo '23, a seasoned member of Ucrew, explained how she loves the team dynamic: "I love being involved with the team because we are working towards the same goals. Everyone is compassionate about this job, always expressing great ways to try and change culture on our campus. All my team members are very kind and supportive and make a wonderful group of people to work with!"

Another member, Luke Ammazalorso '24, states why he joined Ucrew himself, "I wanted to be able to have a positive impact on our community by using my struggles and experiences with drugs and alcohol."

Ammazzalorso also shared why being a part of Ucrew is so important to him: "I want people struggling with substance use and wellness in general, to feel that there is a group of people here to support and help them in any way they can." These individuals are hardworking, and their efforts on this campus do not go unnoticed. Aylin Castillo '23, stated how she recognizes Ucrew's diligence on campus: "They're always holding events and encouraging sobriety to those that need it!"

Look out for Ucrew applications later this semester, as half the team is graduating and thus will be hiring more campus Peer Educators! There will also be chances for collaboration with clubs, organizations, and Greek life, so be sure to message the group for details about involvement if their mission fits your club's goals! Keep an eye out for upcoming adverts by email or follow them on Instagram [@ursinus\\_ucrew](https://www.instagram.com/ursinus_ucrew)

\*Disclaimer: Jenna Smith, the author of this piece, is a Peer Educator\*



# The Berman Museum of Art Reopens for Spring 2023

Marie Sykes: [masykes@ursinus.edu](mailto:masykes@ursinus.edu)

The Berman Museum is back and open once more for the spring semester with exhibits from Lydia Ricci, Michaela Dela Dika, and more! At the opening on February 9, 2023, Executive Director Lauren McCardel said, “[I am] thrilled to see so many people here tonight to enjoy the exhibitions and engage with the artists.” To learn more about the Berman, visit them in person on Tuesday through Sunday from 11am-4pm or check out their newsletters and websites for events! All photos credited to Marie Sykes.



“The throughline I would say would be slowing down time and those moments you don’t realize are more significant until you really take the time to look at them. I really recreate some of those scenarios with mundane objects. Deborah [the creative director of the Berman Museum of Art] has been a wonderful collaborator giving me the opportunity to bring a lot to push myself to bring a bit more of my story to here.”

Lydia Ricci On Her Inspiration for Her Exhibit Seen Above



“Shaping Rhapsody” by Michael Dela Dika Pictured Above.

The exhibit “combin[es] ceramic and reclaimed metal, Dika’s sculpture reveals harmony in chaos by striking a balance between strength and fragility,” as listed on the museum website



“Essential Work, a group show featuring seven artists, is the heart of our exhibitions this season. The large traffic sign at our entrance with the words ‘Artists are Essential Works/ Art is an Essential Service’ echoes rhetoric from the pandemic regarding what forms of labor society values the most. The works in the exhibition elaborate on this thesis, addressing topics such as technology, activism, feminism, and how they relate to labor. To explore these ideas further, plan to see our guest speakers—Sarah Jaffe on March 2 and Michelle Millar Fisher with Gabriella Nelson on March 30.”

Sanya Grace Kunicki, the Berman Communications Assistant. “Essential Work,” Pictured Left





## Morning vs. Night Classes: Which is the Lesser of Two Evils?

Ava Compagnoni: avcompagnoni@ursinus.edu

There is NOTHING worse than an 8 AM...right?

Most students face the inevitable 8 AM class at least once in their undergrad career, and if you are in the 0.05% (I made that percentage up) who have not, I envy you. However, in my experience, there is an unspoken debate that night classes might be worse. You have already gone through your daily routine of classes, perhaps practice, getting homework done, and dinner, BUT you have a 7 PM class after all of that. The last thing you want to do is to leave your dorm when the sun is set and go to class. It feels unnatural.

"I don't really have anything against night classes because I think it can be fun sometimes to have a class that's not during the day. It has its individual benefits, I get most of my work done earlier in the day. Personally, my night classes have always been film screenings, so when you have gone through your whole day with classes, it can be a little tiring to be at class at that

time and really focus in the dark Olin Auditorium," says Allie Armour '25.

Personally, I only had to attend one film screening at night for my own MCS class. Purposefully, that is why I have never taken a film class as the scheduling conflicts with my other activities and I have no interest in meandering over to Olin at 7 PM once a week.

"I literally cannot wake myself up for them, it is as simple as that. And then when you do get yourself out of bed, especially myself who lives in New, nothing is more humbling than hauling it up the Wismer Hill 3 mins before class starts at 8am," says Jenna Smith '23.

Luckily, I have only had to endure three 8AMs throughout my entire academic career, one of them via Zoom, so that one was not as much of an issue. 8AMs in the spring semester are a lot worse than the fall semester in my opinion, nothing wakes you up quite like a frosted walk from Hobson to Ritter on a January morning.

And you can never seem to get your sleep schedule right for an 8 AM, you are still going to bed at 2 AM regardless, so you just wake up MORE tired than usual.

"I had CIE (Common Intellectual Experience) at 7 PM because my professor could not teach during the day because she was a high school teacher. I would never be able to eat dinner because I would run from golf practice off campus straight to CIE class twice a week for over an hour," says Kaylin Chen '25.

CIE was already scary to attend for all freshmen, but AT NIGHT? (Spongebob Voice). That sounds like it makes Allegory of the Cave even worse! The perfect timing for a CIE class is 12 PM, a perfectly perky hour of core questions.

So, after reading this article I hope you can discern which is worse, because I am still sitting on the fence. So I hope this either persuaded you, confused you, or made you hate your schedule even more!

## Netflix Winter Break Binge List

Ava Compagnoni: avcompagnoni@ursinus.edu

Did you also create a body shaped imprint on your couch this winter break? Everyone always says their Netflix list is never-ending. When deciding between a show you've watched 100 times and something new, you never watch something new. I put a nice dent in my Netflix list this break, and here are my recommendations for you!

**Ginny & Georgia** - Season 2 just came out in the beginning of January and I finished it in one night. With only 10 episodes and my insane infatuation with the cast and plot, it is simply a can't-turn-off show. There are cringey moments throughout the show, but sometimes that made it more comical than the writers intended it to be. There are a variety of gasp moments, as well as characters you will love/hate/and scream at your screen for. The ending of the first season was set up perfectly well for the second, and viewers can see with the ending of season two that it anticipates a third season to follow.

**Triviaverse** - One of the best trivia games I have been able to play at home in awhile. You can play by yourself, with another person, or create two teams. This is not a show at all, but the interactive options on Netflix have been some of my favorites to watch this break. The questions did not repeat after tens of games, either. The trivia questions had a variety of categories, some were very easy to answer, and some had terminology and country names I had never heard of. There were true or false questions, questions with four answer options, and questions with only two answer options. You did not have to type the answer in, it was multiple choice, but not as visually appealing as a standardized test, making it more exciting.

**Down to Earth with Zac Efron** - This show takes a new twist on a nature documentary. Efron gets down and dirty, quite literally. This is a series like no other that we have seen the adored Zac Efron star in. While he is not only traveling around

the world visiting amazing locations the average person could only dream of visiting, he discusses prominent environmental issues the globe is suffering from. In the first season, Efron explores eight different countries, all with their own episode; in the second season, Efron specifically focuses on Australia.

**Chef's Table** - There are several series of this show, and it is one of the best food shows I have ever seen. The show has four different several-episode series including: the debut Chef's Table, Pizza, France, and BBQ. It takes you through different chefs' life stories and their restaurant upbringing. It is not a classic Food Network show with Julia Child showing you how to make a dessert trifle; nor is it a stressful game show with twists and turns. It elevates the simplicity of cooking and the love that chefs all over the world, with varying cuisines, have made for themselves.





# Struggling with the Sunday Scaries? Try Reiki!

Aidan Nadell

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With the signing of the Okanagan Charter by President Hannigan in October, this semester has seen a bolstered roster of activities to promote the mental health and well-being of Ursinus students. You may be familiar with some of the offerings, such as meditation and yoga. But, if you are like I was, then an activity called “reiki” may feel completely alien.

At least, I found Reiki to be foreign until I gave it a try. I walked into the Bear’s Den on the first Sunday of this semester with a heavy dose of skepticism. As someone who believes heavily in science, I was hesitant to open my mind to the practice of “energy healing.” It took me by surprise when I learned that Reiki works because of — not instead of — the power of science (through biofield energy). Intrigued, I listened as Shelby Lynn, the owner of Ki Collectors Massage & Energy Healing, broke down Reiki into its components: “Rei,” meaning spiritual wisdom; and “Ki,” meaning life energy. The practice is relatively new, having been discovered in 1922. That being said, the idea of controlling Ki is not exclusive to just Reiki; it has been used in martial arts, meditation, and other mental development practices for centuries.

Though I do not quite grasp why it works, I understand the appeal of Reiki and how it works. The sessions offered at Ursinus involve a guided meditation followed by a period of silence in which Reiki practitioners hover their hands along invisible energy pathways that emanate from your body. Traditionally, Reiki sessions will see healers physically touch the parts of the body that align with these pathways. Given the comfort level of students and protection of their privacy, Shelby and her team of healers do not make physical contact when working here. However, they do not need to touch you for you to experience the benefits of their practice. Before both sessions that I attended, I was riddled with the “Sunday Scaries” that we know

too often as students. By the time that I left the Bear’s Den, I had a clear mind and rejuvenated focus on my remaining tasks.

I am not alone in my positive reception of Reiki. Junior Becca Laing explained, “Reiki allows me to feel grounded and puts me in the mindset where I can tackle school, work, and personal life in a healthy way! After Reiki, I feel calm and relaxed, which is a great way to start my busy week.” Like me, Becca is new to Reiki but is already benefiting from its healing.

Meanwhile, Corey Criblear has several months of experience as a Level 1 Practitioner: a student of Shelby at Ki Collectors. He offered his perspective, “I know life can be a struggle. Everyone has their ups and downs and may go through things that nobody else does. But I always know as long as I have Reiki, I’ll be protected and I will always learn the necessary life lessons. Reiki has also taught me one of my strongest beliefs: if you keep pushing, you keep trying and doing your best. All good things will come to fruition.”

The practice of Reiki attracts individuals from a myriad of backgrounds, but they all share the common belief in healing. For instance, Shelby found her way to Reiki through her study of eating disorders and addictions as she earned a degree in Psychology. She has always felt a strong connection to mind-body healing, and wants to create space for her clients to have long-lasting results. By helping clients and students train their intuition, Shelby is fed by her work. She works alongside college-age students like Corey Criblear and Kiersten Frederick ‘23 as well as adult students like AnnMarie (who confessed that she was craving connection throughout the COVID-19 pandemic after waiting on a free Reiki session for two years).

As a disclaimer, there is a wide gamut of bodily sensations that are normal to experience during Reiki. Seven different centers in your body (called Chakras)

correspond to energetic releases; for example, excessive yawning can indicate the Throat Chakra has been repressed from communication. I recognized a release in my shoulders after a long week of “shouldering” many obligations. In my first session, I felt a warm, tingly sensation spread across my body. My second session, however, brought cold shivers down my arms and legs. After a Reiki session is complete, it is recommended that you drink a lot of water.

Have I piqued your interest? I am certainly looking forward to the next reiki session (coming up on Sunday, February 19 at 7PM in the Bear’s Den) and I hope to see you there! Shelby challenges newcomers to try three sessions before forming beliefs about Reiki. If you keep an open mind as I did, there might be some relief waiting for you on the other side of your Reiki experience.

If you have any questions or would like to find more information, use this link: <https://www.kicollectors.com>! Good luck with this semester and don’t forget to take care of your mental health!

***“Reiki allows me to feel grounded and puts me in the mindset where I can tackle school, work, and personal life in a healthy way! After Reiki, I feel calm and relaxed, which is a great way to start my busy week.”***

***- Becca Laing ‘24***



# Coming Home with Hardware: Swim Champs Recap

Ava Compagnoni

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The most exciting event of the year for the Aqua Bears is the annual Centennial Champs held at Gettysburg College! The Centennial Champs run for four days and are filled with competitive swimming, extreme team spirit, and LOTS of record-breaking. Champs are a mix of individual and team success in many varying ways: medley relay team success, individual swimmer success, final team scores, breaking Centennial, Ursinus, and personal records.

## Day 1: Thursday, February 16th

The men's 200-yard medley relay got it done in the pool on the first day of champs by breaking a three-year old Ursinus record. The quartet of Ryan Schreffler '23, Francesco D'Avella '26, Stephen Lyons '24, and Ryan Carkhuff '23 composed the record-breaking squad. In the 800-yard relay, the men barely missed beating the school record, but with a squad without seniors, the future is bright for those four men. The women's 800-yard freestyle relay earned their quickest time this season by a large margin of 20 seconds. The swimmers, Sara Bozzomo, Katie Barlow, Abigail Ferguson, and Melissa Leonard finished second in the race. The men at the end of day one were tied for third with Swarthmore, while the women stood alone in third trailing behind Gettysburg for second.

## Day 2: Friday, February 17th

Across the board, men's and women's, the Aqua Bears were shaving times off their personal records, both from the current season and past. However, the two highlights from day two were junior Melissa Leonard and senior Ryan Carkhuff capturing gold medals in the 500-yard freestyle and 50-yard freestyle, respectively. Leonard's first place time of 4:57:95 qualifies her for an NCAA B-Cut time; additionally, she smashed her own record from this season! For swimming novices, NCAA B-Cut time is a standard a swimmer needs to meet to qualify or get invited to national meets. Leonard described the champs in one word:

electric. "The energy on the pool deck is insane. Everyone is screaming for everyone. I seriously get chills just thinking about it," says Leonard. At the end of day two, the men's team was ranked fourth, and the women remained in third place.

## Day 3: Saturday, February 18th

That's the thing about records, they are meant to be broken!!! In the 100 breast, Jake Hennegan '24, recorded a time of 57.65 in the preliminaries, and almost re-broke it in the finals but fell a few seconds short. To top that, Francesco D'Avella '26 broke Hennegan's record in the B-Final recording 57.03 to win first place! Seniors Maxwell Valeriano and Samuel Taffet both broke their own personal records in their events. For the women, Melissa Leonard '24 collected gold medals left and right with a very successful trip to the championships. She earned her second gold medal in the 200-yard freestyle, as the returning champ from last year's CC champs, clocked a time of 1:51:04, her personal best, second in time in school history as back-to-back champion. Her teammates supported her success in their other events, tallying up points for the Bears. Sophomore Katie Barlow collected third place in the 400-yard IM recording her personal best time, with senior Abigail Ferguson finishing behind her in fourth. The men and women continue to stay in the rankings from the last two sessions, men in fourth and women in third.



Courtesy of Ursinus Athletics

## Day 4: Sunday, February 19th

The last day of champs are always exciting and filled with anticipation from the teams to see if there will be a last minute ranking change. Unfortunately, there was no ranking change, the women's team finished in the 3rd for the conference and the men in 4th, stuck in the same position over the last three days. Jonah Kasznay '25 collected a gold medal in the 1650 Free, breaking his personal record, which happened to be the school record from this season! The men finished out champs by breaking the 400-yard freestyle relay. The squad of Dylan Schreffler '25, Stephen Lyons '24, William Cano '26, and Ryan Carkhuff '23 finished in second place and brought home some hardware. For the women, all eyes were on Melissa Leonard '24. She earned Most Outstanding Performer Award, the most prestigious award for the weekend. On Day 4 she finished in first place in the 1650-yard freestyle, making a NCAA B-Time, a personal best time, and second all-time in Ursinus history.

Congrats to all the swimmers who accomplished so much this season, breaking personal, Ursinus, and CC records left and right! To the seniors, thank you for the last four years of your dedication to the team and the pool! Go Bears!

## Upcoming Games

Saturday 2/26

Softball at 1:00pm & 3:00pm

Sunday 2/27

Men's Lacrosse at 12:00pm

Wednesday 3/1

Men's Lacrosse at 4:00pm  
Women's Lacrosse at 7:00pm

Thursday 3/2

Baseball at 3:00pm