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## The Grizzly, November 2, 2023

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Ursinus College Presents

# THE GRIZZLY

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## Homecoming Recap

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Ursinus' 2023 Homecoming saw alumni from across the years return to campus to celebrate. On October 27, 2023, students and alumni alike gathered on the path in front of FLB, and the walkways were filled with tables containing food, reunion information, and craft booths.

"I love the school. Nobody loves it more than I. Somebody might love it as much, but not more than me," William Ursinus Helfferich III '75 said. The great-grandson of the college's founder, Helfferich added that he loved to return year after year to the college. Emma Illovsy '25, volleyball libero, said, "it was so nice to have the alumni come back to support and watch our games. We really appreciate all that they've done for our program so when

they come back it gives us another meaning to play for them!" Saturday Ursinus played McDaniel in football, winning 49-6. Each Homecoming the Kenneth E. Walker trophy is awarded to the most outstanding Ursinus player, and this year's winner was Tony Holden, junior running back. "Fedora Mike" Giuliano and Kate Templeton '24 were this year's winners of the Homecoming Court.

Former Ursinus College President, Jill Marsteller '78, P'18, said there was "no place like home," upon her return. Former Student Government President Arthur Artene '23, was also spotted. "Just as I remember it," he said. "Nice seeing everyone on staff and friends from years ago."

Alumni Izzy Deal '23 and Erin

-  Midweek Meditation
-  Victims of Duty
-  Trouble's End Brewing
-  Cross Country

Drebushenko '23 attended the day. "We were both on the track team and it's been nice to go back and see" the team, Drebushenko said. "It reminds us of the big family that Ursinus is, and be reunited and see where our lives are going even though we all started at Ursinus," Deal said, before giving a shoutout to Coach Star.

As part of the festivities, student band Loose Change performed in front of FLB. "We're so grateful for the opportunity," Luke Ammazalorso '24 commented. "It wouldn't be possible without the community's support."

L-R  
Women's Volleyball, Courtesy of Marie Sykes  
Cheerleading Team, Courtesy of Marie Sykes  
EIC Marie Sykes with Ursinus Bear, Courtesy of Marie Sykes





# Berman Receives Grant for Upcoming Exhibition

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The Berman Museum received a grant of \$245,900 from the Pew Center for Arts and Heritage to advance efforts on the 2024 exhibition entitled *Enrique Bostelmann: Apertures and Border-scapes*.

The Berman acquired the works through the artist's estate on a loan, including newly recorded interviews with Bostelmann's collaborators and family members. Bostelmann, a Mexican photographer, depicted many social issues and conceptualist ideals in his art. All of this material will be curated into an exhibit that includes his works, an English/Spanish bilingual documentary film, a bilingual published catalog, and community events.

The grant provides funding for a part-time Project Assistant, new lights in the Main Gallery, bus chartering for public programs, an oral history project, the artwork shipped from Mexico, the documentary and more.

Installation of this exhibit will begin

in the summer, with student workers supporting the project. In Fall of 2024, the exhibit Project Assistant will work with interested students and community members to work on an exhibition project, documenting oral histories, expand the documentation of the exhibit, and create an archive of the community involved. The finalized project will be available on the Digital Commons and the Berman's website.

Dr. Deborah Barkun, Creative Director remarked, "Enrique Bostelmann was a tremendously humanitarian artist, and also an artist with great curiosity, humor, and experimental sensibility. Through photography, he asks questions, facilitates conversations, and encourages critical thinking, which strikes me as especially meaningful for a community committed to liberal education. His work pushes against boundaries of all kinds: national, ethnic, socio-economic, disciplinary, conceptual, formal, and artistic, to name a few. In

this respect, he was a thoughtful, sensitive, and subtle agitator, and produced a diverse and impactful body of work. We are very excited for this opportunity to share Bostelmann's work with Ursinus students, staff, and faculty, and grateful for the support of the Pew Center for Arts & Heritage."

Students do not have to wait until next year to explore the wonderful offerings of the Berman. On display this semester is *Printmaking | Worldmaking*, Janet Bigg's film experience *Imagination and Desire in a Northern Landscape*, *Heaven is a Line* (abstract works from the permanent collection), and José Ortiz-Pagán's *Umbral*.

To learn more about the Berman, follow them on Instagram, check out their website, or drop by the museum Tuesday-Sunday 11-4. To learn more about the Bostelmann exhibit and the Pew grant, contact Dr. Deborah Barkun at dbarkun@ursinus.edu.

Photos Clockwise:

Deborah Barkun with collaborators at the Enrique Bostelmann archive in Mexico City, courtesy of Berman Museum

Enrique Bostelmann, *Limit, Tijuana, Baja California (Limite, Tijuana, Baja California)*, 1991. Photograph.

Courtesy of The Enrique Bostelmann Archive and Studio

Exterior of Berman, Courtesy of Georgia Gardner





# Midweek Meditation

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Are you looking for a way to combat the mid-semester stress, or just looking for a space on campus to decompress after classes? Check out Religious and Spiritual Life's Midweek Meditation, which takes place every Wednesday at 5pm in the Bomberger Chapel.

Midweek Meditation is a welcoming group of students that gathers weekly for the sole purpose of being present in the moment. "For those who are not familiar, weekly meditation isn't like your other activities on campus," says Aidan Nadell '25, co-leader of Meditation. "It is the complete absence of activity: we sit on chairs or cushions in a circle with our eyes closed and nothing but audio cues to guide our breathing."

There is plenty of evidence that meditating can have tremendous positive impacts on our health and sense of wellbeing. And as busy college students, it is important for us to have the option to take part in something like a weekly student-led meditation to relax and feel grounded in the present moment. Nadell has found meditation to be a particularly valuable part of taking care of himself. "I have found meditation to be a personal lifesaver," says Nadell. "As someone who is compulsively busy and lives with anxiety, I sometimes struggle with burnout and

exhaustion. Meditation forces me to take a break when I don't want to take one but need to take one."

The co-leaders of Midweek Meditation, Nadell and Alex Bender '24, are invested in providing a space on campus for all students to take a break from their busy schedules. Nadell has a personal and longstanding connection to meditation. "My experience with meditation started in childhood, when my mom introduced me to a meditation app called Calm," Nadell says. "Ever since, I've been using it [on-and-off] every morning and supplementing my practice with the sessions that we do every week." Like Nadell, other students may find weekly group meditation useful in learning how to meditate outside of the group setting.

Midweek Meditation was started by recent alumni Evan Stinson '23 during his time at Ursinus. Stinson's weekly meditation began as Monday Meditation, and was rooted in Buddhism. "After Evan graduated, Alex and I wanted to see the group continue despite our lack of Buddhist knowledge," Nadell says.

While it's important to be involved in our academics and extracurriculars, it's equally as important for us as busy students to prioritize our wellbeing and mental health. "Weekly meditation is a

rare chance to unplug from the busyness that is campus life at Ursinus," Nadell says. "I love that we, as a student body, are as involved and engaged as we are. But, this treadmill of constant stimulation can become taxing to our minds and bodies if they are not kept in check."

Making time to prioritize mental health is easier said than done, but it's still important to carve out that time to care for our wellbeing. Meditation is one of many ways to do so. "You might have read this article and thought to yourself, Meditation would be nice... if only I had time for it," Nadell says. "I would argue that you don't have the time not to do it if you feel too busy - meditation helps you refocus and become more productive in the outside world."

All students are welcome to stop by Midweek Meditation, whether you're a seasoned meditator or are just beginning your meditation journey. If you would like to learn more about Midweek Meditation, do not hesitate to reach out to Aidan Nadell at ainadell@ursinus.edu or Aziz Nathoo, Ursinus's Muslim Life Coordinator, at anathoo@ursinus.edu. Remember to stop by the Chapel on Wednesdays at 5pm if you'd like to meditate!

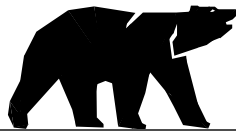
**“You might have read this article and thought to yourself, Meditation would be nice... if only I had time for it. I would argue that you don't have the time not to do it if you feel too busy - meditation helps you refocus and become more productive in the outside world.”**

**- Aidan Nadell '25**



Meditation Group Photo Credit: Alex Bender





## *Brave in Season*: Jon Volkmer's New Novel is a "Damn Good Read"

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When asked to describe his new book in a few words, Jon Volkmer responded with these three words: "damn good read." Volkmer has been working on his book, *Brave in Season*, since 2006. Most of the work was done between 2006 and 2012, but he had been retouching it and rewriting it since then. It was recently published on August 29, 2023. The inspiration for his book came from an event that happened in Nebraska in the early 1950s. A group of African-American railroad workers were stationed in the area and there was a baseball game between them and the local farmers and townspeople. Volkmer always found that story charming, and it became the basis for his book.

The writing process did come with challenges. "When I originally wrote the book, I wanted it to be sort of a 'feel good' book, you know, a story of race relations that actually turns out good," said Volkmer. After considering it and working on the book, Volkmer found that this approach was not realistic, and that the book was becoming a bit too much of a fairytale. Noticing this during the writing process, Volkmer recognized that it was up to him to "introduce more realistic incidents of racial misunderstanding and oppression and racism into the book and to develop more conflict."

As a white writer, approaching the subject of racism and racial oppression was difficult for Volkmer. "I haven't

experienced it, and some people say probably I shouldn't even write about it," he said. While he was doing the research for the book, he was fortunate to have one of the people he interviewed, an African-American railroad worker from the South, that challenged Volkmer on that question. Volkmer includes a version of their conversation in his book where the interviewed African-American railroad worker presses the writer to think about "what right does he have to tread in this ground." Volkmer finds it important that he includes a consideration of that in his book, and he added, "But, of course, writers, historically, have always written about things they don't know about" and that they "have had to go on to imaginative areas."

Volkmer explains that one of the major themes in the book is the idea that some people think that they are different, or that their place is different, or that their clan is different. Volkmer explains that "in the book it's called 'Otoe County exceptionalism,' where one of the characters, a preacher and good guy, proposes that the heritage of this area, which was part of the underground railroad 100 years earlier, made it a kind of a special place and a place where racism wasn't as likely to be nurtured." He asserts that this is an open question in the book, as there are indeed racist actions and happenings that take place.

"One of my readers so far called the book a love letter to Julian, Nebraska,

and it is kind of that. It is kind of a celebration of this small area, this southeast corner of Nebraska where I grew up. I'm from there and I'm proud of that and it's kind of a celebration of that," said Volkmer. He emphasizes that it has been a long time coming and that he is really glad that the book is now out and available, and he hopes that people will read it.

Rand Richards Cooper, author of *The Last to Go*, calls *Brave in Season* a "deeply rewarding novel" and questions if it is "possible for a writer to be heartfelt, funny and warm while also providing a stark portrayal of American racism?" He concludes that this is exactly the "magic trick" that Jon Volkmer has pulled off with his new book.

JB Manheim, author of *The Deadball Files* series, comments that *Brave in Season* is "a richly textured and engaging narrative that tells a multilayered story. This book needed to be written, and deserves to be read."

Get a copy of the book today: [https://www.sunburypress.com/products/brave-in-season?\\_pos=1&\\_sid=2eb0d5696&\\_ss=r&variant=41145710542941](https://www.sunburypress.com/products/brave-in-season?_pos=1&_sid=2eb0d5696&_ss=r&variant=41145710542941) Also, check out Jon Volkmer's website (jonvolkmer.com) for a free sample of *Brave in Season*.

Featured: Jon Volkmer





## *Victims of Duty: Absurdism and Ambiguity*

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This week, I sat down with the principal cast and stage managers of the upcoming production of *Victims of Duty* to get an idea of what the play is about. *Victims of Duty* is a one-act drama by Eugene Ionesco that was written in 1953. As well as being a somewhat autobiographical work related to Ionesco's life and love of theater, the play also explores the themes of fascism and power. If you were to simply hear someone describe the plot, the early part of the play might seem straightforward: a married couple spending the night together in their home discussing the theater and current events. But when a detective knocks on their door looking for someone named Mallot, the play quickly shifts from a traditional drama into something far more absurd and engaging. When describing the energy of the play, Elliot Cetinski '24, who plays the lead role of Chaubert, said, "It's just constantly on the move, the energy is constantly high, there's not really much down-time. Everything just keeps moving for the actors as well as the audience."

Though the members of the cast and crew of *Victims of Duty* have all participated in other productions, this play stands out in its ambiguity of plot. As an absurdist work, it is largely up to the viewer's interpretation to make sense of what they have just seen. Some might have a tough time conveying this ambiguity of meaning, but the members of the production are adamant that therein lies the play's charm. Said Spencer Toth '25, who plays the Detective: "It almost asks you to come back and be like, I

need to watch it again or really chew on this and think about it." As with any ambiguous work of art, *Victims of Duty* requires some digestion or discussion on the part of the viewers. The viewer will spend much of the play hurtling toward the end with the actors and find themselves unpacking it all after the curtain falls.

Another reason why this ambiguity is effective at captivating its audience? The audience itself becomes a participant in the plot of the play. As the drama unfolds, the space between the audience and the cast becomes blurrier, and the fourth wall is broken on numerous occasions. This technique allows the actors to bring the audience deeper into the fold and make them think about what is happening. Stage manager Caitlin Cunnane '27 described a more traditional play as being like a book, in which you just see what "people are saying and how they're feeling," but in an absurdist work like *Victims of Duty* you can "almost truly feel a thought and get into the characters' emotions." Beyond making the audience more empathetic towards the characters that they are observing, they are forced to ponder their existence within the play. About the role of the audience, Cetinski adds, "It brings up some interesting questions about our role as people when we see things happening, do we feel like we are supposed to be watching, or we're

supposed to be intervening?"

The play is not entirely rooted in ambiguity; there are major themes throughout that were relevant in post-WWII Europe that still feel just as relevant today. Themes related to duty, power, war, and fascism are deeply rooted parts of the European society that formed Ionesco's work, but these themes also strongly resonate with the current events going on throughout the world. With all the turmoil going on, now feels like a meaningful time to explore these themes in our art. Says Toth regarding the play's themes: "It really feels like it hasn't aged a day."

You can go see *Victims of Duty* starting this Thursday, November 2nd through Saturday, November 4th at 7:30 pm, followed by an (ASL) American Sign Language performance on Sunday, November 5th at 2:00 pm. All performances will take place in the Blackbox Studio Theater in the Kaleidoscope Performing Arts Center and tickets for students cost \$5, with general admission priced at \$8. So, grab a friend and come out and experience a play unlike any you have seen before!



Featured: Kaleidoscope Performing Arts Center - Black Box Theater



# Diving All in on Troubles End Brewing

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Troubles End Brewing is a hidden gem in the giant building beside the Collegeville Diner in Collegeville, Pennsylvania where you can find great food, great service, and a great environment. They are known for their drinks, but the food at the brewery is off the charts. Not only that, but the service is incredibly friendly, the prices are reasonable, and the music, string lights, and flat screen TVs create a positive environment. Often, there is live music played at Troubles End, as I was leaving there was a band setting up. But the live music draws attention from the whole town to sit back, relax, and enjoy themselves.

Troubles End's menu offers a wide variety of food including soups & salads, sandwiches, entrees, and desserts. There's no doubt in my mind you'll struggle in choosing a solid option. All of the food in the brewery is high quality and fresh, such as the "Bang Bang Brussel Sprouts." Described in the menu as "crispy brussel sprouts, roasted almonds, sesame seeds, bang-bang sauce and scallion," the brussel sprouts are savory, unique, and delightful. The bang bang sauce adds such a nice zip, complementing them along with the other toppings. They come in a huge bowl, making them perfect for sharing and makes them feel as though they are



Photo Credit: Andrew Perez

coming in a tasty, bottomless pit.

The "Bang Bang Brussel Sprouts" were a great way to introduce me to my main event, which was the "General Tso's Fried Chicken Sandwich." The sandwich was topped with homemade kimchi and wasabi blue and was served on a sweet potato bun. This was definitely one of the best chicken sandwiches I have ever had. From the

sensational crispiness of the deep fried filet, to the tangy kimchi sauce combined with the delicious wasabi blue, along with the sweet potato bun that soaked all of the sauces, this sandwich stood out as one of a kind. It got a little messy towards the last few bites, but it didn't change the taste, so it didn't bother me. It will be hard to turn down this sandwich every time I go to Troubles End because it is truly undeniable, but I'm sure the rest of the menu items are amazing as well so I can't miss out on them.

All sandwiches are served with hand cut fries and pickles. Just like the brussel sprouts, the hand cut fries are a bottomless pit of salty satisfaction. My only downside is they aren't super crispy, but they don't fail to get the job done. The pickles served as a great addition to the sandwich, as its taste was impeccable.

All in all, Troubles End Brewing is an extravagant eatery and an awesome experience. I can't wait to go back to check out some live music paired with the best brewery food in town, maybe with some friends too. In the meantime, I suggest you go indulge and find out about the fascinating scene at Troubles End for yourself!

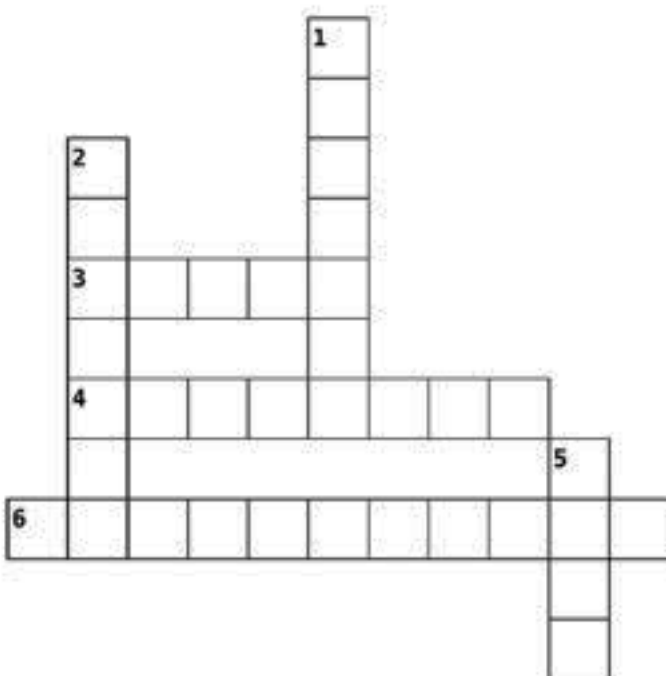
## Weekly Crossword Puzzle

### Across

- 3. Tennessee Titans QB that replaced Ryan Tannehill
- 4. College that Ursinus Football beat during Homecoming
- 6. Name of brewery and restaurant known for their "General Tso's Chicken Sandwich"

### Down

- 1. Newly elected Speaker of the House
- 2. Author of *Brave in Season*
- 5. Acronym for newly released horror film based on popular video game franchise







## From North Carolina To Southeast PA: The Future of Ursinus Basketball

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The first question that came to mind the day I met Patrick Downes and Matthew Field was: “how did two basketball players from North Carolina find out about a small liberal arts college in southeastern Pennsylvania?” and furthermore: “what influenced these two teammates to attend the same institution?” Interestingly enough, the answers to these questions are a lot deeper and more complicated than you may think. Therefore in order to tell this story correctly we have to go all the way back to fall of 2018 when Downes and Field first met.

It was their freshman year at Cardinal Gibbons High School and both players were getting settled into playing basketball at the next level. For instance Downes, despite his acumen as a three point shooter at the college level, played a majority of his minutes in the post as a “four,” or power forward as it’s commonly referred to in basketball, due to the fact that he was relatively tall for a freshman in high school. Meanwhile Field was a lot more accustomed to this role with his 6’7” stature. However, playing JV gave these freshmen an opportunity to build chemistry and develop despite the revolving door that was their coaching staff throughout their time at Cardinal Gibbons High School. For some perspective, Downes informed me that they “had four different coaches for four years... at Gibbons,” meaning that the only constant these two players had on the court in their high school careers was each other, and this showed up on the stat sheet.

“I know that our senior year Matt probably assisted on 75% of my points,” said Downes, but this chemistry between the two was developed over the course of multiple seasons. “That sophomore year on JV... we played off of each other pretty well but... it really just grew so much,” Downes said. Field added that “as we got older... we kind of figured out our roles... when we were younger we didn’t really play to our strengths as much... so senior year I was playing... what I’m comfortable with and that allowed me to be a good player.”

Thus, if we can make one observation about Downes and Field leading up to their collegiate careers at Ursinus, it’s that their chemistry was a significant factor in their performances on the court. Surprisingly though, they weren’t always on the same team when they shared the court.

During their senior season at Cardinal Gibbons High School, Downes decided to pursue

a postgraduate or fifth year in order to find the college that best fit his academic and athletic needs. Between the two, he was the first to make this decision after visiting The Hill School in Pottstown, Pennsylvania and Perkiomen Valley High School in Collegeville, Pennsylvania. Eventually, he decided that PV was the destination for him and committed to an extra year of high school basketball in an unfamiliar state more than 400 miles from his hometown. However, after their season ended, Field was still deciding what his journey would look like after high school.

“It was our senior year and everyone wore a T-Shirt of where they were going, and Matt didn’t have a T-Shirt” said Downes who later referred him to Perkiomen Valley High School. However, during the recruiting process one of Perkiomen Valley’s future opponents, The Hill School reached out to Field and he gladly decided to commit to playing for them during his fifth year instead of PV.



During their respective postgraduate basketball seasons Field and Downes played against one another on two separate occasions. The first time these two competed on opposite teams was their very first summer game between Hill and PV leading up to the season. Downes and Perkiomen Valley came out on top in a convincing victory even though both teams were relatively successful during that season. The second time Field and Downes went head to head was surprisingly toward the end of that

same season in the Semifinals of the PAISAA State Playoffs. The game which had a similar result to their previous matchup, a victory for Downes and his team.

Alongside playing basketball during this fifth year season, both of these players had to decide where they were going to play at the collegiate level. In an interesting turn of events, Field was the first to make his commitment to Ursinus and adds that his recruitment to the college was in large part because of the relationship between his head coach at The Hill School, and Ursinus’ head basketball coach Kevin Small. As for Downes, his journey to Ursinus took a little more time.

“Matt tells me he’s going on a visit to this school called Ursinus and I was like, oh, good for him, that’s awesome, whatever... didn’t think anything of it” said Downes about the first time he heard about Ursinus. He didn’t know that shortly after, Ursinus would be recruiting him as well. In the short time frame of roughly a month, he had multiple meetings and visits with the Ursinus basketball coaches. “I had probably one of the quickest turnarounds... in Ursinus recruiting history” said Downes when asked about his experience in the recruiting process. Meanwhile, Field was essentially already committed to Ursinus, but still invested in what his friend and former teammate Patrick Downes was going to decide. Eventually, the commitment saga came to a close with a phone call between the two friends.

“I remember calling you a couple times and being like, Matt, I think I want to go there too. It sounds like a pretty sweet place” said Downes. To which Field replied, “I think him telling me that... honestly... made the decision easier” Now that Downes and Field are officially in their freshman year at Ursinus College, we look forward to seeing how their years of basketball chemistry and unwavering friendship will translate on the court and in the classroom. When asked about their goals heading into their Ursinus college basketball careers they were once again in unison: win the conference and play in the NCAA Tournament. We will see if that dream can become a reality.



## UC Cross Country Chasing History

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For collegiate athletes, there is no more important time than championship season. For four months, athletes will eat, sleep, and even breathe with the purpose of performing at their highest level for these legendary moments. All of the work put in, sacrifices made, and goals set go towards leading their team to success - making championship contests a truly electrifying atmosphere. The Bears' cross country teams will face such an atmosphere over the next weekend, as they gear up for the Centennial Conference Championships in Westminster, Maryland. I spoke to the teams about how they have prepared for the moment throughout the regular season, as well as their goals and expectations for the championship meet.

The journey through the regular season to championship meets is never easy. Often, teams will face varying amounts of adversity along the way, either strengthening them or causing them to fold in the process. This Bears team certainly faced their share, but it seems to have played to their strengths. The team has been forced to bear poor weather often throughout the season. Tucker Mcgrath '24 pointed to the group as a "gritty team" that is able to "thrive on rainy, cold, and slippery

racers." Both teams also faced significant losses roster-wise, as they lost two and three seniors respectively. The women's team specifically would lose two all-Centennial Conference runners, a huge loss for any program. But once again, their grit showed through, as Coach Blicke emphasized the performances of underclassmen Ryann Wauhier '25, Sam Grubb '24, Mia Saderis '26, and Meghan Carroll '25 in "improving significantly" to bolster this squad. Through their determination, both teams have developed the aforementioned grit to succeed as they move towards the finish line.

It is with this grit that the team has reached new heights as a program throughout the regular season, with both teams finishing higher than they ever have at their competitions at Rowan and Lebanon University. Coach Blicke pointed out that 21 of 23 runners participating ended up with personal bests in their most recent meet at Rowan. This included Mcgrath, who shattered a program record in the 8k, with a time of 25:37.5. Mcgrath spoke of what had been a "long, methodical rise" to this moment for him, but mostly of the massive accomplishments of his teammates in what was a "top to bottom effort." Massive achievements

were also made by both teams, as the women's team also jumped to 7th in the regional women's and the men's team finished with their best top 5 average times in program history. It all made for a massive confidence boost as both teams approached this meet, as Blicke described both teams as "healthy and running at a high level."

While many Ursinus teams in the past have performed at conference championships, these XC teams have the potential to become the best in history. The Bears had their best ever finishes at the meet just a year ago, the men placing 5th and the women placing 4th in the conference respectively. With the momentum both teams have accumulated through toughness and great running over the past few weeks, there seems to be nothing stopping the team as they move towards this opportunity. "We are the best UC team ever on paper" Mcgrath stressed, "so we would like to finish higher than any UC team ever has." With their performance so far this year, it certainly seems such a finish could be on the horizon. Good luck to the Bears this weekend in Westminster!



Photo Credit: Ursinus Athletics



Photo Credit: Ursinus Athletics