The Grizzly, October 10, 2019

Kevin Leon
Gillian McComeskey
Colleen Murphy
Lillian Vila Licht
Jen Joseph

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Authors
Kevin Leon, Gillian McComeskey, Colleen Murphy, Lillian Vila Licht, Jen Joseph, Daniel Walker, and Rosalia Murphy
Gillian Mccomeskey
gmccomeskey@ursinus.edu

Last Monday, the Institute for Inclusion and Equity welcomed Ana Peña, a Data Analyst for the Federal Aviation Administration, to speak about her experience and what it took to reach her position. She was the first speaker in the new “Si, se puede!” speaker series.

Peña motivated and inspired young Latinos as well as other college students. “If you want it… you will get it,” Peña said.

She spoke about how it was hard to convince her parents that leaving home in order to pursue a career was the best option for her.

Sophomore Ashly Chavez, who is studying anthropology and sociology, expressed similar concerns to the ones Peña discussed. Namely, she feels pressure and expectations from her immigrant parents.

“I think the biggest struggle I face is with my career path. My parents don’t understand what I’m studying and think I’m wasting time and money. I really hope that I’m doing the right thing and prove to them that I don’t need to be a doctor or lawyer to be successful,” she said.

Hearing from people who faced similar ob-

Charles Rafferty reads his brief and humorous poems

Kevin Leon
keleon@ursinus.edu

Poet Charles Rafferty stopped by the Bear’s Den on Thursday, October 3 to give a poetry reading. Rafferty has had works published in “The New Yorker,” along with several published books such as “The Smoke of Horses” and “A Less Fabulous Infinity.” He previously read at Ursinus a few years ago, in October of 2016.

Rafferty got his MFA from the University of Arkansas. He currently directs the MFA program at Albertus Magnus College in New Haven, Connecticut. Prior to the reading, he attended John Volkmer’s Anthropocene-centric creative writing class where he gave students feedback on their poetry.

Volkmer gave Rafferty’s introduction at 7:00 p.m. and Rafferty proceeded to read poetry for about 30 minutes. He read various poems, some from his earlier works and a couple that he had just finished a day before. A few of the works read included “The Man Who Bled Wine,” “The Pond,” and “The Problem with the Colosseum.”

His poetry straddles the fence between self-deprecation and self-pity, with passion and vibrancy being important factors that keep it on the right side of that fence. The brevity of each poem highlighted the seeming non-sequiturs that his poems appear to build themselves around.

He later pointed out, during a 15 minute session of questions after the reading, that his style relies on these non sequiturs. This method of taking two lines that may not appear to go together and molding them into two that do is important to his writing style, he said.

Also during this Q&A session, Rafferty stressed the importance of revising. “I think if you are a writer, you are more properly called a reviser. I don’t know anyone who gets it right on the first try.”

Rafferty explained that he also struggles with getting started with...
The audience for Peña’s presentation was filled with students of all years and walks of life. In addition to motivation, the presentation included information on how to get internships and advice on being proactive.

The Institute for Inclusion and Equity, which can be found in Lower Wismer, promotes student success and equal opportunity for all students regardless of race, ethnicity, and gender.

Assistant Director of Residence Life, Alvert Hernandez, plays a crucial role in choosing guest speakers and planning presentations by members of different ethnic and gender groups.

The series “Si, se puede!” specifically focuses on the Latinx community by showing students how people of their ethnicity are represented in different parts of the work force. These presentations not only teach students why they need to be proactive and why they should care about getting involved on and off campus, they also teach students how to get involved.

Peña’s focus was on being a Data Analyst. However, the series will welcome representatives of a large variety of careers. If there is one thing that the Institute for Inclusion and Equity wants to convey, it is that it does not matter where you come from or who you once were, you will always have someone to connect with, whether it’s a guest speaker or another advocate at Ursinus college.

The “Si, se puede!” series will continue with writing. To alleviate that issue, he forces himself to write during his commutes. He’ll later go back and pick out sentences or lines that stuck out, and add those to a fragments document on his computer. These become the non-sequiturs that he enjoys working into a poem. Trial and error.

He warns against people trying to be original. He says that young poets should dedicate time to reading the canon, to fully take in what makes the non-sequiturs that he enjoys working into a poem. Trial and error.

He thinks people should look towards that for inspiration. That’s what the canon is heralded for, as well as the right to refuse publication of any material submitted. All material submitted to The Grizzly becomes property of The Grizzly.

For more information about future talks, visit the Institute for Inclusion and Equity page on the Ursinus website.

**CORRECTION:**

The author attribution accompanying the Field Hockey story last week credited Gabi Howell rather than Ro Murphy. Our bad, Ro.
Highlights from the Annual Security and Fire Safety Report

Criminal Offenses

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“The Lantern” means a lot to me -- it’s the first place my work was ever published way back in freshman year! It kickstarted my love for the writing and editing world. So, this year, I’m here to give back. I want to continue this Ursinus tradition, as well as broaden the audience. We don’t just want English majors sending in their works - we want new perspectives and voices from math majors to dance minors.”

- Nicole Kosar

produce something here on campus that feels significant. Sometimes the act of sharing your creation is transformative for both you and whoever is on the other end, flipping through the newest “Lantern.”

What is the process for picking and publishing pieces? What is the timeline like? What is your job specifically as editor, and how do you work with the section editors/readers?

As the editor, I’m responsible for staffing “The Lantern,” managing and communicating with all the departments, and act as a liaison between us and the publishing company who prints “The Lantern” for us. I’ll also end up with all the odd jobs - I’ve been running around campus this week making ads and flyers. I also work as a “super reader.” This means I read all the submissions myself, and talk or meet with the section editors about which pieces we liked.

When it comes to rating the pieces, each section works differently, but for fiction, for example, we look at the plots, execution, prose, the feelings that hit us in the guts, and so much more. As far as the timeline goes, October is submissions month. Once November hits, our work starts. We read, judge, design, and send in our final copy by March and get ready for the April launch, which is when everybody will be able to grab their own copy for the 2019-2020 “Lantern!”

- Nicole Kosar

“We don’t just want English majors sending in their works - we want new perspectives and voices from math majors to dance minors.”

- Nicole Kosar

“Authors and artists have the opportunity to produce something here on campus that feels significant.”

- Nicole Kosar

Meet this year’s “Lantern” editor

Colleen Murphy
comurphy2@ursinus.edu

“The Lantern” is in the early stages of producing its 89th edition this year, with October designated as “Lantern Submission Month.” Every year, Ursinus students can submit Non-fiction, Fiction, Poetry, Drama, and Visual Art pieces to be reviewed and chosen for publication by the staff of “The Lantern.” The Grizzly spoke to Nicole Kosar, this year’s editor, to get some insight about her role in the magazine, its impact on campus, and the behind-the-scenes of publishing.

Please talk about your goals for this year as editor of the Lantern. What exactly do you hope to accomplish? What do you want your impact to be on the magazine? What does the Lantern mean to you personally?

“The Lantern” means a lot to me -- it’s the first place my work was ever published way back in freshman year! It kickstarted my love for the writing and editing world. So, this year, I’m here to give back. I want to continue this Ursinus tradition, as well as broaden the audience. We don’t just want English majors sending in their works - we want new perspectives and voices from math majors to dance minors. Ursinus’s creative body exists in more than one major -- as a psychology major, I can attest to that. And we are going to keep producing stories and works from students who would never [have] guessed they could become a published author or artist.

What is the importance of having a literary magazine on campus? Why is “The Lantern” impactful? What does it contribute to Ursinus that other organizations might not?

Literary magazines are everywhere - from college campuses and small communities to corporate businesses and the backbone of publishing companies. It’s an expression of the population itself, and it showcases who we are. Authors and artists have the opportunity to produce something here on campus that feels significant. Sometimes the act of sharing your creation is transformative for both you and whoever is on the other end, flipping through the newest “Lantern.”

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A fresh new look for the Ursinus website

Lillian Vila Licht
livilalicht@ursinus.edu

After a year of planning, the Ursinus website is getting more updates. At the start of the 2018 Fall semester, a few new changes came to the website, such as alterations to the “Students” page and the reorganization of popular links. Since then, the website design team has been working on new updates, which were scheduled to launch on Oct. 8.

Last year, Erin Hovey, Manager of Digital Content, stated that it is common for colleges to overhaul their website design about every three years. For this update, Hovey and Tom Yencho, Chief Communications Officer, led a team of 150 editors assigned to each department across campus. Each editor had specific responsibilities. Hovey explains, “It’s a coordination of all these editors and to get this whole beast of a website all together because it is about 3,000 pages and just making sure every-one’s doing their part getting ready for the launch.”

The new website interface is not just about appearance, but also immersion. The crew in charge of updating the website has worked to make the site more interactive and engaging, with high quality videos and expansive drone shots.

“It’s a coordination of all these editors and to get this whole beast of a website all together.”
- Erin Hovey

Yencho explains that the primary audience of the Ursinus website is undergraduate prospective students. “Our called actions are for the prospective students -- the audiences are for them to request information, to visit Ursinus, and ultimately apply, and so you’ll see those very obviously emphasized throughout the entire site,” Yencho said. Hovey states, “We want to make sure we’re showing place first. We know that’s the first question.” This has led to the team adding an interactive map on the website that shows details down to the campus’ statues and Adirondack chairs.

In addition, Ursinus’ recreational sports, alumni, research, scholarships, and unique story have been more thoroughly highlighted on the website. “It’s more of a garden and less of a painting so we continue to water it [and watch it] grow,” Hovey explained. “It’s not like once it goes up we’re all done with it, so that’s also exciting because I feel like it can continue to be more for the campus than it is right now.” Ursinus’ digital presence will continue to change and grow. Stay tuned for a new Ursinus app that will be announced in the coming weeks.

According to an email sent out on Oct. 7 by Yencho and Shannon Zottola, Vice President and Dean of Enrollment Management, there will be a “launch party” for the new website on Oct. 17 in the Bears’ Den. All are invited to attend.

- Erin Hovey

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WWW.URSINUSGRIZZLY.COM
Shane Dawson: YouTube’s savior or sinner?

Jen Joseph
jejoseph@ursinus.edu

This week, YouTube viewers will see the name Shane Dawson on the trending tab several times as the Youtube star’s nine-part series with makeup guru and designer Jeffree Star continues. To those bold enough to care about the YouTube beauty and drama communities, the series is basically about the pair working on a palette together while also discussing other makeup brands and influencers who have been embroiled in controversy. Why should we care? To any grown-ups reading who haven’t heard of any of these people, know that Dawson and Star together have a combined channel subscriber count of 39 million. That’s a lot of eyes.

We are at a point in history where YouTube is gaining significant influence with young people, and corporations are only beginning to conceive of the marketing potential the platform holds. The symbiotic relationship of the makeup, social media presence, and the response of the public has allowed Dawson and Star to thrive there. I would be remiss not to mention the controversies associated with both of these creators. Star made racist jokes in the past that included the use of the n-word, something for which he has apologized; and while generally better liked than Star, Dawson has come under similar fire for jokes from his past, when his YouTube life was focused primarily on shock humor.

Dawson’s more recent approach to content has been to produce docuseries, which typically involve interviews with controversial YouTubers. Dawson has a tendency to pick members of the YouTube community whom we might consider bad actors—people like Jake Paul, Tana Mongeau, and of course Jeffree Star himself, who have been repeatedly exposed for their selfish and poorly-thought out actions, and talk to them. Time and time again, Dawson tries to play a sort of devil’s advocate for these characters.

This brings us back to my earlier question. Why, oh why, should we care? Dawson certainly wants us to care. He’s already dedicated one docuseries to Star, and now he’s made another insanely long follow-up that will eventually lead to his palette. To put it simply, this is going to make both Star and Dawson a lot of money, and it’ll serve as a nice ego boost for the two of them as they take the top spots on the YouTube totem pole.

But is the only reason Dawson does these series to make money and to fix his own image from mistakes in his past? One would hope not, but ultimately, this dumb new YouTube thing is what you make of it, and if these creators aren’t supporting those whom you think actually deserve support, the best thing to do is vote with your view. But whatever you decide, please don’t buy a piggy hand-mirror. That’s just plain tacky, folks.

More like Saturday Night DEAD, am I right?

Daniel Walker
dawalker@ursinus.edu

In times of crisis, we often find ourselves looking for guidance. Specifically, guidance from some disembodied cultural power, because God knows none of us in the real world have any idea how to fix our problems. One way we do this is through comedy. Many people depend on comedy to reaffirm what they already know to be true: that the system is broken and the institutions that control our lives have failed to justify their existence. But what happens when comedy becomes an institution in and of itself?

“Saturday Night Live” is the longest-running sketch comedy show in American television history, and for this reason it has accumulated a great deal of cultural capital over the forty-plus-year span of its existence. Everybody from middle-aged journalists to Williamsburg-dwelling improvisers to plucky college kids like yours truly can find something to like about “SNL.” However, in a show with such a voluminous output as “SNL” there’s bound to be more than a few clunkers in the bunch.

In fact, some—including yours truly—would even say that the clunkers far outweigh the classics. For every great sketch, there’s a dozen more that have been rightfully consigned to the dustbin of comedy history.

The rise and painfully slow fall of the Trump administration has spurred “SNL” and its production team into a frenzy of what is intended to be earnest and thought-provoking political comedy. You’ve probably seen more than a fair share of Alec Baldwin-as-Trump clips being ferried around social media, but have you ever watched one long enough to realize “hey, they’re just making fun of Trump for being lazy and stupid instead of calling out the system that produced him?”

When change seems far from forthcoming, the least we can do is appoint someone wise and wry to lead us through to less-dark days. And, personally, I’m not comfortable assigning that responsibility to a bunch of white guys who graduated from Ivy League schools and a handful of kids whose parents were rich enough that they could afford weekly classes at Upright Citizens Brigade. To quote Kurt Vonnegut, an actually good satirist, “Every respectable artist in this country was against the war. It was like a laser beam. We were all aimed in the same direction. The power of this weapon turned out to be that of a custard pie dropped from a stepladder six feet high.” I think I speak for us all when I say that, as we hurdle forward into an uncertain future, we need to throw fewer custard pies and more cinderblocks.

And as it stands, the people at “SNL” aren’t even bothering to throw custard pies: they’re gently lobbing Twinkies at Earth-annihilating fascism.
and skill with the student-athletes.

There are many factors that go into successful strength training. The way Mike and Hoffman structure workouts is based largely on the demands of the athlete’s sport. “This design could come from specific movement patterns, metabolic or strength demands, or even balance and stability required for a given sport,” states Hoffman.

A lot of scientific knowledge goes into the planning as well, and according to Mike, “We’ve tailored our philosophy and mission to use a science-based approach to train the body in its ‘global’ movement patterns while adhering to the specificity of metabolic demands and adaptations for that sport. With our specialized role, we see and understand the amount of work that the athlete has dedicated to attaining those achievements.” When both Mike and Hoffman are able to see the progress that these athletes have put in during their workouts, it is something that makes them very happy. “It definitely makes us proud when we see some of our hardest working athletes succeed on their playing field!” states Hoffman. “We swell with pride and happiness knowing we were able to challenge and support them reaching their goals” says Mike. This just goes to show the joy that comes off of the trainers when they see hard working athletes achieving their goals.

“We swell with pride and happiness knowing we were able to challenge and support them reaching their goals.”
- Mike Moronese

Looking back on past years, the strength and conditioning program has improved quite a bit. Hoffman, now starting his fourth year here at UC, and Mike starting his third year, say that, “the advancements have been quite extreme.” The first and the most obvious ones would be the physical changes to the fitness center, meaning that there is a completely new layout, more equipment choices, and the quality of equipment has gone up as well. In addition to these changes, there have been significant improvements in the commitment from the student athletes and the various sport programs. Mike did not even have a strength and conditioning program when he left in 2015, and when Hoffman first started, he had to beg programs to work out before 9:00 a.m. This is not being the case anymore, and is something that has completely turned around in the past four years. Both of the trainers agree that that the idea of “team lifts” has also taken off. “I think the athletes are starting to understand what it means to be committed to their sport program, and what it actually takes to be successful” Hoffman states, and according to Mike, “Athletes have committed to the process of attending lifts together, encouraging each other and pushing their limits weekly.”

Now that the physical changes and the changes in team dynamics have been made, the trainers have been able to introduce new and exciting challenges to the athletes to prepare them for game time.

With another year up and running, Mike and Hoffman are ready to prepare all athletes in the weight room. They are ready to push everyone to their limits with the challenges and ideas that they are bring to the table. The big steps that are being made by these trainers are being noticed by many different student athletes, and according to senior Haley Sturla, “There is more specialization within the lifting programs, especially for swimming. We have different workouts for stroke swimmers, distance freestylers, and sprinters because each specialty requires different muscle groups and endurance vs. strength levels. For example, a sprinter needs explosive exercises to maximize power and speed, while a distance swimmer needs endurance training.” In addition to the swim team noticing the drastic improvements, junior field hockey player, Gabi Howell states, “Because we average two games a week, Hoff and Mike designed active recovery days and lifting days so that we are not getting injured, but are still maintaining our strength throughout the season. They have taken the time to create workout specific to field hockey players which we can really see benefiting us on the field.” A big thank you to Mike and Hoffman for all that they do for the student-athletes and what they do behind the scenes that helps the coaches as well. Go Bears!

Sports

SCORES AS OF MONDAY, OCTOBER 7

Football Volleyball Field Hockey M. Soccer W. Soccer M. Golf Men’s Tennis

#18 Johns Hopkins 32

vs. Ursinus 29

Albright 0

vs. Ursinus 3

#2 TCNJ 5

vs. #9 Ursinus 4

Swarthmore 3

vs. Ursinus 1

Ursinus 0

vs. King’s (Pa.) 0

Ursinus 0

at Dickinson 3

Ursinus 0

at #19 Dickinson 3

Women’s at Paul Short Invitation- al 27th of 49

Women’s 9

at Alvernia 0

Men’s at Paul Short Invitation- al 10th of 45

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Alumni Give Bears Strength

Rosalia Murphy
romurphy@ursinus.edu

Picture this: it is the day of the conference championship game, and your team is one of the final two in the conference battling for the title. You have put in countless hours training and preparing for this day. All of the morning workouts before the sun comes up, the exhaustion from two-a-day practices, and the hours spent training over holiday breaks all brought you here.

Thanks to the dedication of Ursinus’ strength and conditioning coaches, Mike Moronese and Eric Hoffman, you can feel confident that your strength will hold up for the big game.

Mike Moronese and Eric Hoffman are two of the most important people behind the scenes of student-athletes here at UC. Otherwise known as Coach Mike and Hoff, these two strength and conditioning coaches play a crucial role in helping athletes gain physical strength and assigning workouts specific to each sport. Because both coaches played a sport at Ursinus, with Mike playing football and Hoff playing lacrosse, and both earning a degree in Health and Exercise Physiology, they bring a vast amount of knowledge about what athletes do both in and out of the gym.

Because student-athletes make up a significant portion of the Ursinus student body, creating workouts for each and every sport is far from simple. In addition to all of this behind-the-scenes work for athletes, Mike and Hoffman also make sure to get to know each and every one of their players so that they are able to make accommodations for their individual needs.

Due to the work that both of these trainers put into the program, they tend to be perceived as the backbone to a lot of recent athletic success. But when asked how they felt about this, both Mike and Hoffman pushed back. “I think saying that we are the ‘backbone to success’ may be giving us a bit too much credit,” states Hoffman. Mike states that, “As strength and conditioning coaches we can’t really say we are the backbone of success, that title belongs to [the students] themselves.” Not wanting to take credit for any team or individual’s success, Mike and Hoffman make it known that while yes, they play a key role, there are other factors that contribute to the accomplishments of the athletes.

Both of the trainers are grateful for the opportunity that they have to see different sides that can come out of the athletes. “Our environment is much different than a sport practice. Motivation and performance are both high, but the pressure is reduced.” Mike and Hoffman also agree that it is an honor and privilege to be able to build relationships and share their knowledge with the athletes.

We’re able to adapt our modalities to everyone’s needs and have fun with it as well,” says Mike. Hoffman agrees that there is a different side of people that comes out in the weight room, “Obviously athletes act a little different around us than they would with their head coach, so it is great to really see some peoples’ personality, motivations come out during workouts.” Mike and Hoffman also agree that it is an honor and privilege to be able to build relationships and share their knowledge with the athletes.

“I think saying that we are the ‘backbone to success’ may be giving us a bit too much credit”

- Eric Hoffman

Upcoming Games

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