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Authors
Mythbuster: student writer takes on Medusa and marginalization

Angela Bey pondered when they started writing “The Medusa Play,” which will be the first mainstage production at Ursinus written by a Black student and the only second play written by a student to be performed as a mainstage show. “The Medusa Play” explores the myth of Medusa through the lens of Black womanhood.

Bey was inspired to tackle the project by her friend and fellow playwright, Arthur Robinson. Bey knew she wanted to do something based on the Greek myth, why isn’t it only about the Greek myth, why isn’t there a linear story, this isn’t accessible enough, you’re making me feel stupid. And these are white people telling me this because I’m taught by white people. Bey continued, “White people should be wanting to feel stupid, and uncomfortable and to shift the tectonic plates of their existence the way I have had to my entire life.”

These themes of white fragility are prevalent in Bey’s other upcoming project, The White Feather Project. Bey has also maintained a theatre career in Philadelphia while at Ursinus. They have interned at Theatre Philadelphia, the Wilma Theater, and Philadelphia Young Playwrights. This past summer they performed in Shakespeare in Clark Park’s production of Twelfth Night as Duke Orsino.

“I felt so empowered. It was my first professional show in the city that I was a titled character for,” Bey said. “I played a black, cis, man though I myself am a Black trans femme. That was super cool… I was on the posters, I was on the promotional materials, I have articles written about me and reviews, I haven’t looked at the reviews. It’s just surreal.”

In addition to their work on “The Medusa Play” and The White Feather Project, Bey has also maintained a theatre career in Philadelphia during their time at Ursinus. They have interned at Theatre Philadelphia, the Wilma Theater, and Philadelphia Young Playwrights. This past summer they performed in Shakespeare in Clark Park’s production of Twelfth Night as Duke Orsino.

“The white feather is a symbol for cowardice, and I wanted to do [the project] about white fragility and cowardice at Ursinus College Why aren’t people saying anything? Why are we not talking about race in CIE? Why are people getting so defensive? These are the big questions I want to answer, that I wanted to answer in the project. And I put that in a proposal,” Bey explained. Project proposals were required to be one page. Bey wrote ten.

The project, which will be for two actors, is based heavily on research and race theory. The production will be performed at the Ursinus One-Act Festival in the spring, CoSA, and at the Shoebox Festival in Manayunk. Bey will work with both on-campus and off-campus collaborators on the work.

Tayarisha Poe’s area director, Directors Lab to work on PhillyX program. They were able to take a playwriting class through the program and they used that time to start creating the world of “The Medusa Play.” They then returned to Ursinus and pursued an independent study project under the guidance of Theatre Professor Domenick Scudera, in which they completed the script and asked if they could pitch the project to the department “as if it were any other play.”

The department agreed and Bey’s project was selected as one mainstage production for spring 2019. Working on a project that is deeply tied to race and social justice has posed challenges for Bey. People, including their playwriting professor at Drexel, have given them a lot of feedback which discourages Bey’s more radical approaches to form and content.

“Something that I have built myself on as an artist is theatre for social change is theatre with a message, theatre for moving forward, theatre for thinking, theatre for making people uncomfortable,” Bey said. “White artists don’t have to think about the weight of an entire oppressed people on their pen. There are things that I feel compelled by my ancestors, by the powers that be, to write about and I cannot escape. A big part of writing ‘The Medusa Play’ was me trying to fight that impulse. I was getting other voices… saying ‘oh, you need to make it more narrative, you said it was about a Greek Myth why isn’t it only about the Greek myth, why isn’t there a linear story, this isn’t accessible enough, you’re making me feel stupid.’ And these are white people telling me this because I’m taught by white people.”

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Voter registration status causes issues for student voters on Election Day

Confusing process has students disgruntled

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Last Tuesday, Ursinus students gathered to cast their votes at the Kaleidoscope for this year’s midterm elections. However, some faced difficulties when attempting to do so.

Students who use a campus address as their residence on their voter registration are eligible to vote at the polls on campus. Despite the dreary weather, 217 made the effort on Election Day. According to poll workers, several of the students who planned to vote were turned away due to their voter registration status.

Sophomore Danielle Terrenzio discussed the trouble she faced when trying to vote. Terrenzio said she registered through Ursinus Center for Advocacy, Responsibility, and Engagement (UCARE).

“I registered but...my registration wasn’t complete. I wasn’t able to vote today, which was very upsetting because I wanted to make a difference,” Terrenzio said.

Back in September, UCARE held a voter registration drive on campus using an online platform. The drive provided information on the candidates running in Pennsylvania at designated tables, and gave people an opportunity to register to vote.

Assistant Director of UCARE Katie Turek said she was taken aback when she heard some students were unable to vote. She said the number of affected students was nine.

“Nine students had problems with their registrations and were not allowed to vote; some of those students were asked to complete provisional ballots,” Turek said.

According to the National Conference of State Legislatures, provisional ballots ensure voters are not excluded from the voting process due to an administrative error.

If a U.S. voter is turned away at the polls, they may ask for a provisional ballot, which are required under the federal Help America Vote Act of 2002 (HAVA).

Terrenzio asked for help with voting from a poll worker, but the worker was not able to find her name in the system. When asked about provisional ballots, Terrenzio said she was not given one.

Robert Botti, another poll worker at the Kaleidoscope, said on Election Day that he had noticed four students being unable to vote because their registration didn’t go through when they signed up on campus.

“I’ve already contacted my contact in conferences and special events to let them know about this. Someone will have to look at this procedure. I believe it has to do with signatures,” Botti said. “They did it online and the signature didn’t go through and therefore it didn’t count.”

Although some of the affected students were asked to fill out provisional ballots, the issue wasn’t resolved.

Prior to election day, Turek mentioned she met with several students who registered through the online platform where their signatures weren’t accepted. If this happened, students should have received an email asking them to fill out a paper application for the signature to be processed, she said.

“Almost students did get that message, and they came to me over the past few months, and we were able to deliver their paper applications, which solved the problem,” Turek said.

However, Terrenzio was asked by a poll worker to refill her application, which wouldn’t allow her to vote that same day.

“It was kind of inconclusive,” Terrenzio said.

Although at Ursinus, a number of students were turned away from the polls due to the online registration system, elsewhere in the country there are bigger issues.

Even though U.S. citizens have the legal right to vote, they are sometimes turned away from the polls.

According to the 2018 Assessment of Minority Acting Rights Access, within the last five years at least 23 states have placed restrictions on voting by closing polling places, cutting early voting, purging allegedly ineligible voters from electoral rolls and imposing stricter voter ID laws.

Students are encouraged to call state or local election hotlines to report any problems they’ve had with the voting process. The Election Protection hotline assists voters at any stage of the process, including and not limited to registration. Citizens are encouraged to call the hotline at 866-OUR-VOTE, administered by the Lawyers’ Committee for Civil Rights Under Law, a nonpartisan group.
Members of the Ursinus community gather to remember victims of the Tree of Life shooting

In response to the shooting, on November 1st, members of Hillel hosted an Interfaith dinner on campus where members of Ursinus gathered as a community to remember the victims of the tragedy and reflect as a whole. It was followed by a prayer vigil at the LOVE statue in remembrance of the victims of the Tree of Life Shooting led by Reverend Ofori.

Dr. Alexandria Frisch, Professor of Jewish Studies and Coordinator of Jewish Life at Ursinus, explained, “While mass shootings have unfortunately become quite frequent, the Pittsburgh shooting was the first anti-Semitic shooting. It was also the largest act of anti-Semitic violence ever committed in the United States.”

In the days that followed, President Trump flew to Pittsburgh to visit the Tree of Life synagogue. Although he lit candles and placed small stones to commemorate the fallen victims, his visit only highlighted the division in the nation. Protesters gathered around Squirrel Hill, the neighborhood where the incident took place, carrying signs that read “Words matter” and “President Hate is not welcome in our state.”

Bill Peduto, mayor of Pittsburgh, urged the president not to visit while the mourners were still grieving. Peduto, along with top Republican and Democratic congressional leaders, were invited to join Trump, but declined.

The shooting suspect, Robert Gregory Bowers, pleaded ‘not guilty’ on November 1st in response to charges of 11 counts of homicide, six counts of aggravated assault, and multiple counts of ethnic intimidation and attempted homicide.

Although Pittsburgh was the location of the tragedy, the reverberations of the act have affected the entire Jewish community and the rest of Ursinus. Jess Greenburg, Religious and Sustainable Chair of Ursinus Hillel, states, “Although many people have been incredibly supportive of the Jewish community on campus, events like this make you wonder who around you may also harbor anti-Semitic feelings, and can make it uncomfortable to talk about your Jewish identity in public.”

Dr. Frisch also acknowledged the sentiments among Jewish students, stating: “I know that for some Jewish students it has made them feel that it is an incredibly vulnerable time to be a Jew and, particularly, an American Jew. It has made them more aware of their minority status in this country.”

Additionally, Dr. Frisch says, “Ursinus College is unique, because, although it is a small campus with a small Jewish population, we have an active Hillel and a Hillel House, as well as Jewish studies classes and lectures. I think these resources foster a much greater awareness of Jewish life on this campus. We saw that this was true in last week’s vigil for the victims of the Pittsburgh shooting. A diverse group of faculty, staff, and students gathered together not only to remember the victims but in a great show of interfaith solidarity.”

“I know that for some Jewish students it has made them feel that it is an incredibly vulnerable time to be a Jew and, particularly, an American Jew.”

— Dr. Alexandria Frisch
Professor of Jewish Studies

Sam Rosenthal, Hillel Public Relations, says, “I joined Ursinus Hillel a few years ago because I’m Jewish and I wanted to be a bigger part of our Jewish community. Hillel makes me feel like I’m not alone, which is why it’s so important to me. Not everyone knows the words to our evening prayers, nor does everyone in the room have faith at all. Jews don’t always believe in God, but I’ve never met a Jew that wouldn’t say that they believed in one another. Shabbat dinners and other Hillel things remind me that we’re in this together.”

Dr. Frisch says that Judaism is “a way of life that is rich with festivals, spirituality, food, traditions, prayer, humor, folklore, ethics, family and community.” Ursinus Hillel organizes a weekly Shabbat dinner and monthly bagel brunches open to students of all backgrounds, showcasing this vibrant way of life on campus. There are also celebrations of the holidays and occasional guest speakers discussing various topics in Judaism.
**What do UC political clubs think about the recent elections?**

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“The Grizzly” hopes that you went out to vote last Tuesday for the 2018 midterm elections! No matter who you voted for, every single vote should count.

“The Grizzly” asked the political organizations on campus, the Ursinus College Democrats, the College Republicans and the Young Americans for Liberty, to share their reactions to the election results with us.

The Young Americans for Liberty declined to answer.

The UC Democrats: “The UC Democrats are thrilled about the results of the 2018 midterms. All statewide Democratic candidates and local candidates won their race. On a national level, we are happy about the Democrats taking control of the House. We are, of course, saddened to hear about the losing of major races in Texas, Georgia, and Florida, but we are not caught off guard. We are looking forward to the end of the Trump administration’s monopoly on American policy making.”

The College Republicans: “On campus prior to the election, it was a bit nerve-wracking because there is a social push to participate in the “blue wave.” There are not many [vocal] student Republicans on campus, so finding people with similar views to discuss the election with was often challenging. I am very pleased to see that so many people turned out to vote in the election. I am also pleased with the results of the election within my district, and hopefully our newly elected officials will be able to work with each other, no matter which party they come from. After all, no matter if we are Democrat or Republican, we are all people, and we can work together to fix problems within our government and society.”

“The Grizzly” would like to thank all of the students who went out to the polls, no matter how they voted, for getting involved in their democracy.

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**Fridge of the week**

Senior Elizabeth Iobst’s fridge contains Red Bull, wine and a box of Tastykakes. Everything a Student Body President needs for a balanced breakfast.

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**Calling all interesting fridges!** If you have a refrigerator you would like featured in the Grizzly, please email sicoleman@ursinus.edu

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Photo courtesy of Ursinus Communications

 Borough Council President Marion McKinney, Alana Lorraine ’18 and Ursinus Director of Disability Services Shammah Bermudez voting last Tuesday.
Why Myrin is full of government documents

They’re not top-secret, but UC’s library is home to lots of federal papers

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Myrin Library not only provides us with books for research papers, but also receives and provides free access to federal government information. Since 1963, Ursinus College’s library has been a member of the Federal Depository Library Program, or FDLP.

The FDLP is a government-operated organization that distributes texts and data via books, CDs, DVDs, and electronic means. These texts include official government-issued documents and federal collections. Myrin Library collects documents about: Foreign Relations of the United States, Health in the United States, Journals of the United States, Minerals Yearbooks, Public Papers of the Presidents, Senate Journal, United States Code, United States Reports, plus series of Cultural Landscape Reports and Historic Resource Studies from the National Park Service. Kerry Gibson, Collection Management Librarian and Federal Depository Library Program Coordinator, discussed the history of Myrin becoming an FDLP library, the importance of having an FDLP library on campus, and other resources tied into the FDLP that are available to students and community members.

Ursinus became a member of the FDLP, Gibson said, because “the librarians at Myrin Library in 1963 were looking for a way to save money while building the library collection, and saw this program as a good, practical way to do so while benefitting Collegeville as well. The Library Depository Act was passed in 1962, to strengthen the Federal Depository Library Program, so I’m sure the passage of this federal statute also helped the librarians in making their decision to join the FDLP.”

Ursinus students experience many benefits of having an FDLP library on campus. Gibson says that Myrin is “able to provide knowledgeable staff support and free access to federal government information for the Ursinus community as well as the general public in the fourth Congressional District.” She continued, “The print resources that we have collected and continue to collect as a part of this program via the Government Publishing Office (GPO) are free, so we have saved money from having to purchase them.”

The FDLP has many other libraries involved in separate communities as well. Gibson commented, “There are an estimated 1,150 Libraries in the Federal Depository Library Program. In Pennsylvania there are 43 selective libraries including Myrin Library and 1 Regional Library: the State Library of Pennsylvania in Harrisburg.” These selective libraries contain only a portion of what the government publishes publicly, and some of these include Norristown Public Library, Bryn Mawr Library at Montgomery County Community College, and the Francis Harvey Green Library at West Chester University. A Regional Library collects everything that the government publishes.

Gibson added, “The Regional Library oversees all of the selective federal depository libraries’ operational responsibilities in its region.”

Some of these responsibilities include hosting webinars for students and community members. Gibson discussed the educational aspect of the FDLP and how anyone can learn to access this information using the FDLP Academy. She said, “The FDLP Academy, provides access to webinars for the Federal Depository Library Program community that I believe would be helpful for the Ursinus community to view, as well as the general public, as they help educate about the online Government information resources from various agencies.” The Academy can be found at located at https://www.fdlp.gov/fdlp-academy. Some of these agencies Gibson mentions are NASA, the Center for Disease Control (CDC), the Bureau of the Census, the United States Geological Survey Library, and the National Library of Medicine.

If students are interested in exploring this resource, Kerry Gibson can show them how to access the school’s online databases.

Myrin Library, your one-stop shop for Minerals Yearbooks

Gibson can show them how to access the school’s online data resources from various agencies.
Choosing classes needs to be less confusing

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It’s November, Sweater weather has finally come to Collegeville. The leaves are falling faster. The sun is setting earlier. The squirrels are getting more aggressive. ’Tis the season, folks. But don’t let the autumnal beauty distract you from what really matters right now: academics. November is when the English majors drown in essays. It’s when the Psychology students panic over their lack of research participants. It’s when first-year students begin to discover what college work is really like, and when the seniors begin to forget about it. I am at my most vulnerable in November because of one of its most daunting aspects: now is the time for class registration. Everyone hates class registration. So many of my classmates and colleagues have horror stories about it. Sure, it’s exciting, but it kills you. You get 30 minutes with your advisor to decide what the coming 4-5 months of your adult life will consist of. You make sacrifices. You might find out through your advisor that the only slot left for that one mandatory class you need to take as soon as possible is at 8:00 a.m. every day of the week except Wednesday, and you need to drop your favorite club so you can get enough sleep. Even if you’re ultra-prepared and your advisor helped you to get your whole four years planned out, something will change, and boy, it will mess you up.

Let’s talk about this even more broadly, though. Consider this: what if you have to register without your advisor? It won’t be news to Ursinus students that some advisors are better than others, and yet our advisors are the main people through whom we are able to efficiently and productively plan out our classes. My advisor is the only person on campus who has helped me understand this confusing system. Sure you could find online: what classes are required for your major, what core requirements even are, what different types of class credits there are, how to pursue a double major, how and why in the hell the Teaching Certification professional track differs from a minor and how a professional track factors into your current course of study. But it is much easier to go through all of that with a living, breathing human being walking you through it.

The issue is this: the system should not be this painstakingly distressing. Since changing the system takes time, the least that we can ask for is something to dampen the shock. I’m talking more info sessions available to students of all four years and easily accessible, outlined proper guides for majors explaining what courses are needed and how to get them. The one major & minor expo per academic year is not enough. The brochures given during the expos should be equally and readily accessible for all majors at all times, and these resources should be provided to incoming students, even when they’re still in high school.

On a positive note, at least for me, my knowledge of the ins-and-outs of college academics and a bunch of other institutional technicalities has expanded quite wildly. I know how to do payroll paperwork, adjust my meal plan for Wismer, arrange club meetings and events using the online Event Manager System, and even how to wash my own laundry, which is something I’ve heard that not many college-age guys know how to do. The task of choosing what classes, when, why, and what for brings me so much stress that it’s likely shortened my total lifespan by a solid month.

Yes, I pranced carefree into my freshman year with a remarkably firm allegiance to the task of becoming an English major. One year later, all is said and done. Now, as a flourishing sophomore-and-a-half, I can reflect on my experience in getting to where I am and how I got here. Some may dread the chaos of November, but frankly, in my eyes, there’s some beauty in the mess. November brings out the best and the worst within you, and it’s made visible to everybody else. We speak unspoken prayers of strength for the scholarly martyrs who study in the library until it closes at 2am. Profound wishes of luck and success are made through simple smiles of encouragement and assuring nods of the head.

Of course, to speak of the pleasant qualities is not to ignore the rough ones. November is trying, taxing, and unforgiving: it pushes you. Not all who choose to walk the path are always ready to brave it. People disappear. Friends come and go. We all notice the emptied desks and the vacated singles. So when we can’t offer direct help to someone who needs it, the least we can do is offer guidance and direction.

We need to better recognize World War I veterans

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On November 10, 2018, according to numerous media reports, President Donald Trump decided not to attend an event honoring World War I veterans. This decision unfortunately reflects the trend of Americans forgetting about World War I. According to a 2014 study done by “YouGov,” 22 percent of Americans aged 18-29 were unable to name the U.S. president during World War I, and a combined 13 percent thought it was either Franklin Roosevelt or Theodore Roosevelt. Additionally, 43 percent don’t know who Russia sided with, and only 41 percent knew when the US entered the war.

Trump choosing not to attend the event honoring World War I veterans also ties into the United States’ history of ignoring World War I veterans. This began almost as soon as they returned home. According to Brandon Weber of “UpWorthy,” the veterans’ pay was awful. Ultimately, veterans had to petition to the government asking for compensation, and in response were handed certificates that were not cashable until 1945. With the Great Depression, however, things got far worse.

As Terence Mcardle of “The Washington Post” reports, in 1932 around 20,000 veterans gathered outside of Washington DC to demand bonus payments. President Herbert Hoover called in troops, and the day of July 28th took a bloody turn. General MacArthur ordered a coordinated removal, and the army brutally cleared the streets of the veterans. First came almost 200 cavalry who drew their swords and slashed at anyone in their path. Additionally, infantry threw tear gas at the crowd of veterans. The soldiers then set fire to the veterans’ dwellings with contemporory columnist Bess Furman describing the harrowing scene as “a nightmare come to life.” This was not the only instance of deplorable treatment of World War I veterans, however, as many African Americans who served faced adversity as well. According to David Olusaga of “The Guardian”, in 1919, at least 19 African Americans were lynched for wearing their uniforms in public. Additionally, in October of 1919 when former African American soldiers attempted to organize sharecroppers in Arkansas, they were massacred. A white man, H.F. Smiddy, witnessed the events and recalls that “several hundred of them...began to hunt [them] and shotting [sic] them as they came to them.” Additionally, there was an “Arkansas Gazette” employee, Sharpe Dunaway, who recalls that the soldiers who came to Elaine to quell tensions “committed one murder after another with all the calm deliberation in the world, either too heartless to realize the enormity of their crimes, or too drunk on moonshine to give a continental darn.”

This treatment of veterans is unacceptable when one considers the accomplishments of the American soldiers during the war despite the enormous costs. One example is US soldiers managing to drive the Germans out of the Belleau woods. According to Richard Rubin of “The Atlantic,” the French were unwilling to go into the woods, as they regarded them as unsafe. Undaunted, the Americans plunged forward and succeeded in driving out the Germans, but at the tragic cost of around 10,000 casualties. It is well past time to start remembering the U.S. contribution to World War I and honor veterans similarly to the way we honor them for their service during World War II.

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Fall sports seniors complete final seasons

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The fall sports’ season is coming to an end. For many athletes it is just another one that will go by. But for the seniors, this is their final season of playing a fall sport in college.

They have celebrated victories, cried due to losses, and shed sweat with their teammates in practices. As they count down towards graduation, fall season athletes are reflecting on their past four years of competing at Ursinus.

Sydney Gonzalez, a volleyball player, said that the best thing out of her four years as an athlete were the family-like connections she made.

“The relationships I have formed with my teammates are unlike any other relationships I have in my life,” she said, “they are...my lifestyle...my confidants and so much more.”

In terms of best memory, she points out her team’s recent win within the Centennial Conference.

“For many years our team has struggled with conference matches. This year, however, we pulled together more cohesively than I have ever seen us and beat Dickinson. The way the team played, and how it felt to have everyone [energized will stick with me].”

For now, it doesn’t feel like anything has changed, despite her collegiate career coming to an end.

“I believe our team has been bouncing back and forth all day. I start the day as a strength and conditioning coach for a couple different teams like football, swimming, baseball, and gymnastics. Then when it’s time to teach I have to tone it down a little bit, because I like to be loud, and try and get my students to understand the material that I find so interesting. Then I go out and coach football for the night.

For Senior Riley Engel, her best memory from cross county is breaking the school record at the twilight meet last fall.

“I went into the 2-mile race just hoping to beat my time from the previous season, [and] having a pacer to push and motivate me was really helpful. I had no idea that I was going to break the record but...I crossed the finish line and my coaches came up and [hugged] me, [telling] me I was the new school-record holder. I ended up breaking [the record for the mile] by seven seconds,” Engelman said.

Senior Jonny Cope also shared his favorite memory, which is when the team travelled to Salisbury, Md. two years ago. He liked being with the team, and they had a good opening season at the time.

Both stated that their season ending is a “bittersweet feeling,” and it has not fully hit them yet.

Cope said, “Thankfully, in a which I love to do and is a passion of mine.

Garlick: How is it possible to juggle these three roles? Do you find yourself being consumed by one or two of them?

“Some people have a passion to help others, as well as improve due to having to adopt some less than ideal situations (whether it be financial, or facilitative). The more comfortable you are in uncomfortable situations, the better you can convey your passion to help others, as well as your ability to think/perform.

With the amount of responsibility that one man has for preparing multiple sports teams to perform at the highest level, educate college level students in a four-credit class, and coach football for the night.

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McDaid continued from pg. 8

McDaid has his eyes set on the future. He said, “Being on the all-conference team is cool, especially standing next to guys who will without a doubt be at NCAAs in a few weeks, and it gives me a little more confidence that I have a shot at going to nationals. I wouldn’t say I’ve made Ursinus history yet, but once I win a conference championship and qualify for nationals a few times I could tell you how it feels.”

Coach Mike continued from pg. 8 captain and a leader on campus.

“They always led by example on the field and off when we played together” said 2016 graduate Sal Bello. “He’s just one of those guys with a non-stop motor and I think that’s why he will end up being really successful in his life.” Bello went on to add that if anyone could handle having three different job titles at the same college, it would be him. We sat down with Coach Mike to talk about what it takes to juggle all the different roles he plays on campus.

Garlick: What time do you get to work in the morning on a normal day usually?

Moronese: I usually get in here around 5:30-6:00 and I like to get a workout in before I train the first group of the day at 6:30.

Garlick: Once you are on campus, about how much of your day is spent on strength training, on coaching football, and on teaching your course?

Moronese: I basically am bouncing back and forth all day. I start the day as a strength and conditioning coach for a couple different teams like football, swimming, baseball, and gymnastics. Then when it’s time to teach I have to tone it down a little bit, because I like to be loud, and try and get my students to understand the material that I find so interesting. Then I go out and coach football for the night.

But stated that their season ending is a “bittersweet feeling,” and it has not fully hit them yet.

Cope said, “Thankfully, in a which I love to do and is a passion of mine.

Garlick: How is it possible to juggle these three roles? Do you find yourself being consumed by one or two of them?

“AAll of my titles are interconnected. I believe that each one helps me be better at the other. By being able to strength train, I have also learned to peri- odize, progress and cater to various needs of my position groups during the football season. I’ve also been able to help more players on the team. Teaching has allowed me to re-touch base on many concepts that I need for grad school and the way I communicate has been able to improve due to having to adopt a more traditional teaching model, rather than just using cues like I would in the fitness center.

Garlick: Which of the three, if any, do you enjoy the most?

Moronese: Between teaching, coaching football, coaching strength/condo, working as an equipment assistant and Adminis-

Scores as of Monday, November 12

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THE GRIZZLY | Thursday, November 15, 2018

7 - Sports
McDaid makes Ursinus Cross Country history

Sam Rosenthal
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Do you have the guts to go the distance? The battles a cross-country runner faces in every race take endurance, courage, and a unique ability to will themselves over the finish line. For Ursinus runner James McDaid, it’s an extreme sport.

McDaid said, “…it’s not just about running in a circle, but it’s about not falling asleep when no one’s watching you in the trails, and not letting that runner drop you on the toughest hill you’ve ever run on.”

Training for cross-country is challenging, and the commitment is intense. College level cross-country runners take on 8-kilometer courses. They sometimes do it on rough terrain, steep hills, and cold weather. The difficult conditions provide some of the best training opportunities for runners.

“I believe that the best way to get better at running is to accept that there is never a bad time to run, meaning you’ll have to learn to run through snow, or run on very hot days, or wake up at 5:30 to get in 20 miles before getting to work at 9am. Sometimes you just have to forget about your watch and forget your goal pace and just run as hard as you can.” McDaid said.

Cross-country is also a very psychological sport. Not just in the ability to push yourself, but in the way you intimidate others with your confident running. Speeding up when an opposing runner is slowing down can deter their ability to keep pushing.

“It was just about who wanted the spot more. My only regret is not making a move earlier and getting [ahead of] one or two more guys!”

— James McDaid
Class of 2020

“With less than 600 meters to go, I was fighting for the 14th spot, and I knew with the terrible conditions and the beaten up course that it would be a guts race, and it was just about who

Junior James McDaid became the first Ursinus runner to earn All-Centennial Conference honors when he finished in 14th place overall at the Conference Championships at Haverford.

See McDaid on pg. 7

Q&A with Mike Moronese

Tommy Garlick
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In today’s world of rapidly evolving techniques for training athletes, one of the must-haves for colleges across the country is a strength and conditioning coach. For many years, Ursinus College was without this key asset for improving athletic programs, but now athletic director Laura Moliken has put two men in charge of overseeing all athletic training on campus. Eric Hoffman and Michael Moronese are the new strength and conditioning coaches at Ursinus, and they help train multiple different sports teams on campus.

Moronese is very busy on campus. Along with being a full-time strength and conditioning coach for a number of different sports teams, Coach Mike can be found out on the football field with the defensive line, and in the classroom where he teaches a four-credit class called conditioning (HEP 220). His time management skills may have been developed when he was playing defensive end for the class of 2015 Ursinus Bears, for which he was a team

See Coach Mike on pg. 7

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