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Ursinus turns 150

Ursinus looks back at its history and celebrates

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On Feb. 5, a large banner was strung up along Olin Plaza, trumpeting Ursinus' Founders Day. This year's Founders Day celebration was extra special due to the fact that it's the 150th anniversary of Ursinus's inception. All day long, various events were held across campus, and anyone and everyone was invited to partake in the festivities.

STAT (Students Today, Alumni Tomorrow) was in charge of organizing the events for the anniversary, which included a coffee hour at the library, a campus wide scavenger hunt, a visit from John Henry Augustus Bomberger IV, a Founders Day dinner, and a raffle at our women's basketball game. "[Founder's Day is] a campus wide celebration that encouraged students, faculty, staff, and alumni to jump in and celebrate 150 years of Ursinus!" said Mallory Stratton, Associate Director of Young Alumni & Student Engagement.

Stratton detailed how the day's events started early in the morning, and didn't stop until dinnertime. "The morning kicked

off with a campus wide breakfast in Myrin," Stratton said, "followed by a scavenger hunt to win \$150 awarded at a reception featuring John Henry Augustus Bomberger IV, a descendant of our first president."

Along with the events for everyone on campus to partake in, there were various free gifts and surprises along the way. "Students were then invited to join a special dinner in Wismer with a photo booth, sparkling cider, trivia, and free t-shirts for all students," Stratton said.

Ursinus' alumni were not left out of the day's festivities, either. "Alumni were invited to regional programs in Hoboken and Mt. Holly, NJ and Washington, D.C.," Stratton said. "This was a fantastic way to begin celebrations for the Sesquicentennial celebration which will officially kick off in the fall of 2019."

If trying to dig up past information about past Founders' Days and Ursinus' history in general, Associate Professor and Department Chair of History Dr. Susanna Throop suggested students check out #BearsMakeHistory. "Breaking Ground" is the digital history project that



Image courtesy of Ursinus Communications

Ursinus celebrated its 150th Founders Day with cupcakes, guest speakers, and events throughout the day

deals with Ursinus' history. The project argues that, "Founders' Day [on] December 5, 1991 was a special occasion because it celebrated Myrin's 20th anniversary. The building had undergone years of renovations, changes, and updates which reflected the changing needs of the students, faculty, and staff."

When looking back at 1991's Founder's Day, it is interesting to see how much the campus has changed. For example, alcohol was banned from first-year centers, gender-inclusive Greek

organizations were introduced, and Myrin Library used to be Freeland Hall. Some of these old buildings, including Freeland Hall, served multiple purposes. The digital history project explains that "Ursinus College used [Freeland Hall] to its fullest. The building was once a dining hall, common area and ball room, classroom, housed the football team, students, and contained apartments for some faculty and staff. In 1897, the basement was renovated to become kitchen space, dining room, servant's

quarters and closets." "Breaking Ground" also describes how the Myrin Library came to be what it is today. "In 1913, renovations were made to house more students and meet the present needs of the college," the project explains. "On its 100th birthday year Freeland hall was destroyed. . . . After the destruction of Freeland Hall, Dr. William S. Pettit, President of Ursinus College, had planned to build a new centrally located

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U-Imagine Center gives entrepreneurial inspiration

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A 2017 "Washington Examiner" article by Brendan Pringle claims that millennials are the least entrepreneurial generation in the past 100 years. Maureen Cumpstone, the U-Imagine Center's Entrepreneur in Residence, is helping Ursinus students buck this trend by creating a space for entrepreneurial activity to flourish on campus. Events that the U-Imagine Center hosts to bolster entrepreneurial action

range from the popular Bear Innovation Competition, to the new Jumpstart program, and this semester's Introduction to Design Thinking Series.

The U-Imagine center has partnered with the Instructional Technology Department in the library to run a series of workshops in Design Thinking. The first workshop, "Introduction to Design Thinking," is a "problem-solving process that focuses on the human element, users, and comes up with creative and innovative solutions," according to

Cumpstone.

"Companies are looking for employees that can work through an iterative process, which is what we teach at the U-Imagine Center."

—Maureen Cumpstone, the U-Imagine Center's Entrepreneur in Residence

The first class was attended by both students and faculty,

as well as an entrepreneurial educator from West Chester. The class focused on "empathy, understanding what the user's needs are, what the human element is, and defining the problems surrounding it- what are the problems you're trying to solve, going through the ideation stage, going big and narrowing it down into smaller ideas, prototyping it and getting feedback," said Cumpstone. The second of the workshops, "Introduction to Game Design," allowed students and faculty to design a game of

their choice. The third class, "Introduction to Video Production," uses design-thinking principles to create videos.

The final class, "Introduction to User Experience," was co-taught by Anna Budny '18. Budny found that there was a lot of opportunity for jobs in the tech space for people who are not coders or computer science majors. "There are a lot career opportunities for students graduating to apply their liberal

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arts background and competencies in the tech space, even if they don't have technical skills," said Cumpstone. "Budny has a background in user experience design."

"Companies are looking for employees that can work through an iterative process, which is what we teach at the U-Imagine Center. You come up with an idea, bring forward a product to users, and develop it so that by the time you're spending considerable resources on it, you know it's something people are willing to pay for," Cumpstone said.

"I was grateful for the opportunity to step into a position of leadership and I learned so much about what it takes to run a successful program. Since I had been in the UC Digital Spark Summer Program previously, it was awesome to be able to pass

along what I learned to other students as they gained experience," Budny said.

"There are a lot career opportunities for students graduating to apply their liberal arts background and competencies in the tech space, even if they don't have technical skills."

—Maureen Cumpstone, the U-Imagine Center's Entrepreneur in Residence, Center

Digital Spark is a program that "pairs and partners students with local startups and business to provide digital marketing service," said Cumpstone. The U-Imagine Center pays students a stipend to participate in the program. Tim Miller '20 described Digital Spark as "a program where you learn marketing techniques. Because Ursinus

doesn't have a marketing major, the U-Imagine Center will team you up with a company in the Philadelphia area. You have a once-a-week class where you learn social media techniques, and work with a company that is trying to grow their social media presence." Miller used his Digital Spark experiences to his advantage, bolstering his resume and going out into the professional world with his new skills. "After I did Digital Spark, I realized that I really liked marketing. I went on and got a marketing internship in Boston. I plan to go into marketing after college," Miller said.

"I was grateful for the opportunity to step into a position of leadership and I learned so much about what it takes to run a successful program."

—Anna Budny
Class of 2018

Cumpstone sees an opportunity for students who want to build their digital analytics skills to connect small businesses with students who are proficient in data analytics. Interested students

should email mcumpstone@ursinus.edu to learn more about potential programs and how students can make data analytics a larger part of campus.



Photo courtesy of Ursinus Communications

Word on the Street

The Jobs, Internship, and Networking Fair has been postponed due to the weather. What will you do with the extra week to prepare?

"With the extra week to prepare, I'll spend time practicing for interviews and perfecting my resume."

- Faith Denner, 2022

"Research the Organizations attending the fair that interest me."

-Joe Makuc 2019

"With this gracious extra week of preparation, I plan to get some clothes that fit me better and spice up my resume."

-Sam Isola, 2019

FACULTY COMMENCEMENT AWARD NOMINEES SOUGHT

While commencement is a time primarily to mark the accomplishments of our graduating students, it also is a time when Ursinus College recognizes the distinguished achievement of a few faculty members. Students have the opportunity to nominate faculty members for recognition by the campus community through their receipt of the following two awards. The awards will be given as part of the Commencement ceremonies in May. Recipients are nominated by students, recommended by a committee composed of faculty and administrators which submits a short list to the President, who under the terms established for the awards, makes a final selection.

Distinguished Advising and Mentoring Award: An adviser works in a formal advising capacity, such as first-year advising or major/minor advising. A mentor is a person who offers guidance, support, role-modeling, and advice to another person.

Distinguished Teaching Award: For many years Ursinus has recognized faculty members for outstanding teaching by awarding the Distinguished Teaching Award. The award is given in recognition of teaching excellence.

The deadline for nominations is March 20, 2019.

WRITERS WANTED

Lend your voice to The Grizzly

Join us for our weekly news meeting

Thursdays,
5:30 p.m.
Ritter 141

The GRIZZLY

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Staff positions at The Grizzly are open to students of all majors. Contact the adviser for details.

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library. This project was in part one of his Centennial Building Program . . . construction began in 1969 and was completed the next year in 1970.”

Now in its 150th year, Ursinus is embarking on the Sesquicentennial Campaign, marking a new era for the college, from the construction of the Innovation and Discovery Center (IDC) to the new Commons set to open in fall 2019. The festivities of Ursinus’s 150th anniversary celebrated the evolution of Ursinus and also highlighted what is still to come.

Exploring the body and mind at Ursinus

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Want to exercise and clear your mind at the same time? A new Ursinus walking club, run by Reverend Terri Ofori, College Chaplain and the Director of Religious and Spiritual Life, called Walking in Wisdom, is a walking and meditation group that meets every Wednesday at 7:00 a.m. throughout the semester and is designed to refresh members’ bodies and souls as they walk on a spiritual path to health and wholeness.

While the club started out as

a women’s-only group, Reverend Ofori decided to expand it to include all members of the Ursinus community. “It was initially created for women to develop a practice of mindfulness and meditation and to view their bodies holistically and to move away from popular negative images of women’s bodies. However, I have decided to make this an inclusive club for all members of the Ursinus community interested in the practice of meditation and mindfulness,” she said.

The club is designed to “create an opportunity for students to engage in a contemplative prac-

tice that would help them learn to meditate and to create an overall avenue for health and wellness,” explained Rev. Ofori.

“Considering the various and diverse contexts in which all live, it is critical for us to learn how to incorporate practices of meditation and mindfulness and make choices between caring for or harming the body.” Ofori hopes that “people will learn the connection between healthy and holistic practices and their influence on the mind, and a sense of well-being.”

She wants Walking in Wisdom to become “an Ursinus

community practice as we walk together on a path of meditation and make meaning of the four [core] questions; what should matter to me, how should we live together, how can we understand the world, and what will I do?”

The club meets on the front steps of Bomberger for a warm-up and to receive the meditation of the day. Members pair with a partner and choose their own path for a contemplative walk for 45 minutes, followed by a moment of reflection.

Parlee Center highlights brain injuries in sports



Photo courtesy of Ursinus Communications

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The Parlee Center for Science and the Common Good began the spring semester featuring Dr. Anne McKee, neuropathologist and expert in neurodegenerative disease, focusing its ongoing speakers series about brain injuries in athletes. Last fall, the Parlee Center hosted several events concerning a progressive neurological disease called chronic traumatic encephalopathy (CTE) and its relation to repetitive brain injuries in contact sports. Speakers and events during this series have focused on raising awareness about the causes and

symptoms of CTE.

In the fall, the series kicked off with the presentation of a documentary entitled “Requiem for a Running Back” in which filmmaker Rebecca Carpenter recounts her experiences with her father who was diagnosed with CTE post-mortem. She not only examines past experiences with her own father, but experiences of wives and children of other NFL athletes who had passed and been diagnosed as well.

The series then continued on Monday, Feb. 4 by hosting renowned neuropathologist and pioneer in CTE research, Dr. Anne McKee. McKee has studied CTE extensively and

published research papers and books on the topic. Most importantly, McKee has worked to bring attention to the degenerative disease in the face of many deniers. Her findings have stirred up controversy, not only among athletes she claims are at risk for the disease, but especially among the scientific community.

“I don’t want to stop doing

“The goal of the speaker series is to bring prominent scientists to Ursinus to discuss how their work is helping to address these societal problems.”

—Noah Yeagley
Class of 2019

this work until we have cured CTE,” said McKee during her presentation, “until I don’t have to see another athlete or military veteran come into my brain bank with this disease. This is a preventable disease if we actually cared enough to prevent it. And we certainly could act together to find effective treatments. But we first have to agree that it’s a problem and it exists.”

“This is a topic that has become very popular in research, but also very controversial among the general public: While the literature discussing the potential risks of playing contact sports has only continued to grow, this literature has met great criticism,” said Noah Yeagley, class of 2019, in regards to the controversial nature of this research.

Most recently, the Parlee Center hosted a panel of experts

on the risks of brain injury in high school and college sports on Tuesday, Feb. 12. This panel consisted of Dr. Christina L. Master, a professor of clinical pediatrics at the University of Pennsylvania, Dr. Amanda Rabinowitz, an institute scientist at Moss Rehabilitation Research Institute, and Dr. Chris Whitlow, Meschan Distinguished professor of radiology at Wake Forest College of Medicine.

The Parlee Center for Science and the Common Good is an organization on campus that focuses its efforts on connecting scientific research with ethical dilemmas and the common core. It is composed of a unique cohort of students on campus who are dedicated to bridging the divide between the sciences and humanities by hosting speakers and organizing events that combine the two disciplines. Overall, fellows of the Center are focused on discussing and communicating issues in science to the general public.

“One of the most prominent things that the Parlee Center for Science and the Common Good does is coordinate a speaker series every semester, which is centered around a key issue within society,” said Yeagley. “The goal of the speaker series is to bring prominent scientists to Ursinus to discuss how their work is helping to address these societal problems.”

“I have really enjoyed learning more about the harmful effects of CTE and how it affects the lives of the people who have it and their families. I think it’s a relevant, controversial topic and it’s fascinating as a scientist

and a sports fan to learn about it,” remarked Ryley Bennett, class of 2021, on his experience with the current speaker series thus far.

“I don’t want to stop doing this work until we have cured CTE... Until I don’t have to see another athlete or military veteran come into my brain bank with this disease. This is a preventable disease if we actually cared enough to prevent it.”

—Dr. Anne McKee
Neuropathologist and expert in neurodegenerative disease

“As someone who studies mild traumatic brain injury at Ursinus and someone who wants to continue this work as I move on to graduate study, it has been an invaluable experience to be a Fellow of the Center during this particular speaker series. I think that these speaker series are extremely important, not only to the Ursinus community, but to the entire Collegeville area, and it is a privilege to assist in bringing these speakers to campus to discuss issues that so many individuals, like TBI,” said Yeagley.

While this current series has come to an end, the Parlee Center will be hosting journalist Claudia Kolker on Wednesday, Feb. 27. Kolker will discuss child detention policies on the border in her talk titled “When we hurt migrants, we hurt Americans.” The talk will take place in Olin Auditorium at 7:30pm.

How sweet the sound: Voices in Praise gospel choir

Come see the choir in the Youth Explosion concert on April 28!

Shelsea Deravil
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Ursinus College's Voices in Praise gospel choir comes together to make joyful noise. Since 1997, the gospel choir has been a musical community for religious students seeking to stay close to their faith.

Erica Keith said that Voices in Praise has gone through a lot of changes since she became the director in fall of 2017. The choir never had male singers who attended consistently, but freshman Brandon Winfield changed that when he joined the choir last semester. In addition, Keith explained that the singers are now more comfortable projecting their voices and singing with feeling. She hopes that in the future, the choir grows and becomes a more prominent part of the Ursinus community. She welcomes more students to join.

Seniors Jessica Saunders and Jada Grice have sung

in the gospel choir for four years. Grice said, "My favorite memory is the time we learned to sing a song in a Kenyan language called Hakunah Wakaita Sa' Jesu. It was a cool experience. We played the shakers along to it."

"My favorite memory is the time we learned to sing a song in a Kenyan language called Hakunah Wakaita Sa' Jesu."

— Jada Grice
Class of 2019

Saunders reflected on the way past concerts have affected the club, and how the members always look forward to events and being together. She said, "We used to sing at the Trinity Church across campus and we commonly sing at SUN's Substance for Soul event." Saunders also explained that "we

used to be a large group but the majority of the members would graduate. So, each year the number depleted."

The gospel choir is trying something new this year. It will host a Youth Explosion concert, which some of the choir members' home churches will be invited to attend. At least two or three outside choirs will come to sing. The concert will be held in Bomberger Auditorium on April 28. Saunders believes this will get "many people to come out and support [the choir], as well as see other choirs sing." She hopes that the choir will "have a great concert, and that future and current freshmen members remain in the choir during their years [at Ursinus]."



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Photo courtesy of Jada Grice

Voices in Praise members in front of Bomberger.

Fridge of the week

The fridge of Morgan Mason and Megan Depaul '22 contains such wholesome favorites as water and almond milk, proving you don't need Vlad and Natty to have a good time on the weekends.



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

“God of Carnage”: Dark comedy in the Blackbox

Yasmina Reza’s play focuses on how we don’t listen to each other

Sienna Coleman
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Warning: this play includes violent, catastrophic, and icky content. The director is even considering providing the audience members barf bags. “God of Carnage” by Yasmina Reza is a dark comedy about two married couples who meet because one couple’s son hits the other couple’s son with a stick. The couples try to resolve the incident diplomatically, but when they fail to see eye-to-eye, things escalate very quickly and the situation devolves into what the cast describes as chaos and entropy.

The play pokes fun at today’s polarized society. Jacob Ryan ’22, who plays Michael Novak, added that although it centers around what seems to be a “minor disagreement,” there turns out to be huge consequences. The play reveals how we don’t “talk to each other in productive ways” explained Julia Herrero ’21, who plays Veronica Novak. Today, people “don’t know how to listen to each other, they are just repulsed by someone they don’t agree with,” said John Bryne ’22, who plays Alan Raleigh. The show’s assistant director, Claire Hughes ’20, added that while “the concept of being an adult is a big scary thing, it doesn’t take much to regress to childlike ways.” She gestured at Bryne and added that he “plays a lawyer,” but ends up putting Ryan’s character into a headlock.

According to the cast, everyone ages 16 and up should “come to laugh your ass off” at

the show. The actors added that they had a lot of fun working on the show. Rehearsals were spent exploring characters, which are nothing like the actors’ regular personalities, and learning how to scream at each other. Herrero said, “I’m not very mean in my day-to-day life, but [Veronica] is a funny character because she is so annoying, so full of herself. She gets to be mean and nasty, fighting with everyone. It’s so fun to play.”

Hughes added that the two plays that Dr. Domenick Scudera is directing this semester (the other being “Agnes of God”) are the first Ursinus productions where Dr. Scudera has had students as assistant directors. Hughes enjoyed working with Dr. Scudera, “starting to get on his wavelength with what he wants and what he expects.”

One of the most exciting things about “God of Carnage” is the use of “physical comedy,” explained Hughes. For Byrne, the most exciting thing about the show is its absurdity because “as actors, we get to be really over the top and the physical comedy is so funny.” Byrne said, “If the audience has half as much fun watching it as we did rehearsing it, they’ll get their money’s worth.”

“God of Carnage” will be performed at Ursinus on Feb. 27 and March 1 at 7:30 p.m., and on March 2 at 2:00 p.m. in the Blackbox theater of the Kaleidoscope Performing Arts Center. Tickets are available online. Visit the Ursinus website for more information.

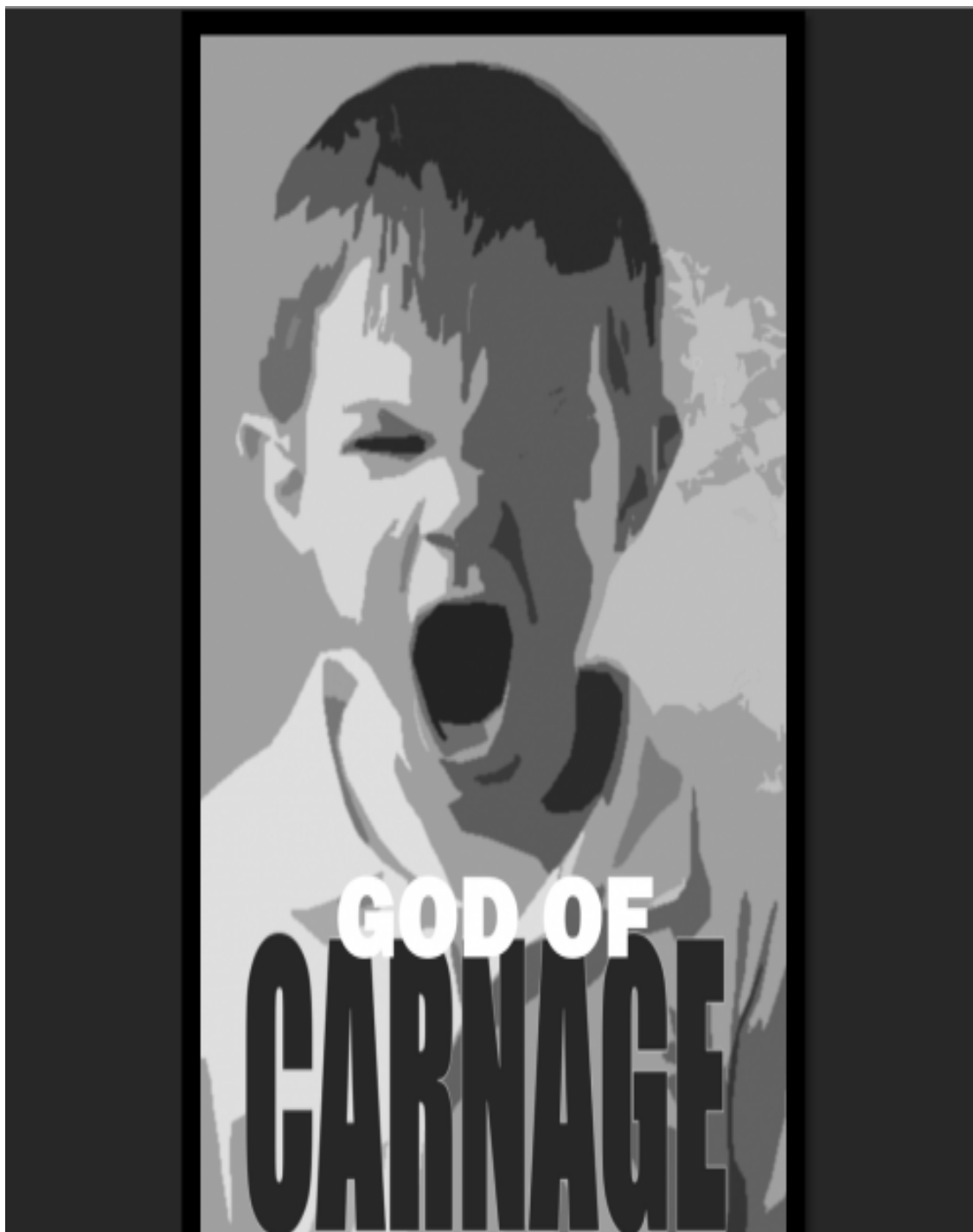


Photo courtesy of Ursinus Communications

“I WANT A BARF BAG!”

Happening on Campus

Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
<i>The White Feather Project</i> 7:30 p.m.	<i>These Bears Don't Hibernate: Philadelphia</i> 7:00 p.m.	<i>Debating for Democracy</i> 9:30 a.m. - 4:00 p.m.	<i>Chapel Service</i> 12 p.m.	<i>Housing Information Mixer for All Students</i> 8:00 p.m. - 9:00 p.m.	<i>US Army Medical Recruiting Station Information Table</i> 11:00 a.m. - 2:00 p.m.	<i>Walking in Wisdom</i> 7:00am Meet in Front of Bomberger Hall
<i>Institute for Inclusion and Equity</i>		<i>Bears' Den</i>	<i>Bomberger Meditation Chapel</i>	<i>Bears' Den</i> 8:00 p.m. - 9:00 p.m.	<i>Lower Wismer</i>	

Blackface is back, but it never really left

William Wehrs
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Blackface is in the news again thanks to Virginia governor Ralph Northam's admission that he once wore blackface to a costume party in the mid-1980s. What's more, his attorney general Mark Herring has confessed to wearing blackface as a teenager. According to "al.com," an investigation was launched at my old high school in Alabama after a girl published a picture of herself on Snapchat that shows her in blackface along with the caption: "Is this what being a n**er feels like?" While it is easy to say that people should not do this, what might also perhaps prove useful is to show how blackface has

helped serve as a tool of oppression for almost 200 years.

Blackface has its roots in minstrel shows that originated in the 1830s. According to scholar Robert Toll, African-Americans - as portrayed by whites - were often divided into the following derogatory stereotypes: "the happy, banjo-strumming plantation 'darker,' the loving loyal mammy and old uncle, the lazy, good-for-nothing buffoon, the pretentious city slicker."

These minstrel shows often had two types of sketches. One would involve an African American's experience in the North where they would be portrayed as buffoonish and misunderstanding the rules of so-called polite society. For example, a drunk

who thinks he can be a lawyer because he spends all his time at the bar or a cook who hangs up his toast to dry.

The other type would be a celebration of the South with a plantation setting. According to Toll, whites were always the figures of beneficent wisdom: "The stereotyped plantation was also the home of an idealized, interracial family: master and mistress were the loving parents and all the darkies, regardless of age, their children." Here, audiences would see slaves partaking in joyous singing and dancing, as well as utter loyalty to white masters. Therefore, minstrel shows, and thus blackface, were rooted in oppression of African Americans.

Such was the popularity of minstrel shows that new media, such as films, adopted blackface as well. As Dr. Alice Leppert, who teaches African American Film at UC, explains, "this tradition was adapted to Hollywood film, especially in musicals of the 1930s, which often include a blackface performance number." One of the most famous examples of this is the 1915 film "Birth of a Nation." Yet, Dr. Leppert explains that films would sometimes diverge from minstrel shows, as they would sometimes use blackface for African-American characters who were supposed to be sympathetic: "white actors would appear in blackface for roles where the audience was supposed to sympathize with the

black character - for example, Tom in "Uncle Tom's Cabin" - or when the story called for intimate contact between black men and white women." Thus, films often used blackface as a different form of oppression. Not only did it keep African-American performers from more substantive parts, but it also suggested that African-Americans could only be truly sympathetic if they were actually white.

In considering blackface's role in American history, and how it has traditionally enabled the perpetuation of harmful and racist stereotypes, we can see that blackface has been a tool of white oppression for almost 200 years and thus should never be acceptable to use at any time.



Image Courtesy of Danielle Friedman-Hill

Is action-movie masculinity breeding a nation of Neesons?

Daniel Walker
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We're only a little over a month into 2019, but one of the year's biggest celebrity scandals has already unfolded. No, it isn't Jeff Bezos' leaked sexts, but it's almost as weird and unprecedented. I am referring, of course, to the recent firestorm that erupted after Liam Neeson casually described a racist revenge fantasy he had quietly incubated - but not acted upon, thankfully enough - after a friend of his was sexually assaulted. To quote Neeson himself, in an interview with "The Independent": "I went up and down areas with a cosh, hoping I'd be approached by somebody - I'm ashamed to say that - and I did it for maybe a week, hoping some 'black bastard' would come out of a pub and have a go at me about something, you know? So that I could... kill him."

The most common sentiment I saw echoed in the social media sphere in the wake of Neeson's comments was "what was he thinking?" And at first glance, based on the penitent tone in which he couched his confession, Neeson might've unearthed this chapter of his life in an attempt to come to terms with his own personal demons. Which, sure, good for him - but for the sake of promoting a movie that opened behind "The Lego Movie 2" and "What Men Want" at the box office?

Neeson's statement may have come across as a shock to the public, but upon further interrogation of his role in the cultural hemisphere, it is clear that these comments are just one manifestation of a mentality that manifests itself both overtly and near-subliminally in the media we consume every day. After all, Neeson is one of the world's most recognizable stars

of action cinema. Beyond that, he's a living meme, a cultural totem for the internet commentariat to trot out whenever they wish to invoke the spirit of Real True American Badassery - even though he's Irish. It is no coincidence that "Taken," the film which established Neeson as an action star, represents the epitome of the classic "American tough guy fighting scary foreigners" genre.

The roots of said genre can be traced back to the "cowboys vs. Indians" plots that served as the foundation for many a Western, a form that dominated the cinematic landscape in the medium's earliest days. In the mid-20th century, Michael Winner's film "Death Wish" reimagined the archetypal lone gunfighter as a sort of urban cowboy - Charles Bronson, picking off muggers and junkies and those pesky minorities with his trusty handgun. The link between populist action

cinema and American nationalism gained a huge resurgence in the post-Jack Bauer 2000s: in one scene from "Taken," Neeson's character - a retired CIA agent - tortures an Albanian gangster by means of the "parilla," a technique favored by the CIA-backed military junta that occupied Argentina in the 1970s.

As a fan of genre film, I would not argue that action cinema and paranoid nativism are inherently joined at the hip. Some directors have used the crowd-pleasing conventions of action cinema as a spoonful of sugar to help the medicine of positive social messaging go down. Paul Verhoeven directed blockbuster action epics like "Robocop" and "Starship Troopers" that took dead aim at the military-industrial complex and the violence induced by greed and capitalism. The blaxploitation movement gave people of color a populist cinematic voice

in the wake of the Civil Rights Era. And in the past few years, female-led action thrillers such as "Haywire" and "Mad Max: Fury Road" have become more prominent.

Not coincidentally, it's those films which are remembered by action fans and enshrined in the canon of great genre cinema, not the hundreds on hundreds of boilerplate white male revenge fantasies that get pumped out every year. Neeson might have temporarily torpedoed his own career with his most recent PR blunder, but, hopefully, the wave of disgust that his statement was met with means people are finally starting to recognize that the fantasy of the action hero doesn't look as appealing in the context of real life.



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The "Ice in her Veins" Award: Maya Kornfeld



Photo courtesy of UC Athletics

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Sophomore Maya Kornfeld hit a pair of the clutchest free throws in the recent history of the Ursinus women's basketball program on Wednesday, Feb. 13.

The Bears were already just about set to square off against Muhlenberg in the playoffs, but the winner of this game would clinch home-court advantage in the post-season opener, plus the Bears had not been able to beat the Mules in the last decade.

Kornfeld helped mount a 7-point comeback with less than three minutes remaining in the game. She capped it off by going to the free throw line with 5 seconds remaining and swished both attempts.

Kornfeld said. "At first I was a little nervous, but then my team . . . gave me words of encouragement that I would knock the free throws down. After I made the first one, I felt really confident that I would make the second one . . . It felt really amazing to knock down those free throws, because it was senior night and because we had not beaten Muhlenberg in 10 years.

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was arguably the team's best defender last year, leading the team with 24 caused turnovers. Beside her could be any combination of Cortese, junior Julia Gilpin and sophomore Molly Divis.

In the net, the team returns senior goalkeeper Kaitlyn France who has been the team's starter for the past two seasons. Battling for time with her will be another senior, Abby Goldstein, who is playing the position for the first time at Ursinus after playing attack for her first three seasons. Goldstein is learning the position as she goes, and she is having fun doing it.

"I have amazing teammates who support me in getting better every practice" Goldstein said.

Overall, the team seems to have two primary things on their mind this season: having fun and improving on their 2018 record.

Goldstein said, "We've really been emphasizing the fun aspect of lacrosse."

DiGiorgio added, "I thought the energy last season was the best it's been in years... we need that to continue this season if we want to win."

Winning is also something on the minds of the players, many of whom are optimistic this season could be one of the more successful in recent memory.

"My team goals for this season are to be a contender with the top teams in the country and make the [Centennial Conference] playoffs," Cortese said.

Ursinus opened at home Tuesday, February 19 against Cabrini, a team they lost to in a 17-15 shootout last season.



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impressed by the perseverance the gymnasts have demonstrated through the rough patches. In the events, there was often the additional pressure of only having the minimum of 5 gymnasts to compete, but despite the extra responsibilities, the gymnasts performed as if there was no pressure and with poise. It's been exciting for Valenti and assistant coach Brittany Montalbano to see the gymnasts' strength under those circumstances.

Valenti said, "Persevered is... the perfect word."

Both underclassmen and upperclassmen have stepped up to take on new and more difficult roles. "[Lindsay Rush] hasn't competed on balance beam since high school but she had the drive and wanted to learn new skills and was willing to step into that role. . . We've had numerous kids step up both in the gym and in their gymnastics but also verbally as leaders, as emotional supporter of teammates," Valenti said.

Sophomore Haley DiCicco is

competing all-around — all four events (bars, beam, floor, and vault) which she hadn't done previously. She was just named All-Around Gymnast of the week on NCGA.

Another challenge is that the Bears had to face almost exclusively Division I & II opponents this year, namely UPenn and Temple University, the closest schools to Ursinus with gymnastics programs.

Valenti said, "We only have 82 collegiate gymnastics programs, so we as a gymnastics community do a really good job of [making it clear that] it doesn't matter what division you are, we all compete the same way, we all follow the same rules, we're all being judged the same way so we can compete at Penn and at Temple."

She also adds that, while putting up a high score is good, "it's not always the score that matters. It's about the steps that you take in the right direction and I felt that the steps this team took in the right direction impressed me," Valenti said.

As they finish up the season

they hope to continue improving through personal achievements and scores. They had initially set out with the goal to hit the 190-point mark. As a result of their last meet they reached 186 and "They are really starting to feel it, taste it, and see it," Valenti said.

At the end of the day it's about qualifying for Nationals, but Valenti elaborates that that is not the be-all-end-all for this team. It's about the small successes and improvements.

Valenti said, "One of the biggest things we preached was that we're going to peak at the right time."

The team needs to keep working and aim high and that is just what the team is doing. With Regionals coming up March 9, they are maintaining this mindset and pushing to finish in the top three and qualify for nationals.

The Bears were nearly able to eclipse their season high when they put up 182.200 points against West Chester on Sunday Feb. 17.

Ursinus will compete at Temple University on Friday Feb. 22.



Photo courtesy of Robert Varney

The Bears will play their next game against Albright on Feb. 23 on Patterson Field at 1 p.m.

Scores as of Monday, February 18

M. Lacrosse (1-0)	Gymnastics	Track and Field	M. B-Ball (15-10)	W. B-Ball (15-8)	M. Swimming (6-2)	W. Swimming (9-0)
February 16: Ursinus: 13 #17 Stevenson: 9	February 17: West Chester: 191.725 Ursinus: 182.800	February 16: Keogh Invitational (@Haverford Coll.) Men: 4th of 9 (56.5)	February 13: Muhlenberg: 78 Ursinus: 81	February 13: Muhlenberg: 52 Ursinus: 53	February 2: Ursinus: 152 Washington: 103	February 9: Ursinus: 112 Bryn Mawr: 75

Women's Lacrosse looking to build on 2018 campaign

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The Ursinus College Women's Lacrosse Team is back on the field and looking to build on a 2018 season that they hope laid the foundation for a successful 2019 campaign. The Bears finished their 2018 season with a record of 3-12, but there were a lot of positive takeaways.

First, the team returns all but 2 of their top 10 leading scorers from last season. Although they will have to replace Franny Liberatoscioli, senior Emily DiGiorgio returns on attack to lead a potent group that could be dangerous on the offensive end.

DiGiorgio is excited about the team's offensive potential. "We have a lot of capable scorers this year with a lot of different skills across the field," she said.

DiGiorgio was second on the team last season with 31 goals and 3 assists, and is 24 points shy of the century mark for her career. Alongside her are Kaci McNeave, Grace Langen, Abby Krasutsky and Haley O'Malley who all played significant minutes last season.

Another reason for optimism will be the return of three of the team's most dynamic players who missed the entirety of the 2018 season. Senior Courtney Cortese and sophomore Hanna Crowley both return to the field in 2019 after being sidelined

with knee injuries last year.

Cortese, who missed the 2017 season as well due to injury, said, "[I'm] excited most about getting back on the field."

As a rookie, Cortese netted 19 goals and started every game at midfield for the Bears. Crowley, a sophomore, was a highly anticipated recruit and was expected to be a key piece for the Bears last season before going down with injury.

Finally, Ursinus will get a major boost from the return of senior midfielder Bridget Sherry. Sherry, who studied abroad last spring, returns to the field for her senior season and will hopefully return to her dominance in the middle of the field. A two-time All-CC honoree and 2016 Rookie of the Year, Sherry is also a prominent field hockey player who has received a multitude of honors for her play on the Ursinus team.

"I'm definitely excited to be back playing after not playing at all last year," Sherry said.

Ursinus hopes that the benefits of having these players back on the field will transfer over to the other players.

On the defensive end, the Bears return senior Emily Blaszkow, who started every game in 2018 and a majority of the games in her first two seasons Blaszkow

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Photo courtesy of Robert Varney

The Bears had their first home meet of the season when they played host to West Chester on Feb. 17.

Gymnastics team continues to battle through tough season

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The Ursinus Gymnastics team has faced multiple obstacles this season, including injuries, teammates leaving the team for personal or medical reasons, and adjusting to a new coach. Yet the girls have rolled with the punches and come through with great determination and gratitude for all they have accomplished as they approach the end of their season.

Head gymnastics coach Kim Valenti said, "It's been a rollercoaster as they always are," to describe her first season at the helm of the program.

The gymnasts reflected on what they have gained.

"I think the biggest thing we have gained from these challenges as a whole is a sense of camaraderie," Junior Skylar Haas said.

Junior Ellie LaFountain ruptured her achilles tendon, leaving

her out for the season, which has been a major obstacle not only for her, but also the team as a whole. LaFountain maintains optimism, though. "This injury will hopefully turn me into not only a stronger gymnast, but a stronger person as well," she said.

Haas noted that the team rallied behind LaFountain and their mindset became, "Let's do it for Ellie."

Senior captain Lindsay Rush said, "This is a truly inspiring team."

The team's ability to bond and unite is supported by their new head coach, Valenti, and new assistant coach Brittany Montalbano, whom the gymnasts praise for their enthusiasm, commitment, and supportiveness. Montalbano's contagious excitement and energy has put the gymnasts' nerves at ease.

Haas said, "Both Kim and Brit-

tany are nothing but supportive, they both want what is best for all of us both in and out of the gym."

The gymnasts have supported each other by writing encouraging notes for their "meet buddies" before every meet, delivering pep talks, and being a family. Two of the gymnasts recall their most recent meet at Cortland as one that stood out to them. There were individual successes as well as improvement and unity as a team as they prepare for Regionals on March 9th.

They're now approaching the end of their season. Despite the hardships, Valenti still considers it a good year because the team has improved each meet. In fact, their last meet at Cortland yielded the season's high score, with 186.150 total points.

Valenti has been consistently

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Upcoming Games

Wednesday	Thursday	Friday	Saturday	Sat. Cont.	Sunday	Wednesday
		Track and Field: CC Championship	Track and Field: CC Championship (@Franklin and Marshall Coll.)	#20 Men's Lacrosse: 3 p.m.: @Mary Washington	Wrestling: NCAA East Regional (@Brockport State)	#20 Men's Lacrosse: 4 p.m.: vs. #18 Cortland
	Swimming: Centennial Conference Championship (@Gettysburg Coll.) Thursday-Sunday	Men's Basketball: 6 p.m.: CC Semifinals vs. Johns Hopkins (@Swarthmore Coll.)	Wrestling: NCAA East Regional (@Brockport State)	Women's Tennis: 8 p.m.: vs. Arcadia (@Green Valley C.C. - Lafayette Hill, Pa.)	Swimming: CC Championship (@Gettysburg Coll.)	Women's Lacrosse: 4 p.m.: @#21 Rowan
		Gymnastics: 7 p.m.: @Temple U	Women's Lacrosse: 1 p.m.: vs. Albright			