The Grizzly, November 5, 2015

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Recommended Citation
Thomas, Brian; Farrell, Jay; Low, Chi-e; Costello, Kristen N.; Babrich, Berett C.; Gellman, Hunter; and Cope, Johnny, "The Grizzly, November 5, 2015" (2015). Ursinus College Grizzly Newspaper. 672. https://digitalcommons.ursinus.edu/grizzlynov/672

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Wellness increases accessibility to students

Nancy Reilly, pictured here, manages the front desk at the Wellness Center. Wellness has made many changes over the last year, including a new waiting room, new offices, and even new staff members.

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The Ursinus Wellness Center has been building on last year’s developments throughout this semester. The addition of a group of doctoral students from local programs to the core team of recently hired psychologists has enabled the center to provide more counseling services to students who need it. These students are part of a practicum developed by the college and are on campus two days a week for a year each.

“The practicum students] can provide therapy to students as well, and we provide them with supervision, so as a result of getting that established the college agreed to kind of transform our physical space,” said Dr. Jessica Parillo, the director of counseling and wellness. “It used to just be one huge room, and now there are two offices, those are brand new to house those new interns.”

The Center also helps to provide students with mental health care in a wide number of ways. For instance, students can have ongoing sessions with either Dr. T.C. Mack or Dr. Kristen English, the two staff psychologists. In addition to these sessions, the Wellness Center is equipped to address crises as they arrive for students.

“Basically what happens is all of the student affairs professionals are on the crisis response team and then all the RAs, all the campus safety dispatchers, basically anyone who is in an emergency response roll has been trained to add to their set of resources counseling on call,” said Parillo.

“The student could directly call campus safety and ask to speak to the counselor on call, or the student could go through their RA and get to any of the members on the crisis response team and they could call for them. We can’t give out that number, but as soon as somebody calls us, what happens is we talk to the student over the phone. If it’s something that can get resolved over the phone, sometimes that’s the best way to handle it, and then we follow up with them the next day.”

The psychologist on call is also able to come to campus if the student requires in-person counseling.

In addition to the crisis response procedure, the Center is continuing to offer an emergency walk-in hour from 3 p.m. until 4 p.m. In this hour, students can come and see a counselor for any reason that they need. According to Parillo, professors, friends, or RAs can also accompany someone to these hours if need be. “Anyone who is in the position of seeing a student in distress, we make sure they know that if someone feels like they cannot wait to get an appointment to just physically walk over during that 3 to 4 o’clock hour,” said Parillo. “That’s the only hour of our day that isn’t booked up two weeks in advance.”

Every week, a different psychologist is on call 24/7 and that psychologist is also responsible for the walk-in hour. “The purpose of a crisis hour is very different than an ongoing counseling session,” said Parillo. “It’s really meant to assess immediate safety and help a person think through immediate coping strategies to get through that particular day. It’s not the time where we’re...
Trending: Discounted jerseys

Students at Ursinus are finding money-saving deals on retro sports gear by shopping at the newly introduced Chinese website Aliexpress.

Jafarrell, a company that sells discounted jerseys.

Aliexpress is part of the Alibaba group, which is currently the biggest Internet technology company in the world. Worth over $76 billion, AliExpress just opened to U.S. markets this year and has continued to rise in popularity. Alibaba, which is the main website and company, owns a number of offshoot websites (like Aliexpress) which are specially designed to ship to foreign markets like the U.S. and Russia. So how is the “Amazon” of China taking over jersey sales in the U.S.? The answer is simpler than you think.

“It’s all about the money,” said Austin Feuerman, a junior at Ursinus who owns six jerseys from Aliexpress.

Feuerman, a junior at Ursinus, was asked on a “60 Minutes” piece about how counterfeiting was affecting his company. He said, “this is the cancer to our business. If we don’t control it, it will go everywhere and consumers will lose trust of our site.”

While the company is turning into a world power, many Americans still do not know much about the company.

“I heard about it from a friend,” says Vince Piccioni, a senior who just placed his first order. “I asked a buddy where he got a Cal Ripken old school Orioles jersey and he said off Aliexpress.”

The selection process of the jerseys is something that is taken quite seriously. It seems that friends are trying to outdo their counterparts with more obscure players on teams with flamboyant and crazy uniforms.

Not all selections are crazy, though. Some jerseys are of the greatest players of our era, like Wilt Chamberlain’s Kansas jersey or Bo Jackson’s Oakland Raiders jersey.

“What you want to find is that perfect mix of great player and great jersey,” says junior Billie Buckwalter. “There are some great players whose teams have boring jerseys like Johnny Bench for example—best catcher of all time, boring jersey.”

The 90s jerseys are popular among students on campus who are ordering jerseys, and some students say that is because of the way jerseys were made then.

“In the 90s sports teams seemed to just try and make the jerseys to arrive,” Feuerman said as his only complaint.

Besides the amount of time that the jerseys take to arrive, there is also a risk with counterfeiting being a major problem for companies.

When Jack Ma, the founder of Alibaba, was asked on a “60 Minutes” piece about how counterfeiting items was affecting his company he said, “this is the cancer to our business. If we don’t control it, it will go everywhere and they [consumers] will lose trust of our site.”
U-Imagine to host annual Bear Pitch competition

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Up next in the U-Imagine Center’s INSPIRE program is the BEAR (Be Entrepreneurial and Roar) Pitch competition, a fun, fast-paced pitch competition where presenters have two minutes to present an entrepreneurial idea to a panel of judges. This competition is for students of all majors, with available prizes totaling up $900.

This annual competition brings a couple of changes this year: prizes are bigger, with only two categories (faculty/staff and students), one fewer than previous years. The competition—like all U-Imagine events—offers opportunities for networking at the end. The U-Imagine Center provides students with a myriad of workshops and practice opportunities as preparation for the competition. Last year’s winner of the nonprofit division, Rose-angela Hartford ’18, had this to say about her experience: “The BEAR Pitch competition challenged my writing, speech, and time management skills. My experience was eye-opening and encouraging in the sense that I began to understand the realistic circumstances of meeting deadlines and time limits in an articulate yet creative manner.”

Hartford, an international relations major, decided to take part in the competition because it offered her a chance to reach outside of her comfort zone in terms of speech performance. Hartford said the competition gave her greater exposure to the sense of competition on campus, showing that entrepreneurship can come from anywhere.

Her topic of choice was a sustainable gel that would preserve and protect roads from weather damage. In 60 seconds, she convinced judges that the enhancement of nanotechnology practices and the use of a plastic bag foundation could create an unbreakable shield for public roads. The idea would be “different from the current practices because it would use a gel protection with recycled plastics as a main defense.” Hartford said, “I proposed that the U.S. government should employ scientists, environmentalists, engineers and construction unions to come together and work towards the common goal of sustainably improving our road systems.”

This fast pitch competition also has a division for faculty and staff. Dr. Rebecca Roberts of the Biology department placed first last year with her pitch about FocusFone, an app that would automatically cut off functions of a cell phone at programmable times and speeds. “What I enjoyed about the experience was thinking through a problem and coming up with a solution” Roberts said. Roberts’s idea allowed a parent to block texting functions on a phone if the phone was travelling more than 20 mph or during school hours.

The power of entrepreneurship has also reached the classrooms, especially in the Business and Economics department. Professors Heather O’Neill and Carol Cirka both implement a fast-pitch component in the classes they teach. Dr. O’Neill, who currently teaches Econometrics, has students pitch articles from the Wall Street Journal that discuss economic theories to supplement the lessons taught in the classroom.

In her Research Methods class, a core course in the department, O’Neill conducts the fast pitch promptly, random fast-pitches, with four graded pitches in the semester varying from 30 seconds to 2 minutes. “We feel confident that pitches and longer oral presentations required in upper level courses will demonstrate outstanding oral communication skills given the significant practice of such in [Research Methods],” O’Neill said. Like Dr. O’Neill, Dr. Cirka, who presently teaches Strategic Analysis and Research Methods, implemented the fast pitch component for several reasons. “It’s a fun, informal setting for students, faculty, and staff to gain experience pitching an idea to a public audience,” Cirka said. “It’s working well.”

Dr. Cirka and Dr. O’Neill were two of four faculty members selected to attend an entrepreneurship program in Babson College, home to one of the best entrepreneurship programs in the United States, in May 2014. There, they learned about pitches first hand during the weeklong workshop.

“That hands-on experience certainly solidified my interest in having students do them in a variety of my courses” said O’Neill.

Cirka thought the ability to present a fast-pitch was a valuable skill in and out of the classroom. Said Cirka, “Yes, the BEAR Pitch and Babson influenced the decision to do fast-pitches but more important, developing pitch skills takes a lot of practice and we know that students who have strong pitch skills can present themselves, their ideas – whether a research idea, a business idea or something else – much more effectively than those who have less developed skills and minimal or no experience giving pitches.

Since Ursinus values involve developing oral communication skills, what better way to contribute to this goal than to do lots of short 60 second pitches in classes?”

Hartford adds that the skills and feedback that she gained throughout the competition helped prepare her for interviews for scholarships, classes, and approaching professionals. “The direct insight into my speech practices and methods changed how I engage with all speech opportunities!” said Hartford.

Registration for the BEAR Pitch competition closes on November 8 at 11:59 p.m. For more information, check the U-Imagine Center for Entrepreneurship website.

WRITERS WANTED

Lend your voice to The Grizzly
Join us for our weekly news meeting Mondays, 6:00 p.m.
Ritter Lobby

Wellness continued from pg. 1

going to open up the underlying issues.’

Many times, people experience things that require urgent care, according to Parrillo, and the crisis response hours are designed to simultaneously assist with these situations and establish long-lasting care. “It works for us because then we can be assured that everyone is safe and at least lays eyes on everyone. I think it helps students as well because it alleviates immediate distress,” said Parrillo.

Students who are hesitant to seek out mental health assistance are encouraged to do so. “A person does not need to be in a state of crisis to call and say they want to meet with a counselor,” said Parrillo. “In fact, when they call to make the appointment, they don’t have to say at all what issues they want to discuss. All they have to do is say they want to schedule an initial counselling session.”

In addition to scheduling sessions when they are needed, students are also encouraged to reach out to Wellness and share their thoughts on what could be improved. “If there are things that the campus feels we can or should be doing differently or better, we’re really open and responsive to feedback, and I’d welcome that,” said Parrillo. Emails with feedback can be sent to jparillo@ursinus.edu or wellness@ursinus.edu.

Photos courtesy of Stephanie Merkel

One of the renovations the Wellness Center has undergone is the addition of two new offices. The offices are located in what used to be the waiting room, and they host the graduate student interns.

Jerseys continued from pg. 2

most outlandish jersey possible,” Buckwalter said. “It wasn’t about the aesthetics of the jersey, it was about how crazy we can make these things, which, for people like me, makes me want the jersey even more.”

Copyright issues may eventually come in to play and could threaten the business. The jerseys are not sold with the consent of any of the leagues making it seem entirely possible that the product will one day come under question of its legality.

But as of now AlieExpress continues to produce “old school” uniforms that have become a “new school” fashion must for the youth across the country.
A new take on an old genre
Contemporary blues poet and novelist gives interactive reading for Ursinus students

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When most people think of the blues, they imagine lonesome music with passionate guitar and roaring vocals. It’s not just a musical tradition, however. Many contemporary poets and writers draw on the same themes as blues singers, and some have updated the genre for modern times.

Last week, Ursinus was treated to a performance by contemporary blues writer Sharon Bridgforth.

Bridgforth, who regards herself as a performance novelist, read from her book “love conjure/blues.”

In addition to reading excerpts from the book, Bridgforth also showed short videos that portrayed characters and moments from the text after she read them.

The reading took place in Musser Auditorium in Pfahler Hall, which was filled to capacity. After the performance, Bridgforth answered questions from the audience.

The topics ranged from “love conjure/blues” to Bridgforth’s life as an artist and the development of her career. After one student asked what Bridgforth wished she knew when she first started, she urged beginning writers to establish a secure financial life and cultivate a strong artistic “family.”

“Blues literature has always emphasized community since blues itself is simultaneously an assertion of self (in a culture that denied selfhood to African Americans) and an expression of community sentiments and shared experiences,” said Patricia Schroeder, professor of English, who is a friend of Bridgforth’s and organized the event. “Blues literature often depicts an individual coming to adulthood or self-awareness through interactions with a blues-based community. Bridgforth’s major contribution, in my view, is to expand the notion of community to include not just elders and blues artists, but queer people, trans people, African ancestors, the unborn, and seers. It’s a very 21st century notion of community and coming of age.”

Schroeder met Bridgforth at a conference on the blues at Penn State in 2011. “At the time, I was looking for more women writers to include in my Blues Traditions in American Literature class, and on the first day she did a reading from ‘love conjure/blues’ that blew me away,” said Schroeder.

The two kept in touch, often travelling to see each other present and perform their work.

In addition to the reading, Bridgforth visited a number of classes that had read her work to discuss it with the students. Nora Sternlof, a senior English major, was in Schroeder’s Blues Traditions capstone class when Bridgforth visited.

“It was cool. We got to ask her about some of the aspects of blues literature that we’ve been talking about, which is a lot about defining the blues, so she talked some about what the blues meant to her and about how that informed her writing and how music informed her writing,” said Sternlof. “She said a lot of very interesting things about how she conceptualized the poetry as performance and worked with various collaborators when she was writing.”

“I do like students to have a chance to discuss the creative process with a writer that they don’t see every day,” said Schroeder. “And Bridgforth is especially inspirational, I find.”

In addition to the class visit, Sternlof also attended the reading.

“She had a very striking voice when she was reading the poetry even independent of the videos that we saw later and the more performance aspects,” said Sternlof. “Her way of reading the poetry really brought forth the musical qualities of it.”

Zooey Cox, a junior English major, also attended the reading. “The blues spirit really came through for every piece, especially the accident where the voices were overlapping because you could only pick out certain aspects of it but you got an overall feeling from it,” said Cox, referring to a video depiction of one of Bridgforth’s poems. “You could only hear specific words, but you still got the tone.”

The video, which opened the reading, featured Bridgforth and another artist reading two separate poems while an actor dressed in white set up an altar on two white chairs in a forest.

“I’m really glad she came here,” said Cox, “I wish there were more really talented artists coming to campus because students need to be exposed to them. It’s really a privilege when it happens.”

More information on Sharon Bridgforth can be found on her website sharonbridgforth.com. Her books are available for purchase online and the video adaptations of her work can be found on vimeo.

Word on the Street
What is the earliest you start getting ready for the winter holidays and what do you do?

“The earliest my family has ever bought our tree is three days before Christmas. I have a rule that I have to wait for the day after Thanksgiving to start doing anything Christmas-y. I usually start my celebrations by listening to Mariah Carey’s ‘All I Want for Christmas is You’ until I’m sick of it.”

— Ella Morris, 2019

“Starting on November first I break out all of my Christmas movies and start watching the classics, like Frosty and Rudolph.”

— Alex Sutton, 2016

“I always start my shopping with my family on Black Friday, and then we come home and watch ‘A Christmas Story’.”

— Tori Senger, 2016

“I sing Christmas carols all year round. I’ve already cut out some snowflakes, too.”

— Blaise Laramee, 2016

“I hang Christmas lights up the weekend after Thanksgiving.”

— Tori Ruch, 2018
STAT: More than just an acronym

A new organization encourages students to be “Bears for life”

Kristen Costello
krcostello@ursinus.edu

At President Brock Blomberg’s inauguration picnic a couple of weeks ago, students flocked to the BWC triangle to answer trivia questions about Ursinus for prizes. One student, sporting the colorful “UC” headband she’d just won as a prize, paused to ask what organization was running the event. When one of the group members told her it was a STAT event, the girl shrugged, seeming to have never heard of this organization.

STAT isn’t just an abbreviation for a math course; it is also the name of a new organization on campus.

The abbreviation stands for Students Today Alumni Tomorrow, and the group works to help students develop life-long connections to Ursinus by making them aware of the school’s history, campus traditions, service, and philanthropy.

The group also works to increase school spirit.

What started last year as a small group with only five members has grown into a larger organization that currently has 25 active members.

The group is selective; in order to join, students must go through an application process.

“Our main goal is to educate the Ursinus student body about Ursinus tradition and the great things that the donations the school gets go to funding,” said Phoebe French, an Ursinus senior who is an active member of the group. “We just want to build a community that lasts a lifetime.”

Eryl MacConnell, another member of the group, said that being a part of STAT has been a rewarding experience for her so far.

She is head of the Advancement Events Liaison Committee, which means that she and her team help run important events on the campus such as Homecoming and Alumni Weekend.

MacConnell said she was motivated to join STAT because of her experience as a student manager for Phonathon.

“I want the current students and the future students to understand why we, the Annual Fund, are asking for donations because I am sure that most of the students don’t realize how much these donations affect their Ursinus experience,” she said.

Like MacConnell, French also enjoys being a part of STAT.

“I joined because I absolutely love Ursinus,” she said. “I have had the best experience of my life here, and I want to help other students get the same thing.”

French is part of the organization’s programming committee. It plans different events each month for the student body. One of these events is the BYOB Quiz Night, which is a trivia game held in Lower. People can win prizes at the event, and anyone who is over 21 can bring beer or wine.

Other events sponsored by STAT include the Price is Right game nights in Lower, Bear Hugs Day, Give to UC Day, and Philanthropy Week.

“I have had the best experience of my life here, and I want to help other students get the same thing.”

— Phoebe French
Ursinus senior

“Holding these events are a lot of fun because as we are preparing for them, we as members are learning so much, and then at the end of the day you get to share your knowledge with everyone else,” MacConnell said. “It is great to see that happen, especially because you know that they are learning something, too.”

President Brock Blomberg poses with residents of Zwingli Hall, otherwise known as the Writing and Arts House. The Zwingli residents were the winners of the homecoming decoration competition with their banner that read “Are You Ready to Brock?” The prize was a pizza party with President Blomberg, who delivered the pizzas himself.

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Happening on Campus

<table>
<thead>
<tr>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>Course Registration for Juniors and Seniors</td>
<td>Graduate School: Dream or Nightmare? Kaleidoscope Lobby</td>
<td>Dedication in Memory of Professor Cameron Berman Museum 4:30 - 6 p.m.</td>
<td>Pitch Perfect Workshop for BEAR Pitch Competition Bear’s Den 6:30 p.m.</td>
<td>Faculty and Staff Annual Campaign Kick-Off Bear’s Den 3:30 to 5 p.m.</td>
<td>International Film Festival: The King of Masks (2000) Olin Auditorium 7 p.m.</td>
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Villeneuve continues strong streak with new film

Chase Babrich
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Denis Villeneuve’s latest directorial effort, “Sicario” grabs movie-goers by the head, forces them to face the screen, and doesn’t let go. One should not, however, be surprised by this; Villeneuve’s most recent works have each had this quality about them. “Prisoners” and “Enemy” (both released in 2013) also have a grim, austere atmosphere to them, accompanied by surprisingly human characters. If anyone was planning on seeing “Sicario” expecting some sort of FBI-agent-versus-the-drug-cartel blockbuster, just know that this movie doesn’t pack its punches in its action scenes; it slowly burns the audience with long, drawn out build-ups to quick bursts of action.

For the majority of the film, this approach to storytelling manages to keep the tension and momentum constant and intense, falling short in only a couple of places. As a whole, “Sicario” is a fantastic drama that was immensely engaging, if a tad slow in some places, and solidifies Villeneuve as one of my favorite current directors.

“Sicario,” as the beginning of the film informs you, is Spanish for “hitman.” It follows the pursuits of a young FBI agent named Kate Macer (Emily Blunt), as well as many nameless military men and has the patience to sit through dramas that know how to take their time. This film receives a rating of 8/10.

For extended review visit www.ursinusgrizzly.com/category/news/opinion
Soccer continued from pg. 8

offensive attack, as they have averaged over two goals per game over their final three contests. Lauren Schapiro leads the attack with seven goals on the season.

The Bears will look to bite the Bullets by “keeping a compact defensive line to slow down the Gettysburg attack,” according to Farrell. Slowing down Gettysburg could be key for the Bears early on in the game, as the Bullets have scored 12 of their 22 goals this season in the first halves of games.

The Bears face a tough task playing against the Gettysburg defense, as Gettysburg has only allowed 6 goals in 17 games this season. The Ursinus offense is led by junior midfielder Jeannie Jasinski, who is one of the top offensive weapons in the Centennial Conference. Jasinski is ranked in the top-10 in points, goals scored, and shots taken in the conference. Jasinski is not the only weapon that the Bears will look to when trying to defeat the Gettysburg defense. Forward Farrell, midfielder Katie Bell, and freshman standout Mackenzie Groff have played impressively on the field this season. The Bears will need their top players to play well if they want to win against Gettysburg.

The Bears came into the season looking to build upon their success from a year ago, and while qualifying for the playoffs is a major accomplishment, the Bears are aiming for more. “Our goals moving forward are to make it to the conference finals and potentially earn a bid to the NCAA tournament,” said Farrell.

As the Bears started off the season by winning eight of their first nine games, they showed that they have the talent and ability to compete with anyone in the conference. The Bears’ goals are certainly within reach. It all starts on Wednesday when the Bears look to dodge the Bullets in what will surely be a battle in Gettysburg.
Field hockey set to defend Centennial Conference title

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For the 13th year in a row, the Ursinus women’s field hockey team has made the Centennial Conference playoffs. The women will look to capture their 11th conference championship in 12 years.

The Bears will take on Haverford College on Saturday in the Centennial Conference semifinals. The Bears and Fords will clash at 2:30 p.m. at a neutral site in Lancaster, PA. The winner will advance to the conference championship, which will be played Sunday, Nov. 8.

The field hockey team ended the regular season with a 15-3 record. The Bears are ranked second in the South region, according to the NCAA, right behind conference rival Franklin & Marshall. They are also ranked sixth in Division III, according to the National Field Hockey Coaches Association poll.

The Bears’ only three losses came against the third-ranked team in Division II and the fourth- and fifth-ranked teams in Division III. The Bears’ signature win came against The College of New Jersey, which was the top-ranked Division III team at the time and is currently ranked second.

Ursinus has three of the top eight points leaders in the conference. Senior Megan Keenan leads the conference, with junior Amber Steigervalt ranking third and senior Devin Brakel ranking eighth.

The Bears will enter the conference championships as the second seed behind Franklin & Marshall. The women will be looking to earn their third championship in as many years.

Senior captain Samantha Macchio says that every single member of the team, freshman to senior, has contributed to the playoff effort. Along with Steigervalt and Keenan, senior captain and starting goalie Danielle DeSpirito has been a large factor in the Bears’ success this year.

The Bears’ mantra for the year has been “Right Now”. According to Macchio, the team plans on taking each day, whether it’s a practice or a game, day by day.

“You can’t think of too much at one time. ‘Right Now’ is the mentality we’re going in with,” Macchio said. “Every game, every practice, What can you do right now to help your teammates?”

The Bears began preparing their playoff run from the conclusion of last season. Starting in the spring, the women worked on skills and techniques to sharpen and improve their game. A main goal of the offseason was to be able to stay competitive for all 70 minutes of regulation play, according to Macchio.

See Hockey on pg. 7

Upcoming Games

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<tr>
<th>Friday</th>
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<tr>
<td>M&amp;W Cross Country</td>
<td>Field Hockey vs. Haverford @ Lancaster, Pa., 2:30 p.m.</td>
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<td>Football vs. Muhlenberg</td>
<td>M&amp;W Swimming @ York (Pa.) with St. Mary’s and Mt. St. Vincent, 1 p.m.</td>
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