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Brian Thomas
Ursinus College

Courtney A. DuChene
Ursinus College, coduchene@ursinus.edu

Kristen N. Costello
Ursinus College, krcostello@ursinus.edu

Chi-e Low
Ursinus College

Yiu Fai Wan
Ursinus College

See next page for additional authors

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Authors
Brian Thomas, Courtney A. DuChene, Kristen N. Costello, Chi-e Low, Yiu Fai Wan, Irina Lessne, Sarah Hojsak, Rachel Dickinson, Annie Rus, Johnny Cope, Hunter Gellman, and Bryce Pinkerton
On the way to the Final Four

The Ursinus field hockey team shut out Rochester 5-0 on Sunday to advance to the NCAA Division III Final Four for the first time since 2011. This victory comes after a record-setting 10-0 win against Stevens Institute of Technology in the second round. On Saturday, the Bears take on Bowdoin, which is ranked No. 1 in Division III. See page 8 for more details.

Watson finalists prepare for next steps

Courtney Duchene coduchene@ursinus.edu

Four Ursinus students are currently hard at work preparing their applications for the nationally competitive Watson Scholarship. Olivia Keithley, Krista Synder, Eddie Torres, and Allyson Norton have been selected to move on from Ursinus to the next round.

In 1968 Thomas J. Watson, a co-founder of IBM, created the Thomas J. Watson Fellowship. The purpose of the fellowship was to give graduating college seniors the opportunity to pursue an independent project abroad for a year.

Last year the program chose 50 students to receive fellowships, including two Ursinus students, Jamie Faselt and Rosie Davis-Aubrey. Faselt is studying the relationship between people and nature in South Africa, India, Australia, Greenland, and Belize.

Davis-Aubrey is studying dance as a formative experience in Ghana, Uganda, Brazil, and India. Ursinus is one of 40 partner colleges that are able to nominate students for Watson Fellowships. A committee of nine faculty and staff members help students prepare their project proposals and apply for the fellowship.

The Watson Committee is led by the campus advisor who serves as a liaison between the college and the Watson Foundation. The campus advisor at Ursinus is Akshaye Dhawan, professor of computer science. Dhawan took over from Dean Melissa Harden this year after serving on the Watson Committee for four years.

During his time on the committee, Dhawan came to understand the importance of the Watson Fellowship for Ursinus students. Dhawan believes just applying for the fellowship benefits Ursinus students because it gives them direction in their lives. The fellowship forces students to reflect on their lives and figure out what they really want to pursue. “Even the students who did not receive fellowships found some way to incorporate ideas from their project into their lives,” said Dhawan. The fellowship reminds him of the college’s CIE requirement because it forces students to figure out how they want to live their lives.

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Committee searches for violence prevention educator

The new position will be responsible for training campus leaders and educating students about violence on campus.

Kristen Costello
kcostello@ursinus.edu

A committee created by Ursinus College is currently searching for someone to fill the new position of Violence Prevention Educator.

According to Kim Taylor, Ursinus’ Title IX Coordinator, the violence prevention educator will be involved in creating programs to discuss topics such as bystander intervention and consent. Part of the job will also involve training faculty, staff, and students so they know what to do if someone reports a sexual assault to them.

“We’ve found that there is an increasing need for additional help with this topic,” said Taylor. “Last spring we had an outside agency come in and audit our program, and they recommended that having this position will also help look into outreach, and training for our community.”

The Violence Prevention Educator will also help look into some of the factors that play a role in sexual assault, such as drugs and alcohol.

“The more we talk about this, the more we will be able to figure it out,” Taylor said. “However, conversations about sexual assault can be difficult. We’re hoping that having this position will help groups have those difficult conversations.”

Kelsey Knowles, a peer advocate and one of the two Ursinus students on the search committee, also said that she hopes that this new position will improve the way the subject of sexual assault is approached.

“We see this position as the next step into creating a norm on campus where sexual misconduct prevention is something everyone is talking about,” she said. “The committee that will be deciding who to hire is made up of students, faculty, and staff. The students involved, Knowles and Karla Pisarcik, are both peer advocates. The two professors on the committee are Louise Woodstock from the media and communications department and Brenda Lederach from the psychology department.

“Taylor hopes that having this position will help decrease the number of sexual assaults on campus by helping Ursinus find new ways to address the issue.”

“We can bring in speakers but that won’t help people who don’t go to listen,” she said. “What I’m hoping is that the person in this position can be out there talking to students and connecting with them.”

Knowles said that there are many things that the committee is looking for in potential candidates for the job.

“We are looking for an innovative, dynamic presenter who can assist us in trying different things to get all students engaged in the topic of sexual misconduct prevention,” she said. “We want someone empathetic as well as administrative, since there is a heavy therapeutic aspect as well as a business, legal, investigative side since they will be serving as the Deputy Title IX Coordinator.”

Pisarcik said that when evaluating potential candidates, she looks for a person that will be able to become a part of the Ursinus community.

“I’m looking for someone who has the ability to be authoritative, but also can strongly relate to the students,” she said. “The administration, faculty, and staff need to be able to respect and listen to this person, but they cannot be too authoritative that they are far removed from the students.”

Some preliminary interviews with potential candidates have already been conducted, but right now the process is on hold until January. Taylor said that they are waiting because there is usually a stronger candidate pool in the winter, because many people cannot start a new job or leave an old job in the middle of the academic year.

The committee will continue the interview process during the spring semester, and in late March or early April they will start inviting strong candidates to the school to speak. The person who is selected will start work in the summer so he or she will be on campus when students come back to school next year in the fall.
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Currently, the committee is advising the college’s four finalists as they prepare to be interviewed about their projects by the Watson Foundation. The finalists all hope to pursue vastly different things with the fellowship. Keithley hopes to study restorative justice systems around the world. Norton wants to explore the relationship between physical activity and coping mechanisms in different cultures. Snyder wants to study the relationship between traditional and western medicine in countries where they coexist, and Torres wants to look into how oppressed cultures use music to retain their identities. The interviews with the Watson Foundation are on Nov. 30.

Although he is nervous about the interview, Torres said that receiving the fellowship is not the most important part. “It is not a competition,” he said. “It is a ‘yourself’ competition.” Torres believes the most important part of the fellowship is learning what you care about. He was attracted to the fellowship because it gave him the opportunity to explore his mental potential. If he receives the fellowship, Torres will be working on a project titled “The Rhythm of Freedom: Music as a tool of sustenance and resistance.” Torres’s love of hip-hop helped him discover his Watson Fellowship topic.

Hip-hop is used as a tool for political speech and as a voice for the oppressed. Torres’ project will explore music as a tool for the oppressed in Poland, India, South Africa, Brazil, and Jamaica. He believes music is a great form of communication because it connects with people. It also helps people to retain their cultures and history.

Norton, who has studied abroad before, believes studying abroad gives students valuable insight into other cultures and their traditions. She believes the Watson Fellowship is a great opportunity because, if selected, she will have the chance to pursue something she has always been passionate about.

Her project, “Moving for a Cause: The role of physical activity in coping mechanisms in different cultures,” could give her the opportunity to visit Switzerland, India, Ghana, and Peru and study how physical activity helps people cope with the effects from trauma and disease. Norton believes the Watson Fellowship is a valuable opportunity, and the application process has helped her learn more about herself.

Snyder hopes to use the fellowship to immerse herself in the health cultures in Hong Kong, China, India, South Africa, and Peru. She believes “health is an intrinsic good that helps people to live more productive lives.” She first became interested in the Watson Fellowship while working on her Summer Fellows research. She says submitting her Watson application felt good because of all the time she spent working on her project.

Juniors who are interested in applying for the fellowship next year should watch for information in their school email accounts this spring.

Elective continued from pg. 2

University of the Arts’ “An Introduction to Entrepreneurship” is an interactive 15 hour workshop designated for artists, makers, performers and videographers. This course looks to introduce the basic principles of entrepreneurship – planning, budgeting, marketing, identifying and attracting customers and managing finances, the foundation of starting and sustaining a business – to interested students. This course, beginning in the second week of January (Jan 5, 6, 7, 12, 13, 14) and running from 6 p.m. – 8:30 pm, includes an additional two hours of one-on-one consulting, pre-seeding funding, and ongoing support. Presented by the Corzo Center for the Creative Economy at the University of the Arts, and by the Free Library of Philadelphia’s Business, Science and Industry Department, this course takes place in the Skyline room in the Parkway Central Library. The course also has a limited class size.

“An Introduction to Entrepreneurship” provides scholarships for all accepted applicants, thanks to support from the Knight Foundation, and is supported by Start Up PHL and Creative Philadelphia, the Philadelphia Office of Art, Culture and the Creative Economy. Interested applicants should apply online by 5 p.m. on Friday, Nov. 20.

The annual pie-eating contest was held in Wissler last Thursday with “Mr. Wissler” commentating. This year’s contest set a new record for number of participants and featured a performance by Seismic Step.
FEATURES

Warming up to the challenge

UC student from California adjusts to the northeast’s colder climate by working out with Main Street Nutrition

Justin Smith ‘17 travels 2,500 miles from his home in California to attend Ursinus. He’s recently become involved with Main Street Nutrition and enjoys working out with other students who share his passion for fitness.

Justin Smith, 20, is bundled up in New Jersey. He’s studied hard and has made life-altering decisions that will help him blossom in the long run.

“Justin, a 17-year-old member of the Main Street Nutrition family, agrees with Barnes and feels that Smith “does everything I wanted to do and continue speaking, that everyone I am and that for that I’m truly grateful.”

Podcast roars to life

‘The Growler’ features interviews with scholars, writers, and other guests who visit Ursinus

Having guest speakers and lecturers visit Ursinus provides an opportunity for students to hear them speak and learn more about their work. However, sometimes students and faculty wish to hear more about what these lecturers have to say. Since a short talk only allows a guest speaker time for a concentrated lecture on a specific topic, students and faculty saw a need for an additional outlet for them to speak.

It took a while to establish, but the “Growler” podcast is now the perfect opportunity for interdisciplinary collaboration between guest speakers and Ursinus students and faculty. It began during the fall 2013 semester, when English and Creative Writing Professor Anna Maria Hong came up with the idea for a podcast to promote the arts and the events happening on campus. She initially approached Dr. Anthony Nadler and Dr. Jennifer Fleeger of the Media and Communication Studies and Film Studies departments about co-producing the podcast.

Since I work with the Creative Writing program and bring writers to campus to give readings and performances, I thought that this would be a great way to promote the work of these artists and the vital programming that we do at Ursinus,” Hong said.

The podcast features original interviews with writers, artists, scholars, filmmakers, and other speakers visiting campus, usually conducted by Ursinus students. To date, guests who have been interviewed include poets Brian Teare, Rachel Levitsky, and Ida Stewart, fiction writers Josh Emmons and Alena Graedon, performance novelist Sharon Bridgforth, and the filmmakers who created the film “Exquisite...
Preparing for professional life
Scholarship gives students exclusive internship experience and career guidance

Rachel Dickinson
radickinson@ursinus.edu

The Kemper Scholars Program allows first-year students to gain skills in leadership and service in various professions. The program provides students with financial support for their sophomore, junior, and senior years of college, as well as two funded internships during their sophomore and junior summers. The first internship after the student’s sophomore year is in Chicago, and includes housing.

The internship includes group seminars and group activities that are aimed to both be educational and entertaining. In addition, students have personal meetings with the Kemper Foundation staff. The internship following the student’s junior year is also funded by the Kemper Foundation but varies depending on the student’s field and location. Ursinus College is one of only 20 schools in the country to offer this program.

Students of any major are encouraged to apply, as the primary focus of the foundation is to prepare the students for future leadership in business. Carla Rinde, the director of the Career and Professional Development Center, has been involved with the foundation since Ursinus’s first Kemper scholar, Megan Helzer, won in 2008.

“This is a tremendous opportunity for all first-year students; the program includes scholarships, mentoring and coaching, all to help students become effective leaders,” Rinde said. In order to be considered for the Kemper Scholar Foundation, a student must have noteworthy grades after the first semester and must be able to maintain a 3.0 GPA throughout the program. Candidates must be available for at least 10 weeks in the summer to complete the internships that follow sophomore and junior years.

“Kemper candidates must demonstrate a capacity for leadership as illustrated by their activities and involvement both in high school and in college,” Rinde said. The foundation also takes into consideration the student’s overall personality and character.

“Students who are eager to learn new things, exhibit intellectual curiosity, independence, openness and maturity make good Kemper candidates,” Rinde said. The application process is similar to other scholarships as it includes several brief essay questions, SAT and ACT scores, and high school and college transcripts, as well as two letters of recommendation, one of which must be from a college professor.

Last year’s recipient was current sophomore Mary Atta-Dakwa, who was one of 20 students that the program accepted. Atta-Dakwa explained that before applying to the actual foundation, students have to send all of their application materials to the staff of the Career and Professional Development Center which helps them get everything ready to apply to the Kemper Scholars Program.

“Everyone there is really helpful, I wasn’t even going to apply, because I didn’t know that much about it,” she said. “I kind of just applied and waited and I won.” Atta-Dakwa isn’t entirely sure of her future endeavors; right now she is an applied economics and public relations double major. She is contemplating law school or a career that involves traveling a lot.

“I think this program definitely helps with interacting with people on a professional level which is really important. They don’t throw you into it either. They guide and teach you, and I think what they do is phenomenal,” Atta-Dakwa said. The foundation stays in touch with their scholars at their respective schools even throughout the semester when the internships have yet to begin.

“Everyone should apply, and I’n not just saying that. You never know. I applied just to apply, and now I couldn’t imagine not being a part of Kemper Scholars,” Atta-Dakwa said. For any first-year student who is interested, there is an information session on Nov. 18 at 4:15 p.m. where students will have the chance to direct questions to the program’s co-coordinators.

Mary Atta-Dakwa ’18 last year’s Kemper scholarship winner, has developed her leadership skills through a wide variety of activities, including tutoring at the Center for Academic support, co-captaining the Mock Trial association, and singing with the gospel choir Voices in Praise.

The Kemper Scholars Program gives students exclusive internship experience and career guidance to help students become effective leaders, Rinde said. This is a tremendous opportunity for all first-year students; the program includes scholarships, mentoring and coaching, all to help students become effective leaders,” Rinde said.
Wellness critics are ill-informed

Rachel Dickinson
radickinson@ursinus.edu

Ursinus’s Wellness Center is located at the end of the campus behind Thomas Hall. The medical Wellness staff includes Dr. Paul Doghrmani, the medical director, in addition to a nurse practitioner.

Some of the services the Wellness provides include immunization, acute care (temporary treatment for severe health problems), physical exams, and blood pressure screenings, according to its website on the Ursinus page.

It is not an emergency room, which seems to be a source of confusion and perhaps the reason some students are unsatisfied with the care Wellness has provided them. I guess no one ever stopped to think that maybe the problems aren’t rooted in Wellness itself but maybe the financial support Ursinus allot for its use.

The Wellness Center does the best it can with the resources available to it. The Wellness Center is just that—a wellness center. It’s not a trauma center and it’s certainly not a cure-me-right-away center.

Ursinus is a relatively small school, and it is easy for some students to feel as though our Wellness Center cannot be held to the same standard as other bigger schools such as Penn State. However, I could not find anything on the Penn State website about services its center offers that we don’t offer at our Wellness Center. Penn State has more staff and an on-site laboratory; however, this is realistic for the size of its campus in comparison to ours. Penn State has an enrollment of almost 100,000 students with almost 50,000 on the main campus, according to the school’s online statistics.

I completely agree that everything doesn’t need an antibiotic, and that sometimes it can be an inconvenience when the Wellness Center staff is running behind, but think about it: they want you to feel better as soon as possible, and they get backed up because they don’t turn anyone away who claims to need medical attention.

“Sometimes people go into the Wellness Center with unrealistic expectations for the type of care they expect to receive.”

I’ve had a few personal experiences with the Wellness Center, and every time the staff was nothing but kind. They always respond to your emails and do their best to get you an appointment either right away or for a time that best accommodates your schedule. Just two weeks ago I had a high fever when I went and they gave me some medicine and encouraged me to return if I didn’t feel better the very next day. When I didn’t return, the nurse practitioner who treated me actually emailed me for the next two days to see how I was doing.

We are all adults and are smart enough to know when the Wellness Center can be of use to us or when it’s necessary to get to an ER. Like most health-care facilities, sometimes people go into the Wellness Center with unrealistic expectations for the type of care they expect to receive. It’s completely understandable; we’re in college and extremely busy and no one has time to be sick, so we walk in with the hopes of walking out completely cured.

When that doesn’t happen, it’s not the fault of the staff at the Wellness Center. We’re in college, we’re going to get sick, there’s always things going around like the flu and strep. As a community we can try and be more proactive in preventing the spread of germs. Hand-washing, eating properly, keeping hydrated, and getting enough rest can go a long way. Instead of being overly critical, try and keep in mind that the Wellness Center cannot cure all. It does the best that it can to help you, so always be polite and remember to say thank you when the staff is helpful.

Rachel Dickinson is a freshmen at Ursinus studying chemistry with the long-term plan of becoming a physician assistant. In addition to being a regular writer for the Grizzly, she is in the Pre-health Club and the Beardwood Chemical Society.
men got wins, and they got a taste of what it feels like to wrestle a college match,” Peleg said. “They took lumps here and there, but they got better from it and are training harder now.”

Many of the veteran wrestlers were rested in the Messiah Invitational in preparation for one of the Bears’ larger tournaments, the Fall Brawl. The Bears had three first-place finishers and one runner-up at the Fall Brawl, which Ursinus hosted on Saturday, Nov. 14. Arnold placed first in the tournament, while Peleg came in second. Senior Kevin Hoogheem and junior Alex Kramer were the Bears’ other first place finishers, at 133 and 149 pounds, respectively.

Following this, the Bears will have a tri-match at Worcester Polytechnic Institute against nationally ranked Roger Williams College and Norwich University. One of the last major challenges before the winter break will be at the Petrofes Invitational at Messiah College.

The Bears look to dominate in dual meets as well as in tournaments. A main goal for this season is to reclaim the Centennial Conference championship. After winning back-to-back Centennial Conference championships in 2012-13 and 2013-14, the Bears finished second last season. The Centennial Conference Championships will be held Saturday, Feb. 13, at McDaniel College.

Arnold and Peleg both strive to become the best wrestlers they can be. Both wrestlers are itching to be in competitions and are looking forward to watching the young team dominate on the mat.

The all-star duo can be caught in action for their first home tri-match on Sunday, Dec. 13, in the Floy Lewis Bakes Center in a duel match against Yeshiva University.

Margaret White, right, is the new head coach for the Ursinus women’s basketball team. The former Gettysburg star is looking to create a culture of winning to surround the team for seasons to come.

Margaret White
jocope@ursinus.edu

There is plenty of excitement around the Ursinus College women’s basketball program as first-year head coach Margaret White takes over. White replaces Jim Buckley, who retired in March after 13 seasons at the helm of the program.

“I came to Ursinus because it is a college and a basketball program that I firmly believe in,” said White. White comes to Ursinus from Case Western Reserve University, where she spent the previous two seasons as an assistant coach. Before her stint at CWRU, White served on the coaching staffs at Vassar College and Elmira College.

Returning to the Centennial Conference is a homecoming of sorts for White, as she played for and graduated from fellow Centennial Conference member Gettysburg College. While playing for the Bullets, White was named a team captain and was an offensive weapon for the Bullets throughout her career.

“Having been a student athlete in the Centennial Conference myself, I had always admired the Ursinus women’s basketball program from a distance,” White said. White will get her first crack at her alma mater when the Bears travel to Gettysburg to battle the Bullets on February 13. With her knowledge of the conference and the school, it is clear that the Ursinus program is heading in the right direction.

Although it is early in the season, White has already had a noticeable impact on the program. As she installs her system, the Bears will look to win games by playing tenacious defense and counterattacking on offense. “One difference will be the pace at which we are trying to play,” said White. She wants the team to “be intense defensively and be smart about finding opportunities to push the ball and score quickly when we can.”

Senior forward Jessica Porada echoed her coach, saying, “The team is working a lot harder to execute on offense and play tougher defense.” Playing solid defense will go a long way in helping the Bears have a successful season this year.

White has tools in place to help her build the program, as she has the benefit of inheriting a team that includes veteran leadership that she can rely on. Players such as Porada, who is a 1,000-point scorer, and senior guard Alyssa Polimeni will be key to the Bears’ success this year. “She has shown in a short amount of time that she is more than prepared to lead a great basketball program and to get her players to adopt a winning attitude,” Polimeni stated when asked about her new coach.

Looking toward the future, White is hoping to build a winning program. A giant step toward that could happen this year if the Bears were to qualify for the Centennial Conference tournament for the first time since the 2011-12 season. “Our main goal is to take the season one day at a time,” White said. “At the same time, this group is hungry to make the playoffs and that is definitely in the back of our minds as well.”

Porada and Polimeni reiterated what White said, each saying that they would like to make it to the postseason this year. White is looking to build a winning tradition at Ursinus by leading the team to the playoffs in her first season.

White and the Bears began their 2015-16 season over the weekend at the Gwynedd Mercy College Tournament. They went 0-2 with losses against Gwynedd Mercy and Lycoming. The Bears will be back in action Tuesday, Nov. 24, at home against Swarthmore in the first conference action of the season.

Scores as of Monday, Nov. 16
Two wrestlers named preseason All-Americans

Hunter Gellman
hugellman@ursinus.edu

The Ursinus wrestling team has officially kicked off the 2015-16 season. The team has many new faces to go along with some familiar ones as well, none more so than Derek Arnold and Matan Peleg. Both wrestlers are returning to the mat for their junior campaign.

Peleg is a two-time national qualifier, while Arnold is the Bears’ only returning All-American. Arnold was named the 2015 Centennial Conference Wrestler of the Year and concluded last season placing fourth in Division III at 149 pounds.

Coming into the season, both Peleg and Arnold are preseason All-Americans, according to InterMat Wrestling. Arnold is ranked first in Division III at 149 pounds, and Peleg is ranked fifth in the nation at 285 pounds. Both Peleg and Arnold are looking to build upon their previous seasons and gain the glory of All-American status in the NCAA national tournament.

To kick off the season, Arnold was invited to wrestle in the National Wrestling Coaches Association All-Star Classic held at Georgia Tech in Atlanta. Arnold was the only Division III wrestler to participate in this prestigious tournament, where colleges from all over the nation were represented. Arnold faced Division I national qualifier Chris Perez of Princeton University and was defeated by a score of 12-7.

Though Arnold was defeated, he believes it was a great learning experience. “It was awesome,” Arnold said. “I ended up losing, but I took it to him. It was a great weekend being around all the D1 kids and all the D1 coaches, just around people who are really excited to wrestle and to be there. It was a great experience.”

Though wrestling is considered to be an individual sport, there is a very large team aspect involved. Many of the steady performers of the 2014 season have since graduated, taking talent and experience with their departures. The Bears brought in a considerable number of freshmen, who now account for about 35 percent of the team.

Both Peleg and Arnold believe the team is loaded with raw talent in the room, which could translate to a lucrative season for the Bears. Despite the youth and inexperience, the Bears should be able to be competitive in each match and tournament this season.

In the Bears’ first tournament this season, the Messiah Invitational, the young team claimed a fourth-place finish. “All the freshmen scored two goals each, while the offense posted a total of three shots over the weekend, defense held opponents to a total of two against Stevens. The Bears’ defense held opponents to a total of three shots over the weekend, while the offense posted a total of 61.

Bryce Pinkerton
brpinkerton@ursinus.edu

The Ursinus College field hockey team is heading to the NCAA Final Four after two commanding victories over the weekend. This is the Bears’ first appearance in the Final Four since 2010 when they lost 2-0 to The College of New Jersey (TCNJ) in the semifinal game.

The Bears will take on the Polar Bears of Bowdoin College on Saturday at 11 a.m. at Washington & Lee University. Bowdoin comes into the game ranked first in Division III with a 20-0 record on the season.

Bowdoin has reached the NCAA championship game the past two seasons, winning in 2013 and losing in 2014. This is the first meeting between Ursinus and Bowdoin since the NCAA semifinals seven years ago.

The winner of the semifinal game between Ursinus and Bowdoin will advance to the championship game on Sunday, Nov. 22, at 1 p.m. In the other semifinal game, TCNJ faces Middlebury.

In the second round of the tournament on Saturday, Ursinus defeated Stevens Institute of Technology 10-0, setting many records in the process. Four players scored two goals each, while two others contributed one a piece. The 10-0 rout was tied for the largest scoring margin in NCAA Division III tournament history. The 40 goals were the second most in tournament history.

Ursinus posted another shutout Sunday, defeating Rochester (N.Y.) 5-0 in the quarterfinals. Megan Keenan scored two goals in the game to go along with her two assists. The Bears’ defense held opponents to a total of three shots over the weekend, while the offense posted a total of 61.

Upcoming Games

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<td>Bowdoin @ Washington &amp; Lee (NCAA Semifinal), 11 a.m.</td>
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<td>with Roger Williams and Norwich @ Worcester, Mass.</td>
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<td>M&amp;W Swimming</td>
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<td>Gettysburg, 1 p.m.</td>
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