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## The Grizzly, April 14, 2016

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Photo courtesy of Alexis Primavera

After a snowstorm this past weekend, temperatures have warmed up and the flowers on campus can be seen in full bloom. Pictured above are the colorful flowers outside the Ber-  
man Museum of Art, which has been hosting lecture series revolving around John James Audobon, the famous naturalist and ornithologist.

## White House honors alum who started nonprofit

**Will DiCiurcio**  
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An Ursinus College alumnus, Aakash Shah '10, was honored March 26 at the White House as a “Champion of Change” for his work with the uninsured. Shah helped found a nonprofit called Be Jersey Strong, which enables uninsured New Jersey residents to find the coverage they need.

Shah has had an exciting journey getting to where he is now. While a student at Ursinus, Shah said he knew he wanted to pursue a career in medicine. He majored in biology, neuroscience, and inequality studies. After he graduated in May of 2010, Shah moved on to Harvard Medical School, where he pursued a degree in order to become an emergency

room doctor. In addition to studying at Harvard, Shah was nominated and selected to be Ursinus' first Rhodes Scholar, allowing him to continue his studies at the University of Oxford in England.

Shah started the nonprofit Be Jersey Strong “because it was what the patients needed,” he said. During his time in the emergency room, Shah saw many patients who were down on their luck because they were uninsured. Shah referred to each of these cases as a tragedy and said they were tragedies that were preventable. Through his interactions with his patients, Shah realized what they needed was “good old-fashioned, one-on-one conversations with someone who could answer their questions and be a helping hand

through the enrollment process.”

That realization helped to create Be Jersey Strong, where he believed well-trained students could have those conversations and be those helping hands.

Shah said he felt a need to start

*“I am reminded daily that patient outcomes are often shaped more by circumstance in the community than by medical interventions in the hospital.”*

— Aakash Shah  
Champion of Change

this in New Jersey because there

are more than 500,000 individuals who are eligible for Medicaid and the Marketplace but are still uninsured. Northern New Jersey, along with Chicago, Dallas, Houston, and Miami, has the largest need for outreach and enrollment assistance in the country. Shah said that organizations and individuals should share their resources where they are needed most and that is what they did.

Shah's hopes for Be Jersey Strong come directly from his interactions with patients.

“As an emergency room doctor, I am reminded daily that patient outcomes are often shaped more by circumstances in the community than by medical interventions in the hospital,” stated Shah.

Shah challenges his students to think about the bigger picture. “Why can't the healthcare system prescribe and address solutions to these health-related social issues? And what would it look like if it did?” Shah said that by answering those questions, their students will help bring the healthcare system at large to where it needs to be.

Shah was one of 10 individuals selected by the White House for work related to the Affordable Care Act. Shah spoke at the White House during a ceremony with Sylvia Matthews Burwell, Secretary of Health and Human Services.

See **Shah** on pg. 3



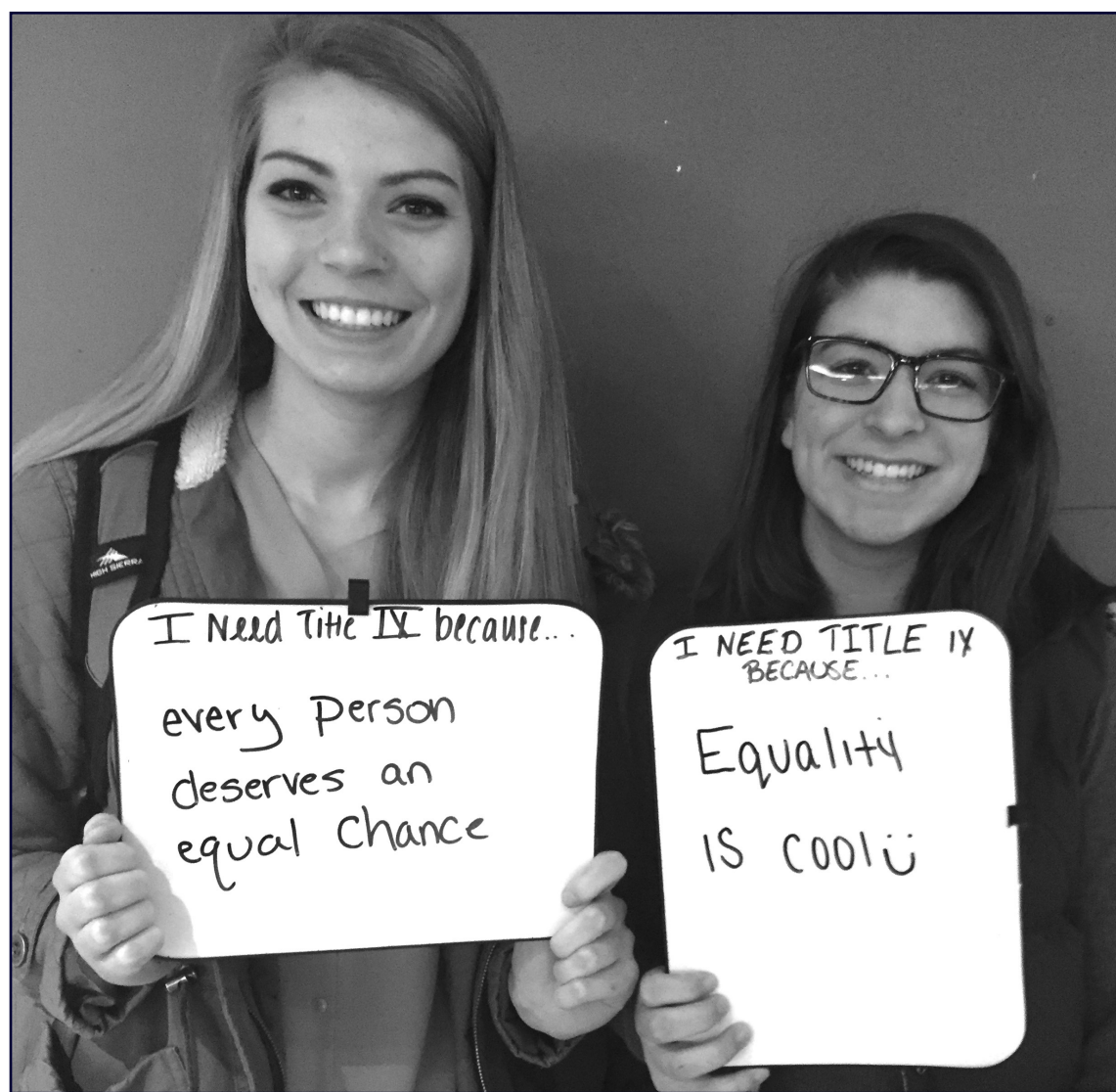


Photo courtesy of Allison Kratz

Grace LaDelfa '19, left, and Sydney Gonzalez '19 participated in the "We Stand Together" campaign in Lower Wismer, which included writing reasons why Title IX is needed.

## 'We Stand Together' kicks off

**Joe Iullici**  
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April is Sexual Assault Awareness Month, an opportune time for Allison Kratz and the Peer Advocates to conduct a campaign addressing the topic. Their campaign "We Stand Together" included different events, held Monday through Friday that were designed to address the issue of sexual misconduct on Ursinus' campus and to help students to act against it.

Allison Kratz, a senior who has been an activist indepen-

dent of the Peer Advocates, approached the group this semester to run the campaign. She has spearheaded similar campaigns the past few semesters, but this is the first time Peer Advocates was involved.

"A lot of my friends are survivors; we struggle with it, but want to make a difference," she said. "One in four college women experience sexual assault before graduation, but I think no one really considers it until they or someone close to them experiences it."

Junior Karla Pisarcik is one of

the Peer Advocates who was active in the "We Stand Together" campaign.

"Since I have been involved with the Peer Advocates, we have accomplished greater recognition for the program," she said. "The student body is more aware of what the Peer Advocates do and how they can help."

This past week's campaign was specifically meant to acknowledge the survivors of sexual assault and to educate the

See Campaign on pg. 3

## Greek Week begins

**Deana Harley**  
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Greek week kicked off last Sunday with opening ceremonies in the field house. Greek Week is a week-long competition between all Greek organizations on campus. The week consists of games, sports, and more where the teams can earn points, resulting in the

*"I love Greek Week because greek unity is at an all-time high during the week."*

— Kelsey Knowles  
Sister of Tau Sigma Gamma

winner being announced at closing ceremonies after a week of competition.

According to a Greek Week packet sent out to all participants, the mission of Greek Week is "to create programs and events that demonstrate the pillars of Greek Life: brotherhood/sisterhood, scholarship, service, and leadership.

Greek Week is a time for Ursinus students to share unity, pride, bonds, and acceptance for each other. Greek Week is an opportunity to create stronger ties in the Greek community while also expanding our presence on campus."

The mission goes on to state goals of personal development, tradition, service, friendship, respect, and acceptance.

The competition started off with field games, including tug of war, egg toss, a volleyball tournament, and an obstacle course.

"I love Greek Week because Greek unity is at an all-time high during the week," Kelsey Knowles, a member of Tau Sigma Gamma, said. "I love getting

the chance to talk with people I usually wouldn't talk to."

The week also featured Family Feud on Monday night, a coed soccer tournament on Tuesday night, and a scavenger hunt on Wednesday. On Thursday there will be a lip sync battle; on Friday, a Greek Gods and Goddesses competition; and on Saturday, dodgeball and closing ceremonies.

"I love Greek Gods and Goddesses," Nicole Pacera, a sister of Phi Alpha Psi, said. "It's my favorite event of the week because it's the funniest event and you can really see people's personalities in their talents."

According to the Ursinus website, 320 students (or 20 percent of the student population) are

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Mondays, 6:00 p.m. Ritter 141

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**Shah** continued from pg. 1

Shah stated that Be Jersey Strong has been well received both locally and nationally. He said that the feedback the organization has received, in addition to the White House recognition, has been positive.

“The most rewarding feedback, by far, has been the stories of our volunteers and the folks they help. It has been absolutely incredible to watch folks breathe a sigh of relief upon obtaining coverage as well as volunteers

discovering the sense of meaning and purpose that comes with helping others do so,” said Shah.

In the years to come, Shah said he envisions the Be Jersey Strong students to help those in need move from coverage to care by ensuring the newly covered understand how to use their benefits, secure a primary care provider, and receive preventative screenings. In addition, they can help individuals navigate through a number of already available community programs that address health-related social needs, such as food, security, reliable trans-

portation, housing assistance, and job training.

Shah said he can draw a direct line from his time at Ursinus to his current career path. His professors, such as Drs. Ellen Dawley, Robert Dawley, and Rebecca Lyczak, helped foster his passion for science and the common good. Also, Rev. Charles Rice and Ms. Tonya Rice, through courses like CIE, helped him couple that passion to making an immediate difference for those who need it most.



Photo courtesy of Ursinus Communication

Aakash Shah '10 was recently honored by the White House for his work helping expand health insurance.

**Campaign** continued from pg. 2

student body to recognize when sexual misconduct may be occurring and how victims can go about reporting incidents.

One event, on Tuesday, April 5, was a training session held by the Peer Advocates to teach student bystanders to be aware of realistic situations in which sexual misconduct may occur and to intervene if they experience questionable behavior.

How these situations play out may not be overtly physical or coercive but can be more subtle or vague. As “responsible employees,” the Peer Advocates themselves are mandated to report to the Ursinus administration what they hear and see on campus that relates to misconduct, but it is important that more students are able to actively help and intervene as bystanders before a sexual assault occurs.

Both Pisarcik and Kratz pointed to the Title IX Open Forum held Wednesday night as an especially important part of the campaign. The event, led by Kim Taylor, the Title IX coordinator; Dr. Jessica Parillo, the director of counseling and wellness; and

peer advocate Kelsey Knowles, addressed how the administration deals with reports of sexual assault and misconduct according to Title IX.

Most recognize Title IX as the law that prevents discrimination against gender, famous for ensuring that women get the opportunity to play sports in school, but sexual misconduct and assault also fall under this law.

“A lot of people do not even know what constitutes sexual misconduct,” Pisarcik pointed out.

Besides assault, stalking, sexual harassment, exploitation, and other behaviors fall under the category of sexual misconduct.

A major goal of the Peer Advocates is to make it clear to students that they do not have to deal with any sort of behavior that makes them uncomfortable. The open forum promoted awareness of the resources available for students experiencing these issues.

“We want to see more victims feeling comfortable and trusting Ursinus enough to report incidents. We’ve seen the number of reports go up, which is actually a positive thing because it proves people have come to a better understanding of how to address

these issues,” Pisarcik said.

After an initial rise in reports, the peer advocates hope that students may experience fewer issues as they learn how to avoid and prevent sexual misconduct.

Additionally, many students may feel that the school is not responsive to related issues and assume that the school doesn’t act on reports they receive. The open forum aimed to allay these feelings, providing answers to student questions and facilitating dialogue among concerned students.

Since typically only one information session regarding sexual misconduct is provided to freshmen during their orientation, it is vital that conversations are continued, said the organizers of the events. Holding campaigns like this spring’s “We Stand Together” is designed to provide students with a refresher on how to act and deal with issues surrounding sexual misconduct.

Students who are interested in learning more can contact Knowles or Kratz. The group hosts events regularly throughout the school year, often in conjunction with other organizations on campus. Students with concerns can also reach out Dean Taylor.

## International Perspective

# Cultural differences between students

**Tianxing Jiang**  
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I have been studying in the United States for four years. One thing I found interesting is that Chinese students and American students are totally different. We have different languages, habits, and thoughts. Most of all, we have different cultures.

I will never forget the first day I started studying in an American high school. I saw people speaking English everywhere, even when I was in my bed. My roommates were two Americans and a Mexican and they were all one year older than me. I woke up at 6 a.m. on the first morning since I wanted to prepare for the first day of class.

One of my roommates shouted at me, “You need to go back to sleep! It’s only 6 am, you shouldn’t get up. I am staff here so you should listen to me.” I told him I just wanted to wake up early and get ready for the day but he did not listen to me.

We argued with each other and the students on the whole floor heard us. I thought he was just lazy while he thought I bothered him sleeping. Anyway, the problem between us was solved easily. No one knew that he would become one of my best friends in high school.

American Literature class was very hard for me in the first year. Sometimes I couldn’t even understand what homework was assigned or the readings in the class. My teacher was very disappointed in me. I didn’t understand anything and I didn’t ask her questions since I was nervous. I failed American Literature in the first semester.

As time passed, I found that the way I studied in China is not very useful in the U.S. I tried to be brave and started asking questions in class. Later my grades really went up. The teachers here were super friendly which surprised me.

They were just like my fellow classmates who were trying to help me. Additionally, the students here were also very outgoing. They were happy to help me.

I didn’t expect to have so many classmates as my friends. Two years later, I got an A in the same literature class with the same teacher who taught me two years before. At the time I was graduating, I remember she said to me, “You came a long way.” As I think about it now, I miss the high school years I have enjoyed.

I think cultural differences are very important and so I enjoy studying in the U.S. Since I didn’t know much about American culture, it has become very interesting to me. Although American culture is rushed, I think it’s a culture without hiding.

People say hello to someone they don’t know in America while the people just walk past each other in China. Teachers in China are more dignified; teachers in the U.S are more like a friend. I can’t say which one is completely better, but I personally like the American way better. Looking in the eyes while talking and expressing feelings directly to others, this is what I like in American culture.

Chinese culture is comparatively more shy. People usually don’t look directly into someone’s eyes, and we usually express our feelings indirectly. For example, if my mom doesn’t want to buy a new laptop for me, I will do something else to let her notice my dissatisfaction rather than talking directly to her.

There are many Chinese students who could not get along with American students. I just want to say, please be confident in yourself and show your ability to whomever you want to be friends with; or sometimes just argue with them. It’s also a good way to get to know each other.

*Tianxing Jiang is a freshman from Shenzhen, China. He is undecided of his major.*



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## Students explore racial issues through theater and discussion

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"We're living in the Civil Rights movement right now," said junior Jordan Ostrum after the Ursinus College Theater Department's production of "Twilight: Los Angeles, 1992" last Thursday night.

In the Blackbox Theater, audiences that night and throughout the weekend were transported to Los Angeles in 1992, in the time of turmoil following the Los Angeles riots. The play, directed by professor Domenick Scudera, featured nine student actors who portrayed 36 real-life characters through a series of monologues based on interviews conducted after the riots.

For those who were familiar with the events surrounding the riots, the play provided a glimpse into the tension and conflict of the time. While the play itself focused on events in 1992, many of the themes it explored can be connected to today's society, as demonstrated by students in Dr. Sheryl Goodman's Gender, Ethnicity, and Communication class. Members of the class led discussions after the performances of the play in an effort to have an open conversation with the cast and the audience about how the play remains relevant.

According to Goodman, the class "focuses on gender, race and communication, with a specific emphasis on fostering dialogue about race both in the classroom and outside."

These discussions align with playwright Anna Deavere Smith's vision for "Twilight: Los Angeles, 1992." According to Smith's introduction to the play, "'Twilight' has been created specifically to encourage dialogue across lines of power and race."

This perfectly sets up Goodman's class discussions. "We've been talking about gender and race all semester," Goodman said. "When Professor Scudera told me that his spring production would be 'Twilight', I asked him if my class could do something to support it, because of its relevance to the work we are doing in my class," Goodman said.

She also said, "The goal was for my students to spend time considering how to ask questions and raise concerns related to the issues highlighted in the performance and our society today, and to try to engage members of the audience in thoughtful and productive discussions that would promote understanding and possibly change."

Following Thursday's opening-night performance, the actors sat down with Goodman's class and audience members to discuss their journey in creating the characters seen in the play.

In the play, actors at times embody characters whose genders and ethnicities do not align with their own. This proved a challenge for the actors, and also led to conversations about how gender and race are constructed.

"There's a fine line between nailing it or sounding racist," said sophomore Blake Thomson, who portrayed four separate characters throughout the two-act play. "It really takes a lot of practice."

Thomson described that while the cast rehearsed for several weeks, the show began to come together only in the last week, as the actors became more comfortable in their characters.

Because the characters in the play are based on real people, the actors were able to explore primary sources such as newsreels and audio tapes. They began their first rehearsal by watching footage of the riots and surrounding events.

As sophomore Brandon Carey described, this allowed the actors to "dive into it," and mimic the inflections and accents of the people they portrayed.

Sophomore Clara Kiss added that the actors were not mimicking exactly how their real-person counterparts spoke. "It's really supposed to come from yourself," she said.

"Anybody can walk in the shoes of someone else, and understand where that person's coming from," Thomson added.

The actors' monologues were all reactions to the same events, but as Carey described, different characters have different reactions to the events. "It's challenging to determine each character's

status," he said.

While looking at video clips, the actors were able to see how the events of 1992 parallel today's current events. One question that came to the actors' minds throughout the rehearsal process was, "Are riots worth it?"

The actors agreed that there is no concrete answer to this question, but exploring the experiences of real people during the Los Angeles riots led them to consider the impact of such actions. Actor Jada Grice concluded that, "You must be extremely educated before your protest... you must be strong within yourself," pointing to Martin Luther King, Jr. as an example.

Audience member Jordan Hodess weighed in on this question, and said that while it is a challenging subject, "You are able to get a fuller picture of it from the play, and understand the magnitude of pain the riots caused."

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"You must be extremely educated before your protest... you must be strong within yourself"

— Jada Grice  
Ursinus Freshmen

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Carey described that the discussion of this subject was integral to the cast's preparation for the play. "It anchored us to the weight of this project, and anchored us to the task ahead," he said.

The overall experience of the play allowed actors to become more skilled in their craft, while exploring weighty subjects and allowing the campus an opportunity for discussion.

"We were pushed to do something we wouldn't always feel comfortable doing," Kiss said.

By placing themselves in the experiences of real people during a tumultuous time, the actors learned more about their own experiences.

"We found feeling within ourselves that matched the characters," Thomson said. "All we have is the words that are written in the script, but we learned to distinguish that feeling and find it in ourselves."

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Mondays,  
6 p.m.

## Passion, pride, and protection

Student plans for a military career after graduation

Grant Nulty  
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At nine o'clock on a recent Wednesday night at Ursinus College, many students laid cozy in their dorms as a brutal storm whipped trees around and hail pounded the pavement. As I arrived at the swimming pool in the nearly empty Helfrich Hall, I took off my heavy rain gear and boots. Moments later, a stern-faced Ryan McGowan arrived; however, he wore only a cutoff tee-shirt with an American flag on it and a bathing suit.

Over the course of the next 90 minutes, McGowan put himself through an excruciating workout that required both mental and physical toughness. For the first 45 minutes of his workout, the entire pool area was completely silent as McGowan mentally focused on his breathing technique while treading water.

Upon completion of treading water, McGowan had me track as many laps as he could do in the final 45 minutes of his workout. The disappointed look on his face when I told him he completed 21 laps astonished me, but McGowan explained he must train harder in order to be ready for the NAVY Seals, post-graduation.

"I tell myself every day that the only easy day was yesterday. When I train, I focus on going so hard because it's what I have to do in order to pursue my dream," said McGowan, who is determined to serve the American people by joining an elite military force.

McGowan is a 20-year-old Ursinus sophomore. He represents a seemingly small number of college students who have dreams of pursuing the military after attaining a college degree. McGowan is an international relations major with a minor in Arabic studies. On the surface, it might seem that he wants to join military service because he may not want an average office job after graduation. But McGowan has a true passion for the United States and for helping others. Although McGowan acknowledges that he could have just pursued the military after high school, he still believes education is power.

"I'm trying to join such an elite military force, [and] you have to be not only physically capable but mentally capable. Legendary NAVY Seals like Mark Bissonette and Chris Kyle were college-educated," McGowan said.

He explained that international relations goes hand in hand with politics, something that could easily affect his military endeavors. Learning to speak Arabic will put him in a better position in terms of his military rank in the future.

McGowan's upbringing has influenced his patriotism. He explained, "My family raised me by telling me that if you are an American, you have the right to live by the values that our founding fathers instilled and fought for. Part of what drives me is the fact that no other country or ter-

See McGowan on pg. 5





# Making the classroom a place for performance

*Ursinus professor teaches a course about spoken word poetry*

**Valerie Osborne**  
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April is National Poetry Month, but a number of Ursinus students have had the opportunity to celebrate poetry during the spring semester through “Spoken Word,” a class focusing on poetry in which the poet creates a poem with the intention of performing it onstage.

The course is being taught by English professor Dr. M. Nzadi Keita.

“The kind of poetry we’re working with in the course is poetry that is very conscious of its performative quality and conscious of the sonic power of words in poetry in particular,” said Keita.

Keita, who has been teaching spoken word class at Ursinus since 2001, believes that creating and performing poetry plays an integral part in self-discovery.

“I think that undergrad is a really pivotal place in your life. There’s a lot of energy outside of class going into ‘Who am I?’ and ‘Who am I trying to become?’ Poems have a lot to do with that process,” said Keita.

The class, which meets every Monday and Wednesday, is writing intensive. Students must write poetry out of class to be discussed and critiqued in class. Students are also expected to perform their poetry and take part in campus readings.

However, as a 200-level course, it was not necessary for students to have performed or written poetry prior to the class.

For some, a lack of poetic experience was incentive for taking the class. Sophomore Antonio Goode said, “I took this course because prior to this I hadn’t actually written a lot of poetry at all. I’d only written two or three poems for school and I wanted to develop my connection to the English language... [and] to different creative outlets.”

But for many students, the allure of the class rested in their love of poetry and writing.

They said that spoken word class has allowed them to improve their writing skills while also pushing them to work outside of their comfort zones.

“I took this class because I love writing poetry. For the longest time I’ve loved writing it, but when it comes to reading it I’ve preferred someone else read my poems. I’m not really a fan of reading my own writing or reciting poetry, so I figured this was a good way to really put me out of my comfort zone,” said sophomore Ria Rathi.

For many of the students, performance is the hardest aspect of the class, forcing them to take what they’ve written on the page and interpret it orally for an audience.

Freshman Bailey Ehasz said, “I find it difficult to translate written poetry to spoken poetry. It’s a bit different because you can say things in your head in a way but it’s not always easy to portray what you’re thinking to actually speaking it.”

“It’s you up there, and you’re speaking from your heart some truth you’ve gathered within

yourself and putting that all out and speaking using your own voice, own body as the vessel. It’s terrifying,” said freshman Angela Bey.

Performing has not only allowed the students to better connect to their poetry, but it has also allowed them to form deeper connections with each other.

Senior La’Shante Cox said, “This class is not only an intensive writing class, but you also have so much fun and you become like a family in a way.”

“I find that when I sit down to write, the way I approach it has sort of evolved into where I’m participating in a community event...being in the class and consuming more poetry and seeing the process of other people, you feel like you’re more part of a poetic movement,” said freshman Ray Macedonia.

Expressing ideas and being a part of this poetry community has allowed these students to undergo the process of answering the “Who am I?” question.

“Something that I really love about this class is, you’re hearing other people’s works. I think that it’s a look at their mind and it really helps me to understand my own self better,” said sophomore Kevin Choice.

But most of all the class has served as a way for students to further their love for poetry and desire to express themselves.

Freshman Jada Grice said, “This class has made me realize that I just want to write until my fingers are numb and my toes curl.”

Photo courtesy of Jada Grice

Jada Grice performs her spoken word poem during Dr. Keita’s class. She said the course helped her realize how much she loves to write.

**McGowan** continued from pg. 4

rorist organization should be able to take that away from us.”

Growing up in Milford, Pennsylvania, certainly shaped his views. It was here, in the densely wooded and mountainous area, that McGowan found his love for America and saw his military dreams begin to emerge. McGowan learned to shoot guns with his best friend, Jesse Feiss, at a young age and he continues to practice regularly.

“Ryan and I shot semi-automatic rifles over spring break. We usually shoot behind my house, and I always let Ryan come over whenever, because I know he’s passionate about training,” Feiss explained.


Other than shooting guns, McGowan’s love for his country came from listening to his grand-

father’s Vietnam War stories. He explained that his grandfather was his biggest role model because they share the same views, and that his grandfather raised him to love the United States

McGowan’s said his desire to help others motivates him to join an elite military force. This passion influences his political beliefs and post-military plans. Regarding his post military plans, McGowan wants to continue to help and protect people by joining Homeland Security or something more relaxing such as a park ranger.

“Joining the military is a way of telling myself and the country that I will fight and die for the values instilled in this country and that I’m willing to give up my life for it,” McGowan said. “If you don’t live by your words, then what do you live by?”

## Happening on Campus

Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Disability Awareness Week’s Invisible Disabilities Panel and Discussion Musser Auditorium 7 p.m.	Pause for Paws Olin Plaza 12 p.m.	80th Annual Intercollegiate Students Chemists Convention Pfahler Hall 8 a.m. - 3:30 p.m.	Main Street House Tours Leaves from Wismer Center 7 p.m.		Author Daniel James Brown Bomberger Auditorium 1:30 p.m.	Using Debt For Good Not Evil President’s Dining Room 12 p.m.

# Minority religions deserve accommodation

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In light of the recent celebration of Easter and upcoming holiday of Passover, I was curious how exactly Ursinus celebrates the different religious holidays for its students. Because Ursinus historically has a Christian background, I wondered if Ursinus pays equal attention to all religious holidays during the school year. A quick search of Ursinus's website shows only three student religious organizations. These are InterVarsity Christian Fellowship, the Newman Society (a Catholic group), and Hillel (a Jewish student group). The apparent lack of representation begins here. There is also a student group on campus called Ursinus College Muslim Student Association, but it doesn't have a handy link on the website.

Ursinus makes sure to celebrate those holidays where Christian students may have to stay on campus. Winter break itself conveniently always includes December 25 (Christmas), and occasionally Chanukah, but almost never other religious holidays. Additionally, there is an annual

service for Ash Wednesday, a holiday leading up to Easter in which Catholics receive the sign of the cross in ashes as a symbol of commitment to God. As a Catholic student, I was both surprised and appreciative of this service on campus, despite having a church so close by. While there are such things called "holy days of obligation," during which the Church suggests that its members take a day of rest to attend Mass, those days are observed only by very devout Catholics, and professors are often understanding of religious obligation.

Another religion practiced by many students on campus is Judaism. To gain some perspective, I spoke with Rachel Glick, president of Ursinus's Hillel group. Among the holidays typically celebrated during an academic year are Passover, Chanukah, Purim, and Yom Kippur. All of these are considered Jewish high holidays, and very important for religious Jews. As president of Hillel, Glick is the one who speaks with Ron Wood, the dining services general manager, and together they organize what Glick called "Passover friendly options" for those who choose

to fast and participate in the dietary restrictions of some Jewish holidays. I asked Glick if the school organized any celebrations or chapel services for the high holidays, as it does for Christian holidays. Her response was that though Ursinus is very accommodating of the students' faith, Hillel is the main organizer of Jewish events on campus. Hillel holds Seder meals for Passover, parties on other holidays, and events for breaking fasts for those holidays with dietary restrictions. Hillel also often provides the locations of local temples as well as transportation to them.

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Allowances should be made for those who take part in a belief system that traditionally requires a specific mode of celebration.

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In order to gain a perspective on Hindu holidays, I asked Ria Rathi, an RA on campus, the same questions posed to Glick about her faith and how UC helps to celebrate it. According to Rathi, the Hindu holidays that typically fall during an academic year are Diwali (the Hindu festival of Lights

and Hindu New Year) and Holi (the Hindu festival of colors). Rathi, though not a member of a religious group, is still an active participant in her faith, and stated that due in part to the low number of Hindu practicing students on campus, her religion "is one of the least celebrated or acknowledged religions on campus." She also mentions the lack of cultural education that can lead to a sense of ignorance among the student body. Though Ursinus held a celebration last year for Holi, the event actually fell about a month after the worldwide celebration of the holiday.

Overall, it would seem that Ursinus, like many places in America, seems to focus on Christianity when planning holidays and vacation times. Though other religions have specific holidays in which a day of rest or certain foods are required, there are very few options available. This is something I realize I will most likely not face as a Christian. As far as I'm concerned, most denominations of Christianity have the privilege of having their holidays observed and having vacations scheduled around major holidays: winter break for Christ-

mas, and spring break on or near Easter Sunday. Even the holiday dinner was billed as a Christmas dinner until last year.

When I spoke with Glick, she admitted, "I'm a minority, and I'm realistic about that... [but] if you hang up a Christmas tree, put up a menorah, too." Being a minority does not mean that you should be ignored by your place of school or work; your holiday should be acknowledged and allowances should be made for those who take part in a belief system that traditionally requires a specific mode of celebration.

Ursinus's faults with religious acknowledgments are part of a larger problem in the United States and the country's inability to accept difference and allow for flexibility in regards to that difference. Rathi suggested possibly holding a multicultural day on campus to grow familiarity with different cultures and to raise awareness for the need of a celebration of cultures. This is something that we as a community at Ursinus, and as citizens, can work to change.

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# Choose two: sleep, study, or socialize

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If you've been through at least one semester of college, it's happened to you: The day is just not long enough to finish all of the assignments that suddenly appeared in your planner for the week. You're looking down the face of, at best, a really late night and, at worst, consecutive all-nighters that will ruin the rest of your week. Especially at this time of the year, with the end of the semester (and finals) approaching, it can be tempting to forego sleep and at least try to get ahead of all of the assignments that pile up at the end of the semester. That's what coffee was made for, right? It's normal for a college student to stay up at all hours, toiling away with the books. It's all a part of the experience! I'm here to tell you something: That's wrong.

Lately, I've noticed that it seems to be trendy to burn yourself out as a student. In our student culture, it seems you're not working "hard enough" if you're not overloading on credits, a member of various organizations, and staying up until at least 2 a.m. trying to keep up on assignments.

The reasoning behind this seems to be that you need to get everything done in order to get a good grade on assignments, then a good GPA, which will lead to a good internship, then to a good job, and presumably to a good life. With how much an education costs (College Board states the average four-year private school tuition is around \$32,405), it's a given that you want to get as much out of it as you can. Yet you can do all of that without suffering through sleepless nights and stress-filled days.

There's no award for the person who stayed in the library the

latest, or drank the most coffee to stay awake through classes. College is not worth sacrificing your health, both mental and physical.

College is not meant to be a hurdle to drag yourself over on the path of life, it's not meant to be torturous, and it's not meant to make you feel sick with anxiety all the time. College is a time to learn, explore, and grow as a person, all while working toward a diploma. Sure, there are times when it's necessary to push yourself, but every week doesn't need to be hell.

What's even worse is that by pushing yourself to the point of exhaustion, you end up in a terrible cycle. Sleep deprivation is a serious medical risk. The National Health Service states sleep deprivation causes drowsiness, anxiety, and memory loss, as well as more serious effects like increased risk of depression, weight gain, and compromised immu-

nity. After experiencing those symptoms, it's more likely that you will not be doing your best work. From there, stress breeds more sleeplessness and unhealthy habits, generating a cycle. Risk of mental or physical sickness is augmented by these factors. Ultimately, it's just not worth it.

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There's no award for the person who stayed in the library the latest, drank the most coffee to stay awake through classes. College is not worth sacrificing your health, both mental and physical.

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So, what can you do to combat all the stress and assignments at the end of the semester?

First things first: get organized. Whether that means using a planner, calendar in your room, or your phone (or all three), be

sure to organize and outline all the work you have to do for each week. Having it all out in front of you will help you see what needs to get done before it's way too late.

Next, be sure to schedule time to yourself when you can do activities you enjoy. Whether it's grabbing food with your friends, watching Netflix, or dancing around your room, whatever it is you do, just take time to relax.

Third, be sure to take care of yourself. Don't make the freshman year rookie mistake of working yourself down to the bone, with stinging eyes from staring at a computer, unwashed hair, and a messy room from papers being all over.

Fourth, take the time for the basic necessities even on your busiest day.

And finally, keep in mind the end of the semester is near. Good luck, everyone!



Tennis continued from pg. 8

ber two singles for the team. So far, Bevard boasts an impressive 12-2 record with the most singles wins on the team.

At number-four singles is sophomore Ariel Danzinger, who had a stellar career leading her team at Pascack Hills High School in northern New Jersey. She has compiled a 7-5 record and just came off a huge victory over Johns Hopkins' number-four singles player.

At number-five singles for the Bears is Palazzolo. Palazzolo came to Ursinus after having an impressive doubles career at Abington High School. So far, Palazzolo, along with fellow senior captain Seabra, have compiled the best doubles record on the team at 13-2.

At number-six singles is Seabra. Hailing from York, PA, she has had an excellent start for the Bears. She has compiled a 7-2 record thus far, adding to her impressive doubles performances. Also filling in at number-six singles in various matches is junior Robin Alsher. Alsher finished her high school career playing number-one singles at East Pennsboro High School. At number-six singles she is undefeated at 2-0 with victories over King's College and Lebanon Valley.

Smith suggests that a lot of the team's success has come from the strength of the team's bottom of the lineup. "When the girls in the back of the lineup can produce in that fashion, it gives us a lot of different paths to victory in any given match," said Smith. More importantly, Smith has coached an extremely aggressive, forward-thinking brand of doubles that the women have taken to very well. The doubles teams have been very productive this season for the women.

While the women have transitioned well to Smith as the new

head coach, there has also been an addition of two other coaches for the women. Kristy Birdy joined the coaching staff this year as the official assistant coach. She brings a lot of tennis experience, highlighted by her role as tournament director for a professional tour event in Puerto Rico. In addition to Birdy, recent graduate Audrey Whitebloom has come on as a volunteer assistant coach for the women, adding some significant insights.

As a whole, the future looks bright for the Ursinus women's tennis team. Smith believes that the team will continue to contend for a playoff spot in the conference; however, there are some aspects of the team that Smith believes are more important. "My hope is to first and foremost give the girls an experience with

*"When the girls in the back of the lineup can produce in that fashion, it gives us a lot of different paths to victory in any given match."*

— Pete Smith  
Head tennis coach

the women's tennis program that they will remember for the rest of their lives," Smith said. "The friendships, the road trips, going on spring break are all amazing experiences. I want them to enjoy all that and know that I am here for them at every turn."

On the court, Smith believes that the revamped women's tennis program can have a lot of winning seasons and contend for the Centennial Conference playoffs on a yearly basis.

Golf continued from pg. 8

have two more regular season matches before the conference championship in order to improve their strokes, and hope to seal another victory. If the women continue to play their brand of golf, Ursinus should be able to become one of the top teams at the conclusion of this season.

The men's golf team is also enjoying a fruitful season. The men have finished all their competitions this season in at least 18th place. Most recently the last two matches resulted in a pair of fourth-place finishes for the Bears. Ursinus returned five golfers, including senior captain Matt Holmes. Holmes did not compete in the fall because he was abroad. Ursinus also has brought in two first-year players who are making an impact on the greens.

Holmes believes that having such a young presence is a good thing for the Bears. "As an underclassman it is easier to play since they're not as tied up in other

responsibilities," Holmes said. "Freshmen have a lot of time to dedicate to playing. They develop good habits and then translate it to other years."

Beginning in the fall, the men showed great poise and determination. They began the season with a sixth-place finish but then dominated their next match at a two-day tournament to place third at their home course of Patriots Glen. "We have such a strong bond," said junior Anthony Barbine. "We're such a close-knit group, and because of that we were able to bounce back and improve our game."

Due to weather, the two-day tournament was the final tournament played in the fall season. Fast-forward to the spring; at this point in the year the men were in full swing and were itching to get back on the course. Their first match of the season yielded unfavorable results. A long day at Patriots Glen resulted in a tenth-place finish, but the resilient Bears did not give up hope.

They rallied three days later to take home a fourth-place finish at St. David's Golf Club. Things seemed to be looking up for the Bears. Their momentum was carrying them to bring out all their athletic potential.

The next tournament was also successful with a fourth-place finish.

In their most recent tournament, the Bears finished fifth in a field of 13 at the Rosemont Spring Invitational. They posted a 317 for their best score of the season and lowest total since last year's spring invitational.

Looking forward to conference play, the Bears have a good chance to compete with the best in the conference and be successful. According to Holmes, the men are peaking at the right time and that should translate to success at conferences.

The Centennial Conference championships are next up for the Bears at Bridges Golf Club from April 22-24.



Photo courtesy of David Morgan/Stylish Images  
BreAnna Bashaw '16, above, teamed with Ariel Danzinger '18 at second doubles to help Ursinus beat John Hopkins 8-5 last Saturday. It was the Bears' first victory over Johns Hopkins since 2008.

## Scores as of Monday, April 11

M Lacrosse (9-1)	W Lacrosse (6-5)	Baseball (15-10)	Softball (8-14)	M(8-4)&W(8-4) Tennis	M&W Golf
<b>April 6 @ Eastern UC:</b> 12, Eastern: 7  Goals (UC): Gerard Brown, Lou Harrison (3), Sam Isola, Matt Cioeta, Steve Mussoline, Patrick O'Donoghue, Ian Desenberg (2), Peter DeSimone (2)	<b>April 9 vs. Bryn Mawr</b> UC: 15, Bryn Mawr: 2  Goals (UC): Franny Liberatoscioli, Emily DiGiorgio, Jess Hill, Courtney Cortese (2), Kaci McNeave (4), Lindsey Grabell, Brynn Dietzel, Taylor DeBernardi, Amy Kohout, Abby Goldstein (2)	<b>April 8 @ Muhlenberg</b> UC: 13, Muhlenberg: 11 Alex Campbell: 2-for-5, 2 R, 2 RBI, 1 BB	<b>April 10 @ Gettysburg</b> Game 1: UC: 0, Gettysburg: 3 Kayla Quinn: 1-for-2, 1 BB  Game 2: UC: 0, Gettysburg: 8 Rachel Hyman: 1-for-2	<b>April 9 vs. Johns Hopkins</b>  <b>Men:</b> UC: 4, Johns Hopkins: 5  <b>Women:</b> UC: 4, Johns Hopkins: 5	<b>M: April 10 @ Rosemont Spring Invitational, Honeybrook GC</b> Fifth place out of 13 teams.  <b>W: April 8 vs. Alvernia, Foxchase GC</b> UC: 371, Alvernia: 402



# Racket up

*Women's tennis reaches highest regional ranking in school history*

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Last spring the Ursinus women's tennis team qualified for the Centennial Conference playoffs for the first time in team history. This spring the Bears' strong play continues as the women have earned the highest regional ranking in team history at number 12, and it just recently knocked off Haverford College for the first time since 1983. With so much success thus far and the potential for more, the women's tennis program at Ursinus has become a force to be reckoned with in the Centennial Conference.

Since 2006, the Ursinus women's team has finished above .500 in only one season, 2014. Not only was that season unique due to an impressive 14-7 record, but it was also the first season for head coach Pete Smith. Smith, who has also been the head coach of the men's team for nine years, decided to take over the women's team after the former coach stepped down. This was not a case where Smith simply transitioned into the head coach position for the women; he was very close with the women and decided that it was the right decision.

"I already had developed a good relationship with the women's team, as we shared practice courts, played dual matches, and went on spring break together," Smith said. "The AD then ap-

proached me about the possibility of coaching the women, and the more I thought about it, the more sense it made. I like a challenge, and the women's team had some potential but had not been able to put it together in recent years. I thought it was a great opportunity for everyone involved, so I decided to make the move."

The women's team is led by captains BreAnna Bashaw and Stephanie-Jane Seabra, who are seniors, and Christine Palazzolo, a junior. While the captains are upperclassmen, half of the women's starting lineup is sophomores, including the team's number-one singles player, Ashley Nguyen. Nguyen came as a standout from West Chester East High School. In her first season at Ursinus she qualified to play number-one singles for the squad.

At number-two singles is Bashaw, who came to Ursinus after having a successful tennis career at Northfield-Mount Hermon School in Mount Hermon, MA. In her freshman year at Ursinus, Bashaw was a two-sport athlete, spending a season with the women's basketball team. Ever since, Bashaw has had a successful career for the Bears, racking up an 11-3 record so far this season.

At number-three singles is sophomore Aileen Bevard, who came to Ursinus from Ursuline Academy, where she played num-

See Tennis on pg. 7



Photo courtesy of Ursinus College Athletic Communications

The Ursinus women's golf team won its second tournament title in school history at the Muhlenberg Invitational on April 4.

## Women's golf makes history as men look to regain stroke

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The 2015-16 season has been nothing but spectacular for the Ursinus women's golf team. This fall the team won their first tournament in school history and propelled themselves into conference contention.

The women return four solid competitors this season, along with a trio of talented freshmen. Senior captain Rebecca Honor is confident this season will be etched into Ursinus history.

Beginning their season in the fall, the women got off to a slow start, reaching fifth and sixth in their first two tournaments, respectively. Honor attributes that to a learning curve. "At the beginning it was a little rough," Honor

said. "It took a little for everyone to adjust." This did not stop the Bears in the least.

Once the first-year players began hitting their stride, the women were full steam ahead, and nothing could stop them. The third and fourth tournaments of the year yielded favorable results. The women took a pair of second-place finishes, with freshman Rebecca Chiger placing within the top ten in both tournaments.

If one were to glance at the box score, neither tournament's scores were very impressive, but collectively as a group the women were successful. According to Honor this is the key to the women's success this season.

With history within reach, Honor and the rest of the crew finally broke the barrier. On Octo-

ber 14, 2015, the women took the greens of LedgeRock Golf Club and played their best golf games of their careers. The women posted scores of 93, 97, 99, 99, and 104 to clinch the victory. This victory marked a change within the Ursinus golf program for future generations to come.

Since the record-breaking victory, the women have not finished lower than fourth in any tournament. Keeping a winning tradition alive, the women claimed another victory at the Muhlenberg Invitational on April 4. The women shaved off nine strokes from their first victory, going from a score of 388 to 379.

Looking forward, the women

See Golf on pg. 7

### Upcoming Games

Thursday	Friday	Saturday	Sat. Cont.	Sunday	Monday	Tuesday
<b>M Tennis</b> @ Washington College, 4 p.m.	<b>Baseball</b> vs. Franklin & Marshall, 3:30 p.m.	<b>M&amp;W Track and Field</b> @ Bison Outdoor Classic, Bucknell University	<b>W Lacrosse</b> vs. Gettysburg, 1 p.m.	<b>M&amp;W Track and Field</b> @ Bison Outdoor Classic, Bucknell University		<b>Softball</b> @ Haverford, 3 p.m. and 5 p.m.
		<b>Baseball</b> @ Dickinson, 12:30 p.m. and 3:30 p.m.	<b>M&amp;W Tennis</b> @ Gettysburg, 1 p.m.	<b>W Golf</b> @ Gettysburg		<b>Baseball</b> vs. Haverford, 3:30 p.m.
		<b>Softball</b> vs. McDaniel, 1 p.m. and 3 p.m.	<b>M Lacrosse</b> @ Gettysburg, 5 p.m.	<b>M Tennis</b> vs. Wilkes, 1 p.m.		<b>M Tennis</b> @ TCNJ, 4 p.m.

