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The Grizzly, February 26, 2015

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Rachel Brown, Brian Thomas, William DiCiurcio, Jordan Scharaga, Maddie Mathay, Maxwell Bicking, Caitlin Tillson, Blaise Laramée, Phoebe French, Becky Honor, Hunter Gellman, and Jonathan Vander Lugt
Alumni invited to classes

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On April 23 through 25, Ursinus will host alumni for its annual Alumni Weekend event. The weekend begins with COSA and culminates on Saturday night with class reunion dinners.

A major component of the weekend involves alumni interacting with contemporary Ursinus activities such as COSA and sitting in on classes. According to Elizabeth Burns, assistant director of alumni relations, alumni are very interested in seeing how classrooms and class structures have changed at Ursinus.

"They might still be talking about microbiology or macroeconomics, but they haven't had a class like that since the 1950s or 1960s, so it's interesting to see how things have changed," said Burns. For instance, classes have become less lecture-based and more focused on discussion.

Hugh Clark, professor of history and East Asian studies, will be hosting alumni in his class History 342: East Asian Religions.

"I welcome returning alumni to my class because it presents an opportunity for them to reengage with that part of the Ursinus family who are still here, to reengage with the learning and maturing that helped make them the successful members of society, and to remind them of the joys of experiment and learning," said Clark in an email.

In addition to joining the classroom with current students, alumni will also get to have a taste of CIE. Various professors have volunteered this year to host a group of alumni for a CIE discussion based around one of the texts read by first-year students.

"They get their little bit of homework and then they come to class and discuss, just like you guys do," said Burns.

In addition to sitting in on classes, the weekend has a full schedule of activities for the alumni to partake in. They will have access to campus tours to see how the campus has changed, since, according to Burns, some alumni haven't had the chance to see the campus since they graduated. They also will have to chance to take a sustainability tour to see the organic farm and the other sustainability efforts around campus.

On Friday, there will be an induction ceremony for new members of the Red, Old Gold and Swim. For instance, classes have become less lecture-based and more focused on discussion.

"We're Just Saying Ursinus" discusses diversity on campus

Brian Thomas
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A group called "We're Just Saying Ursinus" has been distributing pamphlets around campus entitled "The Final Report."

The pamphlets include an email address for questions to the organizers of the group, can be found around campus and were distributed to audience members at the Diversity Monologues on Feb. 19 and 20.

The pamphlets are verbatim reproductions of the 2012 Ursinus College Presidential Committee on Race & Equality's final report that was submitted to President Bobby Fong on Jan. 27, 2012.

The committee convened in Aug. 2011 and conducted a four-month examination of Ursinus' objectives in the area of race and equality. The report charged that the Ursinus community was lacking in understanding of racial issues, genuine dialogue regarding race and attention to race and racial equality across the curriculum.

The report recommended a number of substantial changes to account for these issues. Among these were the expansion of The Crigler Institute, an additional CIE question regarding privilege, and a required CIE 300 class that addressed race and racial equality in depth. These recommendations have not been put into place.

In addition to disseminating the pamphlets, the group said that "they intend to open a dialogue with the students, faculty, and administration that emulates the 'call and response' structure of African musical styles. We disseminate consciousness-raising information as a 'call' and move forward based on the response from the Ursinus community."

Aside from beginning a campus-wide dialogue regarding race
Composting initiative in Lower fails to take hold

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Ursinus implemented the pilot program for composting in the spring and fall of 2014, with the hopes of reducing the waste that was sent to the incinerators, but it has struggled to catch on and has since been abandoned.

Four large bins were installed in Lower Wismer, which allowed for students to sort their waste into trash, recyclables, or compost. The pilot program was an extension to the Upper Wismer composting program that has been in place since 2010.

In a letter sent to the Grizzly staff, Brandon Hoover, sustainability program coordinator, wrote about the reasons for the program’s dismissal. “We had contamination rates between 30-40%. This means that between 30-40% of the materials that were put in the compost bin were either recycling or trash,” Hoover wrote in the letter.

This rate is too high for composting to be successful and was a major factor in the cessation of the program.

Hoover stated that the failure of the program was not fully Ursinus’ fault.

A major component of the composting program was the facility in which it was handled. Ursinus sent its compost to a facility in Wilmington, DE, called Peninsula Compost, according to Hoover.

The facility itself was facing issues, which stemmed from complaints about the pungent odor and the resemblance of a landfill. These problems arose from the high level of contamination in the compost, which consisted of plastic wrappers, bottles and other trash items.

Hoover wrote that Peninsula Compost was cited by the state of Delaware and was forced to close its operations in October 2014. The closing of the facility happened shortly after composting in Lower Wismer began.

After Peninsula Compost closed its doors, no other facilities were willing to accept compost with high levels of contamination like the compost from Lower Wismer.

This cancellation of composting only applies to Lower Wismer. Composting in Upper Wismer is going to continue for Spring 2015 because of its low contamination, and can be considered a success.

“We compost about 1200 pounds weekly in upper Wismer alone,” Hoover wrote in his letter. He urged students to continue placing used paper products and leftovers on the conveyor belt, where it will be sorted and go on its way to becoming soil.

In the final portion of Hoover’s letter, he stated that the signage on the Lower Wismer waste bins will be changed. The new labels will read “Trash” and “Recycling” and will also have descriptions of what should go in each bin.
THE GRIZZLY | THURSDAY, FEB. 26, 2015

Math department struggles

Jordan Scharaga
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Five professors left the Mathematics and Computer Science Department at the end of last year, and four of those five had tenure—all of which left large responsibilities to fill.

As a result, Dr. April Kontostathis has become the chair of the department in addition to being the head of the search committee.

According to Kontostathis, this untimely exodus was completely coincidental due to the retirement of Dr. Jeff Neilen along with four other professors leaving due to family obligations. In response to the loss, Kontostathis said: “I was pretty surprising and uncomfortable for us.”

Despite this huge challenge, the Math Department is making great progress as they begin to rebuild. Kontostathis explained that the summer months were spent trying to find professors to staff classes and compiling three search committees.

She expanded by saying that each of the search committees consist of six people and look to fill three tenure track positions.

Four are members of the Mathematics Department, one is a CIE coordinator, and another is a member of the Campus Priorities and Planning Committee (CPPC).

“Our primary criteria is fit. We want someone that wants to be here and who will fit in with our community,” said Kontostathis.

In addition, they want to see people who are not only great teachers, but people who actively participate in research or plan to once at Ursinus. As of now, the department has conducted their interviews for all three positions. They have already hired one professor, a statistician with years of experience. “He is going to be a really great addition to the department,” said Kontostathis. The department is awaiting responses from two mathematicians for the other two tenure track spots.

Even though they have made a lot of progress for the future of the Mathematics Department, they still struggled this year.

In order to properly staff their class, they hired numerous adjunct and associate professors.

“Whenever you bring in a lot of new people, you need to have an extra coordination effort. We have to work with people so they understand our students and the way we would like our course taught here,” said Kontostathis.

This transition has also impacted the students—especially the seniors. Riley Acton, a senior business and economics and math major, provided some insight on her experience this year.

Like many others, she feels sad that the department had lost so many great teachers. She also reiterates that bad timing was the only factor in the loss of the five faculty members.

Acton lost both her advisor, Dr. Mohammed Yahdi, and also her research advisor, Dr. Kari Hart. “It has complicated things a bit this year. However, Dr. Nicholas Scoville took over as my advisor and he has been great. He has been really good at making sure I am on track for graduation,” said Acton.

The loss of advisors was not the only adjustment for students in the department. Due to changes in faculty there were adjustments made to the courses that were offered to students this year as well.

Even though the search committees consist of members of the faculty and administration, the students have participated too.

“Every time they bring in a candidate to do a teaching demonstration they always invite students in the Math Department to that,” Acton said. “We give feedback to the hiring committee on the strengths, weaknesses, and whether they would be a good fit. After the presentation, the faculty leaves and allows the students to talk with them and get a sense if they would fit well at Ursinus.”

According to Acton, communication between the department and the math students has been essential for this year.

After the major setback to the department, Kontostathis remained optimistic and confident especially for next year. “It is going to be an exciting time. It is going to be a very young department,” said Kontostathis.

“There will be a lot of people who will be really active in research—people who are enthusiastic about having their first teaching position at Ursinus.”

The Mathematics and Computer Science Department is working to replace the lost faculty members.

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International Perspective

Stereotypes in U.S colleges

Fuka Tazawa

A lot of my friends in Japan ask me about college life in America. They especially ask about friendship, partying and dating. Understandably, their ideas about college life in America are mostly influenced by American television shows or programs that they see in Japan. They assume that the media exaggerates how it is and ask me if all of these images that they have seen on television happen in real college life or not.

From what I have observed during my first semester at UC, I would have to say that they do.

I grew up watching various American TV shows because I was always interested to see the cultural differences and the programs seemed to depict life on a much bigger scale. There are always intense dramas going on; people are partying like I have never seen before, there’s always complicated romance, and relationships are created more informally than in Japan. Almost all of the American TV programs can be seen in Japan. Among them are 90210, Gossip Girl, Pretty Little Liars, Vampire Diaries, NCIS, ER, and One Tree Hill.

Since I had not been exposed to the American culture, I thought perhaps the producers exaggerated the dramas, fights, and party scenes. My friends in Japan think the same way as well. They think that there are no crazy parties that include underage drinking, fights, and friendships in real life.

My friends have many questions. “Are people kissing on campus?” “Do students hold crazy parties on weekends?” “Do boys flirt with girls randomly?” “Is there drama over guys between close friends?” “Are students enthusiastic in the classroom?”

From what I have observed during my first semester at UC, I would have to say that they do. I heard from a lot of friends who go here that this is quite common among college classrooms in America.

All of the ideas that young Japanese people have about American college life are eye opening. I will emerger.

Author Bio

Fuka is a senior exchange student from Sendai, Japan and is majoring in sociology. Her favorite TV show is Tree Hill. “The rest of your life is shaped right now with the dreams you chase, the choices you make and the person you decide to be.”

WWW.URSINUSGRIZZLY.COM
Satirical blog gains campus popularity

Madeline Mathay
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Paws for a Moment is the Ursinus College satirical news website, that is "not endorsed or in any way sponsored by Ursinus College at the moment," according to junior editor-in-chief, Josh Hoffman.

This satirical news website takes a very ironic, humorous spin on events that happen in Ursinus’ community.

Paws for a Moment first started on Sept. 5 and is still running today. "I had a lot of jokes in my mind, about many things that have happened in our community. Or I just have jokes in my mind in general. I grew a fondness for the art of satire and decided I wanted to do this for fun," said Hoffman.

Articles on this blog contain the names of student and staff who may or may not be aware that they are being written about. Articles range from a twist on the cat-calling that has been happening on Main Street, "I wrote it because there was a lot of cat-calling and people were really outraged on it. I wanted to put a funny twist on it," Laramée said.

Articles are published irregularly, according to Hoffman. Hoffman said that his friends tell him when they have seen his latest article published online. He has also seen friends repost links to the articles on Facebook. It has not always been positive feedback for Paws For a Moment though. Because student and faculty names are used without them being aware of it, Hoffman was told to take down a specific name. Hoffman did not disclose which name he had to take down because "it defeats the purpose" of keeping that name out of the article.

Word on the Street

What is your favorite place to eat off campus and why?

- "Jasmine Asian House] because the sushi and the service are equally awesome." - Emily Cooper, 2015

- "[Appalachian Brewing Company!] Amazing burgers and great atmosphere." - Kimberly Nolan, 2016

- "Zoe's Kitchen because the food is so fresh and healthy not to mention delicious! The place is also decorated with happy paint colors." - Ina Hysko, 2015

- "The [Collegeville] Diner! I'm there all the time." - Abigail Wood, 2017
New officer joins Safety

Caitlin Tillson
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Campus Safety's new officer, Paul Harris, is one of two officers to recently join the team. Hailing from England, Harris has the English charm—as well as the typical British humor.

Fellow officer Chris Wilcox seconded this notion when he described Harris. "Great demeanor, great guy. He's a good Ursinus fit. Paul brings a lot of unique qualities. I love the sense of humor—typical British sense of humor; he's like one of Mrs. Brown's boys," said Wilcox.

Harris certainly does bring unique qualities to the campus, namely a passion and skill for dancing. He has competed all over the world in Modern Jive and West Coast Swing styles, as well as teaching the Modern Jive for the Ceroc dance company.

When asked how he got into dancing, he explained that a couple was teaching a partners class—which usually are low on their supply of men—so Harris decided to join in and the rest is history.

Teaching dance resulted in travelling 70,000 miles a year all over the world. Harris said common places he taught include Germany, Poland, and Sweden—as well as a stint in Australia.

When questioned on why he decided to settle down in America, Harris explained that he met his wife during one of twenty-three visits to America for dancing and she was one of the people in attendance. After dating her long distance, he proposed and she was one of the people in attendance. After dating her long distance, he proposed and she was one of the people in attendance. After dating her long distance, he proposed and she was one of the people in attendance. After dating her long distance, he proposed and she was one of the people in attendance. After dating her long distance, he proposed and she was one of the people in attendance. After dating her long distance, he proposed and she was one of the people in attendance. After dating her long distance, he proposed and she was one of the people in attendance.

Teaching and competing in dance is far from Harris' only unique skill. He is also trained in a martial art called aikido, which he described as mostly self-defense by using your opponents force against them.

Harris studied sports therapy in college, and worked as a supervisor at a fitness club. He was a personal trainer for three years, but decided he should start thinking in terms of a long-term career. He decided on law enforcement, and spent ten years as a police officer in England.

When asked why he made the move from being a policeman to a campus safety officer on a tiny campus, Harris explained, "Campus Safety is more like being a police officer in England...in England, you have pepper spray and a baton, but you don't have a gun...I think I'm too delicate to be a police officer in America."

Despite his extensive interests in fun physical activities, Harris enjoys loafering just as much. He loves to watch television, and shared a few shows he particularly likes, such as "Game of Thrones" and "The Vampire Diaries." He also watched "How to Get Away with Murder"—which he started before he ever knew that it was filmed at Ursinus.

Harris takes television pretty seriously, and actually was on a game show in England called "Telly Addicts" when he was 12. He entered the competition with friends, and ended up winning a Walkman and a television for himself.

Being quite the Renaissance man, it is interesting that Harris chose to settle down in such a small town. "I've ticked that box. I've had that part," he said about being an officer. Being a campus safety officer is not always fun and games, so Harris was prompted to share any crazy stories from his first three weeks. He said, "I just have met loads of nice people."

Shocking that his experience has been so quiet, until he explained that he has yet to work a weekend night shift.

The Ursinus community can relate to Paws for a Moment because there are articles about Wismer or the Biology 101 class identifying trees in the trail forest behind New Hall. Laramee reminds us that satirical news is funny but of course, should not be taken seriously. Paws for a Moment can be described as “Ursinus, alternative, underground, news," Hoffmann said. For those interested in reading articles or even possibly writing for Paws for a Moment, email johoffman@ursinus.edu.

The URL for the site is www.ursinussatire.blogspot.com.

Bear Prints

An Ursinus comic series by Blaise Laramee

Winter at Ursinus

www.ursinusgrizzly.com
From what I’ve seen so far, there are two main sides to the controversy surrounding “Fifty Shades of Grey.” One side argues that it’s about a controlling relationship that promotes violence against women and gives the world the wrong perception of BDSM. Conversely, others say that it’s just a movie and the female lead knew what she was consenting to; people will be as influenced by this film to beat or rape women as they would be to murder their families after watching “The Shining.”

Let’s unravel these arguments. I’ll start with the last aforementioned point concerning people’s abilities to be influenced by media. In a Huffington Post article by Cassie Fuller, she quotes a man with a similar response: “Don’t they understand that we know it’s just a movie? It’s not like when we saw World War Z everybody started boarding up their houses.” This point is well taken. There wasn’t a rise like when we saw World War Z by Cassie Fuller, she quotes a man with a similar response: “Don’t they understand that we know it’s just a movie? It’s not like when we saw World War Z everybody started boarding up their houses.” This point is well taken. There wasn’t a rise like when we saw World War Z everyone started boarding up their houses. This viewer’s point is well taken. There wasn’t a rise like when we saw World War Z everyone started boarding up their houses.

In a Huffington Post article by Jessica Weisberg, she states that the owner of a New York sex shop called ‘Babeland’ reported a 20% increase in sales of BDSM gear since the book’s debut. In a CNBC article titled “Kinky! The saucy business sparked by ‘50 Shades,’” published on Valentine’s Day 2015, Ann Summers (one of the UK’s most popular sex shops) reported an 80% increase in sales of riding crops and the sales of floggers doubled. Clearly, people are being influenced.

So we know there is impact. Is it negative or positive?

I’m going to say that there are both.

I’ll start with the positive impact. In the above mentioned Huffington Post article, Fuller says “Fifty Shades of Grey has done more for our acceptance in the mainstream than any other single factor,” which is true. BDSM was considered freaky, but this movie has brought it out of the shadows of private fantasy and into everyday discussion. I think it has had this impact not only for the BDSM community, but for the public in general. Sex is something we all do, and yet it is still somewhat of a taboo subject. “Fifty Shades of Grey” is helping to normalize open talk about sex.

On the negative side, “Fifty Shades of Grey” is supposed to be a romantic, erotic novel with BDSM roots, but author E.L. James got some things wrong. BDSM is an overlapping acronym: B&D for bondage and discipline, D&S for domination and submission, and S&M for sadism and masochism. This community places substantial emphasis on ‘SSC’ or ‘Safe, Sane and Consensual’ and ‘RACK’ or ‘Risk Aware Consensual Kink.’ According to submissionguide.com, these “place the emphasis more on informed consent, and acknowledge that all activities are potentially risky.” These ideas are the cornerstone of BDSM and basically mean that the parties must be 100% aware of and informed on what they are consenting to.

In Fifty Shades, James attempts to give the illusion of full knowledge and consent. Anastasia receives a contract outlining the activities that Christian Grey wants her to do and asks what she will consent to. They then have a meeting where they act as if it’s a “business contract” and negotiate. Conversely, the book emphasizes Anastasia’s innocence. She is 21-year-old virgin and has to look up many terms and toys in the contract, including BDSM itself. In the film, Ana asks Christian what a ‘butt plug’ is and he laughs at her. The last scene of the film truly shows the lack of awareness and consent on the part of Anastasia. They talk about him punishing her (which he will do when she breaks his rules) and Anastasia asks him to show her what the worst will be like. He then proceeds to strip her down and strike her with a belt six times. She starts crying and when he’s finished, tells him to stay away and not to touch her, says she can’t do this, and leaves.

However, comparing Fifty Shades to these films is not appropriate. Murder is an extreme behavior and legitimate fear of a zombie apocalypse is absurd. But Sex? Sex is a universal behavior. Mimicking sexual acts seen in a movie is much more plausible than killing your entire family after watching someone do that on the big screen. In fact, the acts depicted in Fifty Shades are being mimicked at a record pace. In a May 2012 New York Times article by Jessica Weisberg, she states that the owner of a New York sex shop called ‘Babeland’ reported a 20% increase in sales of BDSM gear since the book’s debut. In a CNBC article titled “Kinky! The saucy business sparked by ‘50 Shades,’” published on Valentine’s Day 2015, Ann Summers (one of the UK’s most popular sex shops) reported an 80% increase in sales of riding crops and the sales of floggers doubled. Clearly, people are being influenced.

There are plenty of other issues with the movie, including Christian Grey’s stalker-like actions (showing up across the country at Anastasia’s mother’s house unannounced) and his attempt to control her life. He’s mad when Ana drinks too much, when she doesn’t tell him what’s she’s doing, when she rolls her eyes, etc. In the book, Ana’s first person narrative shows that she is honestly afraid Christian will find out what she is doing and “punish” her. I’d call that controlling and mentally abusive, not romantic.

Generally, my main concern is safety. As I have pointed out, people will and are replicating this movie. With “Fifty Shades of Grey” as someone’s only framework for practicing what they’ve perceived as BDSM, and if the relationship in this story is misconceived as a healthy one, someone may use this as a means of dominating and abusing their partner, not as a means of healthy sexual exploration and adventure that is mutually satisfying. The even scarier part is that when and if this happens, people may not even think it’s bad because it was portrayed to millions of people as “sexy.”

Yak Yak can be reported, voted down, and removed in cases where the post personally attacks people. However, I have still seen my fair share of nasty Yoga that personally attack people. Most of the time these negative posts get removed but I still wonder about how many people saw it and then developed a negative feeling towards someone based off this anonymous post. Or even worse if the person it was about saw it.

Many colleges have called for a ban of the app on their campuses. The app is already blocked from being used around elementary schools and some high schools. Should Ursinus look into banning the app? It seems like the obvious choice is to ban Yak Yak, as it does little to alleviate conflict on campus and encourages hostility.
Wrestling prepares for regional meet

Following second-place finish at conference tilt, Bears look to grapple the next step

Richard Jasinski (right) is seen here in his win over Johns Hopkins’ Christian Salera at the tri meet at Gettysburg on Feb. 7. Jasinski wrestled in the 157 weight class.

Hans Seri (left) wrestling Gettysburg’s Pat Thomas on Feb. 7. Seri won by a 14-5 decision in the 165 class.

Photo courtesy of Cindy Manganaro

The Bears recently competed in the Centennial Conference championships on Feb. 14, at McDaniel College. Coach Bill Racich stated that a lot of good things happened at the conference championships, despite only finishing second. Seven of the 10 competitors reached the finals and two wrestlers, sophomore Derek Arnold and junior Christian Hoogeheem, came away with titles.

Racich said most people don’t know that the team lost “Six starters during the season. That’s 60 percent of [the team], [there are] 10 weight classes. [But] the staff and the student athletes just formulated another plan and figured it out.”

In past years, there has only been a week between the conference championships and the regional championship, but this year there is a two week differential. This could be problematic for some of the competitors. Junior Gnoleba “Hans” Seri, who placed third at the Centennial Conference championships, said there are positives and negatives to this change. Personally, he would rather keep going without the week in between, but also notes that it’s good for everyone, so their bodies can recuperate.

Looking past the regional championship, the NCAA Division III championships in Hershey, Pennsylvania will be up next for the Bears. This is the first time in the last few years that the championship is on the east coast.

Wrestlers and coaches alike are very excited for the opportunity to compete. Only the top three placers at the regional championships are eligible to participate at the national level.

Coming into the regional championship, Ursinus has two All-Americans in senior Captain Richard Jasinski and senior Chris Donaldson. They also have a national qualifier in sophomore Matan Peleg. Peleg is recently coming off an injury and is expected to be a high seed at the regional tournament, according to Racich.

Jasinski is confident that there will be “out of the 10 starters, at least 5 or 6 will be seeded top 5 in the region,” with a few guys ranked in the top 10 in the country. Racich does not yet have a solidified lineup, but he feels the team will leave the meet with many national qualifiers.

Leading the charge is sophomore captain Derek Arnold. On the year, Arnold has one loss, from the beginning of the season nearly four months ago. Arnold, who won the Wilkes Open on Dec. 29, defeated four Division I wrestlers on the way to his title run. He is a favorite going into the regional tournament.

There is much preparation that goes into a tournament of this caliber, but the wrestlers are confident their preparation will help them succeed. Jasinski, for one, likes the way the team is preparing for the tournament. He says the team gets into a routine with eating, sleeping, and practicing at the same time. This gets the team prepared for the big tournaments, so going in they feel good and confident.

“We went at it like a normal week leading up to a tournament,” Arnold said “We actually had something on the schedule that ended up falling through at the last minute. So we were prepared to wrestle this weekend. We are actually still weighing in on Saturday... to simulate weighing in and then working out. We are not changing anything.”

Photo courtesy of Cindy Manganaro

Last Week’s Results as of Monday, Feb. 23:

<table>
<thead>
<tr>
<th>W Swimming (11-0)</th>
<th>M Swimming</th>
<th>Gymnastics</th>
<th>M Basketball (10-15)</th>
<th>W Basketball (8-17)</th>
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<tr>
<td>Conference Championships Feb. 20-22 @ Gettysburg</td>
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<td>Gymnastics</td>
<td>M Basketball (10-15)</td>
<td>W Basketball (8-17)</td>
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<tr>
<td>The Bears won the meet, with a total of 667.5 points.</td>
<td>The Bears finished fourth, with a total of 451.5 points.</td>
<td>UC: 58, Muhlenberg: 67</td>
<td>UC: 58, Muhlenberg: 67</td>
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<td>Corinne Capodanno, Katie Piehlmeier, Olivia Tierney are hopefuls to qualify for nationals as individuals.</td>
<td>Chris Hoops and William Beem have a chance to compete at nationals with their times.</td>
<td>Remi Janisic: 17reb Matt Knowles: 14pts</td>
<td>Alyssa Polimeni: 14pts, 5reb, 2stl</td>
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<tr>
<td>Sydney Gunderson, Amanda Lacock, Miceara Lyons, and Capodanno are part of the 800 relay team that has a chance to qualify for nationals.</td>
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For the second straight year, the Centennial Conference women’s swimming championship came down to the final event of the taxing three-day meet.

And for the second straight year, the Ursinus Bears have come out on top. UC took first in both the A and B finals for the 400 relay, propelling the team to their second consecutive Centennial Conference crown.

“TilE GRIZZLY Gunderson said. They never had any experiences like this, and being pumped like that, ready to kill it, it was awesome.”

Both the men’s and women’s team (the men finished fourth in the conference) spent the weekend in what could be best described as a swimming retreat, where they spent little time doing much other than swimming, recovering, sleeping, and eating for three straight days. Each day featured two sessions: one at 9:00 a.m. that serves as a qualifier, and later at 6:00 p.m. where the top swimmers from the earlier session compete.

The Bears left each of the first two days of the meet with an overall lead in points, but found themselves down by almost 50 points in third place late on the third day before storming back on the strength of the team’s strongest events.

“We cautioned the girls about is to not get caught up in the score,” Feinberg said. “People doubting fuels my fire,” she said. “All the doubt from the other people in the conference made it that much better to win.”

Nobody expects it,” junior Corinne Capodanno added. “When we do it, it gives a message of ‘don’t doubt us. We’re coming for you.’”

The next hopeful stop for the swimming Bears is the NCAA Division III national tournament. They won’t be competing as a team, but a total of eight swimmers (5 individuals and 4 as a relay team, listed in the results in page 7) passed the time threshold to be considered for selection.

Head coach Mark Feinberg has to submit entry forms for each event, and the NCAA selects participants based on their own formulas. Should any of the swimmers qualify, they will be the first that Ursinus has sent in quite some time.

“One of the benefits of having a big, talented team—as well as having the men and women together—is that it makes it easier to have a lot of energy in practice.”

“When I write practices, we count on that,” Feinberg said. “That’s what we’ll have to battle. It won’t be work ethic, because they all have great work ethic, but we’ll just have to try to create energy the best we can.”

NCAA Division III nationals take place the third week of March at three different locations across the country.

**Upcoming Schedule:**

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<th>Friday</th>
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<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>Wrestling: NCAA East Regional meet @ Ferrum College</td>
<td>M&amp;W Track: Centennial Championships @ Haverford</td>
<td>Wrestling: NCAA East Regional meet @ Ferrum College</td>
<td>Baseball: vs Albright, 3:00 p.m.</td>
<td>W Lax: vs Rowan, 4:00 p.m.</td>
<td>M Lax: vs Widener, 4:00 p.m.</td>
</tr>
<tr>
<td>Gymnastics: PINK Invite at Philly Convention center, 7:00 p.m</td>
<td>W Lax: vs Albright, 1:00 p.m.</td>
<td>M Lax: vs Mary Washington, 2:00 p.m.</td>
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</table>

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