Authors
Simra Mariam, Morgan Grabowski, Amy Litofsky, Ava Compagnoni, Layla Halterman, and Rosalia Murphy

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Safety Concerns Affect Students’ Mental Health

As many in the Ursinus community know, there have been several disturbing incidents on or near campus lately. Unwanted interactions with men have caused stress to the female student body. Some women on campus have become worried about doing simple tasks that they may have been comfortable doing alone prior to any of this happening. Walking across campus day or night, going to the C-store, and even just sitting in the residence halls are all things that now are done with “buddies.” What has this constant paranoia for female students done to their mental health, and additionally, what is the school doing to make sure that these encounters come to an end?

The last incident reported was just around two weeks ago when a man unfamiliar to students tried to enter through the back of one of the Main Street houses. Events like this have led many female students to feel unsafe and caused them mental stress. Reilly Morgan, a junior and current resident in the house, talks about how since the incident, she has felt unsafe on campus. “I always felt super comfortable on campus but after everything that went on this year so far I feel like there are a lot more safety measures that should be in place.”

She also adds how this has affected her mental health. “Yes I think it adds a lot of stress and anxiety. Even just walking places alone during the day I get anxious,” states Morgan. Morgan is not the only one who feels this way. Kamilyah Nazih, another junior and resident in the house, talks about how she never felt stressed, mentally, until now: “It never did before the incident with the attempted

Ava Compagnoni
accompagnoni@ursinus.edu

The Ursinus Women’s Soccer Team is coming off of last year’s difficult season and continues to face challenges during their “fall season.” This is most difficult for the ten senior players especially, who have worked hard to make it to their senior year. It is a challenge on and off the field for the team, as it is for most other teams in the current climate, but the young women of this team are working exceptionally hard to make sure their team remains steady.

After three years of amazing soccer at Ursinus, defensive player Zoe Tesone talks about how she as a senior, as well as the other senior female players, are dealing with this unusual season. “I think this season showed me it is important to just enjoy playing the sport you love as much as possible while it may be difficult to do, continue forward with a positive attitude and worry about what is controllable in their individualized risk to students.”

While continuing their investigation, Campus Safety is implementing procedures to add extra security and around the clock presence. They have increased the number of both Campus Safety officers as well as Collegeville PD officers patrolling Main Street throughout the night. On top of extra security, Director of Campus Safety Gabrielle Wright is working with Ursinus students to try to stop incidents from happening in the first place. She says, “I believe that every incident should be treated as a learning opportunity, and that we should constantly evaluate how we perform to see what we can do better in the future.” Wright says that the safety of the Ursinus community is of the utmost importance and is working hard to maintain our security and come up with new ways to ensure that no similar incidents happen in the future. There are also steps that resident students can take to help defend the dorm. Wright provided an extensive list of what students can do to ensure their own safety as well as the safety of others. The list includes locking all doors and windows when not in use or a full house; students should report any broken locks to facilities or their Dorms in order to have them fixed; students should not hold doors open to residence halls open to anybody who they are not sure they will be able to trust; students should report any suspicious activity seen on campus as quickly as possible to Campus Safety. Wright also urges students to download the Mobile safety feature.

Thinking of You!

Trash Increases on Campus due to COVID-19

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Trash increases on campus due to COVID-19. As many in the Ursinus community know, there have been several disturbing incidents on or near campus lately. Unwanted interactions with men have caused stress to the female student body. Some women on campus have become worried about doing simple tasks that they may have been comfortable doing alone prior to any of this happening. Walking across campus day or night, going to the C-store, and even just sitting in the residence halls are all things that now are done with “buddies.” What has this constant paranoia for female students done to their mental health, and additionally, what is the school doing to make sure that these encounters come to an end?

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At a time when it feels like everything is cancelled, integrate for Good invites people to celebrate that kindness isn’t cancelled with Kindness Fest 2020. The two-day virtual event, November 13 and 14, salutes community heroes and invites people to spread kindness throughout their neighborhoods in recognition of World Kindness Day. It also supports Integrate for Good’s efforts to champion inclusion, reduce loneliness and social isolation, and build inclusive communities that open up opportunities to people of all abilities, including those with intellectual and developmental disabilities.

Integrate for Good is an innovative nonprofit organization committed to empowering children and adults with diverse abilities to share their talent through inclusive volunteerism, community leadership and meaningful employment. Since 2017, Integrate for Good has worked to strengthen local communities in Montgomery County, PA. B. Van Weiberg, Founder and Executive Director of Integrate for Good, will kick off the event at 7 p.m. shining a spotlight on the organization’s new virtual approach to reducing loneliness and social isolation through volunteerism, friendship, and community connection.

Several Ursinus students have been working with Integrate for Good through this semester, myself, Ava Compaogni ’21, along with Melha Verghese ’22 and Katrina Follmer 22. Melha Verghese is working alongside Weiberg as co-leader for this event, making sure all members of the team are meeting deadlines before the event. The UC Live Internship Program paired students with Integrate or Good and it could not have been a better match. Among all the students we have had a great experience with Bev and the Integrate for Good team. Jake Olson, cofounder of En- gage and the first completely blind Division 1 college football player, will headline the first night of Kindness Fest, November 13, by sharing his transformational story.

Jake Olson is an inspirational speaker, author of two books on overcoming adversity, and president and cofounder of the web-based platform Engage. A rare form of retinal cancer caused him to lose his sight at 12, but he persis- tered to achieve his goal of attending the University of Southern California and becoming a long snapper for the USC Trojans. He made history as the first completely blind player to compete in a Division 1 college football game. Jake has been featured on ESPN, ABC, CBN, CNN and Fox Sports, as well as the New York Times and the Wall Street Journal. “None of us could have predicted what 2020 would bring,” says Weiberg. “But, not everything is cancelled. Kindness isn’t cancelled.”

There is hope, and everyone can be a part of bringing hope to others. The Integrate for Good team embraces the words of poet and civil rights activist Maya Angelou: “You can’t go through life with a catcher’s mitt on both hands. You need to be able to throw something back.” The team helps remove that extra glove, empowering people to get in the game as pitchers as well as catchers—receiving services, but also sharing their talents and abilities as valued members of the community.”

Following guest speaker Jake Olson, Weiberg will announce this year’s Community Hero Award winner, an individual who exemplifies kindness and community engagement. A fun evening of virtual games and prizes will cap off the Friday night event. The celebration continues on Saturday, November 14 as the Integrate for Good team invites people to join them in spirit to spread kindness out in the community. Starting at 9:30 a.m., Kindness Fest par- ticipants will be out and about in their own neighborhoods placing kindness rocks, raking leaves for elderly neighbors, delivering surprise flowers to someone in need.

Safety’s response helped restore a sense of securi- ty for residents of the Main Street house. After the incident took place, students in the house asked for an officer to remain present for the rest of the night. It didn’t happen, however.

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Throughout their practices, the team has worked on improving their footwork, speed, and overall teamwork in a variety of areas. The team has put in a lot of hard work to prepare for this season.

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Women’s Soc. cont. from page 7

break-in. I just feel more on edge now and it can be stressful. 

Other female students also feel unsafe doing some of the simplest things. Current junior, Olivia Rachel, talks about how her safety on campus feels threatened. “I think that as female students, and women on campus especially, it feels less safe walking alone, and there aren’t precautions being taken to help alleviate our fears and protect us.” Other female students also feel unsafe doing some of the simplest things. Current junior, Olivia Rachel, talks about how her safety on campus feels threatened. “I think that as female students, and women on campus especially, it feels less safe walking alone, and there aren’t precautions being taken to help alleviate our fears and protect us.”

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Women’s Soc. cont. from Safetycont. from pg. 8

about how she balances all of the difficult challenges she has been thrown on her plate during this pandem- ic: “Between school, sports, and my par- ticipation as an Abele Scholar, I can definitely say that I have been very overwhelming and easy to stress over. However, I find it very helpful to make a to-do list at the beginning of each week; also, I think it is easy to get wrapped up in too much school work. I allot a certain number of hours to give myself time to relax and relieve stress, usually either by working out, taking a screen break or just casually hanging out with my friends,”

The UC Women’s Soccer Team has been awarded the United Soccer Coaches College Team Academic Award for the past academic year, announced recently by the organization for their scholarly achieve- ment. Keep up the good work, and hopefully we will see a spring season for the women’s soccer team. Go Bears!

The NCAA has approved that student-athletes can now wear patches on their uni- forms to honor causes they support, including social justice initiatives. Sophomore offensive player Kyra Handel talks to that by saying, “They are unarmed and have yet to really do anything to help or make us feel safe.”

With students now only feeling safe sleep- ing with things such as tasers and pepper spray in order to protect them- selves, the campus is under a lot of unwanted and avoidable stress. The female student body, as a whole, seems to have lost their sense of safety, and with only a month left on campus, we hope that the school does what it can to remedy the situation. Be safe, and always walk with a buddy. If you see any thing suspicious, call campus safety right away.

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Female students who felt on edge that night do not think campus safety took their feel- ings into consideration, “No I think they did not handle what happened correctly at all,” states Morgan. Nazih adds on...
How to Increase Campus Safety

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If Ursinus cannot afford the blue lights, perhaps enhancing the mobile app needs to become a priority. Perhaps allow students traveling across campus to set a safety timer: if the user does not arrive at the location within the designated timeline, the app will notify a campus safety team. An enhanced app could also provide first responders with critical location data during an emergency, giving the tool another advantage over blue light boxes. Perhaps if campus safety worked with a more advanced technology and security reinforcements, incidents such as the three recent disturbances would be less of an issue.
FEATURES

Ursinus College is labeled green!

Aviva Compagnoni
acompagnoni@ursinus.edu

Recently, “The Princeton Review’s” Guide to Green Colleges recognized and ranked 416 colleges by how environmentally responsible they are. Our very own Ursinus College was ranked among the 416 recognized schools! “Princeton” green college recognition is not competitively ranked but listed alphabetically.

“The Princeton Review” took into account whether students have a quality of life on campus that is both healthy and sustainable. Here at Ursinus, we ensure that the school prepares students for employment in an increasingly green economy, and how environmentally responsible the schools’ policies are. These rankings also emphasize the schools’ exceptional commitments to sustainability in areas ranging from academics and career prep to campus and initiatives. The findings confirm that our campus community works diligently to keep our beautiful campus eco-friendly and green for both faculty and students.

Kate Keppen ’05, an Ursinus environmental (ENV) studies alumna, went on to receive her master’s degree in environmental and energy policy at the University of Delaware in 2007, and is now the director of sustainability for Ursinus College. Keppen—and current students majoring and minoring in environmental studies—get involved in taking green action on campus by working tirelessly in the Food Forest (a research opportunity for ENV students plus stewardship to the campus, with each other, and with the campus community in whole. “Students who are involved with environmental studies, either as a major or minor, and Sustainability Fellows often undertake projects that have lasting effects on the campus,” Keppen said. “Students are able to research a particular issue, then take what they have learned in the classroom and apply it to a particular project.”

The Ursinus campus community has undergone many changes thanks to the Sustainability Fellows and environmental students. Although sometimes the recognition goes unnoticed, Ursinus is grateful for their diligent work. These fellows and students have worked endlessly on their prioritized list(s) on how to make the Ursinus campus an environmentally safe and sufficient place for the rest of the student body and community members. “It is actually difficult for me to think of an area of campus in which a student has not worked on,” Keppen said. “Students have worked on recycling, energy conservation, greenhouse gas emission inventories, green building design, sustainable food sourcing, stormwater pollution reduction, sustainable farming, composting, and more.”

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“The recognition that Ursinus receives as a green college is reflective of countless hours of work done by students, staff, faculty, and the administration,” Keppen stated. Keppen herself sees how involved students across all disciplines are becoming in sustainability efforts. The campus environmental efforts all stem back to the CIE question of “how should we live together?” While November is the month for fall colors, as a community it’s time to continue to keep our campus green!

Self-care: Check your emails only twice a day

Layla Halterman
lahalterman@ursinus.edu

As we shift our workplace to our home offices, many professionals are living in their inboxes. According to the Harvard Business Review (HBR), the average professional spends 28% of their weekday reading and writing emails. “For the average full-time worker in America, that amounts to a staggering 2.6 hours spent, and 120 messages received per day,” HBR states. In-person conversations have been largely replaced with email, leaving us with email overload. “The average full-time worker spends about 28% of their workday reading and deleting with periodic checkups to see if their work email sent to them is present,” HBR states. “Princeton” green colleges recognize that it makes it difficult for people to find a work-life balance and fully focus on the present moment.

In order to break these bad habits and preserve our energy, people first need to realize that they deserve a break, and that work is only done between certain hours. Setting aside time for email checks during the day and turning off notifications are beneficial altogether. “When turning off notifications, people do not feel the urge to respond. It also limits the chances of being distracted and unproductive during the workday,” HBR states. “This allows them to remain present by focusing on one project at a time.”

We should leave on notifications for important or mandatory emails. In addition, we should declutter our inboxes occasionally. However, in terms of self-care practices, we should take our time to respond and delete with periodic breaks in between. “So many times a day should one be checking their email? Unbelievably, experts say that checking it once a day is more than enough. Elizabeth Saunders, a productivity expert, clears her inbox out at the first one-two hours of her workday. After that, she does not check her email again, which allows herself to fully focus on the projects she has to get done. This information applies greatly to college students, as they often find themselves disorganized and crumbling under the weight of heavy workload and other activities. Limit your email usage and empty out your inboxes!

SPOTLIGHTING THE THREE BEST-DESIGNED MASKS EACH WEEK!

WANT TO BE FEATURED IN OUR “MASKS OF THE MOMENT” SECTION?
TAKE A PICTURE OF YOUR MASK AND PROVIDE BRAND/COMPANY NAME.
SEND YOUR PICTURE, NAME, AND YEAR TO JEBERRIOS@URSINUS.EDU
PICTURES ARE DUE EVERY WEDNESDAY!!!
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Keppen emphasized that all the pressure for environmental advocacy should not solely be placed on the ENV student community; it is a responsibility for the entire campus. Being a sustainable campus is a community effort, the recognition that Ursinus receives as a green college is reflective of countless hours of work done by students, staff, faculty, and the administration.” Keppen stated. Keppen herself sees how involved students across all disciplines are becoming in sustainability efforts. ‘The campus environmental efforts stem back to the CIE question of “how should we live together?” While November is the month for fall colors, as a community let’s continue to keep our campus green! Student Community:

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Kindness Isn’t Cancelled

Ava Componn giorno, class of 2022, and she is a psychology major.

At a time when it feels like everything is cancelled, it is important to remember that kindness isn’t cancelled. This year, the theme for kindness is “In the Heart of the Home.” Kindness isn’t just an outward act, but something that comes from within. It is the act of putting the needs of others before our own and always being present and kind.

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The Ursinus Women’s Soccer Team is coming off of last year’s difficult season and continues to face challenges during their “fall season.” This is most difficult for the ten senior players especially, who have worked hard to make it to their senior year. It is a challenge on and off the field for the women’s soccer team, as it is for most other teams in the current climate, but the young women of this team are working exceptionally hard to make sure their team remains steady.

After three years of amazing soccer at Ursinus, defensive player Zoe Tesone talks about how she as a senior, as well as the other nine senior players, are dealing with this unusual season. “I think this season showed me it is important to just enjoy playing the sport you love as much as possible while it may be difficult to do, continue forward with a positive attitude and worry about what is controllable in their individualized risk to students. While continuing their investigation, Campus Security is implementing procedures to add extra security in and around number of both Campus Safety offices as well as Collegeridge PD officers patrolling Main Street throughout the night. On top of etra security, Director of Campus Safety Gabriel Wright is convening with Ursinus students and staff in an attempt to develop more safety measures that will be implemented in the future. He says “I believe that every incident should be treated as a learning opportunity, and that we should constantly evaluate how we perform to see what we can do better in the future.” Wright says that the safety of the Ursinus community is of the utmost importance and is working hard to maintain our safety and come up with new ways to ensure that no similar incidents happen in the future.

There are also steps that resident students can take to help defend the dean. Wright provided an extensive list of what students can do to ensure their own safety as well as the safety of others. The list includes locking all doors and windows when out of room or sleeping, especially at night; students should report any broken locks to facilities; and these in case of harm, students should not hold doors open to residence halls open to anybody when they are not sure who is at that hall, most importantly students should report any suspicious activity seen on campus as quickly as possible to Campus Safety. Wright also urges students to download the MobileU app, which includes many important safety features including a virtual “blue light” that connects students with Campus Safety’s virtual walk home feature that gives you your location to Campus Safety until you reach your destination, and also a function that lets you keep in contact with Campus Safety. “This matters on campus, these incidents have students shaken, Freeman Lauren Kowarski says “It’s a bit scary, having how close together the incidents were. I make sure to lock my door whenever I’m out and always tell my friends where I’m going.” What we can do, Wright says, is work together to protect our dean. “We’re a tight-knit community — and particularly our students for remaining diligent and working together to keep our campus safe” Wright continues to keep anchor on campus safe by keeping an eye out for any suspicious activity and utilizing Campus Safety and the MobileU safety feature.

The Ursinus Women’s Soccer Team is coming off of last year’s difficult season and continues to face challenges during their “fall season.” This is most difficult for the ten senior players especially, who have worked hard to make it to their senior year. It is a challenge on and off the field for the women’s soccer team, as it is for most other teams in the current climate, but the young women of this team are working exceptionally hard to make sure their team remains steady.

After three years of amazing soccer at Ursinus, defensive player Zoe Tesone talks about how she as a senior, as well as the other nine senior players, are dealing with this unusual season. “I think this season showed me it is important to just enjoy playing the sport you love as much as possible while it may be difficult to do, continue forward with a positive attitude and worry about what is controllable in their individualized risk to students. While continuing their investigation, Campus Security is implementing procedures to add extra security in and around number of both Campus Safety offices as well as Collegeridge PD officers patrolling Main Street throughout the night. On top of etra security, Director of Campus Safety Gabriel Wright is convening with Ursinus students and staff in an attempt to develop more safety measures that will be implemented in the future. He says “I believe that every incident should be treated as a learning opportunity, and that we should constantly evaluate how we perform to see what we can do better in the future.” Wright says that the safety of the Ursinus community is of the utmost importance and is working hard to maintain our safety and come up with new ways to ensure that no similar incidents happen in the future.

There are also steps that resident students can take to help defend the dean. Wright provided an extensive list of what students can do to ensure their own safety as well as the safety of others. The list includes locking all doors and windows when out of room or sleeping, especially at night; students should report any broken locks to facilities; and these in case of harm, students should not hold doors open to residence halls open to anybody when they are not sure who is at that hall, most importantly students should report any suspicious activity seen on campus as quickly as possible to Campus Safety. Wright also urges students to download the MobileU app, which includes many important safety features including a virtual “blue light” that connects students with Campus Safety’s virtual walk home feature that gives you your location to Campus Safety until you reach your destination, and also a function that lets you keep in contact with Campus Safety. “This matters on campus, these incidents have students shaken, Freeman Lauren Kowarski says “It’s a bit scary, having how close together the incidents were. I make sure to lock my door whenever I’m out and always tell my friends where I’m going.” What we can do, Wright says, is work together to protect our dean. “We’re a tight-knit community — and particularly our students for remaining diligent and working together to keep our campus safe” Wright continues to keep anchor on campus safe by keeping an eye out for any suspicious activity and utilizing Campus Safety and the MobileU safety feature.

As they did their way back from the fall semester, Ursinus students were surprised to be greeted by a sea of people all across campus; large towers of Styrofoam. The piles of trash were stacked one on top of another at every trash can. It was certainly a sight to behold.

Ursinus has taken great strides in making campus safe for its students during the COVID-19 pandemic. Helpful protocols include weekly testing, established family units, a strict mask-wearing policy, Zoom classes, take-out dining, and zero tolerance for rule breaking. Unfortunately, not every change has had entirely positive results.

The salad to take-out dining has produced significantly more trash all over campus. “Within our house, Styrofoam containers have been a big source of trash buildings,” Mihaly Noszok, an Ursinus student who lives on Main Street, said. “During the first few weeks of school, we were all throwing our trash out and it was getting out of control with the influx – definitely builds up fast.” It builds up so fast that how much Styrofoam is being handed out. Walking into the Winter Dining Hall, you’ll immediately find Styrofoam containers and cups waiting for you. And in Liedtke Food Court, whether you’re buying food from Tom Hahsbein, the Grill, or Jassmans, you’ll be given at least one Styrofoam container, possibly more. This constant use of the product is worrying for numerous reasons. “First of all, it’s gross - the trash can is just overflowing with trash,” said Avi Greigel, a sophomore at Ursinus. “And second, it’s really bad for the environment. It’s just mountains of Styrofoam everywhere.” With over a thousand students on campus purchasing breakfast, lunch, and dinner daily, there’s a lot of Styrofoam that is not being used.

However, there is a plan in sight. “We have recently been able to report the need for paper to-go containers and are now offering them in Upper Winner’s” said Michelle Sizemore, the director of dining services. These replacements, he says, are biodegradable and compostable. “These items are very short supply and we are currently on back order for replacements.” As a step in the right direction, the Styrofoam towers still cast long shadows.

Thinking of You!

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