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The Grizzly, February 24, 2022

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the grizzly

IN THIS ISSUE:

The Voice of Ursinus.....3

Rocky Horror.....4

Check in with the Coaches.....8

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Meet the 2022 Commencement Speakers

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The Commencement and Baccalaureate speakers for the Class of 2022 have been announced. This year's Commencement Speaker will be muralist Katie Merz. The Baccalaureate speaker is former Philadelphia Eagles player Vai Sikaheima.

Students may recognize Merz's name from her work painting the smokestack next to the mail center, which she completed in 2020. Merz was officially chosen as a speaker in October, and will also receive the honorary Doctorate of Humane Letters. Dr. Meredith Goldsmith, a professor in the English Department

and Chief Strategy and Innovation Officer, explained the criteria for choosing speakers. "We look for someone who has a genuinely inspiring story," she said. What's unusual about Merz, she said, is that she already has a connection to the Ursinus campus. Speakers are nominated beginning after graduation through a Dean's Office email.

Merz's connection to Ursinus is evident from virtually any location on campus. Her artwork covers the smokestack and is titled "Live the Questions." An article for the Ursinus website by Ed Moorhouse described Merz's work as "a provocative narrative of life experiences—as told to Merz by Ursinus

students—that illustrate the impacts of the global pandemic, racial injustice, and other life-defining moments." Through her art, Merz's dedication to Ursinus and its students is clear. Goldsmith stated that part of the thought process in selecting Merz was that "she is genuinely passionate about Ursinus."

Vai Sikaheima will be speaking at the Baccalaureate Ceremony, and will receive the honorary Doctorate of Divinity. Sikaheima is known for his time as an Eagles running back and kickoff returner, as well as a broadcaster. He also serves as a General Authority Seventy of The Church of Jesus Christ of Latter-day Saints and gradu-

ated from Brigham Young University. The Baccalaureate Ceremony, taking place the day before graduation's Commencement Ceremony, is significant to the community for its representation and celebration of the many different faiths within the graduating class. Goldsmith pointed to Sikaheima's personal experiences as the main inspiration for his nomination. "Vai Sikaheima has an amazing personal journey, encompassing faith, media, and sport." Sikaheima was chosen as a speaker in February, and his connection to Philadelphia as well as his religious involvement are sure to make him a memorable Baccalaureate speaker.

The Class of 2022 is lucky to have such accomplished and engaging speakers to enrich their final days on campus. Goldsmith told The Grizzly her hopes for the two ceremonies. "I'm hoping that both speakers will allow students to get a meaningful message right before they graduate, and that Commencement and Baccalaureate will be genuinely memorable," she concluded. Vai Sikaheima will give his keynote address on Friday, May 13 at 4:00 p.m. Katie Merz's address will be on the lawn outside of the Philip and Muriel Berman Museum of Art on Saturday, May 14 at 10:00 a.m.



Image courtesy of Katie Merz



Image courtesy of Vai Sikaheima

Jobs, Internships and Networking, oh my!

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The Job, Internship and Networking Fair, which is hosted annually by Career and Post-Graduate Development, is approaching. “This year, the fair will take place virtually through Handshake,” said Sam Harvey, Assistant Director for Employer Relations. “With over forty employers scheduled to attend and more registering daily, the fair is a great opportunity for students to learn about different jobs and internships and to practice networking.” The fair is Wednesday, February 23rd from 11:00 AM to 2:00 PM.

All students are welcome to attend the fair to chat with employers and get

information about their job and internship opportunities. “Students of all majors and class years are encouraged to attend the fair,” Harvey stated. “It is a great opportunity no matter what stage students are at.”

Signing up for the Job, Internship and Networking Fair is simple and quick. Students should first head to Handshake to sign up for the fair and registration for the Job, Internship and Networking Fair can be found under the “Ursinus College Career Center” tab on the home page. Students can then schedule sessions with any employers of interest. Each employer has provided information about their jobs, internships, and volunteer opportunities, all of which can

be found on Handshake. Students also have the option to attend group sessions or individual sessions. “Once they register for the event, students can then pre-schedule 30-minute group sessions or 10-minute 1:1 sessions with employers.” Students should be sure to register for sessions well in advance to ensure that they are granted spots in the sessions they want to attend. “Sessions are first-come, first-serve, so we encourage students to sign up as soon as possible,” added Harvey.

Preparation for the Job, Internship, and Networking Fair is the key to successful conversations with employers. There are several ways that students can get ready for the fair. “Students

can prepare for the fair by updating their Handshake profile, researching the attending employers, brainstorming questions to ask organizations, and preparing talking points.” Career and Post-Graduate Development is ready to help students prepare to meet with employers and learn more about job and internship opportunities. “CPD is offering designated walk-in sessions (10-minute sessions, no appointment necessary) on February 16th and 21st from 9:00am-3:00pm and a Career Fair Preparation Workshop on February 16th from 12:00pm-1:00pm. Additionally, students can schedule an appointment with a career advisor to discuss career fair best practices, inter-

viewing and networking tips, resume reviews, and more.”

If students cannot make it to the walk-in sessions or workshop, Career and Post-Graduate Development also has resources on their webpage that can help with preparation for the fair. In addition, CPD is here to help if you need a quiet space to attend the virtual fair. “We have rooms reserved throughout campus during the time of the fair for students to use,” Harvey concluded. Be sure to get in touch with CPD if you would like any assistance when preparing for the Job, Internship and Networking Fair, and good luck, Bears!



Image courtesy of Ursinus College

Make a Grizzly Grin

Our monthly challenge:

Give one genuine compliment to another for the next 28 days. It has to be a stranger, too!

How is it going?

Email us:
grizzly@ursinus.edu to let us know!

February 2022



Image courtesy of Students Today, Alumni Tomorrow

The Voice of Ursinus

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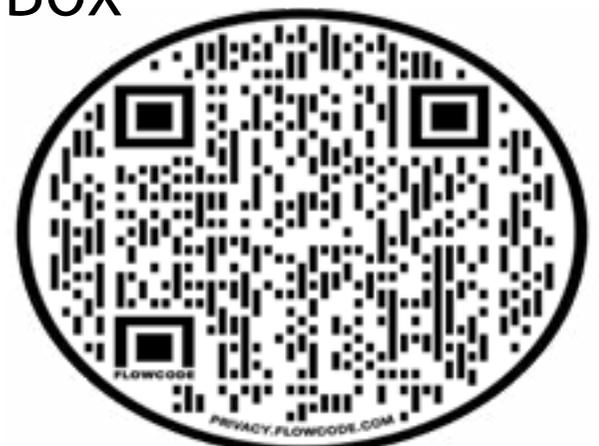
Welcome to the revival of WVOU's music journal! In the past, the club collaborated with the school newspaper to showcase highlights of the weekly broadcast.

After a brief pause caused by the pandemic, our students are working hard to bring the "Voice of Ursinus" back. We welcome our newcomers and hope to showcase their work in the studio through this column. With broadcasts starting back up, we hope to involve the student body through surveys and specials from our shows. WVOU also hopes to grant its listeners a way of providing feedback, as well as a way to reach out to those just recently hearing about the club.

Follow us on Instagram [@wvou.radio](https://www.instagram.com/wvou.radio) to keep up with the DJ show schedule, or click the link on the WVOU Ursinus homepage to start listening now!

Student Government Suggestion Box

Ursinus College Student Government wants to hear from you! Scan to fill out a Google survey to submit ideas or suggestions you want to see from Exec Board and Class Councils! Or if you have any problems you want us to address.



Shivering with Anticipation for Rocky Horror

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Are you ready to enter a Transylvanian castle after getting caught with a flat? Well how 'bout that! Breakaway Student Productions is putting on a shadowcast performance of The Rocky Horror Picture Show, meaning the cast will act and mime in front of the original movie playing in the background.

What is Rocky Horror about? "Absolute chaos," says Director Emily Crocker '24. In love with the show since childhood, she's brought her love to life this semester, premiering in Bombberger March 3rd. With everything from the stained glass windows and the carved wooden faces, she says the chapel has "Frankenstein's castle sort of vibes" and is "a perfect space for audience interaction."

As an early queer film, coming out in

1975, Rocky Horror has "outdated terms" in it which people aren't always comfortable with, so Crocker made sure to reach out to the queer community on campus and ask "how are we feeling about it?" The response was overwhelmingly positive and she was ecstatic to move forward. Jess Celli '22 (Columbia) said that Rocky Horror is really important because "it's bringing representation to campus. It's a place to be ourselves. It's queer representation like you've never seen it before."

When the cast was asked what their favorite parts of the show were, they could barely pick one. Ali Wolf '23 (Janet and Breakaway Vice President) says her favorite part is the song, "Timewarp," and Emily Bradigan '23 (Magenta and Breakaway Secretary) agreed, saying that it "represents the chaos" of the show. Liam

Worcheck's '22 (Riff Raff) favorite song is "Double Feature Science Fiction." Celli's was the song "Sweet Transvestite" as "it's such an iconic number and it gives us such a good opportunity to really be our characters." Olivia Cross '24 (Costume Designer) said her favorite part was the "moment where you step back and see the [vision come] into reality."

When the cast told us why they joined the show, Elliot Cetinski '24 (Dr. Frank-N-Furter and Breakaway Treasurer) answered "cause I'm gay," a fundamental theme in the show. Leigh Willis '22 (Eddy/Ensemble) said, "it's a different style of show than we've ever done here... It's fun to express myself through theater in a different way than what we normally do." Assistant Director Evan Chartock '25 says his favorite part is "watching it come to life like the start of rehearsals and see the hesitancy of everyone and over the course of a few hours seeing my peers incorporate everything." Austin Brzezicki '23 (Brad) told us "it's always had a sweet spot for me" after growing up with it, another common



Courtesy of Julia Paiano

theme among the cast members. Wolf said "it's been such a stressful year" and being in this show, "dancing around with your friends doing the craziness that's Rocky Horror" is the perfect end of her day.

For a few seniors, Rocky is the end of their college acting career. For Crocker, this is her first show she has ever directed, but she says "it's been so fun to see the things other people envision with this show and weave it all together" and that from the beginning, she has been in love with this production, even "jumping" up and down in her seat "the entire time" during auditions last semester. Willis says "I'm happy to be in a show with all my friends... that's a big thing, being able to experience that last show surrounded by the people I'm close with" while Worcheck, quite simply, is "just here for

the ride." Celli tells us "it's a good legacy to leave. I'm happy that it got started while I'm here," and they hope it becomes an annual tradition. Gabriella Marrero '22 (ensemble) said that even though this is her first show, she's "obsessed" with the show. Another ensemble member, Brooke Yanaga '22, said she is "really excited to be a part of it" after being the treasurer of Breakaway two years ago but never getting to be in a show herself.

The Rocky Horror Picture Show premieres for the one night show March 3rd and tickets are already all but sold out. If you want to hear more about Breakaway and their productions, follow @uc_bsp on Instagram. Good luck to the cast and crew, and, for everyone else snatch up some remaining tickets if you can!



Courtesy of Julia Paiano

Who's Who in WVOU?

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What do an improv comedy show and a music variety program have in common? You can listen to them both live, on-air, hosted by Ursinus students on the campus radio station!

It's no secret that WVOU, the Voice of Ursinus, is back in full-swing. Recently, *The Grizzly* printed an article on the station's resurgence, but this week, we're spotlighting some of the DJs who make WVOU possible. Emily MacKinnon '23, Matt Nieves-Hoblin '23, and Tyler Ways '24 sat down to discuss their shows and what listeners can expect to hear from them in the future.

MacKinnon hosts a music program on WVOU. Describing her show's content, she said, "it's lots of R&B, Indie, and alternative stuff, but it definitely depends on my mood. I don't do much talking, except at the beginning to introduce which playlist I chose, so I can really give the vibe for the show." For MacKinnon, that vibe is the key to keeping listen-

ers coming back for her next broadcast.

Listening to music on demand has never been easier with today's streaming services, but MacKinnon emphasized the unmet needs of some listeners. "Some people don't feel like picking out their own music when listening to stuff, so if you don't feel like doing that, come listen to me!" she added, with a tinge of hope.

Ways explores radio from a more comical perspective. Cataloging his program as a "fake history" show in the style of "improv comedy," Ways explained, "Each episode features me, as the host, coming up with either a real or fictional event. My co-host, Michael, calls out any inconsistencies, and even helps add to the fictional story that we build." This open-ended format and comical approach he takes to his show will guarantee to accomplish his goal, which he said is "to make something light-hearted that can hopefully get a laugh." Considering the whirlwind the past two years has brought us, a laugh seems

more than reasonable.

Taking full advantage of WVOU's uncensored platform, Ways titled his show *Bullshit*. He's well aware of the connotations of his title, but he's banking on its shock-value to attract listeners to his comedic takes on topical events.

Nieves-Hoblin hosts a show that combines music with relative commentary about the song's artistry. He detailed, "I'm a musician myself, so I really enjoy playing my favorite songs, and then talking about the musicianship, or just fun facts about the band. I really love digging into the history of the band and following what artists do and what upcoming projects they have." Nieves-Hoblin makes it plain that his show's interest in music extends far beyond simply listening to songs. He's interested in sharing the entire experience of music with his listeners.

Nieves-Hoblin spoke about what listeners can expect. "It's always been a dream of mine to put together something live in the studio.



Courtesy of Matt Nieves-Hoblin

I watch *Tiny Desk* concerts religiously, and I've always wanted to mic up someone and have a live, in-studio show." The "Tiny Desk Concert" is a live-radio format popularized by NPR, something Nieves-Hoblin hopes to bring to WVOU.

"It's always changing, and you can always expect something new and fresh to listen to," Nieves-Hoblin concluded as he stood up, getting ready to broadcast his Tuesday night show.

Whether you're looking for something comical, topical, or musical, WVOU has it all and everything in between. If you're interested in listening to any of the shows discussed above, click the link on WVOU's homepage to start listening live! You

can also find the DJ schedule in WVOU's Instagram bio @ **wvou.radio**. Happy listening!

Want to Write for the Grizzly?

Pitch meetings are Wednesdays at 7pm in Ritter 141.

Reach out to grizzly@ursinus.edu to get involved!

Correction:

The International Film Festival is open to the public and not just Melrose Fellows.

Bookstore: Fresh Out of Textbooks

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The new Ursinus bookstore is conveniently located in the recently constructed Schellhase Commons Building. Completed in 2020, the facility includes an admissions center, Starbucks, various collaborative study spaces, and of course, the college bookstore. Walking into the bookstore, however, you won't see many books. You'll see t-shirts and hoodies lining the walls.

Bookstore Manager Susan Phillips expressed how little control she or her staff have over this disheartening situation, stating, "The bookstore has very limited space for books. Until January of last year, the bookstore did not carry books at all. We were able to use a limited amount of space under our main window to bring in a selection of trade books." The books available at the bookstore are not ones Ursinus students are itching to get their paws on for classes this semester. They are books for recreational reading and children's books.

The reason the bookstore can't store and sell textbooks on campus instead, Phillips said, is that, "the bookstore would have to be nearly twice the size it is now to accommodate textbooks in the store. When we moved to the Commons, there was no longer enough space to accommodate textbooks in the store. We were fortunate to have been provided with a program where the textbooks can be housed off-site. We share in the frustration that this program has caused some students. It has not

been a perfect alternative. We continue to look for other alternatives to serve students better. However, bringing textbooks back to the bookstore like we did at the previously larger sites is not a viable option. Perhaps as textbooks become more and more digital, we will find an alternative that is closer to what students were accustomed to."

For now, this means the bookstore orders books for classes once students request them. Recently, students ordering books have had to wait due to shipping delays from third-party publishing companies. For example, students in upper level English courses, such as Dr. Matthew Kozusko's Shakespeare Remakes course, are used to high volumes of reading, but still don't have all of their materials more than a month into their semester. Professors must shift their schedules around with students lacking course materials, and students are confused about why their books aren't at the bookstore.

Kara McShane, Department Chair of the English Department, expressed her concern on the matter, saying, "ordering that far ahead isn't always practical as students make changes to their schedule during add/drop. I have students still lacking textbooks in a pretty fast-paced class. It's quite literally a barrier to their ability to be successful." Ava Compagnoni '23 expressed her frustration, stating, "I just don't understand why a bookstore doesn't sell the books we need for class. It is an

extreme inconvenience."

The process of selecting books that are in the bookstore does not fall on one person's shoulders. Phillips explains, "Barnes & Noble supplies us with a list of best sellers. The staff selects books from their areas of interest. [One staffer] has been particularly helpful adding to our books from diverse authors. The Manager (Susan) selects books from lesser-known authors and debut authors that she thinks the customers might find interesting. We also have campus authors represented, professors that have published as well as students. We recently added an Indigenous author's section. We also have a selection of LGBTQ+ authors."

It is good news that the bookstore is creating an environment of cultural representation, especially surrounding literature. But

as we create these necessary spaces on campus, we are faced with the threat of phasing out access to the educational resources that help students thrive in a competitive academic climate.

Nor is the promise of digital texts a cure-all. Preference between digital and physical copies is, of course, a matter of personal preference. But as students, so much of our lives are spent on our screens. Moving away from physical textbooks pushes some students away from interacting with their reading material. Dr. McShane drives home this point, stating, "most of us do engage more passively with digital books than physical ones. Annotation systems are still a little clunky, and for many of us, reading digitally puts us in the mind of scrolling, falling into hyperlinked rabbit

holes, and skimming for information. It can impact our ability to really read closely, especially in courses where the language being used is the point."

We hear you, Ursinus. The College's goal with the Commons was to connect the school to the community, but right now the bookstore has created a barrier for the student body. Of course, we welcome our neighbors to pop in to grab a coffee at Café 2020. But how can we live together when our academic needs aren't being met?



Courtesy of Jenni Berrios

Coaches cont. from pg. 8

talks about what it has been like returning to the courts after a year off. "I arrived here in very late September so it was a mad scramble to get ready for the season. We had nine players on our team (all of our first years and sophomores) who had never played college basketball. Some teams had a lot of players returning who were starters or leading scorers etc and so that made it very challenging for our young team." While it was difficult and a quick adjustment for Morgan to come right in and get started, she stated, "we were

all very grateful to be playing."

As their season is wrapping up, there are a few things that Morgan is looking forward to. Having such a young team coming into the season, she knew that there would be many challenges that lie ahead. "I knew from the beginning of the year that we were going to have to measure success in different ways with such a young team. We have had a lot of growth this year - a lot of young players got a chance to compete." Every small milestone was a huge lesson for both coaches and athletes and "I

think we did although we have a long, long way to go to get where I want to be," concluded Morgan.

While Women's Basketball is coming to an end, Women's Lacrosse has just started. Head Coach, Rachel Howard-Franklin is extremely excited to be back on Patterson Field with all players and coaches. "Returning to the field for the first full season since 2019, it is really exciting for the entire team to enjoy the memories we get to make together," stated Howard-Franklin. Additionally, this team has even more to look forward to with the

possibility of them getting to travel to Puerto Rico over Spring Break to train/play.

"We were all very grateful to be playing."

—Bobbi Morgan,
Head Women's Basketball
Coach

With the season just beginning, there is much to look forward to, as there has been a lot of precious time missed. She explained that "I'm most looking forward to the team getting the chance to prove themselves on the field this season. From top to bottom, freshmen to seniors, every single player in

our program has the chance to make a huge impact on us." However, having a close-knit team seems to be the biggest contributor to a successful season and "our chemistry is something that will allow us to find success in our 17 matchups and sustain a culture that each member will be proud to be a part of."

We wish all coaches and athletes the best of luck finishing and beginning their season. Go Bears!

Fabulous cont. from pg. 8

to gradually increase one's progress in a particular achievement. Even those seeking just minimal habit changes such as a random act of kindness can find usefulness in the global and self-driven challenges.

The approach of this app is building tangible, small goals to establish better habits going forward. As a given user continues to utilize the app over time, the app will suggest more healthy habits for that given user to follow in a strategy called "habit-stacking." For those worried about the app's

credibility, Iman Balagam of Healthline says that, "Fabulous consulted with top researchers to create these sessions, and they regularly update them with new insights from scientific studies." Of course, such praise does not make the app perfect and users have reported issues specifically with both the notification system being too lenient and the healthy eating portion of the app not providing enough diverse options for different types of people. As such, for those struggling with mental health, this

app should probably be used in accordance with other, more widely known mental health strategies.

"Fabulous consulted with top researchers to create these sessions, and they regularly update them with new insights from scientific studies."

—Healthline.com

This application for most is not going to be the only resource needed to address mental health changes. Taking care of one's mental health is an ever-evolving process unique to each individ-

ual. The benefits of this app for one person may be viewed as useful for another. This app seeks to provide the resources to deal with that adaptability through small, tangible goals and habit building. Wellness and external therapy, support systems, other resources, etc. all provide additional ways of addressing mental and physical health that this app simply does not.

By utilizing a service such as this combined with the other resources that Ursinus provides, students are better equipped to deal with their own mental,

physical, and spiritual health. Students should consider this app as a meaningful start or addition to this journey.

How Fabulous is the Fabulous App?

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The mental health and wellbeing of young college students as they prepare for later life has come into the spotlight in the Covid-19 pandemic. Here at Ursinus, the Wellness Center has tried a variety of different techniques aimed at addressing problems regarding students' mental and spiritual health. Some of the strategies attempted already include events for students to meet with therapy dogs, participate in desk yoga, or engage in conversations about imposter syndrome. The newest initiative by the Wellness Center to deal with this issue comes in the form of a subscription for an app called Fabulous, which is aimed at helping users achieve various mental health goals.

The Fabulous app is driven by science-backed approaches to habit and routine building and is provided through a free subscription available through your Ursinus email. A downloadable link with additional instruction can be found in an email from Katie Bean, Director of Prevention and Advocacy. For those struggling with issues such as burn-out or commitment, the coaching sessions provide users with strategies and advice on navigating those mental roadblocks. For those seeking healthier lifestyles, whether it be increasing exercise, nutrition, flexibility, or mental clarity, students should seek the guided offerings of this app.

For students wanting to commit to longer goals to build better habits, multi-week journeys are offered

See **Fabulous** on pg. 7



Courtesy of Ro Murphy

A Springly Check-in

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After having a year and a half off of sports due to the surge of COVID-19, all sports are back in full swing as though they never left. Practices, scrimmages, games and meets are all at the forefront of Ursinus Athletics. This is exciting news for all UC athletes, however there is one more group of people that are just as excited as the students: the coaches. The UC coaches have also

had a year and a half away from coaching their designated teams, and are ready now more than ever to make a comeback in the Centennial Conference. But what is it that these coaches have missed the most, and how are they preparing for the best possible outcome of their season?

With fall sports completing an entire season without any delays or problems, due to COVID, there was hope for both winter and spring sports to

be able to do the same. Now in the middle of February, winter sports are coming to an end while spring sports are just beginning.

This year has been just as interesting for the students as it has for the coaches, and with all of the changes happening in sports, making sure that the coaches are prepared for this year, just as much as the athletes, was a major priority. New Head Women's Basketball Coach, Bobbi Morgan,

See **Coaches** on pg. 7

Upcoming Games

Wednesday

Men's Lax@ 4pm

Thursday

Friday

Saturday

Wrestling@ 11am
Track & Field@ 10:30am
Men's Tennis@ 10am
Men's Lax@ 12pm
Women's Lax@ 3pm

Tuesday

Baseball@ 3pm