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The Grizzly, March 3, 2022

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the grizzly

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Wismer Finally Steps Up Its Game

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A crispy goat cheese burger, a bayou-inspired pollock sandwich, or chipotle chicken tacos with queso fresco? These may sound like high-dollar menu items common in upscale restaurants, but these recipes are actually included on Wismer's new grill menu.

The new grill features specialty menu items Monday through Friday, reverting back to its regular menu on the weekends. Wismer's Executive Chef, Edward Mitchell, explained, "The new grill is the same concept as the food truck that we did last year. It's one item done exceptionally well, crazy, and fun."

Mitchell is the chef responsible for curating the grill's new menu, and he draws on a variety of references to create it. He said, "I have cooked across the country, living

in multiple states. I have traveled abroad, and I love cooking shows. I'm also on many Facebook cooking groups, and I'm still learning everyday."

Mitchell is constantly on the lookout for new recipes. Just recently, he was watching Guy Fieri's cross-country food tour show, *Diners, Drive-ins, and Dives*. Mitchell said, "The show went to this place in Vermont, and I literally went to the restaurant's website, got the menu and downloaded it, and now, this Monday's item is 'The Vermonster.'" If the recipe is good enough for food critic Guy Fieri, it's sure to please Ursinus students. Mitchell added, "If I'm going to do something, I want it to be the best.

That's why I chose obscure food, the kind you ask, 'What's this about?' I wanted something you would see on Instagram."

Not only does Mitchell use his own experience as a ca-



Image courtesy of Ursinus Sustainability

reer chef to examine trending recipes, but he uses students' inputs as well. "We are aware of Yik-Yak," he said, which is a social media platform allowing anonymous users within five miles to connect with each other and discuss trends, gossip, or as Mitchell observed, food reviews. "I read comments at least twice a day. So today, people were saying, 'The ribs are on fire.' So, I know when a special item is a hit."

Mitchell was also

involved in starting Ursinus's new student-led food committee, which seeks to use student input to improve Ursinus's overall dining experience. Mitchell said, "We just had our first group meeting, and our next meeting will be open to the public." At that public meeting, you can make menu requests for the new grill. Mitchell added, "There's very little that we cannot do. As long as I can get it in this building, there's very little I

can't teach someone how to cook."

But getting ingredients in the building and employing staff to train has been no small task. Last semester, *The Grizzly* published an article outlining the supply-chain disruptions and labor shortages pervading the national food industry. Mitchell said, "Honestly, I would say the supply chain hasn't improved at all. It's very odd what's happening.

Continued on pg. 2

Cont. from pg. 1

It is completely unpredictable what we are able to acquire and what we aren't.

Despite these challenges amid the grill's revitalization, Mitchell remains committed to providing students with the best possible dining experience. He said, "Each item at the new grill is individually handcrafted. We can make it to your liking. There's also more varied options, with different buns, better quality meats.

It's just what we can do to put our best foot forward and sustain it."

Refining Wismer's grill experience has been actualized by frontline chefs like B.L.T. and Thomas Whitney, who both work the grill station. Expressing the joy cooking for students brings him, Whitney said, "I love cooking for y'all." It's clear that without the industrious efforts of chefs like B.L.T. and Whitney, Wismer would not function half as well as it does.

There's also some added trust in a chef making your sandwich who happens to go by his initials, "B.L.T."

Mitchell reiterated the immense effort that goes into producing food for students, "I think people would be surprised at how close Wismer is to a real restaurant than anything else. People just think we rip open a package and cook it, but everything is cooked to order, batch by batch. When something is cooked, it

immediately goes on the line."

Wismer's new artisan grill items seem to reify Mitchell's perspective, that Wismer is more like a restaurant than just another school cafeteria. And just like a restaurant, chefs like B.L.T. and Whitney work as unsung heroes to deliver delicious cuisines to hungry patrons – in this case, Ursinus students.

Students can continue to look forward to exciting new recipes. Mitchell concluded, "As long

as people like the grill, we will definitely continue to come up with new stuff." If you want to get involved with the food committee to offer your culinary opinion, attend the next Food Committee meeting on Tuesday, March 1st at 2 p.m. in the Wismer faculty and staff dining room.

"If I'm going to do something, I want it to be the best."

**- Executive Chef,
Edward Mitchell**

Grizzly Grins of March:

Quote: "I am a great believer in luck, and I find the harder I work, the more I have of it."

- Thomas Jefferson

Fun Dates:

1st -- Mardi Gras

4th -- Spring Break Begins

8th -- International Women's Day

17th -- St. Patrick's Day

20th -- First Day of Spring

21st -- National Flower Day



Image courtesy of Ava Compagnoni

March Challenge:

Did you know that, according to the CDC, 84 million adults sleep less than the recommended 7 or more hours a night? A lack of sleep can severely hinder academic success, among other things.

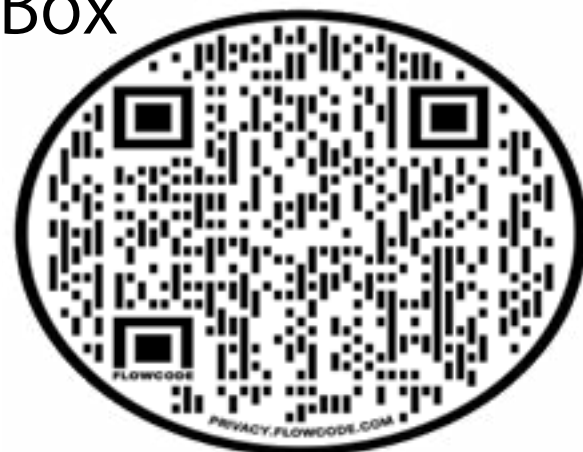
This March Challenge: Make sleep a priority! Sneak in at least 7 or more hours for the next 31 days.

Tips on how to do so?

- Establish a regular schedule -- go to bed at the same time every night and arise at the same time each morning.
- Limit screen time -- put your phone away at least an hour before shutting your eyes.
- Avoid alcohol, caffeine, and nicotine for at least four hours prior to laying down.

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.



Meet Dr. Amoroso-O'Connor

Alena DeAntonellis
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Dr. Diane Amoroso-O'Connor has been teaching since fall of 2014, securing her place as an assistant professor in Classics. She came to Ursinus due to a previous Classics professor retiring, to help the Classics majors here have enough course options to complete their major requirements. What began as a two year position has now grown into eight years at the school. Amoroso-O'Connor felt too drawn in by the students and the topics of her classes to have any desire to leave. Outside of Ursinus, she loves to knit, crochet, and go sailing, and is the owner of a bossy cat named Boudicca. She adopted her with the name, given the option to change it to her preference. However, given that Boudicca is the name of the Celtic queen who fought the Romans, she felt it was too fitting.

Amoroso-O'Connor currently teaches CIE courses for freshmen as well as Elementary, Intermediate, and Advanced levels of Latin, with plans on expanding within the next few years. Next year, she'll

be offering a course on Ancient Magic, which studies the history of Greek and Roman magic and its overlap into religion and science. She'll be teaching this course with a Jewish studies professor, and it will include Hebrew traditions and texts in translation. She intends on including activities involving writing on papyrus and experiential projects. She'll also be teaching a class on Roman drama, focusing on tragedies and comedies, translating the humor in the plays as well as the transition to being on stage, since most of them lack stage directions.

In the future, Amoroso-O'Connor hopes to get authorization to teach a Greek language course at the elementary level, including some exploration of Greek texts, such as Homer and the Illiad. She also would like to offer courses in translation of cultures of the classical world, intending to give more access to students who are unable to learn the languages themselves. "Classics in Latin can be for anyone," she said. "Historically, they've been very Eurocentric, making them less accessible, but the field has been

opening up to undertaking more Mediterranean cultures."

Her favorite class to teach thus far has been the introductory Latin classes, since she loves teaching students about the grammar in the language. "While the topics for Elementary Latin stay the same every year, the students change. I'm never teaching the same people. It's never the same class, so it's always fun to cover those topics," she explained.

"While the topics for Elementary Latin stay the same every year, the students change. I'm never teaching the same people. It's never the same class, so it's always fun to cover those topics"

So far, Amoroso-O'Connor has traveled to three countries in pursuit of her career. She spent six weeks in Greece, exploring some of the archeology and digging there. She also visited Italy a few times and taught an intensive three week class around Naples and Pompeii, which she found fascinating. She went to Alexandria, Egypt to explore the area, finding a lot of information on Roman and Greek



Courtesy of Julia Paiano

cultures there, too. She loves traveling to different countries, and would like to go back when possible, both for the sake of discovery and simply being present in such a culturally significant environment.

As someone who has had Dr. Amoroso-O'Connor every semester at Ursinus so far, I can say she's been one of the most interesting and helpful professors to study with here. She explores diverse and intriguing topics in her courses and does her best to make them genuinely fun. The students of Ursinus have a lot to look forward to with her expansion of the topics in Classics in coming years.

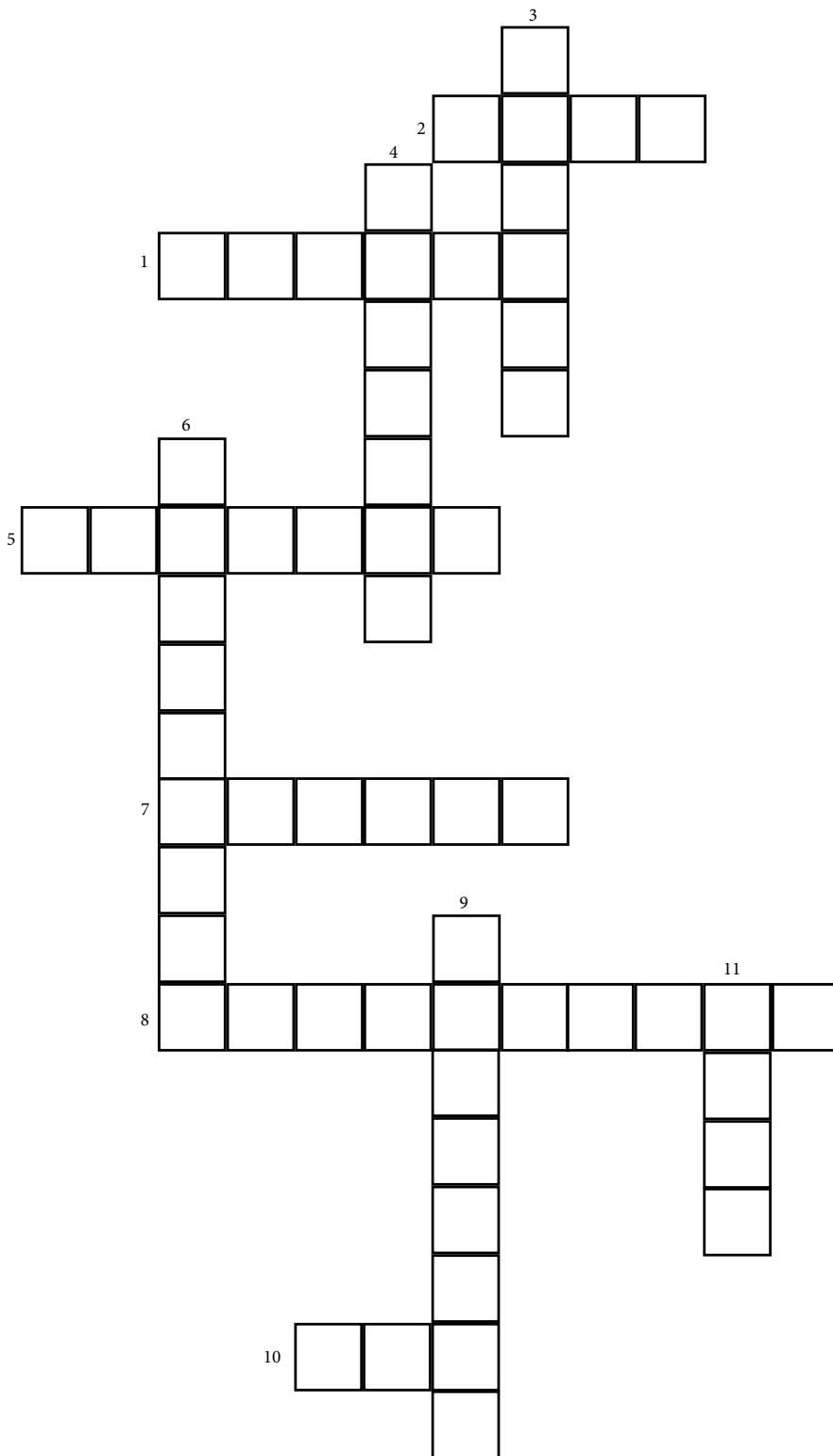
Want to Write for the Grizzly?

Pitch meetings are Wednesdays at 7pm in Ritter 141.

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

Test Your Ursinus Knowledge

Marie Sykes
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ACROSS

- 1 Filmed in the Olin Auditorium. Abbreviated.
- 2 Mascot
- 5 Home of the Sciences
- 7 Haunted Building
- 8 Painted by Katie Merz
- 10 Famous Author Alumnus Initials.

DOWN

- 3 Accredited by the American Alliance of Museums
- 4 A New Mural was Just Added Here
- 6 Our Namesake
- 9 Ursinus' Theatre
- 11 Ursinus Runs On (the)

Black History Month at Ursinus

Chase Portaro

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Black History Month celebrates the traditionally overlooked narratives of Black people throughout history. Ursinus hosted several educational seminars and community conversations last month promoting awareness of Black contributions to culture in America, but February should also be a time to reflect on the progress that is yet to be made by institutions like Ursinus.

Ursinus views diversity as a core value, but that ideal is not reflected in the experiences of some Black students on campus. Justin Best '24 spoke bluntly, "Honestly, I really think the school could do more for Black and brown students." Will McCoy '22 said, "What I really see on this campus is that people are all about talk. Conversation without action leads to no results, and that's where we're at – no results. They talk about inclusion and equity, yet I've been here for four years, and there hasn't been any change."

Best explained, "I don't want to see my people just hired as cooking and cleaning employees. They're great people, but that's the only way I see my people represented at this school. Have you ever seen a Black president at this school? Why do you think that is?"

He makes an important point. According to CollegeFactual.com, 89.56% of Ursinus professors identify as white. McCoy explained, "You can't say this school is diverse if you don't have a diverse faculty. Students come to this school, and if they don't see a representation of themselves, they won't think there is anything here for them. ... "Black people need to see, so they can aspire to become."

Best also pointed to a social divide within the student body, which as a whole in 2020, is made up of 76.9% white-identifying students and only 7% of Black-identifying students, as reported by NCEES (National Center for Education Statistics). "When the school lacks Black and brown students on campus and we feel underrepresented in the school in terms of faculty, you don't fit in as much." He specified, "It's almost segregated, if you aren't white, or you don't adapt to their version of a white person, you won't hang out with many people." A similar sentiment was expressed in the Ursinus Weekly way back in 1974, in an article titled, "Can a Black Man Find Happiness at Ursinus? Well, . . .", in which author Nate Dupree explores how his identity as a Black man made it tough for him to fit in here. After nearly 50 years, students still

search for an answer to Nate DuPree's question.

McCoy believes Black representation should go beyond faculty and students. He said, "I want Ursinus to start reaching out to more graduate programs at historically Black colleges, especially ones with mental health degrees because they definitely need more Black mental health advocates here. They need more minorities in general."

Back in 1974, when DuPree gave an interview to the school's newspaper about his experience as a Black man on this campus, he offered a challenge to Ursinus. "Reset the standards. Change the 'Ivory Tower' situation that exists on campus. I don't think that the whole world is upper-middle class white, but that is what the campus is."

Looking through a similar but unique lens as a Black student at Ursinus today, Best echoed Dupree's 1974 comment. He said, "This school is for middle-to-upper class, suburban white people. Ursinus tries their best, but they aren't doing enough."

The racial disparity of Ursinus's student population contributes to the social disconnect some Black students feel on campus, but McCoy points to policies that add to this sense. McCoy observed that the

African-American affinity group has "the smallest house on this campus," Cloake House, and another space, Reimert 100, which McCoy describes as "not much bigger than a dorm room." "If a student wanted to party in a larger space, they would have to get permission from another house that could host them. How is that not a problem?"

When the Grizzly reached out to Ursinus for comment, we received a response from Dr. Heather Lobban-Viravong, Ursinus's Vice President for Inclusion and Community Engagement, enumerating numerous measures Ursinus takes to promote diversity, including aspects of its curriculum, campus activities, and faculty recruitment. She also wrote, "We do not imagine that we have come close to fixing the problems of discrimination or inclusion at Ursinus, as they are tied to our national society and the nation's tragic history of slavery, genocide, discrimination, but we are committed to continuing to listen, respond, act, and evaluate. ... The initiatives we have developed over the past half-decade are substantial."

We have invited Dr. Lobban-Viravong to discuss this further with us for future articles, or submit her own op-ed, because we want to fo-

cus this piece on student voices.

Black History Month is certainly a time to celebrate Black achievement in America, but it should also be a moment for colleges to reflect on what else they can do to improve students' college experience. Ursinus is a liberal arts institution that promotes itself as a diverse campus in advertisements and brochures. It's time we make that image a reality at a school-wide level, which starts by not only making Ursinus a more diverse campus, but also making it more welcoming to people of color. As McCoy put it, "We can talk about inclusion and equity all day long, but if we don't apply action behind our words, the same thing that's happened will continue to occur."

Best concluded, "At the end of the day, we all graduate in four years. The college encourages us to donate to them, but what experience are they giving us to make that worth it? And don't get me wrong, the education is great, but there is so much more to school than education." Best is absolutely correct, a student's college experience is so much more than just a classroom, and it's time Ursinus starts treating it as such.

Senior cont. from pg. 8

when our coach was in quarantine.”

“Being the only senior on the team this year taught me many lessons, and shaped me into a better person. I had to set the tone and culture for this young team, as the girls always looked for me in times of distress or uncertainty.”

—Gabby Downs
Class of 2022

Despite the losing record, the Bears had plenty of bright spots. Ursinus relied heavily on their young roster to carry the load, as it is hard to run the offense off of one sole contributor. However,

they had nothing to worry about as they found stars in the likes of Chinwe Irondi ‘25, Alison Lisanti ‘24, and Kelly Grant ‘24.

“Ali is such a great shooter with terrific confidence as a sophomore, and I’m so excited to see what she can do in her next two years as a Bear. I also feel as though Kelly Grant will be a key aspect moving forward, as she has the best court vision I have ever seen. She has improved dramatically this past year, and will play a key role as PG for the remainder of her career.”

In her final year, Downs also found

herself in a new era of Bears basketball, as coach Bobbi Morgan took the helm this past year.

“I had to step up not only as the captain, but fulfill a coaching role when our coach was in quarantine.”

—Gabby Downs
Class of 2022

Despite her little time with Morgan, Downs had the highest praise for her coach. “Bobbi provides such helpful and constructive feedback, asking me what I think is working and what I think needs to be changed. I am so happy to have had Bobbi as my coach and mentor my senior year.

I could not have imagined anything better.”

Despite the confidence in Ursinus’ future, it is no secret that the Bears will be missing Gabby Downs’ presence next year. She has been the Bears’ go-to, as she is a generational type of shooter. This past year, Downs entered the top 5 in Ursinus’ all-time three pointers made, solidifying her presence in the Ursinus record books. Her career as a Bear will be remembered for a long time, and leaves behind a lasting legacy as one of the best to ever wear Ursinus across her chest.

Wrestling cont. from pg. 8

make it harder to be a well-rounded team that works well together.

“The keys to the team’s success this season has come from the trust of the coaches and the team itself.”

—Terry Adams
Class of 2023

However, that was not the case for the 2021-22 team. Adams stated later that “the team culture has been a big help with this year’s success as we were faced with injuries and health problems. This allowed a bunch of younger guys to step up

and perform when we needed them to. Plus, the whole team is like a family, helping each other with classes, getting to appointments, or being there in a time of need.”

With a breakthrough season for individual performers, the team, and the program, the future’s looking bright. Adams stated, “The biggest difference this season compared to past is that we are a way more experienced and mature team. This allows for us to be comfortable and confident to perform in big duals such as Muhlenberg. I

felt that a few years ago we had the confidence but lacked the experience levels as some of the other teams in the conference. Also, this year everyone is on board, has the same goals they were striving towards, and has stayed consistent throughout the season.”

“The team culture has been a big help with this year’s success as we were faced with injuries and health problems”

—Terry Adams
Class of 2023

An incredible season brought together by a

family culture, collective team goals, and strong leadership. More wrestling is still on the horizon for four guys, Jason Carter, Gary Nagle, Terry Adams, and Romeo Rodriguez, as they have qualified and are set to compete in the NCAA Mideast Regional Championships. The best is yet to come.

Wrestling Closes a Standout Season

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The NCAA Mideast Regional Championships quickly came and went on the weekend of February 26th and 27th. Ursinus College Wrestling hopes to continue their successes in the 2022-2023 campaign.

Key individuals such as Gary Nagle '22, Terry Adams '23, Romeo Rodriguez '23, and Jason Carter '22 shined throughout the season, however the team as a whole stood tall finishing at the top of the conference tied with Washington and Lee at the end of the regular season with a 5-1 record in dual meets. At conference championships, the Bears finished in third as a team overall, their best placement since the 2016-17 season when they came in second.

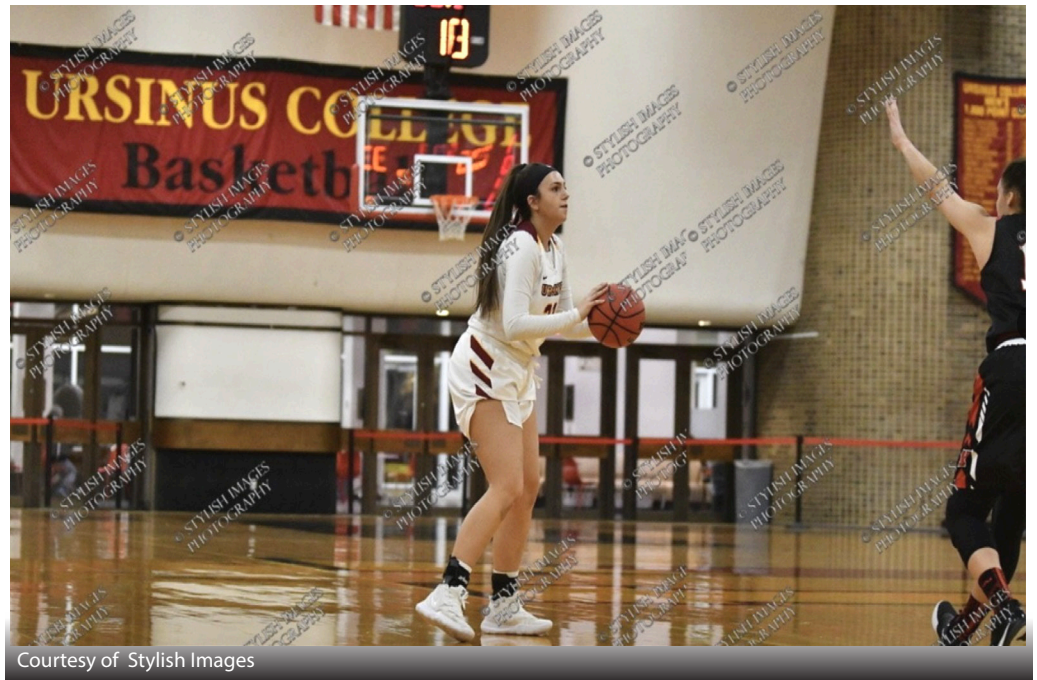
Coming off a year of no formal competi-

tion, with expectations uncertain, the wrestling team looked to make a statement, and succeeded. Strong leadership, key young guys, and a core focus propelled the team to great heights this winter.

When speaking of some of the keys to getting the great results this year, junior standout Terry Adams stated, "The keys to the team's success this season has come from the trust of the coaches and the team itself. We put a lot of hours in the room working on the little things to further our knowledge and skills to perform at high levels. Also, the way we push each other at practice every day has allowed all of us to succeed."

Additionally, something that can make or break a team, no matter the talent level, is the culture within the program. Bad attitudes, laziness, and cliques, all

See **Wrestling** on pg. 7



Courtesy of Stylish Images

A Solo Senior

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On February 12th, 2022, the Ursinus Women's Basketball Team was warming up to take on Washington College in a storied Centennial Conference matchup. The game was scheduled to be senior day for the Bears, a game played every year in order to commemorate the seniors in their final year. However, this senior day wasn't like past years. The signs around the court didn't

congratulate a multitude of seniors; instead, the crowd was there for one singular senior: Gabby Downs.

Gabby Downs is a senior forward from Blandon, PA, and was the Bears only senior this past year. In her four years, Gabby found herself averaging 6.9 points per game, as well as 2.6 boards per game. She played in all 77 games played in the past four years, starting 57 of them. Despite being the Bears' biggest contributor the past

four years, she found herself this year entering an even bigger role as the team's captain and lone senior.

"Being the only senior on the team this year taught me many lessons, and shaped me into a better person. I had to set the tone and culture for this young team, as the girls always looked for me in times of distress or uncertainty." Downs emphasized, "I had to step up not only as the captain, but fulfill a coaching role

See **Senior** on pg. 7

Upcoming Games

Wednesday	Thursday	Friday	Saturday	Tuesday
Softball@ 10:15am		Track&Field@ 11am	Track&Field@ 10am	Tennis@ 8:30am
Softball@ 12:30pm		Baseball@ 2pm	Softball@ 10:30am	Baseball@ 9am
Baseball@ 3pm			Baseball@ 11am	Women's Lax@ 10m
Men's Lax@ 4pm			Softball@ 12:45pm	Tennis@ 6:30pm
			Women's Lax@ 1pm	
			Baseball@ 2pm	