



10-13-2022

The Grizzly, October 13, 2022

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The Grizzly



Collegeville, PA.

Thursday, October 13th

Vol. 49, Issue 5

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A Look Ahead:

At *The Grizzly*, we strongly believe that there is always something to look forward to.

'A Look Ahead' is a section where our team showcases upcoming articles. The purpose is to generate excitement within our readership and the extended Ursinus community.

- » Myrin Library Ghost
- » Ursinus Film Club
- » Early Rugby Success

Meet Arthur Artene, Student Government President



Erin Corcoran: ecorcoran@ursinus.edu



Courtesy of Julia Paiano

The start of the school year ushers in fresh changes, one of those being a new Student Government President.

At the end of last semester, Arthur Artene '23 decided to run for the presidential position because he wanted to help the campus community and college as a whole. The student body responded positively to his campaign efforts, electing Artene as the newest Student Government President. Between meetings, jobs, activities, and other commitments, he continually works to bridge the gap between students and administration.

His main purpose in his new role is to "provide a more transparent portal from

administration to students." Since he has forged connections with many staff and administration members throughout his time at Ursinus by participating in various on-campus occupations and activities, it allows him to have more open conversations with these important campus members. These conversations allow Artene to translate and provide honest information to students regarding issues they care about. He is hoping to serve as a bridge between the administration and student body to place more trust between the two. In his candidacy declaration, Artene emphasized, "I think [the Ursinus administration] showing their current enrolled



Continued from page 1.

students that they care about them too is very important. I know that they care from previous conversations with the administration and from my experience as an RA, we just need to show that more and appreciate what we have along with what we will have. If we work together, we can achieve great things.”

The Student Government (USGA) has wasted no time in its first month in achieving great things for the campus community. The organization has begun working with Student Engagement to improve the club funding application process, AFAC, to make it easier for clubs to receive necessary funding in an efficient manner. Arthur and the other members of

UCSG are busy planning their next event, the Inauguration Celebration for Students, taking place on October 13th from 4-7 on the Berman Museum Lawn. This event - specifically targeted towards students - will include a variety of exciting activities including lawn games, a hot chocolate bar, and the U-Imagine Center’s Bear Bazaar.

Outside of Student Government, Arthur is a Computer Science major and Physics minor. He also participates in many efforts to help the Ursinus community as an Event Technician, RA, Tutor, Academic Coach, and ISS Student Associate. Artene’s previous Student Government experience included being a technician for the County of Student Association in his home country of Romania, a role with similar responsibilities and skills.

Above all else, his favorite part about Ursinus is the community aspect. As he states, “Everyone here is super friendly - staff, faculty and, of course, students. Every office or space feels super welcoming, and it always feels great to talk to people.”

Artene stressed how he always wants to hear feedback or input of any kind from students, joking, “If you ever see me around on campus, you can always stop me and say hi, of course, if I’m not running late for class.”

Petite Filet in My Wismer? More Likely Than You Think

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Three Wednesdays ago, on September 14th, The Grizzly news team had the pleasure of sitting down for a gourmet gold-table cloth meal in Upper Wismer, of all places. Carefully prepared by the Wismer Dining Staff, The 1869 Dining Experience consisted of three courses: an arugula salad with grilled peaches and feta cheese, a petite filet over parmesan polenta and roasted carrots, and a strawberry shortcake topped with whipped cream to complete the course. To top it off, the entire meal was served by a full waitstaff.

The 1869 Dining Experience, the first of its kind, was created so that students could enjoy a different perspective on Wismer food. The dinners will occur once a month and they will be open to students and faculty alike to attend.

The students were more than excited for the change of pace. Petite filet? Totally unexpected from a college dining hall. The steaks as well as the dessert were a hit with the students. Hannah Jeffers ‘26 said it was “very exquisite cuisine” and her friend, Levi Fritz ‘26, with his eighteen years of professional dining experience, claimed his dinner was “okay” before clarifying that he and his friends truly did enjoy the night, even though the night cost two meal swipes. Bri Lambricht ‘24 said it was “worth the money.” Students were more than satisfied with

their meals and will be returning for the next night.

Some faculty and staff were invited to the night as well and were dispersed at student tables around the event space. Vice President of Student Affairs and Dean of Students, Missy Bryant, joined the Grizzly table and commented “the meal was delicious but I especially appreciated getting a chance to talk with all of you.” Campus Safety Director Gabby Wright also joined the meal and said, “Everything was delicious.” Other faculty members in attendance that night said they planned on returning because the food was such a hit.

When asked why the Wismer Dining staff organized the event, Joe Block, the spokesperson, said “Team effort – everyone [in] dining services wanted to do something special above and beyond, change it up, [and] bring that restaurant experience to Wismer.” Now that Wismer is almost fully staffed again, Block continued, they want to “show everyone what we can do as a team.”

Stayed tuned for more emails from dining services about the upcoming special dinner again. October 19th, the Wednesday after fall break, Wismer will host yet another 1869 Dinner. For more updates, follow @UrsinusDining on Instagram.



Courtesy of Marie Sykes



Courtesy of Marie S



A Note from the Editor

Layla M. Halterman: lahalterman@ursinus.edu

Dear Ursinus Family,

As a Jersey girl through and through, I've always looked forward to summers at the shore. There is something about the sea glass lining the sandy shores, salty air, warm climate, and endless fun that have me hooked.

So, year after year, the seasonal shift from summer to fall never gets easier. You would think someone who has faced tremendous loss in their (almost) twenty two years would have perfected the art of letting go. However, I still wrestle with the concept of change.

With graduation just seven short months away, I will soon undergo a drastic transition – an adjustment I know I'm not ready to tackle yet. I am stoked by the prospect of beginning a new chapter but feel as if I have been unwillingly thrust into a space between holding on and letting go. Inquiries about what I'll do post-Ursinus bring several emotions to the forefront – nostalgia, apprehension, fear, and relief. All of which are valid, and I am certain that navigating this so-called new life will be no small feat, forcing me to search for a new center of gravity.

And so therefore, I invite you to not fear the changes happening in your own

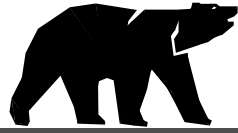
life, but to rather embrace the new, welcoming it with open arms. You could just be harvesting the best season of your life, even though you may be fighting it with all your might.

I feel you. I see you. I am you, and together, we will find a new way to stand.

Yours truly,
Layla

OCTOBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
30	31  Halloween					1
2	3	4  Yom Kippur	5  Do Something Nice Day	6	7	8
9	10  Indigenous People Day & World Mental Health Day	11	12	13	14	15
16	17  National Pasta Day	18	19	20	21	22
23	24  Diwali Begins	25	26	27	28	29  National Cat Day



Dr. Len Lawson, Award-Winning Poet and Scholar

Chase Portaro: chportaro@ursinus.edu

This past Wednesday, over 70 Ursinus community members crowded together in The Schellhase Commons to listen to award-winning poet and scholar, Dr. Len Lawson. At the standing-room-only event, Lawson read selections from his three published works: *Negro Asylum for The Lunatic Insane* (2023, forthcoming), *Chime* (2019), and the chapbook, *Before The Night Wakes You* (2017).

Lawson was invited from South Carolina, where he teaches at Newberry College, to speak to students about his work, which is primarily concerned with understanding the Black experience through literature. More specifically, Lawson writes about his own experience as a Black man growing up in South Carolina and also about Afrofuturism, which he once described in an essay as “invading spaces with Blackness that said Black is inferior.”

In between Lawson’s busy itinerary while visiting Collegeville, I scored a chance to sit down with him and pick his brain about his journey from graduating with a BA in Business to then changing careers and becoming a published author.

This interview has been edited for length and clarity.



Courtesy of Tommy Armstrong

CP: I saw that you were a Business Administration major during undergraduate – what made you want to go into business initially?

LL: I always tell this story about having a very good high school English teacher. She got familiar with my writing, and she said, “You’d be a very good teacher, and also you should be a writer.” But coming from rural South Carolina, I’d never seen anyone do that successfully – to make a living as a writer. I decided to go with business because I thought it would be lucrative coming out of college. After graduating, I started in retail management.

CP: What was the main reason you finally decided to leave the business world and try your hand at writing and teaching literature?

LL: I was getting burnt out with the long hours. I wanted to be fulfilled rather than just bringing a paycheck home. That’s when I started to reflect, “Well, I felt the most fulfillment writing and sharing that work with other people.”

CP: Are there any skills that carry over from being a businessperson to being a writer?

LL: I think in many respects you are a business person – an entrepreneur getting your work out there and merchandising your own books. Publishing is a business field – being an editor is a business field. Those principles have stuck with me for a long time.

CP: Do you think being from the South has any effect on your poetry?

LL: That was a lot of what my doctoral research was about – trying to understand how place affects one’s poetry, and particularly poets that are from where I am from, which is South Carolina, and African American poets from there as well. So, I think place does determine a lot of different themes and ideas that writers have, and also being in what I call your place of origin, or your “homeplace.”

CP: You’ve said that you’re drawn to Afrofuturism because it creates space for Black people in places that have traditionally been all-white. I was wondering how you reflect on navigating those spaces in your childhood?

LL: When I was younger, my experience as a Black person was being in a lot of class-

rooms where I was one of the only, if not the only Black male in the class. As a kid, that made me think there was something wrong with my existence to where I had to conform myself to that dominant culture. But when I would go home, my neighborhood was all Black. It was awkward being at home trying to relate to the classroom, and at the same time in the classroom I was still trying to relate to being a Black person. It was awkward in both respects– the definition of W.E.B. DuBois’s ‘Double Consciousness.’

CP: How did that experience shape your perspective as an adult?

LL: After having taught at a Historically Black College in SC for a few years, and then moving on from that, it really gave me a sense of changing my mindset about Blackness. There is a pervasive culture or ideology that we have to aspire to be on the same level as whiteness, which is completely false, and nothing really centered that in my mind than not only the Trayvon Martin shooting and several others, but also right there in South Carolina with the Emmanuel Nine Massacre. A lot of that helped to unlearn or dial back how I was thinking about that as an adult.

CP: How do you think that “unlearning” affected your writing?

LL: I guess over time, that made me realize my place in my community, in my state, in this country – and why my voice is one that needs to be heard on the subject, and I guess that empowers my writing as well because I started doing more research. A lot of that helped me understand that I don’t have to aspire to be something I’m not– I just have to promote who I really am. I think that’s my experience, and I don’t need to downplay that because that’s what makes me unique. I’m not the only person to ever experience that, but I did experience it, so I bring something to the conversation of race – or any conversation really – because of my lived experiences. So adding creative writing to that helps maybe another person who has not had that lived experience to get a window into what that experience is. Poetry in general is a gateway to understanding other people’s lived experience in the human condition in a way they probably wouldn’t have learned otherwise from a textbook or just the news.

Alex Peay '09 and Rising Up

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“If you want to free yourself, first you need to find who is it that ain’t free. Who is inside of you that is not free? And once you find out what’s inside of you that’s not free, you understand the point of acceptance.” Alex Peay ‘09 is a self-described “innovator,” “social entrepreneur,” and “movement builder” and these words of wisdom come from his latest TikTok, from his character Pop Pop. After speaking at a few Ursinus-sponsored entrepreneur events over the summer, Alex is back once again to share his story and thoughts on his current life and when he was a student.

To begin, he mentioned that he was “officially accepting that I’m older” and “closer to forty than twenty.” He immediately thought of an alum visit his senior year who told him to make sure to “enjoy your college years” before you enter “reality.” Alex wanted to make sure and pass that wisdom along with a warning for the students “from the freshman with the water still behind their ears ... to the seniors ready to move on and still don’t know what they want to do after they graduate ... you’ve got to enjoy your college life.” That’s how Alex came to be where he was today, after all.

Alex found his passion after originally planning on becoming an attorney to make “good money,” but “once [he] started Rising Sons” he found his passion: “supporting people of color.” His organizations have helped youths find what they want to do in their career and gain the access to what they need to succeed. One of the most influential moments for that after founding Rising Sons was his internship on Capitol Hill with Pennsylvania Senator Bob Casey, during which he aided with drafting the “Starting Early and Starting Right Act” to provide funding for Pennsylvania child centers, which came “from all the work [he did] with Rising Sons.” That cemented deciding against law school and pursuing community building work.

For everyone who still is in that phase where they do not know what they want to do but are finding a passion, “get as much experience with that.” Alex said he was “able to do what I could do because the school really believed in what I was doing” and he “[leveraged] the Ursinus resources” as much as he could (especially “because you pay so much in tuition you may as well leverage everything”). That’s the path to “finding out what your passion is.” He also brought up how companies like FaceBook began with just “two friends in college [who] got together and found out

what their passions were” and there is “no difference” between them almost twenty years ago and today’s students. “Don’t get discouraged about the real world.”

When Rising Sons first began, all of their events were focused around community building. They held everything from a family cookout during Homecoming to the annual “Holiday Extravaganza” where they invited children from Pottstown to Lower Wismer to do winter activities like building gingerbread houses. Every Wednesday they would meet up in the Unity House, where the Commons stands today, to “discuss issues with ourselves and our communities” and to “support ourselves socially and academically.” They also got dressed up and ate together every Friday to “[bond] and fellowship over.” And reminiscing about this, he still was in disbelief that he was only nineteen and a sophomore at Ursinus when all of this began. But why and how did this start?

“You talk about your purpose and your why. I came from humble beginnings. My first night as a freshman at Ursinus I didn’t go out much because it was my first time having my own bed and I spent most of my time appreciating having a mattress to sleep on. When I think about what I went through and get to where I am... I was able to become resilient and overcome the challenges life threw at me and be who I am today.” And knowing that “there are plenty of young people who don’t have the [same opportunities]” is still what drives him today. As the eldest in his household, he also talked about how he never really knew what a big brother felt like and wanted to give young people that opportunity.

And all that work with Rising Sons turned into Ones Up, an organization in Philly dedicated to “[fighting] economic injustice through a career development program rooted in healing, wellness, and social justice,” as stated in their mission statement. Today, his goals at Ones Up, where he holds the title “Chief Troublemaker,” are to raise money and expand sustainably. They’re running out of space and are even looking at “using shipping containers as [their] office building” in order for them to be sustainable but also have a “bigger space to impact more people”



Courtesy of Alex Peay '09

hopefully by winter 2023. Why Chief Troublemaker? Because he is a “troubleshooter” and “disrupts status quos.” “I like to challenge traditional systems, and when you stir things that are already in place in the norm, it gets people fully uncomfortable and it causes some trouble.”

But what can Ursinus Students do? They can volunteer and work in social media, graphic design, marketing, and communications all virtually. If you would like to get involved, please reach out to info@onesup.org.

Beyond his work at Ones Up, Alex also connects and tries to provide a moment of connection with a grandparental figure through his TikTok, @poppopbrucejohnson. In his minute-long videos, Pop Pop sits down with the “grandbaby” for tea. Alex says he gets comment after comment talking about how Pop Pop “fills the void” especially for those without a relationship with their grandparents “even if it’s for a minute and thirty seconds, it brightens their day.”

To close the interview, Alex wanted to shed light on what he did not expect upon entering the field: losing men in the program to murder. Five of his members, including one of his best friends on the Ones Up team, have been lost to murder. “As a leader you don’t only have to be strong and help the young people you’re serving but only heal yourself and find time to grieve and take care of yourself. It’s been a journey to go through and handle and deal with but in spite of everything I have to find a way to grow and deal with everything I need to deal with.”



Plans for Fall Break Fun

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Fall Break is only a couple of days away, and Ursinus students are looking forward to our first real time off since the year started. With midterms and course loads becoming more demanding, these four days of leisure can't come soon enough.

I surveyed a random sampling of students to find out what Bears are planning and looking forward to on this long weekend. Read on!

"I'm flying home to San Francisco, and then road tripping up to Portland, Oregon, and back; then flying back to Philly. My sister goes to school in Portland...so I'm going to visit my sister and hang out with my mom and then be back in the Bay Area for a couple days to see my family."

- **Rachel '23**

"Seeing my family and having time to relax and not worry about doing homework."

- **Terry '23**

"I'm looking forward to fall break because that's the start of our first basketball practices, so I won't get to go home, but I'll be here starting up the season."

- **McKenna '26**

"I'm looking forward to doing my observation hours in a high school for my education class. I'm going to be observing calculus and creative writing."

- **Maddie '25**

"I am looking forward to catching up on some sleep."

- **Emily '23**

"I'm looking forward to having a chance to relax and not worry about work for a few days."

- **Sam '25**

"I don't really have any plans, except hopefully relaxing, getting a break from schoolwork, eating my mom's good food, and hanging out with my dogs."

- **Mattie '23**

"I plan on going home, spending time with my family, relaxing, and just getting a break from a heavy course load."

- **Tori '24**

"I'm looking forward to going down to Margate City, near Atlantic County [of New Jersey]."

- **Noah '26**

"I'm excited for fall break so I can spend time with my family."

- **Tyler, '26**

"I'm looking forward to visiting one of my friends from high school and seeing Rocky Horror Picture Show with her."

- **Raleigh '24**

"I'm looking forward to going home over fall break and getting to see my friends from home, and family that I haven't seen in a little while."

- **Alex '23**

"I'm just going to be working at Wawa."

- **Zoe '24**

"I'm going to be backpacking with a friend...just kind of in the middle of nowhere, in the forest."

- **Adrian '23**

"I'm looking forward to going home and spending time with my parents, because I haven't seen them in a little while."

- **Aaron '25**



Continued from p. 8

2. **Physical Movement:** Physically moving and getting your heart rate up can reduce stress and even promote positive feelings. This begins on a neurochemical basis, and according to Harvard Health Publishing, “Exercise reduces levels of the body’s stress hormones, such as adrenaline and cortisol. It also stimulates the production of endorphins, chemicals in the brain that are the body’s natural painkillers and mood elevators.” These benefits can be caused by any physical movement that increases heart rate – this includes everything from full workouts in the gym to doing a few aerobic exercises in your room. Bean also says that it could be as simple as “dancing to your favorite song.”

3. **Other Forms of Self-Care:** “Self-care is a process of building a relationship with ourselves and loving ourselves. It’s a way of life: consistently doing things to affirm our

worth, letting ourselves know we appreciate and accept ourselves for who we are, recognizing what areas of life are lacking and could use more attention in order to feel more connected to ourselves and to life,” Wagner explains. Self-care is a flexible term, and each person can decide what practices are most effective for them. Both breathing and physical movement are examples of self-care, and other practices can include taking a walk, practicing mindfulness, listening to music, writing in a journal, focusing on gratitude, and so much more. Positive social connection is also a key aspect of self-care because it reduces stress and prevents isolation. “So it can be as short as complimenting someone at Starbucks on their shirt and they say thank you – to a long dinner and great convo with friends. Both are just as valid for the brain to feel safe,” Bean explains.

There are many methods of practicing self-care and reducing stress, and it is important to know them, especially in the

prevention of burnout, and to acknowledge which methods work best for you. Students should consistently assess their well-being and practice the stress-relieving strategies when needed but remembering to do this is difficult. Moving forward, Bean advises students to “try attaching it to other habits you already have daily. Like every class you attend, when you sit down, take 5 deep breaths before taking out your phone/laptop. Or before you brush your teeth, or during a shower, or before every meal. These already ingrained habits are a great time to add one more activity, like deep breathing, to the routine.”

JOIN INTRAMURAL SOCCER

Sign-ups will be begin
10/24 and run through
10/28! No late applications
will be accepted!

Begins 10/31 and run
through 12/02. Playoffs will
follow.

Co-Ed division is offered
this year.

Welcome to Ursinus Coach Brooke!

- The Grizzly Team



Courtesy of Ursinus Athletics



Understanding Stress and Preventing Burnout

Kate Horan
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According to Healthline, in a survey conducted at Ohio State University, in August 2020 student burnout was at 40% and in April 2021, it was at 71%. These statistics are shocking, but they are not surprising. Especially since the pandemic, students have been put under a lot of pressure and experience a lot of stress daily. It is important for students to be aware of burnout and the effects of stress so that they can use preventative measures.

Danielle Wagner, an Ursinus College staff therapist, agrees with the APA Dictionary of Psychology definition of burnout: “physical, emotional, or mental exhaustion accompanied by decreased motivation, lowered performance, and negative attitudes toward oneself and others. It results from performing at a high level until stress and tension, especially from extreme and prolonged physical or mental exertion or an overburdening workload, take their toll.”

Wagner explains, “I would say some of the biggest indicators of burnout are increased frustration and irritability, fatigue (physical, mental and emotional), and lack of motivation.” It is important for students to be able to identify these signifiers of burnout so that they can engage in preventative measures.

In order to fully understand burnout and its causes, one must understand the processes of stress. Katie Bean, the Director of Prevention & Advocacy, describes neu-



Courtesy of Ursinus College

roception, which she defines as the process of our brains scanning internal and external environments for threats. According to Bean, when a threat is detected, “the stress response kicks in and our body reacts with increased heart rate (to get ready to run), and our platelets in our blood get stickier (to help us clot in case we get cut), and our energy is taken away from our gut/digestion and moved to our brain and heart (to fight/flight).” If this stress response occurs frequently, these biological indicators of stress can become “full blown diseases.”

“That is the biggest key – our brain needs to be told it is safe now,” emphasizes Bean. She explains the importance of interoception: the sense of the internal state of the body. One can learn to recognize the body’s warning signs of stress. When one senses oncoming stress, they can “com-

bat it” with strategies that send signals of safety to the brain. Managing stress leads to preventing burnout, and some of these important strategies include:

1. Breathing: Experiencing a stress response causes people to take small, shallow breaths, which can increase anxiety and extends the length of the stress response. Taking deep breaths signals to the brain that the body is safe, reducing the physical effects of the stress response. Breathing also relates to mindfulness; it allows people to become more aware of their presence and of the present moment. According to Bean, “The most important tip to avoid burnout is also the simplest. Breathe. Take time throughout each day to pause and notice the breath. Feel the body, become aware of your surroundings using all your senses, and then take at least 5 deep breaths.”

Upcoming Games

Tuesday	Wednesday	Thursday	Friday	Saturday
Men’s & Women’s Golf at Turtle Creek Invitational: 11am	Women’s Soccer @ Penn State-Abington: 4pm		Men’s Soccer @ F&M: 7pm	Men’s & Women’s Swimming @ F&M: 11am
Women’s Volleyball @ SWAT: 7pm	Field Hockey vs. SWAT @ 7pm		Women’s Volleyball vs. McDaniel: 7pm	Field Hockey vs. McDaniel: 12pm
	Men’s Soccer vs. Muhlenberg @7:30pm			Football vs. Moravian: 1pm
				Women’s Soccer @ F&M: 6pm