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The Grizzly, November 10, 2022

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The Grizzly



Collegeville, PA.

Thursday, November 10th

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- » Mental Health Days?
- » Election Day at UC

A Look Ahead:

At *The Grizzly*, we 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.

- » Budgeting for the Future
- » Meet Joey Nolan '24
- » Halloween Senior Bar Bash

UC Imagine Fest Starts Friday!

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UC Imaginefest Logo by Ryan Carkhuff

Ursinus's UC Imagine Fest is quickly approaching. The theme for this year's event is "Living with Tech: Tech-inspired ideas for solving today's problems." Students with any tech-related ideas are invited to register. This year's UC Imagine Fest will be held on Friday, November 11 and Saturday, November 12.

The UC Imagine Fest is a chance for students to explore and discuss ideas and topics that they are passionate about. "UC Imagine Fest is an idea session focused on creating original solutions to current problems, open to any student, from any year and any major," said Maureen Cumpstone, Ursinus's Entrepreneur in Residence. For any students looking to discuss their creative ideas with others, the UC Imagine Fest is a great space to do so. "It is an opportunity for students to create and share ideas about topics that are important to them," said Cumpstone. "The hardest

part is giving it a try!"

Each participant will have 15 hours to come up with a solution to an important problem. On Saturday, November 12th, students will present their tech-based solutions to a panel of judges. Snacks and coffee will be provided!

Students have the chance to win cash prizes at the UC Imagine Fest. The first place winner will receive \$750, the second place winner will receive \$500, and the third place winner will receive \$250. The first and second place winners will also have the chance to consult with a professional advisor.

Students are not the only ones who can get involved this year. "This year UC Imagine Fest is open to faculty and staff that want to problem solve and share their ideas," Cumpstone shared. "They are invited to participate, but are not eligible to win prize money."





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The UC Imagine Fest is a great opportunity for students to chat with other creative minds and make connections. “Students will get to interact with outside experts, professionals and alumni for casual networking and inspiration,” Cumpstone explained. “They will become part of a community of idea generators from around the world that regularly meet to generate solutions to a variety of today’s problems.” Additionally, participating students will receive t-shirts and swag!

The UC Imagine Fest’s schedule is as follows:

Friday, November 11th

- 5:00 PM: Dinner/Registration
- 5:30 PM: Keynote, Introduction
- 6:00 PM: Instructions and Team Formation

Saturday November 12th

- 8:00 AM: Continental Breakfast
- 8:30 AM: Team Time
- 9:30 AM: Mentor Meetings
- 12:00 PM: Lunch
- 1:00 PM: Team Time and Practice

Pitches

- 2:30 PM: Final Pitches
- 3:30 PM: Keynote and Rewards

Registration will remain open until Friday, November 11th. If you are interested in working on creative problem solving with other students and competing for a cash prize, make sure to sign up. Students can register by scanning this barcode below:



NOVEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		All Saints' Day	All Souls' Day			
6	7	8 VOTE Election Day	9	10	11 VETERANS Veterans Day	12
13 World Kindness Day	14	15	16	17	18	19
20	21	22	23	24 Thanksgiving	25	26 National Cake Day
27	28	29	30			

Students are a Microcosm of Midterm Political Landscape

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For Pennsylvanians, there's a lot riding on this year's midterm elections. Voting rights, educational rights, and reproductive rights, just to name a few, are all in limbo as we elect the officials who will make decisions about them. For those outside of The Commonwealth, there's also a lot riding on Pennsylvania's midterm election – Pat Toomey's open seat could decide which party controls the Senate. So PA's midterms have gained national attention, as evidenced by the daily coverage in national news outlets and visits from three presidents, former Presidents Obama and Trump and current President Biden.

On a local level, Ursinus students, whether they're full-time residents of PA or not, have a lot at stake also. The Grizzly wanted to explore how students are thinking about this year's election, so we asked them what it means to vote as a student and what is important come election time. While we do not claim that the responses are representative of the entire student body, the anonymous responses we did receive reflected the overall theme of this year's campaigns: pointed polarization. The responses, arranged here in the order in which they were received and edited for brevity and clarity, ranged from optimistic, to apathetic, to anarchistic.

"It doesn't mean anything, the push for student voting is a corporate scam. . . The state wants you, 'the voter,' to believe that the act of voting gives you the power to change things for the better. . . Anarchy or nothing."

"For this election, I'm voting to protect human rights, including abortion access, lgbtq rights, and voting rights — candidates have made taking away these rights central to their campaigns."

"...those running for public office believe we are servants of those who rule, have no bodily autonomy (except when it comes to abortions), and can be split apart along racial lines and further pushed towards civil unrest. . . I will not be voting now, or likely ever again. Politicians are scum and anyone who thinks otherwise is ignorant or malevolent."

"The future of me and my kids. it's important to vote bc [because] votes do count."

"...I think the one thing important to me come election time is no one puts another person down for what they vote for. Also in any way shape or form look at another person differently based on who they vote for."

"There's so much at stake in this election from reproductive rights to LGBTQ+ rights to infrastructure. These decisions that legislators make will directly affect me and our community. Young people are not really represented in politics which is why it's so pivotal for us to vote and get our voices heard."

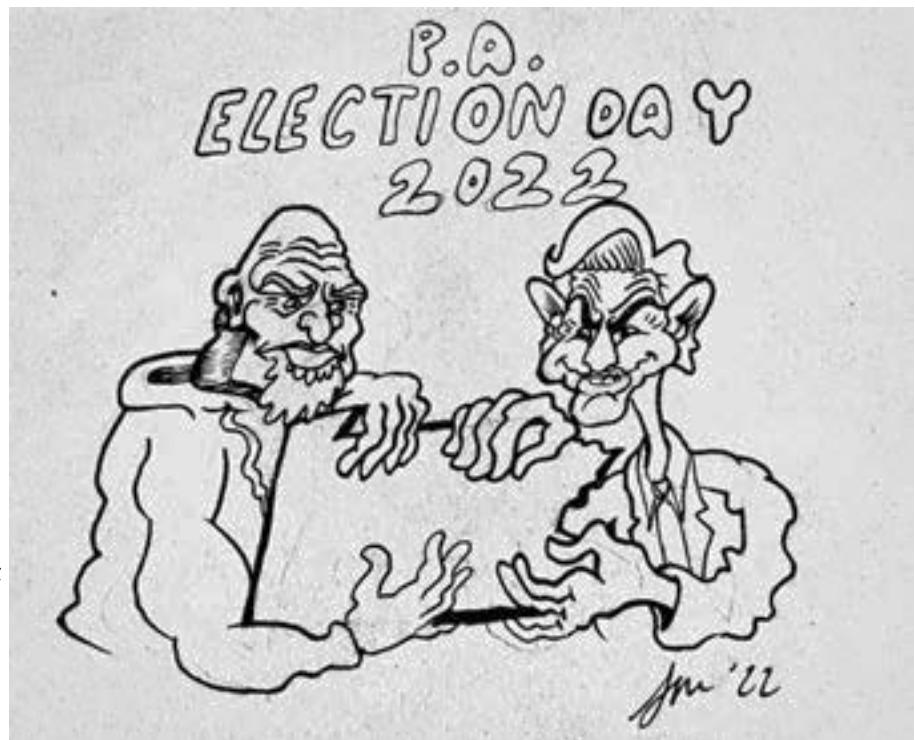
"I love getting involved and seeing change as a result of my vote, but what is most important to me is respect and privacy."

"Voting means making a difference and making my voice heard! Come election time, reproductive rights/women's rights are important to me."

"To vote as a student is critical to me. I will vote until I am physically unable to. Abortion access, bodily autonomy, protection of trans youth, union rights, Medicare for all, and higher taxes for the wealthy are all extremely important to me... To protect the rights of the oppressed is my main desire. I believe that my vote has little impact, but I refuse to not try. So I will try by voting, speaking, writing, and protesting. I would rather try and fail than give up and do nothing."

"Voting is my desperate attempt to feel like I am doing something about the world falling apart."

"As of right now, I'm not entirely motivated to vote. Throughout my life, I've noticed little to no change in my life regardless of



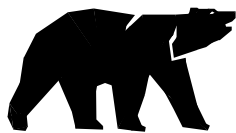
who is in office... I also don't subscribe to the polarized two-party political system that we currently have [which is] way too radical on both sides."

"The fate of the free world is in our hands. If the Republicans win this election, there will be no more hope for women to win back their bodily autonomy. Greedy corporations will reign supreme, and free universal education and healthcare will never become a reality."

"It's extremely [important] to vote as a student. We are the upcoming generation of individuals who are responsible for the world that will be created. Voting and getting involved in politics will shape our future."

"As a student, voting gives me power in a society to have my voice be heard in a non-academic setting. This election, I am very focused on social justice and civil rights. I purposefully switched my voting address from my home in New Jersey to Ursinus College. This is because Pennsylvania is a swing state whereas my home state is generally democratic, so my vote has the potential to positively impact more lives here."

"It is important to me to vote not only as a student but as a woman in today's society. I will continue to fight for a person's right to choose and have full autonomy over their own body."



Meet Ursinus' New Religious Faculty

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The holidays are just around the corner, bringing traditions and spirituality to the forefront for some students. At any time of year, but especially now, the Office of Religious and Spiritual Life is a great resource for students of all backgrounds and religions to gather for events or speak to the staff. I spoke to two of the new faculty members: Rev. Betty Wright-Riggins, Interim Chaplain, and Aziz Nathoo, Muslim Life Coordinator, about their roles, initiatives, and experiences on campus so far.

Rev. Betty Wright-Riggins is an ordained clergyperson with years of experience as a pastor, teaching religious life, and facilitating groups and lectures. On campus, she serves many roles as Chaplain, most notably to promote and enhance religious and spiritual life at Ursinus. Rev. Wright-Riggins is also a resource to lend support to students, faculty, and staff in times of stress and tragedy. Additionally, she acts as a liaison between the college's religious organizations and the surrounding community, as she is also the wife of Collegeville's mayor. Rev. Betty Wright-Riggins has enjoyed her time at Ursinus thus far, calling it a "caring, compassionate place to work," and emphasizing the active community environment the students and staff bring.

Aziz Nathoo serves in the new Muslim Life Coordinator role. He brings a wealth of experience to this position, including an upbringing in Muslim and Catholic

schools, leadership positions with organizations, including the UN, the Mayor of Philadelphia's Interfaith Commission, and Montgomery County Multi-Faith Coalition. Nathoo says his philosophy is to, "converse not convert," explaining, "I believe interfaith and communal dialogue gives us the wisdom to walk away from the path of tribalism and work together as one human family, with faith being the connective tissue and glue to hold us together." On campus, his roles include advising Muslim students, serving as a resource for interfaith dialogue, and coordinating religious and spiritual events. His favorite initiative to take part in on campus is the Conversations about and Across Difference, not only for the representation it provides but also for engaging with different perspectives of others in the campus community.

Michael Thompkins and Dr. Rosa Abrahams have stepped up this year to the roles of the Jewish Life Coordinator and the Jewish Ritual Leader. The Grizzly reached out to the Jewish Life Coordinator but did not hear back at the time of publication. There are a variety of upcoming Religious and Spiritual Life events for students to get involved with. Routine events include Meditation Mondays, Bible Study and Sacred Readings on the first Thursday of the month, and Evensong on the third Thursday of each month, all meeting in the basement of Bomberger. The Religious

and Spiritual Life Office is busy planning events for MLK day. Contact Religious Life or look for email regarding more information about these events.

Both staff members emphasized their role as a support system for students, no matter what faith, to contact. Nathoo said he is looking forward to using the holidays, "not only to celebrate but also to use them as a conduit to explain Islam and how we add our contributions to make this a better campus, community, country, and world a better place, God willing." To contact the Religious and Spiritual Life Office with questions or to set up a meeting with one of the staff members, email rsl@ursinus.edu or the staff directly.



Aziz Nathoo
Courtesy of Ursinus College



Michael Thompkins
Courtesy of Ursinus College



Dr. Rosa Abrahams
Courtesy of Ursinus College



Reverend Betty Wright-Riggins
Courtesy of Ursinus College

Book It to the Center for Writing and Speaking

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Communication is a fundamental skill that is utilized in almost every aspect of life. Learning to communicate effectively allows people to exchange thoughts and ideas clearly, conveniently, and successfully. This is essential both in education and in the workplace, making it an important skill for college students to develop. Located in Olin 302, there is a key resource right on campus to teach and improve these skills: the Ursinus Center for Writing and Speaking.

“The most important aspect of teaching and tutoring writing is meeting each individual student where they are. Each piece of writing is unique to the context and to the individual, who brings not only a set of personal and academic goals to the piece, but also their entire history as a writer and as a person,” asserts Dr. Talia Argondezzi, a professor and the director of Ursinus’s Center for Writing and Speaking. Having worked in writing centers for almost twenty years, this is Argondezzi’s tenth year at Ursinus. She describes how the Center has the ability to customize each appointment to the individual. This allows the Center to prioritize listening to students’ voices and focusing on each student’s unique needs. Classroom teachers are not always able to do the same, which makes the Center for Writing and Speaking such a key resource for students. Argondezzi explains that “in each session, we listen as much as we speak, hear where students want to go, and assess how to best help them get there.”

The Center for Writing and Speaking is a great resource for all students. Although some students believe that it is necessary to have a complete draft to come to the Center, there are actually no requirements. From brainstorming sessions to final edits, Writing Fellows are there to help students with any part of the writing process. This applies to all students, regardless of skill. Even strong and confident writers are encouraged to visit the Center. According to Argondezzi, “Writing Fellows themselves make appointments with us all the time, even though they’re all good writers,

because the process of sharing your draft with someone else and hearing an outside opinion can sometimes jar loose some new ideas.” Sessions at the Center are extremely effective in helping students to write better papers, while also helping students to become better writers. Writing Fellows can attest to these improvements, directly viewing the impacts of their work. “I see my work benefiting students when watching repeat students increase their confidence and capabilities. The more they visit the center, the more I see how much their writing skills have improved over time. It’s extremely rewarding,” said Writing Fellow Haleigh Olsen ’23. Additionally, students can come into the Center for speaking and presentation assignments. The Center provides an opportunity for students to rehearse speeches or to go over PowerPoint slides.

The Center for Writing and Speaking is a space where students can interact, connect, and collaborate. This promotes peer learning, allowing both the student and the Writing Fellow to expand their perspectives and consider new ideas. “I most enjoy having the privilege to read really engaging essays from other students. I am in a unique position where I get to learn what other students are doing in their classes by reading their essays, and through engaging with the paper, I learn something as well,” said Writing Fellow Natalie Rubinkam ’24. Sessions at the Center are mutually beneficial and educational for both the student and the Writing Fellow. These interactions also create relationships that support the development of a close-knit campus community. “The thing I enjoy the most about being a Writing Fellow is making connections with the students I work with. It’s really cool to talk to people in class or around campus and have them say, ‘Hey you were my Writing Fellow for my CIE class!’” said Writing Fellow Stephen Wilkins ’23. The Center provides a space for the development of connections and is a uniting resource on campus.

For students who are interested, the

Center for Writing and Speaking will be recruiting new Writing Fellows soon. As the director of the Center, Argondezzi says that she looks for students who are good writers and who are “dependable and responsible, interesting, open-minded, and good at communicating.” The position is available through professor nomination only, but Argondezzi can “whisper the entire campus a secret: if you think you’d make a good Writing Fellow, just ask your professor to nominate you.” To nominate you, the professor simply has to email Argondezzi your name. It is important to keep in mind that to become a Writing Fellow you are required to complete a course in the Fall semester. This makes the position best for first and second year students.

The Center for Writing and Speaking is an effective and beneficial resource on campus that students should take advantage of by making appointments here: <https://ursinus.mywconline.net>. The Center is a place to improve writing and speaking skills while also promoting interaction and connection. Between Argondezzi and the Writing Fellows, the Center is full of dedicated, supportive, and accepting people who care about students and want to help them succeed. Argondezzi says, “On a pragmatic level, I want Ursinus students to graduate as strong and confident writers and speakers. But underneath that surface, I believe writing is a means to help you understand yourself and your world, so it’s exciting to have the privilege of supporting that process.”



Courtesy of Laura Bradley



Break Days at Ursinus

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College students nationwide are in crisis. According to a study in the *Journal of Affective Disorders*, last school year, over 60% of us met the criteria for at least one mental health problem. According to the American College Health Association, three quarters report moderate or severe psychological distress. As our hours of daylight shrink, our moods plummet and seasonal affective disorder sets in for many. Odds are, you've skipped a class (or five) over the past few weeks because you needed to catch up on homework, or you simply just didn't have the energy to go. We're at a point in the semester where our lives have become consumed with school. There's so little time to pursue hobbies, hang out with friends, or even sleep. Many students are so defeated they don't even have the energy to try in class anymore.

For some classes, attendance isn't very important. In others, it's a huge part of your grade. Students should not be forced to choose between

academic success and mental well-being. Twelve U.S. states have already implemented a solution. They've implemented bills allowing students to use mental health as a valid absence excuse. Senate Bill 506 here in Pennsylvania would allow K-12 students to take up to two mental health days per semester with permission from their parents. If Ursinus truly wants to help its students, our administration should follow suit and allow students to miss a set limit of class days with zero penalty.

Opponents might say that this will decrease our school performance, but the reality is that the more intensity and pressure we feel, the more our grades will fall. Mental health issues often cause a loss of focus, which negatively impacts class performance. Students would perform much better if they were allowed the time to fully rejuvenate. We are adults and should have a say in how our education is structured.

Others might say that such a policy wouldn't be prepar-

ing us for the "real world." These ideas are rooted in antiquated beliefs of what the job market is actually like in the 2020s. More people than ever before are working fully or partially remote, setting their own schedules. This is a reality higher education needs to acknowledge, as well as the fact that part of the college experience is learning to care for ourselves without our parents. Just like we learn to file our taxes, we also must learn to regulate our own emotions. It's difficult to do that under an academic system that prioritizes grades first and foremost.

The college experience shouldn't revolve around trying to get straight As. College is a time for us to meet new people, step out of our comfort zones, and grow as individuals. Students can't do that if they're drowning in anxiety. For our campus to be a truly connected community, we must focus on mental health and let our students take days off.

Corey Shaffer Takes Over Men's Lacrosse



Courtesy of Ursinus Athletics

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Corey Shaffer was recently named the Interim Head Coach of the Ursinus College Men's Lacrosse Team after the previous head coach, Gary Mercadante, left the college. Shaffer had been an Assistant Coach for the Bears for four years prior to being named Interim Head Coach. His competence, love for the organization, and loyalty to the program were rewarded in this recent promotion.

I had the chance to interview Ursinus Men's Lacrosse player, All-American, and Senior Captain Tyler Neal. When I asked Tyler how he felt about the coaching change and the way things have gone this year, Tyler said, "I haven't really felt too much of a change. Last year I felt like [Shaffer] really took on the role as a

second Head Coach for us. He brings a relaxing energy to the team that has been contagious."

Shaffer's first fall as a head coach went smoothly. Players and parents are happy with how he has conducted himself thus far. The father of lacrosse player Drake Kasoff said, "Shaffer has been great to us parents. He communicates well, has personable conversations, and it is easy to tell that he authentically cares about the kids."

In his debut scrimmages, Shaffer won both games against two strong local competitors. With Shaffer's leadership and coaching, the Ursinus Men's Lacrosse team defeated Widener and Eastern University. Following the scrimmages, Shaffer has been able to put together an effective team plan for the rest of the fall. He has voiced to the team that the work is far from over and that this is just the beginning of a year that has potential to make Ursinus Men's Lacrosse

history. Coach Shaffer's plan for the rest of the fall includes lifting, running, basketball, captain-practices, and team community service events.

A key attribute of Shaffer's coaching style is giving the leaders on his team the freedom to control what their offseason entails. In the interview with Tyler Neal, I asked what the difference was from being a captain last year to this year. Tyler looked at me, thought for a second, and responded with, "The freedom. I feel like it is truly our team this year. The horses run the race and Shaffer is letting that happen." Overall, Coach Shaffer's first fall as head coach has been successful and brought great feedback from players and parents. What the spring will bring is unknown, but what is definite is the feeling the people in the organization have. Corey Shaffer has brought a new era to the Ursinus College Men's Lacrosse program.

Upcoming Games

Sunday	Tuesday	Thursday	Saturday
Women's Wrestling: 12pm	Women's B-Ball @ Alvernia: 7pm	Men's Wrestling: 9:30am	Women's B-Ball @ Albright: 1pm
	Men's B-Ball vs. TCNJ: 7:30pm	Men's and Women's Cross Country @De- Sales: 12pm	Men's B-Ball @ Rosemont: 1pm
		Football vs. Dickin- son: 1pm	
		Men's & Women's Swimming @ Gettys- burg: 1pm	



From Reimert to Rollins!

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Thursday, November 3rd was a jam-packed day in Philadelphia sports. The Eagles grabbed a win against the Houston Texans in Houston. The Phillies took a devastating no-hitter loss in Philly in game four of the World Series. Just prior to the first pitch of that game four, The Philadelphia Sports Hall of Fame inducted 18 new members, including an Ursinus alum. Adele Boyd '53 had a golden field hockey career during her time at Ursinus and after, as a player and coach. From professional leaguers to local leaders, the 18 inductees brought Live! Casino & Event Center Philadelphia to life, and I was lucky enough to attend.

As the Sports Editor for The Grizzly, opportunities like this are ones I love to jump on. Once I received the email from the Hall of Fame President asking a Grizzly member to attend, I knew I could contribute to Adele's legacy. The Ursinus legacy is important to uphold, especially as part of Philadelphia sports history. Adele's success in field hockey led her to become a popular name in Philadelphia sports, getting inducted alongside Philadelphia professionals like Jimmy Rollins and David Akers.

As I scanned the list of inductees, I recognized a few, but learned about many. As I arrived at Live! I was surrounded by many older men, a few families, and three male media representatives. As I failed to find anyone displaying Ursinus pride, I proceeded to wander and view the displays for the inductees. There are auctions around the banquet hall, exquisite catering options, and a balloon display sporting, pun intended, Philadelphia colors. The headliner for the induction was Jimmy Rollins, the shortstop from the 2008 World Series winning Phillies.

As I wandered around the event center, listening to big money sports fans, all the attention went towards Rollins as he entered. The three other male reporters flocked to him, and I sat back and observed their behavior. As an Ursinus reporter, I saw myself on the bottom of the



Courtesy of Ava Compagnoni

totem pole to get an interview with Rollins. However, my pessimistic attitude turned around quickly when an attendee offered to get me an interview. As we approached Rollins, I scanned my mind for questions to ask him. Luckily Rollins is a pretty laid back guy.

I began the interview by asking about how it feels to be back in the city during the electric time of the World Series. The nostalgia of the Phillies being in the World Series brought back a lot of memories: "To see the fans the way they are, to see the team the way they are in the World Series with a chance to win it all, is something that I'm happy these fans get to experience. In this city, with this passion, it is truly amazing," said Rollins. "I got to see a lot of

the guys from the '08 team, we got to hang out and enjoy, we're seeing it all over again. The moments that the fans get to cheer and explode, when you're on the field you're in the game, but now on the other side we have a whole different view."

As I am standing in front of a player of one of the most beloved Phillies teams in history, I feel the energy every fan in Citizens Bank Park felt. While interviewing Jimmy Rollins was the highlight of my night, it could not have happened without Adele Boyd's Ursinus legacy. That Thursday night I truly felt the opportunities admissions bombarded me with on my first tour of Ursinus, almost five years ago.