



4-18-2024

## The Grizzly, April 18, 2024

Marie Sykes

Nicolas Ungurean

Andrew J. Perez

Ellie Burns

Kathy Logan

*See next page for additional authors*

Follow this and additional works at: <https://digitalcommons.ursinus.edu/grizzlynews>



Part of the [Cultural History Commons](#), [Higher Education Commons](#), [Liberal Studies Commons](#), [Social History Commons](#), and the [United States History Commons](#)

[Click here to let us know how access to this document benefits you.](#)

---

---

**Authors**

Marie Sykes, Nicolas Ungurean, Andrew J. Perez, Ellie Burns, Kathy Logan, Kate Horan, Sidney Belleruche, Renee Washart, and James Rapp



Ursinus College Presents

# THE GRIZZLY

COLLEGEVILLE, PA.

THURSDAY, APRIL 18TH

VOL. 52, ISSUE 10

## Tensions High at Congressional Town Hall





Nicolas Ungurean: niungurean@ursinus.edu



Photo Credit: Ursinus College website

On the night of Wednesday, April 3, Ursinus College hosted United States Congresswoman Madeleine Dean of Pennsylvania's fourth congressional district for a town hall meeting. Dean serves in the House of Representative under the Democratic Party. As

residents were beginning to file into Bomberger Auditorium for the town hall, there were several individuals handing out flyers to the crowd that said things such as, "Dean talks like a humanitarian but votes like a war monger" as well as "Abandon Dean 2024."

-  Tree Planting Ceremony
-  REPS Lab
-  Grad School Planning
-  First-Year Dorm Review

Congresswoman Dean kicked off the town hall by briefly outlining her agenda for the meeting, and - barely a minute in - chaos erupted. Protesters began to shout at Dean, as one man yelled, "You called for a ceasefire in Palestine and then you voted to send \$3.9 billion to Israel for death and destruction!" Another protester in the back of the auditorium stood up and shouted, "You have blood on your hands, shame on you!" Other protesters joined in while simultaneously, some residents called for Campus Safety to remove them and for the police to be called. One resident shouted back at the protesters and said, "Leave my country!" The disruptions went on for about five minutes until campus safety removed the protesters.

Congresswoman Dean returned to her agenda as planned. First, she briefly recapped some of the major laws that were passed during Congress's last session such as the American Rescue Plan, the Bipartisan Infrastructure Law, and the Inflation Reduction Act. After this, she outlined what her constituents voted as the most pressing issues in need of solutions. In order, these issues were border security, foreign affairs (Israel and Ukraine), the economy, abortion, and gun violence. She reassured the crowd that these are issues she is determined to address. Additionally, Congresswoman Dean outlined (continued on page 2)

## Tensions High at Congressional Town Hall (Cont'd)

Nicolas Ungurean: niungurean@ursinus.edu

some financial community investments that are planned for the district in 2024. These investments include \$3.82 million towards the Cheltenham Township La Mott Community Center, \$1.2 million towards MCHA's Affordable Housing Preservation Initiative, \$1 million towards Habitat for Humanity Pottstown Dairy Redevelopment and \$1 million towards the Ursinus College Main Street Revitalization.

Dean concluded the night with a question and answer session for residents, the main topic of which was the war going on between Israel and Hamas, as she phrased it. One resident asked, "You call for a ceasefire, but on Easter you sent \$3.9 billion to Israel. Why do you still fund this war?" In her response, Dean said she believed Israel

has a right to defend itself, but she does not agree with how Israeli Prime Minister Benjamin Netanyahu is proceeding with the war. She stated she believes that there needs to be a ceasefire and that this conflict in the Middle East has been one of the most challenging circumstances she has faced during her time in Congress. She also noted that as a member of the House Foreign Affairs Committee, she had the opportunity to travel to Israel with other members of Congress and meet with Netanyahu. She assured the crowd that while there, she was able to personally voice her concerns to the Prime Minister.

Another resident said to Dean, "Me and my entire family voted for you and President Biden, and we now regret that. We feel betrayed. You have shown

tremendous compassion for Ukraine, but I haven't heard any of that in favor of Palestinian citizens. How do you live with yourself?" Dean said she sympathized with the resident, stating that she felt his pain and that what is happening in Gaza is unacceptable. She went on to say that she continues to demand a ceasefire and for the hostages held by Hamas to be returned home.

The town hall certainly had its tensions and even some fireworks, as it addressed local, national, and international topics, some of which were tumultuous and polarizing.

## Tree Planting Ceremony to Honor Damiano Rotolo

Andrew J Perez: anperez@ursinus.edu

On April 21st, 2024, Ursinus College will honor Damiano "Dam" Rotolo in a tree planting ceremony as a tribute to an amazing friend, student-athlete, and loved one. Dam knew how to make anybody's day by cracking a joke, being extraordinary, or even just smiling. He was a great fit here in the Ursinus community and he had a huge heart that he shared with all. His teammates and friends talk and think about him every day, recalling memories like the one time Dam rode his skateboard down the hallway in the BPS basement.

Last March after Dam passed, Director of Wrestling Joe Jamison stated in an Ursinus Athletics article titled, "Ursinus Mourns the Loss of Damiano Rotolo," that "Dam was a great teammate and friend to everyone he knew. He had a unique ability of getting people to laugh when they needed it the most, and how much he cared for everyone was incredibly evident. People were drawn to him. Dam came to Ursinus as an incredible student-athlete and had a bright future ahead of him. We're going to miss him terribly." Jamison always looked after Dam and took care of him on and off the mat and we will never

forget the difference he made in the program.

Mikey Adams '26 and Gabe Heaney '26 were Damiano's roommates. They speak very highly of him, saying how he was truly one of a kind and a fun kid inside and out. He would always be open and honest with you about anything, and you could always count on his trust. Adams elaborates on how Dam loved to influence his friends and teammates, like teaching them how to dress well and to rely more on themselves. The things he did for others went above and beyond generosity. He truly cared for every single person who entered his life.

Dam will always be remembered by his pearls and his cross he wore. They signified the kind of person he was. His closest friends describe Dam as a super bright and kind kid that was never selfish. They will tell you that he had a contagious personality that spread positivity and good vibes.



Photo provided by Andrew J Perez

Something really special about Dam is how good of a relationship he had with his parents. He spoke with them on the phone every opportunity he could and loved them dearly. His love and respect for his parents showed his friends how to have a great relationship with someone you are close to and to be grateful.



If you were in Dam's circle, he would be there for you and take time out of his busy day to check up on you.

The tree planted outside Floy Lewis Bakes Center at 11am this upcoming Sunday will symbolize Dam forever in

our hearts, as he will never be forgotten. Long Live Damiano.

## Ursinus Hosting "Out of Darkness" Walk

Ellie Burns: elburns2@ursinus.edu

Ursinus College has teamed up once again with the American Foundation for Suicide Prevention for their annual walk to raise funds for the organization, as well as to raise awareness of mental health issues and stop suicide. The "Out of Darkness Campus Walks" are the AFSP's main student fundraising series. The walk is designed to engage people of all ages in the fight to prevent suicide, one of the leading causes of death among all age groups. Students are presented with the opportunity to donate funds as well as walk to spread awareness, but it is not required to donate -- your presence is more than enough! Last year, Ursinus raised over \$27,000 for the AFSP.

This year, the AFSP hopes to raise that number by broadening their horizons. To

do this, they have offered participation in the event to Greek Life organizations as an opportunity for organizations to come together, to gain more traction and hopefully, to help it become a tradition. The walk is being offered as a 5-star event, encouraging many organizations to try to get everyone involved if they are available. Since it falls on the Sunday right after Greek Week, they have decided to make the event into a fundraising competition for the different orgs. Each organization will be a team, earning a free shirt for each person on the team if they raise \$100. Many have already signed up to offer their time, such as Kappa Delta Kappa, Alpha Delta Phi Society, Sigma Gamma Rho, Alpha Delta Phi Society, and others. These orgs are excited for the chance to help the cause and jumped at the

chance to take part.

The "Out of the Darkness Suicide Prevention Walk" will take place on Sunday, April 21st at 10am. The groups will meet up at Olin Plaza for a two-mile walk around campus. As mentioned, donations are not required to walk, and walking is not required to donate. With the warmer weather, many are excited to get out and spend time with one another. The "Out of The Darkness Walk" is the perfect way to get your steps in, enjoy the morning air, and enjoy time with your friends while raising awareness for a cause that affects everyone.

## Phi Kap's LLS Fundraiser

Kathy Logan: kalogan@ursinus.edu

From last Wednesday at 10am until Thursday at 10am the next day, Phi Kappa Sigma (also known as "the Phi Kaps"), hosted their biannual Bike-A-Thon. The Bike-A-Thon is a 24-hour-long fundraiser for the Leukemia and Lymphoma Society (LLS). This Bike-A-Thon runs once a semester. To learn about what goes into planning the Bike-A-Thon and how it is run, Phi Kap Aidan Nadell '25 was interviewed about this last Bike-A-Thon.

First Nadell was asked why the Phi Kaps decided to support this fundraiser and do so with a Bike-A-Thon. He answered that they enjoy the event because "it is a staple in our culture as an organization as well as our campus. Love us or hate us, you know about Bike-A-Thon within a semester of being a student here."

When asked how the Phi Kaps plan for this event and who is in charge of planning it, Nadell happily expressed that, as the Philanthropy chair, he was in charge of the event and has been since 2023. On why the Phi Kaps decided to do an event for LLS, Nadel answered, "Phi Kappa Sigma as a[n] [inter]national organization has been an official partner with the Leukemia and Lym-

phoma Society for the last several years. It's not just our chapter that fundraises for LLS; there are chapters everywhere from New Orleans to Texas to Washington and South Carolina with the same goal. The mission of LLS is noble, fundraising billions of dollars every year to advance blood cancer research and treatment."

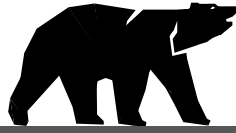
Were the Phi Kaps successful in reaching their fundraising goals? "I'd say so!" Nadell said. "We fundraised over \$500 from in-person donations alone, and we have more on the way with our online fundraising campaigns." In previous years, Bike-A-Thon has allowed them to garner national attention. In 2022, they raised \$5,000 and was awarded 2nd place for fundraising across all Phi Kappa Sigma Chapters. "For how small our school is compared to other public institutions, that's not bad at all!"

"In the last several semesters, we have introduced Celebrity Riders to involve familiar faces like President Hannigan, Pedro Looft from Campus Safety, and the Ursinus Bear mascot! We also were sponsored with free food and swag by the local TD Bank branch, the local Wawa, and Marzella's. We

invited other Greek organizations to come and sing karaoke with us, playing guitar and ukulele into the early hours of the morning," Nadell said.

On how an event like the Bike-A-Thon tied into the fraternity's principles, Nadell explains that the Phi Kaps have seven core values: Respect, Responsibility, Wisdom, Knowledge, Honor, Trust, and Integrity. These seven core values are, according to Nadell, upheld by the integrity of the brothers to take care of those beyond the Ursinus campus.

Finally, Nadell said his favorite part of the fundraiser is how it "brings us together as an organization. One of the reasons that I joined [the Phi Kaps] was because of the emphasis on philanthropy and fun; this event showed me how to do both at once! It's such a simple concept that really goes a long way, everyone can appreciate someone biking for 24 hours!" The Phi Kaps will continue to do the Bike-A-Thon for as long as they can to support a good cause!



## Expert Tips On Graduate School Planning – What You Need to Know

Kate Horan  
kahoran@ursinus.edu

“In my experience, having now gotten two graduate degrees, a master’s and a Ph.D., I believe that earning those degrees is as much about persistence and determination as it is about needing to have the academic ability to succeed,” says Dr. Don Martin. He says that the application process is nerve-wracking, but it is important to “stay true to yourself, remain authentic, follow directions, let them hear your voice, and make sure you leave them with a positive impression about you.”

Dr. Martin is the Founder and CEO of Grad School Road Map, a graduate school admissions consulting program. Dr. Martin has coached over 470 graduate school applicants in arts and sciences, business, law, and medicine with a 97% acceptance rate. He explains that there are many important things to consider when deciding whether to pursue further education. Dr. Martin emphasizes the importance of answering this question: “Why are you doing this?” He continues, saying, “Why do you want to pursue a graduate education? Are you being pressured by someone? Are you feeling this is just something to do so that you can keep going to school and not having to go to work yet? What is the motivation?” Dr. Martin asserts that determining the answers to these questions can greatly affect the kind of research students end up doing that would lead them in a good direction for their applications.

When thinking about which graduate school programs students may want to apply for, it is essential to learn more about the program and the campus through direct methods. Michele Poruban, an Associate Director of Experiential Learning in the office of Career and Post-Graduate Development (CPD) at Ursinus College, aids students in finding internships and externships, while also assisting students and alumni in career planning. Poruban emphasizes the importance of physically taking a tour, experiencing the campus, and also taking a look at the research settings.

Even if students cannot easily get to the location, there are online tours and webinars.

Poruban emphasizes that webinars can be about graduate school in general, but it is useful to try and find orientations or information sessions that are specific to one’s program. She says, “It’s a great time to hear from the program directors, what they focus on, what are their goals and objectives for their students, what are the outcomes that those students then have.” This is also a good opportunity to hear from current graduate students and to ask “how they felt supported through the program, and maybe some of the specific resources that they were able to use.”

Similarly, Dr. Martin asserts that prospective graduate students should make sure that they know what the campus looks like, and they should be asking what students, both current and former, have to say about the programs. If prospective graduate students do reach out to current students or recent graduates, Dr. Martin advises asking at least these two questions: “What did or do you like most and least about this program?” and “If you had to do it over again, knowing what you know now, would you still attend this program?”

Organization is essential when applying for graduate school programs, especially when first getting started. It is important to keep all of those details together, and Poruban says, “A really good go-to resource for many students is creating something like an Excel spreadsheet where you can identify things like the school, the program name, and then you’ll start putting together some of those other factors.” Other factors can include start and end dates, the due date for the application, and then other unique things about the programs, such as if they have “graduate assistantships, or special practicum experiences or hands-on experiences that you can do, or perhaps some of them are set in a city where you might be able to work directly with some of

their programs there,” says Poruban.

The timeline when pursuing a graduate school education is not the same for every student, but Poruban explains that “the longer runway you give yourself, the better.” This gives students more time to explore, and Poruban says, “I think it allows you to do yourself the diligence of getting a lot of input, a lot of gathering so that you can layer in those conversations that we’re talking about. They don’t happen overnight.” Poruban emphasizes that this research takes time to facilitate, and she says that even as early as a student’s first undergraduate year they can be thinking about graduate school as a possibility. Then, Poruban recommends that by the end of sophomore year, it is important to start having a direct conversation with one’s advisor if students are thinking that they might want to attend graduate school.

Poruban says, “You’re really going to want to start ramping up your plans by junior year.” She suggests students should meet with CPD before the summer after junior year to outline a plan. “Give yourself a set of to-dos and tasks so it’s not that all of your time is investing in that, but a little bit at a time, kind of a checklist,” Poruban explains.

After students work on the organization aspect, the time comes to start narrowing down the programs to find those that best fit the student’s interests. Choosing the right program can depend on what additional skills one wants to gain. Poruban says, “A phrase that has always stuck with me when somebody talked about grad school is, you want to think about what you’ve learned so far as just the tip of the iceberg, and you’re so excited to learn more and dive into a specific topic.”

Once students find the graduate schools and programs that they want to apply for, the next steps include writing graduate essays and participating in interviews with the admissions committees.





In Dr. Martin's opinion, writing an effective essay "boils down to a couple of very important factors." First, students need to make sure that they provide the number of words that they were asked to provide. During his 28 years as an admissions dean, Dr. Martin personally evaluated over 125,000 applications. Dr. Martin recalls an instance in which the importance of word count was exemplified. Working as an admissions dean, Dr. Martin was evaluating applications in which applicants were asked to provide a personal statement of 750 words. One applicant, applying for a doctoral program, sent Dr. Martin their master's thesis, which was 50 pages long. Dr. Martin says, "I denied them immediately. I thought if you cannot follow a simple direction...they didn't answer anything we asked them. They just said, please see my master's thesis."

This leads to what Dr. Martin lists as the second factor: "You need to give them what they actually asked you to give them." It is important for the applicant to answer the questions that they are asked and to answer only those questions. Dr. Martin gives an example: "If they say, 'What do you hope to do? What's your short- and long-term goal after you finish?' Give them your short- and long-term goal, but do not go on and say, 'And I want to go to your program because...' If they don't ask that, you don't tell them."

The last factor that Dr. Martin lists is a mantra for the entire way of proceeding through an application process: "Be yourself." The admissions committee needs to hear the applicant's voice. Dr. Martin emphasizes the importance of being your authentic self in the application process, quoting Oscar Wilde, saying, "Be yourself; everyone else is already taken."

When it comes to writing an effective graduate school essay, Poruban likes what has been described as the "necklace method." This is the idea of starting with a great story that will catch somebody's attention, telling the story of "something that will connect with somebody on a personal level and help them to remember you." That starts off the story, and then it is important to lead into why the program would be

ideal for the student, focusing on why the student wants to participate in this type of graduate school or graduate program. "And then at the end, kind of closing the necklace, you come back to that story to pull it all together," says Poruban.

As for getting ready for graduate school interviews, Poruban suggests that students prepare five to six stories about themselves. These stories usually are events or experiences that students are involved in that they would want to share to the admissions team to prove that they are a solid candidate for the program.

Poruban thinks that, in terms of interviews, there are two "buckets" that students are answering in terms of questions. She says, "The first is, do you have the academic strength and stamina to be successful in our program? And that's where your transcript comes into play. What courses have you taken? Have you been successful in those?" The second bucket is answering questions in terms of what makes students unique. Poruban explains that these questions can revolve around what you "bring to the table that's going to help you contribute and be part of our team that's already here, whether that's faculty and/or other graduate students."

Another important part of interviewing is to come with questions for the interviewer, as "it shows that you've taken the initiative to prepare and you're really thoughtful and interested in their program and that's why you have these questions," says Poruban. An essential piece of the interview process happens after the interview: sending a thank you. Demonstrating that the student has taken the professional time to thank the committee and mentioning something that the student appreciated talking about during the interview experience makes the student stand out while the committee is in the decision process.

When making decisions about graduate school, it is essential to remember that the process and timeline do not look the same for everyone. Poruban says, "It's similar to what we hear sometimes this time of year around graduation, especially for seniors feeling like everybody around me knows what they

want to do, and they have their job opportunities figured out. When in reality when we're talking to students, it's more of the students that are in the position of, 'Okay, I'm still making those final decisions and not everybody does have it figured out.'" Poruban says that the same dynamic happens with graduate school, and she advises students to "try to quiet the voices around you and really think about what's most important to you in meeting you where you are with your ultimate goals academically, personally, and professionally."

In terms of one's ability to succeed both in the application process but also succeeding in graduate school and in life overall, Dr. Martin says, "Don't hear me wrong that I'm not thrilled when folks do well academically in their undergraduate career. That's wonderful. Congratulations to them. But I will also say that long-term success in life, so far, I have yet to see that that is directly correlated to a 4.0 GPA or a 99-percentile test score. It isn't." With his focus being on working one-on-one with individuals, Dr. Martin recalls someone telling him something early in life that has stuck with him ever since. According to Dr. Martin, this person told him, "If people know you, like you, and trust you, they will work with you."

*The Grizzly* is still looking for a Website Editor and a Layout Editor for the Fall 2024 semester. If you are interested, please send a resume and cover letter to [grizzly@ursinus.edu](mailto:grizzly@ursinus.edu) or email us with any questions!



# First Year Review on First-Year Housing

Sidney Belleruche  
sibelleruche@ursinus.edu

Spring is well and truly underway. The flowers are blooming, the rain is pouring, and Ursinus' Residence Life has sent many emails reminding everyone that the oft-stressful housing selection process is here again. As a freshman here at Ursinus, I did not have to worry about housing before coming here (though other pre-arrival logistics more than balanced it out). First-year students are assigned typically to BPS (consisting of Beardwood, Paisley, and Stauffer) or BWC (Brodbeck, Wilson, and Curtis), and I have lived in Beardwood. Since my time in the first-year dorms is ending, I wanted to share some of my thoughts on the dorms, mainly about the physical components. After all, as Assistant Director of Residence Life Rose Roberts puts it, "Community living is stressful!"

I want to give a special mention to the cleaning staff at BPS. They work tirelessly but still make an effort to smile at the residents. They do excellent work and should get more recognition. Kudos to you all! The rooms here are serviceable. I do not have any issues with the layout. The single I live in is comfortable, albeit a bit small. As you might expect from a building opened in 1957, the interior shows some wear. For example, the walls in my room have chipped and the paint is fading in some areas. Additionally, the ceiling is cracking quite a bit in several places. A fresh coat of paint in the

halls (similar to the recent painting of the middle wall in Paisley) might hide some aging. As for doubles and triples, there are more variables. While most are in a similar size range, rooms may feel smaller or larger depending on location and one's roommates. For example, suites or connected dorms with a bathroom appear more spacious due to their isolation, despite not necessarily being larger.

My biggest disappointment is the common rooms, especially Beardwood's. They all could use a considerable facelift. The air hockey and foosball tables are missing pieces and are antiquated to begin with. The furniture shows extreme signs of wear and especially tear. The furniture also has stains; I prefer not to speculate about the origins. Additionally, the BWC common rooms are practically non-existent, which doesn't help with community building. Overall, the place meant to be a gathering place for students is largely ignored by most.

The men's communal bathrooms, I've found, were prone to forming large puddles. Additionally, in the warmer months there were flies that have flown into me more than a few times. Despite the somewhat critical tone of this piece, BPS isn't awful. The laundry room is great, the front lawn is inviting, and the facilities function smoothly. Finally, I would be remiss not to

mention the vandalism incident earlier in the year. Though the situation was handled, no college, Ursinus included, is immune to the inappropriate actions of others.

To gain insight on the BWC experience, here are two reviews from current residents:

**Kelsey Lyons '27** – BWC, Single Room:

**Pro:** I enjoyed living in the first-year dorm because coexisting with strangers does build a sense of community. You see the same people routinely, and you see them doing the same things you do—laundry, cooking, socializing, etc.—and it all feels very human.

**Con:** That being said, I think the maintenance of the communal spaces is a problem. The bathrooms don't appear clean, and things stay broken longer than they should. Residents also neglect to do their part, leaving the halls dirty or littered with trash they could have put away.

**Alexandria Nevison '27** – BWC, Triple Room:

**Pro:** BWC has really great staff, and the other residents are alright. I like where the building is because it is close to everything.

**Con:** The building needs a new kitchen, and the laundry room needs some work too. It would be nice to have the restrooms updated as well.



Photo Credit: Ursinus website





## Every REP Matters

Renee Washart  
rewashart@ursinus.edu

The Resistance Exercise, Physiology and Sport (REPS) lab, directed by Dr. Kyle Beyer in the Health Sciences department, investigates human physiology and performance during exercise and sport. Located in the Wellness Center, the lab completes research projects related to the physiological adaptations to strength and conditioning programs and competitive sport, the evaluation of emerging technologies in fitness assessment, and the role of maturity in youth exercise and sport performance (detailed on the Ursinus webpage). The REPS lab utilizes the unique abilities of all its students, helping them further their interests with research projects catered to them. One student has taken the opportunity of this support to involve himself fully in the progress of the current study at-hand.

Cross country/track & field athlete Jack Fisher '25, has spent the past three years fine-tuning his lab skills in order to run a project of his own during his senior year. Dr. Beyer was recently asked by colleagues to obtain pilot data on a supplement study and gave Fisher the task of obtaining said data. A pilot study is a small-scale preliminary study to evaluate the feasibility of a topic before the full-scale project is conducted. As a neuroscience major, Fisher was a perfect fit to take over this pilot study, as it is heavily cognitive performance based. Cognitive performance is a measure of how well the brain functions, which in this case, is during and after exercise.

The project is still in baby steps, being actively conducted this semester. The supplement given to the participants is an amino acid supplement. After digestion, this protein supplement is expected to

increase the tyrosine concentration in the brain. Tyrosine is an amino acid that the body uses to make chemical messengers involved in conditions affecting the brain, like mental alertness. This effect is a precursor to dopamine, a neurotransmitter that acts on the brain to bring feelings of pleasure, satisfaction, and motivation. "If you have more dopamine floating around in your brain then you'll have elevated mood states, focus, and attention," stated Fisher. After ingesting the supplement, the participant takes a cognitive stress-test designed to tire the brain out. The lab group then proceeds to measure reaction time, focus, and other cognitive-based functions to see what outcomes the supplement yields.

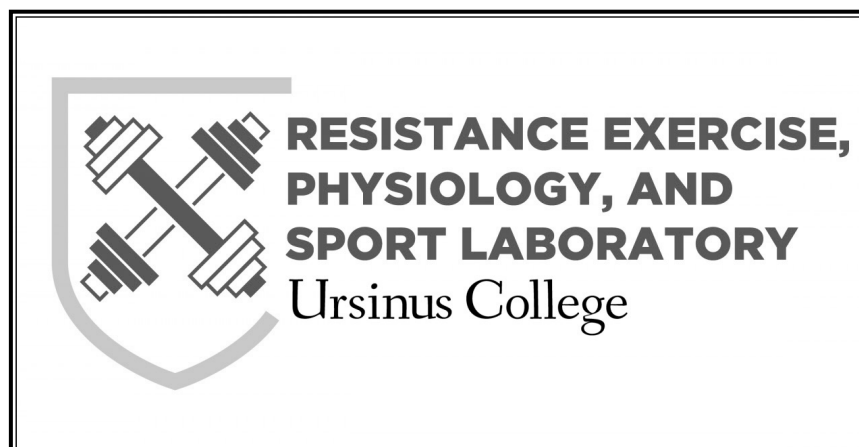
Another area of resistance exercise the REPS lab is currently working on is the effect of music preference and exercise performance. The fact that students are able to choose from a variety of research topics to work on in the lab or create their own is what makes it student-centered. Research for next year is already in the planning stage, as Fisher mentions his interest in looking at athlete differences in aerobic exercise and output. If given the chance to design the study, Fisher hopes to focus on a brain-related area such as cognitive performance, as done in the current study. His attendance in a lab outside of his major shows other students that it is possible to conduct research on whatever topic is of interest to them! Setting this example is another of the many things Fisher is able to accomplish in his time here at Ursinus College.

Taking a look backwards: in the past year the REPS lab focused primarily on the effect of KN95 masks on anaerobic

workouts. With the Covid-19 pandemic affecting athletes across the globe, this was a crucial insight into how performance can be altered by the proper protection. The study was conducted with biking as the workout of choice. The REPS lab was looking for any type of physiological and/or perceptual influences of the mask. The twenty participants were asked to complete the Wingate Anaerobic Test, or WAT. The intention of the WAT is to evaluate the quantity and speed reserves of the individual by measuring the power generated in an all-out "sprint" on the bike. Periods of exercise with and without masks were conducted bi-weekly on each participant. This allowed the comparison of masks to no masks to be seen on an individual level.

This study was conducted for a five month period and resulted in a lack of significant perceptual or physiological differences. That being said, the study still answered a lot of questions regarding exercise with masks, as according to their data the workout didn't get any harder. Even with insignificant results, conclusions could be drawn to promote improved, future experimentation for the lab (something to keep in mind whenever data gets you down).

With all these projects underway and many more to come, the REPS lab is in peak shape for its students to uncover the secrets behind resistance exercise. If interested in participating in the supplement study, reach out to Dr. Kyle Beyer for more information! Jack Fisher will also be highlighting an abstract of the study at CoSA, the Celebration of Student Achievement on April 24th.





## ReLAXing is Not An Option

James Rapp  
jarapp@ursinus.edu

Hello everyone, welcome back to another Ursinus sports recap. Today will be all about Lacrosse. As the school year is coming to an end, both the men's and women's lacrosse teams are in the midst of conference play.

Currently, the men's team is sitting at 7-6 on the year with three games left. As of April 15th, the Bears are tied for 5th place in the Centennial Conference with a record of 3-2. This past weekend the men's team took on Franklin and Marshall and were able to walk out with a huge win that ended Franklin and Marshall's shot at the playoffs for this year. So far this season, Ursinus Men's Lax has had some real stand-out players such as Sophomore Harry Sweitzer, who is currently leading the team with 32 points. He is closely followed by Senior Attackman Drake Kasoff who has 29 points. Both players are tied for most goals this season with 19 apiece. On the defensive side of the ball, Senior Jeff Douglas has been a lights-out defender for the Bears with 30 caused turnovers this season and 9 in the last four games. Jeff is currently ranked #1 in the Centennial Conference for

caused turnovers. Another key player for the Bears has been Senior Goalkeeper, Jon Singer. Singer has been the backbone of the Bears defense this year starting every single game for them this season. Singer is currently sitting with a .544 save percentage and is ranked #3 in the conference for saves per game. Another notable performance this year has been the Bear's faceoff unit. Both "Fogos" (Face-Off-Get-Off), Junior Dom Nottoli and Sophomore Nils Updale are both ranked within the top 10 for ground balls and faceoffs in the conference.

The women are well on their way to success in the playoffs after a strong year. Currently, they are sitting at 7-5 on the year and 3-2 in Centennial Conference play. Ursinus Women's Lacrosse's most recent win was last Wednesday in a close contest against Swarthmore. Fortunately, the Bears were able to fight off the Garnets and pull out the win with a score of 9-6. So far, Women's Lacrosse has had some standout contributors this season starting with Junior Grace Lynch. Lynch is leading the team this year with 41 points on the year. Her performance has earned her a top 10

spot for number of points scored per game within conference rankings. Another key player for the Bears has been Junior captain Maeve Leonzi, who also has 41 points so far this season. Both players netted their 100th career goal against Widener earlier this year. Two more standouts for the women's team this year have been Senior Mary Michaud and Junior Julia McCann. On the defensive side of the ball, Michaud has been playing very effective defense with 18 caused turnovers this season earning the 7 spot in the conference. Meanwhile, McCann has been taking care of business with 50 draw controls this season. This has earned her the #6 rank in the conference.

Overall, the 2024 Lacrosse season has been one to remember for the Ursinus College Bears. With playoffs coming up in just a few weeks, be sure to support our Bears this upcoming Saturday, April 20th as the women go head to head with the Gettysburg Bullets at 12:00pm, and the men take on Washington College at 2:00pm later that day. GO BEARS!



Photo Credit: Ursinus Athletics

[www.UrsinusGrizzly.com](http://www.UrsinusGrizzly.com)