



9-23-2021

## The Grizzly, September 23, 2021

Layla Halterman

Ava Compagnoni

Morgan Mason

Brooke Hurley

Sean McGinley

*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**

Layla Halterman, Ava Compagnoni, Morgan Mason, Brooke Hurley, Sean McGinley, Amelia Kunko, Kathy Logan, Alena DeAntonellis, Erin Corcoran, and Katie Cressman

---

# the grizzly

IN THIS ISSUE:

Yellowjackets Concerns.....2

UC Possibilities.....4

Hidden Opponent Club.....8

Collegeville, Pa.

Thursday, September 23rd, 2021

Vol. 47 Issue 2

## Jalen Everette, two term student body president

Ava Compagnoni  
avcompagnoni@ursinus.edu



Image courtesy of Julia Paiano

Student body president Jalen Everette is starting his second of two consecutive terms and has so far been successful in his endeavours. Having faced more abnormal challenges than presidents before him, Jalen has been working tirelessly for the past 17 months. As he tackles meetings, classes, difficult conversations, and a college social life, Jalen has his hands full but manages to get it all done.

Jalen has helped realize the true potential of the Student Government Executive Board and Class Officers. He was determined to make a change as soon as he sent in his declaration. Even his campaign in the spring of 2020 was one of the most successful in recent student government history. “Running in the election and tallying the highest participation totals ever was the start of a reinvigorated student body waiting to get involved. Student

Government has been reconstructed in a way that has brought back the importance of student leadership,” Everette explained.

Student Government officers were occasionally overlooked in the past, and Jalen was determined to ensure people could come to a friendly face when they were facing issues that involved the college. Connecting with the students on a more personal level was one of Everette’s main goals. “In my first term I wanted to reinvent all things Student Government. The first step began with designing a new brand logo for social media platforms. Student government officials were unrecognizable and didn’t connect with the majority of the student body. Now, class council elections are breaking records for turnout. By rebranding UCSG we have become the proper channel to voice

frustrations and to positively create change on campus.”

Many members of UCSG are heavily involved in athletics, Greek life, community service, and academic achievement societies. This year’s UCSG representatives are very well connected within a diverse group of sports teams in addition to student government; this has led to a more welcoming community for students who may have been unsure of who to reach out to when they had a problem. “This year the team dynamic is great, I have been working with new people and a few returners who have made student government experience enjoyable. We all work extremely hard to create positive change and events happen on campus,” said Everette. The team has some very exciting events planned in the coming months, especially the desired return of a normal Homecoming!

Because he is a senior, Jalen’s presidency will soon end and a new student will take his place. He hopes his current team will help build a team as encouraged and devoted as he has been these past two years. Student government tends to be overlooked, but offers some great life lessons to young adults. Jalen does not regret his decision of putting many hours into his successful terms. “Your voice is directly involved with key issues around campus; you use that voice to the best of your ability to accurately represent the values of your class or the student body. It is rewarding to know at the end of your term, you were able to make someone else’s experience on campus more enjoyable.”

The academic year has just begun, and the entire Ursinus community is excited to see what Jalen Everette does next.

# Yellowjackets have made Ursinus their home

Morgan Mason  
momason@ursinus.edu  
Brooke Hurley  
bohurley@ursinus.edu

Ursinus College students have been anticipating an almost “normal” campus life this fall. The community breathed a sigh of relief knowing that administration and students alike would be completely in person, ready to enjoy what makes Ursinus feel like home to so many. However, it hasn’t just been home to the Ursinus community; it has also been home to the Collegeville yellowjackets.

The common spaces on campus are back in full swing, in-person for the first time in two years. The spectator sections at sporting events are filled with a sea of red and gold ready to cheer on student athletes. Rush Week brought out many students, too. However, in addition to students, yellowjackets were in attendance. Students struggled to socialize and enjoy their time outdoors during multiple outdoor rush events across all

organizations, due to the constant buzzing and swarming from the unwanted guests. The yellowjackets have made themselves feel at home behind Reimert, porches of Main Street homes, Olin Plaza, and especially outside of Lower Wismer. The yellowjackets are far from shy, making it extremely difficult to enjoy a meal with friends or colleagues. The yellowjackets have limited the community’s ability to safely enjoy meals in a COVID cautious way.

Missy Bryant, Vice President for Student Affairs and Dean of Students, has also encountered the yellowjackets during her event with the First Year Students outside on Monday, September 13th. “I hosted a ‘Mondays with Missy’ for first-year students on Olin Plaza on Monday. The event was about an hour, and we did experience visits from some yellowjackets in the area. Luckily everyone stayed calm and didn’t provoke the yellowjackets, so we carried on as

usual,” Dean Bryant stated.

This issue is not simply isolated at the heart of campus. The female students that reside in Hobson Hall on Main Street were ecstatic to be back, but little did they know their house would be greeted with yellowjackets. Senior volleyball co-captain and resident of Hobson Hall, Olivia DeBonte, explained the issues she has encountered. “I have noticed the excessive bee problem on the Hobson porch. I am swarmed every time I exit with a drink or food in my hand. There was a nest on the overhang of the back porch.” Facilities was notified about the issue, but yellowjackets continue to gather on the back porch.

Reimert residents also feel threatened by the yellowjackets. From the constant swarms around trash cans and suite doors, Reimert residents expressed their concerns. “I live in Reimert and have started to see an increase in yellowjackets. When I go to class, they often swarm around me, and it’s extremely annoying. Some of my friends are also allergic to them, so it causes them some stress as well,” said junior Kyra Handel.

Not only are students unable to enjoy their time in Reimert’s courtyard but the safety aspect of the yellowjackets is an increasing concern for those allergic. Jenny Ronzoni, a Hobson resident, shares her concerns. “It’s unsafe going through the back

door of Hobson. If I go to the back porch with food, I almost always encounter yellowjackets, and they have landed on me several times. I am highly allergic to bees and do not always carry an epi-pen or medication with me. I am living in constant fear leaving my own house at the risk of being stung and caught in an emergency situation.” This is an issue that requires urgent attention, as it is a huge safety concern for many students and full-time residents on Ursinus’s campus.

With the weather changing in the upcoming weeks, students look forward to the disappearance of the yellowjackets and enjoying Ursinus’ campus.



Image courtesy of Morgan Mason

# Hurricane Ida leads to flooding

Sean McGinley  
semcginley@ursinus.edu

The increasing severity of climate change is displaying itself not only in parts of America where one might expect to see it, such as in the flooded city of New Orleans or the burning forests of California, but in our own residential areas as well. Ursinus experienced the effects of climate change Wednesday, September 1st in Collegeville, Pennsyl-

vania, when historic floods hit the area. Our local community was flooded more than it has been in several decades, with heavy rains that came from Hurricane Ida.

Ursinus College, being in close proximity to the Perkiomen Creek, was one of the many places where severe rain and flash flooding reared its ugly head. Stephen Gehringer, director of facilities services here at Ursinus, said that off-campus hous-

ing, such as Todd on Main Street, are some of the most susceptible locations on campus for this sort of flooding. Certain Main Street house basements were flooded in at least three inches of water. Needless to say, this is an issue that has a large effect on students' lives. Since the storm was a 'flash flood' it meant they were sudden and provided little to no preparation time.

Given the intense circumstances, cred-

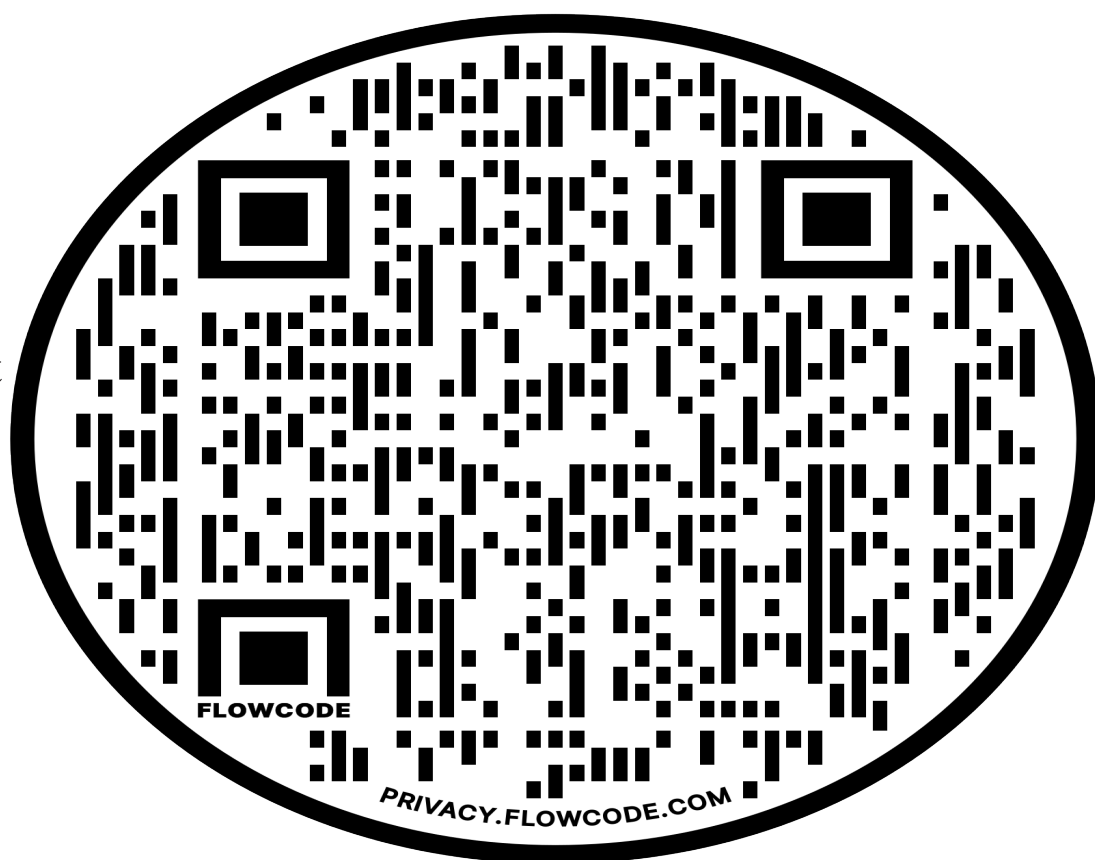
it is due to Ursinus College's Facilities services. One might see the effects of intense weather - the closed-off streets, the fallen trees, the cancelled classes - and feel as though there is not enough being done. But there are the unsung heroes who think instead of clearing areas of debris, ensuring gas pumps work, or taking initiative to make sure our college is safe. Gehringer states that the college's flooding problem was largely

taken care of by 8 am the morning after the storm. There is no doubt that, in the event of a flood, tensions are high and anxiety runs rampant. Yet, it is comforting to know that when we are faced with such issues, our college has a facilities unit that is ready and committed to helping out.

**Contact Facilities at (610)-409-3598 if you have a flooding issue.**

## UCSG Suggestion Box QR Code

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



Ava Compagnoni  
avcompagnoni@ursinus.edu

## New Club Feature: UC Possibilities

Amelia Kunko  
amkunko@ursinus.edu

UC Possibilities is a new student group on campus that aims to bring awareness and understanding to invisible disabilities. “In a quick summary, UC Possibilities is meant to be a student-led group where students are being really intentional, whether that be through social media, events on campus, or other, to break stigma around disability and increase awareness,” explained Dee Singley, Director of Disability Services at Ursinus College.

The word “disability” can be applied to visible or apparent disabilities, but the term also covers those disabilities that are not visible. “When we refer to invisible disabilities, it would be those situations that aren’t necessarily apparent or seen or understood in that way.” Hidden disabilities can include diagnoses like anxiety, depression, ADHD, medical conditions, and more. Students with hidden disabilities are considered to be an underrepresented group on campus.

“I think it’s really important to have an advocacy group like

UC Possibilities at Ursinus. We want to be sure that we as a community are creating a culture of inclusiveness, that we’re creating a culture where students with disabilities feel welcomed and that they truly feel included,” added Singley. A goal of UC Possibilities is to bring together members of the campus community to create awareness, understanding, and empowerment. “I do think it plays a big part to have such a group like UC Possibilities because it can be a way that we as a community are intentional about creating awareness and creating those empowering environments.”

*“When we refer to invisible disabilities, it would be those situations that aren’t necessarily apparent or seen or understood in that way.”*

- Dr. Dee Singley  
2021

UC Possibilities has several goals and events planned for this fall semester, including gaining recognition as an official group on campus. “Our first charge actually will be to become an official



Courtesy of UC Possibilities

student group, so we are going to be doing an application through the Student Government Association to be recognized as an official student group.”

In addition, UC Possibilities plans to provide Ursinus with the chance to hear from students about their own experiences with hidden disabilities. “One of our first awareness activities will be to release those videos. We’ll be releasing those videos to the campus community

within the next month on social media and through our website to begin the conversation about invisible disabilities on our college campus.” UC Possibilities hopes to give students the opportunity to feel heard when it comes to voicing their experiences with invisible disabilities. “I think having a student-led group like UC Possibilities really will lend itself to giving students a voice, hopefully in a way that helps them to feel empowered,”

concluded Singley.

If you would like to learn more about UC Possibilities or are interested in joining the group, email Dee Singley at [dsingley@ursinus.edu](mailto:dsingley@ursinus.edu).

# Inside Rush Week with Tri Sigma

Kathy Logan  
kalogan@ursinus.edu

Greek life has been a part of Ursinus College since the early 1900s. According to the Ursinus College Website, there are currently eight fraternities and five sororities on campus, consisting of 20 percent of Ursinus students. For those who are unfamiliar, a sorority or a fraternity is a sisterhood or brotherhood created with the intention of sharing common aspirations and goals. The members make a commitment to their brotherhood or sisterhood for life. Together, they learn and grow to make their sorority or fraternity the best Greek organization it can be.

**“20% of Ursinus students participate in Greek Life.”**

Natalie Rubinkam, an Ursinus College sophomore and new member of one of Ursinus’ sororities Tri Sigma went through Rush Week. Rubinkam explained that she was expecting to meet a lot of different people, but, other than that, she had no idea what else to anticipate. “I especially liked the Rush events because

last year we had Covid and I barely had any events to go to while at Ursinus. So this Rush Week was definitely an enjoyable experience,” she added.

After being asked her favorite experience of Rush week, she claims that “meeting the girls in Tri Sigma. They were so great and kind, I really felt like I belonged with those girls.” Rubinkam always wanted a sorority where the sisters were kind, accepting, and maintained close bonds with one another. She also plans “to put my schoolwork above all else while making sure I make time for the sorority. I will need to be organized with my schedule but overall, I’m just excited to be a part of Tri Sigma!”

Alena DiSanto, the Recruitment Director for Tri Sigma said, “Every detail planned is set by the recruitment director with the help of other members’ opinions and votes as well.” Her favorite Rush event was ‘How Sweet is it to be a Sigma.’ It is a great way to introduce Tri Sigma to potential new members all while enjoying sweet treats and meeting the sisters.



Courtesy of Tri Sigma

DiSanto explained that the organization looks for recruits who are “upstanding women who will empower others to change the world as well as women of strong womanly character. Tri Sigma’s values are faith, love, hope, wisdom, and power, and we also look for girls who have those qualities.” She went on: “Some of the benefits of being in a national sorority like Sigma Sigma Sigma [are] the valuable leadership and personal development experiences that Sigma has

to offer on a national and chapter level.” To conclude, Tri Sigma offers programs solely based on the mission of empowering women to change the world. Experiences like these allow room for leadership, learning, and development.

Tri Sigma is just one of the sororities here on Ursinus campus who are happy to extend the opportunity of rushing to any interested student.

**Want Your Club Highlighted?**

Send 50-100 Words

On Your Club

**TO GRIZZLY@URSINUS.EDU**

**DUE EVERY WEDNESDAY!**

## Students' favorite foods at the Collegeville Bakery

Norristown Red Top Pizza

No Name Chicken Sandwich

Rigatoni in Rosa Sauce

Gnocchi

Buffalo Chicken Sub

Purple Rain Acai Bowls

Collegeville Classic w/ Balsamic

Penne Alla Vodka

Mac and Cheese Bites

Meatball Parm Sandwich

Curly Fries with Ranch

Pepperoni Stromboli

Chicken Parm Sandwich

## The Sculpture Parade around campus



Professor Freno's Sculpture Parade was a success! Students showed off their unique creations to the campus. The parade began at Ritter and ended at the Berman Museum of Art.



**Check In** cont. from pg. 8

of the signs and symptoms of anxiety and/or depression and coping techniques. Each speaker acknowledged that recognizing symptoms can be a challenge, but explained the benefits of coping mechanisms and how to use them.

*“Acknowledging what we are struggling with personally is a big first step to take. Once that’s done, being open about it is even more important.”*

—Luca Walborn,  
Class of 2023

Some of the ways they discussed coping included, but were not limited to, investing time doing things you enjoy with those you love and care about, taking advantage of human interaction in any form, realizing what resources you have, and partaking in things that promote creating structure in your life such as investing in a planner, scheduler, or journaling. Many of the student athletes reported that the most standout part of the program for them was witnessing the personal stories shared. Emma Illovsy, a freshman at Ursinus College, explained that it “made me realize that everyone has a story, and you will never be able to understand what people are going through or are going through. In some cases, you would never know they were in the first place.”

To conclude the dis-

cussion, head Volleyball coach Cecily Scaviccio, posed a crucial question worth disputing. “How does this information relate back to our team?” Junior Luca Walborn thinks that “acknowledging what we are struggling with personally is a big first step to take. Once that’s done, being open about it is even more important. As a team, we can only expect from others what we hold ourselves accountable for, too. Meaning, if we ask others to be vulnerable and open, it is important we ourselves do the same!”

Overall, the virtual panel was quite powerful. For anybody currently struggling with mental health issues, the Wellness and Counseling Center is available for all UC students and staff. **Experts can be reached at: 610-409-3100.**



Courtesy of Ursinus Athletics

Congrats on the big upset!

Football beats Muhlenburg 42-35!

**Hidden opt.** cont. from pg. 8

community at Ursinus. Erin Drebrushenko, a student athlete and campus captain, believes that “Many people perceive athletes as strong and unbreakable, sort of like some kind of superhuman. But that is so far from the truth. Athletes are people too and suffer from mental illnesses as well. By shifting the conversation in athletics, we can show athletes themselves that it is perfectly okay to not be okay. Athletics can cause a lot of added pressure and stress, which can affect mental illnesses and shift the perception of mental health altogether. By showing athletes that they are not alone, we can provide a support system and resources for athletes to cope with any factors in athletics that might negatively impact their mental health.”

*“Many people perceive athletes as strong and unbreakable, sort of like some kind of superhuman. But that is so far from the truth. Athletes are people too and suffer from mental illnesses as well.”*

—Erin Drebrushenko,  
Class of 2023

Recently, members shared local and national mental health resources on social media to spread awareness. Looking ahead, they have plans to expand this organization into a club students can join and will continue to provide resources to those who

need them.

To learn more about The Hidden Opponent, visit the national website <https://thehiddenopponent.com/> and follow the Ursinus chapter on Instagram (@tho\_ursinus)

## The Hidden Opponent Club

Erin Corcoran  
ercorcoran@ursinus.edu


Student athletes have a lot on their plates these days. Prioritizing themselves, trying to balance classes, practice, and games is no easy task. Many athletes face an increase in anxiety, depression, and other mental health issues during sports seasons, with studies reporting 1 in 4 student athletes in the survey fit a depression diagnosis. However, few discuss these problems due to the stigma surrounding mental health. Like many other things, the pandemic has only made life more challenging and has altered the way athletes conduct their practices. Luckily, conversations about the importance of mental health have increased on campus. One organization, The Hidden Opponent Club, is trying to help better the mental well-being of student athletes.

A student and former USC volleyball

player, Victoria Garrick, founded The Hidden Opponent after witnessing the stress students have to endure on and off the playing field. As a Division One collegiate athlete, she felt like there needed to be a solution after facing performance anxiety and body-image issues. The Hidden Opponent's goal is to destigmatize mental health, specifically in athletics through advocacy, education, and support. Members hope to advocate by supporting players, shedding light on the issues and needs of athletes, and educating others as a result.


The newly established Ursinus club hopes to destigmatize mental health issues surrounding student athletes on campus. In the chapter, there are 17 Campus Captains from a variety of years, majors, and athletic teams. These students serve as leaders and advocates for the athlete mental health

See **Hidden opt.** on pg. 7




### This is Hard: Finding Your Way


A conversation of resiliency, hope and mental health  
How to help yourself and your teammates




Jordan Burnham



Andrew Onimus



Sheila Gillin, LCSW



Sponsored by:  
Ursinus College Athletic Department

Courtesy of Marqus Hunter

## "Minding Your Mind"

Katie Cressman  
kacressman@ursinus.edu

On Sunday evening, the Ursinus College Athletics Department sponsored an event over Zoom with a nonprofit organization, "Minding Your Mind," to help the UC student body learn about symptoms of anxiety and depression, how to cope with these symptoms, and how to support yourself or others around you who may be struggling. The meeting began with an introduction, including

an overview about the nonprofit organization. "Minding Your Mind" is a program that provides educational content for children and students ranging from elementary school through college. In addition, some programs are aimed specifically at parents to help their children through mental health challenges. The organization's overarching goal is to help reduce the stigma surrounding mental health.

The panel consisted of three experts: Sheila Gillin, Andrew Onimus, and Jordan Burn-

ham. Gillin is a licensed clinician with more than 15 years of experience and Burnham has been working with the organization for over eight years now. Lastly, Onimus, a previous student athlete at Muhlenberg College, shared his mental health struggles. After introductions, both Onimus and Burnham shared their mental health journeys. They introduced some of the common themes that were going to be discussed during the session, including some

See **Check In** on pg. 7

## Upcoming Games

Wednesday

Thursday

Friday

Saturday

Tuesday

Field Hockey @12pm  
Football @ 12:30  
Cross Country@ TBD  
Men's Soccer @7:30  
Women's Golf @TBD  
Women's Soccer @4:30  
Volleyball @1pm