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## The Grizzly, December 9, 2021

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# the grizzly

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Collegeville, Pa.

Thursday, December 9th, 2021

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## Bears Walk For Project Healing Hive

Morgan Mason

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The Ursinus College Peer Advocates welcomed Project Healing Hive to campus on Sunday, November 14th, to bring awareness to domestic violence. Students from across campus gathered on the Patterson Track in the bitter cold to walk “a mile in someone else’s shoes.” Students got to hear stories of survivors and walk in unity with their community. Project Healing Hive is a Phoenixville-based nonprofit organization that promotes holistic alternative approaches to trauma healing. The Ursinus Peer Advocates and Project Healing Hive partnered together, intending to spread knowledge to students on campus about domestic violence and introduce them to local resources.

Katie Bean, the Director of Prevention and Advocacy at Ursinus, has worked

tirelessly alongside the Ursinus administration and Peer Advocates over the past few years to create programs for all students. When it comes to issues like domestic violence and noticing the warning signs in our friends and peers, it is not as simple as knowing when or even how to intervene. Peer Advocate member Brooke Schultz ‘22 noted how complicated this process can be for students. “The peer advocates’ work helps students see the differences between red and green flags in relationships in their day-to-day lives. It’s often difficult for someone in a situation of domestic violence to see the truth of what is happening. The prevention work that the peer advocates do is intended to help educate our peers so that they can see it when it happens. And most importantly, it helps survivors see that domestic violence is



Images courtesy of Phi Alpha Psi

not their fault.”

Bean has begun to break the stigma for students that staying silent is the best way to “help” in these types of situations. Students at Ursinus are required to complete two online EverFi training modules each semester on topics such as sexual assault prevention and healthy relationships. Bean hopes that introducing these trainings is one way to help them “normalize talking about these issues and give students the lan-

guage to talk openly with each other. All the EverFi modules are based in Bystander Intervention, so the main goal is to educate and provide strategies for how to reach out and help a friend with identifying warning signs as the first step in intervention.” By introducing students to resources at our school and within the community, we as a small college are making significant strides to advocate for those around us.

Kristen Morris-Yehiel, the Found-

er and President of Project Healing Hive, is a survivor of domestic violence. She and her daughter pursued their healing through non-conventional treatment options. Morris-Yehiel discovered that the need for more options for mental health services was growing steadily at the local level when it came to individuals and their families. Project Healing Hive was created to fill that void for so many.

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“Our hope is that the community gains awareness and education on the gaps in the mental health system and the benefits of utilizing holistic therapies with cognitive-behavioral therapy (CBT). Also, accessibility matters! Especially to individuals and families that

are uninsured or experiencing financial hardship ... studies have found that these individuals are at a higher need for mental health services than those with private or employee health insurance.”

In March of 2021, PHH at the Heart opened in Phoenixville, PA. With the opening of their first

private practice location, Project Healing Hive can now service the community with both in-person and virtual therapy services and workshops. “Since opening our private practice in March of 2021, we have provided over \$6,000 in service grants to individuals and families in need. Twenty new indi-

viduals and families benefited from our private therapy and alternative care programs this year. And PHH partnered with two local nonprofits, one national nonprofit, reached five US states and three countries since the COVID-19 pandemic through telehealth increasing the accessibility to mental

health services and resources both locally and worldwide,” Morris-Yehiel stated. Their impact to our local community and the community at large has been substantial.

## Basement Fire In BWC

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On Wednesday, November 17, students living in Brodbeck, Wilkinson, and Curtis Halls (BWC) were evacuated due to a fire that broke out in the basement of Brodbeck. Campus Safety responded to the fire alarms around 6:00 p.m and discovered an item lit on fire inside a recycling bin. Approximately ten to fifteen minutes later, the Collegeville Fire Department arrived at the scene.

In an email sent to the freshman residents on Thursday, November 18, Assistant Director

of Residence Life, Rose Roberts, stated that there may have been additional fire risks. “There was other paraphernalia discovered that indicates there may have been another attempt to start a fire in another recycling bin.” The email went on to remind students of prohibited items in the residence halls, as well as the colleges’ expectations regarding fire safety.

Jess Nguyen ‘25 was in the building when the alarm went off. “I left my room and all the doors to

the entrance up the stairs were closed,” she exclaimed. “So, everyone was evacuating the building, and everyone was standing outside, and that’s when Campus Safety came over,” Nguyen added. Officials carried the bin out of the basement and it was discovered that someone used a match to light an item on fire.

Sierra Hufnagle ‘25, a resident of BWC, saw the fire department outside of the hall when coming back from track practice. “It smelled like smoke a

lot and it was pretty awful especially because we were on the third floor and still smelled the smoke from the basement. It kind of sucks that we’re literally grown adults. It could have gone worse and actually hurt people,” Hufnagle concluded.

*The Grizzly* reached out to Campus Safety for additional details three times and did not receive answers to the questions asked. However, both Campus Safety and Residence Life said adamantly that they are taking this

incident extremely seriously. Anyone with further information on the fire is encouraged to contact either department.

# Phi Psi Fundraiser Gets Messy

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Amidst the bitter cold November weather, Ursinus's very own local sorority, Phi Alpha Psi, held their annual philanthropy event, Pie a Phi Psi, on November 17th. During the event, the members of Phi Alpha Psi gathered together outside Olin Plaza. Friends, classmates, and faculty paid two dollars to "pie" a sister of their choice with a plate full of shaving cream. All proceeds went towards a non-profit organization called Open Door Project.

Open Door Project is located in the heart of rural Pine Grove, PA, and was created to give

children an extra support system. The program's mission is to foster the importance of education while being a prime example of how building our neighbors up is fundamental to our self-worth. Another one of their main goals is to support kids who may not have a support system to express their own goals. "We want to provide the children with a place to mention anything and help them find ways to manage those issues," Open Door Project stated on their website.

It was developed to bring a strong presence of people who genuinely care about the people in their community and want to make a change. Over the last four years, the project has opened its

doors to nearly 200 children from kindergarten to eighth grade. The program runs on the motto, "You are smart. You are kind. You are important."

Volunteers at the Open Door Project create programs for little minds to grasp onto their big emotions to begin to value themselves with much higher worth. The sisters of Phi Alpha Psi felt very connected to them, as they tried to instill similar mottos into their sisters

during their education process. New Member Educator of Phi Alpha Psi and Intern at Open Door Project Mariah Lesh '22 stated, "I see a lot of parallels between the values they teach the kids at Open Door and the values we instill in our New Member Educatees. We are reminded that we are powerful individuals from day one, but we learn along the way that we are stronger together. We taught the kids about global citi-

zenship, loving one another, and leaning on your neighbors in times of need. I feel like that idea can transcend far beyond elementary school minds, which is why it's so important for us as young adults to remember this too."

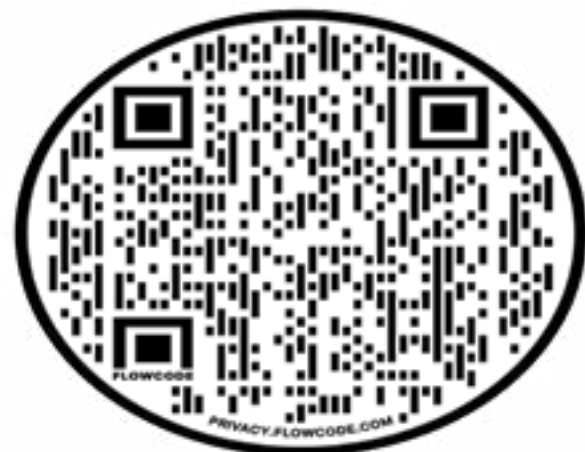
The sisters of Phi Alpha Psi look forward to this coming spring semester, when they can hold another pie event. If you want to help or find more information on the Open Door Project, visit: [opendoorproject.org](http://opendoorproject.org).



Image courtesy of Phi Alpha Psi

## Student Government Suggestion Box

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



## Senior Spotlight: Zenya Yanoff

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Over our four years at Ursinus, we as a student body are consistently called to action. The daunting question of “What will I do?” stands before us. It seems rudimentary as we are sitting in a classroom of strangers freshman year, just beginning to find our voices, but as each year passes, the question “What will I do?” becomes more relevant to the bigger picture. As our mindsets shift to narrow in on our plans for young adulthood, an internal siren sounds for many. They scramble to piece together what the next move may be, so they have a perfectly crafted answer for the moment when their professor, friend, or family member asks, “What will you do?”

Biochemistry and Molecular Biology Major Zenya Yanoff '22 is making strides towards answering this core question for herself before her feet hit the gradu-

ation stage in May. She looks at the world with a much broader scope than most, saying, “it’s hard to know exactly what you will do, but I’ve really learned to be adaptive to the circumstances that present themselves to me.” Instead of finding the question “What will I do?” limiting, it has given her new ways to challenge the plans she has for herself. She is a prime example that the sky has always been the limit at Ursinus.

Yanoff is as involved as it gets on campus, from being a part of the Women’s Track and Field team, to being an active member of Student Government, LatinX, Brownback-Anders Pre-Health Society, ALMA, Anime Club, Phi Alpha Psi Sorority, and an RA! You can always see her making connections around campus.

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*Track and Field, Student Government, LatinX, Brownback-Anders Pre-Health Society, ALMA, Anime Club, Phi Alpha Psi, AND an RA*

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Traveling abroad was always a dream of hers, but due to the pandemic, these plans did not materialize. “We make so many plans but then, you know, there’s not really any guarantee that what you plan for is going to happen,” Yanoff says now. Instead of wallowing in her sorrows, she discovered that she wasn’t the only student facing this issue at the time. She even co-founded a community service club on campus with peers Abby Coachi '22, and Kathryn Bjorklund '21 called VIRTU.E, which strives to create virtual community service hour opportunities for students in light of the pandemic. Together, these women were able to identify an issue within the greater community and create a solution.

Yanoff expressed just how much leadership and community mean to her at Ursinus. “Being so engaged with my community here at UC helped me to solidify my passion for mentoring others,”



Courtesy of Zenya Yanoff

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*“We make so many plans but then, you know, there’s not really any guarantee that what you plan for is going to happen.”*

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she stated. This is tightly linked to her dreams for post-grad. Her goal is to become a physician, as she expressed that “patient-centered care is so important. It’s really about making sure patients understand the why behind their treatments; I want to help teach and guide my future patients.”

After graduation, she plans on taking a gap year and then applying to medical school. She applied for the Fulbright scholarship to study in Spain for the year as an English teaching assistant. Yanoff is interested in research opportunities and working with nonprofits as she is open to many avenues for herself for her gap year. Best of luck, Zenya!



# Meet Connor Donovan

Mike Johnston  
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Standing calmly in front of a full classroom, Connor Donovan '23 begins his presentation on homotopy types. As he delivers his speech, each word draws people into the complex world. The subject slowly becomes clear as Donovan eloquently educates his audience. He explains that homotopy types in their simplest form are the space within an object similar to the holes in a sponge.

Education was not always as simple as a sponge. When Donovan was young, he struggled with education. He struggled so much that some of his teachers believed he had a learning disability. "I found it difficult to read, something just wasn't clicking," stated Donovan. Though, his parents would not let this stand for long. They made sure that he was not going to fall behind and forced him to do extra reading work daily. Soon after, he read a book a week. Still, through all of mid-



Courtesy of Connor Donovan

dle and high school, Donovan had no passion for learning and wanted nothing to do with it. However, this all changed quickly once he arrived at college. When he came to Ursinus, he wanted to play lacrosse but had no explicit direction when it came to his education. That was until he took his first math class and immediately fell in love with the department. "This is something tangible. At the end of the day what you are studying has a cause and effect. It's real."

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*"This is something tangible. At the end of the day what you are studying has a cause and effect. It's real."*

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His love for math quickly blossomed into a burning passion. Over the summer he even studied a mathematical theory called homotopy types. Specifically, Donovan studied "complexes" which are the classifications of homotopy types. Each complex is categorized by the number of sides on the homotopy type. His research on the complexes of homo-

topy types is completely new and has led him to having a peer reviewed article published as a rising junior. This is not all, his research has landed him a spot in a top math conference where students from across the world present their research. Donovan is hoping to catch the eye of a prestigious University in hopes of enrolling in a doctorate program directly out of college. He is the epitome of a success story. With great struggle comes great triumph. He went from hopeless

to confident. Even though Donovan had people who doubted him from a young age, he did not let that stop him from becoming one of the greatest young minds in the math world.

## Want Your Club Featured?

Send 50-100 Words

On Your Club

TO [GRIZZLY@URSI-NUS.EDU](mailto:GRIZZLY@URSI-NUS.EDU)

DUE EVERY WEDNESDAY!

## First Year Check In

Katie Cressman

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The first year of college can be a time of excitement and possibility. However, for some, it can be an overwhelming and stressful time, too – even without the worldwide pandemic, which erupted in full force almost two years ago. In other words, some first-year students never got to finish out a true high school experience and were thrown head-first into the chaotic world of college. The UC Class of 2025 has had an interesting first semester, but has almost successfully made it to the end.

Caroline Sherman, a

member of the Women's Volleyball Team, stated that "the transition of college became so much easier when I knew I already had my group on campus to lean on. I can honestly say I miss being in-season and seeing everyone already. Resources, such as my friends, teammates, and coaches have helped me so much so far." It is clear for Sherman that being a part of an organization within the Ursinus community was beneficial in her transition.

In fact, she offered a tip to all future freshmen and said adamantly, "Plan to be a part of a club or organization!

While it is completely possible to make friends at UC without them, I feel like it has completely shaped my experience so far. The transition was that much easier."

Other first year students had a lot to say about some of their top picks for the semester. Ian Wright, a first year biology major, shared one of his favorite memories. "The simple things! Staying up until 3AM with my roommate and friends in the freshman dorms, even when I had an 8AM the next morning. I might be tired, but the late night conversations are worth

it." Sherman also chimed in about her favorite memory on campus so far. "My birthday was actually a week ago, and it was one I will never forget. I got to spend the entire day with my friends and on campus, and genuinely there are so many things to do on or around campus. It made for the perfect day."

Although there were lots of favorable memories, first years reported facing some struggles as well. "It's towards the end of the semester, and I am definitely feeling that lack of motivation that seems to hit every

one," Sherman explained. Wright didn't argue with that comment. "I definitely agree, it is hard to feel less motivated with so much freedom. Structure is taken away."

The UC Class of 2025 is hanging in there, and has already transitioned well. But, just like every one else, they encountered bumps along the way. Next time you see a member of the Class of 2025, do not be afraid to stop and offer them advice you wish you knew as a first year student. It never hurts to help out the next generation of Bears!

## Chem Night Exams

Morgan Mason

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The IDC, Pfahler, and Thomas are no strangers to the hustle and bustle of students studying seven days a week, often into the late hours of the night. Yet, some Chemistry students are not too keen on their exams being scheduled during the evenings. With fatigue, burnout, and exhaustion at play, they fear their success is being stunted by "nocturnal" demands.

Students in CHEM-207 meet three days a week for a 50-minute lecture. Those students who take a lab meet once a week for a 3-hour

lab in addition to lectures. For exams, the students kick into high gear, as their tests for this course take place during the evening hours in a lecture hall.

Darby Rogers '24 thinks these evening exams are doing more harm than good. He noted that the exam process is less than ideal because "usually we have these exams with bigger classes and multiple sections." Sydney Bowman '22 says that the night exams are "awful because they are so late. They take up a lot of time in my day, and if I have practice, I have to miss practice which is also stressful because my

coach says academics come first but try and hurry up." Night exams are putting students in an uncomfortable position any way you cut the cake. They must move around their extra-curriculars, work schedules, and homework to sit for an exam that could have been in the place of a normal lecture.

Most students' main frustration with night exams, though, is pure exhaustion. Their daily schedules are jam-packed, and their brains simply don't function like they do in the morning. Brooke Schultz '22 stated, "by the time the exam starts, you're burnt out from a whole

day of class, meetings, and studying. You're not at your best to take an exam that's twice as long as an exam you'd take in any other class."

When asked why examinations happen during the evening hours, Dr. Ryan Walvoord said that the evening exams allow multiple sections to take the same exam synchronously, which ensures fairness; that longer exams allow students to focus on synthesizing information without worrying about time constraints; and that students with academic accommodations can take the exam at the same time as others

and have access to the instructor.

Lastly, he stated that, "Interestingly, and perhaps surprisingly, the subject of evening exams has never appeared in either informal student feedback on how to improve the course or in the SPTQs."

Even without students mentioning these issues on evaluations, the message the Grizzly heard was that some are struggling. Maybe reconsidering nighttime exams and the so-called "benefits" could begin to scratch the surface of helping students feel heard on this issue.



**BB** cont. from pg. 8

er. They're hopeful that they will get a win on their record against colleges like Haverford, McDaniel, Cabrini, and Alvernia University in the near future.

*"This is a big challenge. We have nine players who never played college basketball in the freshman and sophomore classes, three juniors who played very limited minutes as first years and one senior who played a lot of minutes."*

—Coach Bobbi Morgan,  
Head Basketball Coach

As for the Men's team, they have had

a largely successful season so far. Coach Kevin Small says that he is "thrilled to have found our way to a couple road wins and a 3-1 start. But we are well aware that our level of execution has to improve." This is reflected by three close wins and one extremely close loss against TCNJ, all with margins no greater than 9 points. Against Rosemont College, the team won 78-70. They beat Immaculata University by 3 points, and Franklin & Marshall by just 2. Though there have been some close calls,

senior guard Ryan Hughes feels that the season is going well so far. "We are a young team, we make mistakes, but they are correctable and everyone on this team is doing their best including our coaches to make ourselves and the team better." Each and every day we are "making one another a better player."

*"Thrilled to have found our way to a couple road wins and a 3-1 start. But we are well aware that our level of execution has to improve."*

—Coach Kevin Small,  
Assistant Basketball  
Coach

Both the Men's and Women's teams say that work needs to be done, but for now, what matters to them is enjoying the experience of competing as a team, especially since COVID-19 prevented them from doing so for so long. With many games on the upcoming schedule, both teams are hopeful for some Beary big wins!

**Brenna** cont. from pg. 8

tennis.

*"I first picked up a racquet my sophomore year of high school. I fell in love with the sport and was determined to make a collegiate team."*

—Brenna Trkula,  
Class of 2022

I wanted to stay in contact and still be a part of the team, so I reached out to Coach Pete since he was having difficulty finding an assistant coach. I told him I would be interested in the position."

**KL:** What do you plan on achieving or doing as an assistant coach?

**BT:** "I plan on enhancing community for the team and helping everyone further develop their tennis skills, and mental toughness. I will definitely be emphasizing having mindfulness in the present moment, as tennis is a mental game."

*"I plan on enhancing community for the team and helping everyone*

*further develop their tennis skills, and mental toughness."*

—Brenna Trkula,  
Class of 2022

**KL:** What are you most excited about?

**BT:** "I'm excited to cheer my whole team on courtside, be part of the game, and help everyone as needed. Just being a part of the Ursinus tennis team in a whole new way is a promising chapter in my life I am ecstatic to experience."

## Leaving a Player, Returning a Coach

Kathy Logan  
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The Women's Tennis Team has experienced a few surprises while returning to Ursinus in the Fall 2021 semester, but a recent surprise was a pleasant one. Their current teammate, Brenna Trkula '22, will become their assistant coach for the upcoming spring season. Trkula is currently a senior at Ursinus studying Psychology and Communications and will be graduating at the end of this semester. She is a beloved member of the team and has been captain for two years. She began her freshman year at 1st doubles and 3rd singles then finished off with playing 2nd doubles her

senior semester.

**KL:** "How did you get into tennis? What made you want to play at Ursinus?"

**BT:** "I first picked up a racquet my sophomore year of high school. I fell in love with the sport and was determined to make a collegiate team. I worked hard and reached out to Pete Smith and visited. Then, I discovered I loved Ursinus and committed right away. I was recruited by the college, and got to play on the team for four years."

**KL:** "What made you want to be an assistant coach for the team?"

**BT:** "I was graduating a semester early in the fall and missing what would have been senior year of

See **Brenna** on pg. 7



Courtesy of Julia Paiano

## Men and Women's BB Recap

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With the fall semester coming to a close, the Ursinus Men's and Women's basketball teams reflect on how their season has gone thus far, and how they can improve for the future.

The Women's team, with a record of 0-4, recognizes that there is work to be done in order to improve for the rest of the season. Coach

Bobbi Morgan admits that "this is a big challenge. We have nine players on our roster who have never played college basketball in the freshman and sophomore classes, three juniors who played very limited minutes as first years and one senior who played a lot of minutes." It is clear that the team is putting in the work necessary. Kelly Grant, a sophomore guard on the team believes, "with the amount of

dedication we have from every girl on our team," they will still be able to win in the upcoming games. "It is going to take time for us to mesh together and to learn what it takes to really compete at the college level, but I love the work ethic," Morgan states. At this point in the season, the Bears' goal is to continue to work hard, compete as a team, and fit all "the pieces" together.

See **BB** on pg. 7

### Upcoming Games

Wednesday

Thursday

Friday

Saturday

Tuesday

Gymnastics@ 6pm

Wrestling@ 12pm

Wrestling@ 7pm

Men's BB@ 2pm

Track & Field@ Bow Tie  
Invitational