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The Grizzly, March 4, 2021

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the grizzly

IN THIS ISSUE:
 Alpha Phi Epsilon.....4
 Men's Tennis Rebuilds.....8

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Important Health and Wellness Survey Launches on Campus

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The ACHA's (American College Health Association) National College Health Assessment (NCHA) is a nationally recognized research survey that can assist colleges in collecting precise data about their students' health habits, behaviors, and perceptions. ACHA, in collaboration with the Healthy Minds Network, developed a set of survey items related to students' experiences through the COVID-19 pandemic. It focuses on students' attitudes, concerns, preventive behaviors, and their perceptions about the supportiveness of their colleges and universities related to COVID-19. This survey, which is now available to the student body, is being used to improve Health

and Wellness programming at Ursinus.

The NCHA web-based survey uses enhanced display logic and skip patterns to bypass students through sections that are not applicable to them. Questions on mental health diagnoses are now mixed in with physical health diagnoses to reduce the stigma surrounding mental health. Finally, new language and gender identity terms have been added to address inclusivity. College students are a diverse yet distinct population with specific health risks and needs.

This ACHA Health Survey is an opportunity for Ursinus students to contribute to the improvement of health and wellness efforts at Ursinus College. Participation is encouraged

because every student's voice matters.

The ACHA Health Survey is a voluntary and confidential online survey that asks questions regarding your health behaviors, attitudes, and experiences covering a wide range of topics from mental health, nutrition, sexual health, exercise, sleep, substance use, sexual assault, Covid-19, and more. Once the survey concludes, the Prevention and Advocacy office, as well as UC Peer Advocates and UCREW (Cultivating Respect, Education, and Wellness) will work to make adjustments on campus and virtually to accommodate student needs.

Moving forward with mental health and advocacy, UCREW has started a Recovery Support Group. No doubt

this past year has been challenging in more ways than one, which is why prioritizing taking care of yourself is even more important than before. The Recovery Support Group is offering a variety of ways to find support with sober events, peer support, and fun activities to connect with like-minded people. This is open to anyone in recovery, or who wants to be in recovery, from a substance use disorder, and anyone impacted by a loved one's disorder and/or recovery. Recovery Support takes place on Mondays at 6 pm on Zoom, check your Ursinus email for announcements and details. As Bears we need to be there for one another, we are so proud of our Ursinus students and their mental health advocacy.

All students who complete the survey will receive a 20 percent off coupon for the Bookstore and be entered into a raffle to win various gift cards to Wawa, the bookstore, and Amazon.

Questions about ACHA Health Survey? Contact Katie Bean, Director of Prevention and Advocacy at kbean@ursinus.edu or DM UCREW. If you would like to talk with someone about the issues addressed in this survey, you are encouraged to reach out to the Wellness Center at wellness@ursinus.edu or by calling 610-409-3100.



Image courtesy of Ursinus College

Wear a mask.
Socially distance.
Stay safe!

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Freshman 101: People to Get to Know on Campus

Caitlin Vinsonhaler
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In these unprecedented times, the Ursinus community has come together to face the global pandemic. Every student here on campus has dealt with the COVID-19 restrictions. However, the normal freshman experience that makes Ursinus special has been especially affected by the restrictions. The freshman class had the end of their senior year in high school stripped from them; no more in-person learning, no more socializing with peers, no senior prom, and no senior trip.

When they arrived on campus, it was their responsibility to meet other first-years in an approved and safe way. As a freshman student myself, I found it nerve-racking at first and upsetting because I thought with the COVID-19 restrictions, socializing was only permitted

with your designated family units. Having the freshman class on campus for the first three weeks of fall semester, meeting other students in CIE or in your building who were not a part of your family unit, aided and made socialization a little easier.

Reminiscing on my first semester, I started to wonder if other first-year students had the same thoughts or experiences that I had. So I came up with two questions to ask some freshmen about their experiences: Did you find it easy or difficult to meet other freshmen/make friends this year with Covid-19? How well do you think freshmen have adapted to campus life since arriving in the fall? First-year student Mora Perl speaks on how social media played a role: "I found it easy to make friends because of the power of social media. Ursinus was very helpful with providing the space for incom-

ing freshmen to meet each other through Facebook and Ursinus 360," says Perl.

Offering a less optimistic view, first-year student Luke Ammazalorso says, "I think it's been a big hit or miss with the freshmen class. You definitely see some groups with ample amounts of people and plenty of socializing, but the contrary is present as well. Too many kids have been isolated and shut out from forming friend groups for a multitude of reasons. Whether it be geographical differences, safety reasons, or just lack of opportunity, far too many freshmen have been unable to familiarize themselves with other members of the class," says Ammazalorso. It is evident that there are two sides to the freshman campus experience, one being friend groups that have been easily formed and are sociable, and the other that Ammazalorso

mentions of certain boundaries or restrictions that have made it more difficult for some freshmen to find friends.

On a more optimistic note, first-year student Alison Lisanti said, "I think it's hard to say because as freshmen, we haven't experienced what life would really be like on campus because of COVID-19. But, overall I think we have adapted pretty well considering the circumstances we have faced." Approaching the 2020-2021 academic year with a universal outlook, freshmen have attempted to adapt to campus with COVID-19. With one year almost complete, the Class of 2024 feels they have not yet had the Ursinus College social experience.

In the fall semester, a small group of first-year students was disciplined for breaking COVID-19 restriction guidelines. I spoke with one of

the students, Christian Dinallo: "Well, personally I found it easy to socialize because I'm a very outgoing person. I always had my door open and welcomed people in to meet. I feel like for others their experience may have been different. In the end, I got into trouble for socializing so I don't feel like it was encouraged as much as it could have been," says Dinallo. Dinallo believes that extremely sociable students could not fully express themselves or they would suffer a consequence as big as being asked to leave school.

After hearing other freshmen speak, I have found that each student has lived out their own experience separately, but what the Class of 2024 can agree on is that we cannot truly experience Ursinus College with the COVID-19 restrictions.



Image courtesy of Ursinus College



We're looking for writers, photographers, and artists to contribute their work!

If you'd like to be featured in a future issue, please reach out to grizzly@ursinus.edu.

We look forward to hearing from you.

The Grizzly

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Alpha Phi Epsilon

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This week's Greek Life feature spotlights Alpha Phi Epsilon. Alpha Phi Epsilon (APEs) is the oldest active fraternity at Ursinus College. APEs' mission is to form a brotherhood that is not easily forgotten while succeeding in academia and serving the community. The brothers of Alpha Phi Epsilon are involved in many sports and clubs on campus, including baseball, wrestling, track, the Ursinus College Student Government (UCSG), and the Student-Athletic Advisory Committee (SAAC). The APEs brothers also range across majors, having unique interests and career paths post-grad. However, they are all connected by the brotherhood. They show their pride by wearing the colors royal blue and white, their symbol being one of the stron-

"To me, leading APEs is about fostering a brotherhood between 30 [plus] men that is memorable and fun while also having a positive impact on Ursinus and [its] surrounding community."

- RJ Grace
2021

gest mammals, an ape, to show the strength of their brotherhood.

APEs' president for the 2020-2021 academic year is RJ Grace '21, who joined APEs his sophomore year and never looked back. He found a new band of brothers to make lasting memories with. "To me, leading APEs is about fostering a brotherhood between 30 [plus] men that is memorable and fun while also having a positive impact on Ursinus and [its] surrounding communi-

"My goal is that each brother leaves Ursinus with the skills to succeed in their future endeavors and with a network of people that supports them in their professional journey."

- RJ Grace
2021

ty. My goal is that each brother leaves Ursinus with the skills to succeed in their future endeavors and with a network of people that supports them in their professional journey," Grace said.

Every year, the fraternity sets out to add new brothers who excel academically and are active in the Ursinus community, the community outside of Ursinus, and who strive to become stronger and more suc-

cessful as they navigate through college and the rest of their lives. Many of the brothers who are alumni have also had a presence in coaching multiple sports teams at Ursinus. The APEs fraternity prides itself in getting involved with the Collegeville community.

In fall 2020, APEs in-

"APEs is a great group of guys that I'm happy to be a part of, I can't wait to see where we go from here."

- Joey Mullen
2023

ducted nine new young men into their fraternity. Eligible students were worried about how rushing and education would take place during

Alpha Phi Epsilon

FOUNDED 1925



Strine, Sullivan, McGarvey, McBeth, Eppelheimer, Shuey, Black, Peter, R. Benner, Mink, Schink, Donaldson, Poff, W. Benner, Rosen, Lett, Lefevre, Young, Rohrbaugh, Allen

Courtesy of the Ursinus Archives

a pandemic; however, the APEs brothers made sure that the brothers and educators were COVID-friendly, as well as inclusive with those virtual. The APEs fraternity was always in the cards for Joey Mullen '23, who after talking to many of the brothers saw how APEs was the right fit for him, and that the brothers would be happy to have him. "APEs is a great group of guys that I'm happy to be a part of, I can't wait to see where we go from here," Mullen said.

WANT TO BE FEATURED IN OUR "DESK DRAWER OF THE WEEK" SECTION?

HOW MESSY, CLEAN, OR ORGANIZED IS IT?

TAKE A PICTURE OF YOUR DESK

SEND YOUR PICTURE, NAME, AND YEAR TO GRIZZLY@URSINUS.EDU

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The life of Campus Safety officer Will McCoy

Jenni Berrios
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William T. McCoy is known around campus as a safety officer, but outside of Ursinus, he is so much more. He balances his work with being a father, a part-time student, a mentor, and an activist.

McCoy grew up in Norristown, PA, a predominantly Black and Latinx community. "You only had two options: sell drugs or play sports," McCoy recalls. McCoy took the sports route and was able to pursue a college career, attending Lincoln University. For the last three years he was there, McCoy made some bad decisions. Eventually, he decided to drop out. After some community college courses and security jobs, he ended up at Ursinus in 2018 as the newest Campus Safety officer. "Ursinus granted me another opportunity to finish my degree without adding any additional loans or debt," McCoy stated. His new goals include: obtaining

a degree, becoming an entrepreneur, creating his own security company, and paving a path for his son.

McCoy's journey to success has inspired him

"Ursinus granted me another opportunity to finish my degree without adding any additional loans or debt."

- William T. McCoy

to be a mentor for young students in the Norristown school district. "I came from an area where father figures aren't prevalent, so I feel like it was necessary to be the man I needed, but never had. So if I have the opportunity to step into young minorities' lives and be a positive role model, I can have the potential to stop them from going in the wrong direction," McCoy said. He participates in the Boys2men mentorship program and talks to kids every Thursday. In addition,



Courtesy of Jenni Berrios

"I came from an area where father figures aren't prevalent, so I feel like it was necessary to be the man I needed...[and] step into young minorities' lives and be a positive role model."

- William T. McCoy

his role as a Campus Safety officer grants him a close relationship with students of color on Ursinus' campus, espe-

cially given that he is the only minority on staff. "A lot of the minority students come to me for anything. Especially the young Black males, they feel as if I am the only related male figure on this campus. They see what I do outside this school, I am an activist and they respect that." His positive relationship with the students is often a bridge between minority students and the administration.

COVID-19 has affected his ability to form relationships with (newer) students at Ursinus. It limits interaction and makes it harder to build strong bonds. As a Campus Safety officer, McCoy has also become more cautious before entering student buildings. However, he continues to do the work because he enjoys his job.

DESK DRAWER OF THE WEEK

SPOTLIGHTING THREE STUDENTS' DESK DRAWERS!

SEND YOUR DESK PICTURE, NAME, AND YEAR TO GRIZZLY@URSINUS.EDU
TO BE FEATURED! DUE EVERY THURSDAY!!!

Is the Movie Ever Better than the Book?

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There are undoubtedly great aspects of both reading books and watching their movie adaptations. Both media can present stories to consumers in a creative and engaging way. I am an avid movie-watcher, and I love experiencing the tangible way that stories unfold onscreen. And, as someone who tends to get easily invested in a book series, I appreciate how movie adaptations feed into my desire for more content surrounding a story. However, I also think it is important to acknowledge the ways in which movies often fall short in compari-

son to books and how books are, overall, better than movies. Movies can place limitations on the ways in which an individual interprets a storyline, how well an individual gets to know a story's characters, and an individual's exposure to all important details and events in a story.

Books allow readers more creativity in terms of building a storyline with their imaginations. Readers are given the liberty to imagine a story in any way that they choose, giving literature an intimate and customizable touch. Movies, however, determine a story's visuals for viewers and eliminate the need for creativity. In

addition, a book's pace gives the reader time to construct a literary world with the steady introduction of characters, details of characters' personalities, the visuals of a story's setting, and much more. There is simply not enough time for a movie watcher to get to know characters or a setting in a personal way due to the films' time constraint; understanding the intricacies of characters' personalities is what makes me as a reader invested in a story.

Take the *Harry Potter* series, for example. While the movie franchise surrounding this series is full of captivating visuals and creative

interpretations of the books' characters, movie watchers are not given the opportunity to get to know the characters in an in-depth way. As I read the books, I am able to gain a thorough understanding of Harry Potter's trauma, shyness, and intelligence; this insight is something that I do not feel I can understand by watching the movies, as the films simplify his character.

In this same vein, movies tend to simplify storylines for the sake of time; some vital details from books are eliminated in movie adaptations due to time limitations, which can disrupt storylines and deprive viewers of a story's key

elements. While there are entertaining and beneficial elements to both movies and books that help a story to flourish, books allow us as an audience a more individualized, intimate, and creative experience that movies do not provide.

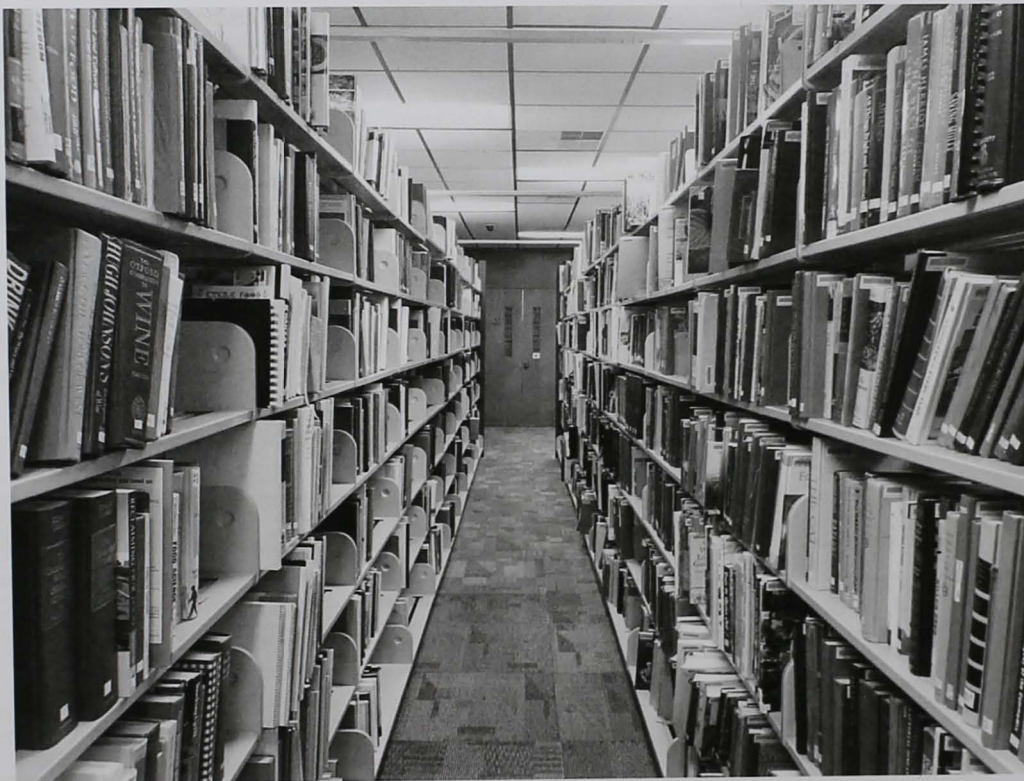


Photo by Claude Wolfer

Tennis cont. from pg. 8

8 members awarded Dean's List. In addition to a high GPA, two members of the team worked hard in the classroom to achieve a perfect 4.0.

"This year more than others, I feel especially close with the team despite being on the courts and in the gym less frequently."

—Matt Fontanese, Class of 2021

Fortunately for both the men's and women's teams, tennis is one of the few sports that can be played naturally while maintaining COVID guidelines as opponents never come within six feet of one another. The teams make sure to support one another, both on and off the court, and in and out of the classrooms. "Tennis has always been a big part of my identity and while my teammates all have different backgrounds and interests; we are united through tennis. This year more than others, I feel especially close with the team, despite being on the courts and in the gym less frequently," says Fontanese. Physical training this semester has gone very well, as they work on agility and explosiveness training, while also building strength in the fitness center too.

The team is hopeful to see a spring season, as all other spring athletes are, for the seniors especially, to win on the

Bailey courts one more time. "Our team brings a lot to the table this year and our tenacity is unmatched, a season for us this year could mean setting new Ursinus records. No matter what the Centennial Conference decides, our team will still be tight and continue to improve until we can compete again," says Fontanese.

"I chose Ursinus because it felt like a very tight-knit community and checked off all of my boxes to fulfill my level of academics, community and tennis."

—Lars Jespersen, Class of 2024

Lars Jespersen, Class of 2024, says the Men's Tennis Team finalized his decision to go to Ursinus College. "I chose Ursinus because it felt like a very tight-knit community and checked off all the boxes to fulfill my level of academics, community and tennis," says Jespersen. Playing first singles all four years at Arthur P. Schalick High School, Jespersen walked onto the courts ready to challenge new teammates. When the campus was only open to freshmen, Jespersen and other new members of the team went down to the courts. When the rest of the team returned to campus everything fell into place and returning players were excited to have a new group of guys join the team. "The team is very close, and we are

all really good friends, I couldn't imagine a better team. Even without competition, I really enjoyed the fall season, it was a new way of practicing and I think we all adapted really well. The opportunity to practice and challenge each other was great, we developed lots of team chemistry during those five weeks," says Jespersen. The entire team cannot wait to see what the Class of 2024 will do for the team in the next four years.

We hope to see these young gentlemen play this spring, Go Bears!

Coach cont. from pg. 8

on and off the field."

Interviewer: "What have been some positive takeaways brought about by COVID?"

"With spring season quickly approaching, I'm hopeful that numbers will stay low on campus for us to have some consistency with practicing and returning on and off the field."

—Janelle Benner, Head Field Hockey Coach

Benner: "Similar to what I just mentioned, COVID has provided me with the time to reflect and make changes that perhaps otherwise wouldn't have been made before." Interviewer: "Looking forward to next season, how big of an impact do you think COVID will have on normal procedures throughout the fall?" Benner: "This is totally an unknown right now, and I'm not even sure how to speculate at this point regarding what our fall procedures will be. I can only hope that we will have some sense of 'normalcy' return soon."

"...I can only hope that we will have some sense of 'normalcy' return soon."

—Janelle Benner, Head Field Hockey Coach

While this year has been challenging for all, a return to some sort of normalcy is slowly on the horizon. Cases are decreasing and spring

sports are getting back into the swing of things. Like Janelle Benner, coaches have had to make adjustments and keep their players motivated, even when it seemed hard at times. While this season of life has brought on many challenges, coaches have remained a steady light in these dark times.

Coach Check-In: Janelle Benner

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There is no secret that this past year has been particularly challenging for athletes, due to the continued unknowns and losses of seasons. However, many people have not heard the perspectives of coaches on all this. Coaches do much more than just on-field coaching, and COVID has changed how they do their jobs. I had the opportunity to talk with the head coach of the field hockey team, Janelle Benner, to get a better sense of how she's been managing throughout this challenging season we are all experiencing.

Interviewer: "How are you feeling at this point with COVID on campus and the spring season coming up?" Benner: "With spring season quickly approaching, I'm hopeful that numbers will stay low on campus for us to have some consistency with practicing and returning

a little more to 'normal.'" Interviewer: "What are some of the biggest challenges you experienced and why during this time?" Benner: "One of the biggest challenges for me has been to continue to keep that team connected and motivated to keep growing and pushing themselves forward, while at the same time giving appropriate space and breaks as everyone experiences their own set of challenges that COVID has brought." Interviewer: "Many athletes have felt lost or unmotivated when losing their season. What kept you going as a coach?" Benner: "What has kept me going is truly believing that we can use even the toughest of circumstances to grow. This past year has forced me, as a coach, to revisit my 'why' and has provided the opportunity for me to re-evaluate how I go about my day-to-day as it relates to coaching my team to success both on

See **Coach** on pg. 7



Courtesy of Ursinus College

Men's Tennis Rebuilds

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The Ursinus College Men's Tennis Team will graduate three valuable seniors this spring, Kyle Bookman, Matt Fontanese and Mason Groff, which means the team is in preparation to undergo a rebuilding stage next fall. With only one junior and one sophomore, Coach Pete Smith recruited an impressive six freshmen for the 2020-2021 'season,' all of whom proved themselves during the five

weeks of fall practice. Growing from a team of only six players to eleven is just what the team needed.

Co-captains Mason Groff and Matt Fontanese, holding spots at both first and second singles, respectively, in addition to first doubles, have made a name for themselves in UCMT history. During their junior season last spring, the two surpassed the milestone of reaching 50 plus career wins, Groff with 57 and Fontanese with 55. Achieving this goal as juniors is very impressive, and it is a

shame their careers may be cut even shorter after the cancellation of the 2020 season. Wrapping up their short season with the annual Florida spring break trip, the Bears went 3-1 for the week. No. 2 singles Fontanese and No. 5 Kanjanda finished the week with an undefeated spring trip.

To round out the 2020 fall semester, men's tennis excelled not only on the court but academically as well, with a cumulative 3.56 GPA for the fall semester and

See **Tennis** on pg. 7

Thinking of You!



Photo by Ursinus Athletics



Photo by Ursinus Athletics