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The Grizzly



Collegeville, PA.

Thursday, October 6th

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A Look Ahead:

At *The Grizzly*, we strongly believe that there is always something to look forward to.

'A Look Ahead' is a section where our team showcases upcoming articles. The purpose is to generate excitement within our readership and the extended Ursinus community.

- » Meet Arthur Artene '23
- » 1869 Dinner
- » Tips for Avoiding Burnout
- » Fall Break Plans

Remembering Adam Walton '25

Amelia Kunko: amkunko@ursinus.edu



Courtesy of Ursinus College

Faculty, staff, students, and loved ones mourn the loss of Adam Walton '25. A psychology major, Gateway scholar, and beloved member of our school, Walton will be remembered in and all around the Ursinus community.

Adam is remembered by professors as a bright and caring presence in class. Dr. Talia Argondezzi, Director of the Writing and Speaking Program, remembers Adam fondly. "He was a wonderful person," she said. "Adam was very kind, thoughtful, and bright." Argondezzi recalls Adam's time as a committed student and encouraging classmate in her CIE 200 class. "He was mild-mannered and pleasant, an attentive listener who was very supportive of his classmates," she explained. "Adam was interesting—by which I mean, he thought carefully and brought insightful points to class discussion and in his writing."

In addition to his willingness to ask difficult questions, Adam stood out for his drive to help others. Adam was on the pre-med track, with the goal of becoming

a psychiatrist. He earned excellent grades and hoped to join a research lab during his time at Ursinus. Dr. Mora Reinka, Assistant Professor of Psychology and Walton's academic advisor, recalls his application essay. "He wrote about the wonder of the stars in the sky, and how that wonder could be brought to the beings on Earth," she said. Adam tied this idea into his evident care for others as "he wrote about trying to help those around us in whatever ways we could—treating them with the same warmth and curiosity one might the universe beyond our atmosphere. And that's pretty much who he was: a bright and caring young man with an insatiable curiosity for the world around him."

The Ursinus community continues to remember Adam as a beloved member of our school, kind classmate, and brilliant student. "As his advisor, I grieve not only for Adam's family and friends, but for the people he would have helped, and for the impact he would have made on our little space rock, tucked among the stars he





Continued from page 1.

liked to look up at every night,” concluded Reinka.

Visitations took place Thursday, September 29 and Friday, September 30 at the Huff and Lakjer Funeral Home in Lansdale, PA. A candlelight vigil took place at Bustard Park in Harleysville, PA following Friday’s visitation hours.

If you would like to view Adam’s obituary, please visit <https://www.huffandlakjer.com/>. The Walton family requests donations to the National Alliance on Mental Illness in lieu of flowers. If you would like to make a donation, please visit the suicide prevention for college students page at <https://www.nami.org/Blogs/NA-MI-Blog/September-2019/Suicide-Prevention-for-College-Students>.

If you are struggling or know another who is, please do not hesitate to reach out for help using the resources below. Faculty, staff, peers, and campus resources are here to support you. You matter. You are loved.

- Wellness Center Phone Number: (610) 409-3100
- Wellness Center Email: wellness@ursinus.edu
- Wellness Center Crisis Hour: M - F from 2p.m. to 3p.m.
- Campus Safety: (610) 409-3333
- Religious and Spiritual Life: (610) 409-3273
- Suicide and Crisis Hotline: 988

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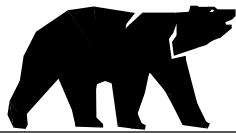
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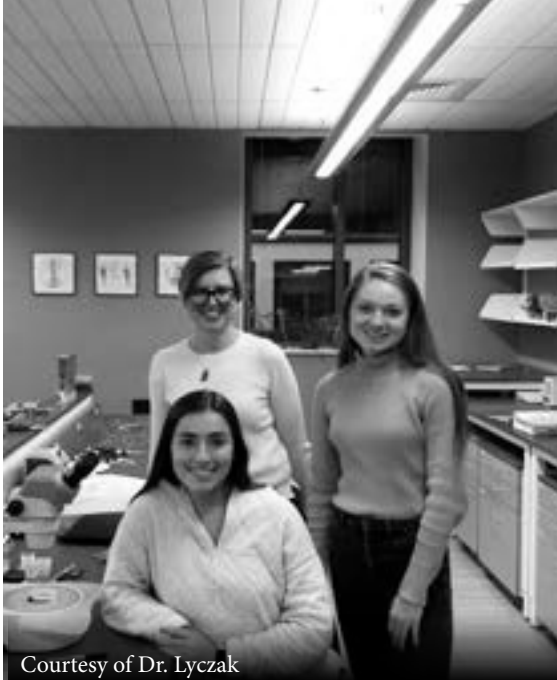
| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|--|--|---|-----|-----|---|
| 30 | 31  Halloween | 4  Yom Kippur | 5  Do Something Nice Day | 6 | 7 | 8 |
| 9 | 10  Indigenous People Day & World Mental Health Day | 11 | 12 | 13 | 14 | 15 |
| 16 | 17  National Pasta Day | 18 | 19 | 20 | 21 | 22 |
| 23 | 24  Diwali Begins | 25 | 26 | 27 | 28 | 29  National Cat Day |



Meet Dr. Rebecca Lyczak and Her Research Team

Allia Proctor: alproctor@ursinus.edu

Dr. Rebecca Lyczak is a well-known face in the Ursinus community and beyond. She is a professor of biology, and is conducting groundbreaking research at Ursinus. She is working with model organism *C. Elegans* to determine the function of the PAM-1 gene. The main objective of her laboratory is to understand what proteins work together to regulate fertility and cell division during development. Lyczak earned her B.S in Biology and Education from The College of New Jersey, and later got her Ph.D. in Cell and Developmental Biology from Weill Cornell Medical College. She also did postdoctoral work at the University of Oregon, and now teaches multiple courses including Genetics, Human Molecular Genetics, Developmental Biology, and the Common Intellectual Experience. She runs a highly successful research lab, which provides many opportunities for undergraduate students here on campus. She also assists in the Students for Inclusive Excellence (SIE) and Science Scholars programs here. These two programs provide both scholarships and mentors to students pursuing degrees in the department. Programs like this also give students the opportunity to participate in J-Bridge, which is a week-long program over winter break helping students bridge the gap between the BIO-101 and BIO-102 courses. When not in the lab or the classroom, she can be found taking a stroll



Courtesy of Dr. Lyczak

with her golden retriever on and around the Ursinus campus.

Lyczak recalls her passion for science beginning as early as middle school when her parents allowed her to attend space camp, and her first interest of pursuing a career in the science field began when she wanted to be an astronaut. “As an undergraduate, it was a professor who encouraged me to consider graduate school,” and that is exactly what she did. While women are becoming more prominent in the STEM fields, the obstacle of stereotypes and misogyny still remain. Lyczak says that having a support system allowed her to call out misogyny whenever she encountered it and persevere in the face of it. She hopes to be a mentor to young students, in a way similar to how her professors and colleagues were mentors to her.

Her research team consists of 10 students: Kristy Hrynyszak ‘23, Ilyssa Marsh ‘24, Brooke Adams ‘24, Sarah Bell ‘24, Ian Rogers ‘25, Alexa Alessandria ‘24, Madison Smith ‘25, Madison Benfield ‘25, Madison Neiman ‘25, and Zara Tabackin ‘23. She uses a combination of genetic approaches with time-lapsed images of early cell divisions to identify the roles different genes have on human development. Lyczak has had much success with her lab, as she characterized the PAM-1 gene in model organism *C. Elegans*. This gene controls many biological processes in the organism, and can even be related to human functions as well, because the gene is also found in human chromosomes. In other words, Dr. Lyczak is trying to understand how proteins work with this gene to regulate fertility and cell division during development in different species. By being able to identify it in her model organism, she has opened the door for future research in human cases.

She labels her work with PAM-1 as her greatest achievement, and recently received a renewal of her grant from the National Institute of Health (NIH). She also received grants from the National Science Foundation (NSF), and getting a grant renewed by the NIH is not an easy



Courtesy of Dr. Lyczak

task. “Every new submitted grant application must be evaluated on its merits and a professor can lose funding at any time. When a grant is renewed it is incredibly validating that the work I am doing as both a scientist and a mentor to undergraduates is valued,” she explained. The money from her most recent NIH grant will cover the costs of her research for the next three years. Additionally, some of the money will be put towards funding two summer research students and one future researcher. It will also provide her and her team travel opportunities so that they are able to present their findings at various conferences. However, Lyczak remains humble and believes their work isn’t done just yet, hoping to identify new proteins that interact with PAM-1.

Lyczak’s advice to young students is to be open to trying new experiences and different types of research. By trying various different things, they may stumble upon something that clicks. And as the saying goes, if you never try, you’ll never know. Furthermore, she warns that you may encounter many setbacks, but advises to not let them define you. Whether it is a difficult class, unsupportive mentor, or experiments that fail, try to focus your energy on the good, the successes. The ability to bounce back after a fall is imperative, not only in the STEM field, but in any profession.

Get Your Life in Shape with Laura Cunningham

Kate Horan: kahoran@ursinus.edu

Many people find themselves struggling with obstacles in their lives, and want to change their lives for the better. Sometimes people have this desire but do not know where to start. Seeking help can be difficult, however, there is an easily available resource on campus that facilitates healthy processing and productive growth: Laura Cunningham.

Cunningham joined the Institute for Student Success Office at Ursinus in July of 2019 as the Director of Scholarship Experiences. Additionally, she became a Master Certified Professional Life Coach in January of 2022. She is a Master Certified Professional Life Coach, a Gallup-Certified Strengths Coach, and a Myers-Briggs Type Indicator (MBTI) Certified Practitioner. Some people may not consider seeking help from a life coach because they think that they do not qualify as a proper client or believe that they do not need any help. However, Cunningham's mentality is: "If they have a goal, they're good with life coaching."

Cunningham emphasizes the clear distinction between therapy and life coaching, stressing that she is not a licensed mental health clinician. She describes life coaching as "more of listening alongside someone as they are processing through whatever is happening." While that may sound vague, this is one of the things that Cunningham loves about life coaching. She loves how person-specific life coaching is and how she can "talk with one person about time management with classes, or I can talk with somebody else about finding a place of worship near campus that they can use, or I can talk with somebody about working through conflict resolution."

Meetings with Cunningham are typically a half hour or an hour. She starts off by asking two questions: "What would you like to talk about?" and "How will you know that we have talked about what you wanted to talk about?" This means, "essentially, what are your goals for today and how do you know that we've made progress towards those goals?" These questions make goals more specific. From there,

Cunningham says that the meeting goes wherever the student takes it and consists of a lot of listening on her part. She believes that the meeting should be more about the student processing things rather than her "swooping in" and telling them what to do. This improves the flow of the meeting.

Using a "wellness wheel" in her approach to coaching, Cunningham talks about the different areas of wellness: financial, social, physical, spiritual, intellectual, and mental. "Essentially, we're holistic beings. And sometimes, for example, if we're spending so much of our effort in the social category, it could be that we might need to do a little bit more work in our academic section just to kind of help bring a little bit more balance to our wellness wheel," she explained. Cunningham also focuses on how things fit within the context of being a student, taking into account aspects such as if the student lives on campus, if the student wants to be social, if the student is part of an athletic team, etc.

"So, I've wanted to become a life coach for years, and thankfully Ursinus provided the opportunity for me to take the classes to become a life coach and has given me space here to offer it. [Ursinus] provides me the opportunity to have what I think are meaningful conversations. And I hope they're meaningful to students too," said Cunningham. She has worked with college students for over ten years and loves having conversations that help them process things and take the next step. According to Cunningham, the goal is that students take enough steps that they are able to pass their classes, graduate, and launch out of college more well-rounded so that they can better adapt to life after college.

While Cunningham is working to impact students' lives, the practice of life coaching also impacts her personally. "There's 'aha!' moments that students have or when students set goals and even if they didn't meet their goals but they're making progress towards them or when they're celebrating those goals. Those are the moments that feel good to me," she

explained. Cunningham enjoys sitting in those moments when things are connecting for students.

Cunningham points out that we live in a very self-care conscious culture. She believes that self-care can be beneficial to minimize burnout and help people to reset, however, people should not depend on it. "Live a life that's balanced enough that you don't need to look at superficial self-care as the answer. Live a life where you, in a given week, are on top of your schoolwork enough and you also have enough time to be social and you have enough time to go walk on the Perkiomen trail," she added. "Like kind of set yourself up so that you minimize burnout, and you don't need to rely on the kitschy self-care to pull you through." Cunningham acknowledges that not every day is going to be perfectly balanced, but her biggest advice for students is to practice setting themselves up well. Cunningham can be contacted at lcunningham@ursinus.edu to schedule an appointment.

Life coaching is a deeply beneficial practice, and it is evident that Cunningham is very committed to increasing students' success and well-being. With her hard





First-year Athlete Check In

Jenna Smith: jesmith2@ursinus.edu

The Grizzly asked first-year student athletes their opinions regarding their season and how they are adapting to the college athlete life. They were asked how their season has been so far, how they are balancing their social and academic life with sports, and how the transition to college athlete life has been. We were interested in gauging where freshmen are at, since the semester is almost half over already!

“The transition from high school to college athlete has been different. Balancing being a college student athlete versus a high school student athlete has been a change and I knew that coming in. Over the summer I worked hard on preparing myself for the switch to make it easier. I love the difference in pace and the atmosphere it brings. It isn’t easy but I have the best support system behind me starting with my coach!”

- *Noelle Smits '26 Volleyball*

“Transitioning into life at Ursinus has been a bit tricky but being on a team here has helped me so much. Volleyball gives me an outlet when I’m stressed about my schoolwork or my social life and also great teammates who I can always count on to keep me accountable in everything I do. So far, I am loving my experience here and I can’t wait to see what the rest of the semester has to offer!”

- *Erin Dychdala '26 Volleyball*

“My first volleyball season as an Ursinus Bear has been amazing! I love my teammates and coaches so much which makes playing so enjoyable for me. They are like my family and I wouldn’t have it any other way! It has been a difficult transition in the beginning to balance academics, athletics, and social life but I am now in a nice balance of everything with being in college for over a month.”

- *Zoe George '26 Volleyball*

“Stressing over today won’t make tomorrow any easier. Take a breath, laugh it off, and keep on rolling.”

- *Grace Maccarelli '26 Tennis*

“College classes are definitely a huge step up from high school. I am managing soccer and academics well, however, it leaves me with little to no social life if I wish to keep my grades up.”

- *Sophia Lutz '26 Softball*

“For tennis, our season mostly takes place in the spring so it has not been too straining. For the most part it has made the college transition as a whole feel a little more normal.”

- *Fiona Finnerty '26 Tennis*



Men's & Women's Tennis Back on their Home Courts!



Courtesy of Ursinus Athletics

Mary Lauren Franz Scores 2 Goals Against WAC!



Courtesy of Ursinus Athletics

New Health Hub Coming Soon!

Quadai Brown
qubrown@ursinus.edu

A new “health hub” is on its way to the Ursinus campus! The module hub is going to be located in the parking lot of the Wellness center. The main purpose of this new addition is to add more space for offices, along with a vast array of meditation and relaxation areas. Overall, we hope this new space will be an enormous positive for the Ursinus community as it will allow more space for therapists, and wellness activities and staff.

We spoke with Katie Bean, Ursinus’s Director of Prevention and Advocacy, who is heavily involved in this latest addition to the campus. The official plans, including the name of the new space, are not completely finalized yet; facilities is currently working with the company that is supplying the flex space, the module that will consist of the new additional rooms, as well as the civil engineer. The name is still tentative, and they’re looking for suggestions, so email Katie Bean if you have an idea regarding what to call this new “health hub.”

With the introduction of this hub in the parking lot, there are concerns about the effect on students and faculty with cars. To prevent any parking concerns, Bean shared that the hub is expected to be placed “upon the paved portion of the lot (not the gravel lot) and therefore only take away the Wellness staff parking spots.” Although some



Courtesy of Ursinus College

spots will still be lost, there is hope that new spots will be created for the staff. However, the idea about new spots in the lot for faculty is still being considered as they “are trying to find a balance between what the civil engineer determines is required and what we know we need as a campus.”

Although this parking issue is a concern, there are also reasons to be excited. The new space will allow the school to house more therapists. This new health hub also creates space for more mental relaxation possibilities– a blue light room, and a space for Katie Bean to hold yoga sessions! Katy Dietrich ‘25 believes, “they are finally putting the students’ needs first for once,” and that Ursinus is “implementing new things that will actively benefit students–

like to help with de-stressing and taking time out of their day to relax.” The possibilities with this new hub are truly endless, and we cannot wait to see what is in store for the Wellness department and how this can better serve our campus!

Upcoming Games

| Wednesday | Thursday | Friday | Saturday | Tuesday |
|---------------------------------|----------|--------|---|--------------------------------------|
| Women’s Soccer @ Moravian | | | Men’s & Women’s Tennis vs. York: 10am | Field Hockey vs. Johns Hopkins: 12pm |
| Field Hockey @ Muhlenberg | | | Men’s and Women’s Tennis vs. Marymount: 3pm | Volleyball vs. Johns Hopkins: 1pm |
| Men’s Soccer @ Bryn Athyn | | | Men’s & Women’s XC @ DeSales: 10:30am | Women’s Soccer vs. Haverford: 3pm |
| Women’s Volleyball @ Muhlenberg | | | | Men’s Soccer vs. Haverford: 12pm |