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“Keep Moving Forward”

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Photo Credit: David Morgan

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Sports can be a great simulation of life; anything can happen and it could be over just like that. For Dylan McHugh, this meant a single play changed his life forever.

Dylan is a junior on the Ursinus College football team, and a starter on the offensive line. The team was off to a hot start to the season going into their game against a conference opponent in Muhlenberg on October 4th. It was a very important game that everyone on the team was excited about. “It was a huge game, I was really looking forward to playing in this game because of how much was on the line,” Dylan says. Dylan knew it was going to be a war. But when it comes to war, there can be some unfortunate and shocking casualties.

Right before the halfway point of

the game, the Bears were driving down the field to once again even the score of what was a back-and-forth game at the time. Dylan was confident that the offense would succeed in the onslaught they were putting on the Mules. But a play they had been running all game was called from the sideline, and it was the first domino to fall in a chaotic next few moments. “It still is a little hazy to me about what happened, but I remember getting rolled up on from behind and feeling a snap, crackle and pop in my leg.” Dylan knew from the moment he fell to the turf that his season was most likely over. Dylan had broken his fibula and torn almost every ligament in his ankle. I asked Dylan his first thoughts when he was told about his injuries and his outlook was understandable. “I’ll be honest, I was really hurt

and shocked. It just made me think that you can’t take stuff for granted because it can be gone just like that.”

Dylan would have surgery a few weeks later and be put in a boot so he could get one step further down the road to recovery. In between, Dylan said that he had been sitting at home, taking care of his leg and playing Call of Duty all day. “I can’t really do much right now since I still can’t put weight on it” he said then, “but every day I feel like I’m getting better.”

Though the injury is physical, that is only half the battle Dylan has to face on this journey. Dylan talked about the effect this injury has had on his mental health and how dealing with this injury had taken a toll. “In the beginning, it was really hard mentally. My depression was going crazy, feeling useless



“Keep Moving Forward”

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and not being able to do anything about it.” Dylan then went onto explain what has helped him through these mental hardships and how the people around him have been his greatest motivators. “My friends and family have been the wind beneath my wings throughout all of this and without them this definitely would have broken me. Getting calls from my teammates, my mom helping in whatever way she can has been great.” I talked to one of Dylan’s

teammates on the football team, Deane Leader, who explained that this is just what teammates do. “We love Dylan, he’s our brother. There is nothing in this world we wouldn’t do if it meant helping him. He would do it for us in a heartbeat and so we try our best to help him in any way we can.”

Though this road Dylan is on might be long and he doesn’t know exactly where it will lead, he knows he doesn’t have to go it alone. “I’ve adopted the

mindset to just keep moving forward. I might take a step back here and there, but as long as I keep moving forward, I know I will be back.” That forward motion recently brought him back to campus, where you can see him getting around on crutches. No matter where this journey takes him, I know that I’ll be right behind him, supporting and cheering him on the whole way.

Hora De Café

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One of Ursinus College’s main selling points is that it caters to individuals of all backgrounds. Unsurprisingly, the opportunity to explore Latin culture here is available and always fascinating.

The long-running Hora De Café series, run primarily by Dr. Xochitl Shuru, provides students with an opportunity to experience aspects of Latin culture every month with hands-on activities centered around a relevant topic or holiday.

The Hora De Café series, which translates literally to “coffee time,” began in September 2019. Dr. Xochitl Shuru, an associate professor of Modern Languages and an affiliated faculty member for the Institute for Inclusion and Equity, is responsible for the series. In her own words, Hora De Café “is meant to create a space where students can learn and make Latin American art in a relaxed atmosphere over coffee and donuts. Faculty and their families have

also participated, which creates a truer sense of community.”

These meetings take place monthly, typically on the last Friday. Before the hands-on portion, Dr. Shuru explains the relevance and significance of the activities. “There is always an explanation of the origins of the craft before students create their own art pieces,” Dr. Shuru explains. “This cultural event is meant to promote Latin American Art, Culture, and History.”

Some activities for the event include making piñatas and masks, “Ojo de Dios,” which is translated to “God’s Eye” and involves weaving a yarn cross, and “Papel Picado,” or making perforated paper. However, one of Dr. Shuru’s favorite events ties ancient history with the present. “One of my favorite activities is the ‘Mayan Glyphs,’” Dr. Shuru said. “In this activity, Dr. Meghan Tierney, an Art History Professor, presents a brief history of the Mayans and their writing. Students then spell their names

using the Mayan syllabary on canvas using acrylic paint.” The next ‘Mayan Glyphs’ program is scheduled for Friday, November 15th, at 6 pm.

Keep an eye out for emails regarding future installments of Hora De Café!

Hora de Cafe
presents

Eyes of God
with
Dr. Shuru

Friday, September 27th
6:00 pm
at the IIE in Lower Wismer

Sponsored by Affiliated Faculty for Inclusion and Equity

Photo Credit: Ursinus Website

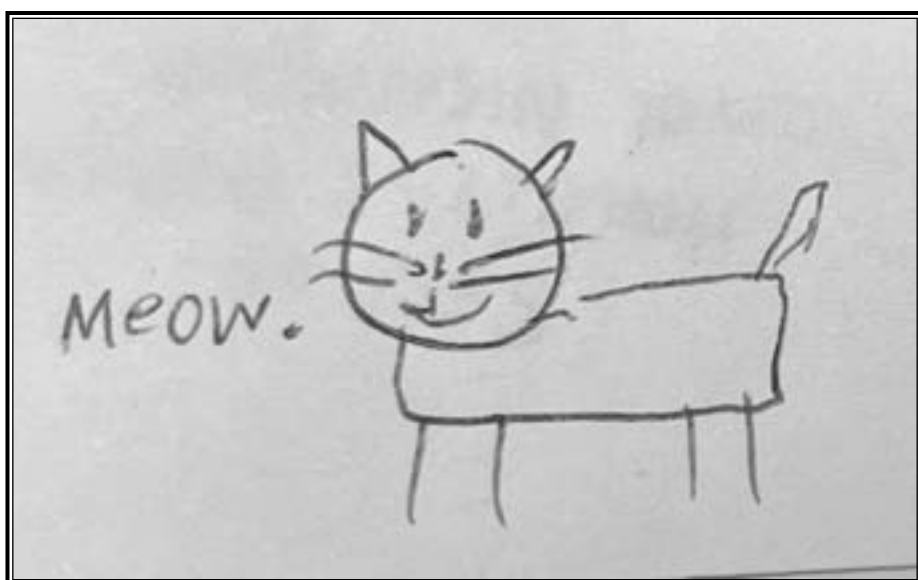


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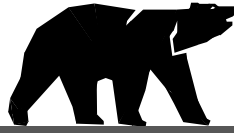
for Spring 2025 Semester

Can receive 1 MCS credit

Email grizzly@ursinus.edu if interested!



Masterpiece Credit:
Caitlin Cunnane



Bears on Trial

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The politics department has an exciting course to offer this Spring! Trial Advocacy will provide students with an introduction to the necessary skills for trial work. At the end of the semester, the students will present a trial at which Ursinus alumni act as the presiding judge and the jury members! Through the process of making this trial, students will learn basic legal analysis, courtroom layout, how to develop a case theory and theme, creating opening statements, closing arguments, and many more skills necessary for a career in law.

If you can't take Trial Advocacy this spring, no fear! The same Professors teach Legal Writing and Oral Advocacy every other spring. This class is also referred to as Moot Court and is a sneak peek into how a real law school course would be taught. It helps students develop their oral presentation and legal writing skills. At the end of the semester, students will compete in an oral argument competition that is judged by Ursinus alumni. Both courses are taught by two Ursinus College alumni.

Professor Michelle Stranen graduated from Ursinus in 2005 as a Media and Communications major with minors in French and Business Management. After Ursinus, she earned her J.D. from Villanova University in 2008. She then began her career as the Assistant District Attorney in Delaware County and there she tried numerous jury and non-jury trials. Then, Professor Stranen shifted to civil litigation and worked briefly for a large mortgage foreclosure firm in Philadelphia. Now, she is a partner at a small firm in Delaware County that focuses on the area of association law.

Professor Russell Krause graduated from Ursinus in 2006 as a Politics major with minors in History and Math. After Ursinus, he graduated from Drexel University with his J.D. in 2009. Professor Krause then worked at plaintiff's personal injury firms that represent people who have been injured. Now, he

runs his own law firm that specializes in car accident injuries.

Both of these professors are extremely accomplished and dedicated to the politics students on campus! Professors Krause and Stranen, "We both truly love watching the individual growth of students. There are so many 'light bulb' moments during the semester and we do see significant growth with students over the span of both courses. We also love hearing from former students, and especially love their feedback about how the class(es) truly helped them feel more comfortable as they entered law school." There is so much thought and effort put into these courses that are made to help all students, not just those that are pre-law. "We love the team approach to teaching the courses as we each come from different legal backgrounds. The purposeful balance of our approach is intended to maximize what students are able to gain from the experience," said Professors Krause and Stranen.

They are definitely a great team! "Profs. Stranen and Krause are dedicated to making Pre-Law students better writers, better advocates, and more informed about what law school and the legal profession is all about. The two professors make Ursinus Pre-Law the dynamic and cohesive program that students love," Anna Marks, the pre-law coordinator, commented. However, it is not just Professors Stranen and Krause that make these courses possible!

"We are so thankful to our predecessors, Jim Baer and Houghton Kane, who began the program when we were students at Ursinus. With the dedication of Anna Marks, the program has evolved over the years into something that we believe provides students with a solid foundation to hit the ground running once admitted to law school, or decide that law is not the right path to pursue" explained Professors Krause and Stranen.

If you are interested in law or pursuing a law career, you should defi-

nately consider taking Trial Advocacy. However, it is open to all students, so you don't have to be a politics major or pre-law to take the class. It's an opportunity you don't want to miss! "While both courses involve lots of reading and writing that you would typically find in most Ursinus classes, these courses are also very unique and are a special niche within the politics department," stated Professors Krause and Stranen.

Trial Advocacy, POL-050, is taught on Mondays and Wednesdays from 6:30-8pm this spring as a two-credit course. This class is open to all interested! Then, next Spring, consider taking Legal Writing and Oral advocacy to further hone your law skills!

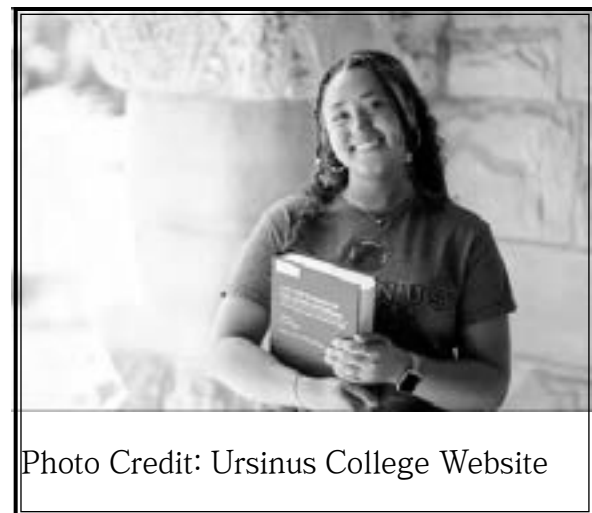


Photo Credit: Ursinus College Website



A Dorm Cat's Story

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Fay Schneider has lived a highly unusual life. Hailing from the southern United States, she was homeless and pregnant when she was found by a rescue sanctuary and adopted by Ella Schneider, a student at Ursinus. Non-nonsedi taquass undande expla The 8-year-old black cat currently resides in the Brodbeck Hall dorm building on campus and has lived with Ella since she was 1 ½ years old. After delivering her litter, Fay remained in foster care and pet stores before being adopted by the Schneiders and living with extended family. Fay is decidedly not a cat's cat, preferring the company of humans over her furry counterparts and shying away from them. Ella says, "She took a minute to get comfortable, but now she is fully adjusted (to being a house cat)." She is very food driven, often meowing loudly at Ella when she is hungry, so "you know when it's mealtime."

From my time spent with Ella and her cat in their dorm, it became apparent that it takes a special kind of cat to live in a dorm. As a cat owner myself, I can definitively say that my cats are not cut out for this life. Travel in a carrier for difficult for any animal, but Fay takes it like a champ, making her discomfort clear, but not fighting for

freedom "She doesn't enjoy it... she will give a distressed meow or two and a dirty look," says Ella. My two cats both hate travel and actively run away at the sight of the carrier.

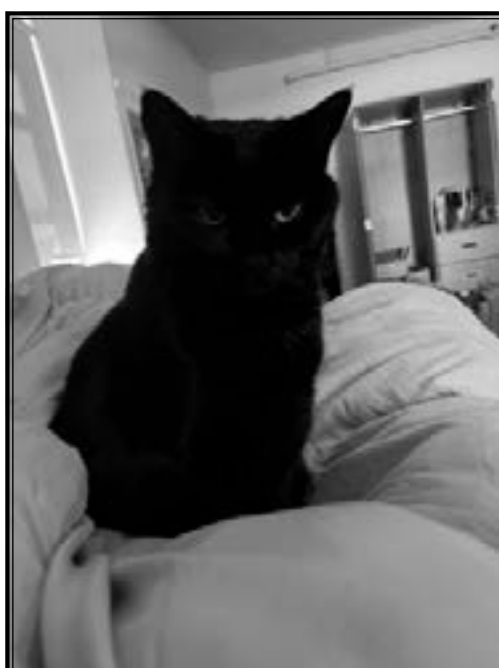
Fay also adjusted very quickly to Ella's roommate, Caro, initially sleeping on Ella's bed and now transferring over to Caro's. Caro knew about Fay before she arrived at the school and was excited to meet her. "(At first) I thought she didn't like me because she would always hide in the closet." Indeed, Fay has been known to hide in Ella's closet when new visitors arrive, but usually comes out when everyone has sat down. Fay had clearly gotten comfortable with Caro, as she was sitting on her lap while I conducted my interview. Caro, being a cat person, loves Fay, saying, "I love her very much... she can be mischievous at moments." Fay is a large cat and has been known to knock over items on desks when walking on them.

Ella ultimately thinks Fay is happier in the dorm than at home, due to her dislike for other cats. "At my house she would hide from the other cats ... she likes the attention she gets here." When I asked Fay for comment on this, she sniffed my phone and licked her lips. When I was interviewing Fay and Ella,

another friend of theirs who lives in the BWC dorm complex visited. When I asked her about Fay, she said, "I think Fay is more friendly than other cats, which is unusual."

Fay is clearly a unique cat, having lived in multiple different settings before moving into a college dorm. She seems to love life as a dorm cat and thrives in this space, where people are constantly in and out, providing attention to and playing with her when she wants. She's quick to adjust to new surroundings and people, and is easy to travel with, unlike many housecats I know. While housecats such as my own will do anything not to leave their space and enjoy the comfort, Fay is curious about the happenings outside her room and seems to adjust quickly to new environments.

I think all of these traits make her an ideal dorm cat, and highlight just how unique she is. As Ella continues her journey at Ursinus she plans on taking Fay with her and continuing her career as a roommate.



Description:
Fay Schneider

Photo Credit:
Stella Bower



The Yap: A Recession of “Meet-Cute” Stories?

Emily Veasey

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Imagine this: in twenty years, you're asked how you met your partner. How many of us will say we met them online through an online app?

For many people, this may be the new normal. While it's not inherently a bad thing - tons of couples have met through apps like Hinge and Tinder and are happily married - is this as romantic as stories from meeting in real life? I couldn't help but wonder about the meet-cute. Most would know this term from its use in the movies, like when Romeo and Juliet meet at the Capulet party or when Toula and Ian meet in *My Big Fat Greek Wedding*. This is all to say that there's something different, and more special, almost, of meeting someone you come to love in person. And even if you don't end up with them, the memory of meeting that person would always beat the dreaded first Instagram

DM or, even worse, the first add on Snapchat.

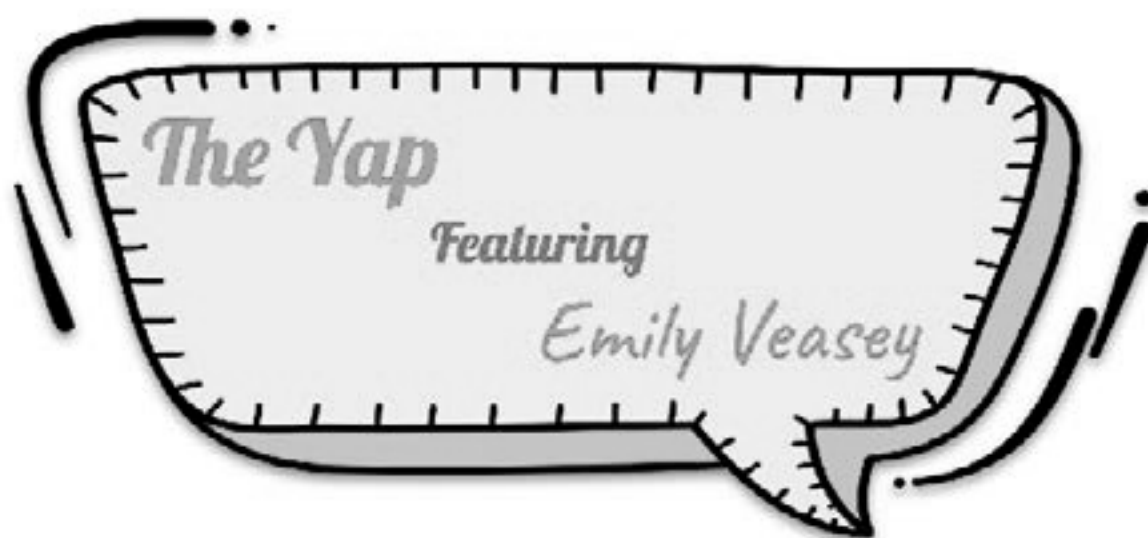
I asked a friend if she had a good meet-cute story, and she said, “His name was Adrian. One day, when I was back in California, I went to see the movie *Asteroid City*, but I got there a few minutes early, so I went to the cafe next door to get a drink. He was working at the counter, and when I placed my order, he complimented me on my lizard tattoo. He told me about their religious superstitions, and we talked while he made my drink. Midway through the movie, I got up and went to the cash register at the movie theater to ask for a piece of paper and a pen. I approached him when he was closing and gave him my number. We don't talk anymore, but I still listen to the playlist he made me. It's a really fun memory I think about a lot because I had the courage to

give a man my number.”

Stories like this make me believe love can happen even in a digital world.

But why is it so hard for these stories to happen now? Is it because the allure of swiping through someone's profile has become so much more addicting? I couldn't help but wonder where we would be if these apps had never existed. Would we have more stories to tell our future generations? It's tough to say, but these meeting stories make half the fun of a relationship.

Something like what my friend had to say sounds like it came out of a novel, adding to the romance of it all. If we keep relying on social media to guide us to the right person, I fear that the meet-cute will become nothing more than a trope we see in old TV shows and movies.



Bears' Zelinske Defies The Odds

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Athletes all around the world experience injuries. In fact, it is considered an inevitability when playing sports. From concussions to ACL tears, injuries are a common experience. Some injuries are minor, resulting in missing little to no competition, and some are major and could be season-ending. For fifth-year senior swimmer Alex Zelinske, an injury could have cost her career.

Her sophomore year of college, Zelinske began experiencing pain in her shoulder. She says, "As a swimmer, my shoulders are constantly sore, especially since I swim backstroke." But this pain was more severe than soreness. She was told she had a torn labrum and continued swimming through the pain. Eventually her arm turned purple and went numb. This was when she knew she had a real problem.

Zelinske had been misdiagnosed. She actually had thoracic outlet syndrome (TOS). Her coach referred her to a new doctor who took one look at her x-ray and immediately knew what was going on. She tried physical therapy and after a few weeks of seeing no improvement, it was time for surgery. Her case of TOS was too severe. She had an extra rib above her first rib, called

a transcervical rib. Her veins, arteries, and nerves were wrapped around it, causing her to lose feeling.

Her surgery was four hours long and consisted of removal of the transcervical rib, the scalene muscles on her left side, and partial removal and elongation of her pectoral minor. When asked about the surgery she said, "It was nerve racking. Finding out I was getting rid of most of the muscles in that area was a scary thought. I was also told that one of the risks was losing all feeling in my arm." Post-surgery symptoms included phantom symptoms, which were also a shock. She said, "It just felt hollow in there. I felt like I could still feel the pain and numbness even though everything causing the pain was gone. It was a weird feeling for a few weeks."

Zelinske is suiting up for her final college swim season. She has undergone numerous hours of physical therapy to gain strength and mobility. She definitely notices some changes in her form, but has been working to adapt and learn new skills. Zelinske said, "I cannot do a normal start anymore so I had to readjust my footing on the wall to still give myself the same arc and entry... I've also had to readjust my stroke count per lap. Although it was hard, I

am still able to give myself the biggest advantage possible without pain." She is still limited in some aspects and although increasing her time from a 0:58 to 1:03 in the 100 backstroke, she is confident she will be able to get back to where she once was.

As for goals, Zelinske is determined to keep herself in the water and swimming. She was able to have the opportunity to have a fifth season of college swimming and is fortunate to be able to be back in the water. She said, "Whether it is being back to my peak performance or simply finishing every race, I am happy I get the chance to be back in the water again. I'm really focusing on reminding myself why I love swimming."

Alex Zelinske has made it a personal mission to make her last season count. After being a competitive swimmer for 18 years, she simply was not going to let a diagnosis end her career. Many swimmers do not come back after this kind of surgery, but Zelinske was different. She worked hard and put the time in to regain as much strength as possible. She is fortunate to be able to give one last season to the sport that has given her so much.

Zelinske in action.
Photo Credit: Elliot
Schott





Gymnastics Coach DeLorme Does It All

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Just when Alyssa DeLorme thought she had her life all figured out, a single meeting turned her plans upside down. With dreams of a gap year filled with physical therapy experience and a pathway to graduate school, DeLorme never expected to find herself stepping into the role of assistant coach for the Ursinus College Gymnastics team. But as she soon discovered, sometimes the most rewarding journeys are the ones we never anticipate.

A series of experiences throughout her gymnastics journey shifted Alyssa's perspective. "There wasn't one specific moment that made me reconsider my plans, but rather a collection of experiences," she reflects. Alyssa helped out part-time during the preseason, but it was during competition season that she began to contemplate staying on as an assistant coach. Watching the team bond and achieve goals they'd worked toward since her freshman year was deeply fulfilling. An emotional moment that stood out was when the team scored a 190 for the first time in years; it represented not just a number, but the culmination of their collective efforts

and growth.

Alyssa has found immense rewards in her coaching role. "Seeing the impact I've made is the most fulfilling part of coaching," she shares. Her unique perspective helps bridge the gap between athletes and coaches, and she feels honored to be trusted by the athletes who were once her peers. "Knowing that I've helped make their experience at Ursinus a little better has meant a lot to me," she adds, highlighting her commitment to their success.

The transition from athlete to coach was well-received by her team and former coaches. Alyssa initially worried about how her former teammates would react, but they welcomed her new role with genuine excitement. Junior Sidney Schreiber said, "Alyssa transitioning into an assistant coach role has been the highlight of my gymnastics career. Because she is fresh out of the sport, she still has the helpful gymnast mindset, especially during those mentally tough days." Sophomore Erin Roe noted, "Alyssa brings a good perspective that keeps us motivated and connected as a team."

Despite the joys of coaching, Alyssa faced challenges in balancing her responsibilities. Shifting her focus from being a full-time aide at the physical therapy clinic to being more involved with Ursinus Gymnastics was difficult, particularly since she is still technically a volunteer coach not getting paid. Juggling multiple roles, including coaching at a local gym with little kids and working per diem at her PT clinic, has led to long and chaotic days.

Yet, she remains committed to her decision. "While physical therapy is my primary career path, gymnastics will always be part of my life," she states. Alyssa hopes to work with competitive athletes as a PT in the future, believing that her coaching experience will enhance her skills in the field. She embraces the sacrifices she's made, knowing they will ultimately contribute to her growth both as a coach and as a future physical therapist. With Alyssa's dedication and passion, the sky's the limit, in the gym or the clinic.

