

The Delphian

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The Voice of the Students

Volume 74, Issue 4

Political Science Department Talks Midterm Election Results

BY MATTHEW SCHROH

The morning after Americans across the country cast their votes on November 6, the Political Science Department offered a midterm election analysis for political science students and politically-interested students in general. Needless to say, the department had a lot to discuss.

Professor Margaret Gray discussed the differences between the facts of the election and the story of the election. Factually, the Democrats won the House of Representatives, while the Republicans increased their majority in the Senate. More locally, the New York state senate also flipped from Republican majority to Democrat majority, and the state itself “played a pretty big role in flipping the House,” Gray noted.

But, of course, there is always a story to run off the facts. This election had unusually high turnout, for example. Pollster Nate Cohn noted that at least 114 million votes were cast for House races, compared to 83 million cast in 2014.

“Turnout is always higher in presidential years and in midterm years we usually see a real slump,” Gray said, indicating it was surprising that the 114 million figure is closer to the 137.5 million votes cast in the 2016 election.

Another story from the election

is the sharp rural and urban divide. “Rural voters moved further to the right,” Gray noted, “but also suburbs shifted to Democrats.”

Suburban America has been a major part of Trump’s base, paving the way for his 2016 victory.

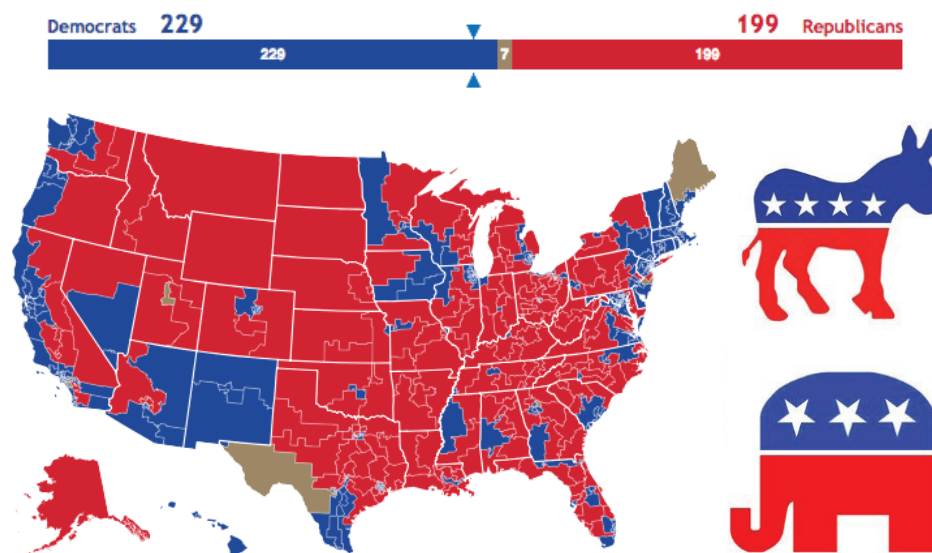
And finally, it was noted by the professors the state of America in a “divided government” will be a story covered by most analysts.

“The term sounds worse than it is – a divided government merely means that one of either the presidential, Senate or House is a different party than the other two,” Gray explained.

Simply put, we usually have a divided government (like from 2014 to 2016, when the Democrats held the White House and the Republicans held the Senate and the House). The period from 2016 when the Republicans held control of all three was actually an electoral abnormality.

Something of note about the elections, discussed by Professor Traci Levy, is the gender gap in the midterm elections, or “the difference between the percentage of women and men who vote for a particular candidate ... one of the highest gaps we have had in the 2016 elections with an eleven-point gap.”

But women did not only use their power to vote to impact these midterms, but also their power to run. This election



Political science majors and any other interested students gathered to discuss the Republican Senate gains and Democrat House gains. The Democrat House gains pictured above.

has seen a “record number of women running ... we’ve only had 52 [women] serve since the Senate started,” Levy noted. “After these election results, we have at least 23 serving right now, 16 Democrats and 6 Republicans. The previous House record of women was 85 female representatives in 2016, and two years later we have 95 female representatives. Before the midterms we had 6 women governors ... now we have 9.”

Increased Republican control of the Senate is also noteworthy. “It means

more today, this slim lead in the Senate, than it did three, 5, 10, 20 years ago,” Levy explained, “because in recent years the Republicans have all but gotten rid of the filibuster – better known as the tool typically used by the minority party to delay votes.”

The midterm elections were certainly interesting numbers to behold, and the Political Science Department has done a great job in providing an unbiased look at just what happened.

Fifth Annual Media Career Expo Offers the Scoop on How to Get a Post-Graduation Job

BY THE DELPHIAN STAFF

If you’ve been told that the prospects for anyone pursuing a job in the communications-related industry are challenging, you’ll be inspired by the good news offered by six Adelphi graduates who are all enjoying successful careers. Working representatives from the print, TV, film, web and marketing industries will talk about the media marketplace and how to break in as an intern or future employee at the Fifth Annual Media Career Expo on Wednesday, Nov. 28 from 10 am to noon. The event takes place in room 109 in Blodgett Hall and is being organized by the Department of Communications and *The Delphian*.

Speakers include Adelphi graduates Nefertiti Anderson, ’12, a broadcast journalist and social media strategist; Leslie Fazin, ’10, a copywriter and marketing specialist; Damian Geminder, ’11, a communications coordinator and editor; Sam Rappold, ’10, a videographer; Andrew



Andrew Ryan, ’16, is among the panelists at this year’s Expo. He is a news photographer, editor and truck operator for News 12 Long Island. Here he is behind the camera while reporter Danielle Campbell interviews Nassau County Executive Laura Curran.

(Photo by Howard Schnapp of Newsday)

Ryan, ’16, a news photographer/editor; and Kristen Sullivan, ’14, an internet news manager. The moderator is Liza N. Burby,

senior adjunct professor in the Adelphi Communications Department, as well as faculty advisor for *The Delphian*.

“Each one of our speakers has graduated within the past 10 years and has experienced career success. Some are working in the fields they pursued as undergraduates and the rest have related jobs they discovered by being open to available experiences,” said Burby. “But all have learned that there are good jobs out there for those who know how to negotiate the search process. Our panelists will provide the strategies they used to find a job. Further, they will share contacts in their companies who can help our students to gain internships or post-graduation jobs.”

The Career Expo is free, but students must register by Nov. 26. A panel discussion will be held 10-11:30 am, followed by a light breakfast reception at which students can network with the speakers. For the past four events, several attendees left with contact information that led to internships and freelance assignments.

For more information, please contact the Communications Department or email Liza Burby at lburby@adelphi.edu.

A Word from the Editor

Hi, Panthers. I would like to thank those of you who are reading. Since the last issue, many interesting and newsworthy events have occurred throughout Adelphi University and in society. Look at the hard work that many people took to put together an elite issue of *The Delphian*. Thank you to all those who have contributed their time and efforts into making this happen. Here's what's in this issue:

News travels fast and so does election season. Read about the recent midterm elections. A guest speaker who came to Adelphi spoke about veteran's affairs, so read about what was shared regarding those who serve our country.

First, I would like to thank all of you who have contributed to *The Delphian* this issue; we have many new writers who have worked hard to provide us with great material to fill our pages. Greek life has done an outstanding job this semester in contributing their time to support and raising money for those in need within our society. Read about some of the recent events that were held by the fraternities and sororities and the amount of money that was raised for all the different causes. Many of the students who attend Adelphi commute to and from the campus. Last week, those commuters were recognized through both on- and off-campus events. Find out what those were and what the Commuter Student Organization put together for the students. The popular Disney movie "Frozen" is on Broadway—but only through March—so while winter is approaching, read the review to see if you want to buy tickets. Adelphi students have many talents, and that includes sophomore Alexandra Liszewski and her life as a You-tuber. Looking for somewhere new to eat? Read about and visit Dirty Taco+Tequila not far from campus to enjoy an urban-style Tex-Mex meal. Interested in television series, movies or an Adelphi production? Read about some experiences that Adelphi students had when they watched one of the three and maybe you will watch to watch too.

With the holiday season rapidly approaching, reconnect with the meaning of the holidays, what we are celebrating and why. Sometimes we become so caught up in exchanging gifts and making lots of food that we forget the connotation of the holiday season. Are you addicted to old Netflix or Hulu series like most of your peers? Is modern television too dark to binge watch? Read what our editorial editor Victoria Grinthal has to say about that. On a sadder note, unfortunately there have been two more recent mass shootings. Read about the tragedies and how those who were involved were affected. Lastly, a hot topic in the NCAA is whether or not college student athletes should be paid. What do you think? Find out what our guest editorial writers had to say about why or why not this should be implemented for college athletes today.

In the sports world, the fall season is just about completed for most of the Panthers, except for our men's soccer team, who is still alive in the NCAA regional tournament. Although the fall season has come to an end for most, there were many Panthers who were recognized by the Northeast 10 conference in being selected to all-conference and all-rookie teams. Read about how the fall season went for the Brown and Gold and learn about all the Panther's accomplishments. The winter season has begun with men's and women's basketball, swimming and diving and bowling each having games and meets under their belts. Get a sneak peek of what is expected for the teams looking forward. Lastly, look at their Panthers on a more personal level and understand their lives as student athletes at Adelphi.

Try and stay warm and have a Happy Thanksgiving! And when you come back, be sure to attend our Fifth Annual Media Career Expo where you can get insider job-searching tips from Adelphi alum.

-Nicoletta Cuccio
Editor-in-Chief



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Adelphi Speaker Discusses Veteran Affairs

BY TATSUYA HONDO

Brent Russell, a veteran and alumni of Adelphi, as well as an active advocate and participant for veteran causes, was the featured speaker when Adelphi hosted a military culture lecture Monday, November 5, in the Ruth S. Harley University Center. The presentation was titled "Military Culture: Community Reintegration" and examined the factors veterans can face after military experience (a concentration on military deployment and its influence on transition to civilian life).

Discussion on the effects of family roles after a lengthy separation, whether family roles go back to the way they were, and known coping techniques of veterans were presented. Russell gave a brief biography and interactive perspective of vet-



Brent Russell came to his former campus to speak about veteran support. This was his third time lecturing at Adelphi.

erans who participate in veteran support groups, including how veterans found the veteran peer groups (support groups), their

progresses and commitment in attendance of the veteran support groups.

Russell's discussion was developed with the understanding that "we don't want to forget that family members serve too." He made a case that, after a lengthy civilian/military separation, nothing is the same.

Working to provide advocacy, education, training, outreach and peer support in the veteran community, Russell said that through veteran support groups, "we have created a small family of veterans who support each other. Re-establishing camaraderie is important; the concept of peer-to-peer support is like the battle buddy system introduced to service members during duties and trainings."

Russell said a veteran's incorporation into peer support groups usually begin with family members' interventions.

Factors such as survivors' guilt and sacrificing beliefs to follow given orders (including religious convictions), can make the veteran question themselves. Public reintegration includes education if the veteran is ready for school. Russell also noted that the younger veterans cope with video games. To counter this increasing coping method, he mentioned that video-game-themed veteran events could help them become more involved in support groups.

The Veteran Resource Center is located in Room 203 of Hagedorn Hall. Led by Christina A. Wease, the academic advisor and coordinator of Veteran Services, the Adelphi University Veteran Resource Center is managed by the College of Professional and Continuing Studies at Adelphi University. The Veteran Resource Center welcomes all military-affiliated students (both active duty and veteran status).

Second Annual Women's Leadership Conference Emphasizes Tools to Success

BY TATSUYA HONDO AND
JUSTIN KUPERSCHMID

The Second Annual Women's Leadership Conference was held in the Thomas Dixon Lovely Ballroom, located in the Ruth S. Harley University Center at Adelphi University on Saturday, November 3 from 8:30 am to 4 pm. Conference participants included Adelphi affiliates and members of the public. This year's theme was "Developing Yourself as a Leader" and included discussions, forums, workshops and featured speakers. About 210 people participated.

The first featured speaker was Carol A. Ammon, who earned a bachelor's from Central Connecticut State University, master's from Adelphi and honorary doctorate from Adelphi and the University of Delaware. Ammon is a charter member of the Adelphi University Million Dollar Round Table. The Ruth S. Ammon School of Education on the Garden City campus is named after her mother (a member of the 1942 graduating class at Adelphi).

"Women lead differently than men," Ammon said. "Women tend to blame themselves. Men move on. Don't blame yourself; you're not responsible

for everything. Women are collaborative, more consensus-building. We're the consummate team players."

Ammon advised conference participants to make sure they have the tools they need to lead. "We all have gifts and it is important to understand what your gift is," she said.

The second featured speaker was Donna Orender, a sports executive and a former collegiate and professional All-Star basketball player who earned an honor from Adelphi in 2007 (Doctor of Law). Orender was recognized as one of the top 10 Most Powerful Women in sports and one of Newsweek's 100 Most Influential people in the business of sports.

At the conference, she explained that achievements, independence, recognition, relationships, support and working conditions are influential to the different available career paths. She recommended that audience members be open to all ideas, as well as have the courage to ask questions.

The conference publication included a message from the Adelphi President Christine M. Riordan. "The remarkable career and leadership journeys of Carol A. Ammon, M.B.A. '79, '10 (Hon.) and Donna Orender, '07 (Hon.) are truly



Carol A. Ammon, founder and retired CEO and chairman of Endo Pharmaceuticals, Inc., was a speaker at the Second Annual Women's Leadership Conference.

inspiring . . . I thank Carol, Donna, and our 45 impressive panelists and moderators who will share their expertise and professional stories with us all today."

Workshops were held throughout the day and included "Leading with Optimism and Resilience," "Side Hustle," "Networking, Coaching and Mentoring," "Emotional Intelligence," "Starting Over/Hitting the Reset Button," "Establishing Yourself as a Leader," "Defining/Building

Your Personal Brand," "Executive Presence" and "Diversity and Inclusion in the Workplace." In the afternoon, there was a roundtable discussion that included alumni and leaders from the public.

Alum Sander Brenner, MBA, '16, a fixed income analyst for Goldman Sachs who sat on the panel for "Leading with Optimism and Resilience," said, "I came here to help the students because a lot of people helped me along the way."

That seemed to resonate for Christina Deblasio, an anthropology and history major who volunteered at the conference. "The Women's Leadership Conference is an amazing opportunity that Adelphi provides for students," she said. "Seeing what alumnae were able to accomplish after they left Adelphi was an inspiring experience. As a soon to be graduated senior, I see this conference as keeping me connected to Adelphi for years to come, because next year I definitely want to participate in it again."

The Women's Leadership Conference was sponsored by numerous individuals and organizations, including the Adelphi University Office of Diversity and Inclusion, BeBalanced Garden City Center and Klynveld Peat Marwick Goerdeler, among many others.

Dirty Taco + Tequila: A Delicious Take on Urban-Style Tex-Mex

BY JENNIFER POMEROY

Since opening its doors in July, Wantagh's new casual dinner-drink hotspot, Dirty Taco + Tequila (located at 3261 Merrick Road), has been serving Long Islanders a unique spin on LA street tacos in an eclectic, urban-inspired setting.

The interior of the restaurant, although very small for the large crowd it attracts, is modernly chic with obvious urban influences. High-top tables with barstools surround the exterior of the restaurant, placed against walls covered from floor-to-ceiling with murals depicting traditional Mexican masks and other Spanish designs. A large bar can be found in the center for those who came to indulge in Dirty Taco's vast alcohol selection.

Tequila is the restaurant's drink specialty, as its name suggests. The menu offers 15 different types priced at \$8 per shot. Tequila-based cocktails, such as the perfectly balanced Cucumber Tequila Mojito, are priced at \$12. A traditional drinker may enjoy the classic margarita: a \$7 salt-rimmed glass of tequila, Cointreau and lime juice. The restaurant also offers house-made sangria (\$7.50) and a variety of beer (ranging from \$4-\$8). Alcohol-free beverages are also offered on a separate menu.

Owners Tom and AnnMarie Cataldo welcome guests at the door and encourage them to try one of their cocktails while waiting for a table. Unfortu-



The menu at Dirty Taco + Tequila in Wantagh includes 15 different tacos.

nately, because of the high volume the new restaurant attracts, the wait can be up to an hour during peak times. Dirty Taco is open daily from 3 pm to midnight and is busiest between 6 pm-9 pm.

However, 15 different types of tacos are well worth the wait. They range from beef, chicken and fish, served on either flour or corn tortillas, to two types of veggie tacos, the caramelized Brussels sprout taco and the roasted cauliflower taco.

Tom Cataldo said the Korean short rib taco is their most popular menu item. It packs a powerful punch with a blend of Kimchi slaw, spicy mayo and cilantro, with a unique mix of Korean and

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"Jurassic World: Fallen Kingdom" May be the Fall of the Franchise

BY MICHAELA MERCARDANTE

The latest installment of the dinosaur franchise begins with a classic Jurassic opening scene. It fills viewers with suspense and fear as they watch an interaction between a human and a dinosaur, immediately transporting the audience back to Isla Nublar. However, this core feeling of fear, thrill and adventure that the Jurassic movies have instilled in audiences since the 1990s becomes extinct following this scene. The films, which were once able to make viewers feel as though they were on an island surrounded by dinosaurs, loses its touch in "Jurassic World: Fallen Kingdom," which may not satisfy fans of the previous films.

The first Jurassic Park film, released in 1993, posed questions to the audience of possible outcomes that can occur with the advancement of technology and people playing God. Based on the book written by Michael Crichton, Steven Spielberg raised these questions as he directed the original film in which a scientist John Hammond (Richard Attenborough) used genetic engineering to bring dinosaurs back to life. The franchise was revived in 2015 with "Jurassic World," in which a new dinosaur-filled theme park was built on the remains of Jurassic Park. The franchise came back strong as the film directed by Colin Trevorrow grossed over \$500 billion, becoming one of the biggest worldwide film openings since 2002. A new cast

was brought on with the return, including the two leads Chris Pratt of "Guardians of the Galaxy" and Bryce Dallas Howard of "The Help."

In the latest installment, Howard revived her role as Claire Dearing, who gave a great performance. Her character seemed to be written less blandly compared to the previous film as Dearing took on more of a leadership role as the head of a dinosaur protection program. Chris Pratt's portrayal of the charming and funny Owen Grady, an animal behaviorist, was great, but even his performance wasn't enough to keep the film interesting.

Writers Derek Connolly and Colin Trevorrow, who also wrote "Jurassic World," were unable to capture the essence of the Jurassic films. The original films were able to make audiences feel as though the idea of dinosaurs being brought back to life was indeed possible, a mark that is missed in the newest addition to the franchise. The film picks up three years after the fall of the Jurassic World theme park where the world is in debate over animal rights for the dinosaurs. The volcano on Isla Nublar, where all the dinosaurs live, has been reclassified as active and is expected to erupt at any moment, putting all their lives at danger. Unfortunately, the plot feels just as unrealistic and ridiculous while watching the film as it does reading it now.

Director J.A. Bayona unintention-

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Adelphi YouTuber Could Just be the Next #GIRLBOSS

BY JACLYN TRACY

When 19-year-old Adelphi sophomore Alexandra Liszewski recorded her first YouTube video in eighth grade, she was just a young teen girl with a camera and basic editing software offering middle school makeup tips.

She couldn't have imagined in her wildest dreams that it would eventually lead to her working with big name fashion brands such as Fashion Nova, Teen Vogue, Boxycharm and Zaful.

But now, almost five years later, Liszewski has created a popular following that's attracted 37,287 YouTube subscribers who go to her channel daily seeking makeup tutorials, fashion advice and lifestyle tips. She has been referred to in her video comments as "a strong and powerful woman," "an inspiration" and "a great example for girls everywhere."

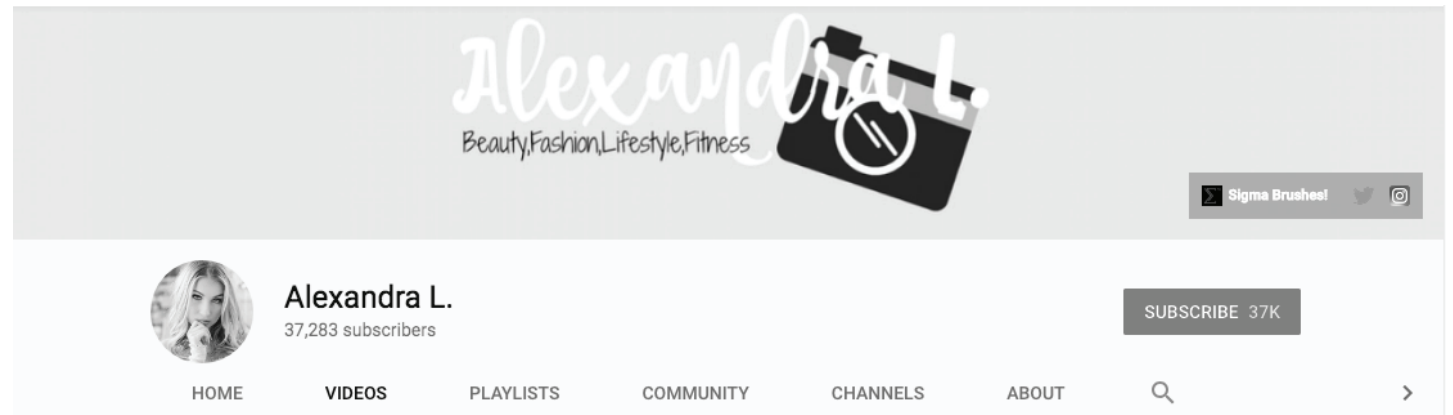


"One day, after watching other YouTuber's videos, I was bored and decided to film my own video," she said. "My intentions for creating the page were to honestly just enjoy myself. I never did it for the views, subscribers or all that it came with."

Starting up your own YouTube channel can be a very tough and challenging thing, especially when only 13 years old.

"When I was first starting, I was terrified of what others were going to think and say," she recalled. "But I grew such a passion for it that after a few videos I was hooked."

She now has over 200 videos



on her channel with topics ranging from makeup tutorials, fashion advice, clothing hauls, VLOGS, lifestyle tips and even personal story-time. Liszewski loves to film all different types of videos; however, among her most popular are her bathing suit hauls, unboxing, trying on clothing and makeup tips.

"My favorite type of videos to film are definitely fashion look-books or VLOGS," she recalled.

An unforgettable moment for her is when she first started, she was reached out to by big-name fashion brands.

"I have a few promo codes and have been sent clothing in exchange for video reviews on them. Some companies I've worked with include Zaful, Boxycharm, Teen Vogue and Fashion Nova. I never expected to be recognized by such companies, especially ones that I love wearing," she said. "It's extremely surreal to me and I hope to partner with more and more brands as I continue with my channel."

Her videos are not always about fashion and beauty, however. In one of her most watched videos, she opens up about acne and confidence, something that many girls struggle with while growing up. She has also been frank about receiving hate, toxic friendships, healthy life decisions, body image and even nose surgery and organ removal. When it comes to hate and negativity, she was once bothered, but is now unphased.

"People will always hate on each other; sadly, this is the world we live in. I used to take these things very much to heart, but it no longer phases me. As long as I know the type of person I am, that's enough for me," she said.

She embraces her scars and imperfections and is not afraid of them, which has been extremely comforting to many girls going through the same things.

It is no secret that there is a lot of work that goes into making successful and enjoyable videos. Editing and filming can become very time-consuming, especially when managing many other responsibilities. Although she is very busy, she manages to create new content and post three to four times each month.

"I really wish that I could post three times a week, but between being a full-time student, commuting to school from Queens, two other jobs and various other responsibilities, it is very hard," she admitted. "I come up with so many different ideas and only film about 20 percent of them. I feel that I have a pretty interesting life, and love sharing it as much as possible with people from all around the world."

With time and experience definitely comes improvement. Since she has been creating videos and watching other YouTubers for so long, Liszewski feels that she has acquired many skills and techniques that take time to perfect.

She emphasized the fact that in order to have a successful channel, you need to have a passion, or you will have a very hard time posting.

"You have to love it," she said.

Although she feels very inspired by many other Youtube stars, something very important to her is staying true to herself, not modeling herself after anyone, and always holding her own values and thoughts close to her heart.

"I get my inspiration from many different things, but I never try to model myself as someone I am not," she said.

Her best friend since childhood, Alicja Rolek, has been by her side through it all.

Rolek said, "Alexandra is extremely passionate about her YouTube and she dedicates a great deal of time and effort into all of her videos. YouTube is like her second home where she can express herself to others that don't personally know her." When it comes to future plans, she is aiming for the stars. Her sorority big sister Tatiana Lucassi said, "I know that Alex will be successful in anything she does because of her positive personality and hard work ethic. When she wants something, she does not give up until she achieves it."

Liszewski's dreams go way beyond being a YouTube star.

"I am currently studying marketing, and my dream job would definitely be expanding my YouTube channel and becoming my own brand. I would love to open my own bathing suit and sunglasses company, and eventually expand that to a boutique," she said.

Above all else, she wishes most to help people in need and spread positivity.

"My goal in creating these videos is to help at least one person in anything, whether it is something as simple as applying makeup or something huge like pushing them to do something they have never built up the courage to do," Liszewski said. "Yes, my channel is all about beauty, fashion and lifestyle, but there is so much more to life than that. I feel like there is so much negativity in this world, and if in every video I can portray kindness and positivity in one way or another, I am happy."

Dirty Taco + Tequila: A Delicious Take on Urban-Style Tex-Mex

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Mexican influence. The more traditional *carne asada* taco, combining perfectly cooked skirt steak, mildly spiced pico de gallo, cilantro, onions and thick and tangy lime crema, is another well-loved option. If you prefer chicken tacos, the pulled BBQ chicken tacos offer a deliciously sweet and spicy alternative to the Mexican food experience. They're priced at \$5 each. However all 15 tacos range in price from \$4.50-\$6.

Although each taco is succulent and flavorful and has a unique blend of Asian and Spanish ingredients, the portions are small and may require guests to double-up or consider ordering a side. The sweet plantains can be a traditional Mexican, sweet-and-salty addition to your tacos. Or, if you prefer a spicy supplement to your meal, Dirty Taco + Tequila serves hand-cut french fries tossed in a flavorful garlic and paprika seasoning topped with "dirty sauce," called Mexican Street Fries.

If bringing the family along, don't

fret. Dirty Taco offers a short and simple children's menu. Kid-friendly foods, such as mac and cheese, cheese quesadillas and tater tots are available for picky eaters under 12 at the affordable price of \$3.50. However, the loud, alcohol-heavy atmosphere may not be ideal for children; the restaurant is aimed at adults 21 and over. However, all ages will enjoy the delectable dessert options Dirty Taco has to offer: churros (priced fairly at \$4) and the filling \$5 *tres leches* sponge cake. The crispy cinnamon-centered churros, served with sides

of chocolate, caramel and whipped cream, offer eaters a scrumptiously sweet end to their meal. The *tres leches* cake, however, is overpoweringly sugary, and can be skipped by those without a sweet-tooth.

Despite being called "Dirty" Taco, there is absolutely nothing dirty about the restaurant's interior, its menu options or its prices. The only things bound to get dirty are your fingers.

Commuter Appreciation Week Focuses on Both On- and Off-Campus Fun

BY MARIA GIOVANNA JUMPER

The Adelphi University Commuter Student Organization (CSO) hosted Commuter Appreciation Week from Monday, November 5 to Saturday, November 10. The week was filled with fun, activities, free food and off-campus events with the goal of connecting commuter students to the campus.

“Commuter Appreciation Week is a time of smiles, fun things to do and of course the commuters,” said junior political science major Adam Robinson, one of the chairs for CSO event. “Without this event commuters wouldn’t feel as appreciated as they are. The CSO put on an amazing week of events to celebrate Adelphi University’s commuters.”

The week kicked off with the “Commuter Shop,” which was held in the

UC Plaza. This was a table filled with free giveaways that included tech gloves, hot chocolate, cookies and brownies. Tuesday, November 6 began with free breakfast in the Nexus Building Lobby from 9 am to 10 am. The day continued with Greek food from Uncle Gussy’s food truck from noon to 2 pm in the UC Plaza. Students also had the opportunity to attend “Come from Away” on Broadway. This event was very popular as the CSO sold out; tickets were

only \$15.

CSO continued to have fun events as the week continued. Wednesday, November 7 was about free gelato in the UC Lobby and the commuter student coffee break, which included free coffee and dessert. On Thursday, November 8 from noon to 2 pm there was a Doughology food truck in the UC Plaza. Additionally, there was a tie dye event in the UC Lobby from 1 pm to 3 pm that included a free shirt.



1: (From left) Senior accounting major and anthropology minor Lauren Mangiafreno, senior accounting major Marissa Doody, junior nursing majors Emily Mienko and Marissa Fiohlet enjoyed going to see “Come From Away” for Commuter Appreciation Week. 2: Students enjoyed free gelato at Commuter Appreciation Week. 3: Senior Lauren Mangiafreno and junior political science major Adam Robinson enjoyed going to the Doughology food truck. 4: Students enjoyed unique donut flavors at the Doughology food truck, including this s’mores flavored one. (Photos by Lauren Mangiafreno)

“Frozen the Broadway Musical:” We Are Not Ready to “Let It Go”

BY ALYSSA STRIANO

“Hygge” is seeing “Frozen, The Broadway Musical.” It’s the show that will restore your faith in magic and your trust in the love others have for you (which is pretty magical, if you ask me).

Although “Frozen” had some pretty big shoes to fill (such as bringing the fifth topmost grossing animated movie of all time to life), the spectacular team of director Michael Grandage, set/costume designer Christopher Oram and lighting designer Natasha Katz assured the show went above and beyond, exceeding our expectations of the beloved tale from when it opened on March 22 at the St. James Theatre.

It all starts with the inseparable sisters, princesses Anna and Elsa of Arendelle, who are joyously playing in their own winter wonderland created by Elsa’s magic powers. It’s all fun and games until Elsa’s powers strike Anna, threatening her safety. In fear, their parents separate them. The royal sisters are then left behind as their parents embark on a journey across sea, when we discover their passing.

The isolation faced by both girls leads to mixed emotions when Elsa’s coronation day rolls around. Anna’s excitement to fulfill her dream of finding love and Elsa’s fear of exposing her powers, paired with the pressure of becoming queen, leads to an interesting ceremony and even more exciting adventure.

This mesmerizing production made the show’s two-and-a-half hours feel like minutes. Once you enter Arendelle you’ll never want to leave. From the realistic set design to the beautiful lights, even balcony seating won’t hold you back from experiencing the icy transformation going on around the theater. Every time glistening snow bursts from Elsa’s palms, you just can’t help feeling as if you’re standing right there with her.



If you loved the Disney movie “Frozen,” check out the Broadway show before it closes in March.

Don’t even get me started on the brilliant costume change at the end of Act 1. As a matter of fact, all the costumes designed for this production are strikingly like those in the movie. They’re nothing less than extravagant. The only costume

discrepancy is the pantsuit Elsa wears at the end of Act 2. Though a tangent from the movie, it works in enforcing the need to erase gender norms and is beautiful just the same.

If you didn’t know any better, one would believe the movie characters had come to life to play their roles in this musical. I cannot stress enough how accurately everyone was portrayed, especially Anna, the fabulous Patti Murin, and Elsa, the Broadway-acclaimed Caissie Levy. Their connection is so pure and genuine, it’s impossible to think of someone who could better portray these characters.

Murin was truly born to play the role of Anna, as she brings a new level of life and spunk to the role. Feeling the anxiety and passion pulsing off Levy the entire show only shows how perfect she played Elsa as well.

Worthy of mention are Kristoff, played by the dashing Jelani Alladin, Olaf the snowman, played by the jolly Greg Hildreth, Hans, played by the charming John Riddle, and Sven the moose, played by the incredibly strong (his arms must kill him) Andrew Pirozzi.

Though the entire cast was incredible, Oaken, played by the eccentrically wonderful Kevin Del Aguila, deserves more appreciation despite not being one of the main characters. Oaken brings just the right amount of light-hearted comedy to the show at the start of Act 2 with the new original song for the musical, “Hygge.”

Aguila has a promising future in the theater world and I’d love to see more of him in the future.

Speaking of which, the 14 new songs do nothing but enhance the “Frozen” viewing experience. You’ll want to go home and listen to these songs on repeat for days afterwards. Every added song explores the internal feelings faced by the characters in certain situations that weren’t developed as much in the movie or simply spices up the plot to move the show along rather than just speaking.

Most notably was “Monster,” a “Let It Go”-level, intense solo performed by the effortlessly talented Levy, whose runs will give you chills. But don’t be fooled; “Monster” is fantastic, but Levy’s rendition of “Let It Go” may be just as good or even better than that of the Broadway queen herself, Idina Menzel. While watching Levy’s “Let It Go,” the audience could do nothing more than sit silently in awe as she belted the end notes, only to burst into cheers immediately following the stage’s black out.

There are too many amazing things to gush over in “Frozen the Broadway Musical.” Aside from the high-ticket prices (ranging from \$79.50 to \$358.00), you really can’t go wrong. However, if you want to see “it, act fast. Sadly, the show is closing on March 10, 2019, possibly due to negative reviews upon its opening. Visit <https://frozenthemusical.com> for tickets.

Striking Out Breast Cancer Before It Hits Home

BY JACLYN TRACY

Breast. Cancer. Two words, 12 letters, with a world of meaning behind them. To some, these are the two words that turned their entire lives upside down; to others, they bring images of a loved one or friend who has had to face this terrible disease.

October was National Breast Cancer Awareness Month and throughout many walks, fundraisers and movements, a glimmer of hope and strength was shown over the breast cancer community nationwide. With their annual AEPi/PSK Strikeout Breast Cancer Softball Tournament, campus organizations Alpha Epsilon Phi and Phi Sigma Kappa showed that the fight against breast cancer will never stop until this disease is eradicated.

Strikeout took place this year on a sunny Sunday, November 4 from noon to 4 pm on the Janet L. Ficke Field. Members of both AEPi and PSK wore matching shirts and pink accessories to show a united front against the disease. Different organizations, students, family and friends of the entire Adelphi community gathered to raise money for Sharsheret Breast Cancer, one of AEPi's philanthropies.

The event featured 16 teams competing in the tournament, beautiful raffle baskets, baked goods, a DJ playing music throughout the entire field, and even a breast cancer themed photo booth. All the proceeds went to Sharsheret.

Having such a big event on campus comes with a great deal of preparation.

Junior Catherine DePinho AEPi's current vice president of recruitment, spent months making sure that everything for Strikeout would be perfect.

"I came into my position knowing that our annual Strikeout event is our biggest philanthropy event of the year, so I made sure to plan it as early as possible and try to remain as organized as I could. Although this was a lot of work, being very passionate for our philanthropy, Sharsheret Breast Cancer, I was excited every step of the way," said DePinho.

Members of AEPi and PSK look forward to this event every year and are even joined by alumni dating back many years. This was junior Rinata Atabeyeva's first time at Strikeout and she was amazed by how touching it was to see the Adelphi community all come together to support something so important.

"My first Strikeout in AEPi was unforgettable. It was such a great feeling to be a part of an organization that is making a difference, especially when breast cancer hits home for so many of our sisters and friends," said Atabeyeva.

Senior Jermaine Howerton of Phi Sigma Kappa said: "Strikeout is one of my favorite events that we participate in. It was a huge success, and it is so rewarding to know that people campus-wide took the initiative to take part in something bigger than all of us, breast cancer."

Although the event was hosted by AEPi and PSK, organizations and students from throughout the Adelphi community joined to support the cause and have fun while doing it.



Adelphi students in Alpha Epsilon Phi and Phi Sigma Kappa showing their support for breast cancer survivors and victims and their annual Strike Out Breast Cancer Event

Alexa Annese, a junior in Phi Mu who attended Strikeout, said she left feeling lucky to have taken part in something that was not only fun, but also an incredible opportunity to give back.

"I was honestly so excited for Strikeout despite my lack of softball skills. I have been affected by breast cancer in many ways, one being my dance teacher, who was a second mother to me," said Annese. "My sorority, Phi Mu and I were so happy we got to give back by playing ball. The entire event was full of spirit and morale, which can sometimes be lacking on campus, so thank you so much for AEPi and PSK for not only raising money for such a universal important cause, but also coloring the campus pink and making

our Sunday full of community, fun and energy."

This year's Strikeout was one of the most successful yet and both organizations are extremely proud of the turnout. "Strikeout ended up being a huge success this year and we made over \$2,100 for Sharsheret," said DePinho. "I really hope to train the next person who takes over my position next year, so they can make things even better."

With this year's Strikeout being as enjoyable and rewarding as it was, we can only look forward to what next year has in store. For more information on Sharsheret Breast Cancer or to find a way to give back, visit sharsheret.org.

The Stage Was Set for Greek Sing's Musical Competition

BY WILLIAM BIRD

It was "Go Greek Lightning!" that echoed throughout the Performing Arts Center Concert Hall this past Wednesday as the Inter-Greek Council (IGC) hosted their annual event, Greek Sing. Considered one of the largest and most popular events among the Greek Community, students prepared and rehearsed hours on end to show off their hard work and raise donations for Relay for Life.

Mark Edelstein, the Greek Sing chair for Delta Chi, said, "It was a great experience having a passion for musical theater and being able to combine that with my love for Greek Life."

The event brings together all 19 Greek and multicultural organizations to compete and reenact popular movie and Broadway productions. Each organization has the opportunity to showcase their talents in singing, dancing and choreography, script writing, and of course, the ability to entertain the crowd. Greek Sing is the first event in which points can be won by any of the competing organizations for the spring's highly anticipated competition, Greek Week.

Greek Sing surely did not dis-



The 2018 Greek Sing winners Sigma Delta Tau with "Grease" and Delta Chi with "High School Musical" performances.

appoint as many great acts included the hysterical take on "Jersey Boys" by the Pi Lambda Phi Fraternity, earning second place for fraternities, and Delta Sigma Pi's lip sync Riff-Off from the popular acapella film "Pitch Perfect," which earned third

place for fraternities.

However, this year's Greek Sing was highlighted by performances from the Sigma Delta Tau sorority performing "Grease" and the Delta Chi Fraternity with their rendition of Disney's "High School

Musical." Both performances won over the judges and earned first place in their respective class of fraternities and sororities. Other winners include Delta Gamma with their rendition of "Mamma Mia," which earned second place for sororities and Delta Phi Epsilon's rendition of "Hairspray," which received third place for sororities. Christopher Sokol, a brother of the Delta Chi Fraternity, said, "Greek Sing was amazing to see the talent each organization has, and not to forget the opportunity to raise money for an incredible cause."

The newest Greek organization and sorority on campus, Phi Mu, made their Greek Sing debut, performing "The Greatest Showman." Phi Mu's loud and exciting dance routine made their presence known as they attempted to start their rookie year with the Greek Sing crown. Emma Breiner, a founder of Phi Mu at Adelphi, said, "It was so much fun to support my sisters and other organizations at our first Greek Sing. We had just as much fun as everyone on stage."

With the 2018 Greek Sing in the books, organizations can now set their sights on Greek Week in the spring. Greek Sing has left its mark, bringing many new memories and each organization itching for the next big event.

Phi Sigma Sigma's Annual Do It for the Kids Event Focuses on School Supplies

BY JOANNA MARULLO

Do It for the Kids, Phi Sigma Sigma's largest philanthropy event of the year, took place on Thursday, November 1 in the UC Ballroom. Each year this event raises money and school supplies for the Kids in Need Foundation, supporting our philanthropic cause of school and college readiness. The mission is to ensure that every child is prepared to learn and succeed in the classroom by providing free school supplies nationally to students most in need.

The Kids in Need Foundation serves schools with 70 percent or more of students enrolled in the free or reduced lunch program. All the money and school supplies collected are donated to a local school in the community.



The President of Phi Sigma Sigma Amanda Considine and philanthropy chairman Joanna Marullo working hard to raise money for school children in need.

The Phi Sigma Sigma event included arts and crafts, food, games, raffles and even a performance by AU Evolution. One of the favorite tables was a DIY pencil case where eventgoers put different supplies in pencil cases, which were then put on the school supply donation table. It was a great use of donations. The event was extremely successful and raised over \$1,300 and collected school supplies all benefiting the Kids in Need Foundation.

"Do It for the Kids is genuinely one of my favorite events that we hold as an organization," said Amanda Considine, president of Phi Sigma Sigma. "Being able to have a hands-on effect on our own local community really lets us see just how grateful the children are and how you personally affect their future."

Phi Sigma Sigma plans to have more philanthropy events for the Kids in Need Foundation this year, including a Zumbathon.

Tri-Delta Continues Their Five-Year Pumpkin Patch Tradition at Local UU Church

BY MELISSA KENNY

For the past five years, the Alpha Alpha chapter of Delta Delta Delta (Tri-Delta) at Adelphi University has been volunteering at the Unitarian Universalist (UU) Congregation of Central Nassau, located at 223 Stewart Ave in Garden City. The sorority sisters held a community service opportunity for all Adelphi students at the congregation pumpkin patch on Saturday, September 26 and Saturday, October 6.

Volunteers had a variety of tasks ranging from unloading semi-trucks carrying thousands of pumpkins varying in size, organizing paperwork and helping customers looking to purchase pumpkins, pointing them in the right direction where they could find the perfect one. Doing all these duties, sisters and other volunteers helped the congregation with the hard work they have during such a busy time of year.

Half the money made at the pumpkin patch goes back to the Navajo Nation in New Mexico that grew all the pumpkins. The profits help Navajo families afford shelter, clothing and education. The other half of the money raised goes toward the UU congregation's annual op-



Students in tri-delta Brittany Costa (left) and Colleen Nortwich helped at the Pumpkin Patch at the UU Congregation of Central Nassau.

erating budget.

The partnership between Tri Delta and the UU congregation is a very strong one. Not only have they been working together for the past five years, they support one another and offer each other assistance when needed.

"We work with the congregation during the summer months to help organize their events like the pumpkin patch," said Brittany Costa, Tri Delta philanthropy

chair. "The congregation members go out of their way throughout the year to see how we are doing and if we need any help with upcoming events. As a sorority, we also reach out and do the same, to make sure we can provide them with help whenever need be."

Tri Delta also holds their fundraising event "Tri-Dente" in the congregation's ballroom. Tri-Dente is a pasta night that raises money for St. Jude Children's Hospital, the sorority's philanthropy.

"We keep going back to the same congregation because as a sorority, we care very deeply about helping the community and fundraising," said Liysha Severe, Tri-Delta's president. "Helping out, we know that we are benefitting the congregation, the Garden City community and the Navajo community. Seeing how our helping hands have positively affected the congregation and the Navajo community makes it all worthwhile."

Tri Delta sister Colleen Nortwich said, "Patsy Kaplan, vice president of the UU congregation, recently showed us handwritten letters from children in the Navajo community thanking us for all of our hard work. This partnership truly benefits three communities and is one which should continue for many years."

A Chance to Support Our Veterans

BY MARIA GIOVANNA JUMPER

Sunday, November 11 marked 100 years since World War I ended and was a day to honor all that veterans have done for us. Kappa Sigma Fraternity held an entire week of events to do just that. The week started with their first-ever Veteran's Day Gala. In previous years Kappa Sigma held Sleep Out for Soldiers, a fundraiser where students would camp out on the lawns on campus overnight. However, the brothers decided to have a Gala this semester and postpone the Sleep Out event for a warmer night during the spring semester.

"Seeing where we came from at Sleep Out for Soldiers three years ago to our first gala event is an amazing experience," said Michael Salvatore, a senior political science major and Kappa Sigma brother. "I'm glad we were able to start a new tradition and hope it not only continues, but also grows further in scale. I can't wait to see how this week finishes."

The gala was a chance for students all over campus to support the cause. There was a \$5 entrance fee, which went to the Military Heroes Campaign, which was started by Kappa Sigma Fraternity, the largest fraternity in the country, and is like the Wounded Warriors Project. All proceeds go to provide veterans with support programs and services.

As of the end of this first event the brothers of Kappa Sigma had already raised over \$1,000. At the Gala, there were three types of tables: those with blue tablecloths, with red tablecloths and ones with



Some of the brothers of Kappa Sigma participating in the Veteran's Day Gala. (Photo by Maria Giovanna Jumper)

white tablecloths. At the blue tables, students made care packages for our servicemen and women. These included snacks like chips, raisins, granola and canned goods. At the red tables, students made cards to send to veterans. And at the white tables, students signed flags for the mural that the brothers will make. Each year the brothers spell out a word on the flagpole lawn to honor our veterans. Words in the past include "hope" and "hero."

The event also featured two guest speakers, Darnell Dunkley, a Signals Intelligence Analyst and retired sergeant and retired Marine sergeant, and first-year student Chris Martinez. Dunkley is an alumnus of both Adelphi and Kappa Sigma Fraternity. After the event, he reflected on his time as an active brother of Kappa Sigma and recalled joining because "their brotherhood reminded me of the Army." He also explained the importance of events

like this.

"They [the brothers of Kappa Sigma] put it on because they respect veterans, they respect the military," he said. "I respect my brothers and I like people that care about events like this. I get to see the amount of appreciation that people have towards veterans. A lot of veterans look for people looking out for each other."

The brothers of Kappa Sigma had many other events throughout the week. On Tuesday, November 13, they held "Camo for a Cause" at which students signed more flags for the mural. On Wednesday, November 14, they held "Cards for Combat" during which students made custom Veteran's Day cards. On Thursday, November 15, they held a post-traumatic stress disorder (PTSD) awareness seminar.

All the money raised throughout the week will be going to the Military Heroes Campaign.

A Pleasant Look Inside “Cells at Work!”

BY JASON MASSIMINO

“Inside the human body, roughly 37.2 trillion cells work energetically, all day every day, 24 hours, 365 days.” This is the tagline said at the beginning of every episode of “Cells at Work!” Or “Hataraku Saibō.” Based on the successful manga of the same name, “Cells at Work!” is an action comedy anime that aired during the 2018 Summer Anime Season, from July 8 to September 30. The series has 13 episodes, lasting a bit over 20 minutes each.

“Cells at Work!” takes place inside the human body, showing the various functions and structures being represented by a sprawling city, inhabited by anthropomorphized cells. It’s brought to life by David Productions, creators of the iconic Jojo’s Bizarre Adventure, and even features the voice work of Daisuke Ono, voice of Jotaro Kujo as Killer T Cell. (And yes, there are plenty of Jojo references). The series mostly centers around the directionally challenged Red Blood Cell AE3803, and the imposing, yet dedicated White Blood Cell U-1146, who in the character’s own words, “Sure do run into each other a lot.” Each episode normally features another previously unexplored facet of the human body, often showcasing a new cell whose role hasn’t yet been explained. The regular voiceovers and information bubbles go into such detail about the functions of the characters being showcased, that the show nearly borders on edutainment. One of the largest appeals of the series is seeing how the characters in question react to the crisis of the week, from minor abrasions to food poisoning.

The series’ strongest suit is in character design and world building. Having the amazing base of the human body to work with, the series excels at showing



the mind-boggling vastness of what it takes to keep a person alive, all through the lens of the cells inhabiting it. The characters all hold an undeniable charm, as their quirky personalities spring off each other to form comedic dialogue and interaction. Perhaps surprisingly to some due to the vibrant coloration and cartoonish art style, the series focuses primarily on action. Several times an episode the cells representing the immune system will go toe-to-toe with invading pathogens. In many ways this is done with over-the-top violence, paired with comically gratuitous amounts of blood.

I had originally gone into the series expecting it to lean more heavily on the “slice of life” aspect of character interaction, and in the end, was not disappointed. Overall, the series was paced well, with every episode successfully showing a new aspect of the world the characters live in, and almost every episode introduces a new type of cell every episode. This fits well

into the 13-episode run, as while the source material has instances of going into greater detail and showing more aspects of the human body, the brevity of the single season allows the show to keep things fresh.

The series does have a few notable detractors. The biggest, and most glaring, is the apparent lack of budget. While I don’t concretely know if the show hit funding problems, it frequently gives the impression that it skirted quality on a few occasions, normally on episodes that already had intricate or visually demanding scenes. The most egregious instance is where animation is re-used from previous episodes in quick succession, only for the episode to end in an elaborate fight scene. While jarring, this is a flaw that can normally be overlooked, and at least gives off the impression that the animators were prioritizing more interesting content.

A second notable visual quirk is the frequent use of CGI, or Computer-Generated Images, for background characters and crowds. While not uncommon for anime to employ this where traditional animation would be too draining on resources, the CGI isn’t particularly high quality, and in a few cases clashes dramatically with the surrounding area. This is another problem that can be chalked up to budget concerns, with some seeing that David Productions might have been treating “Cells at Work!” as a low-priority project, with the fifth part of Jojo’s Bizarre Adventure coming out the following season.

All things considered, “Cells at Work!” is a charming take on the human body from the perspective of the cells inside it. I give the show 4 out of 5 stars, being worth going out of your way to watch. It definitely held my spot for the top summer ‘18 anime, although it’s notable it was a “dry” season for high-rated productions.

“Jurassic World: Fallen Kingdom”

continued from page 3

ally brings light to just how far-fetched this franchise has become. Bayona’s attempt to have the audience sympathize for the dinosaurs was only applicable in one beautiful scene shown in the trailer for the film. The heart-wrenching part could make audiences sympathize with the dinosaurs in which the dinosaurs who were unable to escape the island become surrounded by smoke, leading to their deaths after the eruption of the volcano. This was short-lived as a majority of the film takes place in a house in Northern California, where the dinosaurs that were able to be saved were moved.

Due to Bayona’s previous works, such as “The Orphanage,” it comes as no surprise that the majority of the film seemed more like a horror film. The movie tried to repose the moral questions presented in the original in terms of the possible outcomes with advancement of technology in life. However, the execution behind this was poor as the events that took place in the mansion looked and felt ridiculous. The film had an obvious villainous character Eli Mills (Rafe Spall) who spends the movie trying to get personal gains as dinosaurs run around a dark mansion. The extreme shift in the direction of the franchise poses a question the writers and director most likely did not intend: Is this the end for the franchise?



This action, adventure, sci-fi film is rated PG-13, with a running time of 2 hours and 8 minutes. It was released in June 2018 and has been available on DVD since September 18. The two-star film can be purchased from sites such as Amazon.com and iTunes.

Rumors Fly in “The Rimers of Eldritch”

BY CARSON BAILEY

Wilma Atkins (Aria Saltini) ironically says, “It’s not for us to judge,” in “The Rimers of Eldritch.” This is ironic because Wilma is known for her porch gossip with Martha Truitt (Joanna Georghiou). Written by Lanford Wilson and directed by Adelphi’s theater department chair, Nicholas Petron, “The Rimers of Eldritch” drew the audience into the idiosyncrasies of small-town life in the Oct. 30 to Nov. 4 performances. In one line of dialogue the audience is already aware of one thing: this small town is filled with rumors.

Said small town is actually set near the Lake of the Ozarks in Missouri in 1970, with a cast of characters who embody the essence of small-town culture. A murder mystery, “The Rimers of Eldritch” takes its time revealing the identity of the victim and the circumstances around the crime. The scenes of the play are presented in a seemingly random order, going from

the past to the present in rapid succession, letting the audience follow the roller coaster of emotions that follow a harrowing event. Like rumors, the succession of scenes is at times confusing and not what it seems. Prominent players include a naïve girl, Eva (Brittany Mills), who displays a range of emotions, Robert Conklin (Daniel Schindlar), a shy and seemingly sweet young man, and Skelly Manor (William Meurer), a typical town outcast who is the talk of all the women gossiping on their front porches. The truth about these three characters during that fateful night is masked by rumors. Only the audience ever discovers what really happened.

Through the gossip and banter of the characters, an understanding of love, loss and morality emerges. The accuracy of the rumors isn’t always clear as the abusive mother-daughter relationship between Nelly Windrod (Rebecca Sternberg) and Mary Windrod (Carson Ferguson) makes clear. Yet through the gossip, the audience is able to understand both the misconcep-

tions and the truth of the characters. Our tendency to make gossip out of events we don’t fully comprehend emphasizes that there is no happily ever after in real life. The characters who are dead will remain dead. The characters who have committed crimes can get away with them. Rumors inevitably misconstrue the truth.

The cast and crew of Adelphi’s production of “The Rimers of Eldritch” breathe life into the gossip and rumors of small-town life, bringing awareness of just how volatile human nature is. They take on the brutal and violent components of the play with a heart-wrenching and harrowing accuracy.

The show is not only a social commentary, but an expression of emotion and understanding that leaves an impact on the audience. This impact is, no doubt, due to the talent and hard work of the wonderful cast and crew.

The Christmas Conundrum: Have We Forgotten What the Holiday Is About?

BY ASHLESHA PANDIT

In contrast to other holidays, Christmas seems to give the most amount of stress to people, and it does not have to be so. Christmas used to be a festival about commemorating the birth of Jesus Christ, a time when Christians all over the world would come together with their families and friends and have big celebrations. However, lately Christmas has turned into the “holiday of gifts” where, instead of celebrating a religion, people are more excited about exchanging desirable gifts with each other. Long before the holidays, many stores are crowded with thousands of people struggling to find the perfect gift for their friends or relatives. Ecommerce sites such as Amazon.com are overcrowded with enthusiastic online buyers browsing through menus of gifts.

Years ago, giving gifts was a symbolic tradition used to commemorate the bible story of the Three Wisemen bringing gifts to the baby Jesus. Somehow, over time, people seem to have forgotten why they celebrate Christmas and why they give gifts to each other. Instead it is now all about who gives the best and most expensive gifts, has the largest Christmas tree and the best-looking decorations, and hosts the most amazing Christmas parties. People are beginning to develop a competitive attitude in showing off their holiday excitement by trying to one-up their neighbors, friends and/or relatives.

During Christmas time, a casual

drive through a neighborhood shows the extent to which many would go when it comes to yard decorations and lawn displays. According to a recent study commissioned by Homes.com, people expect to



spend over \$500 on household decorations including a Christmas tree, indoor tree lights, wreaths and house lights. While it is true that families want to be festive and show some holiday spirit to make everyone feel happy, warm and welcome in the community, spending a fortune just to make themselves look better than others is not at all what Christmas is about.

The true meaning of Christmas is that people should come together as a family and appreciate what they already have instead of demanding for more. It is the time to spread happiness and friendship

expectations about what they ought to get from their parents, and know how to show that they are upset when their wishes are not granted. The result is: When the kids get upset, the parents also start to hate Christmas and blame it for their family's unhappiness and for wasting their time in shopping.

Above all, we must remember that while Christmas may be a popular holiday among Christians, it is not true for everyone. There are people who follow other religions too. Also, there are many people who follow no religion at all. Yet, everybody has to drive on the congested roads during the months leading to Christmas, navigate through the shopping areas dodging aggressive shoppers and their families, and patiently watch the excitement of Christmas celebrations. Sadly enough, over the past several years, there has been a huge increase in the number of poor families throughout the country even among those who are Christians. They struggle from day to day to earn enough money just to buy food, clothes and housing. On top of that, there are also some single parents out there who have to work on the holiday instead of being at home with their children. People like that may actually need a festive time to have some ray of happiness in their lives; instead all they can do is watch their wealthy neighbors enjoy while they can only dream about having those moments of joy with their own families.

Should Extraordinary College Athletes Be Paid?

GUEST EDITORIAL

Can a “good” athlete become “extraordinary” in college? Should an “extraordinary” athlete get paid to play a sport they mastered while in college? The answers to these questions are part of a controversial debate about whether student athletes playing college-level sports should be paid.

We believe that extraordinary athletes deserve what businesses call merit pay.

Merit pay is defined as “an approach to compensation that rewards higher performing employees with additional pay, [which is also known as] incentive pay” according to Susan Heathfield of the-BalanceCareers.com. Does it make sense to consider student athletes as employees? In colleges with million-dollar revenues, student athletes indirectly contribute to their revenue and overall success. Colleges and universities benefit from community members buying tickets to games, purchasing athletic merchandise and making financial contributions to support college teams. In fact, since the \$10 million deal between the NCAA and CBS to broadcast the Men's Basketball Tournament took

place in 2010, the value of College Sports has only increased. Today's colleges have taken a business approach that makes sports programs profitable. Given these changes, colleges should consider merit pay for extraordinary athletes.

There are advantages and disadvantages to merit pay for extraordinary student athletes. For some athletes, merit pay can be a form of extrinsic motivation. Merit pay allows them to work harder into the sport. Merit pay can even become work, as a motivation for the average athlete to increase the work they put into their sport, thereby increasing the level of the sport being played. Merit pay will also let athletes know whether or not they are performing at a high level compared to the rest of their team, which may result in increasing the athletes' understanding in terms of what they need to do on the field. Furthermore, using merit pay to pay athletes would help overcome economic challenges that the student athlete may have since there is no time for a job.

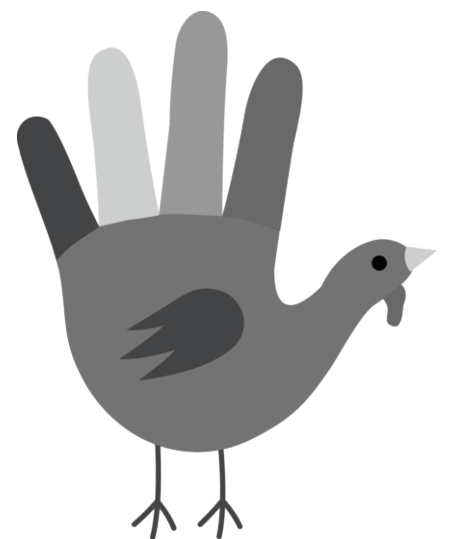
There are also disadvantages to merit pay, however. One is related to the concern about favoritism. Each sport uses statistics in different ways. The types of sports (for example, soccer) where statistics do not say much about a person's

performance could result in a subjective assessment made by the coaching staff that may have favorites on the team. Another consequence of merit pay is the fact that the time and resources used to evaluate player performances could be used in a more constructive way. This can be a major disadvantage when it comes to picking out extraordinary athletes, because not all players perform at their best potential every day. Instead of wasting the time on focusing who performs the best, coaches could use that time on teaching their players to potentially perform at a higher level, then making it easier to notice their abilities. One final disadvantage would be communication troubles. Some players may think they are not as valuable if they are not receiving merit pay. If a coach is not clear about what qualifies as superior performance, a lot of players will have no sense of how and what they need to do to improve and it can cause an athlete to lose confidence.

Does merit pay work for sports at the college level? We think that if athletes perform at their highest level and contribute to team wins, then maybe universities should consider merit pay. Merit pay motivates a player and even the rest of the team to work toward the goal of being chosen to

receive merit pay. On top of that, it may be a financial support for athletes. Although there are some downsides to giving merit pay, it provides a powerful message of how coaches may want the athletes to perform and where an athlete stands.

This article was written by Rachel Graves, Gianna Venuti and Mads Michaelsen



Happy Thanksgiving from The Delphian staff!

The Bloody “Ghost:” The Pittsburgh Shooting and its Aftermath

BY CHRISTOPHER ALVAREZ

On one fateful morning, on Oct. 27, 2018, a gunman entered the Tree of Life Or L'Simcha Organization, a Jewish synagogue, killing 11 people and injuring seven more. The suspect kept firing as cops and tactical teams made their way into the synagogue minutes after the gunman opened fire, and in the ensuing fire-fight, the gunman was injured and arrested. The suspect was Robert Gregory Bowers, a 46-year-old man described by others as “a ghost,” who rarely interacted with other people, and who spent most of his time online, in far-right websites, talking about conspiracy theories. Bowers now faces the possibility of life in prison or the death penalty, and he has since pleaded “not guilty.”

The reaction to this tragedy was far-reaching. Israel's own Prime Minister Benjamin Netanyahu also condemned the attack, stating that the “whole of Israel grieves with the families of the dead.” President Donald Trump, who is a strong ally of the Jewish state of Israel, strongly condemned the shooting. Even Pope Francis, the head of the Catholic Church, condemned the attack. With many people expressing grief for the victims, we are left

with one question to ask: why?

Bowers, according to his neighbors, kept a low profile and gave no indications of the racist views that he espoused online. He was a kind of ghost to his own neighbors, there to watch and linger, but never to interact or even talk with them. None of them had any idea what kind of person he was until he walked into that synagogue guns blazing.

Other people in his life never thought he would do such a thing. Robert Saiter, who was once married to Bowers' mother, Barbara Bowers, was quoted in the media as saying that young Bowers was a well-adjusted child. “I never had any problems with him — he was a very good kid. This is a shock to me. This completely blew my mind.” Saiter once played trucks with Bowers when the latter was a toddler in Florida. Bowers later attended high school but never graduated.

Given that another shooting happened in California just 12 days later, the “mass shooting” phenomenon isn't new. And just like Bowers, the perpetrator was someone that nobody expected—a marine corps veteran with PTSD. How do we deal with people like this? How can society react to people who seem normal, but suddenly turn violent and kill people at a moment's notice?

This is a perfect example of the saying “things happen.” You never know what will happen the next day. Sure, people like to make well-laid plans for the future, based on their predictions, but such plans can go awry.

This is also a perfect example for the saying “perception does not equal reality.” Most people determine their viewpoints on the world based on what they see. And based on what Bowers' neighbors saw, there was nothing wrong with him. They saw a quiet man, smoking in his car, keeping to himself, going out in odd hours. They didn't realize that he was a killer in the making, a man who was about to change the lives of 18 people permanently.

Outside of these lessons, the shooting carries with it the common hallmarks of all tragedies. People died, it was sad and leaders across the world condemned the violence. But what can we do in order to prevent things like this? That is the question that most people are asking themselves today. And the sad thing is, most people don't have a straight answer.

As for Bowers, he can potentially get the death sentence. However, the death sentence seems to be just more violence to cap off this act of bloodshed. Life, in all its forms, should be valued. And it seems like the attack wasn't planned; maybe Bowers



was feeling something that caused him to lash out. Unlike the 2013 Boston Marathon bombing, which was planned from the start, this attack seemed to spontaneously erupt. Perhaps more psychological examination should be conducted before the death penalty is applied. The nurse who took care of Bowers after the attack was himself a Jew, Ari Mahler, and he treated Bowers out of a sense of compassion. He told reporters: “Love. That's why I did it. Love as an action is more powerful than words, and love in the face of evil gives others hope. It demonstrates humanity. It reaffirms why we're all here. ... I could care less what Robert Bowers thinks, but you, the person reading this, love is the only message I wish to instill in you.”

Netflix Nostalgia: Our Generation's Obsession With Older TV

BY VICTORIA GRINTHAL

If you ask people what their favorite show is, chances are they will name a show not currently on cable television. Though it makes sense with the rise of streaming services like Netflix and Hulu, a lot of the shows that are watched are previously-aired cable programs that are available in full to stream at any time.

For example, the United States version of the original British show “The Office” is available in full on both Netflix and Hulu, yet they originally aired from 2005-‘13 on NBC. The comedy depicted the work lives and relationships within the Dunder Mifflin paper company branch in Scranton, Pennsylvania. Still, many people quote the comedy and reference it in their daily life, even after it ended five years ago. Many stars in the show, like Steve Carell, Rainn Wilson, John Krasinski and Jenna Fischer, are widely recognized as their characters above all of their acting experience.

Another example would be the famed sitcom “Friends,” which ran 1994 to 2004. The comedy, which also originally aired on NBC, featured six characters in the heart of Manhattan, focusing on their individual lives as well as their group relationship. Many young adults our age (late teens, early twenties) seem to enjoy the sitcom despite the age difference and



possibly outdated reference material when compared to today's society. Like “The Office,” the show began the acting careers of its stars, and also helped to launch guest stars like Reese Witherspoon into their careers. Other examples would include CBS' “How I Met Your Mother” (which aired from 2005-‘14) and The WB's “Gilmore Girls” (which aired from 2004-‘07, and then was rebooted and continued in a Netflix special series).

Of course, there are reasons that

these shows are held above the rest. Both the UK and US versions of “The Office” were critically acclaimed for the “mockumentary” film style depicting life in the typical environment within a workplace. “Friends” was groundbreaking for its time, with the plots and characters that captivated audiences throughout its run and still entertain today. There is absolutely nothing wrong with the idea that people are continuing to enjoy the classic shows that shaped our current era of entertainment,

but when compared to the productions currently available, they seem to take ultimate precedence in the watching histories of tons of high school and college kids. What is the appeal of this? Netflix, Hulu, and Amazon Prime have original content that could satisfy every kind of TV-watcher.

Considering that most of these classic shows are comedies and light-at-heart, is modern TV too heavy or dark within its subject matter? For example, Hulu's show “The Handmaid's Tale” is based upon a book in which, in a dystopian future, the female sex as a whole is subservient to man. Even more lighthearted comedies have dark roots, like NBC's “The Good Place,” which focuses on a bunch of people grappling with their impacts on earth after their death.

With constant topics like death and discrimination, it may make sense that young people would rather enjoy more comfortable, casual shows when they watch TV. Does that mean that we focus too much on violence and negativity as a part of modern entertainment? The answer is unclear, but not out of the question.

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Final Ride: McGuinness Reflects on Valuable Lessons Learned from AU Basketball

BY SKYLAR MCGARRITY

In this series, we'll be interviewing seniors playing in their final year of eligibility in their respective sports. These Q & A's will be a chance for athletes to say goodbye and to reflect on both their athletic careers and the sport to which they have dedicated much time and effort.

Connor McGuinness's four years on the Adelphi men's basketball team have been full of success, with numerous awards from three consecutive NE10 Commissioner's Honor Roll awards to being one of three players his sophomore year to start all 30 games. During the 2016- '17 season, he was ranked third in NCAA DII in assists and was ranked fourth his junior year in the same category. He ended his junior year by earning ECAC Academic Honor Roll. As McGuinness's senior year begins, he looks back on his four years as an Adelphi men's basketball player reflecting on the lessons he's learned through the years.

Q: How many years have you been playing basketball?

A: I started when I was in kindergarten or first grade, so a long time.

Q: What is your major and plan for when you graduate this spring?

A: I'm a physical education major and my plan is to go play basketball in Ireland for a year and get my master's degree there.

Q: Explain a normal day as an Adelphi men's basketball player.

A: Tuesday and Thursday I have class from 8 am -3 pm, practice from 3:30 -5:30 pm and then class again from 6:30-8:30 pm, so it's busy.

Q: How has this sport influenced you to be the person you are today?

A: It's really who I am, I don't know anything else. A lot of my best friends were made through basketball. Friendships; I've built so many and so many connections. I wouldn't be here at Adelphi if it wasn't for basketball and it really in so many ways carried me throughout my life. It's the center of my life.

Q: Through this sport and just being a student athlete, what have you learned about yourself and others?

A: My team is very diverse, so I've learned a lot about where others have come from. Where I come from [New City, NY], it's not very diverse, so it's been good seeing different cultures. We've had students from New Zealand, Turkey, Greece and more, so I've been able to watch them and get to know them, which is great. And as a student athlete I've learned time management is the most important thing.

Q: How are you going to take the lessons you've learned here in the past four years and apply them once you've graduated?

A: I think it will help me a lot and help me transition into the workforce and



McGuinness is entering his final season as a basketball player at Adelphi.

(Photo Credit: Adelphi Athletics)

just by waking up for lift every day at 7 am and then sitting through five hours of classes has prepared me for whatever may be next.

Q: Since being a student athlete is all you've known for the past few years, how are you preparing for life after Adelphi?

A: I'm going to school for physical education to become a teacher and Adelphi has a really good physical education program and they prepare us well. I'm observing right now at the high school level for 120 hours and I will student teach in the spring, so that will definitely prepare me for life after.

Q: What's one piece of advice that you'd tell an aspiring student athlete coming to the collegiate level and specifically to your sport?

A: I'd say time management, that's the biggest thing. Trying to balance your studies, work (especially since our coaches ask a lot of us) and the time commitment is serious. Time management is huge.

Q: What are you going to miss about being a student athlete?

A: I'm going to miss it a lot. One thing I'm going to miss the most is the camaraderie with all the student athletes. It's really cool to be a part of something; it's really bigger than you. I think I'll miss that the most.

Q: What's one thing you will never forget about playing for Adelphi men's basketball?

A: The friendships and the relationships I've had with my coaches and all the different teammates and memories we made in the past four years. Those are the things I'll never forget.

Field Hockey's Leah Savage Finds Her Home at Adelphi

BY MATTHEW MCGOWAN

Leah Savage had never played field hockey until her best friend suggested she try out for the open goalie position at Skowhegan High School in Maine. Having participated in gymnastics for 13 years, she knew she was athletic, but she had no idea how those skills would translate to field hockey.

Savage was surprised when she won the starting job and shocked when she was named to the All-Conference team her senior year and started to receive scholarship offers from colleges.

An offer from Adelphi, which came late in the recruiting process, left her with a serious decision: accept and leave Maine for New York or decline and stay closer to home.

"Maine and Long Island are like two different worlds," said the young goaltender, who feared life away from home would be difficult and challenging. But her mother, Elizabeth Berry, encouraged her to make the leap.

"Maine is so different from the rest of the country. I want her to see the rest of the country and experience new things," said Berry. Field hockey at Adelphi just so happened to be one of those new things.

Savage quickly faced competition for the starting goalie spot. Highly recruited Megan McGuinness committed to Adelphi as well. McGuinness was All-Conference three times in high school, won two Defensive Player of the Year Awards and played on a Carle Place High School team that won three straight conference titles. Winning the Newsday Goalie of the Year Award twice also increased her profile.

Coming in as the presumed backup to McGuinness did not deter Savage. During the preseason, they waged a healthy competition for playing time and became close friends. Senior forward Emily Power said, "They truly seem to want the best for each other."

McGuinness seemed to have the job until she pulled her quad. Savage, in just her third year playing the sport, sud-

denly now found herself starting for a Division II NCAA program, an opportunity she has not wasted.

She has allowed one goal or fewer in seven of her first 11 games. In a stretch of six games that spanned nearly a month, she had five shutouts.

"I just try to stay confident in myself and my team no matter who we are playing or what the score is," Savage said.

Her ability to focus and ignore distractions has been a key to her success.

"She is always just so locked in," said sophomore teammate Danielle Kempf. "Whether she gives up a goal or makes an incredible save, she finds a way to keep calm."

Kempf said the team feeds off Savage's relaxed behavior. "It definitely helps when it is hectic to have a goalie who is composed," she said.

As a goalie, it is not easy to maintain your focus, since roughly 90 percent of the time they are not involved in the play. What Savage brings to the team is impressive and difficult to replicate.

Savage's success has earned her the Northeast 10 Rookie of the Week and Player of the Week awards in separate weeks. Her teammates are among her biggest fans.

"Leah has been amazing for us," Power said. "She deserved those awards." Kempf added that "the whole team was pumped for her."

For some, these awards would just be another set of trophies for the shelf, but for Savage, it is much more. "It was reassuring to me. It made me feel that my decision was worth it," she said.

Moving from Maine to Long Island was scary, especially with little experience in the sport and no guaranteed chance to start. But since arriving at Adelphi, Savage has learned that she is not alone. Her teammates have taken her in and made her feel at home, especially the upperclassmen.

"They have been so helpful. I feel lucky to be on this team," Savage said.

So, while she may be far from her hometown, Savage has found a home at Adelphi.



Starting goalie Leah Savage has achieved a lot of success even though she has only been playing the sport for three years. (Photo Credit: Adelphi Athletics)

Winter Sports Preview: A Sneak Peek into AU Winter Athletics Season

BY OLIVIA FRANKS

Adelphi winter sports are officially in full swing for the 2018-'19 season. Here is a look into their season, their newest additions and successes so far.

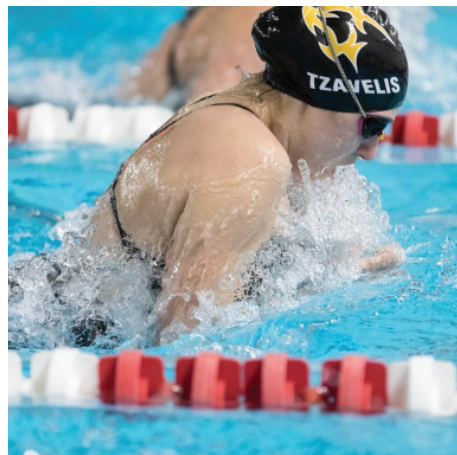
Women's Basketball

Finishing 14-16 last year, the Panthers are hoping for a comeback year with head coach Missy Traversi in her third season. The Brown and Gold reached the conference quarterfinals last year, where they lost to Stonehill College, who was the number one seed at the time. Two seniors graduated since last season, Natalie Fekula and Simone Hodby. They were both integral to the team as Hodby had the highest scoring average, the most assists (84) and the most free throws made (65). Fekula played a large role in the Panthers' defensive strategy with the most rebounds (245) and blocked shots (32) on the team. Additionally, Hodby and Fekula were the two players with the most recorded minutes on the court last season. To fill their shoes, there are two freshmen and two transfer students. The Panthers began their season last week with the ECC/NE10 Challenge Tournament hosted by Adelphi. The next women's basketball home game is Wednesday, November 28 at 5 pm in the Center for Recreation and Sport.

Men's Basketball

The Brown and Gold concluded the season with an 11-18 overall record last year, finishing their season with a loss

in the first round of the NE10 Conference Championship. With six freshmen, four transfers and one walk-on from all over the world—from Queens to the Bahamas to Greece—head coach David Duke truly revamped the team from last season. Some playmakers have graduated since then, such as Michael Coffey and Doug Chappell. They will look to the four returning players, Austin Beech, Nick Cambio, Jack Laffey and Connor McGuinness for guidance on the court. Their next home game is a non-conference game against Felician College on Sunday, November 25 in the Center for Recreation and Sport at 2 pm.



Junior Kristen Tzavelis during the first meet of the season on November 2.
(Photo Credit: Adelphi Athletics)

Swimming & Diving

Last season, the men finished fifth in the conference and the women finished ninth. Junior Emma Brown concluded the season with a personal best in the 100 freestyle and junior Kristen Tzavelis also topped her best in the 100 breaststroke at



The bowling team for the 2018-'19 season is a young squad made up of mostly freshmen.
(Photo Credit: Adelphi Athletics)

the ECAC (Eastern College Athletic Conference) Championships. This season, swimming and diving has chances to better their finishes at meets with their improved times and nine new additions to the team. The men have four freshmen and the women have five. Freshman Crystal Zhang has proven to be integral to successes this year after breaking a record in wins against Baruch College and Queens College during a meet on November 8. The Panthers' next meet at home was on Thursday, November 15 against Queensborough Community College at 6 pm. Results were not available at a press time.

Bowling

The women of Adelphi Bowling are currently at an impressive 20-8 record.

They began their season on Saturday, October 13 and beat 13 of the first 15 teams they faced. With no seniors on the roster and six tournaments left on the season, they have already started the season off on the right foot. Five of the eight on the roster are freshmen, so they have no prior experience at the college level. The Panthers are on pace to finish with a better record than their 76-36 finish last year, which is a .679 winning percentage. Currently, their winning percentage is .714. Their next meet is the Wilmington Wildcat Classic and begins on Friday, November 30 and ends Sunday, December 2 and will be held in New Castle, Delaware.

The Newest Addition to AU Men's Basketball

BY VINCENT CANGELOSI

The spotlight at Adelphi's Midnight Madness darts to one side of the gym, illuminating a small area in the Adelphi Center for Recreation and Sport. A young man strides into it, engulfed by the cheers of a raucous crowd of college students. A voice emerges above the rest, "From Jamaica, New York. At guard, sophomore Joshua Ross!"

He slowly jogs out toward half court, turns, gives a small smirk and tosses the jersey in his hand into the crowd. He stops at center court, high-fives a player on the women's basketball team, then jogs over to his bench, as a section of the crowd descends on his jersey like a flock of seagulls.

For the Adelphi community, this is the first time they saw Ross as a member of the men's basketball team. For him, it's the culmination of a year of hard work. Last year, as a freshman, Ross tried out for the team and didn't make it. For some, the story would end there, but Ross was determined to prove himself at the collegiate level.

He went to head coach David



Ross and Mackenzie Burke, who is on the women's basketball team, after running onto the court during Midnight Madness, Adelphi's annual pep rally.
(Photo Credit: Adelphi Athletics)

Duke and asked if there was anything he could do. Duke said he could see the fire in Ross's eyes. "He was determined," Duke said. "Every coach wants guys like him."

Duke, seeing the potential in Ross, made him a team manager. His duties

consisted of helping out at practices and games. It also gave him a feel for the atmosphere at the college level.

All along, he was itching to prove himself and join the team. "It just made me want to work even harder," Ross said about his experience.

He did this by joining the Adelphi club basketball team, the skill level between intramurals and the NCAA team. The club teams plays tournaments against other clubs teams from other colleges. By all accounts, he was a force on the court. Former teammate Niko Moucatel said that he was "one of the best guys on the team, skill-wise and just in general."

Ross is 6'2", so he doesn't tower over his opponents. His advantage comes from his thin, long arms. He resembles a young Kevin Durant on the court. His wingspan makes it nearly impossible to get a shot or a pass by him. It's even harder to defend him. He rises up and holds the ball well over the head of most defenders, and has a smooth and accurate shooting stroke.

All of this led Ross back to the tryouts held for the men's basketball team earlier in October. Ross walked in the door

more confident in his abilities than ever before. Adding him on the roster was an easy decision, Duke said.

"When we scout guys, we're looking for team guys who can make their teammates better. In tryouts, we're looking for players who are willing to do anything. The little things make a big difference. Josh was all of those aspects in one player," Duke said.

But at Midnight Madness, where he was applauded for all of his efforts, Ross looked just like any other player. He laughed and talked with his teammates. He watched performances by other students. He joined the team in a bench-clearing celebration for a lip-sync battle winner.

But all of this time, he was different. He made the team his own way, the hard way.

Coach Duke said it best: "I always tell our guys to work as hard as they can, in basketball and in life. Josh is a guy who's done both, and he's being rewarded for it. There's nothing a hard worker can't accomplish."