37,000 of “Bunny’s Funnies” Gifted to University Archives

BY MATTHEW SCHROH

One of Adelphi’s most iconic alumni has gifted her alma mater with an impressive gift, Bunny Hoest, wife of the late Bill Hoest, a cartoonist just like her husband and graduate of Adelphi University Class of 1953, has donated somewhere in the range of 37,000 original cartoons created by the couple. The Hoests are responsible for several classic comic strips, including “Howard Huge” and “Agatha Crumm,” but perhaps none have become so recognizable as “The Lockhorns” – the iconic panel featuring a middle-aged couple trading sarcastic, demeaning one-liners to each other. The Adelphi University Archives is now in possession of tens of thousands of the original ink drawings of these comic strips.

The university has David Ranzan, associate professor with the Archives and Special Collections, to thank for the donation. “I pursued it,” Ranzan explained. “When I came here in 2014, I looked to see what distinguished alum were out there. I knew about ‘The Lockhorns’ and the comics [Bill and Bunny Hoest] produced.” Bunny Hoest responded positively to a “sales pitch,” during which she agreed to donate her life’s work to Adelphi, “sales pitch,” during which she agreed to donate her life’s work to Adelphi, “sales pitch,” during which she agreed to donate her life’s work to Adelphi, “sales pitch,” during which she agreed to donate her life’s work to Adelphi, “sales pitch,” during which she agreed to donate her life’s work to Adelphi, “sales pitch,” during which she agreed to donate her life’s work to Adelphi, “sales pitch,” during which she agreed to donate her life’s work to Adelphi, “sales pitch,” during which she agreed to donate her life’s work to Adelphi.

Walking into Swirbul Library, Adelphi students may have noticed a large interactive display featuring “Bunny’s Funnies” – where they are able to flicker through the new collection.

One of the several thousand original strips of “The Lockhorns” currently in the possession of Adelphi University thanks to Bunny Hoest’s generous donation.

“Unforgettable” singer French Montana. Electronic music artist MK will open for 21 Savage.

Before SAB announced 21 Savage as the Spring Concert artist, the rapper was in the headlines internationally. He was arrested by Immigration and Customs Enforcement (ICE) on February 3 because he was in the United States illegally with an expired visa since 2006. 21 Savage was released on bond from ICE’s custody on February 13. 21 Savage led a sold-out crowd of approximately 1,500 students in the Center for Recreation and Sport on Adelphi’s campus on March 30.

21 Savage Headlined Adelphi’s Spring Concert

BY MATTHEW SCHROH

Adelphi University’s annual Spring Concert has provided a well-rounded experience to students for years – creating an incredibly fun night, starring a big name artist and all for an affordable price so that students can have a night to party without hanging on to any stress.

Its cultural and iconic status among years of Adelphi students remains special among the university’s wide array of activities and events. It is set up by the Student Activities Board (SAB), and that remains the case with this year’s concert.

“The SAB and the undergraduate Adelphi community look forward to the event,” said Ashley Willoughby, SAB president for the 2018-19 academic year. She has been a member of SAB since spring 2016.

As is the case every year, the 2019 Spring Concert’s frontline guest was kept a secret, and its announcement was eagerly anticipated by the student body until its reveal. On Wednesday, March 6, SAB announced that 21 Savage, a popular British-American rapper, would be headlining. 21 Savage is known for his song “a lot,” but gained a great amount of popularity back in 2017 for his song “Bank Account.” The largest part of the rapper’s appeal lies with younger people, many fans making up the Adelphi student body. This is obviously no accident.

“Every year SAB’s e-board tries to pick an artist that will appeal to the majority of the undergraduate students,” Willoughby explained. “We receive a list of potential artists that we then narrow down based on who is available on our selected dates, and [on] who the students would be interested in seeing.”

Some SAB members walked around campus with a 21 Savage cardboard cutout to promote the show for the past few weeks. Students were able to take pictures with it as they got excited for the show.

Spring Concert artists in the past include openers Tinashe and Cheat Codes and headliners DNCE, which has since been disbanded due to their lead singer, Joe Jonas, returning to the Jonas Brothers, and
Letter From The Editor

Hi Panthers! The Delphian staff hopes everyone had a fun and safe spring break. For the eighth issue of the 2018-19 school year, we have a letter to the editor that was slipped under our office door in Earle Hall:

To Whom This May Concern:

Regarding Kristen Fealy of Brampton, Ontario, Canada, a senior pitcher on the Adelphi softball team, it was a pleasure to read about her in the March 4th issue. She noted that memories and friendships here will stay with her for life. Perhaps New Yorkers as well as the Adelphi community made a favorable lasting impression.

All the best wishes with whichever she endeavors in the future.

Sincerely,
Steve Bren

It is notes like this that remind us why we put so much hard work into reporting to the Adelphi community. All are always welcome to reach out to us.

In our news section, we reflected on one of Adelphi’s biggest events, Spring Concert. This year’s headliner was 21 Savage and we spoke to the Student Activities Board to get an inside look into all of the planning that goes into the concert. Additionally, the Lockhorns comic strip created by an Adelphi alum was gifted to the Archives and Special Collections on campus, and we analyzed the process Adelphi went through in the recent Middle States Accreditation.

Features takes a look into Tri-Delta’s annual Strut for St. Jude, which raises money for their philanthropy, St. Jude’s Children’s Hospital. The Delphian also gives you tips on how to de-clutter your closet just in time for spring cleaning, as well as men’s grooming trends and makeup suggestions.

Editorials takes a look into a variety of topics for this issue. You can read about the controversial topic of citizenship, which is up to debate quite often, especially in our country. We also analyze some light-hearted topics, including the best ways to succeed and if original Disney movies are better than the remakes.

The spring season is underway for Adelphi athletics and many teams have had great success so far. Men’s and women’s lacrosse and baseball have started out with very strong records and numerous players top the conference in various categories. We also look into the interim head coach for the tennis team and look back on the success of track and field’s Victoria Major.

Along with the usual news, editorials, features and sports, you will find our annual April Fool’s Defiler section. The Defiler section of The Delphian has been a long-standing tradition that became a favorite among our readers. The staff thought of unique ideas while incorporating pop culture and current issues into the Adelphi community. From the newly resurrected Jonas Brothers to a re-do of the Super Bowl and Georgia the bulldog replacing the Panther as our mascot, we included a variety of topics. Thank you to everyone who went along with the joke and agreed to be quoted. If you like our Defiler pieces or our coverage of real issues throughout the semester, write to us at delphian@adelphi.edu. We hope you enjoy reading them as much as we enjoyed writing them.

Olivia Franks
Co-Editor-in-Chief
Fourth Deeper Dude Event Raised Money for Cystic Fibrosis Foundation

BY ALEXA COHEN

Delta Phi Epsilon hosted their fourth annual Deeper Dude event on Thursday, March 21 from 7 to 9 pm. This event was created to raise money for the Cystic Fibrosis Foundation, one of the organization’s three philanthropies. Cystic fibrosis is a genetic disease that causes mucus buildup in the lungs, pancreas, digestive system and reproductive system. This can lead to frequent lung infections, lung damage and can eventually lead to respiratory failure. Mucus in the digestive system can make it so that people diagnosed with cystic fibrosis are required to take medications before each meal they eat so that they can absorb vital nutrients. DPhiE hosts events like Deeper Dude every year to help make CF stand for “Cure Found.”

Deeper Dude is a male page show, in which five contestants, Sean Lingat, Adam Robinson, Max Finkelberg, Justin Weekes and Ethan Bravin, competed to see who would be crowned the next “Deeper Dude.” They had an opening dance to help make CF stand for “Cure Found.”

The event was very fun and everyone powered and allowed for the community to come together for a great cause. The sisters recommend that the community views the upcoming movie, “Five Feet Apart,” which is also about Cystic Fibrosis. We love to see media portraying something we care deeply about.

Assessing Academic Excellence: Middle States Review 2019

BY VICTORIA GRINTHAL

Throughout the history of Adelphi University, academic achievements have always been the first priority for success as a higher institution. However, achieving that outstanding recognition and accreditation is no easy task. Adelphi’s overall evaluation for academic and personal success is done approximately every eight years. This examination is conducted by the Middle States Commission on Higher Education, which is a government-recognized group that examines the prime aspects desired for institutions of higher learning. The Middle States representatives visited the Adelphi campuses from Sunday, March 24 to Wednesday, March 27 to observe the environment and its educational abilities.

Since this evaluation occurs every eight years, there are lots of preparations that need to be done before the representatives can visit the campuses. The school must gather its resources and ideals into a paper report, which then serves as a base for the representatives when they arrive on campus. This is done by a team within the Adelphi faculty and administration, who collect all the data from the past years and arrange it to support the school’s overall mission and success.

Lori Hoefnner, a member of the Middle States steering committee, explained that the Middle States representatives “want to experience campus life and activities, in areas like residence or dining halls and with student organizations, as well as meet with members of faculty, administrators, alumni, the board of trustees, and of course, students.”

Throughout the past few months, the Middle States steering committee has invited the entire Adelphi community to several “Town Hall” meetings, in which they explained their game plan for the visits and asked for general input to further benefit the school as a whole. In these meetings, the Adelphi Middle States steering committee shared their report findings with students, faculty and staff. At the last meeting before the visit, on Thursday, March 21, the team also explained the schedule of events for the Middle States committee on Adelphi grounds. This included the Manhattan, Hudson Valley and Hauppauge centers, along with the main Garden City campus. The representatives had a packed schedule for their few days at Adelphi, where they met with President Christine Riordan each morning, and then continued to tour each campus and talk to bystandings students and faculty. Several groups like undergraduate and graduate students and Adelphi alumni also had the chance to speak to the Middle States visitors, as well as certain staff groups that focused on the pursuit and continuation of our success overall.

In detail, the reports written by the steering committee not only focused on values and data, but how Adelphi University clearly meets the seven standards defined specifically by Middle States to be vital to an institution. Included in these standards are the need for a mission and “vision” or ideal goals set to improve our society’s future, as well as governance of the school, ethics and integrity, and the overall student experience.

Despite the Town Hall meetings being open to everyone, many students were unclear as to what was being discussed and why their input was needed. However, the Adelphi Middle States steering committee explained that the students truly make the school what it is today. The Middle States representatives have been known to strike up conversations with students and staff during their visits to hear the school’s progress directly from those it impacts.

“The meetings with the various groups are meant to reaffirm what was written in the report,” said Hoefnner.

In the next issue, we will explain the outcome of the Middle States Commission visit, and hear from the Middle States steering committee on how their result will improve Adelphi University for the better.

SAVE THE DATE:

“Fake News, Spin and Finding the Truth” Workshop

There’s lots of controversy about how journalism gets done these days—is it accurate, fair and factual? Meanwhile, how are the communication industries changing as we rely more on social media for our sources for information? And how does all of that affect your career choices and opportunities, whether you plan to go into public relations, broadcast, print or something else?

Find out what seasoned, award-winning journalists have to say in our workshop titled “Fake News, Spin and Finding Truth.” Members of the Press Club of Long Island, a professional chapter of the Society of Professional Journalists, will speak to students at a special forum on April 16 from 9-11 am in the Campbell Lounge in the CRS (Center for Recreation and Sport). A light breakfast will be served. This event is sponsored by The Delphian and the Communications Department. Contact senior adjunct professor Liza Burby for more information at burby@adelphi.edu. More details will be available through the department soon.
BY CARSON BAILEY

A Step-by-Step Guide to Decluttering Your Closet for Spring

BY KERRI HAYMAN

We all have that one designated area in our home that’s just piled high with stuff. Quite often, this designated area is our closet. But as life goes, we may not always have the time to organize and de-clutter the unsightly mess. We choose to turn a blind eye instead and continue to let the pile accumulate. Alene Scoblete decided to act with her cluttered coat closet when she noticed a mountain of “stuff” piling up. “Our coat closet in our entryway became so overstuffed that I had no choice but to pull everything out and start over,” said the librarian from Rockville Centre.

Clothing is the usual closet-cluttering culprit identified by Marie Kondo, the well-known organizing consultant who has inspired millions of people around the world to declutter through her books and lectures by recommending her KonMari method. Karin Socci, a platinum KonMari consultant in New York, shares the belief that clothing is often the culprit behind our cluttered closets. “One thing for sure: almost all of us are wearing 20 percent of our clothing 80 percent of the time,” she said. “That means that most of your closet is just storing stuff you rarely, if ever, use.”

For Scoblete, it was not clothing, but rather unopened boxes of brand-new office supplies that contributed towards her overstuffed closet. “It turned out that my husband and I would say, ‘Oh, we need binder clips, staples, file folders, pens, correction fluid and Scotch tape.’ Then I’d place the order through Staples or Amazon, but just never had the time to open the boxes once it had arrived on their porch,” Scoblete said. “It never dawned on us that we were ordering the same supplies over and over again and that our closet held a treasure trove of office supplies. The lesson we learned is: when a box arrives, open it.”

Whether your issue is clothing, office supplies—or just too much general stuff—if you are as enthusiastic about organization as Scoblete, how should you begin your own process of de-cluttering a closet? According to Socci, everyone has a different situation. Therefore, taking the necessary steps to de-cluttering a closet will have you one step closer to achieving a Pinterest-worthy look.

**Step by Step**

Socci suggests that an effective way to begin the organization process is to sort and to discard through everything. “In KonMari, everything is by category and each item gets a good hard look and evaluation before a decision is made about whether it’s being kept or discarded,” she said. Socci and her clients begin by removing everything from the closet and piling it on to the bed. Too much stuff and just too overwhelming? Socci suggests to work in sub-categories. “Start with tops, then dresses, then pants, skirts, then shoes and accessories.”

From there, you can examine each item you own and decide whether you’ll keep or discard the item. “The ‘maybe’ pile is made up of things that you aren’t sure about or want to try on first,” she said. Once you decide, only your most desired items will go back into the closet. Socci said, “Seeing how nice your closet looks completely empty will make you think twice about filling it up again with things you don’t absolutely need or love.”

**Take Your Time**

Being organized takes time. Socci recommends making a commitment to see it through beginning to end even if that means it takes you a few weeks or even a couple of months. Helpful tip: Organize in short periods of time, three to five hours at a stretch. Any longer and you’ll begin to dread the process. “It should be a liberating feeling and you should definitely acknowledge your successes each step of the way,” Socci said.

**Staying De-Cluttered**

Great news. You have successfully de-cluttered your closet. Now, the question is how to maintain it.

“The trick is to become relentless when it comes to letting go of things that are no longer working for you and then being super selective about what you purchase in the future,” Socci said. “Stick to the idea of fewer, but better things.”

**For the Stuff You No Longer Need**

While it may be difficult to let go of our cherished items, it’s an important step towards keeping your closet stuff-free. “In KonMari, we try to acknowledge that a discarded item was something we chose in the past, and even if it wasn’t a wise purchase, it served a purpose,” Socci said. “Donations are a great thing because even though that outfit isn’t working for you, someone in the world may cherish it and it’s just a good thing to have it be loved and worn rather than sitting in the back of your closet.”

**Make Discarding Fun**

Patty Morrissey, a certified KonMari consultant in New York, is aware that her clients want to see their stuff live on and to carry out its purpose. Therefore, an option once you choose to discard is to sell your clothing online or to donate. However, selling cheaper clothing online doesn’t go for much and may not be worth the time investment in contrast to selling more higher-end clothing.

Morrissey also recommends a clothing-swap with your friends with the clothes you no longer want or need. This can be a fun event to plan in your dorm room with an array of different, unique clothing.

From Literature to Netflix Wondering where the KonMari method got its start? Check out Marie Kondo’s best-seller, “The Life-Changing Magic of Tidying Up” to learn tips and tricks for tidying up your living space from the queen of organization herself.

Did you know that the fashion industry is second to the oil industry when it comes to pollution? For Netflix-bingers, Morrissey recommends “The True Cost” a documentary about the fashion industry’s impact on the environment and our wallets.

Students Strut Their Stuff for Childhood Cancer Fundraiser

A Step-by-Step Guide to Decluttering Your Closet for Spring

BY CARSON BAILEY

Students and faculty took to the stage on March 7 in Tri Delta’s annual Strut for St. Jude, a fashion show fundraiser to help eradicate childhood cancer. There were performances in between the rounds of volunteer models and plenty of raffles to be won. Models wore their favorite outfits that they felt most comfortable in, including suits, prom dresses—even a shark onesie and a Spiderman outfit. No matter what they wore, the models enjoyed walking down the catwalk, some doing a little dance; others whipping out paper fans at the end of the runway.

Adelphi’s Dance Team showed off their fierceness with a hip-hop routine. AU Bhangra also showed off their talent through their performance that celebrated the culture of the Punjab region. AU Evolution was the final dance team to perform, bringing Strut for St. Jude to a close with a hip-hop routine.

Many raffles were handed out during the event, like a gift card to Starbucks and a flat-screen TV. There were even baskets with high heels and lottery tickets. While the performances and modeling were entertaining and fun for all, the event didn’t skirt around the purpose of the fundraiser. Two speeches were given during the event about struggles with childhood cancer.

Gina Frantino, a member of Tri Delta and current cancer fighter, spoke about how the fundraiser for St. Jude was important to her because of the powerful impact it had on fighters and survivors like her.

One sister of Tri Delta said that, “Gina is a beacon and inspiration for our sisterhood. She shows us what we are fighting for as an organization and what the meaning of events like Strut have for us. This isn’t money going to a foundation; it’s a personal fight to help better even one child’s chance of beating cancer.”

Another speech was given by Elizabeth Menges, one of the founders of the I’m Not Done Yet foundation, who talked about her family’s personal experience with childhood cancer. She explained that the money donated to the I’m Not Done Yet foundation would go to helping a young adult or adolescent fighting a terminal illness as they transition to adulthood and learn how to manage their illness.

The event raised awareness, money and hopes for those fighting childhood cancer. It wouldn’t have been possible without the support and involvement of Adelphi’s community. Not only did Adelphi model their favorite fashion looks, they also modeled what it means to be supportive, dedicated and involved. Strut for St. Jude was an outlet for students to raise awareness and money for a great cause, while also encouraging the individuality and involvement that can be found on campus.

The Delphian
Chef Boyardee Surges to the Top of 2020 Polls

BY MATTHEW SCHROH

Two weeks ago, a tweet came out that rocked the political world.

“Serving warm, delicious, easy-to-cook meals has given us more than enough experience to rule the free world. Chef Boyardee is officially #runningin #2020!” the tweet account of the iconic brand of pasta products sent out in early March. Most political analysts did not pay any mind, seeing it as a simple marketing ploy for Conagra Brands – Chef Boyardee’s parent company – to take advantage of the trending 2020 presidential election and tie it in with their product.

However, only a few hours later, #ChefBoyardee2020 was trending on Twitter. Various online media outlets began picking up the story, and within the next couple of days the major TV news networks had all featured it as well – Chef Boyardee was catching on.

A recent batch of professional polling has the chef collecting nearly 40 percent of the vote in the early primary state of Iowa, nearly 15 entire percentage points ahead of former Vice President Joe Biden and Senator Bernie Sanders, the previous frontrunners. The rest of the candidates in the field have seen their already low numbers tank, as their supporters flock to this exciting new candidate. Some liberal activists have groaned at the idea of nominating another old white man for president, but most of the Democratic base has warmed up to Chef Boyardee.

Republicans, on the other hand, have quickly denounced the idea as ridiculous. President Donald Trump recently sent out a tweet summing up the whole experience: “the 2020 DEMS are so pitiful; a PASTA CHEF is beating them! That’s AMORE!”

After the Chef Boyardee Twitter account joked about running for president, the classic pasta product mascot has climbed to the top of Democratic polls.

Media conservatives have also been hawkishly analyzing the Constitution for this precedent. Ettore Boiardi, the product’s namesake, was born in Italy in 1897. Though this would make him 121 years old, over the age limit of 35, Boyardee lacks the natural born citizen status necessary to be elected to the highest office in the land. Many commentators, however, have attacked this complaint, claiming that the Republicans are only bringing it up because they are nervous about running against Boyardee. Early polling in key battleground states regarding a Trump-Boyardee matchup reflect poorly on the president, with him falling flat to the pasta chef in key midwestern states.

There is an argument to be had that, as a technically fictional character, Chef Boyardee cannot possess the office of the presidency. However, since Donald Trump’s election in 2016, anything seems possible – though the current murmurs about Chef Boyardee on Adelphi’s campus seem to be mixed.

“I demand that he reveals all of the secret ingredients to make sure it’s all organic,” said Michael Davide, an international studies major, when asked to give an analysis of Boyardee as a candidate.

Conagra Brands is reportedly in full panic mode at this simply marketing ploy gone wrong. Allegedly, they are meeting with campaign staffers in early states, and trying to find someone to actually dress up as Chef Boyardee – since the real one died in 1985. Along the way, they are treading a cautious line, trying not to declare any stances on the issues so as to not mess up their accidental fame. Some pundits speculate that doing this has resulted in all kinds of voters assuming that Chef Boyardee agrees with them on the issues, hence the chef’s rise in the polls.

Not all potential voters are convinced, however. Some Adelphi students are seeking to get a more direct answer from Candidate Boyardee. For instance, the environment remains a key concern for many voters.

“I don’t know much about him,” Kayla Haz, a political science major, admitted. “But if he’s going to have those cans rolling around the street, I’m not having that.”

This is in reference to a recently resurfaced commercial showing a Chef Boyardee can of ravioli rolling down the street, inciting horrified reactions from environmentalists across the country. Washington Governor Jay Inslee, a rival for the Democratic nomination running a campaign focused on fighting climate change, has thoroughly condemned this apparent act of littering.

However, this mudslinging has not yet harmed Chef Boyardee in the polls. Pundits are keeping a weary eye to the first Democratic debate in June, which Boyardee has officially qualified for. To see if his success if long-term, we simply have to keep our eyes on the long campaign season ahead, and maybe buy some more Chef Boyardee products while we’re at it.
Athletics Field Gets Dome Covering to Provide All-Weather Field Time

BY NICOLETTA CUCCIO

The Adelphi University Athletics Department has announced Monday, April 1, that there will be a new addition to the athletics facility starting in the fall of 2019. A state-of-the-art bubble structure will be placed over the practice field and tennis courts to provide full year use for the NCAA, club and intramural athletes, as well as the student body and outside rental groups.

“Adding a bubble would be beneficial because whatever the weather conditions may be, we can have a turf field that has enough space,” said Adelphi softball’s sophomore pitcher Nicole Mengel. “This also gets us [the softball team] out of the gym, which sometimes takes away from the sports that play there all of the time.

Due to the less-than-pleasant winters in the northeast, the existence of the bubble will lead to many benefits for the university. All the outdoor NCAA sports will have the ability to begin preparation for competition earlier and on the appropriate surface. Sports like baseball and softball tend to run into issues regarding the available surface. Sports like baseball and softball will have the ability to hold practices in a controlled environment.

“Having a dome on campus for the Athletic Department will allow year-round practice for the outdoor teams at full speed,” said head softball coach Carla Campagna. “Each student athlete will have the opportunity to perform at the highest level on a continuous basis during any part of the day.”

There are also financial benefits to adding this structure to our already off-the-charts facilities. A bubble will attract local community members and outside rental companies to hold practices and events on our Garden City campus. The ability to make money would hopefully heighten the economic status of the department, which could eventually lead to further improvements.

The final benefit of this addition is the undeniable attraction to prospective student athletes and coaches when deciding where to continue their competitive experience. Each institution has something unique to offer and in such a congested area, Adelphi has to always look into different options to stand out.

“Student athletes work extremely hard in the classroom at Adelphi and if we add a dome to our facilities it will allow coaches to have a more flexible and consistent practice schedule,” said Campagna.

“Worst of Broadway”

BY JAMI GLATTER

It’s time to sing, dance, and watch the Adelphi PAC’s annual showcase of musical theatre’s best and brightest. “Best of Broadway” is coming back to the Concert Hall on April 31 with a new twist.

This year, students will be pulling from the catalogues of Broadway’s underbelly of unknown flops and obscure musicals. From the awkward to the absurd, sit back and settle in for a night of Broadway’s worst.

The “Worst of Broadway” program features hits from brand new musicals such as “Fandom of the Opera,” “Fairy God Parents: A Hip Hopera,” and “Les Affamées,” which takes a harrowing glance into the lives of detox tea influencer. Don’t miss hits from Broadway’s newest foray into politics. Following “Hamilton’s” success of a musical about a failed president candidate, hear selections from “Gore: An American Musical!”

The music majors are also excited to showcase some of Broadway’s newly workshopped jukebox musicals, such as “From the UK to UC: The 21 Savage Journey” and “The Ponytail Extension Diva-riate: The Ariana Grande Story.”

They’re also reconnecting with their roots by performing selections from underground musical theatre staples, such as “Suffolk County Story,” “The Secretary of State and I,” “CatDogfight” and “Singin’ in the Wintry Mix.” These completely original musicals allow the performers to play with traditional ideas and conventions and interpret them for a modern audience.

And, of course, what would a musical theatre tribute be without honoring one of our most famous alumnus? The Adelphi PAC is providing audience members with a special opportunity to hear selections from alumnus Jonathan Larson’s newly discovered and never before seen musical, Lease!

Don’t miss out on this once in a lifetime opportunity to hear some of the very worst Broadway has to offer! Tickets can be found on totallyrealevents adelphi.edu/worst_of_broadway.

Super Bowl LIII ½

BY MARIA GIOVANNA JUMPER

After one of the most disappointing and not entertaining Super Bowls ever, the National Football League has decided to redo the entire game on May 5. The first step is revamping the half-time show. Not only was the performance not very long, it also was not very good, and combined with the boring game the whole fun of the Super Bowl was lost this year.

“This year’s Super Bowl left me disappointed with both teams. Watching the game is supposed to be exciting, but this year the only fun part was the commercials, not even the half-time show,” said freshman, Casey Baron.

With other fans feeling the same way the NFL is afraid that the views will go down next year and in order to combat this they are willing to redo the entire game.

The Rams think that this is a great idea. The want another chance to prove themselves against the six-time winners, the Patriots. The Patriots are on the fence. While they do not want the fans to be disappointed, they also do not want to risk losing the Vince Lombardi Trophy to the Rams. As for the half-time show, Adam Levine is willing to redo his performance if everyone agrees to wipe the first performance from their minds.

While the redo game is set to take place on May 5, 2019. The location is not yet set, since many believe that the Mercedes-Benz Stadium in Atlanta will be too hot for the game. The athletes are getting back into training as they suit for the biggest game of the year... again. Fans are anxious for tickets to go on sale, hoping for cheaper prices since they already paid for this once.

To celebrate this second Super Bowl of 2019, the Puppy Bowl will also be redone for all those who would rather watch puppies try to figure out how to play football. There will also be a new set of commercials in order to keep fans entertained, just in case the game is a disappointment again.

On a positive note, at least you have an excuse to eat all those fun Super Bowl foods again.
From Panthers to Pups: Adelphi’s Mascot Replaced with President’s Dog

BY VICTORIA GRINTHAL

The Adelphi community has been nicknamed after Paws the Panther since its early days, but our beloved mascot is about to change to a different species, given in part that panthers just aren’t as approachable—or available—as the other option: a bulldog.

Due to the outpouring of love and affection observed on campus and through social media for President Christine Riordan’s family dog, Georgia, the bulldog has been declared the new Adelphi mascot by a landslide of votes on a Twitter poll. This poll, posted on March 1, 2019 by the official Adelphi Twitter account @AdelphiU, is the first of its kind for Adelphi where the community have until now generally been known as “cat people.” However, many students and professors have acknowledged the welcoming nature of dogs and how friendly they can be. A poll was taken to see if anyone was ready to adopt a canine mascot. The poll was conducted with half of our student body, with 70 percent voting in favor of Georgia and the Adelphi Bulldogs.

Throughout history, bulldogs as a breed have been viewed as rough and tough dogs who are not afraid to show their strength. However, Georgia’s sweet nature and cute looks have shown that bulldogs can represent us as well as Panthers can. Not only are we strong on the outside and inside, but we are compassionate and driven to take all opportunities to succeed in life.

Georgia is feeling the love from the newly-minted Bulldogs. In a statement from the office of President Riordan, “The Defiler” was told that, “Georgia has a way with people; they just love her. So, Adelphi students have officially voted Paws the Panther out, and Georgia in as their new mascot. Georgia is honored and beaming with pride—which looks a lot like sleeping when it comes to bulldogs.”

Along with the new UC renovation, Adelphi has announced that the Garden City campus will reflect the change from panthers to bulldogs. The Adelphi community also voted to change some building names to better reflect a more canine atmosphere. Among those requests were these changes: “Levermore” Hall to “Labrador” Hall and “Post” Hall to “Poodle” Hall. “WoodRUFF” Hall will reportedly stay as is. More adaptations may take place over time, like a possible rebranding to reflect Georgia’s bulldog silhouette.

As we welcome this new era at Adelphi University, let us reflect on our panther past and use our knowledge and courage to truly embrace the furry future ahead of us.

Campus Scary Squirrel Population Situation Sort of Under Control

BY CATHERINE GROVER

After intensive testing and study by some of Adelphi’s finest biology students, it has now been confirmed that the squirrel population inhabiting the grounds of Adelphi is a genetically distinct subspecies of gray squirrel. These squirrels are highly evolved and display increased aggression towards humans and other animals within their territory. In the study, those students who conducted it postulate that the rapid evolution of the squirrels may be due to high amounts of sugar and other stimulants that Adelphi squirrels consume from energy drinks, which they get out of the campus garbage. The subspecies of squirrels on the Adelphi campus are more intelligent than their common fellows, stronger and faster.

Despite the alarming nature of this revelation, Public Safety has urged students not to panic. Instead they have issued a series of recommendations for safe conduct until the squirrel threat is assessed. They are as follows:

1. Do not approach or attempt to feed squirrels at any time. Avoid eye contact with them. Their beady eyes can mesmerize you.
2. If you find yourself trapped by a squirrel on your chosen route to class, do not run. Instead back away slowly and head for the nearest building or blue light station. Blue light stations can be used to call for help in the event of a squirrel attack.
3. Do not leave your dorm windows open, as this may attract squirrels and allow them to infiltrate secure buildings.
4. If at any time you think you may have been bitten or scratched by a squirrel, seek medical help at once.
5. Do not be alarmed if you see public safety officers armed with guns. These are tranquilizer guns meant for subduing aggressive squirrels.

The normal function of campus will continue, until more information is gathered. It does not appear that these “super-squirrels” as they have been dubbed, have spread to other areas beyond campus. As of yet, encounters with squirrels have been restricted to standoffs on paths and occasion food theft, but students are worried that the squirrels may notice the increased security on campus and become hostile.

Adelphi senior Victoria Grover said, “I’m afraid to walk alone on campus. Every time I pass a squirrel it just stares me down with this crazy gleam in its eyes.”

Preparations are underway to observe the effect that eating the campus drinks, which they get out of the campus garbage, has on the local hawk population. School officials hope to encourage the presence of the hawks on campus by providing desirable nesting areas, in an attempt to naturally control the squirrel problem and increase student safety.

We hope you enjoyed our April Fool’s articles. Turn to the rest of the issue for real articles.

DEFILER

April 1, 2019 • 7

By Virginia Grinthal

The Adelphi community has been nicknamed after Paws the Panther since its early days, but our beloved mascot is about to change to a different species, given in part that panthers just aren’t as approachable—or available—as the other option: a bulldog.

Due to the outpouring of love and affection observed on campus and through social media for President Christine Riordan’s family dog, Georgia, the bulldog has been declared the new Adelphi mascot by a landslide of votes on a Twitter poll. This poll, posted on March 1, 2019 by the official Adelphi Twitter account @AdelphiU, is the first of its kind for Adelphi where the community have until now generally been known as “cat people.” However, many students and professors have acknowledged the welcoming nature of dogs and how friendly they can be. A poll was taken to see if anyone was ready to adopt a canine mascot. The poll was conducted with half of our student body, with 70 percent voting in favor of Georgia and the Adelphi Bulldogs.

Throughout history, bulldogs as a breed have been viewed as rough and tough dogs who are not afraid to show their strength. However, Georgia’s sweet nature and cute looks have shown that bulldogs can represent us as well as Panthers can. Not only are we strong on the outside and inside, but we are compassionate and driven to take all opportunities to succeed in life.

Georgia is feeling the love from the newly-minted Bulldogs. In a statement from the office of President Riordan, “The Defiler” was told that, “Georgia has a way with people; they just love her. So, Adelphi students have officially voted Paws the Panther out, and Georgia in as their new mascot. Georgia is honored and beaming with pride—which looks a lot like sleeping when it comes to bulldogs.”

Along with the new UC renovation, Adelphi has announced that the Garden City campus will reflect the change from panthers to bulldogs. The Adelphi community also voted to change some building names to better reflect a more canine atmosphere. Among those requests were these changes: “Levermore” Hall to “Labrador” Hall and “Post” Hall to “Poodle” Hall. “WoodRUFF” Hall will reportedly stay as is. More adaptations may take place over time, like a possible rebranding to reflect Georgia’s bulldog silhouette.

As we welcome this new era at Adelphi University, let us reflect on our panther past and use our knowledge and courage to truly embrace the furry future ahead of us.
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Activate at WSJ.com/Adelphi
In recent years, there has been a shift in the way people view men’s grooming routines. What was once considered by some to be non-masculine has now become an integral part of a man’s daily routine, which is evident in the booming market of grooming for men. The global male grooming product market has reached $57.7 billion within the past year alone and is expected only to increase, according to market research.

Some of this growth can be attributed to social media. As male social media influencers share certain grooming trends they follow, or services they use such as grooming box subscriptions, their thousands of followers are intrigued and may follow the trends they are partaking in. Male celebrities, such as Justin Bieber and John Mayer, have been posting pictures on social media sites of their grooming routines. When these celebrities share with their millions of followers that they use face masks or wear makeup, it not only takes away the stigma that having a grooming routine is feminine, but also encourages some to participate in the grooming trends.

Alexander Beveraggi, a senior exercise science major, has become more comfortable in having an extensive grooming routine due to social media.

“When people that you idolize or think are cool post about this, it’s showing that they are open about it and don’t care what millions of people think,” he said. As a result, Beveraggi, and many other young men like him, find that they can be more open about their regimens too.

New grooming trends have risen with the growth of the male grooming market. Here are some men should be following right now.

**Skincare**

It may feel as though it’s too soon to worry about the effects of the sun on your skin. However, any time of year with the sun comes UVB rays, a type of ultraviolet light that penetrates the skin. This can result in sunburns and contribute to skin cancer. According to Miranda Gangacharan, a Long Island-based Sephora sales associate, it’s important that men take the proper precautions to protect their skin.

“Products with SPF are very good for the skin, and they should be used to help protect it,” she said.

One simple and easy trend to follow is to make sure you apply the products they use in their daily grooming routine, such as moisturizer, contains SPF. Not only do these products protect the skin, they also hydrate it, said Gangacharan. Skin tends to become dryer during the colder seasons. Having protection from both dryness and UVB rays is a trend worth following. Dermatologists recommend using SPF-15 and higher as they consider it to be most protective.

**Facial Hair Care**

As common as facial hair is for men, many are uneducated on the correct care for their hair.

“My skin definitely gets itchy and irritated by my beard,” said Andrew Poretsky of Huntington, NY, who has been maintaining his beard for over a year. He faces an issue many men have: taking proper care of one’s facial hair and the skin underneath.

Allison DeSousa, a manager at The Art of Shaving in Roosevelt Field Mall in Garden City, NY, recommends men using beard wash and conditioner. Beard wash is crucial as it is formulated specifically for beard hair.

“Beard hair is coarser than hair on men’s heads,” said DeSousa. A beard conditioner may help with this coarse facial hair as well. DeSousa says that the conditioner is specific to making the facial hair softer. “The conditioner helps as the beard hair tends to be unruly.”

Beard oil, useful for anyone with facial hair, is a trend worth adding to a grooming routine, said hairstylist Kristina Sforza of Huntington, NY. “If they have finer hair then they may want to go with a different oil,” she added. This helps men’s hair get the look they want to achieve, while keeping it healthy as well.

**Fragrances**

Cologne is an important staple of one’s cologne with the changing seasons. Incorporating cologne into a grooming routine gives men confidence.

“Incorporating cologne into a grooming routine gives men confidence. What cologne should men be wearing to give them this confidence? It seems that nothing is better than matching the scent of one’s cologne with the changing seasons. Trending now are ‘earth and woody tones. Gucci’s ‘Guilty’ is popular this time of year,’ Gangacharan says. This cologne, like many others, encapsulates the ‘earthy’ tones that mimic the season.”

Although most men have their staple grooming routine in place, there are many new products and target areas that emerge with the growing market. These trends might be worth shaking up men’s grooming regimen, especially now that the season is changing.

**THE TOP SHAVING SUBSCRIPTION BOXES**

Can’t get enough grooming supplies? These can be delivered to your door.

- Dollar Shave Club: When first joining, a starter set will be received for the cost of $5. There are three possible subscriptions: one box is tailored to shaving, one is for showering and one is for oral care. The cost of the shaving box is $26 per box, while the showering box is $21.50 and the oral care box is $10. What is received in the boxes can be tailored to one’s liking. Men can choose how often they receive the boxes.

- Harry’s: Men will first receive the starter set, containing a razor, a handle, shaving cream and a travel blade cover. The cost of the first box is $13. There are three possible subscription boxes: one contains 8 blades only, one that contains 8 blades and a foaming shave gel, and one that contains 16 blades and 2 foaming shave gels. The boxes are shipped on a set date each month.

**High-End Versus Drugstore Makeup: Worth the Money?**

BY JACLYN TRACY

Every makeup user has their own go-to trusted brands for foundation, mascara, eye shadow, eyeliner and concealer. These products can range from extremely inexpensive to top-of-the-line, high-end brands. People have always seemed to believe that price has something to do with quality. However, the outcome of a look is the most important factor to consider.

With the increasing popularity of YouTube beauty vloggers, there are makeup tutorials out there for just about any look or product you can imagine. With so many videos and tutorials available, many videos are created to compare an eye shadow palette or foundation to its drugstore dupe. When both applied, they will usually always end up having almost the same outcome, if not something very similar. However, some will pay $50 for a Bobbi Brown long-wear foundation that gives off the same effect as a $5.99 Maybelline Fit-me Foundation or an $11 NYX Foundation.

People also tend to think that because a product is more expensive, regardless of their makeup skills, it will effortlessly give them the desired outcome. But many don’t realize that with a little skill and a lot less money, they can look just as good.

“When I was in high school, I used to go to Sephora every time that I needed new makeup and spend almost $150 on just foundation, concealer and primer,” said Gabrielle Vakoobian, a junior nursing major. “I always firmly believed that it was the only foundation that would make my skin look good. After testing out my friend’s L’Oréal True Match Foundation that was $25 less than the one I had been using, I’ve never purchased my old foundation again. I even found that the L’Oréal one went on so much nicer and more natural and was such a better fit for my skin.”

There are many underrated brands that have great makeup products and tools for super cheap. Some of these include Elf, BH Cosmetics, ColourPop, Morphe, L.A. Girl and Wet N Wild. They provide good quality products at a price that won’t break the bank, she added.

“After using it, I came to realize it was nowhere near my expectations and I regretted spending so much money over a single brush. A bunch of my friends were telling me to try Elf brushes. So, I decided to go for it, although I assumed they wouldn’t be the best considering they were only a dollar each. After buying a complete set of brushes for only $12, I am officially hooked, and I will never make the mistake of buying $30 brushes again.”

While there is no denying that high-end beauty products are amazing, for those who don’t have the cash or are trying to save, there is definitely hope on the shelves of your local drug store—all you have to do is give it a try.
Remade or Ruined: A Look at Disney’s Live-Action Reboots of Classic Animated Films

BY VICTORIA GRINTHAL

During a commercial break of the 61st Grammy Awards broadcast on February 10, Walt Disney Pictures released a new trailer for the live-action remake of “Aladdin,” which is set to release in theaters on May 24. With the moderate successes of previous remakes like 2017’s “Beauty and the Beast,” everyone has been waiting to see how the beloved 1992 animated film and its stage musical included in the film, but also included singing from Emma Watson as Belle, also liked to hear elements from the “Aladdin” stage musical included in the film, but also included singing from Beyoncé and Donald Glover as Nala and Simba, respectively. Though the musical aspect of these movies can depend on the movie itself (“Jungle Book” had less singing than “Beauty”), it is known that this new “Aladdin” will feature both the movie’s original songs and new songs written by “La La Land” songwriters Benj Pasek and Justin Paul.

Despite the details, one question still stands: How does this compare to the classic animated film? I honestly don’t know. We all can see that this Disney cash grab has had high points and low points, but I personally don’t know if Will Smith can live up to/make his own version of Robin Williams’ iconic character. As an avid fan of Broadway, I would have also liked to hear elements from the “Aladdin” stage musical included in the film, but that’s just me. As lovely as the movie looks coming next month is highly anticipated, and the future update of the classic “The Lion King” has been cast with such stars as Beyoncé and Donald Glover as Nala and Simba, respectively. Though the musical aspect of these movies can depend on the movie itself (“Jungle Book” had less singing than “Beauty”), it is known that this new “Aladdin” will feature both the movie’s original songs and new songs written by “La La Land” songwriters Benj Pasek and Justin Paul.

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### SPORTS

**Fakas Takes Over Tennis During Nationwide Search for New Coach**

**BY LAUREN O’NEILL**

Joanna Haich, the former head coach of the Adelphi men’s and women’s tennis teams, decided to step down prior to the start of their season. Haich showed much success throughout her time leading the Panthers, collecting four Northeast-10 titles between the men’s and women’s team. She led the program for six years until retiring this past spring.

Upon Haich’s departure, a national search ensued for a new coach. For the first time in four years, assistant coach Rebecca Fakas will serve as interim head coach. Fakas has worked with the Adelphi men’s and women’s tennis teams, decided to step down prior to the start of their season. Fakas is a former All-Conference and NE10 Player of the Year.

Despite the sudden loss of the head coach, Fakas is making sure that the team starts their season with the right attitude. “My approach is to enforce positive attitudes and a strong work ethic,” Fakas said. It is currently the men’s season, and this positive attitude is abundant across the team.

Freshman Finn Krause said that the team sees this season with Fakas as an “opportunity to be better on all of the things that didn’t work before.” In talking about her time as a Panther, Fakas said, “My past experience playing the last four years at Adelphi has helped and will continue to prepare me for this season [as a coach].”

While taking pride in the sport as well as the program she once represented, Fakas expressed her opinions regarding the process of being an Adelphi student-athlete. “I know what it takes to play tennis at the collegiate level, and I am aware of the level of dedication and commitment a team needs from all players to have success on and off the court,” Fakas said.

Although Fakas is young and some may say inexperienced, she has taken strides in leading the student athletes. “[Fakas] has taken the program to a new standard already and we all feel the chance for a fresh start,” Krause said.

Not only does Fakas care about her players as athletes, she cares about them as people too. At the end of this season Fakas hopes that the men improve as players and grow as people.

An advantage for Fakas is her knowledge of and prior relationships of her student athletes. “I know many of the players from my past years here, and it is an exciting opportunity that I am really looking forward to,” she said.

In knowing the members of her team, Fakas is able to identify how they are feeling. “The early morning practices, having to find a balance between the team and school, and adjusting to a new coaching situation are all things that I can relate with my players on,” she said.

The Brown and Gold’s most recent home match was against LeMoyne College on Saturday, March 30. Results were not available at press time.

### Major Changes in Adelphi Track and Field

**BY KAILAH KONKEL**

Victoria Major, a two-time All-American and Northeast-10 Rookie Indoor and Outdoor Field Athlete of the Year, is a top performer on the NCAA Division II Adelphi women’s track and field team. The junior from Deer Park, NY has excelled in competitions and in the classroom.

Nevertheless, she hasn’t always been on top. Overlooked as a high school athlete, Major went unrecruited by many colleges despite her growing skill level. Despite the early lack of attention, she’s been able to achieve great success during her years as a collegiate athlete. This includes 2019 Indoor NE-10 champion in the 4x400-meter relay, 2017 and 2018 NE-10 outdoor high jump champion, and 2018 NE-10 outdoor 400-meter champion.

In recent years, the Adelphi women’s track team has produced athletes that fly under the radar, not many reaching the success that Major has. So how does an athlete like her end up at a program like this? Major said, “The coaches didn’t know anything about me, because I wasn’t all that good.”

At Deer Park High School, as a senior, she finished first at the Suffolk County Section XI championship for high jump and garnered awards, such as All-League and All-County. She also finished ninth in the county in the 300-meter dash and in the top 50 for the 55-meter dash. In addition, during her senior season, Major competed at the New York State track and field championship in the high jump event and field championship in the high jump event competing against the top jumpers in the state and finishing fourth overall.

“I wasn’t really recruited, until I came up to the Coach [Katie] Rees on Accent Students Day [at Adelphi] and she said I wanted to be on the team,” she said.

With that, Major went from overlooked and unrecruited to the most successful performer on the team.

It turns out that pushing herself onto the Adelphi roster wasn’t her only option. St. John’s University and LIU Post were also looking to put her on their roster.

“I didn’t want to be just another number at St. John’s,” Major said. St. John’s has a roster of 37, compared to Adelphi’s of 21.

However, Adelphi has many more coaches, 10, including volunteer coaches each specializing in different events, as opposed to St. John’s three, which allows Panther athletes to get a better one-on-one experience.

When athletes reach success at a lesser known school, many make the decision to transfer to a bigger, more well-known athletic program. However, to Major, other things, like academics, are more important. Major majors in social work at Adelphi that’s ranked sixth in the nation out of 513 accredited social work bachelor’s programs, according to USA Today College.

“I wanted to focus on my academics first and athletics second. Adelphi lets me do that,” said Major, truly exemplifying the student athlete mindset.

Before the NE-10 Indoor Championships, Major said, “I think we have a great chance of having multiple championship titles and top three finishers.”

At the NE-10, Major and her teammates Gabrielle Buissereth, Gabrielle Griffen and Aleisha Jefferson claimed the first NE10 title in school history for the women’s 4x400 event, finishing 3.5 seconds ahead of the second-place Southern Connecticut State with a time of 3:58.14.

**Spring Sports Preview**

Morse leads the Panthers and sits at fourth in the conference with a .415 batting average in 53 at-bats. Senior Thomas Colombo and Junior Lawrence Cicilew have proven to be impact players as they both have four home runs so far on the season slotting them tied for third most in the conference. Most of the remaining games of the season are against other NE10 teams, so it will tell to see how well the Brown and Gold will finish in the conference play this season. The Panthers face NE10 Pace University tomorrow at home at William J. Bonomo Memorial Field at 3:30 pm.

**Men’s Tennis**

The Panthers have had a few bumps in the road this year as former Panther Rebecca Fakas had to step in as interim head coach. The team is also a young squad overall with three freshmen, three sophomores, three juniors and one senior. This year is more of a rebuilding one for the Panthers and were slotted to finish sixth in the NE10 Preseason Coaches’ poll. Lone senior Cameron Dove has been a good example for the Panthers as he had a debut singles match victory on March 16 against ASA College. On April 9, the Brown and Gold will next be at home at noon and will face Stonehill College.

Show your Panther pride; come out and support our teams.
Sports

Spring Sports Preview: Women’s and Men’s Lacrosse Teams Start Off With Winning Records

BY OLIVIA FRANKS

The spring sports season is underway, and the Panthers are looking to make their mark this year in lacrosse, softball, baseball and tennis. Preview the spring sports teams now to see how the Brown and Gold have done so far.

Women’s Lacrosse

The women’s lacrosse team was slotted to perform well this year, especially in conference play, as Adelphi was ranked second in the Northeast 10 Women’s Lacrosse poll. They only fell behind the defending champions and three Northeast-10 titles. McCormick College. LeMoyne received most of the first-place votes this year and the only other school in the conference who received first-place votes was Adelphi. The Panthers will face LeMoyne away on April 24. As expected, the Brown and Gold started the season off very strong with a 7-0 record.

Divison II National Champions, LeMoyne College. LeMoyne received most of the first-place votes this year and the only other school in the conference who received first-place votes was Adelphi. The Panthers will face LeMoyne away on April 24. As expected, the Brown and Gold started the season off very strong with a 7-0 record.

Men’s Lacrosse

Like the women, the men’s lacrosse team is off to a strong start with an undefeated record of 8-0. Adelphi has out-scored their opponents by seven or more goals in seven of their eight games so far. The closest game was the recent win against conference rival LIU Post and Adelphi took them down 13-12. Senior Gordon Purdie, Jr. was responsible for the game-winning goal with 1:27 left in the fourth quarter. Junior Nicolas Racalbuto leads the Panthers and the conference with 32 goals this season. Senior Ian Kirby follows with the second most goals on the team with 24 and is fourth in the conference. Racalbuto and Kirby have both already been named NE10 Players of the Week. In February, the Panthers were slotted to be third in the NE10 Preseason Coaches’ Poll falling behind Merrimack and LeMoyne. Currently, the Panthers have a stronghold on first place in the conference while Merrimack and LeMoyne are third and fourth place, respectively. The Brown and Gold’s next home game is against LeMoyne College on Saturday, April 13 at 3 pm. You can also catch the 1989 Adelphi men’s lacrosse team as the 30th anniversary of the team reaching the Division I Final Four is approaching and will be honored at Alumni Day on April 13.

Softball

Despite a slow start to the season during a tournament in California, softball is now back on track. The Panthers swept Stonehill College in their first conference play of the season and things are now looking up. Freshman Emily Whitman was named NE10 Rookie of the Week during a tournament in California, softball has consistently been an impact player for the team as the 30th anniversary of the team reaching the Division I Final Four is approaching and will be honored at Alumni Day on April 13.

BY EMILY WHITMAN

The Adelphi women’s lacrosse team comes into the 2019 spring season ranked second in the national preseason coaches’ poll, only trailing behind LeMoyne College. The Panthers face 10th-ranked Florida Tech and third-ranked Florida Southern in their first two games.

After going 19-3 in 2018, senior captain Chelsea Abreu said this Adelphi team has its sights set on a NCAA Division II National Championship.

“This offseason I trained like I never have before to ensure that when I step onto the field for the first day of preseason, I would have no regrets,” said Abreu.

With that mentality, the Panthers seem well-positioned to win their fourth national title in the last six years.

Abreu has been a part of two appearances in the NCAA National Championship game, winning in 2017 and losing in 2016.

“May 21st, 2017, a day that will forever be engraved in my memory,” said Abreu, thinking back to the win over Florida Southern in the title game.

Not only was the victory sweet, but the best part, according to Abreu, was making snow angels in the confetti on the field as she and her team celebrated after avenging the loss to Florida Southern in the 2016 title game.

Alongside Abreu, junior Alison Johnson, a first team All-American, also plays an important role for the Panther team. Last season Johnson was named the Northeast-10 Player of the Year after leading the nation in points, assists and assists per game.

Head Coach Pat McCabe enters his fifth season at the helm, with a career record of 82-6. McCabe has led Adelphi to two NCAA Division II National Championships and three Northeast-10 titles. McCabe won Division II Coach of the Year after leading Adelphi to their eighth national title. A former student athlete of Syracuse, McCabe was a four-time All-American and was named the national Defensive Player of the Year in 1990.

They have taken down numerous conference opponents and highly ranked teams such as Florida Tech, Florida Southern College and East Stroudsburg University. So far, the Panthers have out-scored their opponents 100-53. Junior Kole Pollock leads the team and is fifth in the conference with 23 goals. Junior Alison Johnson has consistently been an impact player for Adelphi as she currently leads the conference with 25 assists and is second in the conference with 44 points. The Brown and Gold’s next home game is Saturday, April 6 at 1 pm at Motamed Field and will face Merrimack College.

Women’s Lax is Looking for Another Ring

BY EMILY WHITMAN

The Adelphi women’s lacrosse team comes into the 2019 spring season ranked second in the national preseason coaches’ poll, only trailing behind LeMoyne College. The Panthers face 10th-ranked Florida Tech and third-ranked Florida Southern in their first two games. \n
Sophomore catcher Hannah Pineda high-fiving her teammates before a game. (Photo by Adelphi Athletics)

Women’s Lacrosse

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