Mentoring Program Launches Book Drive to Support #1000BlackGirlBooks Campaign

From February 1 to April 1, the Adelphi University Mentoring Program will be collecting books, based on the idea of the #1000BlackGirlBooks campaign. Jennifer Ganley, Director of the NYC Scholars, High School and Pre-College programs at Adelphi, was inspired to start this book drive after seeing a clip on the “Today Show” featuring 11-year-old Marley Dias, who founded the campaign. “This little girl is amazing and inspiring,” Ganley said. “She wanted African-American children like her to read books about people like them.”

A few days later, Ganley invited Chotsani West, director of Student Mentoring at Adelphi, to her office and shared the clip with her. According to Ganley, the Mentoring program is geared toward students of color, first-generation immigrant students and students who may be the first to go to college in their families.

Noting that the AU Reads book this year was about racial justice and unity, both Ganley and West believed that supporting the book drive would be a beneficial way to get students and faculty on campus to work together for a common cause.

“I thought it was a way we could all come together and also help these young children find identity in a world facing them with unlimited challenges,” Ganley said.

Ganley and West have set a goal of collecting 200 books before the end of the drive. They are looking for books specifically geared toward elementary school and middle school children that highlight diverse characters.

Those who wish to donate can drop off the books in room 144 in the Nexus Building, the University Center lobby and room 201 in Hagedorn Hall. Ganley and West have also reached out to Dias and her mother, hoping to present them with the books on campus if they are able to visit Adelphi in April.

On Tuesday, February 7, from 8 to 10 pm, the Relay for Life Committee tapped into the popularity of Paint Nite, which came to Adelphi last semester, to raise money for the fight against cancer. The event that took place in Campbell Lounge Rooms 2 and 3 at the Center for Recreation and Sports allowed students the opportunity to not only get creative, but to de-stress and contribute to an incredible cause simultaneously. By the end of the night, it was confirmed that Relay for Life’s Paint Night raised a total of $192.30.

Although students were free to paint whatever they wanted on their given mason jars using black, red and white paint, the Relay for Life Committee was able to provide the guidance of a retired Paint Nite instructor who led the room in illustrating the jar with a winter forest scene that included snow covered trees, a pathway and cardinals perched on branches. For some students, it was the first time they ever painted on a mason jar.

“I’ve done Paint Nites in the past, but always on canvases, so the mason jar was a totally new element,” said Rebecca Singer, a junior English major in the STEP Program. “Overall I thought the event was fabulous and even more so because it was for a great cause.”

Senior English major Brittany Gross, who’s also in the STEP Program, had a similar experience. “I have gone to Paint Nite four times in the past, and this was my first time not painting on a canvas. The design was simple, but very pretty, and it allowed everyone to make theirs a bit unique.”

The students who participated in the events certainly seemed thrilled with the event, as did those who worked tirelessly to conceive the idea and put it into action. Kristina Goncalves, a junior math major in the Honors College and member of the Relay for Life Committee, explained, “The Committee and I were trying to come up with ideas for events that would make for very fun fundraisers so that we’d be able to bond with other people in the Adelphi community and still raise money for our cause.”

Goncalves believed the event went very well and was excited about how much money it was able to raise. “It sold out online and people still came in at the door. I thought it was very successful and everyone genuinely seemed to have fun, and I think it would be worth it to put on this event again in the future.”

Bonnie Ippolito, a senior psychology major and another member of (Continued on page 2)
A Call for Nominations

2016-’17 Faculty Excellence Awards

Interim Provost Sam Grogg is pleased to announce a call for nominations for the 2016-’17 Faculty Excellence Awards. The awards give appropriate recognition to members of the faculty who exemplify outstanding skill in teaching, service and scholarship. Each award carries a cash prize of $5,000 for full-time and $2,000 for part-time faculty.

Procedures for nominating faculty for these awards are available at the Office of Student Affairs, Nexus Room 302, in the offices of the Deans and at various locations throughout the University. They are also available at http://fcpe.adelphi.edu/faculty/awards17

We encourage you all to nominate those members of the faculty who you believe represent excellence in these areas at its highest levels. Please note: We strongly discourage faculty from soliciting nominations from others.

Nominations are due by February 17, 2017.
A Formal Notice to the University

BY THE INNER LIGHT SOCIETY

To:
The Collective Adelphi Student Body

From:
Dr. Christine Riordan, President
Dr. Sam Grogg, Executive Vice President and Interim Provost
Dr. Perry Greene, Vice President of Diversity and Inclusion
Esther Goodfellow, Vice President of Student Affairs
Kristen Cabez, Associate Vice President for Enrollment Management
Timothy F. Burton, Executive Vice President of Finance and Administration
Maggie Yoon Grufer, Chief of Staff
Dr. Devin Thurnburg, Faculty Senate Chair
Samantha Hershkowitz, Student Government Association President

We, the Undersigned, write to you today in acknowledgement that—even as you read this—our nation moves into not only its next great civil rights struggle, but a battle for our future existence. In response, we have come to organize just as the leaders of the past have. We, the Undersigned, have established The Inner Light Society, and our first action item is to seek the establishment of student protest zones on the Garden City Campus.

The Inner Light Society stems from the deep roots of early abolitionist thought. The Quakers were among the first to argue that all of God’s creations had within them a divine light, thus it was unjust to view slaves as lesser individuals. We evoke this idea not so much due to religious infatuation, but rather in solidarity with the four-hundred-year-old idea that we are all equal. We are a collective of Adelphi students and alumni from across the academic spectrum who seek to promote, protect, and discuss four main themes: Justice, Liberation, Human Rights, and Dissent.

We will work in weekly meetings to create a space for students to critically evaluate national and international news, the Adelphi campus, and our day-to-day interactions. As the semester progresses, we will directly challenge structural and systemic racism, inequality, and any decision made by those with authority over us, including the U.S. Government and the Adelphi University Administration, which challenges our four themes. Our work strives to elevate individuals, issues, and causes to a platform and protest without the prior permission of University Staff and without the interference of Public Safety. As it stands currently, Adelphi has no formal protocol for protest, carrying the implication that any demonstration whatsoever can be shut down by Public Safety should the University decide, and students can face legal consequences for their demonstration. This is not only unjust, but also prevents the University from becoming the “great, modern metropolitan university” it so fiercely desires to be. Protected protest and demonstration has been proven to be fundamental to democracy, and further, to individual growth. Allowing a protected area for students to express their impassioned voices, feelings, ideas, and dissent forces all of us to face not only ourselves, but the realities and fears which extend from living in this complicated world. We demand this freedom not only for ourselves and the student body, but as an element critical to our development as “life-long learners.”

A refusal of this demand would be a disgrace to our intelligence and capacity of emotion. As such, we call for the establishment of protest zones in the following locations: The University Center Plaza, The Flagpole Lawn, and Levermore Lawn. The point is: protest is coming, whether or not the University adapts. We hope you are proactive.

To conclude, we speak directly to our fellow students: We’ve got your back. To conclude, we speak directly to our fellow students: We’ve got your back. To conclude, we speak directly to our fellow students: We’ve got your back. To conclude, we speak directly to our fellow students: We’ve got your back. To conclude, we speak directly to our fellow students: We’ve got your back. To conclude, we speak directly to our fellow students: We’ve got your back. To conclude, we speak directly to our fellow students: We’ve got your back. To conclude, we speak directly to our fellow students: We’ve got your back. To conclude, we speak directly to our fellow students: We’ve got your back.
Fear of the Uncertain: Why Adelphi’s Undeclared Major Rates Have Dropped

BY JESSICA CAMPITIELLO

Adelphi University students are increasingly deciding not to be undecided. Over the past 10 years, the rate of enrolled undeclared majors at the school has steadily decreased, according to Senior Associate Provost B. Baltimore and Executive Director of Academic Services Debra Kyriacou. But a little indecision may not be a bad thing, they add. While reasons may vary by student, they believe the decreasing rate of undeclared majors has to do in large part with pressure put on the incoming freshmen by their parents to declare.

“I think it’s the parents and the cost of the education that they feel they need to,” said Kyriacou. With a 5 percent tuition increase this academic year, Adelphi’s tuition now costs about $17,000 per semester, and room, board and other fees can add thousands more to the bill. So, the longer a student takes to graduate, the more money it will cost her and her family.

“Some majors, if you don’t pick them at the beginning… if you’re not in it by your second semester, you’re either going to have to go to summer classes a couple of times or you’re going to take longer to graduate,” Baltimore said.

However, he cautions that hasty decisions can cost more in the long run. “I think there’s a misguided notion that if you pick a major, you’ll graduate faster,” Baltimore said. “If you pick a major that you don’t like, it may do the opposite.”

Despite this, the total number of students enrolling as undeclared at Adelphi has decreased by 43.34 percent between the fall 2008 and fall 2015 semesters, according to the 2015 Adelphi University Data Book’s section on enrollment trends. When compared to the entirety of the enrolling class, only 11.4 percent of students came in as an undeclared in fall 2015, as opposed to the 16.7 percent in fall 2008. Baltimore said that a few years prior to this data, the number of undeclared majors consisted of about 25 percent of the enrolling class.

Many students are now picking their major while still in high school. It’s “partly because of the pressure in high school to pick a college, in that you’re steered to pick a college that specializes in what you want,” said Joseph Lombardo, an Adelphi sophomore who enrolled as a biology major and changed to mathematics. “Also partly because of the pressure that comes with taking classes once you get there. A person only has so many general education classes before they have to take major classes.”

In addition to parents, school officials may also be pressuring students to pick a major sooner rather than later.

“In a lot of retention literature, there is a strong suggestion to get students to declare a major,” Baltimore said. “This pressure sometimes causes students to declare a major before they’re certain it’s the right fit for them. As a result, many students do not stay in the major that they declare, as shown by Baltimore’s analysis of the student body. At orientation alone, he said, over 200 students who enrolled at Adelphi with a major changed it within that initial weekend. Over the course of their studies, there has been a noticeable amount of students who switch majors, Baltimore said.

Declared majors can be just as undecided as undeclared majors. Sometimes, they simply want to avoid being labeled “undecided.”

Baltimore said, “There’s a lot more uncertainty than just those who know they’re uncertain.”

For those who dare to hold off on declaring a major, resistance eventually becomes futile. If you don’t declare a major by your fifth semester or after the completion of 60 credits, Academic Services will put a registration block on your account. This means that you can’t continue classes at Adelphi until you declare a major. This forces students to decide their major before their junior year which, for some, is difficult to do. “I entered undeclared because I was torn between too many fields,” said Shannon Stewart, a theatre design and technology major. “I definitely felt the pressure to decide, especially out of fear of answering the dreaded question ‘what are you going to school for?’ and falling behind with requirements. I felt like something was wrong that I couldn’t decide.”

“Honestly, sometimes I felt it would be better to be studying something I wasn’t 100 percent committed to, instead of studying nothing,” said Jessica Campitello, a pre-med major.

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Like Gaga, the Power of Diversity Soared During Super Bowl LI

BY DANIELLE MCDougALL

“We’re here to make you feel good.” This was Lady Gaga’s message for both the exhilarated fans of hers who had snagged a seat below the coveted Super Bowl halftime stage, and the 117.5 million people across the country who tuned to watch the program this past Sunday.

Over the course of her career, Gaga has established herself as an ardent supporter of the LGBTQ+ community and an anti-bullying activist. One may notice, however, that she was less outspoken during her 30-minute performance on Sunday than she had been in performances past, but her message of inclusion and anti-discrimination was still clear. Donning a stunning glitter leotard and standing 260 feet above the stage of Houston’s NRG Stadium, Gaga opened her performance with a passionate few lines of the protest song “This Land is Your Land,” the lyrics of which were repurposed by activist Woody Guthrie to highlight civil rights in-
clu-sions; it is marked by personal ones. The
mistrust of which was repurposed by activist

In light of the executive order recently released by the Trump administration barring refugees, immigrants and dual citizens from seven majority-Muslim countries for three months (the constitutionality of which has been aggressively challenged by Washington federal court judge James Robart), it is difficult not to see Gaga’s affirmation that “this land was made for you and me” as a deliberate counter to the President’s highly divisive decision. Throughout her performance, which included spirited renditions of hits such as “Poker Face” and “Born This Way,” Gaga stressed that, in an increasingly polarized political climate, the inclusion of people of diverse backgrounds is not something to be feared, but embraced.

A similar message resonated throughout many of the advertisements that ran in between the nail-biter that was the Atlanta vs. New England game itself. Whether the service being advertised was a bottle of Coca-Cola, an Airbnb or even an Audi, the power of inclusion was celebrated with images of people of different creeds coming together to support one another.

In one unexpectedly powerful spot for “It’s a 10 Hair Care,” the narrator warned the U.S. about the four years of bad...hair... ahead of us, making a cheeky reference to our President’s infamous hairdo and a subtle one to his discriminatory rhetoric. As a remedy to this, the voice implores that we get “great” hair, which, he stresses, all hair can be, regardless of whose body it’s on or what it looks like. Shots of curly, afro-textured hair, thin, white hair atop an elderly Asian person’s head, and even the chest hair of one person stress this message for the viewer.

This ad fell in line with several others that attempted to illustrate the beauty inherent in an America where people from an array of backgrounds and within diverse communities are able to freely express themselves. And for this reason, although the football game itself may have been a major upset, Super Bowl viewers were likely to come away from this year’s program feeling exactly how Lady Gaga promised that they would feel: good.

The Jaggar Community Fellows Program Changed My Career Plans

BY EMILY ELEFONTE

Last summer I was fortunate enough to be selected to participate in the Jaggar Community Fellows Program, a competitive internship program that matches students with local nonprofits for 10 weeks over the summer. Around April, I was matched with the Women’s Fund of Long Island, which happened to be my top pick from the list. Then, a small amount of fear crept in as I saw that I was placed as a marketing and communications intern. I had had no marketing experience, and although my minor is communications, I didn’t feel that I was prepared to take on that role. However, I didn’t let that stop me from starting my first day with bold optimism.

On day one I was greeted by some of the most genuine and kindest people I’ve ever met, and I listened eagerly as they began to tell me more about the mission of the organization. The organization was dedicated to helping women of Long Island, from every economic and cultural background, reach their full potential. The main work of the Women’s Fund revolved around various approaches such as grantmaking, leadership initiatives for young girls, and education and awareness activities. As a sorority woman, this cause resonated with me on an emotional level because I have witnessed how leadership opportunities can push a woman outside her comfort zone and into an empowered state.

I worked with my supervisor to create marketing materials such as brochures and infographics, while also researching and writing a paper on women’s history. Although I was not a marketing major, interning at the Women’s Fund allowed me to get a hands-on experience of how marketing jobs work. Even without having studied marketing, I was able to get a grasp on different techniques and I discovered that I was passionate about the tasks that went into marketing. I also discovered my love for public relations and how different communication strategies could come into play to help an organization such as the Women’s Fund make a difference.

The Jaggar Community Fellows Program has the slogan, “Make an Impact.” As someone who went through the program, I can assure you that you will not only see the impact you are making on local nonprofits, but they will impact you in ways greater than you ever imagined. Before my internship, I was a junior English major who was unsure about what I wanted to do professionally. But through the exposure to public relations and marketing that the Women’s Fund provided me with, I found my calling and I intend to pursue those fields after graduating in May. College isn’t defined by just academic experiences; it is marked by personal ones. The Community Fellows Program will let you use what you have learned in school, to make a difference in the real world. It will be an experience that you will always take with you and never forget.

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MCDOUGALL
BY DANIELLE
February 14, 2017 • 5

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Pull Your Punches, Pull the Plug and See What the New Government Is Up To

BY BRIAN JENNINGS

On January 20, 2017, Americans met their fate as Donald J. Trump was sworn in as the 45th President of the United States. After defiantly plowing through scrutiny thrown at his cabinet picks, compulsive tweets and creepy kinship with Mother Russia, Donald Trump has gutlessly ascended to the peak of power. While his temperament seems to be in check (a quite amazing temperament, he’d have you know), his executive orders and re-organization of this nation’s power structure has created a cataclysmic divide amongst the American people.

Trump has spent roughly the past 25 years ruffling the feathers of establishment figures and rational thinkers, so it comes as no surprise that his time since being elected President has been spent under the cloak of controversy. The Reign of Trump began with a horrific string of cabinet selections, surrounding himself with a table that would have caused Hitler to call for the check. His most calculated move was his appointment of Breitbart executive Steve Bannon to the position of White House Chief Strategist. Bannon, along with Trump’s Counselor and Mistress of the Bog, Kellyanne Conway, have begun crafting the finest propaganda ministry in the history of modern society. Facts are not manipulated or hidden, but brazenly ignored or “spun,” as a means of fitting their most wicked narratives.

In this administration’s first week, Bannon went on record saying that the media is “the opposition party.” To many disgruntled by big box media corporations and their various biases, this may represent a necessary step in delivering political power back to the people. Yet, to the trained eye, it appears perilously clear that the motives of these fear-mongerers are making passage on a much lower road.

Though the worrying comparison to Adolf Hitler and don’t be afraid to see what you see. When Adolf Hitler assumed power in Germany, his first actions were carried out in order to discredit the media. The Trump administration has gone to what some might call ridiculous lengths to create distrust in the media. The first 24 hours of this Presidency was spent listening to White House Press Secretary Sean Spicer assert that the Trump administration disputed the reported crowd-size at the inauguration. While the media claimed the crowds to be roughly 250,000 people, that wasn’t good enough for the Trump organization. Their figures showed a crowd closer to 1 to 1.5 million people. They claim these numbers aren’t wrong; they’re simply alt-right. The second step of the world’s most infamous fascist regime was to administer a gag-order on scientists and government officials. At the very instant Donald Trump was sworn in as President, the official White House webpage, whitehouse.gov, removed its pages regarding climate change from the internet and has since issued a gag-order on the Environmental Protection Agency.

Step three for any wanna-be Fascist would then be to introduce an extreme series of roll-backs on various civil liberties. In Germany, the government was successfully able to stir enough ire against minorities through propaganda in order to create an environment of hate crimes and civil unrest. The United States has already begun to limit the freedom of Muslims Americans by implementing a ban on immigration from all Middle Eastern Nations not associated with the Trump business brand. Donald Trump also ran on a platform of “law and order,” entertaining the idea of implementing stop-and-frisk laws in cities like Chicago, which Trump has deemed merely a cesspool of violence and depravity. The easiest way to gain a person’s trust is to act as the exterminator of his or her fears. “Donald Trump doesn’t wish to take your freedom; he’s simply going to Make America Safe Again.”

Though it is perhaps giving Trump too much credit by implicating him in such a sting against the well-being of the American people, his first three weeks in office have not inspired confidence. After signing a series of passive-aggressive executive orders, Trump snuck in his first calculated blow by implementing a ban on immigration from Muslim countries. An even more concerning aspect of this legislation was that it excluded nations associated with the Trump brand leaving noted participant in the Arab Spring, Egypt and Saudi Arabia, the nation most recently accused of orchestrating the 9/11 attacks, off the list. After tremendous public backlash against the bill supposedly crafted by Steve Bannon, federal judges ruled in favor of reopening the nation’s borders to those of the Muslim faith. Trump took the embarrassment in stride, rallying off a series of petulant tweets in which he referred to S Natasha’s James Robert a “so-called Judge.”

This was a most ironic statement from the President, as the phrase “so-called,” is typically reserved for identifying falsehoods. Judge Robert is most certainly a judge, in fact he was appointed to his position by Republican President George W. Bush. This type of distraction is a key aspect of Trump’s so-called agenda. In order to create space for such disastrous policy blunders as his ban on Muslims, Trump takes to social media counting on the fact that big box media outlets will take the bait. While cable networks are busy whipping Trump for taking shots at Arnold Schwarzenegger over “Celebrity Apprentice,” ratings, the senate is off confirming Betsy DeVos, a proud de-funder of public schools and noted idiot, as Secretary of Education. What’s become most exhausting about the Trump administration is their ability to execute their incompetence despite their inability to hide it. No one with the cognitive functions of a rational adult could fathom a woman who believes guns in schools are a necessary tool in the defense against bear attacks should be the head of the nation’s education department. Unlike some of Trump’s other appointees which were passed through as a means of “getting on with it,” the Democrats were unanimous in their opposition of DeVos.

Thankfully we have brave patriots like Marco Rubio, John McCain and Lindsey Graham, who have been publicly humiliated by the President on more than one occasion. They along with the overwhelming majority of their Republican constituents voted in favor of this monstrousity, allowing Vice President Mike Pence to break the gruesome tie. As the information trickles out regarding DeVos’ lavish campaign contributions to Senator Rubio and McCain, it becomes impossible to discern who exactly is running the show here.

One of Trump’s core campaign promises was to deliver America back to the people by effectively “draining the swamp” of all the wretched political scum overrunning Washington. The flaw in his messaging is that the “people” are currently subservient to those like Betsy DeVos who are currently funding this oligarchy we call the United States.

If Trump was truly a man of the people, he would move to take lobbyists out of politics, not waste their money on a wall to keep out Mexicans who aren’t taking their jobs and Muslims who aren’t blowing up their cities. If Trump was truly a man of the people, he would tell them the truth. He would not engage in his hateful rhetoric and as a businessman, implore Americans to evolve to the changing nature of the world. Instead of lying to coal miners whose jobs have been lost to natural gas and alternative energy, he should create policies that re-train and re-certify those displaced workers. Instead of telling the people of the Rustbelt that disastrous trade agreements are taking their jobs, preach about the dangers of connoisseurship urging citizens to cut their dependence on Walmart and stimulate their local economy.

But Trump is not what he says he is. He never has been, and it doesn’t appear as if he ever intends to be. He doesn’t feel as if he has to tell anyone the truth. “Why release his tax returns? He won anyway.” We must be careful of this line of thinking. Avoided facts are not voided facts. Trump wasn’t what he sold when he bargained off Trump University and he certainly hasn’t changed his business model in running the country. At first pull your punches, then pull the plug. Don’t be afraid to see what you see.
Women’s Basketball Team Is a Force Fighting to Stay at the Top

BY OLIVIA FRANKS

With a 19-3 overall record and entering the final games of their regular season schedule, the Adelphi women’s basketball team is enjoying a stellar season under first-year head coach Missy Traversi.

On January 24, the team claimed the No. 14 spot in the Division II Womens’ Basketball Coaches’ Association Coaches’ Poll. “We have proven to be a force in the conference,” said Traversi. “With that being said, there is a clear target on our back.”

That target has grown larger and larger with each succeeding win; each game has become a harder and harder fight. On January 28, the Panthers traveled to Worcester, MA, to take on the Greyhounds of Assumption College where they suffered their first conference loss of the year, and only their third loss of the entire season.

It was a hard-fought battle, and even though the squad overcame a 14-point deficit at one point, their efforts fell short and they dropped the game 63-58. “The Assumption game prepared us for what’s to come;” said Traversi. “Each game is part of the journey and the climb. Moving forward, we will get everyone’s best game. Furthermore, it is our job to embrace that and raise our level of play.”

Senior forwards Sierra Clark and Calli Balfour have played large roles in the team’s success this season. Clark is second in rebounds per game (10.2) and third in points per game (19.4) in the NE-10. She has also been named NE-10 Player of the Week four times this season so far. Balfour is fourth in the NE-10 for rebounds per game at 8.3. The Panthers could be looking at a number one seed for the Northeast-10 Championship with just one conference loss so far. Bentley University is the only other NE-10 team with one conference loss, that loss coming from the Panthers.

The Brown and Gold currently lead the Southwest Division of the NE-10 Conference. “Our greatest opponent is us,” said Traversi.

Coach Traversi and her team face the New Haven Chargers next at home on Saturday, February 11 at 1:30 pm.

New Fitness Club on Campus

BY VICTORIA POLERA

Harris Cherpalis wants to pump you up.

The sophomore fitness guru’s new Strength and Fitness Club may be the fastest growing club at Adelphi University. Recognized by the school’s Center for Recreation and Sports as an official club in May, the organization now has approximately 100 members.

“I saw there was no organization like this, [on campus]” said Cherpalis, a 19-year-old physical therapy major from Floral Park. “I wanted a group who shares a passion for fitness and strength training to come together.”

Whether they’re beginners or fitness buffs, all students are welcome at the Strength and Fitness club, Cherpalis said. The club gives students an opportunity to learn about working out as well as a chance to teach by sharing tips and giving demonstrations.

Every other Tuesday, members meet and talk about training, goals and misconceptions. They also plan for occasional fundraisers and community service. On weekends, they workout. Some students focus on lifting while others do circuit training.

Members say the club helps them manage stress.

“Many people exercise at Adelphi including, students, athletes and faculty,” Katie DeGearo, a sophomore neuroscience major said. “Harris’ club helps students de-stress during their stressful days in college.”

Another benefit is the confidence boost working out gives members.

“He’s very proud of being able to get this new club started up and he definitely puts his whole heart into it,” Costello said.

For Cherpalis, working out is more than just an activity. It’s a way of life. He started working out with a personal trainer in middle school as a way to cope with anxiety and Attention Deficit Hyperactivity Disorder (ADHD).

After six months, he decided he was ready to workout on his own. He used -- and still uses -- research and trial and error to maintain his physique. He works out in the gym 5-to-6 times per week and estimates he’s gained 30 pounds of muscle since his freshman year of high school.

Inspired by David Vobora, a former professional football player who founded a foundation that provides personalized physical training programs for injured veterans and people living with disabilities, Cherpalis decided he too wanted to share his fitness expertise to help others.

He hopes his club is the start of what will be a career focused on physical therapy and personal training to help athletes.

“It feels good to be able to give back to a community and to see people joining because they have a goal and want to reach it,” Cherpalis said. “That’s what I like to do - to help people reach and achieve their goals.”
COMING SOON!

GUEST ARTISTS

TRIO SOLISTI
Friday, February 17 • 7:30 p.m.
Westermann Stage, Concert Hall
Adelphi Student Tickets: $5

LARSON LEGACY CONCERT:
CÉSAR ALVAREZ
Sunday, February 19 • 3:00 p.m.
Olmsted Theatre
Adelphi Student Tickets: $5

NEW MUSIC XII:
THE PARHELION TRIO
Saturday, March 4 • 8:00 p.m.
Westermann Stage, Concert Hall
Adelphi Student Tickets: $5

THE HABANA BOYS
Sunday, March 12 • 3:00 p.m.
Westermann Stage, Concert Hall
Adelphi Student Tickets: $10

THE HILLBENDERS: THE WHO’S TOMMY—A BLUEGRASS OPRY
Friday, March 24 • 8:00 p.m.
Westermann Stage, Concert Hall
Adelphi Student Tickets: $10

THEATREWORKS USA’S THE LIGHTNING THIEF
Sunday, April 2 • 3:00 p.m.
Westermann Stage, Concert Hall
Adelphi Student Tickets: $5

CILLA OWENS
Friday, April 7 • 7:30 p.m.
Westermann Stage, Concert Hall
Adelphi Student Tickets: $5

TAYLOR 2 DANCE COMPANY
Saturday, April 8 • 8:00 p.m.
Dance Theatre
Adelphi Student Tickets: $5

BILLY PORTER:
BROADWAY & SOUL
Friday, April 21 • 7:30 p.m.
Westermann Stage, Concert Hall
Adelphi Student Tickets: $10

CRYSTAL GAYLE
Saturday, May 13 • 8:00 p.m.
Westermann Stage, Concert Hall
Adelphi Student Tickets: $10

FILM

GIACOMO PUCCINI’S TOSCA
Saturday, February 18 • 2:00 p.m.
Concert Hall Screening
Adelphi Student Tickets: $5

GIUSEPPE VERDI’S UN BALLO IN MASCHERA
Sunday, March 5 • 2:00 p.m.
Concert Hall Screening
Adelphi Student Tickets: $5

GIACOMO PUCCINI’S MADAMA BUTTERFLY
Sunday, March 26 • 2:00 p.m.
Concert Hall Screening
Adelphi Student Tickets: $5

CAMILLE SAINT-SAëNS’ SAMSON ET DALILA
Saturday, April 15 • 2:00 p.m.
Concert Hall Screening
Adelphi Student Tickets: $5

WOLFGANG AMADEUS MOZART’S COSI FAN TUTTE
Sunday, May 7 • 2:00 p.m.
Concert Hall Screening
Adelphi Student Tickets: $5

THEATRE

LOVERS AND OTHER STRANGERS
February 28 - March 5 • Various times
Black Box Theatre
Adelphi Student Tickets: $5

BRIGHTON BEACH MEMOIRS
March 28 - April 2 • Various times
Olmsted Theatre
Adelphi Student Tickets: $5

A MIDSUMMER NIGHT’S DREAM
April 25 - April 30 • Various times
Black Box Theatre
Adelphi Student Tickets: $5

MUSIC

STUDENT RECITALS
Wednesday, February 15 • 1:00 p.m.
Sunday, March 5 • 4:00 p.m.
Reclital Hall
Free Event

ADELPHI’S BEST OF BROADWAY: ONE ENCHANTED EVENING
Saturday, February 25 • 8:00 p.m.
Sunday, February 26 • 4:00 p.m.
Westermann Stage, Concert Hall
Adelphi Student Tickets: $5

ADELPHI SYMPHONY ORCHESTRA
Thursday, March 9 • 7:30 p.m.
Westermann Stage, Concert Hall
Adelphi Student Tickets: $5

THEATREWORKS USA’S THE LIGHTNING THIEF
Sunday, April 2 • 3:00 p.m.
Westermann Stage, Concert Hall
Adelphi Student Tickets: $5

ADELPHI JAZZ ENSEMBLE:
THE WHO’S TOMMY—A BLUEGRASS OPRY
Friday, April 28 • 7:30 p.m.
Westermann Stage, Concert Hall
Adelphi Student Tickets: $5

THE ADELINE CHORALE AND ADELINE VOCAL ENSEMBLE
Sunday, April 30 • 4:00 p.m.
Westermann Stage, Concert Hall
Adelphi Student Tickets: $5

ADELPHI’s SPRING FESTIVAL
April 19 - April 23
Various times • Olmsted Theatre
Adelphi Student Tickets: $5

DANCE

SPRING DANCE ADELINE:
April 19 - April 23
Various times • Olmsted Theatre
Adelphi Student Tickets: $5

SPRING DANCE ADELENPHI:
April 19 - April 23
Various times • Olmsted Theatre
Adelphi Student Tickets: $5

STUDENT RUSH TICKETS
one hour before most performances, including guest artists, full-time Adelphi students are eligible to get a Rush ticket at no cost. Arrive prior to the performance with your Adelphi ID, get in the Rush line and receive one remaining unsold ticket. Subject to availability. Not available for every performance. Cannot be reserved in advance. Rush tickets will stop being distributed 10 minutes before the start of the show, so get your tickets early.