



Adelphi School Safety Measures Increase in the Wake of Recent School Shootings

BY MATTHEW SCHROH

College campuses can be a much scarier place than they were only a decade ago. In previous years, college students could walk from class to class without the question of safety ever passing through their head. But we live in a different time, and in the wake of horrific gun violence, such as the recent shooting in Thousand Oaks, California, students may be a bit more preoccupied with questions about what to do in emergency situations.

This is where Adelphi's Public Safety Department comes in. They have been diligently working to make sure that the unthinkable never happens, and if a shooter situation does ever occur, Adelphi will be ready to stop it.

"Preparedness culture has always been here, but maybe people don't realize it," noted Michael McGuiness, supervisor of emergency management and training. "We have an ongoing investigation program where we go around training ... we've started to institute a series of drills, which consists of lockdown drills, testing our notification process within our department, and public warning throughout the campus."

The department has had a busy year implementing various new measures to ensure that school safety is at its absolute peak.

"A lot of the things we're doing here aren't necessarily policy-related as much as procuring new equipment, training and installing new security," McGuiness said.

"We have installed new locks in the classrooms," Robert Hughes, executive director of Public Safety said. "Cross bars have been retrofitted with new locks. People from the inside can get out, but people from the outside cannot get in."

These new locks have come with instructions as well, in case students, faculty or staff are unsure of how they are implemented. "There are decals on the door that also tell you how to lock a specific lock," Hughes added.

Much of this change was done over the summer. However, summer was not the end of the Public Safety's desire to make Adelphi as safe as possible.

"We have a new alert system that is still in development, but is getting close to rolling out," McGuiness said. "The new



This is the alert beacon students will hopefully notice in buildings around campus. It is pictured in its normal, inactive state, but will blink red in the event of an emergency.

system will focus on a beacon where we can instantly send out a message from our command center."

McGuiness said the result of this new system should be a much quicker reaction time. Getting notifications out through the current system, the Rave alert system, only can cost valuable time in the event of a school shooter.

"By cutting down that time and hitting the button in our command center immediately, the desired effect is it will have people lock down faster," he said.

"If we get word there is an intruder on campus, we will press a button and it goes right to the alert beacon and the Rave system – 12,000 users at this time," Hughes added.

Another preventative measure is handling emergencies in the event there is a tragic occurrence. Because blood loss is the leading cause of preventable death in multiple casualty events like mass shootings, students, staff and faculty members can learn to utilize Stop the Bleed kits in the event of an emergency. These kits include gauze and other emergency supplies.

"In the event of an active shooter or hostile intruder with numerous injuries with bleeding, we've undergone training now along with health services use Stop the Bleed kits," Hughes informed. "Training is ongoing."

In fact, Health Services is offering a Stop the Bleed training on December 11 from noon to 2 pm in Campbell Lounge. Pre-registration is required and is limited

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Annual Media Career Expo Offers Positive View of Communications Industry and Hands-on Advice

BY ALEXA ANNESE

More than 70 students and professors turned out for the Fifth Annual Media Career Expo held in Blodgett Hall on Wednesday, November 28 to hear six recent Adelphi Communications Department graduates share their success stories with current students. The event was co-sponsored by *The Delphian* and the Communications Department.

The event began with the rejection of a widespread common belief often told to prospective communications majors: "There are no jobs in communications." Liza N. Burby, the moderator of the event, as well as a senior adjunct professor in the department, was quick to confront this perception as false.

"There are always new jobs being created in this field, and there is always work for those who learn how to navigate the job search process," she said. "All the panelists here today are proof of that, and they're going to share what worked for them."



The Career Expo took place in Blodgett Hall, Room 109. The panel is from left: moderator Liza Burby, Kristen Sullivan ('14), Andrew Ryan ('16), Sam Rappold ('10), Damian Geminder ('11), Leslie Fazin ('10) and Nefertiti Anderson ('12). Photo by Thomas Campbell

The six speakers echoed the positive outlook as all graduated within the last eight years and all are employed in their chosen field. Nefertiti "Neffy" Anderson ('12) is a broadcast journalist, video producer and social media strategist for the television network, Black Entertainment television (BET); Leslie Fazin ('10) works at Canon USA, Inc., as a copywriter and marketing specialist; Damian Geminder ('11) is a communications coordinator and editor for nonprofit organizations Feminists For Life and Life Center of Long Island; Sam Rappold ('10) is founder of his own production company, Loose Gear,

LLC; Andrew Ryan ('16) works for News 12 Long Island as a news photographer, editor and truck operator; and Kristen Sullivan ('14) serves as an assistant internet news manager at newsday.com for the travel and general lifestyle sections.

How did they get here and what are their tips? All six speakers agreed that experience is everything. Often students find themselves unable to get past the interview process due to lack of experience compared to other competing candidates. The question becomes: How do I get experience when I cannot get experience without experience? The panelists said start small by making your own opportunities where you can and joining related clubs or organizations that could help get you closer to your end goal.

Since freshman year, Anderson said she created buzz within the Center for Career and Professional Development, where she created her own position as an interviewer at events. While simultaneously helping the office, she was able to gain material for her reel, which is how she got her full-time position at BET.

From 2010 to 2011, Geminder was editor-in-chief of *The Delphian*. He said his experience working on the newspaper helped him get admitted into the CUNY Graduate School of Journalism.

Burby asked the panelists about the benefits of working for a lesser known company versus a large company. Fazin, who worked for a few years as a communications associate at Whitsons Culinary Group before moving to Canon, explained that working for a smaller company or school-related communications jobs gives you the opportunity to complete a lot of

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A Word from the Editor

Happy Holidays from *The Delphian* staff! I would like to take a moment to thank everyone who has contributed to the paper this semester and putting together some special issues. I'm sure everyone is studying hard for their finals and preparing for the holidays, but I encourage you to take a break and read this last issue of the semester.

In News, look at the updates about the University Center renovation schedule. Since we last spoke, the Communications Department and *The Delphian* held our Fifth Career Expo, which included a panel of six recent Adelphi alumni. Read about what they had to say about their experiences at Adelphi and throughout their career paths thus far. Feel safer around campus after reading about the new locks that Adelphi Public Safety has installed on classroom doors to protect students and faculty. Also, learn about an event that took place on campus in the Performing Arts Center that showed the work of the talented authors and artists throughout Adelphi.

In the Features sections, we cover a wide variety of activities taking place on campus, as well as offer some advice. Delta Chi Fraternity hosted an event to raise money and awareness for cancer research. Find out the many ways Adelphi is becoming a more diverse and welcoming community. We also offer stress relief for finals and a great list of Netflix holiday movies that will help—and an article about what to do during break. There's an article about an Adelphi student who won the Mr. Philippines title and you can learn about three "Prestigious Panthers" and their Adelphi spirit. There is much here for you to learn about so use some of that time over break to read *The Delphian*.

In Editorials, read about Supreme Court Justice Ruth Bader Ginsburg's impact and inspiration towards females. A fan of "Saturday Night Live?" You'll appreciate how actress Kate McKinnon plays Ginsburg and shows her advocating for women. And read about how Broadway represents the LGBTQ+ community.

In the Sports sections, learn about men's soccer player Ofek Pinto, who served his country before coming to the United States to compete in collegiate soccer at Adelphi. Also, take a look at IMPACT member of the women's basketball team and her experience as a Panther. The men's soccer team finished their season in the NCAA quarterfinals; read about their journey throughout the 2018-'19 season. Lastly, learn about sophomore field hockey Danielle Kempf and how she is different in the classroom than she is on the field.

Thank you, everyone who worked hard to put together and read this semester's issues of *The Delphian*. Have a safe and healthy holiday season!

-Nicoletta Cuccio
Editor-in-Chief



Editor-in-Chief
Nicoletta Cuccio

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Delphian Advisor
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Earle Hall Media Center
One South Avenue
Garden City, NY 11530

HOW TO REACH US
Main Office: 516-877-6935
E-mail: delphian@adelphi.edu

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Annual Media Career Expo Offers Advice

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different tasks, as opposed to specialized roles that one would have in larger companies. Ryan added that starting at a smaller company can lead to larger experiences, and they help people weed out what their strongest skill sets are.

Another point Burby brought up was the confusion students have when told they should network but aren't sure how to go about it. Anderson provided an interesting perspective on the value of assignments for class.

"It is very usual to see assignments for what they are, just a means to a grade. However, assignments can be work samples to show future employers," she said.

Sullivan recommended the informational interview through which you contact someone you'd like to work for, even if there's no job opening, to ask them to meet to share information about their role within their company.

Sullivan took the time to pursue her graduate degree in media management at the New School. Reflecting on her experiences at her internships at the Long Island Lizards and Nickelodeon, she stated, "You do not have to be the smartest student or in the top school. It is about reaching out and your work ethic."

Panelists agreed that this idea of advocating for yourself and creating your own opportunities is the way out of this temporary frustration. Rappold said, "People will help you because it means you will help them too"

Burby said she was pleased with the Fifth Annual Media Career Expo. "Every year I look out and see how engaged the audience is in what the speakers are sharing about their career paths and it validates for me the continuing need for our students to hear from their peers who were most recently in the process of launching their own careers. Also, it's exciting to be able to see how far our graduates have come in such a short time."



A networking session after the Expo gave students the opportunity to ask panelists like Nefertiti Anderson (foreground) for career advice. Photo by Thomas Campbell

Nicoletta Cuccio, editor-in-chief of *The Delphian*, added: "The Expo provides many Adelphi students with an opportunity to learn about Adelphi alumni and the paths they took to get to their career. Each of the individuals were unique in their own way and showed passion and pride in their crafts. It was pleasing for me

to hear three of the panel members who are ex-Delphian members talk about how being a part of the paper helped prepare them for their future. I would like to personally thank the panelists for their time, energy and passion; as Adelphi Panthers, we appreciate learning from their experiences and advice."

UC Farewell Party: Saying Goodbye for Now

BY LAUREN MANGIAFRENO

In 1972, the Adelphi University Center was dedicated in honor of Ruth S. Harley '24, an Adelphi alumna and professor. Since then, this geometric brick building has been the student hub on campus, as well as the location for countless memories. All three floors include facilities that students can utilize, including eateries, club meeting spaces, the ballroom and faith center.

The University Center (UC) was set to start renovations at the end of this semester. The new renovations would include classrooms, expanded seating areas and more dining options. In anticipation of the changes, the Student Activities Board (SAB) hosted a UC Farewell Party on Tuesday, November 27 to say farewell for now before the UC closes for the renovations. SAB Entertainment chairpersons Olivia Franks and Sarah Byrnes oversaw this event that had 135 attendees.

"I came up with the idea last semester while attending an awards ceremony in the UC Ballroom last year," Franks said. "It's hard for me to imagine the Adelphi campus without a full-functioning University Center, so I thought one last event in the pre-renovated UC Ballroom would be an appropriate way to say goodbye for now."

The UC Farewell Party was an event full of reflection and celebration. As students walked into the UC Ballroom, they were greeted with a free reusable portable cup full of Hershey's kisses. There was also a cake that read "UC Farewell Party 2018" and ice cream. While music played, students were able to write down their favorite memory that they experienced in the UC. These memories were collected in a large time capsule that will



Student Activity Board is seen putting on a fantastic event. (From left Adam Robinson, Sarah Carbain and Brianna Thomas) Photo provided by Jule Dieuvel

be sealed, preserving the memories to be opened in the future and so future Adelphi students can get a glimpse into the many memorable moments that took place in the UC.

During the event there was a slideshow showing pictures starting from the 1970s until present time. This slideshow displayed that although the clothing styles and fads of students have changed, the University Center has been a consistent location for all of it.

Adam Robinson, vice president of Student Activities Board said, "The UC Farewell Party is a celebration of all the memories it has gathered since it was built in the 70s. The University Center shares a special place in every student at Adelphi. Whether that is bid day for the Greek Life organizations, attending SAB's annual Halloween Party or CSI's Holiday

Party, each student has had a direct interaction with this building. The UC is going to be missed greatly, but the memories will live in the Time Capsule that we had at the event. The University Center will never be forgotten."

On November 30, just a few days after the party, the entire Adelphi campus received an email stating that the University Center would stay open until commencement 2019 and then will be under construction. Therefore, we will have the original UC for a few more months. Until May, students can still see, experience and relive memories before the new and improved building is underway. Although the UC will look completely different with a whole new layout and furnishings, the memories will never fade.

UC Construction Postponed

BY MATTHEW SCHROH

A few months ago, *The Delphian* discussed the upcoming renovation of one of Adelphi's most recognizable structures – its iconic University Center (UC).

This construction is still happening, but the plans have slightly changed: instead of its estimated January/February 2019 start date and hopeful December 2019 completion, the UC will not begin undergoing renovation until the summer of 2019. At the very least, the school has decided to wait until after the commencement of the Class of 2019.

"We have reconsidered our construction timeline and decided to update the plans in order to keep the UC open and operating normally until after our Class of 2019 Commencement on Sunday, May 19, 2019," James Perrino, executive vice president of finance and administration announced in a news bulletin.

This means that the UC will remain open throughout the upcoming spring semester, and the first full semester students will be seeing notable construction will likely be the fall term of 2019.

The estimated timeline is unclear now, but in this bulletin, Perrino said that he "will share a fully revised timeline" with the Adelphi community "in the coming weeks to reflect this update."

This change will not necessarily be detrimental to many students. Either way, the University Center would have been renovated – all that has changed is the schedule. Students should eagerly await a brand new, renovated UC, but should also anticipate Adelphi's characteristic care and compensation as the administration makes sure no student will be suffering through the limited access to the UC.

Adelphi School Safety Measures

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to 50 participants. There will be other trainings next semester. To register, visit <https://health.adelphi.edu/stop-the-bleed/>.

Stop the Bleed kits are currently in public safety vehicles, as well as in public places on campus—including the Adelphi University Performing Arts Center, the Center for Recreation and Sports, Swirbul Library, the Nexus Building, Levermore Hall, and, as part of the upcoming expansion and renovation, in the Ruth S. Harley University Center.

Fortunately, the department has found very little difficulty in going about accomplishing its safety aims. "Faculty Senate was very instrumental in coordinating and cooperating ... the administration is very supportive of these projects to make sure it's the most possible safe environment," Hughes said.

The importance of knowing this system cannot be understated, and fortunately, anyone at Adelphi can take part in

learning.

"We have an emergency operations plan that is available to all students, faculty and staff," Hughes said, while stressing the significance of Public Safety's webpage on the Adelphi website. "It's something everyone should be looking at; there is a whole lockdown procedure."

Additionally, safety videos and training can be accessed from the site. McGuinness and Hughes made it clear that the Public Safety Department was open for anyone who felt they wanted to learn some training.

"It's good to get the word out," McGuinness said. "Learning safety protocols and emergency training is vital to making sure people know, at least in the back of their minds. Adelphi must be ready to stand strong against anything – though it cannot be unspoken that the threat is one no one on campus actively hopes to face."

"It really is good training," Hughes noted. "Hopefully, we never need to use it."

Quality on Display at Authors and Artists Reception

BY MATTHEW SCHROH

On the second floor of the Performing Arts Center, students and faculty were able to roam from painting to sculpture to book, marveling at the talented creations of so many of Adelphi's most gifted at the Authors and Artists reception on December 3.

The Adelphi Authors and Artists Exhibition is an annual tradition sponsored by the Office of the Provost, the Senior Vice President for Academic Affairs and Adelphi University Libraries. It showcases recently published and artistic works submitted by faculty, administrators and staff through December 2018.

Impressive content was on display, ranging from sculptures to paintings, and from books to articles. The newest and most striking work Adelphi had to offer

was available for the full viewing pleasure, as patrons coolly sipped cocktails and nibbled at the light hors d'oeuvres. It was an event comparable to a cultural celebration.

"It was a great turnout," said Megan Haffey, one of the event's workers. "We had lots of people enjoying and viewing the different exhibits."

The work on display was not limited to the students – in fact, much of it were creations of Adelphi faculty members, including newly-written books and journal articles, as well as impressive paintings.

The event was a success, with patrons arriving at 4 pm and lingering until the event's official end an hour and a half later, fully immersed in the artistic experience.

"It was a nice way for the faculty to see each other's works," said Ruth Mitrano of the event staff. "I think everyone enjoyed themselves."

La Candela II: West Hempstead's Four-Star Peruvian Restaurant

BY TATIANA P. RAMOS

Long Island has several Peruvian restaurants, more than 50 to choose from. This isn't surprising since Peru is known for having one of the greatest cuisines in the world, especially for its famous ceviche, a raw seafood dish. But Peru gives more than just seafood. Their cuisine ranges with dishes that originated in the mountains to la Selva - the jungle.

One of the many spots to try Peruvian food is in West Hempstead, where owners Elizabeth and Elvin Paulino are succeeding in bringing many diverse customers to their restaurant, La Candela II. It started small, with a couple of tables, but once business increased, they expanded.

On my visit there, in just five minutes after I was seated, the waiting line was out the door. Their dining room was small, just enough room for the waiters to walk back and forth. However, the tight space created a friendly environment. You could observe many face-to-face interactions: brothers and sisters bothering each other, and parents with their little ones swinging and humming to the rhythm of the music provided. Music tended to be a salsa or a

traditional Peruvian song like upbeat musica negra or cumbia and musica criolla, which is often more soothing.

Waiters started by recommending Peru's symbol drink, Pisco Sour, which I wouldn't advise if you're driving. It's a strong drink that contains only Pisco, which could be compared to vodka, and is combined with sweet juices that get rid of the strong taste making it far too easy to drink. Peru's famous, Inca Kola, a yellow, bubble-gum flavored soda, is usually the to-go-to soda. If you're not much into soda then their homemade punch, Chicha Morada, is also a good try. It is a sweet drink made from purple corn, pineapple scraps, apples and lemons. However, their bar consists of many different cocktails of your choice.

I came in with an empty stomach ready to order everything on the menu, though if you don't have a big appetite, a starter plate would be just enough. The starters open with anticuchos, a flat, chewy, grilled beef, marinated in a mixture of aji panca, which adds the earthy flavor of dried chili pepper, served with a side of potatoes and aji, the green sauce that adds spice to the dish. I probably shouldn't say this because it might scare

readers from trying anticuchos, the cow's heart. Don't judge until you tried it. The appetizer section is not just meats, but also chicken usually served with potatoes in several ways. La causa de pollo is boiled potatoes mashed and mixed with salt, lime and their traditional ingredient, aji amarillo, the element that gives many of their dishes their yellow color. The chicken gets mixed with lemon and mayonnaise, which provides its creamy texture, stuffed between the potatoes like a sandwich, making it a light and refreshing cold appetizer to enjoy.

Their main dishes consist of pasta, rice and meats. If you desire a plate close to a Chinese taste, I recommend a tallarin saltado, a sweet stir-fried noodle mix with soy sauce, served with vegetables or vegetables mixed with chicken or beef. For my entree, I went for the Lomo Saltado, a stir-fried dish that combines marinated strips of steak with onions, tomatoes and French fries, all cooked with aji amarillo, white vinegar and soy sauce to add its sweet taste (just a touch of it though). I say it has a flavor of Chinese cuisine because the ingredients reflect - and the recipe is influenced by - Japanese and Chinese immigrants who brought their foods from their home coun-

try to Peru to be modified with Peruvians ingredients.

Guaranteed you'll be full in at the end. However, you can't leave until ordering dessert; it's totally worth it. I'd recommend the rice pudding, which is not just any pudding. It has a creamy, sweet flavor topped with cinnamon powder: it's Arroz con leche, Peru's version of rice pudding.

Overall La Candela II was a great experience, from its waiters to its cocktail drinks and their dishes. The price is affordable for a Sunday family dinner gathering. The appetizers range from \$6 to \$16. The entrees range from \$13 to \$23, depending on if you want meat, pasta or seafood.

It is the ideal place to go to feel a little close to home if you're Peruvian. If you've never tried Peruvian cuisine, then it's the perfect place to start. The restaurant opens every day at noon, except on Sundays when it opens at 9 am for breakfast. It closes daily at 10 pm except on Fridays when it closes at midnight and on Sundays at 9 pm. The restaurant is located at 205 Hempstead Tpke, in West Hempstead. If you want to make reservations or have any other questions, including about dietary needs, call 516-307-9891 or visit their website, www.la-candela-ii.negocio.site/.

Venom or Venomous to the Eyes?

BY RAMY JOORY

Sony's Marvel Universe, "Venom," featuring Tom Hardy and Michelle Williams and directed by Ruben Fleischer, was released in October. The movie, with a runtime of 2 hours and 20 minutes, was entertaining overall, but was not without its flaws.

The movie focuses on symbiotic alien lifeform samples that were recovered from a distant comet and how they come to earth via a crashed research rocket sent by the character Carlton Drake (played by Riz Ahmed). Once the four lifeform samples reach earth, one of the lifeforms (Riot) manages to escape the container it arrived in and slowly finds its way around by transferring itself from human to human. Meanwhile the other three lifeforms are transported from the crash site to Drake's lab where they are immediately experimented upon, first with animals, then with humans. The lifeforms up until this point were killing every animal and human that were experimented with it. One of the researchers who worked at Drake's lab is unhappy with what is going on, so she finds the main character, recently fired reporter Eddie Brock (played by Hardy) and takes him to the lab for him to witness the events that have been happening there. While there one of the life forms bonds with Brock and eventually becomes Venom.

The three things I usually enjoy and criticize most about Marvel and other comic book "superhero" based movies are the action scenes, the character development and the plot. However, in "Venom," I thought all three of those areas were lack-

ing. The movie has a relatively long and winding introduction that does not really establish many good or memorable traits for the main characters. Towards the end, Venom (the symbiote alien life form) essentially says to the main character Eddie Brock that his character and personality was so good and wholesome that it convinced Venom to change his entire viewpoint on earth. But I felt that did not really make sense to me because I didn't think the character had displayed any wholesome traits in the introduction or even throughout the whole movie. The movie also did not have very many memorable action/fighting scenes compared to other related movies. I felt there were only two memorable ones in the whole movie and one (the main action scene) felt extremely short and rushed and was placed right at the very end of the movie.

Further, the movie storyline does not match that of the original comic books. One of the most prevalent inaccuracies is that in the comic books, the alien lifeform firsts successfully bonds with Spiderman before eventually bonding with Eddie Brock. But in the movie, the lifeform bonds with Brock first and there is no mention of Spiderman. A lot of major comic book fans were probably disappointed in Sony's direction with character and storyline, but they aren't a significant portion of the total audience.

Overall, while it was certainly not the absolute worst of its genre, I would most definitely not consider "Venom" to be on par with most previously released Marvel movies, such as "Iron Man" because of the weak plot and the lack of action scenes. I give the movie a 3 out of 5.

We Waited and He Delivered: Tha Carter V Arrives

BY GIUSEPPE LODUCA

After a long and highly anticipated five years, Tha Carter V is finally here. Lil Wayne's twelfth studio album will finally be in the hands of the millions of "Weezy" fans who have long waited for this day to come. Wayne originally announced in 2012 that the fifth installment of Tha Carter Series was coming and could possibly be his last album. After finishing the album in 2014, the legendary rapper hit a major roadblock with a public fallout with mentor Birdman, who is the CEO of the label Wayne is signed too. Contractual disputes and refusing to release the album amidst seemingly holding the rapper's career hostage finally came to an end early this year. The matter was settled in court and Lil Wayne was free from his contract and was set to release Tha Carter V.

Despite the long drought and lengthy drama, Wayne hasn't lost a single touch of the amazing talent he displayed over the years. Through the album, we can see the influence and style he has paved for the artists relevant today. With the likes of notable features such as Travis Scott, Kendrick Lamar and Nicki Minaj, they help to add to the already infectious flows, moods and lines. Wayne shows off his witty and goofy liners while also bringing varying emotions from song to song. Tracks like "Don't Cry" and "Used to" highlight the heartfelt side of Wayne that reflects on many issues like faith, depression, his kids and many more emotional aspects of his

life. We also get the fun and upbeat Wayne on songs like "Uproar" and "Let it Fly;" no one can deny the energetic element they bring. We also see a R&B-style track with Nicki Minaj who meshed very well on the song with Wayne. Their harmonizing and switching to a different mood vocally was a very creative and unique melody to listen to. The typical auto-tuned Wayne that we are used to hearing over the course of his career was dialed back in this album. We still get the signature crackly and raspy Wayne on many tracks, but with a more distinct and soothing voice. Signature nostalgic styles like clever repetitive word play and funny lines helped to contribute to the wide range of emotions that was created throughout the whole album.

After five years it was expected we would receive a longer album. Lil Wayne typically delivers projects that range from 14 to 23 songs. But with the wait fans knew they would be getting a good chunk of quality tracks. Ninety minutes and 23 tracks is what we were given in total. Although expected, there were a few filler tracks that definitely seemed rushed or lazy. However, it was overshadowed by the amount of quality and consistent tracks that Wayne gives us.

Tha Carter V highlights Wayne's ability to still make quality music that is still influential. One thing this album has proven is that he still has plenty of it left to give. We hope it won't be his last and that we continue to hear amazing music from the legendary Louisiana rapper.

Most Wonderful Time of the Year to Binge Watch

BY JACLYN TRACY

It is now the beginning of December, which means one thing: it's officially the most wonderful time of the year. Ice skating rinks are opening, Christmas trees are going up, houses are being lit up with holiday lights—and Netflix has officially added to their collection of holiday movies and shows to binge watch all winter.

As soon as you enter Netflix, the top category that comes up is "It's Beginning to Look a Lot Like Netflix." The movies and shows featured range from Christmas classics, such as "The Grinch" to brand new 2018 Netflix Originals, like "The Princess Switch" starring Vanessa Hudgens.

There are so many movies and shows to watch that they are even further broken down into separate subcategories such as Popular on Netflix, Trending Now,



Movies for ages 3 to 4, New Releases, Netflix Originals, Comedies and Top Picks, based on your watching history.

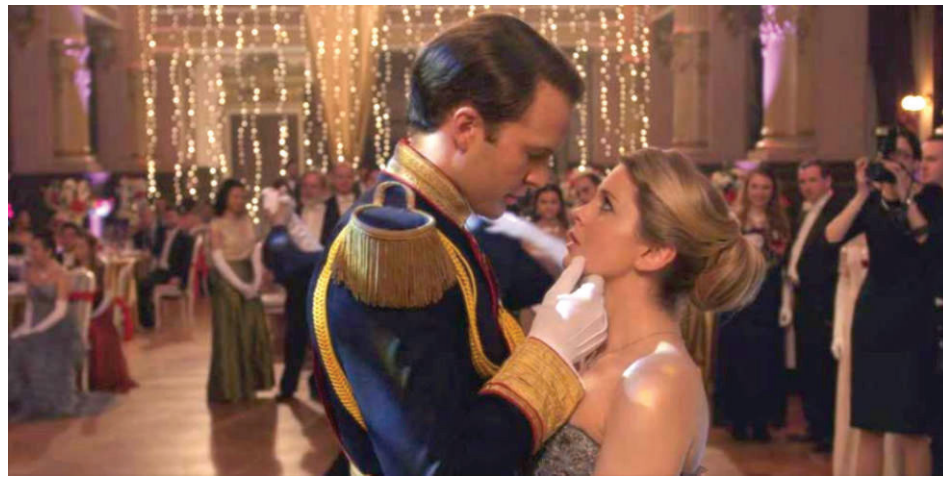
Hannah Mansi, a senior nursing major, looks forward to watching holiday movies all year since she was young.

"I remember my mom showing me the Hallmark Christmas Countdown movie list when I was in second grade and ever since then every year, I always get excited to watch all the different movies. With Netflix, there's an even bigger variety and you are free to watch them whenever you want, plus there's always something new to watch," she said.

Of the popular titles are "The Christmas Chronicles," a 2018 Netflix original where two siblings, Kate and Teddy Pierce, make plans to capture Santa Claus on Christmas Eve. When their plans go wrong, they join forces with Santa to save the holiday before it's too late. This film was given a 7.5/10 rating on IMDb and 97 percent of Google Users liked this movie.

Other standouts in the popular section are "Love Actually," "Christmas Inheritance," "The Holiday Calendar," "White Christmas," "Dear Santa," "A Dogwalker's Christmas Tale," "Bad Santa," "The Nutcracker" and "Santa Paws."

In the trending section, one of



A great movie to watch during break is the Netflix Original A "Christmas Prince."

the first movies that shows up is "Christmas Wedding Planner," a love story about a lady who falls in love with a private investigator while planning her cousin's extravagant and lavish holiday wedding.

"A Christmas Prince," a Netflix original movie about a young journalist who travels to a foreign country and ends up finding love with a mysterious prince just in time for the holidays, is also in the top featured. This is followed by titles such as "Christmas with a View," "A Holiday Engagement," "Christmas Crush," "Mickey's Once Upon a Christmas," "Miss Me this Christmas," "48 Christmas Wishes" and "Dear Santa."

Amanda Baptiste, a junior English major, said she is super excited to go home for the break and be in the holiday spirit with family and friends. "I think that for many of us, after working so hard all semester, a winter break is exactly what we need. I can't wait to be home and watch all the movies that I can, I already have a few I put on my list that I plan on seeing," she said.

One thing is for sure, with this year's Netflix holiday and winter movie selection, there is truly something for everyone, whether it be romance, comedy or even just an on-screen fireplace for your home for holiday parties. Happy binging!

Finals Stress Managed by Proper Rest and Focus

BY CHRISTOPHER ALVAREZ

How should a student manage finals?

Finals week is a stressful time for any student. Unlike midterms, where students are still somewhat fresh, and failure isn't permanent, finals are the proverbial finish line. Students are already stressed out and tired from all their work throughout the semester, and the final exams are just around the corner. Many students see this as their "do or die" time. Here are some tips to make it through.

Do you procrastinate much? It turns out that some procrastination is a good thing. According to Elizabeth Cavanaugh, the clinical social worker, counselor and triage coordinator in the Student Counseling Center at Adelphi, the urge to procrastinate comes from the natural need of a brain to have some rest and "a student's brain must have a break sometimes."

Cavanaugh said, "You must listen to your body's cues. The body naturally wants a break from all the stress-inducing work, and some rest does good in helping one to be prepared. Students can do something relaxing, like watching Youtube/Netflix or reading recreational books."

She suggested that students plan out a schedule of study and rest in order to keep the resting time organized.

On the topic of studying and focus, Cavanaugh said, "If you're working in a chaotic environment, your brain can't focus."

She instead suggested that students study in a place with little to no distractions, like a library.

Skyler Tuminelli, a freshman biology major, said she likes to study in a clean, private area. "I like to clean the area where I will be studying, because it gives me a clear mind space and it helps me feel organized and focused."

Maria Mayorga, a junior communications major, believes giving oneself mandatory breaks in between studying stops the burn out.

"Relaxing could be getting up and stretching for a couple of minutes every now and then or even going out for a quick 30-minute coffee break with someone," she said. "I believe that it's important that students give themselves a quick breather every now and then during the process. But it's also important that you don't get completely distracted and end up spending most of your study time taking a break!"

Logan Tuminelli, a senior psychology major, believes that "time management is huge" and that "leaving everything to the last minute is destined for failure." To her, it is important that study time is scheduled and organized.

For additional help with stress management, for midterms, finals and other stressful situations, the Student Counseling Center is more than ready to help. They offer individual counseling, group counseling, couples' counseling and psychiatry. They are in the Ruth S. Harley University Center in Room 310.

Don't Give Up, Don't Ever Give Up!

BY WILLIAM BIRD

These words were etched in history on March 4, 1993 by Jim Valvano, the late North Carolina State head basketball coach who lost his fight to metastatic adenocarcinoma. On November 28, the Delta Chi Fraternity hosted its Fourth Annual Swim-a-Thon to benefit its philanthropic organization the V Foundation for Cancer Research, raising over \$550.

The event itself takes place in the Adelphi swimming pool just below Woodruff Hall. Brothers signed up to participate and for each dollar raised by students in the stands, a brother had to swim the equivalent additional lap.

Delta Chi has had a longstanding relationship with the Adelphi Division II men's swim team. In the fraternity's five years on campus, over 10 brothers have been on the team. This includes current brothers Eian Mckee and Zackary Vreeland who suit up and compete for the Brown and Gold, as well as alumni who were once a part of the team.

This long and growing history between the two has developed into a yearly event that translates into the pool. Founded in 1993 just prior to Valvano's passing and just a month after delivering his famous speech, the V Foundation for Cancer Research was created with one goal, to achieve victory over cancer. With over \$200 million in donations since its creation, the V Foundation for Cancer Re-



Delta Chi celebrating a very successful swim-a-thon. Photo by William Bird

search has worked endlessly to trump the threatening disease.

Allen Vakhler, the current vice president of Delta Chi, said of this year's Swim-a-Thon, "The event was a huge success. We raised more money than ever before, and the brothers' enthusiasm was unparalleled."

As I currently serve my senior year as the president of Delta Chi it's a healthy reminder of what Jim Valvano once stated and what we are here for. Everyone has been affected in some way by cancer, whether it may be a friend, a relative or a family member in their own home and the toll it takes. But when these events are put together to help a cause it helps you forget the sadness even just for a few moments. No matter the scale or size of the event it helps you discover the beauty in people coming together in a search for new hope.

Don't give up. Don't ever give up.

SARAP Student Wins Mr. Philippines Title

BY ANNAMARIE WONG

The Student Appreciation and Recognition of Adelphi Pinoys (SARAP) recently participated in an event called Mr. Philippines through an organization in the Filipino District 3 community that sends a representative to participate in a male pageant. The event took place on November 18 at Columbia University. The purpose of the contest is to celebrate the Filipino culture and to show off the many talents of the men of the community. Mr. Philippines consists of a group number with all contestants, a barong walk (a barong is an embroidered formal shirt worn by men and it is considered the national dress of the Philippines), a cultural skit, a talent portion and then asks the top five participate in a question-and-answer portion.

SARAP's representative was James Perez, a senior nursing major who is also the co-president. He worked hard on his performance. His cultural skit was a story about a father in the Philippines and a son in America. Their story shows how different their lives are, but they still carry the same values with them. The talent portion showed a bit of Perez's guitar skills, as he played a part from the movie "August Rush." He did a stepping routine, continued with a hip-hop dance performance to the song "Runaway Baby" by Bruno Mars, and finished off with an electric guitar solo

behind his head.

The crowd went wild, and the judges loved his performance. When Perez made it to the top five, SARAP burst into cheers. His question was, "Can you tell me why Filipino American history and ethnic studies are important and how you, as Mr. Philippines would advocate for both?"

Perez responded: "I believe that both the historical impact that Filipinos have and the ethnic studies that are done is very important to Filipino Culture. Historically, we had 260,000 soldiers who fought for America. Not only that, but we are the second biggest Asian population in the United States. With the great force that we have, we can use that and show people what Filipino culture is all about. For advocating for this issue, I would start with my own club, SARAP, and that it's important to connect with others and that our connections brought us together in this amazing community we have around us today. We have to remember that we are all under one nation, and under one sun."

From this answer, SARAP knew in Perez had already won. When the results finally came, they announced that James Perez from SARAP has won Mr. Philippines 2018. It was an exciting win for our club, especially for being a small club not only at Adelphi, but in the District 3 community. From this, we will always be so proud of our co-president Perez.

"Winning Mr. PI was definitely



Perez playing his winning talent portion performance. Photos by Adrienne Lontok

an indescribable, grand experience," he said. "After about two months of preparing for this competition we were able to show the cultural and talent portions of our routine that my team and I worked so hard on. The audience and judges loved every bit of it, which made me feel so happy in ways I couldn't explain. Receiving the title of Mr. PI, to me, means that I was able to show what I thought was important to Filipino culture in a way that touched people's hearts. Our hard work, sense of community and family, and being humble while re-

membering our roots, were the key points that I believed were important in our culture. On a personal level, becoming Mr. PI showed that I was able to push myself out of my comfort zone and do things I would never have imagined before saying 'yes' to participating in this competition. It was a grand experience and a journey of personal growth. I will never forget this moment in my life along with the people that have supported me throughout this entire adventure."

Meet the Prestigious Panthers: The Voices of Adelphi

BY CHRISTOPHER ALVAREZ

October 13 was a prestigious day for three students when Adelphi University's Spirit Court hosted its first Spirit Weekend, in which the king and queen of said court handed over the "reigns" to a group with a new title: the Prestigious Panthers. Out of 14 candidates, 10 were chosen to sit on the Spirit Court. The top three winners were chosen at the Panther Carnival, announced by Adelphi's President Christine M. Riordan. They are Lauren Mangiafreno, Ernesto Marcano and Nicole Zisa.

Marcano, 21, is a nursing major from upstate New York. His first plan after graduation is to pass the NCLEX nursing exam and become a registered nurse. After working for a year or so, he plans to further his education and get a masters' degree in healthcare administration. His advice to future Adelphi students is to get involved if they want a great experience and reap everything the university has to offer.

"As soon as a student gets involved in one or two clubs, they'll be surprised at all the opportunities that will open for them," he said.

While he didn't think that the actual title of a Prestigious Panther was important for him, he added "The mere recognition of the Adelphi community has been more than enough."



From left President Christine M. Riordan, Nicole Zisa, Ernesto Marcano and Lauren Mangiafreno. Credit adelphicsi on instagram

Zisa, 21, is a psychology and criminal justice major from Wayne, New Jersey. She said she believes that involvement at Adelphi allows students to step out of their comfort zone and find what keeps them grounded.

"Being involved on Adelphi's campuses can help one find their family at Adelphi, by helping them find their passions, and people who share them," she said, "which is good because they help you find what keeps you sane amidst the craziness of school."

Zisa said it meant a lot to be recognized by the president of Adelphi and become a Prestigious Panther. She added, "I'm nervous, but excited to graduate, and feel I got everything I wanted out of Adelphi."

Mangiafreno is a 21-year-old senior from Lido Beach, New York. For her, being a Prestigious Panther validated her growth as a person.

"Graduation is bittersweet. Being the first person to graduate from a four-year university in my family, I feel honored to

have achieved that accomplishment," she said. "I will miss the people at Adelphi the most."

For the immediate future, however, Mangiafreno will stay in Adelphi to finish her MBA in accounting and to study for the CPA exam so she can work as a tax accountant. She said to future students that "getting involved in campus is not just a way to add to your resume; it's something to add to the memory of one's life. Make these four years into years of fun, because once they are gone, they will never come back."

These panthers also have words of praise for each other. Marcano praised Mangiafreno as a "ray of sunshine" for himself and the Adelphi community. He sees having served as an orientation leader alongside her as a great pleasure. Mangiafreno likewise said she had pleasure of being an orientation leader alongside Marcano and Zisa. The latter credits both for pushing her to be better at what she does.

These three students have worked hard alongside each other and have helped each other and the larger Adelphi community. Their advice is something all Adelphi students should really consider, especially when trying to get the best out of university life. These students have more than earned the title of Prestigious Panthers. Who will be the next generation of Prestigious Panthers?

Adelphi's Transforming Itself into a Diverse and Welcoming Campus

BY ASHLESHA PANDIT

Like many other institutions of higher learning, Adelphi University has been persistently working towards achieving its goal of maintaining a safe, diverse environment for everyone on campus. This year and fall 2016 were the most diverse in our history to date: 2016 with 47.7 percent students of color, followed by 46.3 percent in 2018. The current overall student body, undergrad and graduate, is the most diverse ever, according to the Office of Research, Assessment and Planning.

Further, Perry Greene, vice president of Diversity and Inclusion, said the percentage of newly hired faculty of color for 2016- '17 was around 45 percent. In 2013- '14 the percentage of newly hired faculty of color was 27 percent. This is due in large part to leadership in helping departments structure and conduct searches in ways to increase the numbers of diverse candidates.

"Recruitment is just the first step," Perry said. "As important is creating a campus culture that supports diverse faculty and other employees."

To Adelphi, being diverse means allowing people of all races and genders to feel welcome. The goal is to help students understand and appreciate diversity on all levels. Greene said that diversity is an important component in the college experience and that having diversity directly correlates to better student and work outcomes.

"All students and staff members feel safe and engaged when their demographic factors are respected by others," said Greene.

It's this feeling of safety and level of engagement that leads to success. According to the university website, proper

diversity also creates intercultural awareness, which helps students and employees adapt to different customs and/or traditions brought in by both U.S.-born and foreign-born populations of students and employees.

Generally, when people think about diversity, they believe that it only has to do with different races, religions and nationalities. In fact, Greene said it's much more than that. At Adelphi, students and employees have the freedom to express themselves without any fear of disciplinary action or retaliation based on their demographics, opinions or political views.

"Students of diverse backgrounds will not feel that their opinions do not matter or are subordinate to the opinions of others. If we do not have diversity on campus," said Greene, "then it will have a negative impact on students' education."

According to a study on the Inside Higher Ed website, students will be under the impression that they do not "belong" in the classroom or that professors will underestimate their capabilities just because of their demographic factors. This can cause a decrease in such students' participation in classroom activities and result in lack of satisfaction from studying, which ultimately can lead to a decline in the students' academic performance. Along with students, professors of diverse backgrounds can also develop feelings of inadequacy because of their belief that they could be "out of place" when they are not able to bond with their students or colleagues who are different from them.

The Office of Diversity and Inclusion plays a major role in promoting diversity on campus and preventing students and employees from feeling uncertain about them.

"We interact with other parts of the campus and create different initiatives

and programs for the welfare of diverse students," said Greene.

Such programs include the Center for Black, African and Caribbean Studies, which is designed to provide a minor that focuses on exploring the history of people of African descent. The Diversity Certificate Program trains Adelphi employees on intercultural awareness and inclusivity in order to promote a positive workplace and learning environment for all. The Mentoring Program, though not created by the Office of Diversity and Inclusion, is relevant to diversity. This program exists to help students of different colors, veteran status, sexual orientation, etc., succeed in their academic work.

All these programs and others work towards a common objective of promoting diversity and inclusion on Adelphi's campus. As appropriately described in Adelphi's statement on diversity, the university community works to "support and nurture a social climate, academic curriculum and institutional culture that will enable our students to see differences among people as a powerful tool for innovation and problem solving."

According to Greene, Adelphi has developed a long-term strategic plan known as Momentum. One of the goals of Momentum is to continue to promote diversity in the future and make Adelphi a model of diversity and inclusion. Looking at the work that is being done around the campus by the various entities involved with this effort, indeed the university can become a model for the rest of the nation in overcoming our differences and making this a truly inclusive campus for all.

"It is important to promote diversity on campus for the good of all," Greene said.

What to Do Over Break

BY MEGAN MARICH

What is the one thing that gets students through finals? Knowing that there is a whole month off from school. What to do with all this time off? Plenty.

Winter Village at Bryant Park is a beautiful place to go during the holiday season. There is an ice-skating rink that is free admission. There are also Holiday Shops at Bryant Park that sell holiday treats and gifts. The shops are open until January 2.

Another thing to get you in the holiday spirit is Christmas Karaoke located in Bayside, New York. This is a quaint karaoke place with an extensive song selection that will let out your inner "American idol" with friends. Pricing is \$8 per person, per hour.

If we are so lucky enough to be blessed with snow, then snow tubing is a superb idea. Get some tubes and boards, and go to your local park, and slide down those hills.

Erin Cullen, a Junior English major and business minor in the Honors College, said, "I enjoy spending more time with my family and friends. I love going into New York City with my friends and seeing the beautiful decorations. I am also looking forward to focusing on my health, which means more sleep!"

Break is also a time to work on those baking skills. Making treats for family and friends is a good way to show you're thinking about them this holiday season.

Reading can also be a leisurely and relaxing activity during break. The website goodreads.com has popular books that many find enjoyable. So, cozy up by the fireplace with that book. And if all else fails, Netflix is always a steady companion.

Talent Show Spotlights Students for a Cause

BY ALEXA COHEN

Delta Phi Epsilon and CALIBER (which stands for Cause to Achieve Leadership Intelligence Brotherhood Excellence and Respect) collaborated to host a talent show on Wednesday, November 14 in the University Center Ballroom to raise money and awareness for cystic fibrosis (CF). CF is a genetic disease that causes mucus buildup in the lungs, pancreas, digestive system and reproductive system. Students were able to showcase their skills for a great cause. Individuals and groups performed acts such as a magic show, spoken word, dance, a theatrical performance, expressive sign language and singing.

Four judges—Lauren Purcaro, associate director of Center for Student Involvement (CSI), Arianna Livreri, assistant director of CSI, Kathleen Watchorn, Student Affairs coordinator of programs and



CALIBER performers raised money for cystic fibrosis. Credit caliber_adelphi on instagram

projects, and Joseph P. De Gearo, Student Affairs associate dean—watched the performances and deliberated on scores to determine first-, second- and third-place winners, each of whom won Visa gift cards. The first-place winner was Nic Rasmussen,

Bear Di took second place, and the third-place winner was AU Bhagra.

"I had a really nice time at the talent show. There was no one performance that was the same as another," said Joanna Troyanos, a senior psychology major and

social work minor in the Honors College. "It makes me so happy to know that there are events like this on campus where people can be creative and express themselves."

Laura Bence, a representative from Breath for Britt, a nonprofit organization that provides support for those facing the daily challenge of living life with CF, shared her experiences with the foundation and showed a touching clip about all they do to support patients.

At the event, the organizations also had a table for many raffle baskets in order to increase the fundraising efforts and have some fun. There was also cotton candy and popcorn. The two organizations raised a little over \$200, and all proceeds were donated to the Cystic Fibrosis Foundation and Breath for Britt. This event shed light on a very important topic and brought a lighthearted spirit to a challenging disease.

Thank You, Broadway, for Your Continued Representation of the LGBTQ Community

BY MONROE MARSHALL

The Macy's Thanksgiving Day Parade is an annual tradition for people all over the world. For me, what I look forward to most are the Broadway musical performances. This Thanksgiving as millions of people watched the parade, they witnessed the event's first on-screen, same-sex kiss. This took place during a performance of "Build a Prom" from the new Broadway musical "The Prom," a show that revolves around a student whose school in Indiana cancels prom due to her plans to bring her girlfriend and a group of actors from NYC who decide (for not-so selfless reasons) to travel to Indiana to fight this injustice. Despite being 2018, it is still a (positive or—unfortunately—negative) shock for many to see depictions of anything but cisgender and heterosexual people in the media.

Through the years, Broadway and the theater industry in general have embraced diversity and individuality even when society has not, and they continue to do so. In terms of LGBTQ representation, by depicting so many diverse stories on stage, Broadway continues to change the narrative of LGBTQ issues. Yes, there has also been a rise of LGBTQ themed movies such as "Three Generations," "Love Simon" and "Boy Erased," and they have had tremendous impact on the depiction of LGBTQ people. But it is something about stories that are performed live and through song that have a unique impact. For example, "Fun Home" (based on the



graphic memoir, "Fun Home: A Family Tragicomic") not only was the first Broadway musical with a lesbian protagonist, it also won the 2015 Tony Award for best musical. What was unique about the Broadway production of "Fun Home" was its intimate atmosphere: performed in the Circle in the Square Theatre, the audience would surround the small stage (people would have to walk onto the stage to get to their seats). With a minimalist set and small cast, the audience was made to feel like they were living these stories... they stepped into the shoes of the characters.

Two other notable shows that took this minimalist approach were "Falsettos" and "A Letter to Harvey Milk," both of which captured the intersectionality of LGBTQ identities and religion (the religion being Judaism, in the case of these two shows). One thing that seems to have a huge impact is when these shows focus not only on the LGBTQ individuals themselves, but realistic family dynamics. They

show love, hate, grief, anger, amusement, joy, etc. And this aspect right there is what makes these shows relatable to everyone. People realize that even if they themselves are not LGBTQ and even if they don't have family members who (openly) are, that these individuals and their families are like their own selves and families in more ways than they are different. And just as how films tend to have scenes that touch people in special ways, these shows tend to have songs that do the same. But I feel that in terms of songs, the emotional connection can be even greater as each person can have a different interpretation of a song. People connect with music. There are songs that for whatever reason just touch people so much so, that sometimes one song feels as if it captures a person's entire life. As a person who discovered they were queer in college, being able to connect to certain characters through songs such as "Telephone Wire" and "Party Dress" from "Fun Home," and "Raise You

Up/Just Be" from "Kinky Boots" meant everything to me. And not only did it impact me, but shows like "Falsettos" I credit for helping my father accept me for who I am.

This country has experienced many setbacks regarding representation of LGBTQ people, but we also have seen an increased number of people fighting for positive and accurate representation of these diverse communities. Being a huge fan of Broadway, I am very proud of how shows with such different, yet similar stories, such as "Falsettos," "Fun Home" and "The Prom" are portraying powerful LGBTQ+ characters in ways that help people from all backgrounds see our similarities amongst our differences.

Monroe Marshall, class of 2018, is now earning a Master's of Public Health in epidemiology at SUNY Albany. This is his guest editorial.

Ruth the Riveter: How Ruth Bader Ginsburg Continues to Inspire and Represent Women

BY VICTORIA GRINTHAL

Supreme Court Justice Ruth Bader Ginsburg is one of only four women to ever be appointed as a Supreme Court Judge, behind Sandra Day O'Connor and ahead of current chairs Sonia Sotomayor and Elena Kagan. Brooklyn-raised Ginsburg continues to be known for her feisty spirit and opinion, even at the age of 85. An alumnus of Cornell, Harvard and Columbia Universities, Ginsburg received an outpouring of support and well wishes when it was reported that she broke several ribs in early November. She quickly recovered and returned to work, but the love sent out to her shows how important she is as a figure in our society.

Just one example of Ginsburg's impact lies within the famous sketch show "Saturday Night Live." Since 2015, actress Kate McKinnon has portrayed Ginsburg multiple times in various sketches about politics and other topics. When featured, McKinnon plays this role as spirited,



strong and cheeky, not afraid of saying what is on her mind or cracking a joke or two. She even makes a catchphrase out of the Justice's name, calling every one-line joke she makes towards others a "Ginsburn." As she is emblazoned on shirts and stickers across the country, it's hard not to think of her in society today.

Ginsburg is not just recognized by "SNL" as a figure in society. From T-shirts to a documentary about her earlier this year, Ruth Bader Ginsburg can be seen well throughout our nation's feminist focus. Another example of her mark on our nation is the movie "On the Basis of Sex," which focuses on Ginsburg (played by Felicity Jones) and her life as a political figure. The movie has an expected nationwide release later this month. With the tagline "Her Story Made History," it is not an exaggeration that she is viewed with respect for her work and opinion.

So, what is the big deal here? There are many people of her age or gender that are just as successful and praised as Ginsburg. The truth lies in the fact that Ruth is strong and stubborn, traits that allowed her to advance in such a male-dominated society that is politics. This is something that can inspire people of all genders and ages, as she is able to speak her mind and stay true to herself while holding an immense position in our government. There are countless articles that focus on

young girls looking up to Ginsburg and inspiring them to be true to themselves. In fact, even "SNL" comedian (and ex-fiancé to singer Ariana Grande) Pete Davidson has a tattoo of her on his shoulder and has also been quoted as saying that this tattoo will never be covered up (unlike that which was meant for Ariana). Davidson also has a tattoo of Ginsburg's fellow Democrat Hillary Clinton on his body, which puts the two ladies in similar company, for better or worse.

Regardless of political parties, many people have been quoted as saying that they respect Ginsburg and regard her highly as a person overall. At 85, Ginsburg has achieved and represented more than just the people of America, but any woman who has incredible capabilities and is underappreciated or underutilized in society. To put it plainly, it seems that Ruth Bader Ginsburg opened the door for female figures in politics or otherwise. Honestly, it's about time.

When Reporting Sexual Assault Becomes Challenging

BY DIANA ARAUJO AND
MORGAN ODICE

It seems that college campuses are a likely location for sexual assault. The National Sexual Violence Resource Center reports that “20 to 25 percent of women and 15 percent of men are victims of forced sex while in college.” In addition, the National Institute of Justice states that “85 to 90 percent of sexual assaults reported by college women are perpetrated by someone known to the victim.”

To deal with this reality of sexual assault, which the U.S Department of Justice defines as “any non-consensual sexual act proscribed by Federal, tribal or state law, including when the victim lacks the capacity to consent,” many colleges have established policies. At Adelphi University, acts of sexual assault, domestic violence, dating violence and stalking will not be tolerated and offenders will be subject to disciplinary actions and, if need be, the university will assist in criminal prosecution.

As first-year students, we learned from the Title IX coordinator that Adelphi University is committed to meeting the needs of students who come forward about sexual assault. The goal is to protect a student’s anonymity after an assault, maintain the integrity and safety of the campus, and provide a fair and proper adjudication of

campus sexual assault cases. Even with all these safeguards, there are three things that make reporting sexual assault difficult: sometimes there is no action or resolution by university administrators, victim backlash and mental health issues.

Consider a scenario from 2010 in which a female college student was raped in a football player’s dorm room after two of his friends left them alone in the room. After the assault, she texted her friends and therapist and told them about the incident. The next day she gave a handwritten statement to the campus police and they never opened an investigation or questioned the football player. She committed suicide 10 days after giving this statement and the football player was not questioned until five days after her suicide. The football player was not charged with assault. This is the story of Lizzy Seeberg, a sophomore at St. Mary’s College in Indiana.

Now imagine not being able to adjust to college life because you constantly feel threatened by a student who you are not interested in dating. As you leave your dorm room, you keep seeing the same face following your every move. Even after multiple times denying his sexual offers, he will not leave you alone. After reporting the stalking to police, you felt public backlash by students calling you a snitch and liar. This story happened in 2013 to Rhaina Johnson, during her freshman year at Mississippi State University.

These incidents happened and



can have consequences. According to the National Sexual Violence Center, “81 percent of women and 35 percent of men report significant short- or long-term impacts such as post-traumatic stress disorder (PTSD).” Sexual assault and stalking can cause PTSD, which requires professional help. An experience like sexual assault can potentially lead to other mental health disorders. For example, the vivid details of sexual assault constantly replay in a person’s mind. Victims might even resort to drugs and alcohol to help ease their pain, which leads to substance abuse.

So, what can you do about sexual assault as an Adelphi student? We learned from the Title IX coordinator that our uni-

versity has many options for reporting. For example, reports can be submitted online anonymously; you have the choice to involve the police or start an investigation. When sexual assaults are not reported or taken seriously, the perpetrator will see no wrong with their behaviors and will continue to harm potential victims. Concerning the school, if they are known to not investigate or prosecute perpetrators, it will give them a bad reputation. Since sexual assault is a threat across college campuses, we should all do what we can to defend people from backlash and encourage people to get help from mental health professionals.

What Are the Implications of 4+1 Programs?

GUEST EDITORIAL

Ever heard of 4+1 programs? It’s an accelerated degree program where undergraduate students earn a bachelor’s and master’s degree in five years. These programs offer students a head start and preparation for a professional career.

At Adelphi University, a popular 4+1 program is the Scholar Teacher Education Program (STEP). STEP offers education majors the opportunity to receive a bachelor’s and master’s degree in five years. One feature of the program is teacher preparation for childhood and adolescent grade levels. Without STEP, it might take a student over six years to obtain both degrees. For those unfamiliar or confused about how the STEP program works, we thought it would help to get a first-year student perspective.

When applying to STEP at Adelphi, students must do two things. First, upon admissions to Adelphi, apply to the program and contact Professor Michelle Blackwell to find out the requirements. To be eligible, first-year students need a minimum high school GPA of a 3.0 and SAT score of 1090 or higher. Once you’re in the program, students are required to

take the university’s general education requirements and select a major. There are specific majors that coincide with the program: English, mathematics, chemistry, economics, sociology and psychology. If you have not chosen a major, advisors at academic services will guide you. If you have decided a major you plan to pursue, you are assigned an advisor in that major. Every year, you meet with an advisor to make sure you are meeting the university and major course requirements. Keep in mind students are strongly encouraged to decide which age group they want to teach upfront.

By the fifth-year, students take their graduate level classes. The graduate requirements for your fifth year in this program are taking nine credits over the course of the summer, and 12 credits in both the fall and spring. On top of this students are required to have active participation in schools, including one semester of student teaching. In this program, they give you options of similar programs that allow you to focus and learn on what level you will be teaching in the future. These programs include STEP Adolescence Education Program for High School, STEP Childhood Education Program for Elementary, and STEP Teaching English to Speak-

ers of Other Languages(TESOL) Education Program.

There are drawbacks to the STEP Program. In the fifth year of the program, students receive no financial aid or scholarships. Students need to maintain a 2.75 GPA, which can be difficult given that many classes are picked for you. Some required courses occur over the summer (before your fifth year) and therefore could interfere with other summer opportunities.

Despite these drawbacks, there are benefits of going through the steps of being a STEP student. Future student teachers get early exposure to the learning process of young students. In the fifth year they can student teach and be in classrooms, learn teaching techniques and how to be more professional. So, while most undergraduate students are just earning a Bachelor’s, STEP students enter the workforce with bachelor’s and master’s degrees. This translates to higher pay and a better job opportunity. In most cases, New York City schools want both degrees in order to be job ready.

As first-year students, we believe STEP gives students an advantage, while in college and for career decisions. STEP guides students as they’re making choices regarding classes each semester, provides

the opportunity to gain classroom experience, and encourages students to meet people pursuing the same career. Students are encouraged to select a major and decide about what age group they want to teach even when they are not ready to decide. This might feel constraining to students who come to college to figure out what they are interested in.

The upside for students interested in a teaching career, but not in the program, is that they have more time to join organizations. They have more freedom in their class choices and meet students from a wider array of majors. However, these students are disadvantaged in that they delay receiving teaching training and professional experience. Another important drawback is these students will not have the same access to others with knowledge about which schools to student-teach in, which teachers are the best mentors, and tips to deal with problem and gifted students. For students still thinking about whether STEP is worthwhile, we believe the pros outweigh the cons.

This article was written by Alexis Arnold, Ekaterini Tsampas, Anthony Delfranco.

Field Hockey Stand-Out Danielle Kempf Proves to be a Large Team Presence One Flip at a Time

BY RAPHAEL KISS

The stakes were high for the Adelphi field hockey team—a late October game at Motamed Field against 15-2 Pace University, the first-place team in the Northeast 10. But the pregame atmosphere did not reflect that.

For a game that would make or break the Panthers' season, the stadium was empty and quiet, devoid of energy. It was not until the teams took the field to warm up that the scene became lively. The Pace Setters expressed more energy than the Panthers; it wasn't even close.



Sophomore midfielder Danielle Kempf
(Photo credit: Adelphi Athletics)

During warm-ups, sophomore midfielder Danielle Kempf was heard above the rest, talking to her teammates, motivating them for the season-defining test to come. It was amazing to see how much life one player could bring to a team, much more life than the throwback music of Usher and Pitbull blaring over the public address system was creating.

"Communication is everything on and off the field in any sport," said Kempf. "It makes sure everyone knows what they're doing, where to be and what to do next. When I talk on the field, I honestly don't think much about it beforehand; it's just second nature to me."

What really got the crowd going was when the two teams lined up for the pregame introduction. Most of the other players raised their hands and waved as their names were called, but Kempf stepped forward and did a front flip.

"Everyone tells me to change it up for each home game, but I want to be known for the exciting front flips I do," said Kempf. "It is usually unexpected by the crowd, which is what gets them even more excited."

That Kempf becomes the team's Energizer Bunny when she steps on the field is surprising to those who know her off the field. But her split personality has been on display since high school.

"She would always watch this one motivational video before each game," said Kelly Vrooman, Kempf's aunt and coach at Burnt Hills-Balston Lake High School in New York. "Danielle was so quiet and



Kempf had eight goals this season, which was the second highest on the team.
(Photo credit: Adelphi Athletics)

wouldn't let anyone get in her head until it was warm-up time."

Then she would let loose.

"Danielle has two personalities, even with her family. One side is off the field where she is very quiet and almost shy-like," said Vrooman. "Her second side is when she's on the field and you see how passionate she is for the sport. You almost don't recognize her as Danielle."

Most people who are phenoms on the field tend to flaunt their success and talk about themselves, but Kempf is the opposite. When a fellow student read a story about her and her family recently in a journalism class, she squirmed in her seat and

seemed as though she would be happier when it was over, not one who enjoys the spotlight.

"Danielle is a mystery," said Adelphi teammate Katelyn Zaneski, a junior forward/midfielder. "We took anatomy together last semester and she was so quiet. Not that she wasn't concentrating, but she seemed like she just wanted to show up, do the work and then leave, but when we are on the field practicing or in a game, it's almost as if a switch is turned on and all you hear is her leading the team."

Kempf says her split personality is not a mystery to her. "My motivation changes between games. Sometimes I play for myself, sometimes to impress my coaches, sometimes my parents. But whoever I'm playing for, I take things very personal in games; I always have."

Whatever it is that turns the switch on for Kempf as soon as a game begins, it seems to be working. Kempf finished her sophomore season second on the team in scoring, which earned her a second-team selection on the Northeast 10 All-Conference team. "I was shocked but happy at the same time," said Kempf humbly. "It was proof that my hard work is paying off."

Kempf may be quiet and shy in the classroom, but she is making noise on the field and in the Northeast 10 Conference. Being only a sophomore, much more is left for Kempf to accomplish in her last two seasons as she brings life to Motamed Field one game, one motivational line and one front flip at a time.

Men's Soccer Finishes the 2018 Season Strong

BY JERMAINE HOWERTON

To no one's surprise, the Adelphi men's soccer team has been on an absolute tear for yet another season, looking nearly unstoppable finishing with a 16-3-2 overall record. This is an improvement from a strong season last year. While recording a 10-2-1 in a very competitive Northeast 10 (NE10) conference, the team was crowned as co-regular season champions earning 31 points in the conference to finish the year atop the league standings. It was evident that the Panthers were not complacent with just being regular season champs, wheeling their way to a NE10 Championship defeating Merrimack 2-0. The title is the Panthers' second since joining the league. Alessandro Corti and Paolo Marciano were responsible for Adelphi's scoring while James Thristino assisted on both tallies.

The Panthers punched a ticket as the number one seeded team in the East Region of the NCAA tournament. The Brown and Gold earned a first-round bye as number one seed. They were put to the test in the second round of the tournament as they played Wilmington University (DE). Thristino came through for the Pan-



The Adelphi men's soccer team took home the Northeast 10 Conference Championship after dominating Merrimack College. (Photo credits: Adelphi Athletics)

thers as he scored after assisted by Steve Megaloudis. The Panthers also lucked out with the opposition scoring in their own goal, giving Adelphi a 2-1 win to advance to the third round. Adelphi kept this momentum going by shutting out a talented #2 seed LIU post team by a score of 2-0. Stand-out graduate student Patrick Guier and senior Thristino both scored goals on assists by junior Taykor Kaczyski, allowing Adelphi to capture the regional crown, making them the best team in the East. This was the second time in the past three years

for the Panthers.

Unfortunately, the men's soccer team saw their season come to a close in the NCAA Division II national quarterfinals. They were defeated by West Chester University of Pennsylvania, 2-0. The Adelphi men's soccer team proved to be a powerhouse for yet another season. The trio of Corti, Guier and Thristino were all honored with All-Region status. They were named All-Region by United Soccer Coaches as Guier was named First Team All-Region while Corti and Thristino

were named to the Second Team.

The Division II Conference Commissioner's Association (D2CCA) had previously named midfielder Guier and defensive player Corti to the All-Region First Team, while First Team All-NE10 forward Thristino and NE10 Rookie of the Year Paolo Marciano made the second team.

Although the season didn't end as the Panthers hoped, it was a success for head coach Gary Book's and his staff in winning East Region Coaching Staff of the year in their inaugural season and showing they will continue to be a force for years to come.



Graduate student Patrick Guier

Panther Podium: Player Makes a Challenging Decision Between the Soldier's Life and a Soccer Career

BY OFEK PINTO

Everything started when I was four-and-a-half years old, when my mom took me to my first soccer practice.

I will never forget the field, my first coach and my first dribble with the ball. After that day, soccer became to be the most satisfying feeling in the world for me. When I was seven, I was selected to play for the best soccer academy in Israel.

This game taught me everything: how to be successful, how to get up from failures, and most importantly, how to appreciate every little detail in life.

But when I turned 18, like every Israeli athlete, I needed to face the biggest decision of my life at that time: to decide between serving my country and becoming a commando soldier (which meant to stop playing soccer), or to do the best I could in order to continue playing soccer, while also serving the army.

In Israel, it is mandatory for citizens to serve the military, and in the Israeli military, there are limited spots for soldier athletes available. If you are granted this spot, you are allowed to participate in athletic practices even if they conflict with your military duties.

I was torn between which deci-

sion to make. I wanted to protect the country from any enemies that want to harm us, but I also wanted to continue with my passion for soccer and keep my childhood dream alive: to become a professional soccer player.

At the beginning of my service, I didn't get the privilege of being a soldier athlete, which made me quit my team at the time: Ramat Hasharon. I was upset that I had to quit this team because it was the team of players under 21-years-old that played under the professional team of Ramat Hasharon.

After quitting, my only option to continue playing soccer was in the third division while also being a soldier. My time in the army wasn't easy at all. I was drafted to be an armor -- a soldier who fixes and takes care of the guns. I had to dedicate all my time to strictly the service for the first two months of armor training, which made me inactive in soccer. Dropping to the third division was a really tough decision for me, but I had no choice.

The commanders in my first two months didn't really care about my soccer career. All they wanted to do was teach me how to adjust myself to the army and how to be the best armor. But after the first two months, I felt that I was starting to rebuild my soccer career. Before the army, my soc-



Pinto was named to the Northeast 10 All-Rookie Team in 2017 and Commissioner's Honor Roll in spring 2017 and spring 2018. (Photo credits: Adelphi Athletics)

cer career was in very good shape, but the reality in Israel changed everything which is understandable. It was rough environment, and for an 18-year-old boy, that was tough to adjust to.

The first year was the toughest out of the three years. As soon as I finished my armor course, I was sent to my permanent base. Luckily, my commander listened to all I was going through and decided to help me as long as my work remained good in the armory.

I woke up extremely early in the morning to do my armor duties the best I could to make my commanders happy, in order to get permission to go out to soccer practices. There were many situations where I needed to stay longer and overnight at the base in order to complete my tasks, which harmed my soccer career. After the first year, the base commander changed, and luckily, the new commander was a soccer fan.

The new commander was the reason for my success in soccer.

He saw that the armory and the guns were in a great condition and he heard that I was a good player, so he decided to help me even more. I was allowed to go out to practices and come back at the evening to finish my tasks in order to make the guns

ready for the next day's missions. While I had so much responsibility, I enjoyed every second because I finally could focus on what I loved doing most: playing soccer.

In my second year of service, my team was one game away from winning the championship and advancing to the professional league, but we lost. However, the following year, we won the championship and advanced to the second league -- a professional league. Before the season with my team, a soccer agent contacted me and offered me the opportunity to play soccer in the United States while studying in a university.

This was another tough decision for me to make. I finally had the opportunity to play in a professional league, but from the other side, I knew that getting a degree is important and would be a safer way to secure my future.

I decided to leave Israel and come to play in the United States. I was released from the army in Oct. 20, 2016, and came to start my career at Adelphi on Jan. 23, 2017.

The road here has taught me a lot, but one thing has stayed the same: Life can be tough, but with faith and the right people behind you, you can do anything you desire.



Happy Holidays from the staff at *The Delphian*



AU Women's Basketball Makes an IMPACT

BY OLIVIA FRANKS

For 12-year-old Bianca Onorato, visiting Adelphi is not a rare occurrence. She and her mother come to every Adelphi women's basketball home game. When spectators fill the bleachers around the pair, not many of them can say that they have formed as special a bond with the Adelphi women's basketball team as Onorato has.

Onorato suffers from Crohn's disease and juvenile arthritis, therefore qualifying to be a part of Team IMPACT: the reason behind her ties to Adelphi athletics. Team IMPACT is a nonprofit organization based in Boston that has matched thousands of children ages five to 16 with chronic illnesses or diseases to local college athletic teams. The program is a way for children to have a support network and something to look forward to while they are going through treatments. Adelphi is one of over 500 colleges and universities that participate.

Adelphi women's basketball team takes Team IMPACT seriously, so they offered Onorato an honorary role on the team. Therefore, she went through the process of a real signing day, which included signing a National Letter of Intent, participating in a press conference and taking pictures with the coach and team.

"It was really cool because it was like a press conference," said Onorato. "I signed a bunch of things and then we came down to the gym and took pictures."



Bianca's roster picture featured on Adelphi's women's basketball page for the 2018-19 season. (Photo credit: Adelphi Athletics)

Missy Traversi, head coach of the women's basketball team, originally heard about Team IMPACT in her home state of Massachusetts. When she was first hired at Adelphi, she investigated having her team participate with this organization, but it took some time before Adelphi was paired with Onorato.

"I looked for a local Team IMPACT, but unfortunately there were no stu-



Bianca with the entire AU women's basketball team after committing to Adelphi through Team IMPACT. (Photo credit: Adelphi Athletics)

dent athletes in the area who were looking for a team. We waited patiently for about a year and eventually found Bianca," Traversi said.

Onorato has also been playing basketball for five years, so getting to be with a Division II basketball team has meant a lot to her.

"We had a child life specialist, who was like a social worker, come every week to meet with us," said Onorato's mother, Joanna. "When Bianca was having a hard time with treatments, she suggested Team IMPACT to us. This was about two years ago, and Bianca was sidelined from sports, so she recommended it because Bianca needs a support system."

Over the past year, Onorato has created bonds with numerous players, especially junior guard Fallyn Stephens.

"Coach pitched us the idea about being a part of Team IMPACT and I was immediately interested. When we met Bianca for the first time, she didn't even need to be welcomed. She was like, 'Hi, I'm Bianca. Let's be best friends.' She's so mature and I don't think it's anything we did specifically to reach out to her. She was a member of the team from the beginning," said Stephens.

To get to know Onorato, the whole team would go to her home in nearby Rockville Centre for dinner, to play video games and even attend her basketball and softball games.

Due to the severity of Onorato's illness, she is often required to have infusions. "They come when I'm getting infusions to keep me company," said Onorato. Before Onorato even signed her Letter of Intent, Traversi asked the girls to reach out to her.

"The team met Bianca for the first time just before we were about to break for summer," said Traversi. "I suggested to Fallyn and some of the other girls that they should write to Bianca and be her pen pal.

I think Bianca and Fallyn hit it off because they're both so likeable."

Since Team IMPACT has helped to create a bond between Stephens and Onorato, Stephens felt compelled to use the young player's story for one of her classes.

"For my Basic Media Production class, I had to film a documentary and I decided to interview Bianca, her family and some of her friends," Stephens said. "When I asked Bianca's mother what Team IMPACT meant to her, she was in tears. She said Bianca does not deserve what she has to go through, but she 100 percent deserves Team IMPACT. Bianca's friend could not stop smiling when she talked about Bianca."

Though Onorato may have some serious health challenges, she works hard at not letting it slow her down.

"Bianca is honestly a great athlete. I went to one of her softball games and she hit a bomb; there was so much power behind the hit," said Traversi. "No one would ever know that she is faced with

an illness."

Stephens agreed with her coach. "One day, Bianca will definitely charge a few people [on the basketball court]. She may have to wear knee braces when playing basketball, but she is not afraid to be physical."

When you see Onorato sitting in the stands cheering for the Panthers, know that the Brown and Gold root for her when it's her turn to be on the court or field.

The Team IMPACT program concludes for Onorato next year, but she said referring to the basketball team, "I hope we still talk after it's over. I've become friends with them."

"It's been really special. Being with these girls gives her confidence," her mother added.

Onorato and the Panthers last played in the Center for Recreation and Sport at 1:30 pm on Saturday, December 8 as the Brown and Gold faced American International College.



Bianca and Adelphi women's basketball head coach Missy Traversi on Bianca's "signing day" last year. (Photo credit: Adelphi Athletics)