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 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 there 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 you get 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 Whitsuons 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...
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

Annual Media Career Expo Offers Advice

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.”

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 por-
table 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 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.

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.

“An annual great event,” said Meghan 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 Militano of the event staff. “I think everyone enjoyed themselves.”

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.
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 from a distant comet and how they come to earth. The movie storyline 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 view point 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 actions/ 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 first 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 books 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 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 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.

thecarterv.com and you can also visit the official website, www.la-candela-ii.negocio.site/.

The Delphian
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 Cavanagh, 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.”

Cavanagh 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, Cavanagh said, “If you’re working in a chaotic environment, your brain can’t focus.”

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,” said Mansi.

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 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 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,” “A Christmas Wishes” and “Dear Santa.”

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

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 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 McKeon 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 Research 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.
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.”

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 campus 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 was 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 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 inclusiveness 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 other 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-skiing 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 great 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 Liveri, assistant director of CSI, Kathleen Watchorn, Student Affairs coordinator of programs and projects, and Joseph P. De Giaro, 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 Bhangra.

“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 s’mores. 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 intersectional-ity 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 and returned to work, but the love sent out 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-domi- nated 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 insp-iring 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.
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 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 at 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 university 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 classes 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 Speakers 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, Ekatertina 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.

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 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 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 year in their inaugural season and showing the promise that the Panthers had as number one seed. They were put to the test in the second round of the tournament as number one seeded team in the East Region of the NCAA tournament. The Panthers punched a ticket as the Panthers hoped, it was a success 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.
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.

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 decision of my life at that time: to decide for my success in soccer. Before the army, my soccer 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 over-night 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.
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.”

Adelphi women’s basketball team

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

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 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.

“She was a member of the team from the beginning,” said Stephens.

“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.