

The Delphian

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The Voice of the Students

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Norm Lewis Performs in PAC and Inspires a New Generation

BY CHRISTOPHER ALVAREZ

Norm Lewis describes his journey as an endeavor of passion and blessed faith. On Friday, February 15, Lewis, who was the Tony-nominee for his role as Porgy in “The Gershwins’ Porgy and Bess,” hit the Adelphi Concert Hall stage to perform and talk about his career, his faith and to offer advice as part of the Performing Arts Center’s guest artists series. Throughout the night, Lewis performed 15 songs. His loud, hypnotic voice projected well throughout the stadium as he sang. He performed a little bit of jazz, the Gershwins’ “Porgy and Bess,” “Les Miserables” and some other nice surprises that he is known for. He talked after each song, introducing the next selection after the crowd applauded his last.

Julio Ulloa, a junior music/communications double-major who attended the show, praised Lewis’ vocal and character performance. “His highs and lows were vocally amazing,” Ulloa said. “His G’s were amazing, his low A’s were amazing. From a vocal standpoint, he’s a genius. He has it all down.”

Ulloa also complemented Lewis’ acting. “From a character standpoint, he did the Javert and Valjean, villain versus the detective juxtaposition, the way he changes character in the blink of an eye, is just surreal. It’s so good.”

Lewis explained to the more than 482 attendees in the audience that he didn’t always see himself as destined for the



Norm Lewis performed with students from Adelphi University and Long Island High School for the Arts. (Photo by Kristen Dulovic)

stage. For a while, he thought he would be a businessman. He was, at first, far away from any sort of Broadway theater profession, let alone one of Broadway’s most famous African-American singers in modern theatre.

In an interview following the show, Lewis told *The Delphian* that he comes from a very religious family in Tallahassee, Florida. His grandfather was the local preacher, his father was the chairman and deacon of the church, and Lewis attended that church for most of his childhood. From bible study to choir practice, he did a lot of young adult activities there. Lewis said, “Jesus Christ has been the grounding force for everything in my career and my life overall. Ever since age nine, my faith and devotion to Jesus has

been a central part of my growth as a person.”

He added that people “must have some sort of spiritual grounding, to make sure that one is worthy, no matter what.” This mindset has proven beneficial to his career.

Lewis’ first role was something he never saw coming. He went to school to study business, not acting: “I went to school for advertising and economics.” His musical career began at just 18 when he won a singing contest in his home state. The man in charge of a cruise ship hired him for a cruise sing-along. This was his first gig, and he said he didn’t have any idea how theater worked back then. His career-defining role as “Porgy” from “The Gershwins’ Porgy and Bess” came 30 years

later.

He said, “I learned a lot about how theater works during those three decades.”

Now he has performed in many top Broadway shows, including “Phantom of the Opera” and “Les Miserables.”

As an actor, Lewis was very proficient, saying that he would “take any role that didn’t include blonde hair, blue eyes or boobs. I didn’t care whether or not a role was already done by an African-American actor in the past.”

He applied for any role where he could be accepted, and thanks to his determination, he was allowed to play characters that had not been represented by a black man before. This became what he is now known for. He said, “Others should also approach acting with that same kind of passion and enthusiasm.”

Though he called himself a “late bloomer” in the industry, he began getting accolades over time, and instead of being a hobby, acting became his vocation. Thanks to him, other African American actors are now bolder in trying out for roles in Broadway, since they have him as a role model to follow. Lewis said, “A lot of young African Americans go up to me and say that they like to see me up on that stage, breaking the stereotypes, and they are encouraged to go and try to play those roles as well.”

Outside of Broadway, Norm Lewis made his way into other musical endeavors. During the summer of 2018,

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The Delphian Gets a New Look with a Student-Designed Logo

BY MATTHEW SCHROH

With this issue, *The Delphian’s* sleek new logo is officially unveiled as the new brand for the award-winning newspaper of the Adelphi University student body. As such, it makes sense that the designer, Lisa Romano, is an Adelphi student herself.

Romano is a graphic design major with a minor in art history, currently in her final year at Adelphi. She was of several students in Dale Flashner’s advertising design one class who took on the challenge to design a new logo for the school paper that was more in line with the university’s rebranding. The project came about last year through a conversation with Flashner, director of the graphic design program, and Liza Burby, faculty advisor for *The Delphian* since 2011.

“With the recent rebranding of

the university as a modern metropolitan university, I thought it was time to refresh *The Delphian’s* current nameplate to be more in concert with our community,” Flashner said. “The senior graphic design majors were given the opportunity to meet with Liza in order to understand the mission of the paper and the new direction moving forward.”

Burby said that the paper hasn’t had a new logo in at least seven years, so she and the student staff welcomed Flashner’s offer to have her students come up with a new design.

“Dale and I have been collaborating for the past few years as she has encouraged her students to volunteer as production artists on the paper,” said Burby, who is also a senior adjunct professor in the Communications Department. “We’ve had several talented designers from her classes over the years—including with this issue—without whom we wouldn’t be

able to get the paper ready for the printer. Beyond that, Dale and I recognize that the hands-on partnership between editorial-focused and design-focused students gives them all practical experiences to put on their resumes and take with them into the workplace.”

Eight designs were submitted to *The Delphian* editorial staff for consideration. The final selection wasn’t easy, Burby said, because the students each designed a unique look. *The Delphian* editors chose the final logo based on the colors and lettering that would look best printed on newspaper stock.

“All of the designs were great, but the one we chose stood out to me,” said managing editor Olivia Franks. “I think it is a modernized version of our older one, while still looking like a classic newspaper and that represents us well.”

It came down to Romano’s design, featured here.

Romano said she is happy to have been selected. “I am so excited about having my design be the new nameplate of *The Delphian*,” Romano said. “I’ll see it everywhere when I’m walking to my classes. As designers, seeing our projects in the real world, outside of a classroom, validates the hard work designers put into their jobs.”

Indeed, the design will become a staple of Romano’s impact on campus. Whenever you pick up a copy of *The Delphian*, you’ll understand the backstory behind a new logo and a new legacy for an aspiring graphic design professor.

As to her future, Romano said, “I’d like to work as a designer after I graduate in May, but my long-term goal is to become a graphic design professor.”

The Delphian invites readers to let the staff know what you think of the new logo—and to contribute to future issues of the paper, either as production artists or writers.

A Letter to the Editor

I would like to address some confusion reported in your article from February 11, “SGA Meeting Addresses Concerns About Policy Banning Stoles at Graduation”—in particular the inaccurate statement that the decision came “directly from President Christine Riordan’s office” and the concern that the University might want to eradicate Greek life at Adelphi. Both could not be further from the truth.

As I was quoted in the story, this decision, as well as its reversal, came from the Commencement Committee. That dedicated group is comprised of members from across our university and works diligently each year to manage the logistics of the incredibly large, complex and important annual commencement ceremony. Just to be clear, it is separate from the President’s Office.

The committee’s decision was made and communicated to our graduation candidates without review by the University’s executive leadership or President Christine Riordan. Unintentionally but regrettably, the decision hurt our students who perceived it as an attempt to take

away their right to celebrate achievements and affiliations of which they are rightfully very proud.

Once the Commencement Committee heard this student feedback, Chair Mary Aldridge reversed the decision immediately. Going forward, stoles will be allowed at this and all future Adelphi University commencement ceremonies.

It is our hope that these events do not diminish the good work of our Commencement Committee who, each year, strive to create a memorable ceremony for all our students and their loved ones. We also want our students and graduates to know how much the University shares your pride in all your individual achievements and affiliations and recognizes how meaningful and valuable they are to your Adelphi experience.

The University listened to our students and we look forward to celebrating commencement with you on May 19!

Todd Wilson

*Strategic Communications Director,
University Communications*

Lewis Reflects on His Career

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he created his own Christmas music album, which contains all the songs that he has performed throughout his musical career. “Even though some of the songs are not related to Christmas (like ‘Peace on Earth’ and ‘What’s Going On?’), my crew and I felt that they fit the theme as holiday songs.”

Lewis also shared his advice for

those who are eager to follow his lead. He said: “Have a strong sense of self. Follow some sort of spiritual guidance. Note that people will come at you no matter what, [so] you must have a strong enough psyche and spiritual beliefs. Always be passionate or enthusiastic about [your goals]. Be disciplined enough to hang in there, even if you don’t make money. And remember, you can’t control the audience.”

The Delphian

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Letters to the editor must be less than 400 words and include the author’s name, as well as affiliation to the college. Letters may be edited for the purposes of space and clarity. Letters should be sent to delphian@adelphi.edu

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Black Feminism Lecture Inspires Adelphi Faculty and Students

BY DANIELLE MCDUGALL

Barnard College history professor Premilla Nadasen, Ph.D., delivered a lecture entitled “Black Feminism Will Save Us All” on Wednesday, February 13 at 7 pm in the University Center Ballroom. The lecture, which is a part of the John Hope Franklin Distinguished Lecture series, was sponsored by the Center for African, Black and Caribbean Studies (CABC).

Before an intimate and rapt audience of Adelphi students, faculty and administrators, Nadasen spoke about the rich history of the role that black feminists — particularly those within the LGBTQ and low-income communities — have played in conceptualizing and spearheading innovative movements in order to combat the sociopolitical and socioeconomic effects of racism, patriarchy and classism. By “resurrecting a past that is more relevant than ever,” to borrow Nadasen’s opening words, the talk highlighted methods of activism and ways of thinking that can provide insight into how to grapple with the various forms of oppression currently facing various communities.

To begin her lecture, Nadasen extended gratitude to the cleaning and auxil-

iary crew who would set up and clean the ballroom before and after her talk and gave acknowledgment to the “indigenous and First Nations land upon which we stand,” thus illustrating the inclusive nature of her perspective of an academic community.

Nadasen gave a brief history of a series of black feminist grassroots organizations in the United States, including the Welfare Rights Organization, an organization that strove to improve conditions for people who were dependent on welfare to survive; the Combahee River Collective, a black lesbian-led organization that utilized organizing to dismantle systems of oppression; the Nollie Jenkins Family Center, which empowers young women to become leaders; and the Mississippi Low-Income Child Care Initiative (MLICCI), an organization that supports low-income mothers balancing childcare and work. The common thread between all these organizations, Nadasen explained, was that they translated intersectionality — the existence of multiple identifying factors that comprise a person — into a theoretical lens that they used to collaboratively create actions to address issues of structural inequality. As opposed to merely vying for a diverse group of people but still have certain members’ voices and concerns ignored, these



organizations, Nadasen argued, sought to elevate these voices to the forefront and utilize them as a guide for addressing issues related to poverty, job insecurity, food insecurity, racism, sexism and homophobia.

Moreover, Nadasen spoke of the importance of “decolonizing the knowledge of the university” by not only recognizing jargon-laden philosophical literature as a potential basis for anti-oppression work, but also recognizing the systems of thought developed by everyday people

working within organizations such as the ones she highlighted as foundations for the same purpose.

This insight dovetailed with the reasons that Marsha J. Darling, the director of the CABC, cited for inviting Dr. Nadasen to Adelphi.

“The CABC faculty and I wanted to expose students at Adelphi to new perspectives, as well as highlight the prominence of young black women’s leadership in current social justice movements such as Black Lives Matter,” she said.

When *The Delphian* asked Darling to reflect on how the presence of black women has developed at Adelphi since she came here in 2000 as the “only black woman in the College of Arts and Sciences,” she stated that the campus community has changed radically. Moreover, she explained that the campus community has changed radically, and that black women are not only more present in the faculty and student population, but they are also gradually acquiring more active inclusion within the campus community.

Tiani Moore, a senior computer management and information systems major and anthropology minor, also attended

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First Annual Anthropology Fair Hosted at Garden City Campus

BY TATSUYA HONDO

The Performing Arts Center lobby was transformed for the first annual Anthropology Fair on February 20 from 1 to 2:15 pm, the day before what the American Anthropological Association designates as National Anthropology Day (February 21, 2019). The fair was organized and carried out by both students and faculty members from the Department of Anthropology in the College of Arts and Sciences. It was co-sponsored by the Anthropology Department, Lambda Alpha National Anthropology Honor Society, and club faculty advisor Anna Konstantatos, professor of cultural, physical anthropology and museum studies.

Hanna Kim, department chair, said that though it was a snow day during which classes were officially cancelled, “it was wonderful to see so many students.”

“Hopefully students could get an enjoyable sense of what anthropology at Adelphi can offer,” Kim continued. “Anyone asking questions about why people act in the ways they do or what happened long ago that impacts today’s human adaptations is ready for an anthropology class. If you have an interest in past and present humans and can find no courses to support it, come to the anthropology corner of Alumane Hall and meet students and faculty at your own convenience, in the hallways, offices and the Archaeology Lab Alumni Hall 219 and Physical Anthropology Lab (Bioarchaeology Lab) Science 230.”

At the fair, one of the presentations was the range of courses and opportunities available. Participants, who were mostly students from Adelphi, got to ask questions about the displays and discuss their academic interests and questions about anthropology with available representatives of the Anthropology Department. Student-to-student interactions were abundant, and artifact displays promoting museum studies



The Anthropology Fair had many fun and interesting tables including the ones seen in these pictures. (Photos provided by Alyssa Booth)

were consistent with featuring specimens from various geographic regions. There were several tables set up with an assortment of interactive presentations promoting the topics of archaeology evidence recoveries, forensic anthropology (under the umbrella of physical anthropology), museum studies, technical drawing and scientific illustration, and the fire-starting station supervised by archaeology professor Brian T. Wygal.

Also presented was a new course titled “Forensic Anthropology and Osteology,” which will be available next semester and will be taught by Anagnostis Agelarakis, physical anthropology and forensics professor. The course will incorporate the study of bone structure and functions, related in the forensic and anthropological contexts.

The fair included three research presentations: “Amache Archaeology and Heritage Management Field School” by Kimberly Campuzano; “Ceramics in the Southwest” by Laura Rojas; and the “Archaeology of the Holzman Site in Exterior Alaska” by Julio RuizDiaz.



“The Anthropology Fair helps bring awareness to the fields and available courses in anthropology,” said RuizDiaz, a sophomore anthropology major. “Archaeology gives a history to people . . . importantly each field influences the other and you can’t have one without the other.”

ReginaLena McManus, the current president of the Anthropology Club, said, “The Anthropology Fair gives the Adelphi community the opportunity to experience and explore the field of study. The scientific approaches and social perspectives of anthropology is important. Even though the Anthropology Department is small, it offers a diversity of courses that connects with your other classes. I recommend students to take an anthropology class because the holistic approach and what you learn is really good.”

First-year student Brianna Bernard, who visited the Anthropology Fair, said, “Without anthropology, a lot of things would be misunderstood. It gives us an understanding and background that helps us as a society move forward. Anthropology is so universal and has the ability to enhance

majority of the fields out there today in America.”

The fair included information about faculty-led summer field school opportunities. This summer the programs will take place in Crete and Alaska. The Alaskan expedition will be from June 11 to July 13. The Crete field school will take place between June 16 to July 7.

Brianna Delzell, a senior majoring in anthropology, participated in the Adelphi led 2017 summer field school in Crete. “The field school over the summer gave me hands-on training and learning with tools. There was cleaning of specimens, assessments, biological sex determination and many case studies,” she said.

Campuzano, who is the vice-president of Lambda Alpha and secretary of the Anthropology Club, said that “working with the community (during the field school) was a benefit . . . and personal academic interests are valued greatly at Adelphi. The anthropology professors helped my application process and applying.”

Rojas, the public relations officer of the Anthropology Club, added, “It was important to get a better understanding of the people of the past who used these items [ceramics] on a daily basis. During this field school I was able to make my own ceramic bowls using the same natural resources that the native people of the southwest used. It was first-hand experience of the necessary skills and patience needed to make ceramic vessels I would recommend to anyone interested in archaeology to look into field schools.”

The Anthropology Department is also currently accepting applications for the Lambda Alpha honor society. Christina DeBlasio, president of Lambda Alpha, said that applications are open to current juniors and seniors enrolled at Adelphi with at least 12 credits in anthropology. Application forms are due no later than March 5.

The Anthropology Club meets every Monday at 1 pm in Alumnae Hall Room 220.

Dr. Nadasen Calls for Respect for the Words of Black Women

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the lecture. When asked about her thoughts on the evening, Moore stated, “Although I was initially concerned that the lecture would be about black feminists being expected to lead the way towards liberation instead of people adopting black feminism, I was delighted to find that Dr. Nadasen broke down the framework of intersectionality [and] emphasized the fact that ‘identity is a product of inequalities’ created by oppressive systems; and that ‘identity politics’ is not just extra labels, it’s ‘multiple vectors of identity intersected into a single individual.’”

Alicia Simba, a senior political science major and education studies minor at Barnard College, was not only among audience members; she also joined Nadasen in Mississippi last year for a course in which Barnard students collaborated with the MLICCI to learn about the issues

that were pertinent to low-income Mississippian mothers striving to care for their children and pursue their own career aspirations.

Simba spoke to *The Delphian* about her experience working alongside the organization. “Working with MLICCI was a wonderful experience for many reasons,” she said. “The first was getting that exposure to forms of activism and political engagement that were not electronic and insulated but were more action-orientated and relied on collaboration. In New York City and many spaces of privilege generally, we tend to think of activism as attending a protest or writing a very strongly-worded tweet, but MLICCI, when facing problems they didn’t like, opened a Head Start or set up a construction training program for women. Seeing that alternate form of engagement was eye-opening.

“Secondly, MLICCI was truly

a multiracial coalition of people who all worked daily to better the lives of a predominantly black community,” Simba continued. “This was inspiring because I am sometimes skeptical of allyship and its effectiveness, but the MLICCI model showed how people of all races can come together to create change.”

Moreover, Simba stated that what resonated with her most deeply about Nadasen’s talk was one relatively simple, but important, imperative: a call to “listen to and respect the words of black women.”

To provide context for why this impacted her so deeply, Simba said: “I know, personally, how difficult it is for black women to be heard, let alone for change to follow. However, I think, for the most part, black women and our voices are not respected or valued, and to hear Prof. Nadasen stress repeatedly that, by organizing around and behind black women, as a

severely [marginalized] demographic, we improve the conditions for all. And if that isn’t an incentive to listen to black women, what is?”

Nadasen echoed Simba’s comments in her own response when she spoke briefly to *The Delphian* following her lecture. She argued that, in order to develop a thorough understanding of the daily realities of people within oppressed communities, it’s critical not to presume they know what is best for one another, but rather that listening to each other’s concerns is an integral step to assessing a person’s life circumstances and theorizing about what action can be taken to remedy them.

When prompted to think of one major technique that she would advise the Adelphi community to employ as it endeavors to make its community more inclusive, Nadasen stated, simply, “It’s about listening to people.”

'Thank U, Ariana: The Album We Never Knew We Needed'

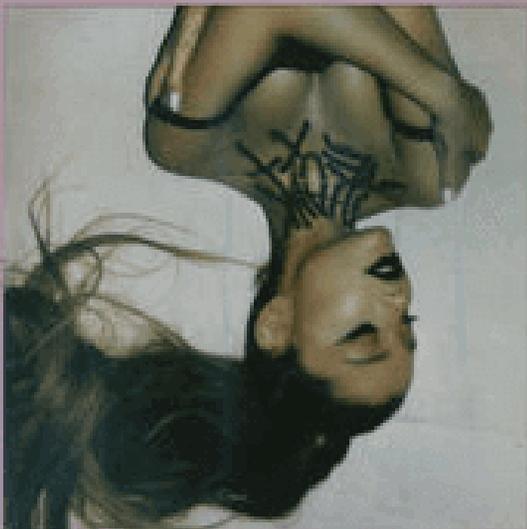
BY JACLYN TRACY

Just four months after releasing what many consider to be 'the best album of her career', Ariana Grande dropped 'Thank U, Next' the album on February 8th, 2019, and, to put it simply, left fans shook. Nearly two weeks later, she has managed to become the first artist to simultaneously hold the top three songs on Billboard's Hot 100 Chart since the Beatles did in 1964.

But that's not where it ends, every single song on the 41-minute album has earned a spot on the Hot 100 Chart, and shows no signs of leaving anytime soon. A combination of female empowerment, overcoming tragedy, self-growth, inner healing, and truth have made the album the iconic record it has managed to become in

Grande managed to use a time in her life when every single thing she did was so heavily covered by the tabloids and media, the death of her ex-boyfriend and very close friend Mac Miller, the breaking off of a whirlwind engagement, and continuously healing from the PTSD of her Manchester concert bombing tragedy, and turned it into gold, in only the matter of one week's worth of writing.

The album features songs such as 'Fake Smile', where she acknowledges that 'if she's hurt, she's not going to lie about it', 'Needy', where she sings a relatable anthem about what it's like to overthink a relationship, and '7 rings', where she unapologetically talks about spoiling herself and her friends and becoming a 'savage' instead of being sad despite everything that she's been through.



Arianna Grande's new album "Thank U, Next" has been extremely successful and is bringing the artist a lot of attention.

such a short time.

As opposed to her previous album 'Sweetener', which features songs such as 'Pete Davidson', 'The Light is Coming' and 'No Tears Left to Cry', 'Thank U, next' shows a new side of Grande transforming and turning to herself to heal and let go of the things that she has been through independently, rather than with the help of anyone else.

With the release of the pop culture phenomenon of the single, 'Thank U, Next' so soon after her split from Pete Davidson, fans could not wait to see what was coming next. When Grande teased fans by releasing the track-list on Twitter, it managed to gain 51K retweets and left everyone wondering if it would live up to the success of 'Sweetener', and somehow, it did, and then some.

'Break up with your girlfriend, I'm bored', 'Bloodline', 'bad idea' and 'makeup' show a much more wild and carefree side of Grande that makes you realize that maybe Carrie Bradshaw was right, "Maybe our girlfriends are our soulmates and guys are just people to have fun with."

The worldwide exposure and positive feedback that the album has managed to receive in just a little over two weeks is a sign that this album is only getting started and may just mark the peak of Grande's career, as if the pop idol could have gone any higher. With a long career ahead of her, and even more self-growth and discovery, all we can say is, Thank U, Ariana, for the album we never knew we needed!

First Responder NARCAN Training Covers Opiate Overdoses

BY TATSUYA HONDO

A first-aid life-saving workshop that covered the current heroin epidemic and the life-saving action of administering NARCAN to possible opioid overdoses took place on February 19 on campus. The workshop, titled "Opioid Overdose Prevention First Responders Training," was given by Sandy Guillaume, a harm reduction coordinator with the Community Action for Social Justice (CASJ), a nonprofit organization that services Nassau and Suffolk. This year's NARCAN training focused on the use of the intranasal Naloxone (NARCAN), a nasal spray device that is administered in an opioid emergency when a person who has potentially overdosed is not responding. Workshop attendees were provided with a NARCAN kit after being instructed on use of the materials in the kit.

There was an introductory briefing on the available type of narcotics on the market, as well as the consequences and greater classifications of natural, semi-synthetic and synthetic origin. Participants were taught the differences of certain drugs, specifically the differences between heroin and fentanyl. Guillaume also spoke about the complications of laws and available resources to the community and public.

Guillaume told attendees, "People rarely use drugs with the intent to die, so to reduce the stigma is important. A good number of cases are individuals overdos-

ing accidentally. This population can include people using drugs for the first time. Those uneducated about what the current drug market has available and their understanding of the volume and repetition of drug intake required for loss of control over the drug knowledge is likely limited."

She said the mission of her organization is to educate and inform people about opiate use and prevention. She said peer-to-peer mentoring can help individuals make decisions, including those of risk reduction and referrals to detox and treatments.

Catherine Forker, M.S., a health sciences professor at Adelphi who was a representative of the Health Services Center, was present at the NARCAN training. She said Adelphi organizes NARCAN trainings so that at least twice a semester Panthers can participate in the learning and training experience. This is a first aid-life saving workshop.

For resources and more information, contact Catherine Forker at forker@adelphi.edu. For individuals interested in attending future NARCAN trainings, register online at Adelphi's Handshake (find the NARCAN Training under the event menu). The next NARCAN training will be held on March 28, from 5 to 6 pm at the Alumni House. Additionally, NARCAN training will take place on April 4 during the Health Fair in the Center for Recreation and Sport from 11 to noon. You have to sign in for both at Handshake.

Learning to Love Yourself with Delta Phi Epsilon's ANAD Week

BY ALEXA COHEN

Delta Phi Epsilon hosted their annual ANAD Week starting February 18 to raise awareness for eating disorders.

Each day of the week there was a University Center table. On Monday, there was a "No Makeup Monday" table, where people could take off their makeup to show off their natural beauty. On Tuesday, there was a "Why I'm Better Than Barbie" table, where people could write why they are "better than Barbie" or "cooler than Ken" and take photos inside a life-sized Barbie box. On Wednesday, there was a "Give What You Can, Take What You Need" table at which people could write a message on a stone and take a different one home with them. On Thursday, there was a "Trash Your Insecurities" table at which people could write down an insecurity and rip it up and throw it in the garbage.

There was also an Instagram challenge throughout the week with the hashtags #makeuplessmonday, #trueto-youuesday, #wordsofwisdomwednesday,

#tellsomeonethursday and #fearlessfriday. In addition, there was an event in Alumni House with Adelphi's nutritionist, Jessica Jaeger, to discuss eating disorders and their impact on our community. There was supposed to be a yoga event on Wednesday, February 20 (which unfortunately got snowed out), but it was moved to February 27.

To end off the week, DPhiE hosted the ANAD vigil on Thursday, during which three sisters shared their experiences with eating disorders. The vigil was very empowering and allowed the community to come together to discuss the realities of eating disorders, their impact on people's lives and the hope for recovery.

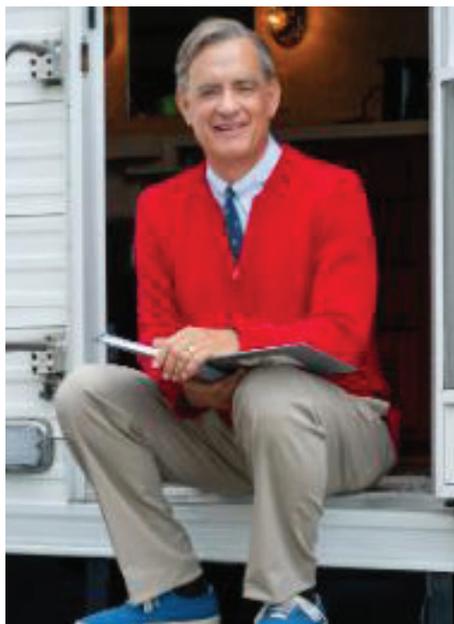
The community ended the night by watching a video that the sisters put together about confidence and crushing the current statistics, and then they all came together to say the ANAD Pledge. The week was filled with fun and courage and provided an opportunity for people to face their fears.

Back in My Neighborhood With Mister Rogers

BY NIKITA KALRA

Everyone born after the late sixties surely remembered growing up with Mister Rogers. This continues to be one of my favorite shows of all time, and a classic one too. I remember waking up and finishing all my tasks quickly so my mom would let me watch and enjoy my favorite show, “Mister Rogers’ Neighborhood.” I was glued to this show, not because of its colors and animations, but mainly due to the persona of Mister Rogers. I felt as if I knew him as close as my parents and loved his peaceful, slow and calm demeanor. I am sure all of us who grew up with Mister Rogers’ had experienced a sense of security, peace and love that this show depicted. Above all, the show was designed to convey some very important lessons of life in every episode.

**MISTER
ROGERS’
NEIGHBORHOOD®**



In September 2018, Sony Pictures released the news that it is making a movie about the epic life of Fred Rogers, played by Tom Hanks, one of my favorite actors. This movie is not a biography of Fred Rogers, but instead shows the relationship between a journalist Tom Junod and Fred Rogers. The name of the movie is “A Beautiful Day in the Neighborhood” and shows a photo of Tom Hanks wearing the famous red sweater, khaki pants, dress shirt and a tie that Mister Rogers always wore on his set. A pair of sneakers to show

comfort and his well-done hair parted to the side took me back 18 years ago. That beautiful welcoming smile is what I truly miss in today’s world.

The storyline is based on a journalist Tom Junod who takes up a project to write about the famous Fred Rogers. Junod (played by Matthew Rhys) is depicted as a cynical writer who undertakes this assignment, but at the end realizes that his own perspective of life has changed after being around Rogers. In the movie, Tom Junod is soon going to be a father and has a rough relationship with his own father. He thought that meeting with Rogers and writing a piece about him wasn’t a big deal to him, instead, it ended up changing his own life.

“Mister Rogers’ Neighborhood” first aired on February 19, 1968. It was inducted into the Television Hall of Fame in 1999. The final episode aired on August 21, 2001. Mister Rogers died on February 27, 2003. He is survived by his wife Joanne. In September 2018, Google announced its release of the first Google Doodle in memory of Mister Rogers’ Neighborhood. It shows the animation of children sitting around an old television set displaying “Mister Rogers’ Neighborhood” on the screen. The voice on the animation is the soft voice of our favorite Mister Rogers and his favorite saying, “Won’t You Be My Neighbor?” The doodle features the trolley, the sounds, the lights and the puppets in the show. The newly added feature is that among the traditional group of kids in the trolley there is a child on a wheelchair. This is a great way for little children to start their day and learn the most important values such as respect, love, peace and caring for one another.

“Won’t You Be My Neighbor?” is a documentary movie by Morgan Neville that was released in June 2018. This movie showed footages of “Mister Rogers’ Neighborhood” and his commitment to children and their learning. The director showed the life and philosophy of Rogers who was the creator and host of his show. The movie’s first trailer was released on March 20, 2018 in honor of what would have been Fred Rogers’ 90th birthday. This movie won many awards and is ranked as one of the top 10 films of 2018 by “Time” magazine.

I am now 21 years old and “Mister Rogers’ Neighborhood” remains fresh in my memory and makes me feel so calm when I hear his voice. I am so happy that this epic television star is being honored in so many ways and loved by children all over the world. I can’t wait to see this movie when released.

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Earth's Bugs Are Dying, and Humans Are to Blame

BY MATTHEW SCHROH

2019 has opened with some frightening discoveries in the biological communities, as research now suggests a new casualty in humanity's attempt to master control of its environment: insect populations. And yes, this decline in insect population has been directly linked to human activity, with climate change, human deforestation and pollution being the big three factors in this upcoming global catastrophe.

Now, it's not as though we're going to wake up one morning and 50 percent of all bugs that were there the night before will be dead. The mass extinction of millions of diverse insect species will take place over the next century, a horrifically drawn-out affair dooming beetles, bees and butterflies alike.

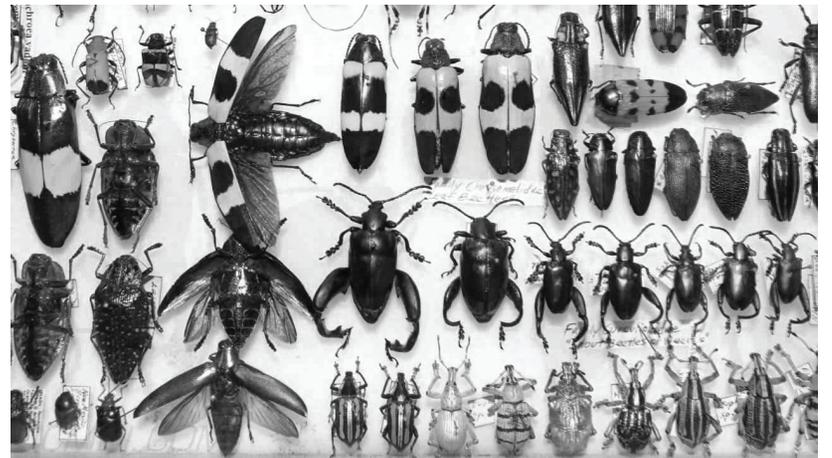
"Ew, who cares about some little flies anyway?" the casual insect observer may ask. To answer that, I point to simple ecosystem makeup. Say you have a type of beetle that birds and frogs eat. Say you have bigger birds that eat the birds and the frogs. If the beetle starts disappearing, all of a sudden the birds and the frogs run out of food. Then they die off and the bigger birds run out of food, too. And this gets much more concerning once you take into account how many bugs are responsible for pollination. If certain species of insect die off, certain species of plants might go with them, throwing the futures of many herbivore species into jeopardy as well.

There is some good news, though. Some insect populations have been found to be doing just fine through a changing climate, pollution and loss of habitat – in fact, they're thriving. Such insects include invasive species of ants and wasps, as well as mosquitoes and, of course, the reliable cockroaches. So if you want these to represent most of our world's bugs, the global loss of insect life isn't that much of a shame at all.

But, of course, no one wants literal pests and the cruel, honey-less cousins of the bees to end up as the only insect species future generations of children will recognize. And besides, even in the horrible world where we somehow shrug off the idea of mosquitoes being even more commonplace, many insect species today help pollinate crops and clean animal waste. Without these insects, animal dung could become more widespread (I don't think I have to spell out why that might be unpleasant) and entire populations of human beings could starve to death without enough crops to sustain them.

So now that we have established the terrifyingly real fact that insect mass extinction could be upon us within the next couple of decades, what can we do?

Don't bother looking to Washington, D.C. for help saving our insects right now. Through the course of an entire State of the Union address, and despite several other bipartisan efforts including criminal justice reform and infrastructure, President Donald Trump never uttered a single sentence about environmental concerns.



In fact, he still seems content with the argument of "since it's snowing, climate change isn't real." As of right now, the party of Teddy Roosevelt and Richard Nixon (who was surprisingly pro-environment) is not eager to help save the insects.

And on Capitol Hill, New York Representative Alexandria Ocasio-Cortez' Green New Deal, an admittedly ambitious effort to combat climate change, has been stuffed with liberal wish list items like universal healthcare and universal basic income, making it needlessly expensive and, thus, highly unlikely to go anywhere. Would it have been the end of the world to put the socialist stuff in a separate bill, and just focus fully on the environment for the Green New Deal? Apparently so, because this was not the path AOC chose to take.

It's true that many climate change statistics can be debated until the cows come home. But you could be the staunchest skeptic of global warming, I would still

challenge you to find fault in the idea of lowering carbon emissions and putting an end to pollution and endless deforestation, factors that only lead to a decrease of biodiversity and increase the likelihood that future generations will suffer for reasons that could be avoided now.

In many ways, the extinction of insects is a fitting first domino to fall in the loss of biodiversity. After all, insects are pretty much at the bottom of the food chain. But if we lose them, then we lose whatever eats them, and whatever comes after that, and so on. The most terrifying truth behind this is that, eventually, that food chain will go up to us.

Total human extinction isn't likely to result from the loss of insects, and an overall loss of biodiversity. But hundreds of millions of lives could be put into jeopardy through loss of food alone. An insectophobe myself, I never thought I'd put this into writing, but it's time to save the bugs.

The Devolution of Modern Dancing and Music

BY CHRISTOPHER ALVAREZ

What does dance and music mean to people? For high society in centuries past, dancing was a way to appreciate the human body and enjoy a night with someone you love without resorting to sexual relations, like in a ballroom dance between nobles. For the lower classes, dancing was a way to express one's emotions such as joy or to let some steam out and enjoy music. Dancing has been a time-honored tradition in human celebrations. The same goes for music, which has existed almost as long as human civilization has. Music ranged from the soft and delicate touches of the piano

to the hard and heavy music of a rock guitar. For societies high and low, music has been a way of both entertainment and relaxation, a way to excite people or to calm them down, giving them an escape from the drudgery of modern life.

Today's dancing and music, however, is rather different from those that came before. Dance moves like "twerking" and music genres like "trap music" have become rather prevalent in modern times. Both things also contain rather suggestive elements that previous generations would have found sickening, even though kids today have adopted them because they see these things as cool, and as such, have no problems with them.

In the most recent Grammy awards, female rap star Cardi B staged one of the top performances of the night. The artist received five nominations, and later made history with her win for Best Rap Album. Her dance moves? Twerking on a silver diamond piano and performing other seductive moves. She then proceeded to join several other dancers in showing off their "rear ends" to the audience. To some, her performance became the highlight of that night.

As for "trap music," this more modern form of rap music also goes for mature topics and constant repetition. The

singers talk too fast to be understood by casual audiences, but for those who know the lyrics, the usual trap song tackles things like sex, drugs, stealing and killing. While the music is upbeat, the songs are usually very explicit. Compared to past music genres, trap comes off as rude and, just like twerking, is rooted in topics that are not supposed to be kid-friendly. For example, when popular trap artist Meek Mill talked about his album "Championships" in an interview with CNN, he said the reason his lyrics refer to the prison system as a new form of slavery is because of his own experiences of seeing himself and others continually serving time for crimes that they might not have even committed.

This is both a good and a bad thing, because while it brings mature topics to the social eye, it also exposes explicit themes to youngsters, especially when these songs are degrading towards women. Some lyrics refer to so-called innocent women being "rabid whores" who are the opposite of what they proclaim to be. Others refer to women with demeaning words and tones that show a lack of respect for the opposite sex on behalf of male trap musicians.

Twerking and trap music affect the next generation by making them less subtle about sexual topics. Whereas kids

back in the day tried to shy away from almost everything but the most innocent of sexual encounters, now we have kids listening to sexually-charged music while shaking their backsides in public. The next generation will be even more sexually-charged and bolder when compared to the one that came before.

The way I see it, you can't even enjoy the Grammys without getting disgusted. Public twerking appalls me, and trap music isn't as good as music in the past like that of Michael Jackson. To see Cardi B's boyfriend stick his tongue out in public in response to his girl twerking on a stage really goes to show how far we have fallen in taste. We went from choreographed dancing and decency to whatever this performance entailed.

The prevalence of twerking and the rise of trap music shows how the traditional cultural norms that prevent explicit sexual content from becoming mainstream are withering away, creating a more libertine society that allows for less restrictions on what the youth and the culture at large can do. When popular shows like the Grammys openly support twerking while trap music becomes mainstream, it goes to show that the walls preventing kids from exploring sex in public media are tumbling down.



Soccer Coach Gary Book Is Living His Dream

BY JAMES CONERTY

The faded, decrepit white Nike sneakers are covered in turf pellets from the day before. Store brand white socks come to just below his knees. A white or black Adelphi men's soccer T-shirt is tucked into black or gray athletic shorts placed high on his rather slim waist. A whistle hangs around his neck. A baseball cap to prevent sunburn covers his crew cut.

This is how Adelphi men's soccer head coach Gary Book looks when he shows up every day to practice.

And this is what Book, a creature of habit, does when he arrives each day, according to assistant coach and former player Matt Giacconelli. The routine never seems to change.

"Back in his gray Honda minivan, take out the red wagon that is overflowing with what seem to be 100 soccer balls, pick up the wagon handle and start wheeling it in, struggling to make it to the field, dealing with a wobbly back left wheel and the three soccer balls escaping every time he traveled five feet," Giacconelli said.

But dealing with a broken wagon and loose soccer balls never seem to bother Book. That's because he is living his dream.

"I was kicking a ball as soon as I could walk," he said. "The game has always been woven into my life."

Born and raised in England, Book comes from a soccer-playing family. His father and four uncles played professionally.

"My uncle, Tony Book, was by far the most successful of the Books," Gary said of his uncle, who played for Manchester City in the Premier League.

Book's mother's side of the fam-



Coach Book encouraging his team during a practice.

(Photo by Adelphi Athletics)

ily also has soccer history, having a nephew who played and an uncle who coached professionally.

Book played soccer until the age of 19, when he came to the realization that he did not have a future as a professional.

"I was somewhat of a failed player," he said. "After a very short time I real-



Book in the center of a huddle during a game with his staff and players surrounding him. (Photo by Adelphi Athletics)

ized I was not going to make it to the top level with my club and would end up in the lower leagues as a journeyman."

So, he left the professional game to pursue a degree. "In England you basically do one or the other," he said, referring to either pursuing an athletic career or attending school, "which is what eventually attracted me to the college game in the USA where you can potentially achieve both."

Book continued to play semi-pro soccer in the U.S., describing himself as a creative midfielder. He also coached at the youth level and helped to create a professional coaching company.

This would lead to Book's first professional job opportunity. His company worked with David Masur, who became the head coach of the St. John's University's men's soccer team in Jamaica Estates, NY. Soon after, Masur hired Book as an assistant coach.

During Book's time at St. John's, the soccer program flourished.

"What followed was both dramatic and unexpected," Book said. St. John's went from a team that had never won a conference championship to winning six Big East titles, qualifying for the NCAA playoffs for 14 consecutive years, making three Final Fours and winning the school's first NCAA Division I national championship.

Book then moved to Hofstra University in Uniondale, NY, in 2003, again serving as an assistant coach. Like at St. John's, Hofstra, which had never won a conference championship prior to Book's arrival, had great success, winning four Colonial Athletic Association titles and 70 percent of its games against NCAA Top 30 teams.

After Hofstra, Book moved to Adelphi, where he just concluded his first season as a head coach by winning the Northeast-10 Conference and reaching the NCAA Division II Quarterfinals.

Junior forward Taylor Kaczynski recognizes Book's ability to quickly win

over the locker room for the team's success.

"He created an environment that made everyone comfortable and eager to play and give 100 percent," Kaczynski said. "He made it a point for us to know that we can go to him for anything and everything. Everyone believes in the guy. I could not have asked for a better coach." Book credits the team's success this past season to the style of play he teaches. "I believe very strongly in expansive attacking soccer," he said. "At the college level it is much easier to be successful by being ultra conservative in your approach, but I do not see that as enjoyable. I would much rather coach in a creative team environment than a negative one. I like players to be able to express themselves intelligently on the field."

He encourages his teams to play aggressive, physical soccer. "My preference is always to attack the opposition, even when we do not have the ball. I seek to attack our opponents nonstop and instill that desire in the players."

Book added that "defending when we lose the ball is our first form of attack. This is not a suggestion to the players, but a mandate that is the part of our DNA as a team."

This style of coaching was embraced by the Adelphi players.

"He's the best coach I have ever played for," said James Thristino, a senior forward and team captain. "I learned so much in one season from him, like how to

play better defense and how to be a team leader. I am beyond grateful he was my coach for my last ride here. Without him, everything we accomplished this season would not have been possible."

Sophomore midfielder/defender Alessandro Sambone appreciates the respect that Book gives to his players on and off the field.

"Regardless if you're the all-star starter everybody wants to be, or the guy on the bench who is craving to get into a game, Coach Book treats everyone the same and with respect. He really allows everyone to prove themselves," Sambone said.

Book also makes sure that his team knows school comes first. Without good grades, there is no team. He makes that clear to his players. "We are student-athletes, not athlete-students," Sambone said.

With such a successful career comes unforgettable moments. For most coaches, winning championships and getting a Gatorade bath would be a moment they would not forget. With Book, given his high standards, his most unforgettable moments come from losing. For him, "it is seldom the success, but the failure that is always the most unforgettable," he said.

This season that moment was the goal that American International scored from a corner in the last two seconds of our conference game that meant we would be co-regular season champions rather than sole champions," Book said.

That it came on a set play, a situation Adelphi had been able to defend successfully all season, made it especially hard to take. "It was not so much losing the championship, but conceding a goal from a set play, that was so unforgettable," Book said.

Not only has the coach had a positive effect on his players, he's uplifted his coaching staff as well. Giacconelli, one of Book's assistants, notices the respect he receives from players and said he's become a better coach just by being around Book.

"Simply put, he's the man. I wish he was my coach when I played here. Instead, I get to work with him, and I am truly amazed by everything he does. This is an amazing opportunity for me to learn and pick his brain," Giacconelli said.

Although his job is demanding, Book loves every minute.

"This is the best job in the world," he said. "I am getting paid to do what I love."

Schedule of Athletics Events for the Next Week

March 6: Men's Tennis at Queens College, Flushing 12 pm

March 8-9: Track & Field at Pittsburg State University, NCAA Division II Indoor Championship, Pittsburg, Kansas

SB vs New York Institute of Technology, Janet Ficke Field, Garden City, 12 pm

March 10: Men's Tennis HOME vs. Hofstra University, 12 pm

March 12: Softball at Georgian Court University, Lakewood, NJ, 2 pm

Basketball at Lynn University, Boca Raton, Florida, 3 pm

March 13: Men's Lacrosse vs Molloy College, Motamed Field, Garden City, 7 pm

Final Ride: Softball's Kristin Fealy Values What Happens off the Field

BY NICOLETTA CUCCIO
AND OLIVIA FRANKS

Kristin Fealy, a senior pitcher on the Adelphi softball team, has been an integral part of the team since her freshman year. Fealy, a Brampton, Ontario, Canada native, is working towards a criminal justice degree and has been named to the NE10 Commissioner's Honor Roll every semester as a Panther. As a two-time NE10 Conference champion and East Region champion, selflessness and success are ingrained in Fealy's way of life. Although she has passed her police test to begin the next chapter of her life, Fealy has some work ahead of her as she continues to compete and enjoy her time as a Panther.



Fealy rounding the bases during a game.
(Photo by Adelphi Athletics)

Q. When did you start playing softball?

A. I started playing softball when I was seven.

Q. Why did you want to play in college?

A. I never thought about playing in college until my freshman year of high school. I joined an elite travel ball team that year and my coach was the first one who introduced me to the idea of college softball. They took us to tournaments all over the states and it was then that I decided this was something I wanted to pursue.

Q. Why did you choose to attend Adelphi?

A. I chose Adelphi for many reasons, one being its reputation of both the academics and athletic programs here. Another was the smaller class sizes. Finally, I knew the pitching coach, Leah McIntosh, who introduced me to the coaches and started my recruitment process.

Q. What has been one of the most important lessons you have learned as a student athlete?

A. I think one of the most important lessons I have learned as a student athlete is the importance of your teammates. Your time with them is limited and with

each year comes new teammates and the loss of previous seniors. In my three years here, I remember and value more of what happens off the field rather than on. These are memories and friendships that will stay with me for life and that is something which I am completely indebted to softball for giving me.

Q. What has been your greatest accomplishment so far?

A: My greatest accomplishments so far would probably be passing the police constable test this January. Now that I passed those, I can apply for any police force in Ontario.

Q. Do you have any goals for this season?

A: I'm not the biggest fan of setting goals for the season. What I do believe in is competing in every single game this



Fealy in the dugout talking to teammates. She plans to apply to police departments in Ontario following graduation.
(Photo by Adelphi Athletics)

season and that is exactly what I intend to do.

Q. What do you want to do after college? If your career isn't sports-related, do you still want to stay involved in softball?

A: After college I want to join the police force with the end goal of becoming a detective. And as for staying involved with softball; softball has done so much for me I couldn't see myself not continuing it in my life. I owe the sport a lot and I would love to stay involved and maybe coach the next up-and-coming generation.

Q. Do you have any advice to freshmen student-athletes who are just beginning their college careers?

A: The one thing I always say is that it goes by so much faster than you would ever want, but that is what makes being a student athlete such an enigma. Never take it for granted. You get to practice, you don't have to. It's a privilege to be a student athlete. And there's no time to waste it, so don't. Give yourself to the sport, to your coaches and most importantly to your teammates.

Panther Pup: Track and Field's Freshman Kevin Nalisa

BY JERMAINE HOWERTON

Kevin Nalisa had hoop dreams on his mind. He heard that track and field would increase his jumping ability on the court. When he claimed a roster spot on his high school track and field team at Lawrence High School, basketball was just a memory.

Nalisa, the lanky 6-foot, 3-inch freshman jumper for the Panthers burst upon the scene this year. With a track record of success, winning conference titles in the triple jump and a county title in the 4x100 relay at Lawrence, he was on many college radars. Division I Binghamton asked Nalisa to be a Bearcat, but he respectfully declined. He wanted to wear the Brown and Gold and become a Panther.

Nalisa, who lives in Valley Stream, chose Adelphi because it was close to home. The convenience of him being able to go home whenever he needed and go to school made the best sense to him and his family.

When Nalisa first touched down on Adelphi's campus to start the fall 2018 semester, he said he did not have a nervous bone in his body. He was purely anxious to show his talents both academically as a business management major and athletically as a jumper.

When asked about the difficulty of adjusting to college life, balancing class and athletics, Nalisa said, "It was a little difficult at first, but it didn't take me long to figure things out. My schedule is perfect, so my academics don't interfere with practice and meets and vice versa."

The people that had made this an easier transition for him were his coaches and his teammates, in particular twin jumpers, sophomores Trevor and Tyler Wilkins. Nalisa dubbed their trio as the "Jump Squad." The Wilkins brothers were the first people he ever talked to on campus.

"Tyler and Trevor welcomed me with open arms and they really gave me advice about competing at this level and



Freshman Kevin Nalisa
(Photo by Adelphi Athletics)

everything to expect," Nalisa said.

What fuels him to be great? Just having the desire to be the best version of himself that he can possibly be. Keeping a high level of intensity and a positive spirit, whether it's during practice or competing at meets.

Teammate and fellow jumper Vicky Major said, "Kevin is driven, focused; he's the kind of athlete that can keep a positive mindset even after an upsetting performance and that's something that's not easily taught. You have to have it within you. He's doing good with the transition from high school to college, and a lot of people don't realize how hard that is to manage, especially as a student athlete. As a teammate it's awesome to see him grow."

As a freshman, Nalisa has a long journey ahead of him. He wanted to give high school seniors advice about college life. "Weigh your options but no matter what you do always be yourself and don't be afraid to make decisions. And whatever you decide to do follow it all the way through."



Nalisa competing during a meet. His senior year of high school he was ranked first in Nassau County for the triple jump. (Photo by Adelphi Athletics)