Meal Plan Opt-Out Continues Dining Controversy on Campus

BY ALYSSA FURLINE

Campus dining has been a hot-button topic this 2019 fall semester. Students have been raising their concerns on a variety of issues including a lack of diet-friendly options, worry of cross-contamination and general food quality being some of the most popular. Unfortunately, with the University Center currently under renovation, the future of dining is raising more questions than answers. For the time being, Dining Services have provided a temporary solution for students.

On Friday, October 25, a campus-wide email was sent out detailing a new option for students to opt-out of their meal plans or downgrade the plan to one more affordable. All unused portions of former meal plans were refunded. This option was extended to residents and commuters.

Along with these features, the additional 100 Panther dollars that were given to these students would not be affected and would carry over into the spring semester.

“We made arrangements with our dining services partner to enable students to change their meal plan level or opt-out of their meal plan entirely during the 2019-20 academic year,” said Alain Lanz, executive director of Auxiliary & Event Services. “The meal plan changes are in place for the 2019-20 academic year, while the University Center is under renovation.”

The reactions to the option of opting-out of campus meal plans have been mixed, but overall met with strong participation in these options.

When asked about her decision concerning the opt-out, Monique Osthbye, a first-year international studies major, said, “I did downgrade my meal plan to a smaller one. I don’t have a car, so I need the option to eat on campus. Downgrading let me have that option while letting me also cook or order food from elsewhere when I wanted to.”

Many students are taking preference in the silver plan for its lower cost and flexibility. Chani Lieu, a resident reflected on this important part of the process. “Overall, we try to feature at least one piece per person, but they can submit multiple,” she said.

This is so that everyone who is choosing to display their work will each get at least one of their chosen pieces displayed, and that there is equality within the selected works.

One of the staff members featured in this year’s “Authors and Artists” exhibition is Kellyanne Monaghan, chair of the Art and Art History Department, as well as an associate professor in fine arts. Three of her original paintings, “Did Not See It Coming II” (oil on canvas), “Seismic Panel” (oil on panel) and “The Deluge” (oil on panel) are included in the showcase.

Monaghan is a landscape painter and described her work as “…responses in what’s going on in the world. I see them as expressionist representation of my stresses of what’s going on in the world, the news or the political tensions that are happening...our fears about climate change.”

She also spoke about the importance of this showcase and how it highlights the accomplishments of our university’s faculty. “The point of the exhibit is to highlight what we’re all the faculty doing when we’re not teaching. A big part of our job is that we’re constantly improving ourselves or doing research that helps us become better professors.” Authors and Artists is a way for faculty to show the students their dedication to their craft, or in some cases, their hobbies. Peter Koutroukou, public safety event sergeant, submitted an essay entitled “Uncle Jimmy,” reliving his past childhood summers with his aunt and uncle in Sag Harbor, Long Island. Although he isn’t a professor, his work was still placed in the showcase and is appreciated by onlookers.

Bryant said, “I love that it isn’t their occupation, but it’s their vocation or their hobby and we’re able to showcase that for them.”

The exhibit will run until Saturday, December 14.

Authors and Artists 2019 Highlights Adelphi Community Talents

BY LIANA DRISCOLL

Based on an annual Adelphi tradition, the Art Department puts together an exhibit called “Authors and Artists 2019” located on the second floor of the Performing Arts Center (PAC). It is sponsored by the Office of the Provost, the Senior Vice President for Academic Affairs and Adelphi University Libraries, so the exhibit is a university-wide effort that brings the entire Adelphi community together. It also shows students a glimpse of what professors are up to when they leave the classroom. To put together such an exhibit filled with paintings, academic journals, poems, sculptures and other creative forms, many individuals had to work together to bring it to life.

At the beginning of each semester, the Art Department sends out an email to all faculty members, encouraging them to participate and submit their pieces to be evaluated. Then, the Exhibition and Arts Collection curator, Jonathan Duff, along with student assistants, decides on how many pieces get displayed and where they are to be placed.

Tatiana Bryant, assistant professor, engagement inclusion librarian and a coordinator of Authors and Artists, along with student assistants, decides on the selected works.

“Data has positively impacted the world, solutions with data are precise,” Jaramillo said. “Any major is welcome. The Master’s in Business Analytics at Adelphi will offer 10 courses, 30 credits that can be completed in one year or part time.

“The Master’s in Business Analytics at Adelphi will offer 10 courses, 30 credits that can be completed in one year or part time. “Any major is welcome. However, the only thing required of students is a basic knowledge of computers and a desire to extract value from information,” Jaramillo said. In addition, this program offers hands-on learning, networking and personal attention. It’s looking for disciplined students with good attitudes. Connection to the University Innovation Center (UC) on campus beginning in fall 2020 will create excitement and innovation with volunteering and internship opportunities. Students will have the chance to work beside other data analysts to learn what working in the field requires of them. Jaramillo said they don’t need any volunteering or internship experiences prior to joining the program, but it’s recommended for a better chance of acceptance.

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Master’s Program Brings New Prospects for the Willumstad School of Business

BY HYACINTH TAYLOR

The Willumstad School of Business, located in Hagedorn Hall of Enterprise, is going to be providing graduate students with an exciting new opportunity this spring. Starting in January 2020, they’re launching a new master’s degree in business analytics. Once it is launched, it will be a permanent program at Adelphi University.

The field of business analytics trains people to be data scientists — people who extract value from data to make smart decisions. According to Juan R Jaramillo, PhD., associate professor of decision sciences and marketing, who is heading this innovative program, this is especially important in today’s business world because of technological advancements.

“Data has positively impacted the world, solutions with data are precise,” he said. “Data can be used for damage as well when technology is mishandled. In the past, we’ve had to make assumptions. Now with more data, we have more certainty and computer power. Technology augments our capabilities.”

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A Word from the Editor

Not many Adelphi students can say this, but I grew up hearing stories about The Delphian. My parents are not only Adelphi alumni, my mother was the sports editor from 1988 to 1989. The newspaper meant everything to her and it is why she loved this university. Being editor-in-chief, let alone being a part of The Delphian, was never something I wanted to do when I first came to school here. To be honest, I originally did not even want to attend Adelphi. I wanted to make my own path separate from my mother’s. Nevertheless, I have realized that Adelphi is where I was meant to be.

One of my sport management professors, Al Trautwig, frequently discusses how history repeats itself. It truly has in my case as my time at Adelphi has somewhat mirrored my mother’s. Though she was not a communications major like I am, we ended up becoming involved in very similar extracurriculars on and off campus. She was a staff writer for the sports section and soon moved her way up to sports editor like I did. She even was an intern for the New York Islanders during her junior year; I started my internship with the Islanders as a junior as well. My mother graduated from Adelphi in 1989 and since I am graduating early, I will be receiving my bachelor’s degree exactly 30 years after she did. When I was a child, of course I looked up to my mother, but I never imagined how similar our young lives would be.

I am finishing my bachelor’s degree this month, so my duties as editor-in-chief have come to a close. My work here at The Delphian is dedicated to my family, but most especially, my mother. Without her guidance, support and countless stories about the late 1980s Delphian staff, I would have never felt compelled to start writing. Though my sports section is not six pages long like hers, my greatest hope was to continue her legacy as best I could. To The Delphian staff past and present, it is so important to keep the newspaper alive. It is a vital part of this campus and Adelphi’s identity, so share it as much as you can. To my mother, thank you for teaching me about the importance of writing and sharing what a great place Adelphi is. I hope you are proud of what The Delphian is today because it would not exist without you. You may have graduated 30 years ago, but your impact on our school newspaper is everlasting.

Though I wish I could stay longer, the newspaper will be in very good hands. My successor is Jaclyn Tracy, a senior communications major and our current news editor. She is absolutely the best person for the job as she has been a strong editor and has shown dedication to the advancement of the newspaper. The new co-sports editors will be Maxmillian Robinson and Jake Malone; their passion for sports has been evident to me in a very short period of time. I also want to thank our advisor, Professor Liza Burby. She goes above and beyond the responsibilities of a club advisor. The newspaper would not function without your constant support and I could not be more grateful for your help and patience. Thank you for believing in me from the beginning; you have been a great mentor not only to me, but to all of your students.

To the Adelphi community, thank you for allowing me to serve as your editor-in-chief. I have enjoyed my term and grown more than I could have ever known through this position. Congratulations to all of those who are graduating this semester and good luck to the seniors who have one semester left. Go Panthers!

Olivia Franks
Editor-in-Chief

The Delphian at the “Tamron Hall Show”
Former Student Turned Art Professor Leaves an Impression in the Classroom and on the Walls

BY KATELYN BENSON-CRAWFORD

Like the city where she lives, Brittany Baldwin said her “paintings are energetic. The crowded, high energy environment has carried over into my work.”

Now the Flushing, Queens artist is bringing that energy to Adelphi University as its newest art professor. In her first semester, she has helped beautify the campus with murals and is receiving rave reviews from students.

“Brittany Baldwin has brought a vibrant energy to the Art Department,” said fellow art professor Jen Maloney. “Her intellect and enthusiasm for teaching is infectious. It’s clear that Brittany loves what she does.”

Baldwin is an alumna of AU where she received her Bachelor of Fine Arts in 2013. She earned her Master of Fine Arts at the Pratt Institute in 2014. Now Baldwin is teaching Drawing 1 at AU. She said her top priority has been cultivating students so they can grow and evolve as artists.

“She is really encouraging,” said a current student, Gillian Hicks. “We [the students] have to hang our artwork publicly on the wall every class. It is encouraging and makes me want to work harder. She always has something positive to say along with providing constructive criticism.”

For AU’s 2019 Fall Arts Festival, Baldwin created a mural over the three wall-like fences that are currently blocking off the University Center as it undergoes renovations. The Festival celebrated arts of all disciplines inspired by the 200th anniversary of the Walt Whitman House. Baldwin’s contribution merges the spirit of Walt Whitman and the Adelphi community through a unique artist’s vision.

Baldwin led Adelphi’s Art Department students to engage in a communal artistic experience. A team of artists helped her to paint the mural near Adelphi’s UC. Baldwin wanted to extend the experience to the seniors in the Art Department. She said she wished she were able to participate in mural projects sooner in life and was excited to provide this opportunity for the artists.

“Brittany Baldwin was kind and very passionate about mural making. I had a positive and fun learning experience,” said Adelphi studio art major Mariah Plakas, who participated in painting the mural.

Baldwin’s mural resumed began in New York City. Between 2013-14 she interned with New York City’s Parks in their Art and Antiquities Department, where she gained knowledge working on public art projects that directly impacted her when she ran her own public mural project.

Baldwin said, “I got a crash course on how to install public art, what the process of working with a city agency is like, and the involvement of making a successful proposal.”

She organized a public art mural, the Steinway Cipher, through the New York City Park’s Art in the Parks Program. It was open from June 2018 through June 2019 in Astoria, Queens and merged the contribution of the historical Steinway family and their influence on Astoria while addressing the contemporary neighborhood.

For both the Steinway project and Adelphi’s Fall Arts Festival mural the community was considered in her artistic vision.

“When I’m participating or creating in a space that isn’t native to me, I like finding a way to include the environment,” she said. “It’s not just my idea. I’m an artist who understands that this is a space that the community interacts with, and I want to highlight the social context of the past and present.”

She has participated in solo art shows and in several art conventions. As well as maintaining a private studio practice, Baldwin has a variety of experience working in the community. Upon graduating from AU, Baldwin received an award for abstraction. She also creates murals for storefronts and rooftops in New York City.

New Master’s Program for the Willumstad School of Business

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The new graduate program has received recognition because of its sophisticated curriculum, highly qualified faculty, deep industry connections and AACSB accreditation. According to Jaramillo, Michael Goreman, the top analyst in the country, has reviewed the program and named it exciting and state-of-the-art.

The new degree is a STEM-designated degree program. (STEM is an acronym for science, technology, engineering and mathematics.) The demand for STEM jobs is increasing rapidly and in recent years there has been a need for people who specialize in business analytics because organizations are struggling with how to take advantage of data. In New York City alone, there are currently more than 2,500 job openings for data scientists and data analysts – the highest paid positions, with an average salary of $121,104 in the United States as of October 30, 2019.

In addition, there are benefits for international students interested in this program. The business analytics program is one of the many for international students that extends optional practical training time to enhance career prospects. Optional practical training is temporary employment related to an international student’s major area of study. This time is allotted to international students who have been certified by US Immigration and Customs Enforcement (ICE) and the Student and Exchange Visitor Program (SEVP) to get work hours and STEM and non-STEM degrees. People in this STEM-designated field will come out underdeveloped in understanding the internet of data, mathematics to create algorithms, and what comes out of data.

Jaramillo said that within the next five years, the School of Business “expects to establish a solid program, high-quality set of students, graduate degrees and probability for good jobs since demand is higher than supply.”

Further, starting in fall 2020, there will be an opportunity for professors to teach this specialization to undergraduates. This will give them a chance to learn about the business analytics program.

The application to apply is already open. On the Adelphi page, go to Home → Academics → Graduate Programs → MS in Business Analytics. There you will see a step-by-step list on how to get started.

Dining Controversy Continues

Continued from page 1

A student in environmental science, also decided to change her plan from gold to silver. She explains that she is “still not satisfied with the plan…I’m lucky that I have a car so that I can go out to buy my own groceries, or else I’d probably be living back home due to their lack of food options.”

Food is an understandably touchy subject. Naturally, a diverse range of students brings a wide range of diets to which to cater. Having consistent access to enough food on campus plays a big role in preventing food insecurity issues among college students. Having affordable options is also a very important factor to consider.

Taking student opinions into consideration, representatives from Dining Services are continuing to propose solutions. For example, Lanz stated that Dining Services has taken other actions such as the “addition of more vegan and vegetarian options” as well as “a variety of classes and in-service training programs…implemented to address quality assurance and customer service.”

Lanz also would like to let the Adelphi community know that, “Adelphi takes the health and happiness of our students very seriously and we recognize that dining on campus is important. We are taking your feedback and criticism very seriously and have been working diligently with Chartwells, our dining services partner, continuously to address the issues and concerns that have been raised.”

If you are interested in contacting representatives from dining with any concerns you may have, you can reach out to them at adelphidining@adelphi.edu.
Keeping Up with Greek Life: Fraternities and Sororities Raise Thousands for Philanthropies

BY MARIA GIOVANNA JUMPER

Throughout the month of November, Greek Life organizations held fundraising events to support different groups. In particular, Phi Sigma Sigma sorority fundraised for the Kids in Need Foundation, Kappa Sigma fraternity for the Military Heroes Campaign, Delta Phi Epsilon sorority for the Cystic Fibrosis Foundation, and Delta Delta Delta sorority for St. Jude. The organizations raised thousands of dollars to be donated to their respective organizations.

Phi Sigma Sigma

On November 4, Phi Sigma Sigma sorority held their fifth annual Do it For the Kids event in the Center for Recreation and Sport (CRS) lower level. At this event, the sisters raised money for the Kids in Need Foundation and collected school supplies, which will be donated to Drexel Avenue Elementary School in Westbury. The Kids in Need Foundation works to provide supplies for schools to ensure that every student has what they need to prosper, grow and succeed. At the event, attendees were able to either donate money or three school supply items to get in.

Phi Sigma Sigma raised over $2,000 and over 500 school supplies in total. This brings them to $10,000 for all five of their Do It For the Kids events.

“As a senior this year, watching our annual event grow to the extent it has has been so heartwarming,” said president Amanda Considine. “The impact we have made in our community and physically being able to interact with the children we help really allows you to reflect on how lucky we are to receive an education at Adelphi University. It’s one of my favorite events we host as an organization and reminds me why I wanted to go Greek at the beginning of my college career.”

Kappa Sigma

On November 11, Kappa Sigma fraternity held their second annual Veterans Gala. It was held in the CRS Campbell Lounges on Veteran’s Day not only to honor the veterans, but to raise money for the Military Heroes Campaign. This campaign was created by Kappa Sigma’s national fraternity headquarters and has raised over $1,000,000 across North America. It provides both monetary assistance and organizational support to our nation’s veterans.

The brothers collected money from guests as they entered and then provided supplies in order to make greeting cards to active service members. They also had American flags on the tables so much to Kappa Sigma,” Davis said. “Having the ability to honor our veterans and raise money for Military Heroes is a privilege. Thank you to everyone who came and supported.”

Throughout the week, Kappa Sigma had additional fundraising tables and were able to raise a total of $682 between both events. This money will support both active service members and veterans.

Delta Phi Epsilon

Delta Phi Epsilon sorority held their annual 65 Roses Gala on November 14. The event, which has traditionally been held in the University Center Ballroom, was instead located at the Irish American Center in Mineola.

The 65 Roses Gala raises money for the Cystic Fibrosis Foundation, which fights to find a cure for cystic fibrosis (CF). In order to raise money, the sisters sold tickets to the event, created raffle baskets, had a 50/50 raffle and had a rose-pin wall activity where attendees paid $1 to pin a rose to a piece of cloth that had an outline of lungs.

The event featured a DJ, catered food for guests, photo-op opportunities and fun for all. Additionally, the event featured two speakers, biological sisters Tina and Tara Tamillo, who are currently fighting a battle with CF. Tina and Tara were both diagnosed with CF at birth. They spoke about their experiences since childhood with CF, including hospital stays, medications and treatments, and explained what it is like to be living with the condition. They also talked about new clinical trials they have been a part of and their hope to see a world where CF stands for Cure Found.

President Brigid Lynn said, “This year’s gala was an amazing time, and it was so exciting to see the Adelphi community come together to support the Cystic Fibrosis Foundation.”

In total, the sisters of Delta Phi Epsilon raised $5,600 for the Cystic Fibrosis Foundation. Next semester, they will hold their annual Deepher Dude, which is another large fundraising event for the sorority’s philanthropies.

Delta Delta Delta

Delta Delta Delta Sorority held their annual Throwback Cancer on November 19 in the CRS. The event included a candy bar, popcorn machine, karaoke, a photo area and a dance contest, which had two winners who received prizes. The event was called Throwback Cancer because of its decades theme. The sisters of Tri Delta encouraged attendees to dress up in attire from various decades, such as the 20s, the 50s and the 80s.

The event raised $488.50, which puts Tri Delta just $150 short of raising $10,000 for St. Jude this year.

Kat Beaty, vice president of philanthropy, said, “I wanted to host this event because this November marks our twentieth year collaborating with St. Jude, and since the start we have seen the childhood cancer survival rate rise to 80 percent.”

In that short time, the nationwide Delta Delta Delta sorority has raised about $68 million and is about halfway to their $60 million goal for the next 10 years.

“This event was important to me because the work that we have done is amazing in helping to eradicate childhood cancer,” Beaty said. “This was just a little celebration to see how far we’ve come but also recognize how far we have to go.”

In this short time Greek life organizations were able to raise a large amount of money for various fundraising groups. All of their events were very successful and they all have worked hard to support their philanthropies.
The Department of Dance at Adelphi was choreographed by assistant professor professor Tamara Babic. "Days of Yore" is a contemporary style of dance. "La Joie de Vivre," was choreographed by adjunct professor Tamara Babic. "Days of Yore" was choreographed by assistant professor Naiara Bermudez, a senior dance major and alumni of Adelphi's LGBTQ+ and Allies Committee. McElhone, a sophomore dance major and student representative of Adelphi's LGBTQ+ and Allies Committee. For those who have been in a similar search for support, Adelphi has provided the LGBTQ+ community with numerous programs designed to help students with security, safety and feelings of belonging that aid in the overall structure of self-actualization. Some of those programs include the LGBTQ+ and Allies Committee, LGBTQ+ Task Force, the First-Year LGBTQ+ Experience, the Gender Sexuality Alliance, and the LGBTQ+ and Ally Alliance Affinity Group. Collectively, these programs provide meaningful and deliberate opportunities for students who can’t always find these experiences outside of the programs readily available for those with similar interests and perspectives. They help students see the importance of campus life and having a group of people who will always be there to support you. "It is also important to note that these programs are for everyone and aren’t just exclusive for those part of the LGBTQ+ community. We include everyone by inviting friends and allies, or those who want to aid in supporting and welcoming others," said Benjy Hechtman, assistant director of the Center for Student Involvement (CSI). One of the many programs available is the First-Year LGBTQ+ Experience. Beginning in September of each year, this program runs five consecutive weeks on Monday nights. "Its purpose is to help participants build identity and a shared experience, as well as to give students who usually feel excluded a chance to be better incorporated into the campus culture," said Zotto. An event that occurred within this program was the Twilight Toast held on September 23. All of the first-year LGBTQ+ students, as well as allies and anyone else who wanted to come together to show the students that they were valued and cared for, and to toast to a great upcoming four years at Adelphi. Many discussions were held that night, including how important it is to have this community that can serve as a safety net to feel accepted and welcomed, rather than the university just being a "degree bearing place" that you attend without making any real connections with anyone. Other events within the LGBTQ+ program are the National Coming Out Day Panel, LGBTQ+ Around the World, Lavender and Multicultural Graduation, Put the PAN in Panther, Tuesday Talk: Dating while LGBTQ, Out and Spiritual, and LGBTQ+ 101. These events provide a good opportunity to get involved in the campus community alongside others going through similar experiences and can help one another through them. The LGBTQ+ Task Force was created in order to increase diversity, inclusion and equity for those who identify as LGBTQ, by using the framework based on the Campus Pride Index," said Adam Visconti, the task force chair. The Campus Pride Index is a national tool that any university can use to assess how LGBTQ friendly their campus is. It is updated every year to ensure constant progression and improvement. The inclusion factors that have been met by Adelphi according to the Campus Pride Index so far are a LGBTQ+ Policy Inclusion, support and institutional commitment, academic life, student life, housing and residence life, campus safety, counseling and health and recruitment and retention efforts. These categories have been completed with the help of the CSI, the Counselling Center, Alumni Relations and the Office of Diversity and Inclusion. “Currently, Adelphi University has a 4.5 star rating out of 5 stars, meaning that we’re welcoming LGBTQ+ students. We’re also recognized as a premier university by the Campus Pride Advisory Board,” said Visconti. “There’s more to be done to reach 5 stars, but we’re well on our way.” Through the many efforts to ensure the inclusion and diversity of the campus, Adelphi has managed to effectively comprehend the importance of security and safety for students to be able to live a fulfilled life in and following their college career. To learn more about these programs, visit CSI temporarily located in the lower level of Earle Hall A, the Campus Pride Index website, or the Diversity and Inclusion section listed under the Student Life section of the Adelphi University website at adelphi.edu/lgbtq. The Delphian December 9, 2019 • 5 University’s Inclusion of the LGBTQ+ Community Earns High Ratings in Campus Pride Index

BY AMANI-JANAIE ARKORFUL

Picture this: you make your way to the World Pride March, in hopes of being surrounded by like-minded people who give you comfort knowing that they may be going through similar experiences as you have. While standing on the sidelines and watching many groups march with their heads held high, you notice a banner reading “Adelphi University” followed by people with welcoming smiles. You realize that the school you attend is marching in the parade, unafraid to show people their support and acceptance for those who are part of the community.

“That is what this is about, showing our community that we’re doing all these new things and that we’re proud of you, our alumni, that have been living out and proud, and now your school is doing it too,” said Scott Zotto, the co-chair of the LGBTQ+ and Allies Committee.

For those who have been in a similar search for support, Adelphi has provided the LGBTQ+ community with numerous programs designed to help students with security, safety and feelings of belonging in the overall structure of self-actualization. Some of those programs include the LGBTQ+ and Allies Committee, LGBTQ+ Task Force, the First-Year LGBTQ+ Experience, the Gender Sexuality Alliance, and the LGBTQ+ and Ally Alliance Affinity Group. Collectively, these programs provide meaningful and deliberate opportunities for students who can’t always find these experiences outside of the programs readily available for those with similar interests and perspectives. They help students see the importance of campus life and having a group of people who will always be there to support you.

“It is also important to note that these programs are for everyone and aren’t just exclusive for those part of the LGBTQ+ community. We include everyone by inviting friends and allies, or those who want to aid in supporting and welcoming others,” said Benjy Hechtman, assistant director of the Center for Student Involvement (CSI). One of the many programs available is the First-Year LGBTQ+ Experience. Beginning in September of each year, this program runs five consecutive weeks on Monday nights.

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Through the many efforts to ensure the inclusion and diversity of the campus, Adelphi has managed to effectively comprehend the importance of security and safety for students to be able to live a fulfilled life in and following their college career.

To learn more about these programs, visit CSI temporarily located in the lower level of Earle Hall A, the Campus Pride Index website, or the Diversity and Inclusion section listed under the Student Life section of the Adelphi University website at adelphi.edu/lgbtq.

Fall Dance Adelphi: Dance Students Put on a Memorable Performance

BY NICOLE GARCIA

The Department of Dance at Adelphi held their Fall Dance Adelphi performances from November 20 to 24 showcasing "Cloven Kingdom" to honor Paul Taylor, who was the original choreographer. This is one of the department’s main-stage productions and it is held annually in the Olmstead Theatre in the Performing Arts Center.

“This year we showcased ‘Cloven Kingdom,’ a piece by Paul Taylor that premiered in 1976,” said Erin McElhone, a sophomore dance major and the student representative of Adelphi’s dance department. “There is a lot of history with this piece and it is so special that we get to study such influential work.”

The program was directed by Orion Duckstein and it consisted of four pieces that included modern, ballet and contemporary styles of dance. “La Joie De Vivre” was choreographed by adjunct professor Tamara Babic. “Days of Yore” was choreographed by assistant professor Adleigh B. Strelick. “Les Odalisques” was staged by associate professor and chair of the dance department, Augustyn. Lastly, “Cloven Kingdom” was choreographed by Taylor and the production was staged by Duckstein, associate professor and chair of the dance department.

Naiara Bermudez, a senior dance major at Adelphi, said Fall Dance Adelphi is important not only for the performers, but for the audience as well.

“Adelphi has a great show because it ranges so much; that is what makes it interesting and inspiring,” she said. “Everyone can show and be a part of it. Each piece and as audience members, you will have your favorite moments to choose from for sure. Dance isn’t about pretty costumes and frilly people onstage. Dance is about people and humanity, what we choose to do with those connections and how we portray them.”

In order to be in these performances, students had to audition for the pieces and rehearse while balancing the curriculum for their majors.

“We go through auditions to be casted for pieces, so we are practicing what is going on in the real dance world as well as getting the possibility to grow as performers having one or various roles,” Bermudez said. “It’s not just about the dancing; it’s about how you choose to be as a dancer and work with the choreographer and the rest of the performers. Many skills are tested in Dance Adelphi.”

Students and faculty have worked tirelessly to perfect the performances to showcase to an audience of friends, family, faculty and students.

The faculty meticulously puts together a program anywhere from a semester to a year in advance,” McElhone said. “After auditions the first week of school, dancers were selected and began rehearsals. That was about two months ago, which really is not a long time if you think about it. Dancers rehearse about four hours a night, five nights a week for the various pieces.”

Strelick added: “I would like people to be aware of this idea of supporting the arts. Sometimes people are unaware. They think, ‘Oh, they just go onstage, and they improvise,’ and are unaware of all the rehearsal time that’s committed… [The students] are doing a lot so support their efforts and support their dreams. The more audience we have the easier it is for them, the more the audience gives to the performer, the more it fuels them.”

Fall Dance Adelphi: Adelphi students on stage during a performance.

Ballet was featured in the Fall Dance Adelphi: Cloven Kingdom at Adelphi PAC. Photo credit Peter Fruskoff.
For Everyone on Your List

By Victoria Grinthal

As the holidays loom closer, the pressure is on to get all of your gifts in order for loved ones. If you’re looking for a thoughtful and unique gift for someone you care about, check out these products and ideas for all personalities.

For the Youtubers

If you know videos and vlogging, you know that lighting is very important to the overall quality of the footage you record. The Movo Photo Ring Light Vlog is an adjustable ring light system that is a small and affordable way to improve the lighting for any type of personal video. Found at www.movophoto.com/products/movo-vgc-3-selfie-ring-light-vlogging-kit; $19.99.

For the Tech Junkies

If you think cleaning products are not good gifts, just remember that studies have found toilet seats to have fewer bacteria on their surfaces than cell phones and handheld devices. Keep your phone or device clean and polished with HANS Swipe-Clean Solution, a compact alternative to a microfiber cloth. Found at https://hans-swipe.com and Amazon; $14.95.

For the Organizer

Has your roommate’s sticky notes gotten out of control? The NoteTower Monitor Mount or the Desk Organizer with extending arms organizes sticky notes so they no longer clutter your desktop. You can also display favorite photos and secure documents for easy viewing. The NoteTower design supports paper notes or documents in both portrait and landscape positions. Available at www.NoteTower.com or on Amazon. $17.99

For the Personalizers

Have a friend who always adds their own style to things like their laptop, backpack and books? STICKII Club Sticker Subscription is a monthly sticker and stationery subscription that has three style options to please anyone and help them show off their personality. Found at https://stickiiclub.com; $10 a month.
For the Personalizers
$10. at www.fitreserve.com/gift, starting program that works for them. Found Peloton. has tons of specified locations, to work out and stay fit, FitReserve is perfect for the person who loves

For the Fitness Buff
FitReserve Membership Gift Card is perfect for the person who loves to work out and stay fit, FitReserve has tons of specified locations, including Barry’s Bootcamp and Peloton. They are sure to find a program that works for them. Found at www.fitreserve.com/gift, starting at $10.

For the Breakfast-Skippers
Give your friend or family something they will always use with this compact Hamilton Beach Breakfast Sandwich Maker. Its small size and speed will help any busy bee have the most important meal of the day. Found at Target and Walmart; $24.99.

For the Beach Bums
Not only is the Del Sol Color-Changing Palm Heart Tote Bag great for carrying things, it also changes color to show a sunset while in the sun. This simple piece is perfect for anyone who would rather be at the beach right now. Found at www.delsol.com/color-changing-tote-bag-palm-heart.html; $24.

For Book Nerds
For bibliophiles, there are plenty of book-themed clothing and products to choose from. You’ll find your favorite authors at Out of Print. All purchases help to fund literacy programs and book donations to communities in need. These mismatched socks, inspired by George Orwell’s “1984,” feature “Down with Big Brother” on one and “War Is Peace / Freedom Is Slavery / Ignorance Is Strength” on the other. Found at outofprint.com; $8 pair; unisex in small and large.

A Very New York Christmas Is Decorated with Activities
BY BIANCA VIANA
It’s almost the merriest time of year and there are so many holiday-themed activities in New York City to put on your list of festivities. The Big Apple during the holiday season is a sight to see. From uptown to downtown, the city really manages to boast a variety of holiday offerings. Whether you channel your inner Grinch or cherry elf we’ve got you covered with activities.

The city is home to the Radio City Rockettes, and they star in the annual “Christmas Spectacular.” It is a must-see show that features Santa, wooden soldiers and the dazzling, high-kicking Rockettes. Two of the most iconic and cherished performances each year are the “Parade of the Wooden Soldiers” and the “Living Nativity.” Both of these have been performed since the very start of the Rockettes performances. The costume worn for the “Parade of the Wooden Soldiers” --white trousers, red button-up shirts and enormous black hats--has been the same since the show premiered in 1933.

The tickets for the Rockettes start at $69, but Groupon (www.groupon.com) is a great tool to use in finding discounted tickets for this event.

Another sight that is worth seeing is the Christmas tree at Rockefeller Center, which has been an annual tradition since 1931. Tourists and even native New Yorkers flock to 45 Rockefeller Plaza each year just to take it all in. The trees change each year, but the annual sense of wonder remains the same. A chance to see the tree lighting the first week in December is well worth fighting the crowds for. Seeing the tree is a free activity. In addition, you can rent skates and go ice skating at the rink right below the enormous tree.

While strolling down Fifth Avenue it is also worth stopping and spending some time to watch the light show put on each year by Saks Fifth Avenue at 611 5th Ave. The canvas is a building and it is spectacular. The shows are daily starting at about 4:35 pm to 11:35 pm, every 10 minutes. The lightshow lasts about five minutes. This year’s show was inspired by “Frozen 2.”

The Dyker Heights Holiday Lights are another amazing sight to see. The residents of the Brooklyn neighborhood take the holidays very seriously. The houses there are decked out with thousands of lights, life-size toy soldiers, inflatable Santas and more. This is a magical sight to witness because the glowing lights make for an exciting experience for all.

The Winter Village at Bryant Park, adjacent to the New York Public Library, is yet another fun and festive place to visit. Out of all the things to do in NYC, no other event or holiday market compares to this one. The sight features a 17,000-square-foot ice-skating rink and over 170 shopping kiosks and food vendors. Some vendors that might be worth checking out are Big Mozz for avid mozzarella stick lovers. Doughnuttery is another vendor that specializes in hot, fresh and uniquely sugared mini doughnuts usually paired with homemade dipping sauces, or maybe even some hot or cold apple cider. It wouldn’t be a complete trip without stopping by Fluffy Alpacas. These goods are imported from the owner’s native country of Peru. They sell handmade fashion items and accessories as well as alpaca stuffed animals made of eco-friendly hypoallergenic colors.

Once the Winter Village opens for business, this means that Christmas in New York has officially arrived. The shops are open from now until January 5, 2020, Monday – Friday, 11 am-8 pm, and Saturday and Sunday, 10 am-8 pm. However, as it gets closer to Christmas, many of these shops stay open later. You can also find a variety of food options and unique handmade crafts.

New York has a wide variety of holiday activities to engage in and each and every one is worth the time. This is the most magical time of the year and there is no better way to celebrate than in one of the most magical cities in the world.
BY BIANCA VIANA

Millions of people in New York City and cities around the world turned out for the Climate March in September, thanks to one young radical Swede, Greta Thunberg. She’s a youth ambassador who found her way into people’s hearts when she was “getting depressed about not doing anything about climate change.” Thunberg then would skip school on Fridays to protest. This act of protest spread like wildfire around the globe resulting in more awareness and indirectly led to other countries collaborating for the Paris Climate Accord in 2016.

It’s not just Thunberg who has this advocacy position. Adelphi University has a special partnership with the United Nations granting the university non-governmental organization (NGO) status under the Department of Global Communications, formerly named the Department of Public Information. Being an NGO at the UN allows designated faculty and one Adelphi student the opportunity to attend DGC related briefings/conferences.

As this year’s youth representative, I am using this advocacy position to heighten my educational experience in international studies as a sophomore, by studying civil society’s interactions at the United Nations. At the end of my term, I will be writing a reflective report highlighting my thoughts on civil society and the overall highs and lows of this position. So far from the briefings I have been too, I think that members of civil society work in their own way. Some provide aid to those in need, while others lobby while having the same idealistic goals in mind. Those with the same mission to collaborate, partner with each other in order to have a bigger voice to achieve their goals.

My role as a youth representative is much more observatory than Thunberg because she is at the center of it all and fervent in her activism. For example, recently Thunberg rejected the Nordic Council’s environment prize causing outrage saying, “The climate movement does not need more awards. What we need is that those holding power starts listening to the researchers.” She is upending diplomacy. Traditional diplomacy is usually closed off to the common folk. When thinking about the United Nations building, one can imagine world leaders hosting events which representatives of nations attend. In September, I had the shock of my life when I had the pleasure of attending the 74th United Nations General Assembly (UNGA) not once, but twice for the general debates and a briefing. Civil society is there, and watching, lobbying and working on their goals than the UN.

One event I will treasure is attending the UN General Debate, the high-level diplomatic gathering every September. I saw 24 world leaders speak from 2 pm to 10:30 pm at the second day’s afternoon session. A few of the 24 included Australia, Ireland, Germany, Fiji, Kenya, Kuwait and Zimbabwe. Each leader talked for around 15 minutes to an hour, going above the scheduled time, stressing their commitment to the United Nations, as well as local, regional and climate change concerns. Islands like Fiji stressed sinking due to climate change, while Kenya talked about regionalism.

Also, during this time, I would people watch to see which diplomats were sitting down at the table, and which ones were not at their seats. But, by 10:30 pm, it was agreed everyone wanted to go home and prepare for the next day’s session. What was accomplished at the UNGA, was that these debates sparked a conversation. Twenty out of the 24 leaders who I had the pleasure of hearing about subtly mentioned Thunberg and the power of the youth, or the devastating impact that climate change will have on society. But there is much to be done, such as actually passing resolutions and implementing them domestically. NGO representatives who were present shifted in and out of the balcony, looking for ways to insert themselves and their concerns into the diplomatic dance.

This position overall feels very intimidating and extremely exhilarating to be at the center of the international system, sitting at the same seats as higher-level NGOs, and delegates alike. Personally, I always dreamed of working in the UN when I grow up. Being on the same platform as other youth advocates like Thunberg definitely feels like a preview of the future to come if I work hard enough.

BY SAIRA AMAR

Give Back Locally This Holiday Season

Most of us see the holidays as a happy time to spend with family and friends. However, some are struggling to find shelter or provide for their families. The best gift we can all give this holiday season is giving back to our community to help those in need. There are many ways to do this all year, but the holiday season, which is all about gift-giving, serves as further inspiration. Here are some organizations you may want to consider donating to.

Citymeals on Wheels is an organization that has been providing elderly and homebound New Yorkers with meals and companionship for the past 35 years. You can sign up for meal deliveries during the holidays, but there are also other programs such as writing letters and chatting with seniors. These are available year-round, but there is an influx of support during the holiday season. If you are interested in getting involved, you can visit their website at citymeals.org and hit their “Get Involved” tab. You will then be prompted to fill out a form indicating what holiday(s) you would like to volunteer for, and which borough works best for you, in addition to some other personal information. On this tab you can also choose from different activities to volunteer for such as, the holiday cards.

The Mary Brennan Interfaith Nutrition Network (INN) located in nearby Hempstead is a local not-for-profit, volunteer-based organization. The INN provides a variety of necessary services to assist those challenged by hunger, homelessness and profound poverty.

Each year the INN hosts a Thanksgiving food drive, asking for a variety of holiday foods such as stuffing, canned yams, cranberry sauce and other nonperishables. You can walk in and drop off any of these items with no appointment necessary. In addition, you can also order items online through their website so that they will be delivered directly to the INN.

Another program put on by the INN is the Gifts for Guests program. On December 12 from 6-8 pm you can join the INN for some free cookies and cocoa, but there’s a small price to pay: Guests should bring an unwrapped toy for infants to age three, three to 12 years old, and ages 12 and up. In addition to toys, guests can contribute gloves, hats, scarves, MetroCards, gift cards and men’s underwear for the adults they support. You can also take a tour of the Soup Kitchen while there and learn how to get INInvolved in their community. Visit their site at the-inn.org.

All of these are great ways to help out and give back to our local communities. With all of these opportunities, someone in need can be touched by your generosity this holiday season.
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Re-Action Figures: How Mattel’s Gender-Inclusive Toys are Changing the Game

BY MYLO FISHERMAN

Contrasting from their infamously-hyperfeminine Barbie dolls, toy mogul Mattel announced their new “Creatable World” gender-neutral dolls in September. Since the dolls have been put on the market, their existence has sparked a ton of controversy, receiving mixed opinions from the public. According to Mattel, the dolls are meant to encourage children to format their own ideology regarding gender. Each doll kit contains two wigs in long and short options, as well as clothing choices that range from skirts to pants.

In a press release, Mattel’s senior vice president of fashion doll design, Kim Culmore said, “Toys are a reflection of culture and as the world continues to celebrate the positive impact of inclusivity, we felt it was time to create a doll line free of labels.”

For many years, the Barbie doll has been criticized for setting an unrealistic example for young girls. Given the public controversy over the Barbie dolls, Mattel is facing unique criticism for shifting to the other extreme of genderlessness with the Creatable World dolls. While some people wholeheartedly embraced Mattel for their step towards inclusivity, others have brought the company’s decision into question. Conservative groups such as One Million Moms made comments saying Mattel shouldn’t aim to please a small percentage of customers because it will drive their conservative customers away, arguing that “boys will be boys and girls will be girls.” The heart of this problem stems from parents wanting what is best for their children.

Greg Burt, the director of California Family Council, expressed that the dolls will not be teaching kids about inclusivity, but rather teaching them a new way of looking at gender and themselves. He said the dolls will only confuse kids and give them the idea that they can be two genders or none at all. In addition, he said that “parents need to be aware that these dolls are really telling kids a lie, and that lie is something you can pick for yourself and not something to be celebrated or accepted.”

Although that was the conservative look on the gender-neutral doll controversy, there is also a liberal point of view. Toys that allow children to play with interchangeable parts to build their own characters originated in 1949 with Mr. Potato Head. The Creatable World dolls are just the newest addition in an effort to continue to blur the gender lines that exist in the toy industry. In recent years, this industry has been taking steps to try to eliminate the gender stereotypes that have existed for so long in the creation and marketing of dolls and toys. In 2012, Hasbro has introduced gender-neutral Easy-Bake ovens that now come in a variety of colors instead of just the stereotypical feminine colors. In addition to this in 2015, Target removed signs labelling their toy aisles by gender.

The main argument in opposition to the dolls is that this will only confuse kids, which is a statement full of hypocrisy. Children are always seen as “too young” to express themselves in forms of gender unless it fits the societal expectations of how they should look and behave. Toys are an innocent source of play for children, and gender-neutral dolls shouldn’t be a source of such controversy. Gender-neutrality should be embraced in the toy industry as it allows children to innocently embrace and explore gender diversity at a young age and it also helps normalize people that do not fit in the gender binary.

The Onslaught of Streaming Services: Desirable or Stressful?

BY ASHLESHA PANDIT

Online video streaming services such as Netflix, Amazon Prime Video, Sling, and Hulu have become very popular. It is claimed with some merit that streaming in general has prevented people from overspending on cable TV services, each with hundreds of channels that most people don’t even watch.

However, despite streaming being “cheaper,” more convenient and easier to use, the release of new streaming services may make some wonder whether the idea of using streaming services is actually benefiting them or hurting them. To answer this question properly, let’s first look at the advantages of using streaming services.

Typical cable TV packages can cost $60 - $110 a month for a package of 60 to 200-plus channels, many of which the subscriber may never watch. When you add costs for local network stations, international channels, rent for each cable box, sports networks and additional outlets in your home, before you know it, you are paying much more than the advertised price per month.

Now, with streaming services, you can pay $15 - $30 a month for your favorite shows and movies that you can watch repeatedly (if you really want to) without adhering to a designated schedule giving you a lot of convenience and flexibility. More importantly, streaming services don’t require you to be near a TV. One can enjoy the entertainment anywhere, anytime, on any device that is capable of streaming videos, with no or limited advertisements to interrupt your enjoyment. The best part is that most streaming services involve no contract; so, you can modify or cancel your subscription when you want to.

Even though streaming services have some advantages for their customers, there are also some disadvantages that could discourage people from continuing to use them. The development of several new streaming services has left people feeling overwhelmed because there are too many names offering too much content, and they have different pricing structures through which one has to navigate before choosing a service. Besides, there is always a “catch” associated with a choice.

For example, on some services, while much of the content is included with the regular monthly subscription, people cannot watch all of their favorite content without paying for some of it in the form of a rent or additional purchase price, or without subscribing to an add-on channel such as HBO, SHOWTIME or STARZ. It is also possible that a streaming service could potentially lose its rights on some of the movies or shows, thus causing the viewers to lose their favorites forever. Above all, unlike cable TV, you have to have a strong Internet connection in order to truly enjoy the viewing of the streamed content. A bad internet connection can definitely take the fun out of the experience.

Considering the advantages and disadvantages of having streaming services, I believe that the increase in streaming services may be becoming a source of stress for many current and potential subscribers. Not only it can cause buyer’s remorse if a customer cannot find what they are looking for after subscribing to one service, but it can also cause a lot of irritation when the customer has to review several different streaming services to get the desired content and make sure that they are not overpaying for it.

A bigger question is: What does this say about us as the people who are the targeted audience of these services? Doesn’t bringing this “exciting” video content to our fingertips make us less productive in the long run? Personally, I feel that the added flexibility and convenience of the streaming services has a huge potential to make us more inactive and turn many of us into couch potatoes. Besides, the availability of interesting content in huge volume can become an addiction for some people and encourage them to simply keep subscribing to more and more streaming options.

Streaming services are only there for our entertainment; therefore, let’s not waste time over which services are better. Let’s just focus on our main priority of making us an educated and productive society.
Dreamers’ Defense: The Battle for DACA Recipients Goes to Court

BY MARIO ESTIVERNE

Hispanics account for 16.7 percent of the national population or around 52 million people in the United States. In August 2018, the US Citizenship and Immigration Services (USCIS) estimated there were 699,350 active DACA recipients residing in the United States. Immigration researchers estimate the population to be between 690,000 and 800,000 people. This large population is facing a tough battle in the United States where under current presidential actions and public policy, there are hundreds today fighting for their residency here. DACA (Deferred Action for Childhood Arrivals) is an American immigration policy that allows individuals with no citizenship in the United States who were brought here as a child to receive a renewable two-year period of being allowed to work here with a working permit and no risk of deportation.

This policy was first started by President Barack Obama on June 15, 2012, and the USCIS began accepting applications for the program on August 15, 2012. On November 12, 2019, there was a Supreme Court Justice trial during which judges heard the arguments of whether they should keep DACA as a U.S. policy. This has been a major current issue since President Donald Trump was elected in November 2016. The president is widely known for his stance against immigration, as is evident by his campaign slogan of “Let’s Build a Wall.” This slogan refers to the fact that he wants to build defenses around the U.S. southern border to stop illegal immigrants, mainly from Mexico, from coming to America. Trump is trying to overturn Obama’s policy of DACA.

In Court, lawyers Theodore Olsen and Luis Cortes will be defending the opposing side and trying to keep DACA as a U.S. policy. Olsen is a veteran lawyer, but Cortes will be especially important to this case because he was a DACA recipient. A November 11 CNN article stated that “…while Cortes is less experienced than some members of the legal team, his presence at the table represents the heart of the case.” This quote shows that while Cortes is admittedly a less experienced lawyer, he also helps to represent the purpose for this argument and reminds people what is at stake in this decision.

Meanwhile, Olsen is arguing that the government needs to explain their valid reasons for getting rid of DACA beyond wanting to follow the Trump Administration’s orders. Their words will allow closure for the public that will help when the final decision comes out.

I feel that at this point, it is good to mention that I am also an immigrant. I moved to the United States with my family when I was four years old and I consider this beautiful place to be my one and only home. It is heartbreaking to hear the struggles from my fellow immigrants and knowing that their home place is so terrible they have to find various ways to fill their pain with no end in sight, just in hopes of finding a better life and being confronted with this immense dislike. I know various people without legal citizenship who are trying so hard to acquire it because getting legal citizenship is impossible here. I think that DACA should stay as a U.S. policy because it helps to improve so many lives for the better and it helps to produce successful members of society.

As Olsen mentioned in the CNN article, this is just a policy like other immigration policies that effectively helps people and getting rid of DACA will not make it for the better. Doing so would just prevent successful people like Cortes from joining American society. President Trump’s issue with immigration lies with the illegal immigrants, but DACA recipients aren’t illegal and getting rid of DACA will not fix anything.

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The Opioid Epidemic Is Always a Crisis

BY MOLLY AMICK

The opioid crisis proves to be an unaltering epidemic with the US Department of Health and Human Services (HHS) estimating that opioid-related overdoses are responsible for 130 deaths each day in this country. The results of opioid addiction and abuse are indescribably horrific, raising questions about who is to blame and where the solution lies.

Two Ohio counties, Cuyahoga and Summit, recently resorted to litigious methods of fighting the opioid crisis. These plaintiffs were ready to take the defendants, Teva Pharmaceutical Industries Ltd., McKesson Corp., Cardinal Health Inc., and AmerisourceBergen Corp. to trial. Before the case was even given a trial, the Ohio counties and drug companies reached a settlement in which $215 million will be directed to

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The fall season was filled with excitement, hope and even a bit of disappointment for the Panthers this semester. This update will provide an overview of the fall sports teams as their seasons come to a close.

Women’s Soccer

The Panthers finished third on the Northeast 10 (NE10) ranking, which was just a bit higher than the preseason ranking of fourth place. With an overall season of 9-5-3, the Panthers were more than capable of taking a title home. A penalty shootout determined the winner of the NE10 Championship quarterfinals against American International College on Sunday, November 10 here at Motamed Field.

Head coach Rachel Brook said, “As a game of soccer goes, sometimes you dominate and you don’t get a result. Especially in the later stages of the season, you can play against a really bad team and not win, or you can play against a really good team and they don’t win. Playoffs are just another beast.”

Overall, it seems that being prepared was a big component of success this season.

Junior forward Alexis Weiser commented on the season as well. “My class has grown immensely in talent and mentality. I think it is really hard coming in as a freshman. You don’t really know what to expect going from high school soccer to college soccer. It is just a big jump, but our freshman class this year really stepped up.”

Weiser was ranked second in the NE10 for total number of shots on goal this season with 75.

One standout player is sophomore goalkeeper Krista Alisico. Despite playoff hopes being cut short early, Alisico leads the conference in fewest goals against (7) and lowest goals against average (0.73). In the goals against category, she just edges out another Adelphi goalkeeper, Sarah Hofmeier. Adelphi’s defense was clearly a force to be reckoned with this season.

Field Hockey

Field hockey too had a strong season. With the overall season result of 14-5, the Brown and Gold were very consistent, even tallying a 10-game win streak. They ended their season with a double overtime loss in the NE10 Championship quarterfinals against St. Thomas Aquinas on November 5.

Sophomore defender Alexandra Docyk, who recently earned the title of All-Conference Third Team for the first time in her career, discussed how the Panthers progressed and grew.

“Slowly as the season started, we definitely connected and showed what it really means to be a team because we connected with each other, we worked so hard with each other, we never gave up on it. That continued with us throughout the whole season,” she said.

Head coach Mary Moore also spoke about how the season for her team went. “The season was tough. As much success we saw in the middle of it, it was a tough season since we faced a lot of injuries. We had a smaller squad this year and lost some key players going down in key moments.”

One injured player was junior midfielder Alexandra Kanapes who was out for a few games, but the Panthers used a positive mindset in order to overcome this season setbacks.

“What was special was how this team bonded and came together,” Moore said. “We were able to pull out wins that we maybe shouldn’t have pulled out. It’s kind of hard to see two tough games knock you out of potential NCAA Playoffs (Playoff Tournament), but I think it is a lesson learned,” Moore added. “I think we saw how important the back end of a season is. Sometimes you need those losses to know that you don’t want to feel that again.”

Moore and the Panthers are more than hopeful for next season and are ready to bring home a title for the Adelphi community.

Women’s Tennis

The Brown and Gold had an overall season of 9-4. The Panthers saw a huge record this year, many constant wins this season. However, just like many of our other fall sports, tennis too faced disappointment during the NE10 semifinals. Falling short by just one point to LeMoyne College, the Panthers season came to an end.

Being ranked number one on the NE10 rankings, the Panthers found success due to their players. Barbe Quagliariello, a sophomore and transfer from neighboring New York Institute of Technology, had an impactful season this year for Adelphi. With a singles record of 11-3, Quagliariello was named NE10 Player of the Year. She was paired up at number one doubles with Nicole Kielan, who was placed in NE10 All-Conference Second Team for her singles. Additionally, they were both chosen in the NE10 All-Conference First Team for their success in the doubles category. With an overall record of 17-4, the mighty two have been a strong opponent. Kielan’s overall performance this year was impactful, she finished the season with a 10-5 individual record.

Men’s Soccer

The Adelphi men’s soccer team finished the regular season with an astounding record of 15-3-1. When asked what makes this team so effective, sophomore forward Marcelo Chacon said, “The system is very effective and when we execute what we go over in practice or meetings into the games, we become a tough team to go against.”

With the Panthers being ranked the top seed for this year’s NCAA playoffs and for the seventh consecutive season winning 10 or more games, winning has become a culture for Adelphi men’s soccer.

Chacon said he believes his success is due to doing your job and being accountable. “We meet together before every game, and go over the roles of each player to make sure everyone knows what they’re doing going in. This keeps us focused and reminds us all the players the tasks that must be completed to have a successful outcome.”

Chacon also believes that the coaching staff plays a large role in the development of the team.

“We have a great coaching staff that ultimately put in a lot for the team to make the environment we’re in a very distinct one compared to other schools,” he said. “We have a squad with tremendous strength in depth and the morale within this group is magnificent.”

The Panthers lost in the second round of playoffs in the NCAA Tournament, but they were still a stand-out squad this year and have high hopes for next fall.

Women’s Volleyball

The Brown and Gold finished 14-10 in the regular season with a winning record in the conference. Senior Stephanie Millilo took on a leadership role this year.

“It’s a real honor to be a leader on this team,” she said. “There’s a huge legacy of successful Adelphi volleyball captains before me, so to become a leader alongside Katarina [Warburton] who I respect as a player and teammate, I just really enjoy the opportunity to play alongside her and work to make the team the best it can be.”

Warburton has had an amazing senior season as a starter, totaling 38 digs and 10 assists. This team in particular has had its fair share of close games this season and it was important for the Panthers to have a strategy going into every set.

Millilo said, “I think the toughest part about being in a conference that’s so strong, is that we do have a lot of games that go to five sets and our biggest strategy has been serving tough and aggressively, but consistency is key.”

The offense has steadily improved from past years. Sophomore Sara Mandreja finished the season with 3.28 kills per set, which is the second best in the NE10.

“Offensively just being smart, executing shots that we work on constantly, and adjusting our blocks on defense, compiled with our team energy keeps us motivated,” Millilo said.

Cross Country

One standout on the Panther squad this season was All-Region Honors winner Katherine Marsh. Since she is only a freshman, winning all-region honors is a huge accomplishment.

“It makes me look forward to the next cross-country season,” said Marsh.

While this is an individual award, Marsh gave credit to teammates that have stuck by her side through the process. “My success has been a team effort. Going into the season, we didn’t know where we stood in comparison to other schools, but as practices went on, we saw that we had a chance to go to the NCAA tournament and it was really encouraging for us to keep doing well and trying our best so that we could qualify for it.”

Senior Nicole Julian also received All-Region Honors this season. Julian placed 10th overall at this year’s NE10 Championships and earned Second Team All-Conference Honors, while finishing 20th in a field of over 160 competitors at the East Region Championships. As for Marsh, she placed 25th overall in a time of 23:34.3 for the 6K event, which happened in her career-best in the distance. She also placed her best time in the 5K in her first season as a Panther was at the Royals XC Challenge, where she raced to a 22nd place finish (out of over 500 competitors) in a time of 18:50.7.

Another large part of success that comes with every student athlete doing well is the coaching staff.

“The level of expectation that I have for the athletes is pretty much the same across the board on the matter of what level they come in,” explained head coach Katie Rees. “Whether they were a high school state qualifier or a walk on or still developing on the team, I think the expectations are the same daily: come to practice with a good attitude and be ready to work through the challenges that present themselves throughout the season.”
Final Ride: Senior Emma Brown Reflects on AU Swimming Career

BY JADE McCLINTON-DORVLEY

In this series, we interview student athletes completing their final year at Adelphi. These Q & A are a chance for athletes to say goodbye to Adelphi and to reflect on their athletic careers and all they have learned during their time as a Panther.

Q: What made you want to be a swimmer for Adelphi?
A: I liked the team aspect of college athletics because in high school being in clubs is more individual. Seeing that the team comes together and racking up points made me excited for the team aspect and to kind of rely on one another. Also, our coach is young and has a lot of energy that I liked, and I was excited to see where the program would go.

Q: What did it feel to set three new school records in your first season on campus?
A: It was exciting. I didn’t know coming in that I would be able to do that. It was exciting to be new here, set records and be on the record board with a bunch of names I knew that were older than me.

Q: What were some of your biggest accomplishments this swimming season?
A: Since we just started, I would say beating Pace University was definitely exciting because we haven’t beaten them since 2008. Being a part of the last relay that determined whether we won or not and being able to anchor it was really a highlight of the season so far.

Q: What were some of your biggest accomplishments throughout your swimming journey here at Adelphi?
A: Being a nine-time record holder so far. This is my second year being captain. I take a lot of pride in that because I want to lead the team into winning more meets. I was also nominated as a legacy advisor player my sophomore year.

Q: Do you have any areas of improvement in your swimming career overall?
A: For my last year, I guess I would like to keep improving and break some more records while I have the time to. I would like my team to place higher in our conference.

Q: Do you have any regrets?
A: No.

Q: Is there anyone you would like to thank for mentoring or supporting you throughout your journey?
A: My head coach Robert Smith, my assistant coach Kelly Whelan, my parents, my siblings and my closest friends on the team.

Q: What is one thing you’ll miss about swimming at Adelphi?
A: I’ll definitely miss the things we do outside of swimming with each other as a team, like team bonding things. I’ll also miss the feeling that you get when it’s an exciting race and everyone is cheering for you or I’m cheering for them. I think that’s an experience I’ll never experience again personally, so I’ll definitely miss that.

Cashman Talks Jumping Out of Planes and Scaling 22-Story Buildings at 12th Annual Fall Cocktail Reception

BY JAKE Malone

The larger-than-life late owner of the New York Yankees, George Steinbrenner, was all about winning, no matter the sacrifice. “I don’t like losing. Winning is important. It is second to breathing. Breathing is first, winning is second.” Becoming the second youngest general manager in baseball history at the time he was hired in 1998, Brian Cashman had already known what it would take to work under the man they called, “The Boss.” Cashman was able to land an internship with the Yankees in 1986 thanks to some family connections, and through hard work was able to climb the ladder until he became general manager (GM) of the team. During his time as GM, Cashman has won four world series including three in a row from 1998-2000, winning an astonishing 114 games in his first season.

Cashman was the featured guest at Adelphi Athletics 12th Annual Fall Cocktail Reception at the Chateau Briand on Wednesday, November 20. He sat down for an interview about his career in sports with Ed Randall from WFAN’s “Talking Baseball.”

Cashman said his first encounter with the ugly side of Steinbrenner came when the young intern was tasked with driving him across the city to get a haircut. Cashman was told to take the Hudson Bridge by another employee to save time even though this was not the way Cashman had intended to go. With Steinbrenner sitting in the backseat, Cashman took the exit to get onto the Hudson Bridge when he was suddenly halted. The bridge was closed for construction and they were at a standstill. Telling the clean version to the guests at the Chateau Briand, Cashman said Steinbrenner nearly lost his sanity on the young intern, calling him every name under the sun. He was adamant that Cashman take him back to the stadium, but the driver was somehow able to get back on the highway and get The Boss to his haircut. As Steinbrenner got out of the car, he told the future GM of the team to leave at once and that he would take a cab back to the stadium as he forcefully slammed the door behind him.

When asked what his key to having a long and successful career was, Cashman replied that he hired people who were smarter than he was, and he listened to them. In this case, Cashman listened to Steinbrenner and drove off. The 20-plus-year GM talked about how stressful it was to work for Steinbrenner and how his thick skin helped him survive all those years when previous GM’s such as Bob Quinn resigned because he was fearful of his health while working for the Yankees owner.

When Steinbrenner passed away in 2010, Cashman was saddened by his death because of the love and respect he had for his former boss. But he joked that he now skis and scales down buildings in the offseason to get the stress and adrenaline rush he is lacking with Steinbrenner gone.

The Fall Cocktail Reception was started in 2008 and has been a success each year, raising funds for Adelphi and the Athletic Department. Vinny Amodeo, Adelphi’s coordinator of athletic marketing and special events, oversaw the preparation of the event.

Amodeo said, “This event could not take place without the leadership and guidance of head baseball coach, Dom Scala. It all starts with his connection to the Yankees and being a part of their organization for all of those years back in the 1970s and 1980s. People in the organization respect Dom a lot and always agree to attend this event as the guest speaker due to his high reputation. That initial relationship gets the ball rolling and makes our job a lot easier from a planning standpoint.”

Amodeo said that behind-the-scenes planning also came from Emily Dorko, associate athletic director of external relations, and Danny McCabe, the director of athletics and campus recreation.

“All of the other faces behind the scenes that assist in the planning of this event do such a great job in taking what Dom sets in place and formulating a fantastic evening,” Amodeo said. “The main goal, with this event being a fundraiser, is to provide a positive experience for all of our guests and raise as much money as we can to enhance our student athletes’ experience on-campus.”

The event was beautifully executed with a lot of food, drinks, raffles and auctions. Cashman generously posed for photos and talked with guests who were swarming the 52-year-old, most likely asking him if he was going to sign free agent pitcher Gerrit Cole, or what he thought about the Houston Astros cheating scandal. Randall was an exceptional interviewer, asking questions that kept all attendees entertained. The night was a huge success and was more than worth the $100 ticket to attend.