

Adelphi Welcomes Our Largest Class in School History

BY MATTHEW SCHROH

Since Adelphi's founding in 1896, the school has seen fluctuating numbers in terms of class size over the years. This is common in places of higher education; numbers commonly rise and fall for natural reasons.

Regardless, it is exciting to note that the Class of 2022, the school's freshmen who started classes earlier this month, has the largest enrollment at Adelphi University yet. The school welcomes 1,261 first-year students this semester, according to Stephanie Espina, director of freshman admissions. The previous year had just under 900 students.

"As a university we are focused on providing a personalized experience from the first time a student steps foot on campus to the moment they graduate," Espina said. "More and more people are learning about Adelphi as we establish a more national presence. We're attracting students from across the country and abroad in part because of our proximity to one of the most diverse cities in the world, as well as our personalized approach to higher learning."

Adelphi president, Dr. Christine Riordan, agreed with Espina



Members of the class of 2022 display their Panther paws.

that our university's personal approach to education is a major reason why we have seen such an excitedly enormous freshman class this year.

"I'm so proud to welcome our largest and most diverse first-year class in Adelphi's history – a remarkable group of extraordinary students who will make our university even more vibrant," she said. "People far and wide are now noticing

what makes Adelphi distinctive – from our individualized education to a relentless commitment to student success. Our momentum really is stronger than ever."

In addition, President Riordan expressed her gratitude "to our dedicated staff and faculty for providing the kind of very personalized attention that students deserve and appreciate – from Manhattan to the Hudson Valley, and

from Garden City to Suffolk County."

There are other details that make the Class of 2022 stand out. It consists of students from 40 states and 53 countries, including for the first time Mongolia, as well as Argentina, Bangladesh, Bulgaria, Canada, China, Cyprus, Ethiopia, France, Ghana, Guyana, South Korea, Spain and Taiwan. And they represent a diverse range of ethnicities, with 48 percent identifying as nonwhite. They're also joined by 471 new transfer students and nearly 1,000 new graduate and doctoral students.

Though these facts and the size of the Class of 2022 are impressive data points, the class itself is so much more than that. It is a group of students seeking a fun, enriching and rewarding college experience, students who may potentially find themselves a bit stressed.

"The start of a new semester can seem overwhelming, but certainly very exciting for students," Espina said. "There's so much to take in, new people to meet and the campus is full of life. Take advantage of every opportunity to challenge yourself personally and professionally. Don't be afraid to step out of your comfort zone."

Panther Podium: How I Gained the Courage to Run Again Halfway Around the World

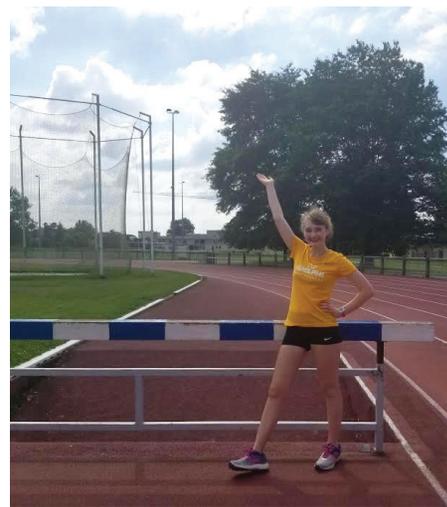
BY CATHERINE OLSEN

As I enter my fourth and final year here at Adelphi University, I have come to the realization that both the trajectory of my athletic career, and my academic one, have not been what I had planned. As a high school senior, I never thought that I would suddenly decide to major in history and French, or that I would join Chemistry Club, or even that I would be working on campus at the Center for Recreation and Sports. I never expected either that I could be possibly sidelined from running cross country or track. However, the spring semester of my junior year, that's exactly what happened to me. I had torn the labrum in my right hip: a notorious injury that requires months of physical therapy at the very least, and surgery in a lot of cases. This unexpected injury completely changed my plans for the semester, and it also changed my plans for the summer because it was during this period that I decided to chase a dream I had planned for since my freshman year: to study abroad.

After I decided to add a French major, I had been planning to study abroad at some point. I wanted to go in the sum-

mer, so I wouldn't have to miss a season of cross country or track. Still, it wasn't until the fall of 2017 that I realized how badly I wanted to make that a dream a reality. This was mainly because it seemed as if everyone I knew, from my coworkers at my summer job to my housemate, were abroad at that time. I saw their photos of famous landmarks and beautiful scenery and grew incredibly jealous. I began to look for options of programs to attend in France in the summer. However, as the semester became more intense with schoolwork and practice, I momentarily forgot about my mission. Even when I occasionally thought about it, I suddenly became fearful about going through the process. I also didn't want to leave my family and friends behind. Then, everything I had planned for the rest of the year fell apart with a single phone call, which told me I would not be able to run again for a very, very long time.

It happened during indoor track season the following semester. I had been pushing myself to try to make up for the weak cross-country season I had the semester prior. Still, no matter how many miles I ran, how many squats I did or how hard I tried, I was not improving. This, as I



Track and field's Catherine Olsen training after her injury.

later found out, was caused by a myriad of things. The official list included IT band syndrome in both legs, bursitis in my right hip and a stress reaction in my right pubic bone; all related to the fact that the labrum of my right hip was torn. As the pain I tried to ignore got worse, it got harder and harder for me to run. A few people even commented that I had a "limp" when I walked, but I just brushed their worries aside. Soon I was banished to the station-

ary bike as I waited for the trainers, and eventually the doctors, to figure out what was wrong. After months of frustration, I felt numb. Still, I didn't really consider how seriously I could be injured. Even at my MRI appointment, I told the technician "it's probably nothing. Just some IT band tightness." I would be proven wrong. As I finished yet another practice in pain, I received the call from the doctor of my diagnosis. I was in shock, and too upset to tell the rest of my teammates yet. After telling my assistant coach the news, I just gathered my things, then left.

The weeks after were tough for me. I started going to physical therapy two to three times a week, which at the start was a painful and frustrating process. I obviously could no longer work out my legs the way I used to. Even if I tried, the dull ache in my hip would turn into a shooting pain that would last for hours, or sometimes days. Though my head coach was incredibly supportive of my healing process and still involved me in practice, I grew restless. I wanted so badly to be running, and the fact that I couldn't was terrible. I needed a distraction, and

continued on pg 3

A Word from the Editor

Welcome back Panthers! First, I would like to introduce you all to *The Delphian* staff. Please help me welcome Maria Giovanna Jumper as our Features editor, Matt Schroh who will serve as our News Editor, Victoria Grinthal our Editorials Editor and Olivia Franks who will hold down our Sports Section. I want to thank these four along with our advisor Professor Liza Burby for being committed to our team and already working hard on our first issue, and our Production Artist Valerie Buonaiuto for pulling it all together. I am excited to work with you all.

My name is Nicoletta Cuccio and I am your new editor-in-chief. I feel fortunate to be given this opportunity and am excited to embark on this journey with you all. I am a senior member of the softball team studying Sport Management with a minor in Communications and I aspire to become a college softball coach.

Our goal this year is to continue to progress. We are looking to increase readership of the paper and try to create a consistent, loyal fan base. Our objective is to keep everyone updated with the ongoings of Adelphi life, as well as newsworthy events throughout the world. Lastly, we want to encourage anyone who is interested in joining our family to help progress and continue to grow *The Delphian*.

In this issue, you will get a blended taste of *The Delphian's* previous successes and a record-breaking freshmen class, new faces and strides in athletics, advice and opportunities around campus, opinions regarding television and technology and interesting topics in between.

While nothing beats the feeling of a newspaper in your hands, we are proud to announce our continuing effort to build and improve upon our social media platforms. Our focus will be put mainly on our Instagram account @The_Delphian; follow us. We will use our Instagram platform to inform, encourage and interest you all to pick up our paper and read our hard work.

I have accepted this role to provide myself with a new challenge that will not only benefit myself, but also the people that surround me. I believe that the people make the place, so I look forward to our achievements, as a unified group, throughout our time as Panthers.

-Nicoletta Cuccio
Editor-in-Chief

WANT TO BE FEATURED IN *THE DELPHIAN*?

Take a selfie with this newspaper, post it to Instagram, and tag @the_delphian to have the chance to be in the next issue.

The Delphian

Editor-in-Chief
Nicoletta Cuccio

News Editor
Matthew Schroh

Editorials Editor
Victoria Grinthal

Features & Entertainment Editor
Maria Giovanna Jumper

Sports Editor
Olivia Franks

Production Artists
Valerie Buonaiuto

Staff Writers
David Grinthal
See your name here; join our staff.

Delphian Advisor
Liza N. Burby



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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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The Delphian Named Long Island's Best College Newspaper for 2018

BY MATTHEW SCHROH

During the 2017-'18 academic year, *The Delphian*, Adelphi University's student newspaper, covered student shootings and gun control, DACA and Dreamers, student protests and sustainability. It profiled artists, athletes and alumni and reviewed performances and sporting events. Called the "voice of the students," it has sought out numerous students from across the academic spectrum to give a voice to their thoughts, concerns and criticisms on everything from sports and entertainment to politics.

The hard work of former editor-in-chief Gabrielle Deonath and the staff paid off when *The Delphian* was awarded best college newspaper by the Press Club of Long Island at their annual awards dinner in June. It was the seventh consecutive year that the paper has earned awards, and the third time to take the top honor.

The Delphian won in the following categories for 2018:

First Place for Best College Newspaper: *The Delphian* Staff

First Place for Sports Reporting: Nicoletta Cuccio for "Softball Head Coach Takes on New York City Marathon"

Third Place for Best College



From left 2017-'18 *Delphian* staff: Danielle McDougall, Gabrielle Deonath, Liza Burby, Victoria Grinthal, Matthew Schroh and Nicoletta Cuccio.

News Reporter: Danielle McDougall

Third Place for Narrative Feature: Jami Glatter for "Peter and the Starcatcher' Changes Sails for Autism-Friendly Performance"

Seeing *The Delphian* win first place was a proud moment for Deonath. "We are competing against college newspapers that are twice or triple our size or even larger, so I really feel that this award is indicative of the talent, strength and

dedication of our small staff," she said. "This was only possible because everyone, from writers and editors to the graphic designers, came to table every issue with their best ideas and their best work."

Faculty advisor Liza Burby said that while it's wonderful to be named the best college newspaper, and to be a finalist in the category every other year the paper hasn't earned first place, the fact is that every year the editorial teams have

been dedicated to making each issue of *The Delphian* an excellent student paper.

"The awards aren't the goal; professional caliber journalism is," she said. "However, the awards are a nice public acknowledgment of the countless hours and dedication the students must put in, particularly the five editors-in-chief I have had the sincere pleasure to work with these past several years—and our newest editor-in-chief Nicoletta Cuccio, who previously served as sports editor. To be able to mentor them as their faculty advisor and to see them be recognized by professional journalists makes all the late nights and deadline stresses worthwhile. I know how hard they have worked, so I'm glad for them that they get the recognition."

As the 2018-'19 publishing schedule begins, *The Delphian* welcomes more participation from Adelphi students. "There's always room for more talented reporters and those who want to get editorial experience," Burby said. "Every one of *The Delphian* editors graduates having had a crash course in newspaper writing, editing, design and business-related issues. Ultimately, for a student paper to offer that opportunity to students—with the bonus of earning awards—is a key component of getting a journalism and communications education at Adelphi."

Panther Pantry Arises from Concerns About Food Insecurity Among Adelphi Community Members

BY MARIA GIOVANNA JUMPER

With everything students and faculty stress about during the semester the last thing they need is food insecurity: a lack of available financial resources for consistent access to adequate food. The staff at Adelphi University understands that sometimes students and faculty may have trouble affording necessities like food and wanted to create an environment where those who need help can find it. With the suggestion President Christine Riordan, Della Hudson, the assistant vice president and dean of Student Affairs, investigated creating a food pantry on campus. Many other universities have taken similar steps to create a more welcoming environment. Adelphi's Panther Pantry officially opened in Residence Hall A on September 5.

"The opening of our Panther Pantry aims to ensure that food insecurity doesn't prevent our students, faculty or staff from achieving their best," said President Riordan. "After all, one of the goals of Adelphi's strategic vision, Momentum, is to be relentlessly dedicated to student success."

According to Hudson, while it is not yet clear what percent of the campus is going to use the Panther Pantry, "data from the spring 2018 survey indicated that 3 to 4 percent of our population has experienced or are experiencing some form of food insecurity." The same survey also informed the staff that many of those students would be

open to using a food pantry on campus. The Panther Pantry is the result of a counsel Hudson created that includes members from The Interfaith Center, Information Technology, Public Safety, Student Counseling Center, Health Services, Auxiliary Services, Facilities Management and Residential Life and Housing. The Pantry is being supervised as by the Interfaith Center Chaplains.



Student volunteers at the ribbon-cutting ceremony on September 5.

It is accessible online Monday through Friday. Users can browse through the selection of food and choose the items they need. They then place an order and a group of volunteers will create a package for them. The user can pick up the package from the mail room once they get an email that it is complete. In order to pick up the package the user will present an order number. The Panther Pantry will not be using names or IDs in order to make sure everyone is comfortable.

The system was created in a way that would be respectful and compassionate to a student's personal situation and need. Out of this compassion and respect the staff created a system that would have

both a virtual access point and physical one. The creation of the online menu is credited to the IT department, Michael Dicresco, Scott Finkelstein, Kerry Nicolett and Carol Ann Boyle. This group dedicated countless hours to making sure the Panther Pantry would be up and running for the start of this semester. Hudson said the Panther Pantry would not be possible without the donations received

from the Graduate Student Council, which was used to stock the pantry, and from Adelphi employees. FCAP leaders should also receive credit for their work collecting food items for the pantry. Additionally, Hudson hopes and is confident that other organizations will also get involved in supporting the Panther Pantry.

No one should have to worry about how they are going to feed themselves each night, especially with the stress of school work and, for many students, a job. The Panther Pantry is a look toward a future where every Panther can feel safe and comfortable knowing that they do not have to worry about necessities.

REC the Night Lets Students Have a Ball

BY MATTHEW SCHROH

The first week of classes can be stressful to students, both returning Panthers and incoming freshmen. For this reason, the "REC the Night" event, held in the campus Center for Recreation and Sports the first Thursday of the school year, was a breath of fresh air for students just looking for a fun time to get some stress out. Prior to Thursday, August 30, the event was very well marketed; the school made it a priority to ensure students were aware of the it. "I just checked the Adelphi website, and it came up," said freshman Jonathan Brill when asked about how he found out about the event.



Basketball was one of the many activities for students at REC the Night.

With the swipe of their student ID, students received free admission and food, including cotton candy and ice cream. As music blasted, Panthers could get out on the court with a game of basketball or simply hang out with friends and converse. Students enjoyed a variety of activities during their time at REC the Night, which included basketball, Kan Jam, bean bag toss and even Bubble Ball, also known as Bubble soccer, which is just as fun as it sounds and involves putting yourself in giant bubble-like inflatable.

Freshman in particular noted that this was not only a good event to feel welcomed to a new school, but one in a stream of such events. "I'd say in general I've been pretty much welcomed throughout things at Adelphi," said freshman Justin Horowitz. "Everyone's really nice and welcoming."

Whether students went to relax and kick back, to invigorate themselves with a game of basketball or for the free cotton candy, REC the Night was a grand success, and certainly helped kick off a comfortable school year for all Panthers in attendance.

How I Gained the Courage to Run Again

continued from pg 1

moreover, something to look forward to.

It was then I remembered my earlier wish to go France. With my parents' blessing and with a recommendation from my advisor Professor Nicole Rudolph, I applied to my program of choice and got in. I had chosen USAC's study abroad program in Pau, a small city in the Southwest of France. I would be leaving on May 23, shortly after finals ended, and returning a month later. The departure date was only two short weeks after my scheduled "graduation" from physical therapy. Though my time there ended, I still was not fully healed. I didn't even start running until my third to last session, and I felt awkward and clumsy doing it. I had to take walk breaks every few minutes and was warned to not even think about running the six miles a day I used to. In the back of my mind I wondered how on earth I was going to pull off training and recovering in a foreign country. However, I decided there was no reason I shouldn't try.

After the whirlwind of final tests and essays ended at Adelphi, I soon after arrived at the University of Pau. The first few days were rough from me, as the familiar pain crept into my legs from the amount of sitting I had done to travel there. This worried me, as I was thousands

of miles from home. Who could possibly help me here? Luckily, with some rest the pain went away after a few days. It was then I decided to try to do a run/walk combo for 20 minutes at the track by the university. After I finished the run mostly pain-free, I felt elated. I realized then how much I had missed running, and how good it felt to do something familiar in a place that was so unfamiliar to me. Running turned into a way to help my culture shock, and to deal with all the anxiety



Catherine Olsen in France.

ety I had about being so far from home.

It took a lot of patience and courage, but I continued to build up mileage during my month abroad. The days I didn't run, I would swim laps at the city pool with my new-found friends from my

program. It was while I was in France that I realized for the first time in a long time I felt carefree, and hopeful, about running and being active. I spent my days without class in France traveling to different cities and relishing in the fact that it no longer hurt to walk, or even to run. I even did a seven-mile hike in the Pyrenees Mountain range two hours outside the city without having to stop early and turn back. I was far from totally healed, but I knew I was well on my way to being so. When I returned to Long Island in June, I felt refreshed and ready to continue training for my last year as a student athlete.

Some people may argue that I could have had a more successful summer of training for my final cross country and track seasons if I had stayed on Long Island, but I would argue against that. By stepping outside my comfort zone and going to Pau, I was able to finally adjust back into running again in an environment where I felt no need to put pressure on myself. I still am having a mix of good and bad days when it comes to running and pain, but slowly, the good days have started outnumbering the bad. After I graduate, I plan to go back to France with the TAPIF program to teach English to elementary school students. And of course, I plan to keep on running wherever I end up.

**THE DELPHIAN
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STAFF WRITERS!**

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delphian@adelphi.edu.

Freshmen Fears Don't Have to Weigh You Down; Try These Strategies

BY MARIA GIOVANNA JUMPER

Starting freshman year could be a scary and challenging feat. College is a new adventure and it can seem intimidating at first; especially if you don't know what to expect or don't know anyone at Adelphi. At the same time, college should also be one of the best times of your life. The goal is to do well in your classes, to make friends and to make campus your new home.

The first thing to know when approaching the many new obstacles college brings is that you are not alone in how you're feeling. Many students feel stress from the same events and feel they are the only ones experiencing it, but this is not true. Many fears are so common that the Student Counseling Center produced a list of common stress-inducing issues that may arise in your first year of college. Students can find this list by looking up the Student Counseling Center on the Adelphi website and clicking on the tab labeled "First Year Students: What to Expect."

"First-year students should remember that they aren't supposed to know all the answers. There is often a feeling that 'everyone else has it all figured out.' It's simply not true," said Josh Altman, associate director of the Student Counseling Center. "During transitional periods like going to college a certain amount of anxiety is normal. College is a time to learn and face new challenges. To learn academically, but also to learn about the type of person you

want to become, the type of learner you want to become and the type of citizen you want to become."



A great place to get work done is in Swirbul Library.

College can also be the time to meet lifelong friends, which could seem challenging at first. Many people starting at Adelphi feel that they won't make friends because of the number of commuters on campus. But the best way to start meeting people is to be yourself. During the first weeks of classes, go onto e-campus and find your "myaULife" page. There you will find a list of every club/organization and instruction on how to join them. Getting involved on campus will allow you to meet a lot of people and find your place in our community.

Many students become worried about the new academic challenges they will be facing and feel that they won't be able to cut it. College is going to be harder than high school, but this does not mean that you can't handle the college workload. At first you may struggle, but the university offers so many resources if you need help all you have to do is reach out to them.

Additionally, students can utilize the Student Counseling Center if they begin to feel stressed.

The "freshman 15"—that expression commonly used to refer to an arbitrarily set amount of weight gained during a student's first year at college—is another aspect of college that many students fear. With your busy schedule and multitude of food options it can become tempting to switch to unhealthy habits, but this does not have to be the case. The university offers many healthy food options that are easy to take advantage of. There is also the Recreation Center, which gives you free access to both the gym and fitness classes. This is a great way to stay active and healthy. Additionally, there is a mile-long path throughout campus so that you can be active and workout while enjoying the grounds. Did you know that Adelphi is a registered arboretum with over 60 species of trees and shrubs? This is when taking time to smell the flowers can be good for your mind and body.

Lastly, allow yourself time to adjust.

"I always want to encourage first-year students to be more patient with themselves and never ever feel like they are alone on an island. But first-year students also need to be proactive," said Altman. "There are so many resources available on campus (including the Counseling Center). Don't let fear stop you from asking for some help. We all need help sometimes and ultimately, asking for help is sign of strength, not weakness."

Student Success Tips to Ease the Stress

One way to cope with the college adjustment period is to get into new habits early. We suggest these quick tips:

1. Have good attendance. Part of your grade is participation and in order to participate you have to actually be in the class.

2. Utilize all the resources available to you. Adelphi University has many free resources for students, like the Learning and Writing Center within the Nexus Building. This tutoring service is for all students. Also, stop by to talk to your professor during their office hours.

3. Use the library, which has research librarians who can help you find sources for papers they have to write. There's also a computer lab.

4. Take notes and review them. By writing down notes you will not only remember the information, but you will also be able to refer to it when you forget things or need to study.

5. Schedule regular study time. Many people wait until right before a test to start studying, but this can just become stressful. If you make a regular study schedule you can figure out whatever information is confusing to you in advance.

Will a Campus Job Work for You?

BY MARIA GIOVANNA JUMPER

Everyone knows the college student stereotype of living off ramen noodles and looking for free gifts and being inevitably broke. At the same time, typically, we don't have time to earn money because of our busy schedules. In reality, there are many ways students can work, and the most convenient is to get a job on campus. Adelphi offers a multitude of great options to be employed for year-long, seasonal and short-term job opportunities. Many students take advantage of the fact that the hours are flexible to fit within your schedule and that there are varying opportunities to meet every interest.

Some examples of great student jobs include working at the Alice Brown Early Learning Center, Campus Recreation, the Admissions Office, being a peer mentor and working for campus security. These jobs don't just allow students to earn money, they are also great to put on a resume, giving you experiences that can be useful in future jobs. This includes learning time-management skills, organization, and depending on the job, proficiencies that pertain to your specific major.

"I've been working at the Alice Brown Early Learning Center for over a year and I absolutely love it," said Chloe

"As an employee for Campus Rec, my job is to assist patrons at various stations around the facility, as well as to help keep the center clean," said junior Marissa Doody. "I like working here because I have met a lot of new people, and the hours are not too much to balance with my academics and other obligations." She added that her job in Campus Rec has taught her valuable communication skills that will help her in her latter endeavors as an accountant.

Because a campus job can boost your resume profile, it is important to find the right fit. For instance, like Gonzales said, as a nursing major the Early Learning Center allows her to learn to care for children. Personally, I work in the Admissions Office and this job has taught me important communication skills that will help me in my future endeavors as a lawyer; I've learned how to convey information in ways that make it interesting to all different people. I have also learned how to take a personal approach to everyone's specific needs to make the best impact on others.

To find a job on campus, check with the Center for Career and Professional Development and through funded academic departments. You can also check Handshake and research all the campus jobs before committing to one. There are many to choose from and much to learn. You can



Students working in Admissions are seen greeting incoming freshmen during Accepted Students Day.

Gonzales, class of 2020. "As a nursing major, I've learned so much about how to communicate and care for children as young as 18 months to five years old. The directors Laura and Kathy really appreciate and care for all the student workers. I look forward to coming into work every day since I always learn something new."

Another major part of being a college student is learning valuable time-management and organizational skills and being able to balance multiple commitments.

also contact your advisor about the different opportunities for campus jobs. They can help you pick a job that will give you the best experiences to help you prepare for your future.

Note that once you're hired, you'll have to visit the Office of Human Resources in Levermore Hall to complete "new hire" paperwork—all of which leads to solving the money shortage problem in the first place: getting that first paycheck.

How Television is Promoting “Marvelous” Heroines Throughout Different Time Periods

BY VICTORIA GRINTHAL

“The Marvelous Mrs. Maisel” created by Amy Sherman-Palladino of “Gilmore Girls” fame, is a comedy series exclusive to Amazon Prime Video that has been one of the most well-reviewed shows of its kind in recent years. The story centers around Miriam “Midge” Maisel, a stylish young mother in the late 1950s who turns to stand-up comedy after her husband suddenly divorces her for his office secretary. The show has earned two Golden Globe awards and 14 Emmy nominations in total for their first season and is set to air a highly-anticipated second season by the end of this year.

What makes Midge such a great character is not only her wit and talent, but the time period she is set in. Starting in 1958, the show introduces topics like divorce and female independence in a time when those ideas were taboo and rare, though you wouldn’t know it from the raunchy material that fills Midge’s sets. Her bravery and confidence, despite her rigid upbringing, only grows with each episode. The extraordinary success of Midge as a modern heroine for today’s women, although she lives during the 1950s, is just one of the many stories that are featuring strong and diverse women on television. Another example lies within the Netflix comedy “GLOW,” in which a group of women in the 1970s become rising stars of female wrestling.

The diversity and strength of these characters, however, is not only limited to the past. In terms of modern-day



Rachel Brosnahan as the Marvelous Mrs. Maisel in the Amazon Prime comedy series.

heroines, characters like Rebecca Bunch in The CW’s “Crazy-Ex Girlfriend” can carry their shows with grace and humor while tackling such topics as mental illness and (over-exaggerated) romantic drama. Characters like Rebecca and Midge are also admirable for the fact that they are not always shown to make the best decisions, and their flaws and mistakes are just as strong as their features. Even in over-dramatized comedy television shows, these women can embrace who they are even at their toughest points. We could also say the same for prospective characters of the future; that is, leading females like Jodie Whittaker of BBC’s “Doctor Who,” the first woman to step into the time-jumping title role in the show’s 50-year history.

The idea here is that women don’t have to be stereotypically defined to carry

a show on their shoulders. For instance, Netflix’s “Jessica Jones” is a gritty series based on a female superhero fighting demons of her past, as well as the issues of the present. Throughout the episodes, Jessica can be seen crossing the lines between hero and vigilante, instead of being one or the other. These shows can be of all types (dramas like “The Handmaid’s Tale” and “Scandal,” or comedies like “Jane the Virgin,” “Veep” and “Unbreakable Kimmy Schmidt”) that create different kinds of main characters that anyone can get inspiration from. This also enables more diverse and intriguing roles for women to be featured in entertainment as whole, be it diversity of race, sexuality and/or physicality. No matter their story, the diversity of women and their roles on television is something we can all get behind.

It’s Time to Talk About the Disney/Fox Deal

BY DAVID GRINTHAL

On July 27, Disney and 21st Century Fox announced that their pending “Disney Merger Agreement” had received the approval from both their respective company’s stockholders and the U.S Department of Justice. The Walt Disney Corporation has been in talks to acquire a large portion of 21st Century Fox Inc., since the end of last year. As of this writing, the merger deal has yet to be approved by international governments and the earliest that the deal would be finalized is halfway



through 2019. If this deal is approved, Disney will gain ownership of all the Fox film studios, the FX Networks, the National Geographic channels and Fox’s controlling stake in Hulu. Even though certain

channels (Fox News Channel, Fox Business Network, Fox Soccer 1 & 2, and Big Ten Network) are going to branch off into a new company, referred to as “New Fox,” Disney will still be gaining a huge amount of money-making opportunities and international influence through this deal.

I’m very conflicted when it comes to this deal. As a self-proclaimed pop-culture nerd, I’m excited by the idea of the Disney-owned Marvel Studios regaining the film rights to some of their biggest comic book properties, like “X-Men” and “The Fantastic Four.” Since purchasing both Marvel Studios and the Star Wars franchise, Disney took a backseat and allowed their studios’ respective creative teams to take control of their content while fully funding their work to bring justice to their stories. After Fox’s failed attempt to reboot The Fantastic Four films in 2015, I think that this story specifically deserves the proper Marvel Cinematic Universe treatment, as it worked spectacularly with the Spiderman franchise (pun-intended). Also, the same can be said for the X-Men franchise (excluding the “Deadpool” movies and 2017’s “Logan”) as these films have gotten so bizarre and complicated that even hardcore fans are starting to get confused.

With that said, Disney is already a huge corporation, and this deal would make their influence grow exponentially in our society. For example, of the main TV entertainment networks: ABC, CBS, NBC and FOX, two out of the four channels will be owned by Disney (ABC and FOX) if this deal is approved. While I’m also a die-hard Disney fan, I still feel the need to spread a bit of caution with this development, as consumers caught in the middle of all this media frenzy may not realize how powerful Disney will become with this acquisition. If we are not weary of how Disney could grow out of proportion, we may end up with a company reminiscent of the “Terminator” series’ SkyNet controlling the majority of our society (unless Google beats them to the punch). While I’m making light of the situation, we should be keeping an eye on these super mega corporations in the future. I believe that science fiction films like “Terminator” are cautionary tales of a future that could happen if humanity does not change their behavior and/or outlook on life. With that said, the idea of the “Terminator” robots speaking with Mickey Mouse’s voice might be the only thing funnier than a robot that was deliberately programmed to talk like Arnold Schwarzenegger.

Just Wishful Thinking: Is Wish Worth Its Weight in Gold?

BY VICTORIA GRINTHAL

The e-commerce site Wish.com has existed since 2010 with a notoriously low-priced and wide variety of products, from clothing to technology products and everything in-between. The site has become increasingly popular within the past five years, and millions of people have downloaded the app and actively use its services. Though the prices are low, it seems that the site’s risks are high due to a lack of reliability when it comes to prices and products.

This site has had its fair share of both positive and negative comments, and many people have shared what they love and hate about it. Many reviews state that even when things are ordered from Wish, they are not listed as from “Wish.com” and seem to have a very limited and faulty order history. How does that kind of system flourish?

To me, Wish seems to cause a lot of unnecessary problems for its customers and its environment. First and foremost, cheap knock-offs of things like makeup could cause you physical harm if you don’t know what is in them. Yes, the deals are nice, but poorly made makeup, electronics and other items can be harmful when they aren’t made correctly. The fact that their prices can change quickly and without notice is confusing and frustrating when you are trying to manage your spending. The listings are usually titled with multiple keywords so that they appear on more searches, but this also blurs the products’ usage capabilities.

Wish has been known to advertise products as “free” or at a low cost and change the price while or after you’ve viewed it. Their product listings and images are confusing, repetitive and usually involve the name of the high-end brand that makes the original product, so you don’t know the quality of what you order. Out of thousands of reviews for each product, you are never certain about how well the product fits or works because each comment is vaguely as negative reviews when it comes to customer service, making it very hard to trust the site as a whole.

Another issue is why their price margins are so low. That seems to ensure the ability to trust the product could be low, and it makes me wonder whether they were made under the right circumstances for manufacturing. The company is accredited by the Better Business Bureau, but also has a customer review average of 1.5 out of 5 stars, which is also discouraging. I am always nervous to shop on Wish because of it, and I honestly don’t know why it’s been so popular. I love low prices whenever I can find them, but I want to be able to receive my desired product without worrying that my package won’t arrive or that it will not work as it was advertised. Isn’t e-commerce supposed to make things simpler for consumers? Wish is too hit-or-miss, too unpredictable to fully trust and use often.

Fall Sports Preview: Keeping Up with Your Panthers

BY OLIVIA FRANKS

The fall sports season is upon us and the Panthers are looking forward to what should be a successful year for Adelphi.

Men's Soccer

Last year, the Panthers just fell short in the Northeast 10 Championship losing 2-1 to Bentley University. Despite the NE10 loss, they fought their way to the NCAA East Region Final. The game finished in a 3-0 loss to LIU Post. This year, the Panthers are seeded second in the Northeast-10 Preseason Coaches' poll behind Merrimack College. In the preseason rankings by United Soccer Coaches, Adelphi was ranked 13th in Division II. There have been many new additions to the team with eight freshmen, four transfer students and a new head coach. Gary Book was named the ninth head coach in program history after 13 seasons as assistant and associate head coach at Division I Hofstra University. (See the profile on page one.) The Panthers started their season on August 30 with a 2-1 win against LIU Post.



Adelphi Field Hockey team pumping each other up for their home opener.

Women's Soccer

Like the men, the women are set to have a great season. The Panthers took the number-one spot in the NE10 Preseason Coaches' Poll and seeded 15th in the United Soccer Coaches Division II Rankings. The team also has six new additions this year as four seniors graduated last year including Nicole Forte, Jeanine Nunez, Sage Dieterle and Lauren Viggiano. Last year, the Panthers finished the season with a 15-4 record and reached the second round of the NCAA Tournament, falling short to LIU Post just as the men did. The Panthers started their season on August 31 and had their first NE10 conference matchup against Merrimack College on September 8.

Volleyball

With a 13-15 overall record and a NE10 Championship quarterfinals loss, the Panthers are hopeful for an improved season. Seeded fifth in the NE10 Preseason Coaches' Poll, Adelphi sits behind New Haven, American International, Southern

Connecticut and Bentley. Danielle MacKnight enters her 12th year as head coach and added four freshmen and one transfer to the roster this season. The Brown and Gold began their season on August 28 with a non-conference matchup against Georgian Court University at the Center for Recreation and Sports.

Cross Country

Last year, the men finished with a 7th place finish at the NCAA East Region Championships and the women finished 13th. The men added five freshmen and three transfer students to the roster and the women added one freshman and one transfer student. The Brown and Gold began their season with an invitational in Bethpage, NY on August 31.

Field Hockey

There are five newcomers on the team this year and all are freshmen. With a record of 7-11 last year, the Brown and Gold were predicted to finish 8th in the NE10 in the Preseason Coaches' Poll. The Panthers started their season on September 1 with a conference game against Bentley University on Motamed Field and fell short 4-1.

Women's Tennis

Finishing the season with an impressive 15-2 record last year, the Panthers are faced with some challenges this year as there are only three returning players. Four seniors graduated last year including Liz Kallenberg, Maria Bruzon Gutierrez, Rebecca Fakas and Vanja Savic. The Brown and Gold is slotted to finish second in the NE-10 according to the Preseason Coaches' Poll. The first match is against Concordia College in Bronxville, NY was on Saturday, September 8.

Photos on pages 6 and 7 provided by AuPanthers.

Another Chapter for Book: Continuing the Success of Adelphi Men's Soccer

BY OLIVIA FRANKS

Coach Gary Book may be new to Adelphi, but he is no stranger to the world of soccer. Book most recently held the associate and assistant head coach positions at Hofstra University in Uniondale, NY.



Adelphi Men's Soccer new head coach Gary Book

Before his time with the Hofstra Pride, Book was an assistant coach for the St. John's Red Storm in Queens, NY. At St. John's, the Red Storm men's soccer team won the National Championship and was the first time in school history that any team had won. They also had nine Sweet 16 appearances and three Final Four appearances.

Adelphi has a similar track record of accomplishments in the soccer program ranking in the top 20 in the country in Division II and Northeast 10 Championship and NCAA Tournament appearances. Book is hoping to continue the success of Adelphi by using his knowledge of the game coupled with his Division I coaching accomplishments.

"I do not really see any significant differences in strategies from my previous experiences at St. John's and Hofstra University," he said. "The majority of coaches have a philosophy in any sport on how the game is best played and how you can be most successful as a team. We are looking to create a coherent understanding between the players of how our process will work on and off the field."

Since last year, there have been many changes to Adelphi's soccer program. There are eight freshmen and three transfer students who have also transformed the team from last year. Clearly, Book is not the only newcomer this year. Since Book has only known most of the team for less

than a month, some may think this could prove to be a challenge for the Brown and Gold. In addition, a few impact players have graduated since last year, such as Toni Soler and Frederico de Olivera. De Oliveira achieved NE10 All-Conference First Team and Division II Conference Commissioners Association All-Region Second Team in 2017. Soler was the 2017 NE10 Player of the Year, NE10 All-Conference First Team and started in every game for the Panthers.

"We only return two players who played with the team consistently last year and have 11 new players joining the roster," said Book. "Combined with the massive influx of brand new and mostly inexperienced players, most of whom I did not really get to meet until the first day of pre-season and I have never coached in Division II before could all been seen as major obstacles."

Finishing with a record of 14-3-2 last year, the men's soccer team was extremely successful and Book hopes to continue those practices. Book noted, "I would very much like to build upon the outstanding soccer tradition of the coaches that have come before me. Mel Less, Bob Montgomery and Carlo Acquista all built exceptionally successful teams."

The team is on track to perform well this year as the Northeast 10 Preseason Coaches' Poll ranked the Panthers second in the conference.

Though Book has never coached in Division II, he knows his experiences can be beneficial to this year's squad. "My



Coach Book coaching the Panthers in recent home match.

personal philosophy is one of teamwork. To be successful we will need everyone on the roster to both perform at a high level and to provide consistent support for the teammates around them," said Book.

Coach Book is looking forward to being successful at Adelphi University and continuing his legacy of coaching respectable programs. Book said, "We want to add to the strong history that has been Adelphi soccer."

Upcoming Home Games

MSOC vs. Stone Hill College Tuesday, September 11 @5 pm
WSOC vs. Pace University Wednesday, September 12 @7 pm
WVB vs. LIU Post Thursday, September 13 @7 pm
FH vs. Mercy College Tuesday, September 18 @4 pm

Final Ride Series

In this series, we'll be interviewing seniors playing in their final year of eligibility in their respective sports. These Q & A's will be a chance for athletes to say goodbye and to reflect on both their athletic careers and the sport to which they have dedicated much time and effort.

Men's Soccer Senior James Thristino Values His Team on and Off the Field

BY OLIVIA FRANKS

James Thristino has played an integral role for four years on the Adelphi men's soccer team. He has received numerous honors such as 2015 Northeast 10 Rookie of the Year, 2016 and 2017 Northeast 10 All-Conference Second Team, United Soccer Coaches All-Region Third Team and many more. Last year, he scored 19 points, which was the second most on the team. As Thristino begins his senior year, he looks back at all the lessons he has learned in his four years as a Panther.

Q: How many years have you been playing soccer?

A: I've been playing soccer since I was 3 or 4 years old so 17 or 18 years now.

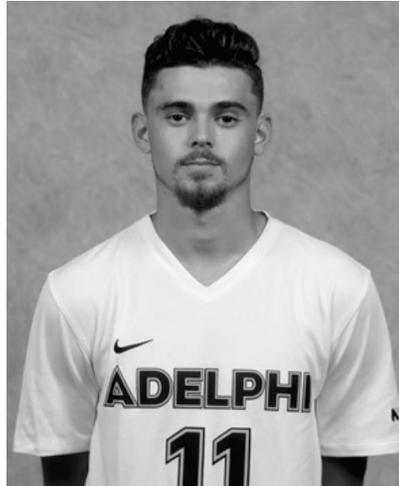
Q: What is your major and plan if you have one after Adelphi?

A: I'm a physical education studies major and my plan after school is to hopefully try to keep playing soccer at the next level, and if that doesn't work out for me eventually come back and get my masters.

Q: Can you explain a normal day as an Adelphi men's soccer player?

A: My normal day is waking up, most likely heading to class, grabbing a quick snack at Legends Cafe next to the locker room, probably get treatment and head out to practice. I shower, then eat with the guys usually at the UC, head to class again and then most likely play Fortnite until it's time for bed and start all over again the next day.

Q: What does soccer mean to you? Why?



A: Soccer to me is just my get-away from everything and playing the sport I love. I would probably go nuts without having soccer, honestly. Also, soccer wouldn't have made me meet my best friends now, so without those guys around I would probably not be having as much fun as I am now.

Q: How have you been molded as a person by this sport?

A: I've definitely been molded into who I am from soccer. I've come a long way being like a child my freshman year to now. I've become a leader, competitive more than ever and I've matured some bit more than I was three years ago.

Q: In the many years that you have been playing, what have you learned? About yourself? About others?

A: What I've learned about myself is that I can't let anyone bring me down. I play for the love of the game and all the

success that comes, no matter who says what, who tries to bring me down it's just never going to stop me. What I've learned about others is that some people may not get along off the field, but on the field, you have to be all together. In the end you're family and families fight sometimes, but you get through it together.

Q: How are you going to take these lessons and apply them once you've graduated?

A: These lessons aren't just to do with sports; they happen through life everyday so like I said don't let anyone bring you down. Strive for the highest and prove people wrong

Q: How are you preparing for life after collegiate athletics? What are you going to do with all that time that you have?

A: I am definitely not prepared at all for the real world. These four years came and went like that, so I'm going to try and keep playing the game no matter where it takes me. I honestly hope it'll take me to a bunch of different states and countries because I would love to just see the world.

Q: What is one piece of advice that you would give athletes entering collegiate athletics in your sport and specifically at Adelphi?

A: One piece of advice to newcomers would be to come in confident and play your game and show everyone who you are. You come in as a small fish in a big pond. Become the biggest fish there and help your team get the success everyone wants.

Q: What is one thing you're going to miss about being a college athlete at Adelphi?

A: One thing I'm definitely going to miss is just being around all the guys I met here. It's a brotherhood now and I'm one of the only seniors leaving after this fall season and my best friends will still be here, so I'll say that playing the best game in the world with my best friends.

Q: What is one thing that you will never forget about playing for Adelphi men's soccer?



A: The one thing I'll never forget is hopefully coming at the end of this season when we lift that national championship trophy in the air. But if I have to answer now I'd say lifting the regional championship after beating LIU post two years ago.

I would love if everyone can come to the games and support the boys. Go Panthers!

Women's Soccer Senior Michelle Wienecke Focuses on a Common Goal

BY OLIVIA FRANKS

Michelle Wienecke is a seasoned soccer player and has always been reliable during her tenure at Adelphi. In the 2016 and 2017 seasons, Wienecke, who said she has been playing soccer for 17 years, played in every game last year and started in all but one. As she enters her final season, she will bring all the lessons she has learned as a Panther to graduate school and beyond.

Q: What is your major and plan if you have one after Adelphi?

A: I am an exercise science major and I plan on going to graduate school to get my doctorate in physical therapy.

Q: Can you explain a normal day as an Adelphi women's soccer player?

A: We wake up around 6 am for our 7 am practice, play for two hours, lift, shower, go to class, do some homework, and I'm usually in bed by 8 or 9 pm.

Q: What does soccer mean to you? Why?

A: Soccer has always been the biggest part of my life. I am the person I am because of it and have met so many of the closest people in my life through playing and coaching with them.

Q: How have you been molded as a person by this sport?

A: There is a lot of character needed to be a part of a team, especially in such a physically and emotionally demanding sport. I have learned so much in how to become a good teammate, leader and even a friend that has just become a natural part of who I am.

Q: In the many years that you have been playing, what have you learned? About yourself? About others?

A: I have learned how to find balance between soccer and the rest of the aspects in my life, as well as what the things are that are most important to me and how to prioritize them. I have also learned that people from all different upbringings and backgrounds can always find a way to achieve great things when they all are focused on one common goal.



Q: How are you going to take these lessons and apply them once you've graduated?

A: I'm going to have to manage to balance work, family and social aspects and prioritize the importance of what needs to get done first on a daily basis when I go to graduate school, in physical therapy, and for the rest of my life.

Q: How are you preparing for life after collegiate athletics? What are you going to do with all that time that you have?

A: Well once I'm in grad school, most of that time will be going toward school work and studying, but I also will probably continue to play soccer in other leagues and continue to work out and stay in shape.

Q: What is one piece of advice that you would give athletes entering collegiate athletics in your sport and specifically at Adelphi?

A: Cherish every moment because it goes faster than you believe.

Q: What is one thing you're going to miss about being a college athlete at Adelphi?

A: Getting to do what I love with the people I love every day.

Q: What is one thing that you will never forget about playing for Adelphi women's soccer?

A: I'll never forget the people I've met and the friendships of a lifetime that I've made.

FALL 2018

COMING SOON

GUEST ARTISTS

LARSON LEGACY CONCERT:
JAY ADANA
Sunday, September 23 • 3:00 p.m.
Adelphi Student: \$5

CHITA RIVERA:
A LEGENDARY CELEBRATION!
Friday, September 28 • 8:00 p.m.
Adelphi Student: \$10/\$15

WINDSYNC
Friday, October 5 • 7:30 p.m.
Adelphi Student: \$5

THE SOUNDS OF CINEMA
Friday, October 19 • 7:30 p.m.
Adelphi Student: \$5

A MUSICAL MORNING
WITH DR. BRENT TALBOT:
*CHILDREN'S SONGS AND
GAMES FROM BALI*
Saturday, October 20 • 11:00 a.m.
Adelphi Student: \$5

GREATER NASSAU
CHORUS
Sunday, October 28 • 3:00 p.m.
Adelphi Student: \$5

*JIGSAW JONES AND
THE CASE OF
THE CLASS CLOWN*
Saturday, November 3 • 2:00 p.m.
Adelphi Student: \$5

EILEEN IVERS:
A JOYFUL CHRISTMAS
Friday, November 30 • 8:00 p.m.
Adelphi Student: \$10/\$15

MUSIC

FACULTY RECITAL:
TRÍO DE REINAS
Wednesday, September 26 • 1:00 p.m.
Free Event

STUDENT COMPOSITION
RECITAL
Saturday, October 6 • 8:00 p.m.
Free Event

ADELPHI'S BEST
OF BROADWAY
Saturday, October 13 • 8:00 p.m.
Sunday, October 14 • 4:00 p.m.
Adelphi Student: \$5

ADELPHI SYMPHONY
ORCHESTRA
Friday, October 26 • 7:30 p.m.
Adelphi Student: \$5

ADELPHI OPERA THEATRE
Saturday, November 17 • 8:00 p.m.
Free Event

FACULTY RECITAL
Wednesday, November 28 • 1:00 p.m.
Free Event

ADELPHI CONCERT BAND
Tuesday, December 4 • 7:30 p.m.
Free Event

CHAMBER MUSIC ENSEMBLE
Wednesday, December 5 • 7:30 p.m.
Free Event

ADELPHI JAZZ ENSEMBLE
Friday, December 7 • 7:30 p.m.
Adelphi Student: \$5

ADELPHI CHORALE AND
ADELPHI VOCAL ENSEMBLE
Sunday, December 9 • 4:00 p.m.
Adelphi Student: \$5

ADELPHI WORLD MUSIC
ENSEMBLE
Monday, December 10 • 5:00 p.m.
Free Event

ADELPHI FLUTE ENSEMBLE
Monday, December 10 • 7:00 p.m.
Free Event

THEATRE

*ANTON IN SHOW
BUSINESS*
WRITTEN BY JANE MARTIN
October 2 - October 7 • Various times
Adelphi Student: \$5

*THE RIMERS OF
ELDRITCH*
WRITTEN BY LANFORD WILSON
October 30 - November 4 • Various times
Adelphi Student: \$5

FIRST-YEAR SHOWCASE:
SHE KILLS MONSTERS
WRITTEN BY QUI NGUYEN
December 7 - December 9 • Various times
Adelphi Student: \$5

A READING OF
A CHRISTMAS CAROL
Saturday, December 15 • 11:00 a.m.
Cathedral of the Incarnation
Free Event

DANCE

DANCE ADELPHI:
LE LIEN
November 28 - December 2
Various times
Adelphi Student: \$5

DANCE SHOWCASE
Saturday, December 15
2:00 p.m. and 7:00 p.m.
Free Event

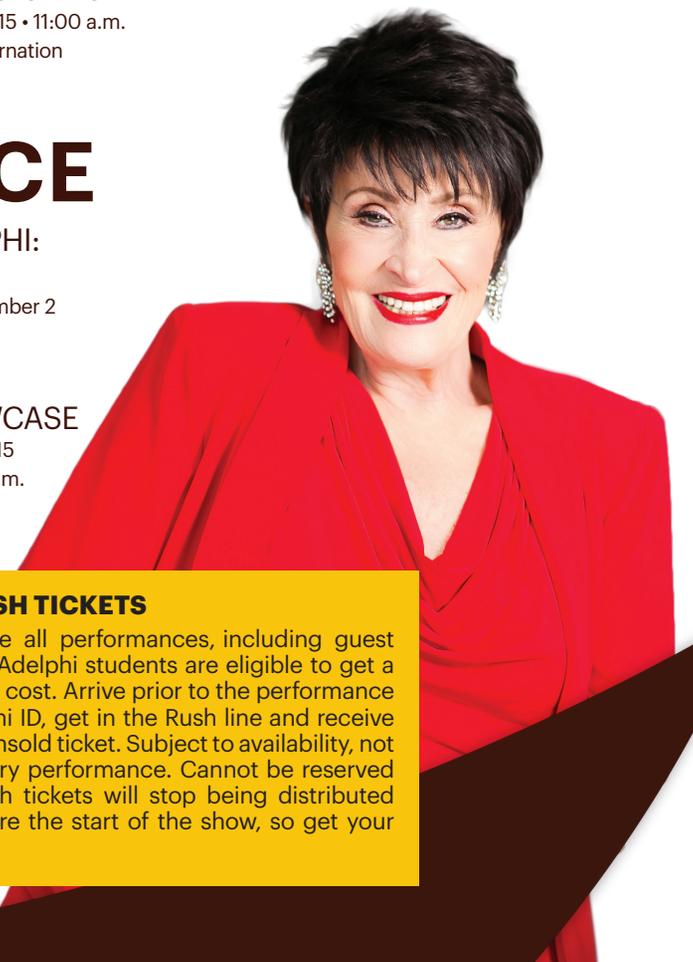
FILM

GOUNOD'S
ROMÉO ET JULIETTE
Sunday, September 9 • 2:00 p.m.
Adelphi Student: \$5

GLUCK'S *ALCESTE*
Saturday, September 29 • 2:00 p.m.
Adelphi Student: \$5

VERDI'S
RIGOLETTO
Sunday, October 21 • 2:00 p.m.
Adelphi Student: \$5

WAGNER'S
THE FLYING DUTCHMAN
Sunday, December 2 • 2:00 p.m.
Adelphi Student: \$5



STUDENT RUSH TICKETS

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

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Should you, or your guests, require an accommodation based on a disability, or need to request an ASL interpreter, please contact the Student Access Office by phone at 516.877.3806 or email at SAO@adelphi.edu. Please allow for a reasonable time frame prior to the event; we suggest a minimum of five business days.

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