

The Delphian

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The Voice of the Students

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“12,000 Voices” Theatre Department Performance Gives Sound to a Larger Cause

BY MATTHEW SCHROH

The Performing Arts Center (PAC) at Adelphi is an active site for entertainment. On Saturday, April 6, a production was held that would also give the audience something unique to think about: “12,000 Voices,” a performance directed by Margaret Lally, an associate professor in the Theatre Department. It was an inclusive reading of the classic Reginald Rose drama “Twelve Angry Men.”

“There was to be an all-female reading of the play ... as part of the draw to campus, but we changed it to an inclusive reading of the play and had an alumnus who is transgendered play a role,” Lally explained. “The inclusive casting really changed resonances in the play. Women weren’t even serving on juries in 1954 when [the original play] was written.”

The compelling “12,000 Voices” project didn’t start at Adelphi. It is a national initiative by theater producer Lauren Class Schneider to stage all-female or gender-inclusive performances of “Twelve Angry Men” nationwide. The goal was for a thousand performances during the weekend of April 6-8, hence the name “12,000 Voices” (the 12 jurors are the 12 characters

in the play). Adelphi’s events page noted that the project would also encourage “voting registration before the 2020 primaries,” and in fact registering and reregistering voters was a big push behind the “12,000 Voices” project.

The initiative managed to garner the attention of Lally’s partner. “My wife actually showed me the posting in Playbill about this national initiative to get 1,000 theatres to do a reading of the play during the same weekend in April, and I ran with it. Colleagues and students immediately responded that they were interested in supporting the event.”

Adelphi’s performance also featured senior theatre major Tasha Berol as associate director and Fabian Burrell, program coordinator for the Center for African, Black and Caribbean Studies, as the coordinator for the reception after the performance. There were between 75 and 100 people there, according to Lally.

“The performance was very moving. Although many of the jurors were not actors, they were cast in a role that truly suited their energies and they did a beautiful job with the play,” she said. “The audience heard things in the play that they normally wouldn’t have, because men weren’t playing the roles.”



“12,000 Voices” founder and producer Lauren Class Schneider speaks to the Adelphi cast of the reading just before the performance.

The event also promoted “Relay for Life” and “Take Back the Night,” annual Adelphi events. “We collected money for ‘Relay,’” Lally explained. “The three events were promoted at Action April because all three events were national initiatives.”

An inclusive, unique telling of a familiar American classic, with the addition of the limitless pool of talent offered by Adelphi’s theatre department, led to an event that made waves with the students and faculty—while adding their voices to a larger cause.

Middle States Update: Adelphi Shines as Accredited Institution

BY VICTORIA GRINTHAL

Adelphi University has been declared as meeting all given standards for re-accreditation by the Middle States committee, according to the oral presentation of results by Middle States representatives on Wednesday, March 27. To achieve such rankings, an institution must meet a list of seven standards that are integral to ensuring that they may be trusted as a place of higher learning. These steps include having a clear mission and set of goals for the benefit of the students, proof of educational effectiveness as a university overall, and student support, among others.

The Middle States examination also includes the notion that there is always room for improvement, and allows the school and the committee to make suggestions on how it can be improved. This is done along with the data recorded in a self-study report written by the Adelphi faculty, staff and administration.

Arts and Sciences Associate Dean Peter West shared with *The Delphian* more

details about how Adelphi’s results were given and how it impacts the institution as a whole.

“Beyond [the seven standards], of the four categories of feedback from the committee that may range from optional attention to requirements, Adelphi received no required changes and only six recommended statements,” he said.

In terms of the effort it took to produce this result, West elaborated on the process and teamwork it took to present the school to Middle States.

“Basically this process (now done every eight years) started when Lori Hoefner [of the AU Middle States preparation team] and I attended the Institute run by Middle States in October of 2016. This re-accreditation process [that existed until now] was led by a preparation committee that worked with the Provost and dozens of staff members to create a self study, which was over 100 pages and was submitted back in February.”

Inside the Artist’s Studio with Chuck D



About 200 people, including several alumni of the former Adelphi student radio station WAUB, attended the April 15 “Inside the Artist’s Studio” event on the Westermann Stage in the Concert Hall in the Performing Arts Center. They were there to hear rapper Chuck D ’84, ’13 (Hon.), founder of the group Public Enemy, discuss why “knowledge is power” with Perry Greene, vice president for diversity and inclusion.

The Rock and Roll Hall of Fame inductee and five-time Grammy nominee earned his B.F.A. at Adelphi when he was known as Carlton Douglas Ridenhour. As a student, he hosted a hip-hop show on Long Island’s WLIR, was a member of WBAU, and did a comic strip for this newspaper. Within a couple of years, he was signed to Def Jam Recordings on the strength of a demo for the track “Public Enemy Number One.” Photo by Statia Grossman

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A Word from the Editor

April showers bring May flowers or the second to last issue of *The Delphian* for the school year. I hope everyone is having a great semester and enjoying the beautiful weather, finally. I know I am. Although I have spent a lot of my time on the softball field this semester, with a lot of help from, Olivia Franks and the rest of the editors, I have been able to keep up with and stay involved with the inner workings of the paper. As the year has gone on, the process of putting together the issues has become smoother. The staff works extremely hard to put together a newsworthy, visually appealing and interesting issue for you, so take the time to read through our hard work.

In the News section, read about the performance that the Adelphi Theatre Department put on early this month. The production “12,000 Voices” was not only performed at Adelphi during the weekend of April 6-8; there were thousands of performances across the nation. *The Delphian* and the Communications Department held a workshop on April 16, regarding tips from experienced professionals within the public relations and journalism fields. The panelists, moderated by faculty advisor Liza Burby, had a thorough discussion about the definition of fake news versus spin, the threats to journalists today.

In the editorials section, read about the Addams Family and what the public will decide on regarding the characters in the show. Check out an article that covers the ins and outs of political publicity and see if you agree with what was said. I hope some of you are interested in movies and television because we have another editorial that touches upon a horror film from 1988 and how it mirrors, in the writer’s opinion, what is happening in society today.

The features section provides us with a range of many different topics: an award-winning Adelphi Admissions staff member; Adelphi’s food and recovery project that is being put together by Levemore Global Scholars; the ways to get tickets to live shows and then what to do when you get there; There are many different articles in this section that make it worthwhile checking out. If any of these topics interest you, check out the features section in our newspaper!

With the spring season well underway, the Panthers are competing and doing well and will soon be heading into postseason. The Athletic Department participated in the “You Can Play Campaign,” which is in support of the LGBTQ+ community. Some in the department put together a “You Can Play” video that is now featured on the “You Can Play” website and can also be found on aupanthers.com or on social media. Talking about softball, read about their newest leader and her time at Adelphi so far, her previous experiences and advice that she would give to future coaches. Lastly, read about graduate assistant José Velasquez and his transition from athlete to coach.

-Nicoletta Cuccio
Editor-in-Chief

The Delphian

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Truth Is the Focus of a Panel About Fake News



Award-winning local journalists discussed the topic of “Fake News, Spin and Finding the Truth” at an April 16 workshop presented by *The Delphian* and the Communications Department. Thirty students and professors were treated to the expertise of (from right to left) Robert Zimmerman, co-founder and co-president of Zimmerman/Edelson, Inc., a public relations, marketing and advertising firm; Bill Bleyer, a Pulitzer prize-winning former staff writer for *Newsday* and the author of several books; and David North, a long-time journalist and broadcaster for both TV and radio. The event was moderated by Liza Burby, a senior adjunct professor at Adelphi, as well as an award-winning journalist and author. All are members of the Press Club of Long Island (PCLI), a local chapter of the Society of Professional Journalists, who enjoy speaking to communication students about the industry and offering valuable career advice.

Among the tips discussed at the workshop were to always ask “says who?” when a source gives a reporter information, meaning never accept what they say: dig deeper for the truth. The panelists agreed that the way to battle fake news is with fact-checking, something Zimmerman said has never been easier, but all too often isn’t done, resulting in misinformation passed on as facts. *Photo by Olivia Franks*

SAB Holds Coffeehouse Featuring Fly By Midnight

BY ASHLEY WILLOUGHBY

Do you enjoy good music and good coffee? Then the Student Activities Board (SAB) coffeehouse events are perfect for you. SAB hosts a monthly coffeehouse that allows students to enjoy good music, as well as snacks and coffee.

On Thursday, April 4, SAB hosted Fly By Midnight, a New York City-based retro-pop duo, for the latest coffeehouse. The duo has over 20 million views on YouTube, they’ve been #6 on Spotify’s Global 50 chart and most recently they performed at the Firefly Music Festival in Dover, DE alongside Kendrick Lamar and The Killers.

Ethan Bravin, SAB’s coffeehouse chair, contracts artists he believes will attract and entertain the Adelphi students. Bravin heard about Fly by Midnight as a suggestion from one of SAB’s entertainment chairs, Olivia Franks.

“Last year at the National Association of Campus Activities conference in Boston, I saw Fly By Midnight perform,” Franks said. “They were one of the most memorable performances of the conference and I thought they would be a great fit for Adelphi.”

Fly By Midnight attracted Adelphi students who were fans of the duo for a long time, as well as students who didn’t

know them but became fans that night.

Junior Jess McErlean attended the show. “I had never heard of them before going to SAB’s event, but after watching their performance and meeting them I am most definitely a fan,” she said. “They were super talented and so nice, this was arguably one of my favorite SAB events of the semester.”

Fly By Midnight played original songs, covers and mash-ups of popular modern music. The duo even performed one of their new songs for the first time live for the crowd during their set. Their music, harmonies and onstage energy captivated students throughout the entire set.

After the set was finished, the duo mingled and took pictures with the attendees, which totaled to about 50 students. Fly by Midnight put on an amazing performance and SAB can’t wait for their new music to come out.

Following their performance, Franks said, “They know how to engage the crowd, put on a good show and genuinely care about their fans. I’m so glad that we were able to hire them because I heard nothing but positive feedback from students who attended the show.”

SAB hosted their last coffeehouse of the semester on Thursday, April 18 with singer and songwriter Andie Case.

Adelphi Admissions Staffer Wins Women's Leadership Award

BY MARIA MAYORGA

During your senior year of high school as you were making the decision to come to Adelphi, you probably met her at an Open House, Accepted Students Day or an advisement meeting. As director of freshman admissions, Stephanie Espina has touched the lives of many high school students making the decision to come to Adelphi and has served as a woman leader in the university community.

She was awarded in January for her leadership in student counseling and mentorship with the 2019 ATHENA Young Professional Leadership Award.

The award was presented to her by ATHENA International, a nonprofit organization that seeks to support, develop and honor women leaders. Founded in 1982, it inspires women to reach their full potential and strives to create balance in leadership worldwide. This award, in particular, honors her for demonstrating excellence, creativity and initiative in her profession, providing valuable service to those in her community and serving as a role model for young women personally and professionally.

"I was pleasantly surprised when I was selected as the recipient," Espina said. "It's especially meaningful when you are a finalist for this award alongside very talented young professionals. When I received the award, I immediately thought of the mentors in my life who have challenged and supported me."



The 2019 ATHENA Young Professional Leadership Award recipient Stephanie Espina. (Photo provided by Photo/Adelphi University.)

More than just making a difference at Adelphi since arriving in 2015, the 30-year-old Hempstead, NY, resident is helping to shatter the glass ceiling.

"There is significant underrepresentation at high levels of business and we're just now beginning to see some progress," she said. "Recognizing women's leadership helps to inspire other women to explore their potential."

She said she is fortunate to work at Adelphi with many strong women leaders, including her supervisor, Kristen Capezza, vice president of enrollment management, who is a past recipient of the ATHENA Young Professional Award, and President Christine Riordan, who has

been awarded numerous times for her outstanding leadership.

Although Espina follows in the footsteps of her women mentors, she too is a woman leader in her community. In addition to being freshman admissions director at Adelphi, she is also president-elect for the New York State Association for College Admission Counseling and an advisory board member for Sacred Heart Academy, an all-female Catholic high school in Hempstead, which she graduated from before receiving bachelor's and master's degrees from Marist College. She was previously a panelist in Adelphi's Women's Leadership Conference, an annual event that helps to show the value of women in leadership at Adelphi.

Kat Beatty, a former Adelphi admissions colleague of hers, said that in Espina's time as director of freshman admissions, the freshman class has grown larger than previously before.

"She is really paving the way for the Adelphi community and inspires other women in her work as a counselor," Beatty said.

Beatty also describes Espina as having a "very open and friendly personality" and said she is "very welcoming" to everyone that meets her. "She always carries a smile on her face and makes herself available to everyone that needs her," she said.

In her work as a counselor, Espina said that it is most rewarding being a part of a student's college journey.

"It's a transformational experi-

ence for students and their families," Espina said. "You can never have too much support at the college level and I'm happy to lend it."

In addition to working as a student counselor, Espina has also worked as a student mentor in Adelphi's Mentoring Program, which helps Adelphi students fulfill their highest potential through academic, social and professional development with the guidance of a mentor. In 2018 she was the recipient of Adelphi's Spirit Award, which recognized her as an "exceptional" student mentor to her mentee, Nadege DeBrosse.

"Stephanie is a wonderful mentor," said DeBrosse, a junior fine/studio arts major at Adelphi. "Her honesty and the knowledge she shares about her collegiate experience has allowed me to see situations from multiple perspectives. She continues to challenge me in the best ways possible, allowing me to take advantage of all the opportunities Adelphi has to offer."

DeBrosse said she always leaves their conversations feeling confident and assured of her next steps. She said having her as a mentor is "overall amazing."

Espina hopes to continue impacting students' lives whether it be through her counseling or her mentorship.

"As a short-term goal, I would love to devote more time to student mentoring," she said. "A continued goal I have is to find additional ways to personalize the first-year student transition to Adelphi."

How to Adjust to College Life After Studying Abroad

BY SHANNON O'DONNELL

The desire to travel and see the world is a very popular trend with college students. Many fulfill this desire by studying abroad during a semester of their undergraduate programs. According to the National Association of Foreign Student Advisers, during the 2015- '16 academic year, 1.6 percent of all American students enrolled at institutions of higher education in the United States studied abroad.

The number of U.S. students studying abroad has more than tripled over the past two decades, according to the Institute of International Education. At Adelphi University, on average 2 percent of all undergraduate students study abroad, an increase from the previous academic school year, according to Shannon Harrison, director of the Center for International Education, which runs the study abroad program. For the 2017- '18 academic year, 145 Adelphi students studied abroad in 17 different countries. Ninety-six of these students studied with Adelphi faculty-led study abroad programs, which remain the most popular type of study abroad program for Adelphi students.

While the experience can be life-changing for students, sometimes reentry back to stateside college life can be challenging. Here are tips to help make the ad-

justment go smoothly.

Attend a Transition Workshop

For the past four years that she has been with Adelphi, Harrison has held reentry workshops to help students re-adjust to regular college life. The most common issue that she helps students with is getting back into the swing of regular college classes. She said her door is always open for students to stop by for anything they may need help with.

At these workshops Harrison helps students take the information they have learned while abroad and use it in daily life. She explained that she helps them to be able to articulate their experiences to use at future job interviews or even graduate school interviews. It's important not to just tell people that their experience was great, but to be able to differentiate their study abroad experience from other students fighting for the same job or a seat in graduate school, she said.

"I tell students to use any kind of experiences they may have had and turn them into lessons such as: When I was in Japan, I had to get a cavity filled and I was really scared to do something like this in another country," Harrison said. "They put something over my eyes, and I wasn't used to that coming from the United States, but I learned that is the way their

healthcare system operates. Now when I become a nurse, I will be patient with people who may not understand America's healthcare system because I can put myself in their shoes and relate to them."

It's Okay to Change Your Career Path

Travel psychologist Michael Brein, who is in Washington state, said that the longer you are abroad, the more you will have differing views on things that you experienced every day before leaving, especially when it comes to your career goals.

"It can either make you excited about your future career or it can make you confused and want to change your career path. There is nothing wrong with that," Brein said.

If you are feeling like you want to try a different career, speak to an advisor—but know that it's a common feeling. Brein said you'll either come back with a new goal in mind or feel certain about the career path you were already taking prior to studying abroad.

Friend Groups Can Change

While you're studying abroad, the social groups you were a part of before you left may change by the time your semester is over. When Kayla Cienski, a nursing major at Wagner College in Staten

Island, studied abroad in Australia in 2017, her sorority Alpha Delta Pi took in a new pledge class of women.

"It was so weird to not know all the people that are around you," she said.

When she returned to New York and met all the new women, Cienski said she felt out of place because she was used to having her friend group and knowing everything about them. But while she was gone, she missed out on a lot. Some friends got into fights with others and some made new friends.

"It definitely took time to get comfortable with the changes to my sorority, but after a while everything felt back to normal," Cienski said.

Brein explained that when students study abroad, they tend to form friendships with other students traveling rather than individuals who live in the country. This makes students feel less connected to the country when they leave.

"They are connected to a friend from a different state in the United States rather than the country they were studying abroad in," he said.

When adjusting back to life after studying abroad give yourself time and be patient with the relationships you left home. You will have a full semester to explain to everyone about all the experiences and memories you've made.

Food Recovery and Redistribution Has Begun on Campus

BY TATSUYA HONDO

Approximately twice a week, edible food is recovered from the Garden City campus and donated to agencies serving the communities near Adelphi. A group of Panthers operate out of the Levermore Global Scholars Student Lounge Room 101 in Alumnae Hall., which Jenna Szabo, president of the LGS Student Council, calls the “headquarters.”

Not only is food being recovered and donated, Adelphi’s food recovery project is being documented statistically. Seniors Szabo and Wensley Bynoe began this food recovery and redistribution (donation) effort on Nov. 23, 2018. Bynoe is an interdisciplinary study major and Szabo is a joint sociology and studio art major who is also vice-president of the LGS Student Council, and was featured by the College of Arts and Sciences publication in an article titled “An Internship Helps One Student Confront Injustice, From Long Island to Costa Rica” in February 2019.

Adelphi’s LGS program and the students involved in this food recovery project understand that such aims to reduce food waste from Garden City campus is possible, a more organized and larger scale food waste elimination in the community can begin with Adelphi.

According to the United States Department of Agriculture, food waste

“impacts food security and the environment . . . food is tossed aside, so too are opportunities for healthier communities, economic growth, and environmental prosperity.”

The Delphian went along on a food recovery mission on March 28 and witnessed the process and what happens after food is collected from three distribution points on Garden City campus: Ruth S. Harley University Center, Post Hall and the Nexus Building. A good amount of edible food was collected in cardboard boxes and crates. All food surplus was organized at the LGS Student Lounge by food recovery volunteers. Just the recovered assortment of sandwiches totaled approximately \$350. Other foods recovered this same day were paninis, fruit servings and salads. Larger prepackaged foods with condiments were also recovered, and everything deemed save-able food was judged based on their expiration dates, destined to be thrown in the trash.

A total of seven crates of food were loaded and delivered to partnering agencies—including Bethany House, Hope House, Ronald McDonald House and Glory House Recovery—after the recovered edible foods were cataloged. Food recovery project participants transported the recovered food using personal vehicles. According to Bynoe, a total of 1,086 food items were saved just this spring 2019 semester alone.

The whole operation is mostly

student run. “It’s important for students to coordinate and take the lead,” said Peter DeBartolo, the administrative director of the Adelphi’s LGS program. He is one of the two primary faculty members contributing to this food recovery initiative. The other is archaeology and cultural anthropology professor Kathryn Krasinski.

DeBartolo said that LGS has provided student leaders Szabo and Bynoe with resources. The LGS initiative provides opportunities for students to implement their studies in the real world. This includes helping “systematize” the process (which involves strategy and brainstorming of solutions to problems that may arise); proficiency in administrative activities, such as managemental duties of the database (tracking of food recovered and donated); receipts; and reviewing letters of appreciation received from third-party agencies that have received recovered food from the university. These are all processes that are necessary when running a community-based organization in the real world and are being practiced by students participating in Levermore Global Scholars initiatives.

“Student-led initiatives, like the food recovery project, are developed, proposed and implemented in collaboration with the LGS Program Office,” DeBartolo said. “We encourage LGS students to form small teams and brainstorm with each other to come up with new ideas for student-led initiatives that will align with our mission

and address a local or global need. Many of these come out of our LGS Student Leadership Council. The LGS program bridges theory and practice and promotes student experiential-learning and community engagement in a number of ways.”

Krasinski said, “I initiated a Food Recovery project with my You Are What You Eat course where students began investigating the food waste landscape on campus. Through this work I learned about the LGS food recovery effort.”

Krasinski, who is an expert in prehistoric human food conditions and advocate/educator in the anthropology of food, said that “food insecurity is a public health issue with long-lasting consequences including emotional, cognitive and neurophysiological impairments. Not only is it common sense to not throw edible food away, Adelphi has the opportunity to be a leader in alleviating the long-term consequences of food insecurity, and reducing our carbon emissions in the process.”

Bynoe added that “sustainability is very hard . . . for the food recovery to continue is going to be difficult.”

Adelphi’s participation in food recovery and donation initiatives needs Panther participation. If you’re interested or would like to know more about getting involved in recovering foods that will end up in the trash, consider volunteering for this opportunity. Contact Jenna Szabo at jennaszabo@mail.adelphi.edu or Wensley Bynoe at wensleybynoe@mail.adelphi.edu.

Still Relevant “They Live” Delivers a Modern Message About Media Manipulation

BY LOREN NEGOVAN

“You see them on the street. You watch them on TV. You might even vote for one this fall. You think they’re people just like you. You’re wrong. Dead wrong.”

This is the tagline for John Carpenter’s 1988 horror film, “They Live.”

Everything is as it should be. It’s just another day in Los Angeles. Right?

In the movie, Nada, a homeless wanderer, stumbles upon a box of sunglasses in a church. Wanting to get out of the bright sun, he puts them on, only to discover something shocking.

These are no ordinary sunglasses. They do not shield one’s eyes; rather, they open them up to the unsettling reality, hidden in plain sight. Behind all the flashy commercialism, subliminal messages are hidden. Messages like: “Marry and Reproduce.” “OBEY.” “No Independent Thought.” And the figures of high authority are really humanoid aliens from another planet, with the plan to lull all of humanity into submission using the mass media.

Although the film was made 30 years ago as a commentary on the unfairness Ronald Reagan’s presidency, it is just as, and perhaps even more, relevant to today’s society as it was back then.

We are not ruled by alien overlords, nor are big, black, blocky letters hid-



den behind our ads. However, we do see businesses in real life using mass media to manipulate the way we think. Subliminally, they still manipulate us. Persuading us that we need something, even though we can survive without it.

Think of those commercials of a robust car driving around a beautiful mountain range. Or an image of Lady Gaga in an issue of “Vogue.” Or even that Santa Claus plushie in your local Walmart in the middle of October.

These are all examples of things that are used to get us to consume more than we need. We don’t need that new gigantic Ford truck or that shiny iPhone XR or that delectable-looking Big Mac. But we buy these things just because the

media has told us that we absolutely must shell our money on it, or else we will be—GASP!—outcasts. It’s told us that we need those items if we want to look cool and not look like a total weirdo.

This reminds me of one particular scene in “They Live.” In it, Nada is in front of a men’s clothing store. The sign that reads something like “Men’s Apparel” becomes “No Independent Thought” once seen through the sunglasses. I believe this is because it’s apparel that has been specifically marketed to men and not women. Women could, technically, wear men’s clothes. There is no law against it, and women have done this before. However, they’ve been told by the media that they can’t do this; the message being sent

to women is that they cannot buy men’s clothes for themselves, or people will not think well of them.

This is going back to my point about the media preying on our fear of being outcasts and trying to make us conform to consumerism. “They Live” is the perfect movie to watch, especially if you like a good scare. It impeccably and effectively comments on consumer culture, and, as I said before, manages to be extremely relevant to today’s society, despite being released nearly 30 years ago. It definitely gave me a good fright when I first watched it. It was so jarring that it left me thinking about it for weeks. It is, truly, an unforgettable film.

Political Publicity: The Impact of Political Figures Appearing on Late-Night Television

BY VICTORIA GRINTHAL

Late night television has always been a way for the public to see into the lives of their political leaders. Where these people appear and what they do, however, can have negative or positive effects on their image for certain audiences. One specific example is on the premiere episode of Showtime's new late-night series "Desus & Mero" on February 21. This show focuses on the banter between hosts and friends Desus Nice and The Kid Mero, who also host a podcast called "The Bodega Boys" and hosted a predecessor to the show on the channel VICELAND. The men, named Daniel Baker and Joel Martinez, respectively, are known for their vulgar vocabulary and reactions to viral news with "illustrious" guests in each episode.

In their Showtime channel debut, Desus and Mero welcomed fellow Bronx native and U.S. Representative Alexandria Ocasio-Cortez to discuss her background and experiences as a political figure. In the episode, she bonds with the hosts over their hometown area and introduces them to two other female representatives: Minnesota Representative Ilhan Omar and Michigan Representative Rashida Tlaib. The ladies discussed their feminine presence in the House of Representatives and various double standards between them and their male counterparts. Later in the season, Desus and Mero also sat down with New York Senator and 2020 Presidential Candi-



date Kirsten Gillibrand, who appeared on the show's run on VICELAND prior to the transition to Showtime. Gillibrand's segment on the Showtime broadcast includes the three drinking shots at a bar and talking about her political goals.

I've watched the show when it was on VICELAND, and I've listened to the podcast numerous times. Honestly, though they are obscene and inappropriate, the duo can be funny and have great chemistry with each other and the show's guests. However, the idea of political figures like Ocasio-Cortez and Gillibrand appearing

on the show seems to make a fine line between appealing to citizens or just proving themselves irresponsible. It is a good point to note that these appearances are mainly aimed to show the public that they are real people with similar values and desires. As many viewers are young voters and are aware of our political state, it is nice and interesting to see the people representing us in our government fight with us and for us. On the other side, when you see a political figure on a talk show where drinking and smoking weed is commonly broadcast, how can they be taken as seri-

ous representatives of our society? I don't know if our generation feels this way, but I would assume that those older than us would have a very hard time with this.

The political appearances on late-night television are nothing new to us. Many politicians have spoken with hosts like Jimmy Fallon, Jimmy Kimmel and Stephen Colbert, to name a few. There could be many factors to judge appearances like this; female politicians like Gillibrand and Ocasio-Cortez get a different response from society in this kind of situation, or maybe Desus and Mero are a little too heavy-handed with the foul languages and references. It also depends on the individual whether such instances are deemed to be inappropriate or not professional.

Regardless of gender or profession, the idea that our leaders can be fun, heartfelt and organic with their words and actions is a great thing. We just need to be aware that we are entering a new age of interaction with those who lead us, where appearing on shows like "Desus & Mero" can give society a more relaxed and personal view of their political goals.

Modernly Morbid: How Will Today's Society React to an "Addams Family" Reboot?

BY DAVID GRINTHAL

"The Addams Family" was originally created in 1938 by Charles Addams, as a single-panel comic strip in the publication "The New Yorker." Since then, this kooky family has become a macabre mainstay of American pop culture that has spanned TV, film and even the Broadway stage. We all know the theme song (cue the two snaps) and we all know the characters like daughter Wednesday and hair-riden uncle Cousin Itt, but have we become too sensitive to accept them back into our lives? While they never really left the public consciousness, "The Addams Family" hasn't been in the spotlight for over a decade. With this bizarre "Brady Bunch" about to make their comeback with an animated film set to release this October, we must ask if they're too offensive for today's audiences.

Since its publication in 1938, "The Addams Family" has always been unapologetically dark with its humor and subject matter. The storyline features a family obsessed with all things morbid: a daughter who violently tortures her brother daily, an uncle who sticks lightbulbs in his mouth, and parents who condone all manners of dangerous behavior. Their grave humor

and charm have captivated many audiences, from 1964's black-and-white ABC series to the 1990's films, and even to a Broadway musical in 2010, which starred Nathan Lane and Bebe Neuwirth as Gomez and Morticia Addams. However, the Broadway show also had an altered plot from its original conception. In the play, the family deals with a teenage Wednesday introducing a normal boy as her boyfriend and inviting him and his parents to a dinner at their house. This is interesting to note because of how far it deviates from the original story, and although it's a fun concept, it seems that something like this could ruin the integrity of the beloved characters in this upcoming film.

I love "The Addams Family" and know that the dark humor is all in good fun, but that doesn't guarantee that everybody else will see these jokes in the same way. Still, the 3D-animated film is set to release on October 18, with Conrad Vernon (the director of 2016's vulgar animated film "Sausage Party") co-directing.

Today's film industry is no stranger to tailoring movies to fit the interests of current moviegoing audiences. For example, last year's Dr. Seuss adaptation "The Grinch" by Illumination Entertainment took the story of "How the Grinch



Stole Christmas" and modeled it after their popular "Despicable Me" franchise. Studios make their products by relying on what they know their audience enjoys rather than making risky creative decisions that can lose the company money. This fact is completely understandable, but it makes me worried that "The Addams Family" may have to be watered-down in their newest installment.

As of the writing, a delightfully morbid trailer has been released that seems to be sticking to the macabre tone of the source material. It even gives Wednesday Addams two braids that are tied into little

nooses. The trailer seems to understand "The Addams Family" in all its guts and glory, but there is a lot of time for backlash to form before the film's release. The responses are mixed, with some people disliking the character designs that mirror their original appearances and some people already singing this film's praises. Nothing is set in stone yet, and I hope that "The Addams Family" will be welcomed as a refreshing splash of family-friendly darkness. In the end, however, it's up to the public to decide whether these characters should rise again or remain in their coffins of past evolutions.

Panther Softball Welcomes Campagna to the Helm of Program

BY NICOLETTA CUCCIO

At the start of the 2018 fall semester, the Adelphi University softball welcomed head coach Carla Campagna to the helm of their program.

“Adelphi has always been a program of history and tradition,” said Campagna. “AU is an elite Division II institution that continues to be known regionally and nationally. I am honored and excited to continue to build on the success of the softball program and athletics department.”

While her time in Garden City, Campagna hopes to continue the culture and the ways of Adelphi softball.



Coach Carla Campagna was hired as Adelphi softball's new head coach in September. (Photo by Adelphi Athletics)

“I wish to uphold the winning tradition and the continuous family environment of all the current student athletes

and loyal alumni. Without them, Adelphi softball wouldn't be where they are today,” said Campagna.

The Long Island native competed at Molloy College in Rockville Centre (2009- '11) where she holds the home runs record (44), the total bases (442) and runs batted in (207) as a Lion. One of the most decorated in Lion history, Campagna was named East Region Player of the Year (2010); was ranked fifth in the nation for toughest to strikeout in her sophomore season; won two ECC Conference Championships; and helped her team to a trip to the NCAA division II College World Series in her junior season. Recently, Campagna was named to the Hall of Fame class of 2019.

“As a player at Molloy, I've learned that accountability and structure are important qualities in a program,” said Campagna. “I believe that it is the beginning foundation of any program in any collegiate sport.”

Following her career, Campagna decided to give back to the sport and begin her coaching career at LIU Post University in Greenvale as an assistant coach. While working towards her masters in literacy at the beginning of her time at LIU, Campagna helped the Pioneers to two conference titles, five NCAA Tournament visits and one regional title in her six years spent with the program.

In Campagna's regular season debut with the Panthers, after a short West Coast swing, she secured her first career win and series sweep against NYIT. Since returning home, the Brown and Gold have gone 21-8 overall, 13-4 in Northeast 10 Conference play and 9-0 in the Southwest Division. With 12 games left in the regular season, the Panthers are seated at the top of their division.

“The team has been doing a phe-



Coach Campagna with some of her players at Janet Ficke Field during a game this season. (Photo by Adelphi Athletics)

nomenal job on working together for the same goal,” said Campagna. “We lean on our senior class to guide the underclass-

man to live by our values and standards. They are an extension of the coaching staff; they live by our expectations and am very excited about the postseason.”

Campagna sees this opportunity as a chance to learn, grow and pave the way for young coaches who aspire to be in her position one day. Taking the helm of a program that has seen such an amazing amount of success in recent history, Campagna knows the challenge that lies ahead and strives to keep things simple in her approach and continue to utilize the skills that she has learned along her path.

“My advice to new coaches would be to always ask questions, know who your players are, adapt to your personnel, have meetings and conversations outside of the game to enhance your relationships from coach to player and lastly, always keep an open mind,” said Campagna.

“Campagna sees this opportunity as a chance to learn, grow and pave the way for young coaches who aspire to be in her position one day.”

Final Ride: Softball's Lauren Sandelier Fulfills Her Goal to Compete at the Highest Level

BY NICOLETTA CUCCIO

In this series, we interview seniors playing in their final year of eligibility in their respective sports. These Q & A's are 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.

Lauren Sandelier, a senior on the softball team, has represented Adelphi in many ways. Sandelier, a Washington Township, NJ native, is working towards becoming a nurse while completing her final season as a Panther. This NE10 Commissioner's Honor Roll recipient, a member of the 2016 All-Rookie team, a second team all-conference member in 2018, a two-time NE10 Conference champion, East Region champion, and a recent member of Sigma Theta Tau Nursing In-

ternational Society has a lot to be proud of as she concludes her collegiate career in May. Read and learn more about Sandelier's experiences as a Panther.

Q. When did you start playing softball?

A. I started playing when I was five years old.

Q. Why did you want to play in college?

A. I wanted to play college softball because I wanted to compete at the highest level possible.

Q. Why did you choose to attend Adelphi?

A. I choose Adelphi because not only does it offer competitive athletics it also has an outstanding nursing program.

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

A. Time management!

Q. What has been your greatest accomplishment so far?

A. My greatest accomplishment so far has been becoming a member of the Sigma Theta Tau Nursing International Society.

Q. Do you have any goals for this season?

A: My goal for this season is to enjoy every moment I have left.

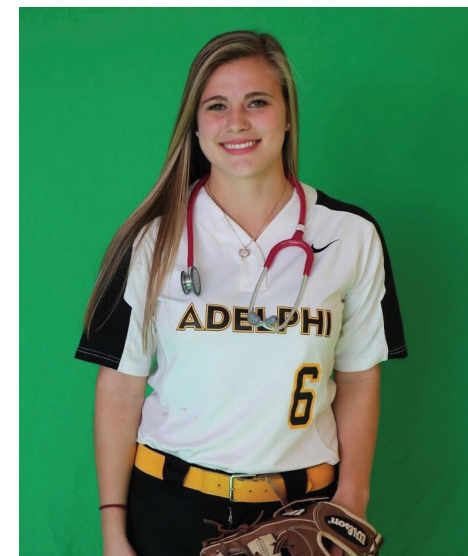
Q. What do you want to do after college? If your career isn't sports-related, do you still want to stay involved in softball?

A. I am not sure if I will play after college. If I am given the opportunity, I would like to coach a youth team.

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

A. Yes, what Babe Ruth said: “Never let the fear of striking out get in

your way.”



Softball's Lauren Sandelier will finish her nursing degree next month. (Photo by Adelphi Athletics)

José Velasquez: From Student Athlete to Coach

BY KAILAH KONKEL

As a member of the Adelphi track and cross-country team, José Velasquez largely took for granted the behind-the-scenes work done by his coaches. “I was very ignorant and inconsiderate with regards to the things coaches do outside of practice,” he said.

All that changed last fall when Velasquez became a graduate student and assistant coach, and suddenly became a co-worker to head coach Katie Rees.

“If I had to sum up Katie’s coaching style in one word, I would be inclined to use the word learning,” Velasquez said. “The entire structure of our team and program revolves around a continuous learning environment where we stress our athletes on being students of the sport.”

Velasquez competed in 17 cross-country meets during his career. He had a standout sophomore season, garnering NE-10 All Conference third-team honors. Competing primarily in the 5k, 6k, 8k and 10k, his highest finish was 15th in the 10k at the 2015 NE-10 Championships.

Velasquez primarily competed in the mile and 3,000 meter for the Adelphi track and field team. In his junior season, he placed seventh in the 3,000-meter steeplechase at the outdoor NE-10 champion-

ships, his highest placement in the meet throughout his career.

As an assistant coach on the cross-country team, Velasquez is responsible for coaching middle distance, steeplechase and distance events, as well as being the team’s operations manager. He watches over the distance runners on the track and field team, as well as managing the location of practices and logistics of meets. He also handles a bit of the behind-the-scenes work, doing expense reports and filling out cash requests for meets.

That type of work has allowed Velasquez to grow a better appreciation for the role of his coaches when he was an athlete.

Rees has been coaching both the men’s and women’s track and field and cross-country teams for nine years. With a staff of nine coaches for track and field and two for cross country, Rees has her hands full.

This past fall, the cross-country team hosted the NCAA Division II East Regional Championship, which Velasquez described as a “logistical nightmare.” The entire experience of spending a week measuring out the course, staging it and working out the small details taught him to appreciate more of what the coaches did while he was an athlete at Adelphi.



Velasquez competing in an event when he was an undergraduate at Adelphi. (Photo by Adelphi Athletics)



Adelphi Participates in “You Can Play” Campaign

BY JERMAINE HOWERTON
AND OLIVIA FRANKS

Adelphi Athletics has officially joined the “You Can Play” campaign. You Can Play is a social activism campaign dedicated to putting an end to homophobia in sports, centered around the slogan “If you can play, you can play.”

The Panthers made a video supporting this movement and the LGBTQ+ community. Adelphi student athletes and coaches were featured in the video released by the athletics department and they all were highlighted in clips about why Adelphi is participating in the “You Can Play” campaign. The video welcomed all races, genders, sexes, ethnicities, national origins and religions and championed diversity, respect, inclusion and equity. Additionally, the student athletes spoke out against homophobia, discrimination and hate.

The campaign originated due to the death of Miami University RedHawks hockey team manager, Brendan Burke. He was known for speaking out against homophobia in hockey. Burke died in a car crash in 2010 so in his memory, his brother Patrick Burke and two other co-founders created the “You Can Play” campaign. When Burke came out as gay, he was widely supported by sports news outlets and fans, generating multiple discussions about homophobia in sports because he was so committed to eradicating any stigma.

In response to Adelphi’s participation in the campaign, Jessica Camarda of the women’s basketball team said, “Ath-

letes should be judged on talent, heart and work ethic, not sexual orientation and/or gender identity.”

It is no surprise that Adelphi wanted to join in the campaign because in 2018, Adelphi athletics was awarded for its efforts in creating a welcoming and inclusive environment. The department received recognition from LGBT SportSafe Inclusion Program because Adelphi developed a Diversity and Inclusion Council during the 2017-18 school year. This council is made up of student athletes, coaches and department administrators whose purpose is to ensure a welcoming environment for all.

The Diversity and Inclusion Council was part of Adelphi’s strategic

plan from 2015- ‘21, so it is fulfilling a goal set for the university by administrators. Part of the plan said, “Adelphi will garner national recognition as a community that values and includes every person. All students, faculty and staff members will feel safe, engaged and supported. The community’s broad spectrum of perspectives and relationships will enhance the lives of everyone who comes to the University.”

Adelphi also has a Diversity and Inclusion statement and pledge that the athletics department follows. In the statement, it says that Adelphi is committed to accepting people from all backgrounds, gender identities and sexual orientations and ensures that no one will be subjected to hate of any kind due to whatever category

they may fall in or who they identify as. The pledge is an oath that student athletes and coaches can take that promises that they will not have a hand in any type of discrimination or hate and will be accepting of all people.

To get the word out about Adelphi’s participation in the campaign, Adelphi’s softball team had a “Pride at the Park” day on April 9. During the softball game against Southern Connecticut State University, the first 100 fans in attendance on April 9 received an Adelphi pride T-shirt, which had the Panther logo in rainbow colors.

To learn more information about the “You Can Play” campaign, go to youcanplayproject.org.



The Adelphi Field Hockey team featured in the You Can Play campaign video. (Photo by Adelphi Athletics)