



Check out this year's Research Day.
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Delphian

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The Voice of the Students

Volume 71, Issue 10

Fifth Successful Relay for Life at AU

BY ALEX WURGLICS

This year marks the fifth time the Adelphi community has embraced Relay for Life in the fight against cancer. The April 8 and 9 event run by the American Cancer Society in the Center for Recreation and Sports was the most successful yet with over 700 people registered to participate. Last year, the total raised hit just above \$75,000. This year, by the end of the event, the total was already at \$68,680. There are still more donations coming in and being counted. With a goal of \$100,000 this year, the entire community is anxiously waiting to see if the university will reach it.

The meaning behind Relay for Life is as unique for each person who participates as it is a night to remember, celebrate and continue fighting for and with loved ones who have gone before us, are presently battling and those who will develop cancer in the future. "Why do you Relay?" is the universal question with 700 different answers at Adelphi's Relay this year.



view of the lighted bleachers from the track during the evening's events

photo provided by Alex Wurglics

Megan Ossmann, a senior environmental studies major and participant at Relay, commented about the Adelphi community's strength and closeness during this event. "Relay for Life brings the Adelphi community closer together by uniting students, faculty, administration,

family and friends behind one common goal: to strengthen the fight against cancer and one day end it for good," she said. "Everyone's life has been affected by cancer in some way, and Relay for Life is a powerful movement that brings us

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Adelphi's Strategic Plan: Writing the Next Chapter

BY BRYAN GRILLI

For almost a year, Adelphi's administration has been working tirelessly on the 2016-'21 strategic plan. This initiative has seen a lot of progress and last month, the university's website launched a portal on eCampus, allowing the community to track the entire process and view updates as they become available.

The strategic plan was occasioned by both the conclusion of AU 2015, another comprehensive strategic plan that sought to look at the institution in a comprehensive way and advance the mission of the university, and the arrival of President Christine Riordan.

"There's an expectation a new president or change of leadership will give us the opportunity to reflect on what the next chapter of the university is going to be," said Dr. Sam L Grogg, Dean of the College of Arts and Sciences. "What President Riordan brought to the table was her experience in other institutions. She's a student of higher education and she brought a perspective that has been very helpful and has led our charge in the strategic planning and it's invaluable. And in a way, that's what leaders are supposed to do; they're supposed to see the whole field as we marshal forces to move ahead."

Grogg explained how a common way to begin a strategic plan is to conduct a SWOT analysis. SWOT stands for strengths, weaknesses, opportunities and threats. When President Riordan arrived, she asked everyone to look at all of the programs at Adelphi through the lens of SWOT.

"We looked at every administrative and academic unit to see what we were really good at, not so good at, what our threats are, competition in the market place and so on," Grogg said. "She conducted the 100-day listening tour that took in a lot of information from the community. That set the stage in the fall to then launch the real planning process in January."

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Brothers of Pi Lambda Phi Walk a Mile in Very Uncomfortable Shoes

BY KEVIN PADILLA



Men of Pi Lambda Phi at their table supporting L.I. Against Domestic Violence

photo provided by Kevin Padilla

If you were out on campus on Thursday, March 24, you may have seen a very amusing sight. Members of the Pi Lambda Phi fraternity were walking laps around the campus looking absolutely fabulous rocking high heels for all to see. While the sight was enough to earn a laugh or two, the reason they were walking was very serious. The brothers were taking part in their fourth annual Walk a Mile in Her Shoes fundraiser. This yearly event, which is part of a larger national initiative, is where the brothers increase awareness about the dangers of domestic and sexual violence, and raise money to support L.I. Against Domestic Violence, a nonprofit organization in Central Islip dedicated to preventing domestic violence, as well as providing comprehensive services to victims.

The principle of the event is simple: for every dollar donated, one of the brothers

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April is flashing before our eyes and before long we'll be crossing off May 1 on our calendars. Across campus, whether you're a biology major, an English professor or part of the administration, the struggle to get to the end of the semester can be felt by all. The good news is that The Delphian has been hard at work over the past few weeks to give you one of our biggest, most packed issue of the year.

This edition includes our largest news section of the semester, featuring some of Adelphi's major annual events, such as the Pride Festival and Relay for Life. Also, the 13th Annual Research Conference provided students with the opportunity to share their important studies and results with the entire campus. The main themes of sharing ideas and coming together to support each other and collaborate also calls to mind another article in this issue discussing the administration's strategic planning. Dean Grogg of the College of Arts and Sciences emphasized how important collaboration is in the future of higher education, and is part of what they're taking into consideration when developing strategy geared at making Adelphi the best institution it can be and enhancing the student education and experience.

The features section is also substantial in size and showcases some programs and aspects of Adelphi that can sometimes be overlooked. However, we wanted to spotlight a variety of programs and services Adelphi provides to both the internal and external community and give credit where credit is due to all the people working to improve the lives and experiences of others.

We also covered many aspects of entertainment in this issue, ranging from movies, the political realm and sports. There are new and exciting movies being released such as "Batman vs Superman" and "Zootopia," just as with everything going on in the world, specifically in politics, there are a variety of distractions for us to indulge in, and we have the scoop. We also have some updates for our spring sports teams, and they're all making Adelphi proud with their successes.

I'm also pleased to inform you that we have some news of our own. On April 11, the Press Club of Long Island announced The Delphian would be the recipient of the 2016 Best Collegiate Newspaper award at their ceremony on June 2. I can't begin to describe how proud I was upon finding this out. After placing third last year, we came into the fall semester wanting to make some changes and this honor indicates we were successful at innovating and redesigning aspects of the newspaper for the better.

I'd like to thank my entire staff for their hard work and dedication, as well as the Adelphi community for supporting us. Sticking with a common theme, running a newspaper is an entirely collaborative endeavor and every writer, graphic designer and editor is crucial to outcome. I'd also like to extend my sincerest gratitude to our advisor, Professor Liza N. Burby, for mentoring us and helping us to achieve our full potential.

-Bryan Grilli
Editor-in-Chief

The Delphian

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AU CommDept, Liza Burby, samgrogg and 7 others

Brothers of Pi Lambda Phi Walk a Mile in Very Uncomfortable Shoes

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had to walk another lap around the square. The more money raised, the more walking the brothers had to do. While this may have led to many uncomfortable feet, it ultimately raised a substantial amount toward a worthy cause and built awareness about the issue of domestic and sexual violence. Steven Joseph, a senior and philanthropy chair of the fraternity, explained just how important the event is. "A critical aspect of this event is that it's more than just a bunch of guys wearing heels. We are literally walking in their shoes," said Joseph. "We are going to try to live through what they're experiencing, and wearing the heels allows us to wake up to what they have to go through everyday."

A large part of the event is building empathy for the dangers that women face everyday as a result of sexual violence. Statistics show that 1 in 3 women experience some form of domestic or sexual violence

in their lifetime, and it's a problem that has plagued college campuses increasingly over the last few years. Women tend to have a higher risk of sexual violence or assault in their day-to-day lives, an experience that is very hard for men who don't live with that fear to comprehend. By literally walking in their shoes, the brothers of Pi Lambda Phi tried to put themselves in the position of the women who suffer the threat of violence every day.

It was an eye-opening experience for some. Andrew Ostrow, a sophomore who was walking for the first time this year, said the experience made the importance of the event feel more real to him. "It has given me a new perspective on the women who walk in heels every day. It's amazing all the things that women are able to do," said Ostrow. "Especially because I know I couldn't do it."

According to Joseph in years past the fraternity was able to raise between \$500-



The men of Pi Lambda Phi strutting around campus.

photo provided by Kevin Padilla

\$800, and that this year they were on track to easily collect at least \$500.

Colleen Merlow, executive director of L.I. Against Domestic Violence, had nothing but positive things to say about the partnership and the brothers. "I think it's wonderful that they are bringing the message to a college campus," said Merlow. "It's kind of a fun, kitschy event, which people can laugh at and enjoy, but it's really a serious topic, and the real truth is that [the brothers of Pi Lambda Phi] are doing a lot to spread awareness and funds for us so we really appreciate it."

In the future, Ostrow hopes that Walk A Mile in Her Shoes continues to grow on the Adelphi campus, and continue to get support from the students and faculty.

"I want the event to keep growing, and I want it to become like Relay for Life, a campuswide event in which everyone participates and comes together," he said. "I think that would be amazing."

Relay for Life



one of the fundraising tables at the event providing the relay guests with sweets during the night

photo provided by Alex Wurglics

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together to mourn those we have lost, fight for those who are battling and be inspired by those who have survived."

Events throughout the evening included performances by the Adelphi Dance Team, AU Bhangra, Hip Hop team Evolution and Paws and Rewind, along with many others. Evolution dedicated its routine to a member's mother who is currently battling breast cancer. Again, the reality that cancer affects everyone in various ways was all too present throughout the evening. In addition to student performances, there was also a hair cutting ceremony in which 22 students donated at least 8 inches of hair to the Pantene Beautiful Lengths program in which eight hair donations are combined to make a wig for a cancer patient. This wig allows them to still feel beautiful even if they have lost

their hair due to certain cancer treatments, such as chemotherapy.

The most telling and emotional portion of the event came during the luminaria ceremony in which the entire gym was silent and dark. All of the luminaria bags, decorated with names in honor and memory of those with cancer, were lit and all participants walked a few laps around the track in silence and solidarity with those affected, those lost and those still fighting. There was also a cancer survivor, Alexis Attardi, a sophomore nursing major, who spoke about her struggles with cancer and almost death in the sixth grade. There were also performances of poems and songs. Relay for Life embodies the idea of celebrating more birthdays and one day completely ridding the world of the words, "You have cancer." Together, the entire Adelphi community echoed these same

ideologies in their fundraising and actions at Relay.

The event would not have been possible without the tireless efforts of Meaghan Neary, the American Cancer Society liaison, and the event leadership committee of Adelphi students. "I wanted to be able to give more to this amazing organization," said Meaghan McBride, the Bring the People Chair of the tri-leads responsible for making Relay at Adelphi as fantastic as it was.

Adelphi's Relay for Life was already a great success and the community looks forward to hearing if the university reaches its \$100,000 goal. The donation page online is still open for donations; go to www.relayforlife.org. As a community, it is clear that Relay for Life has become an annual tradition that will continue to grow in donations and impact as the years continue.

Adelphi's Strategic Plan

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There were six key priority areas the strategic plan focused in on: growing enrollment; intensifying the student experience and strengthening academic quality; fostering a diverse and inclusive community; developing a powerful network of alumni, parents, corporate and government partners and increasing fundraising; modernizing infrastructure and system; and building a brand and marketing strategy for Adelphi.

"We formed working groups around these specific areas that were made up of about 140 individuals from all across campus, including faculty, staff, students, alumni and parents. They went to work and that's where they've been," Grogg explained. "On April 1, they started delivering the results of this work in the form of recommendations we might take on in terms of our planning."

Peter Hraniotis, a senior English major and president of the Inter Greek Council (IGC), is currently participating in Work Group 8, which focuses on branding and marketing strategy. "I was meeting with President Riordan to discuss developing, branding and marketing for Greek life at school and two days later, I received an email from her asking if instead of just working on the development of branding and marketing for Greek life itself, if I could offer the student perspective on developing the branding and marketing on a much larger scale, that being Adelphi," he explained.

Junior anthropology major Maya Faison also represents the student body in the strategic planning, serving in Work Group 4, which seeks to create a diverse and inclusive community on campus. "I was selected partly because of my involvement in different diversity groups on campus, such as the Racial Justice Alliance,

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Adelphi's Strategic Plan

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Collaboration Project and Black Students United," she said.

"This experience has been eye-opening for me," Hraniotis said. "As president of the IGC, I have had a lot of experience working with students. But working with executives and our alumni powerhouses allowed me to come out of my comfort zone and start to transition to real life, which helps because I'm a senior and will be making that transition soon. The fact my opinions and perspectives were not only critical to the project, but highly respected was something quite amazing."

Faison spoke to the importance of her voice as a student being heard and how crucial the student viewpoint is to strategic planning. "The perspective I have as a student, especially as a student of color, is different because I see things that faculty and administration might not have the opportunity to, or I might be treated in ways that are different than what they're accustomed to because I'm a student. It's bringing that different perspective that they might not have the opportunity to have themselves that helps guide which way suggestions and recommendations should go."

"...It's bringing that different perspective that they might not have the opportunity to have themselves that helps guide which way suggestions and recommendations should go."

A specific section on the eCampus link has been added for the Adelphi community to make quick, easy responses and suggestions as well. They can be accessed through the "Share Your Thoughts" section.

"I think the portal will be a very useful tool to a lot of people to respond and give us more feedback. There hasn't been much to respond to, but the next phase of our effort as we look at suggestions will really emphasize getting the campus community's input," Grogg explained. "I do believe it will be used and we will also have town halls and activities to solicit feedback from the campus."

Although Grogg is a chief overseer for the overall academic plan, he stressed the importance the College of Arts and Sciences will play in the process. "It is really the beating heart of the educational experience here at Adelphi in that liberal education's broad foundation represented by the college is the core of the undergraduate learning experience," Grogg explained. "We are surrounded and in service of a number of professional schools that are equally as important. Every thinker, corporate leader and educator believes you must have a broad foundation in basic things like critical thinking, strong articulate communications skills, ability to

collaborate, ability to problem solve and to find creative solutions."

Regarding the future of higher education, Grogg said he thinks there will be increasing emphasis on interdisciplinary studies. "I believe we will see more working, learning connections being made between the arts and sciences, such as history majors wanting to understand the social sciences or gain experience with business and so on. I feel the future of higher education is interdisciplinary and collaborative, and I think the college is going to play a huge role in that," he said.

"We continually look at what programs are needed and required for our students to help them move on in their careers or protect the planet and advance society," Grogg continued. "Those factors will be considered when determining what programs to develop or retire. I really hope the college will not be looked at as a static entity, but rather as dynamic, flexible and living in the way it engages with students as opposed to this is the way we are, take us or leave us."

As far as the vision for the project, Grogg admitted that it's still being developed and coming together through the planning process. "There's no doubt we want to be an exemplar of what a modern, metropolitan university should be, could be and will be," he stated. "We are in a unique position being in Garden City, Long Island with our beautiful, residential style campus. At the same time we're next to one of the most diverse, culturally and financially significant cities in the world. We feel our major goal is to be here in five, 10, 50 years as a significant force in service of young men and women's dreams, aspirations and goals. I hope in 2021, we will have moved further down the road in fulfilling that promise."

As the strategic planning process continues and passes through the phases, the portal will continue to be updated. The next phase, Phase 3, will continue with the development of goals, initiatives, action steps and metrics.



Student Maya Faison
photo provided by Maya Faison

Free Career Advice and Resume Reviews on April 19

BY THE DELPHIAN STAFF



(left to right) Bill Bleyer, Kevin Maher, and Bridget Shirvell who will be reviewing resumes

photos provided by PCLI

One of the most common warnings about pursuing a career in communications is how challenging it can be to find a job. But what if you had the opportunity to speak directly with the people who are doing the hiring to hear what they're looking for—and how you can make sure your resume gets their attention? Anyone searching for a communications-related job or internship can get career advice and resume tips from local professionals at the Communications Career Advice and Resume Review session offered by the Press Club of Long Island (PCLI) on Tuesday, April 19 at 11 am in Blodgett Hall, Room 201.

The PCLI, the local professional chapter of the Society of Professional Journalists (SPJ), has been invited by the Communications Department and The Delphian, both of which are sponsoring the event. There will be a panel discussion about job search tips moderated by Bill Bleyer, a prize-winning former staff writer for "Newsday" and book author. Panelists include Kevin Maher, the sports director and weeknight sports anchor at News 12 Long Island; Bridget Shirvell, digital strategist for "Long Island Pulse" magazine; and Mary Ann Skinner, assistant managing editor at "Newsday."

"Communications is a highly competitive field and a lot of students don't get the proper advice on how to go about finding a job," said Bleyer. "The point of this workshop is to make sure that students have the best resumes, the best cover letters and the best job interview preparation. To beat all the competition for the scarce jobs out there you have to do everything right."

To that end, the panelists suggest that students bring resumes, clips, cover letters, websites and tapes you would like the panel to review. This is a unique and valuable opportunity to get immediate feedback from local professionals about how you can improve your chances of getting an internship or job.

This event is one of several the PCLI holds each year for local students. "Helping students is part of the SPJ/Press Club of Long Island mission," said Bleyer. "It's also a personal mission for me be-

cause I wasn't able to get that kind of advice when I was starting out and I like to make it easier for those trying to break into the field now."

Students who want to become members of PCLI should join SPJ at SPJ.org and sign up for PCLI at same time. Meet the Panelists

Bill Bleyer was a prize-winning staff writer for "Newsday" for 33 years before retiring in 2014 to write books and freelance for magazines and "Newsday." He is co-author of "Long Island and the Civil War" and author of "Sagamore Hill: Theodore Roosevelt's Summer White House" to be published this fall. He has done recruiting for "Newsday" and Gannett and has organized workshops on job hunting for three decades.

Kevin Maher is the sports director and weeknight sports anchor at News 12 Long Island. A native of Bayport, Maher joined News 12 Long Island after 10 years at WTVH, the CBS Affiliate in Syracuse, where he was sports director and anchor. He was also a play-by-play announcer for Time Warner Cable Sports and hosted Syracuse University football and basketball games on WSYR-AM radio. He has won more than 20 awards for sports reporting. In 2010 he received the Syracuse Press Club's Professional Standards award.

Bridget Shirvell is the digital strategist at "Long Island Pulse," overseeing the magazine's online editorial, social media and sponsored content. She also writes for a number of publications, including VICE, The Latin Kitchen.com and DNAinfo.com, covering food, travel and the environment. She came to "Pulse" after stints at AOL and PBS NewsHour, where she developed a passion for using social media to engage with an audience.

Maryann Skinner is "Newsday's" assistant managing editor for administration. Prior to this, she was the director of technology and information services and library director. She is a graduate of Fordham University and holds a master's degree from Columbia University.

What If...TEDx Launches at Adelphi and Online

BY KEVIN PADILLA

TED talks have become a staple of education and popular culture over the last few years. TED (Technology, Entertainment & Design) is a nonprofit organization devoted to “ideas worth spreading,” usually through short presentations or talks. While viewers often associate these talks with celebrities or famous researchers, what if the person sitting next to you in class made them? On Tuesday, April 5, Adelphi hosted the inaugural TEDxAdelphiUniversity event. Organized by the Adelphi University Center for Health Innovation (CHI), this independently organized event, licensed by TED, featured TED Talk videos as well as nine exceptional speakers under the theme of “What If...”

After a brief introduction by Robert B. Willumstad, Chairman of the Board of Trustees, and Elizabeth Gross Cohn, Ph.D., R.N., executive director of the CHI, the event featured nine speakers who each came together to “collectively suggest ways we can improve ourselves, our communities and our society,” according to Dr. Cohn. Each of the speakers presented under the theme of “What If...” to an audience of 100 in-house guests and countless online viewers, to help present an exciting new perspective on our world.

One of the early highlights of the events was junior Jennifer Krol, who delivered a powerful talk entitled “The Culture Where No One is Culturally Competent: The Effects of Rape Culture on Children.” In her talk, Krol discussed how rape culture is instilled in girls from a young age, and how



Jennifer Krol '17 as she discussed denormalizing rape culture

photo provided by Adelphi University

“Dare to be Extraordinary,” President Riordan discussed the difference between an ordinary person and an extraordinary one. “We think of ourselves as ordinary people leading ordinary lives, and yet, the reality is that we have the opportunity to all be extraordinary,” she said.



President Riordan gives listeners a break down of ordinary vs extraordinary

photo provided by Adelphi University

important it is to talk about these issues to empower girls to fight it. She discussed how rarely the conversations on rape culture ever touch on its harmful effects on children.

“We don’t want to think in a kindergarten classroom with 15 girls, five will eventually be raped,” said Krol. She advocated to denormalize rape culture to help fight the epidemic of sexual violence and help teach young girls of their limitless potential.

Another major speaker at the event was President Christine Riordan. In her talk,

She then went on to explain how her research has shown that all extraordinary people share three key characteristics: passion, courage and resilience. They had passion to push themselves to change the world, courage to make the right and sometimes difficult decisions, and resilience to rise up in the face of adversity. President Riordan dared the audience members to be passionate, courageous and resilient, and to push themselves out of their comfort zones in order to be extraordinary individuals.

The event also featured seven other

speakers including:

- Rabbi Glenn Jacob D.D., one of the interfaith chaplains and Hillel Director at Adelphi and the executive director of the New York chapter of Interfaith Power & Light. His talk, “God in the Public Square,” discussed the difference between theist and non-theist god beliefs, and how non-theist god beliefs could change the way faith is discussed in public.

- Francine Conway, PhD, a professor and Chair of Psychology in the Derner Institute of Advanced Psychological Studies, spoke about “Cultivating Compassion for the Attention Deficit Hyperactivity Disorder (ADHD) child—from Moral Indictment to Empathy.” She discussed her experience having a child with ADHD and how educators can develop compassion and empathy for these children, and how that empathy can be used to more effectively treat ADHD.

- Bernadine Y. Waller, an adjunct professor and doctoral candidate at Adelphi University School of Social Work, spoke about “Hindered Help: How Societal Stereotypes Hinder African American Women Intimate Partner Violence Victims from Getting the Help They Need.” She discussed how negative stereotypes are the reason why African American women are less likely to get proper help when they are the victims of intimate partner violence, and how we as a society can attempt to look past those stereotypes to help them.

- Deborah Serani, Psy.D., an associate adjunct professor at Adelphi, talked about “What if...You Knew Depression as a Doctor and as a Patient?” She discussed her personal and professional experience as a psychologist living with depression, and pointed out important suggestions

from both the prospective of a patient and a therapist.

- Anthony Zenkus, an adjunct faculty member in the School of Social Work, talked about “Watch the Gap: How Capitalism Negatively Affects the Development of Children and How We Can Do Better.” He spoke about how income inequality and racism affect the development of children, and how a shift in wealth and power can give who are economically and socially oppressed a chance to reach their potential.

- Madeline Dressner, an elementary school teacher at E.M. Baker School in Great Neck, graduated with her Bachelor’s degree in psychology and a Master’s degree in Childhood Education from Adelphi. Her talk, “Using Technology to Empower and Foster 21st Century Advocacy, Citizenship, and Empathy in Children,” discussed how technology in the elementary school classroom can be used to teach children advocacy, citizenship and empathy. She also covered her experience participating with her students in “Apps for a Cause,” where students came up with ideas for apps that can help better the world.

- Robert Goldfarb, PhD, is a professor of Communication Sciences and Disorders. His talk, “An Aphasiologist Has a Stroke,” described his experience as a professor who teaches about the effects of a stroke on the mind, suffering a major stroke himself, and how he managed to maximize his recovery efforts.

The day also included networking and dialogue opportunities so attendees could reflect and discuss the serious issues brought up during the talks. To learn more about this year’s event, follow @TedxAdelphiU on twitter or visit TedxAdelphiUniversity.com.

A Day for Creative and Intellectual Innovation

BY BRYAN GRILLI

Adelphi hosted its 13th annual research conference on April 12. In contrast with previous years, this year's research day was held exclusively in the University Center with events such as the welcome, lunch, keynote address and award ceremony taking place in the Thomas Dixon Lovely Ballroom. Similarly to previous years, however, the research conference provided students with a platform to share their exciting ideas and studies with the entire community.

"The research conference is a unique opportunity to see what creative and intellectual work students are engaging in, and learn about a variety of different topics. We'd also like to thank the provost's office for their funding and support," said Dr. Laura Brumariu, co-chair of the conference with Dr. Matthew Wright of the Department of Physics and assistant professor for the Derner Institute of Advanced Psychological Studies. "I was excited by our students' enthusiasm, energy, intellectual and creative curiosity and talent. Presenters, attendees, faculty, reviewers and administration all contributed to making this event successful. I am glad that our students received deserved recognition for their accomplishments, and the presence of some parents and siblings was particularly touching."

Dr. Mary Cortina, director for the Office of Research and Sponsored Programs, was also involved in the planning process for the conference and her viewpoint was similar. "I think it's (research day) very important because it gives all students the opportunity to display their work, is great practice for presenting at an external conference and recognizes students and faculty," Cortina explained. "This was our second year using ePosters and most people were very happy with that. Also, we got nationally recognized presenters to give the keynote and it is just a really nice festive occasion for all."

At this year's conference, there

was a first-time attendee who was particularly interested in seeing all that the results and outcomes yielded by student research, President Riordan. In her opening address, she said: "Today is a hallmark of what Adelphi University is all about. It's our community coming together, learning, doing research together, evaluating, providing feedback, celebrating and most importantly, it's about creating new knowledge, not only within ourselves, but within the community."

She also shared a personal account of "catching the research bug" as an undergraduate, as well as acknowledging the 17 students participating in the national research conference for undergraduates.

After taking the chance to view some of the projects, Riordan said: "I'm very excited and as I mentioned, I think one of the hallmarks of this university is the hands-on activities, projects and research our students get to do and it's the interaction with the faculty and students that make a real difference for an Adelphi education. I'm so proud of everybody and the work they've done. It's inspiring to hear their stories."

The research conference was comprised of 80 ePosters, 10 board posters and approximately 45 scheduled oral presentations across a variety of disciplines, such as arts, humanities, biology, chemistry, physics, mathematics and computer science, nursing and public health, education and communication sciences, psychology, social sciences and social work. Very few presentations were withdrawn, but also many presentations featured multiple authors. There were also 56 faculty reviewers and 75 faculty advisors.

"This is my first time as a reviewer at the Adelphi research conference," said Elaine Boylan, senior associate director for the Center for Career Development. "I was looking forward to learning about what's on the minds of Adelphi students and what kind of research would be groundbreaking in terms of things that may not have been thought of before."



Samantha Pastore with her presentation "Built by Generations"

photo provided Bryan Grilli

For many students, this was their first research conference. However, for senior criminal justice and psychology major, Fallon Kane, this was certainly not the case. This was her third time participating and she noted how with each year, she has become increasingly comfortable speaking and explaining her research.

"For my project, what I was trying to accomplish was to understand how dependency on other people in order to have self-esteem is related to perpetrating and being a victim of child abuse," Kane explained. "I'm very interested in domestic abuse, including child abuse and intimate partner violence, and I wanted to see the different personality orientations that are associated with it. This is a very unstudied phenomena, so being able to look at this and discover something that not many people have looked at before was very satisfying."

Jasmine John, a junior math major, and her partner, Marisa Masi, were involved in a research project based around the combinatorial trace method. "My partner and I worked in the field of mathematics, especially with something called the combinatorial trace method, which is a way of equating power sums to combinatorial expressions, so we were working with linear algebra and using its applications," she said.

Unlike Kane, this was John's very first research day and she recalled originally thinking she was not particularly apt to be a researcher. "I just looked at myself as someone who was good at linear algebra," she stated. "My mentor sought me out to work on this project and the experience gave me such a great sense of accomplishment not only knowing that I'm actually capable of doing this, but also advancing the field of mathematics. It was an incredible experience and would definitely like to continue this research and see it through to the end."

The research conference always

prides itself on enhancing the experience each year for students and faculty. In addition to the change to having the entirety of the event housed in the UC, there was also an effort to hold oral presentations and ePosters at the same time and of different disciplines in an attempt to diversify and allow for presentations to be given a longer period of time for the sake of the students and reviewers.

Samantha Pastore, a junior graphic design major, also participated in the conference for the first time with her class. The theme of these displays was a stamp project representing a form of diversity. "My project is about age diversity. I'm building off the idea that all generations matter, no generation is better than another and each generation has some kind of skill set that the other one lacks and in the end, they help each other," Pastore explained. "It was stressful to start off, I will admit that, but once you figure out exactly what you're doing, it becomes like a chain of thought. At first I had a completely different idea, but I thought about using hands because with hands, you can actually see age and the concept of built by generations, which is the title of the project. I felt like it would be good imagery because you use hands to build things. I think it all came together in the end."

After the presentations concluded, lunch was served. This was followed by a keynote address by Dr. James Coan, an associate professor of clinical psychology at the University of Virginia. He discussed the social baseline theory and the impact of human social interaction.

Finally, the award ceremony commenced and many of the presenters were honored across all disciplines. To view a full list of winners from the 13th Annual Research, as well as additional information about the event, visit [\(link to awards.\)](#)



E-poster presentation in action

photo provided by Kevin Padilla

The Power of Pride Event Draws a Rainbow of Support

BY DANIELLE
MCDUGALL

On the bright and cool afternoon of March 22, you might have seen a group of staff, administrators and students rounding the campus. As their rainbow flags billowed in the air, you could hear their impassioned chants: “What do we want? Equal rights! When do we want them? Now!”

This was all a part of the Gender and Sexuality Alliance’s second annual Pride Parade, which would be followed by a Pride Festival later in the evening. In collaboration with a staggering number of organizations, including Circle K, the AU LGBT Committee of faculty, administration, staff and students, Bridges to Adelphi, the Collaboration Project and the Student Counseling Center, nearly 200 came to the event to support the community, celebrate its talents and find ways to continue making the campus and beyond a safer place for the people who are a part of it.

Following the march around the campus – which picked up some eager participants along the way – marchers were ushered into the UC Ballroom. Speeches were given by Professor Lake, YouTuber and Pride of the Humans’ Rico Pride, and representatives from the Long Island Gay and Lesbian Youth Center and Pride for Youth, and an Adelphi alumnus Matthew Tiberia. Although their messages all varied in detail, their main point was clear: the LGBTQ community is made up of people who are just as deserving of acceptance, inclusion and happiness as anyone else, and being willing to learn is what will allow for people to understand that.

It would be remiss not to mention Nicole Rasmussen’s evocative performance of poetry that followed. In it, she spoke about the frustration of not being allowed to embrace her true personality for fear of being misunderstood by her mother and the conflict that had arisen from her



GSA’s signage at the event
photo provided Danielle McDougall

past relationships. However, she also had a piece in which she tenderly reminisced on the pleasant times she had spent with her girlfriend. Being able to see the progress made in Rasmussen’s path to self-acceptance served as an encouraging reminder that said path isn’t one that goes straight forward. Its twists and turns do not make anyone who is on it a failure.

Hearing the insight of students in attendance also served to emphasize the importance of unity within the campus for creating a network of support for those who may be struggling with their identity. As Maia Jones, a freshman biology major, said, “Adelphi could hold more events that are inclusive and let everybody know that they care.”

Moreover, Jami Glatter, a freshman communications major, cited bonds between clubs as the catalyst for inclusivity on campus. “Change and progress come from

down low. If there are bigger events, there will be more awareness. I think that would be a really big step in the right direction because there’s so much to cover in terms of equality and progress.”

Monica Marshall, a sophomore neuroscience major and GSA vice president, had a similar message. “All the diversity clubs could make a council; maybe we clubs could come together not for a monthly meeting where they could report on all their events and collaborate. It would help every diversity group and it would get more participation, awareness and acceptance. Curiosity will soar, and curiosity will lead to acceptance.”

Marshall also spoke on the topic of gender inclusive housing, proposing that there be gender inclusive floors in each dorm so that there is enough availability for students who want said accommodations. Rae Shear, freshman and computer

science major added to this topic by highlighting the importance of space for transgender students to change in the Center for Recreation and Sports.

As the festival began, there were performances by the AU Vocal Ensemble, the Hofstra-based alternative rock group Bowtie Friday, freshman and poet Omar Hameed, Sabatina Marie, and the Long Island Pride Chorus.

Marie, a sophomore and psychology and music double major in the Honors College, said of her motivation to perform: “Whether we know it or not, everyone has something they are afraid to show, and if we can gain awareness of what makes us unique, hopefully we can eradicate any fear that might exist to express oneself... I strongly believe that music has its own special power. Through song, you can touch someone’s heart in a way that inspires them to stand up, or accept who they are or simply to just be happy. If I can make one person smile when I perform, then I feel that my performance has fulfilled more than I could ever want.”

This intersection between acceptance and the music itself could be felt on an emotional level throughout the night. As the event wound to a close, the unexpected statements of the partner of a member of the Pride Chorus summed up the message of the day’s celebrations: just be yourself. They spoke about how much pressure and fear they felt to express themselves in the way that we did when they were our age. To be able to look down the generations at the progress made as a community through raising awareness in the way that people like Rico Pride and organizations like LIGALY, and Pride for Youth strive to do put into perspective just how far we have come from where we had begun in our fight – a wonderfully encouraging reminder in the face of our current adversity.



The Long Island Pride Chorus performing for the events participants

Photo provided by Danielle McDougall

College of Nursing and Public Health Study Abroad Programs: Short-term Commitment With Long-term Benefits

BY GABRIELLE DEONATH

It's a common belief that most learning is done in a classroom setting, as people spend the first few decades of their lives studying within the conventional four-wall classroom setup. However, some Adelphi students would argue that their most impactful learning experiences took place not only outside of their classrooms, but in a completely different country.

"I went on the faculty-led Guatemala trip during the winter intersession this past January and I can proudly say that it was a life-changing experience for me," said senior nursing student Katelyn Cozzolino.

Adelphi, like various other universities, offers study abroad programs in several different countries. But some students do not have the flexibility in their schedule and curriculum to attend semester-long programs overseas.

The College of Nursing and Public Health has created, over the past several years, an alternative for students to experience other cultures and learn about foreign health systems on a short-term basis.

"These programs were developed because the College of Nursing and Public Health values study abroad and how it can impact nursing," said Shannon Harrison, director of the Center of International Education. "It's definitely important in health-care. Many nursing students bring back the skills and information they learn with them from these trips."

In 2011, the College of Nursing and Public Health began their faculty-led short-term study abroad program to China. This past summer, nine students studied herbal remedies, moxibustion and acupuncture for two weeks at Jinan University in the



Nursing student next to local medical equipment.

Photo by Gabrielle Deonath.

southern Chinese city of Guangzhou. This trip, which runs every other year, also includes three days of sightseeing.

The next short-term study abroad program was established in Costa Rica in 2013. This winter intersession trip allows students to spend nine days in La Carpio, where they have the opportunity to put their nursing skills to work. Students in the past have conducted health assessments for children, gauged health needs of the elderly, and led educational workshops centered on hygiene and reproductive health.

Gabriella Coiro, a senior, took part in the Costa Rica program with 19 fellow Adel-

phi students. "We didn't have to worry about anything," she said. "We knew our schedule from the day before. Transportation and food were taken care of, and it was very nurse-oriented."

In 2014, a short-term study abroad program to Guatemala began with the help of Jacqueline Brandwein, a clinical assistant professor in the College for Nursing and Public Health.

Brandwein adopted two children from Guatemala several years ago, which led her to spend much time in the country. Through the personal connections from her travels to Guatemala, she helped de-

velop the short-term study abroad program to Guatemala. She is in charge of outreach, creating the syllabus, and also leads the trip.

"It was created to give nursing students an opportunity to work with an NGO," said Brandwein.

In Guatemala, students work with impoverished communities and interact with local people through service efforts. On the last short-term study abroad program to Guatemala, 16 students participated. This program, along with the one to Costa Rica, runs during every winter intersession. The trip includes a weekend in Antigua and a visit to Chichicastenango.

Harrison says that the College of Nursing and Public Health are leaders in terms of their design of credits.

"Many nursing students take 16 credits during the spring semester and don't have much wiggle room to take more credits," she added. "This works well for the nursing curriculum."

These programs provide students with global opportunities without forcing them to pay extra tuition. There are some additional costs for housing, airfare and other expenses, but they are set at a price point that is affordable for most students.

These service trips continue to prove to be effective in providing students with rare experiences and impacting the participants greatly.

"One student, who has now graduated, joined the Peace Corps and is now working in Nepal. The catalyst was her experience on one of the study abroad trips in Guatemala," said Brandwein. "An opportunity like this with service learning is an experience no classroom can replicate."

Hy Weinberg Center: An On-Campus Center Benefitting the Larger Community

BY TAYLOR HIGGINS

Though the Hy Weinberg Center for Communication Disorders at 158 Cambridge Avenue is across the street from Adelphi's campus, this not-for-profit, full-service evaluation and therapy center aids patients with hearing, speech and language disabilities throughout the local community. It is there to help any individual at any age improve speech, language or audiological disorders.

Florence Meyers, coordinator of the Speech Language Pathology Sunday Academic Program, said that the services are performed by students enrolled in the Communication Science Disorder (CSD) program at Adelphi.

"With only one other school on Long Island, the Hy Weinberg Center's services are very impressive because they help the larger community not just those that are enrolled or work for Adelphi University," Meyers said.

The students are supervised by licensed

certified clinical faculty, while providing diagnostic and intervention processes. Other than Adelphi, colleges such as SUNY Cortland, Molloy, Kean University, Mercy and Emerson and Hunter have services that are similar to the HY Weinberg Center.

Although insurance and Medicare are not accepted by the Hy Weinberg Center, most services are free of charge, minus a small administration fee. According to director Anne Marie Skvarla, the HY Weinberg Center helps over 100 patients in a given semester, mostly from the greater community.

While the larger community around and near Adelphi benefits from the services at the HY Weinberg Center, so do the students that are enrolled in the program. They can better their education and practice, while performing services of the center. Services can be received from a single individual or a group type therapy. Services that are performed range from speech and language services, such as comprehensive speech and language assistance. They also offer parent and family education. Their hear-

ing services allow for complete audiological evaluations, hearing evaluations, fitting and dispensing of hearing aids, Immittance testing, central auditory testing, Auditory Brainstem Response Testing (ABR), Oto-

acoustic Emission testing and Aural Rehabilitation.

To learn more about the Center, visit <http://education-csd.adelphi.edu/hy-weinberg-center>.



Hy Weinberg Center
Photo provided by Bryan Grilli

James Riley Jr., Trading Room: A Bridge to the Corporate World

BY BRYAN GRILLI

In 2010, Adelphi's Robert B. Willumstad School of Business unveiled one of their premier facilities. The James Riley, Jr. Trading room has since become a staple on campus any student can immediately recognize walking by or into Hagedorn Hall of Enterprise from the bright line of company names and stocks constantly scrolling across the screen. However, the trading room is more than what meets the eye. It's a center for business students to get hands on experience using programs that will follow them over the course of their careers.

Although the plans for the facility were in effect prior to 2010, the arrival of Professor Michael Driscoll in the fall of 2010 helped Adelphi to find the cornerstone of the room. Driscoll, who had 28 years on Wall Street before retiring and beginning his teaching career, had a lot of experience with the Bloomberg Professional Service and thought it would be beneficial for business students to have access to.

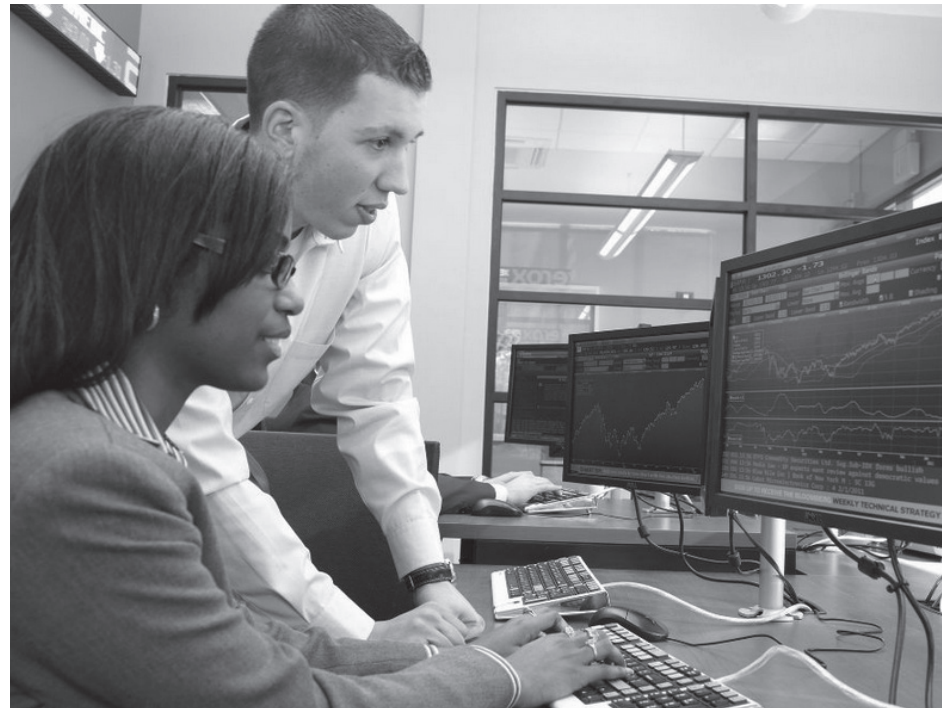
"The service is invaluable. I inquired to Bloomberg about price consideration (for academic institutions), presented it to the administration and they agreed to fund it," Driscoll explained. "I also approached James Riley (a retired Goldman & Sachs Co. managing partner and whose mother graduated from Adelphi), and he agreed to fund a significant amount himself."

Since the implementation of trading room and Bloomberg Professional Service, Driscoll has often spoken on behalf of the facility and utilized it during his classes.

"I teach a graduate portfolio management class where students work in five-to six-person teams and manage imaginary portfolios and simulate the experience of

researching and managing them," he said. "It's experiential learning as if they're in the business world."

"The trading room will definitely help me in my future," said Danielle Schmal, a junior finance and math major, and president of Adelphi's Finance Society. "I feel it is such an advantageous addition the school of business offers its students. Everyone should take advantage of



Students in the trading room.

Photo provided by Bryan Grilli

its features because we are lucky to have a terminal on campus."

The Bloomberg services that allow students a chance to have access to real-life experience is used all throughout the business world, and its value is undeniable,

according to Driscoll. Although Adelphi receives an academic institution payment break, under normal circumstances payment for the Bloomberg Professional Service is \$3,000 per month.

"Obviously it's worth the money, or people wouldn't pay for it," Driscoll said. "I've heard back from students who graduated that having access to the programs was a leg up in the business world as they

is an Adelphi alumni has an account and message them directly from the computers. It's a really useful networking technique."

Driscoll also mentioned the trading room is open to any Adelphi student with the swipe of the university identification when Hagedorn is open. "The programs take a little getting used to, but there are a number of training and tutorial videos that students find helpful," he explained.

Senior accounting major, Claudio Ventura, spoke of the program, "It's a layout that most people are not used to, but once you sit down with it for a little, you get the hang of it and it is like using Google. You can start exploring by just typing stuff in and seeing what comes up and go from there. Before you know it, you're late for your next class and you've ended up on an extremely complicated looking page. What's nice about the system, however, is that if there is a ratio or anything you don't understand, you can click on it or hover over it and it will give an explanation."

Although a majority of the classes that are held in the trading room are for upperclassmen and graduate students, Schmal and the finance society have utilized the room and faculty for some early preparation. "I have used the room for various reasons and set up professors, such as Professor Driscoll and Professor Goldberg to give tutorials for other students who have yet to experience a class using terminal use."

The James Riley Jr., Trading Room has helped give the Adelphi community, especially business students, a decisive advantage going into their careers in the six years it has been on campus.

launched their careers."

Schmal added that one of her favorite features of the program is being able to look up companies, especially ones she'd like to look for an internship with. "I can see if any professional from that company

Adelphi's Costume Shop Dresses Up Theatre Department

BY LAUREN STRANIERI

Dress-up is no longer just for kids; now college students in the Department of Theatre at Adelphi have the opportunity to create and wear extravagant ensembles. For the past 42 years, Adelphi has been home to its very own Costume Shop that creates hand-sewn outfits for various on campus theatre productions.

The Costume Shop is tucked away on the bottom level of the Performing Arts Center (PAC). It is a busy place where various costumes are brought to life. Everywhere you turn needles, sewing machines, mannequins and garments consume the room. But what is most impressive is the vast storage collection of costumes that is kept in spare closets throughout the PAC.

In fact, according to Jill Destefano, the Costume Shop supervisor, "We have thousands of garments that span every time period."

Sean Sullivan, an associate professor in

the Theatre Department, said that some shows require over 70 articles of clothing and they span every time period. Once those pieces are used, they are arranged by type then put into a storage closet. For example, suits and dresses are in one location while other storage rooms are arranged by time period. They have thousands of costumes that span from ancient Greece to modern day.

"It's something I didn't think I would learn in college."

Depending on the performance, costumes are bought, recycled from the storage stock or sewn by hand in the shop. While some might think sewing is a lost art, Krista Intranuovo, the Costume Shop stitcher, would beg to differ.

"When I was a student here I was taught how to use the sewing machines, which was great experience for what I am doing

now," said Intranuovo who graduated in 2015 with a BFA in Theatre Design/Technology. "I help with the student and faculty designs and alterations and I facilitate anything that the designer wants for the show." "The costume manager works full-time and the staff come in when we need assistance," said Sullivan. "For stitchers, we hire local people through newspapers and word-of-mouth."

Intranuovo said when the entire staff is in the midst of creating dozens of outfits for performances it can be overwhelming, but a lot of fun. While reminiscing about previous shows she has worked on said the "Bassett Table" requiring the most attention. "We created a whole bunch of men's and women's clothing for the late 1700s."

Alyssa Hricko is a sophomore acting major at Adelphi who recently completed her freshman year tech hours in the Costume Shop and learned skills that will help her prevail in her future.

"It was really cool to learn how to sew," said Hricko. "It's something I didn't think

I would learn in college."

According to Destefano, all theater, design and technology students are required to work in the three shops within the department. Those shops are the scenery, paint and the Costume Shop.

Spending long hours tediously putting together and designing costumes has made the three professional staff members, three seamstresses and student workers, become like family, according to Hricko.

"My house that I was living in with other theater majors burned down and Jill Destefano immediately reached out and offered any clothes from the shop," said Hricko.

The Costume Shop is a hidden gem on Adelphi's campus that occasionally gets overlooked. The talented individuals that put their hearts and souls into creating extravagant costumes greatly contributes to making Adelphi's theatre program listed amongst the top 20 best programs in New York.

Environmental Studies at Adelphi Enlightens Students About the Global Picture

BY MATTHEW GOLDMAN

Students who attend Adelphi University can proudly boast about what this school has to offer. There are tons of majors and programs and when asked, most students are more than content with their program. One field that many students can follow through with is the environmental studies tract. This major has much to offer.

Dr. Beth Christensen, Director of the Environmental Studies program, said that the environmental studies program gives students the opportunity to learn about our environment, our relationship with the environment, and the modern day issues that our environment faces.

“Students who enroll in a major or minor in environmental studies have the chance to learn how to face such issues in our environment, such as climate change, the loss of biodiversity and the destruction of our planet’s ecosystems,” she said.

Students who are interested in environmental studies can also minor in forensic anthropology, which is housed under the environmental studies program. Dr. Christensen said the Anthropology and Forensic Anthropology Departments are separate, despite sharing many of the same courses. “Environmental studies focuses on more of the human side of anthropology,” she said.

Along with the tracts for a Bachelors and Masters in environmental studies, Adelphi also offers joint degree programs with Columbia University. These programs are: the 3/2 B.A./B.S. Combined Plan Program, the 4/2 M.S. Combined Plan Program, and the M.S. Program in Earth Resources Engineering. Students can also pursue an online M.S degree in Emergency Management. Environmental studies can also be taken as a major when pursuing a career in education with cooperation with the Adelphi STEP program, the Science Education Advancement (SEA) master’s program allows students to gain a Masters



The environmental studies students in the field

Photos provided by Matt Goldman

in science education in an accelerated one year program.

Graduating senior Kaitlin Shahinian is an anthropology major with a minor in biology and forensic anthropology. Shahinian plans to continue her education for a Masters in environmental studies. When asked why she chose to pursue a career in environmental studies, she explained, “I’ve always been conscious of the environment and conservation of the environment was always important to me.”

Shahinian said her “aha” moment was when she went to field school in Alaska with two of her professors for three and a half weeks. They camped in a cane sanctuary, went hiking, excavated an archaeological site and surveyed the environment.

“Just being outside that long and the sites we’ve seen when we went hiking or driving was an unbelievably powerful feeling,” Shahinian said. “I felt a sincere connection to nature and constantly felt insignificant in turns of the world in general.” She also had the chance to do field work in Crete, and even got to analyze ancient human remains.

Shahinian said she loves her department because the faculty are always involved with the students and give everyone an opportunity to intern or gain work experience, despite the department being fairly small. But she said the department’s size fosters a close relationship with the professors “who genuinely care about their student’s future.”

Shahinian said she wants everyone to know how important it is to be cognitively aware of our environment today due to the simple fact that this earth is our home, and our survival depends on how we treat the world and the environment. “When we destroy the earth, we are essentially destroying ourselves too, and the more people are aware of how dependent we are on our environment, the more people will begin to care.”

The Collaboration Project Raises Awareness About Social Injustice

BY MELISSA LEHFELLNER

Adelphi University has become known for having not only a student body that is culturally diverse, but a faculty that is as well. The Collaboration Project was founded in 2006 as a way to bring people of all different backgrounds together. The goal is to create an inclusive, representative and reflective community concerned with raising awareness and fostering mutual understanding about global social issues.

Each year, the Collaboration Project develops a theme to work around and tries to make it relevant to current injustice issues happening worldwide. Issues addressed in the past include End Gendered Violence, Ignore No More, Make Change, and Imagine Change, Act Now. For 2015-‘16, the

focus of the project is entitled Racial Justice Matters, inspired by the recent Black Lives Matter and civil rights movements. Currently, there is an ongoing art exhibition in the Swirbul Library titled “Social Justice Unbound” that displays pamphlets and broadsides that are significant in the history of political movements. The next upcoming event is to take place in Blodgett Hall 109 on April 11 from 1 – 2:15 pm. It’s an interactive event for students to learn more about the top presidential candidates from both parties in order to prepare them for the upcoming New York Primary. Participants will be invited to vote, and engage in a “lively, intellectual debate”.

Della Hudson, Associate Dean of Student Affairs at Adelphi, said the Collaboration Project works mainly to publicize events happening around Adelphi in a way that

inspires student leadership and engagement. Events are usually not directly affiliated with the project, but easily become incorporated. “The project prides itself on knowing what’s going on everywhere and promoting it,” Hudson said.

A second initiative of the project was created in 2011: Adelphi Community Reads.

“I don’t know how we can expect professors to teach and relate to these books without having read them”

It’s geared toward incoming freshmen who are all required to read a book chosen by the steering committee before beginning their first semester. Those who started at Adelphi last fall read James McBride’s

memoir “The Color of Water.” Hudson is an advocate for this part of the project because she said it creates intellectual conversation among new students and faculty. She emphasized the importance of faculty members reading the books at the same time the students are. “I don’t know how we can expect professors to teach and relate to these books without having read them,” she said.

Contributors to the Collaboration Project, including the anchor team of students and an annual steering committee, meet biweekly in Room 210 of the University Center to discuss current injustice issues and ways to change them. The club is always accepting new members with ideas about issues that need to be addressed and how to do so.

Alice Brown Early Learning Center Brings Preschool to Adelphi

BY MELISSA HANDIBODE

On a typical day at Adelphi, students get to have playtime and snack time, and possibly even dress up as doctors. These atypical college activities are actually part of the curriculum at the Alice Brown Learning Center (ELC), Adelphi's preschool program, which is part of the Ruth S. Ammon School of Education. It's located right on campus and provides college students with the necessary experience to work with children in a real-world environment.

The ELC was started in 1973 and was originally called the Child Activity Center. The current name is in honor of Alice Brown, the former director of the center for over 25 years, and a "pioneer in her field," according to current director Laura Ludlam. The ELC accepts students from the ages of 18 months to five years old. The school's philosophy is based around teaching students in a manner where meaningful relationships are formed with the children and their families, through a hands-on learning approach.

The ELC has many different and unique classroom projects, like the "Doctor's Office." This project is a way for students to express their feelings about doctor visits. The "house corner" of the dramatic play area is turned into a doctor's office. Props such as stethoscopes, white shirts, gauze and notepads are set up to imitate an actual doctor's office. Children are able to act out the role of doctor and the patient,



ELC students participate in the Doctor's Corner project in order to become comfortable with real-life visits.
photo provided by Adelphi University



The ELC classroom.
photo provided by Adelphi University

and are also taught about proper hand washing.

Projects like these create a fun learning experience that can help develop skills for children to have the rest of their lives.

Ludlam said the ELC's mission is "to offer a high quality experimental learning environment to children and families, as well as to faculty, employees, students and early childhood professionals." The teaching style promotes exploration and curiosity in all of the students who attend, creating a "love of learning."

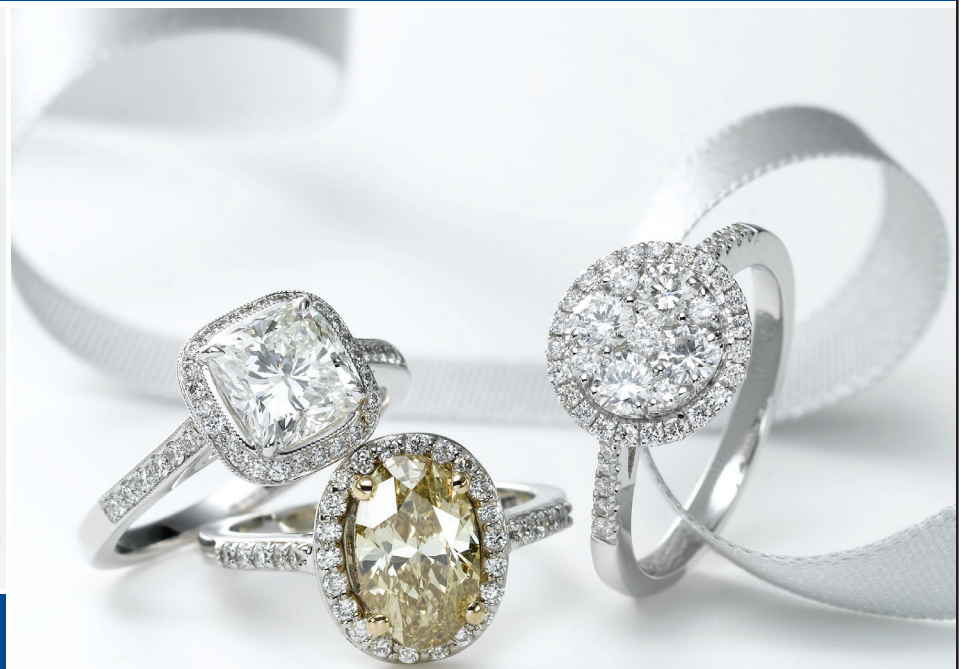
A typical day for a child attending the ELC consists of playtime, snack time, meeting time, group work and focus work, and between 1 to 2 pm they can enjoy a time of relaxation or nap time.

Kathy Lee, the assistant director, said she feels that the Early Learning Center is so unique because, "unlike most child-care programs, our curriculum is based on the child's interests. Our philosophy is that children learn best when they are respected and encouraged to be active participants in the learning process."

The Alice Brown Early Learning Center is open Monday through Friday from 8 am to 6 pm. Visit their page on Adelphi's website <http://elc.adelphi.edu/> for more information.

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International Careers Boosted by Global Scholars Program



Levermore Global Scholars
photo provided by Katelyn Cozzolino

BY REBECCA SAINT

The Levermore Global Scholars program at Adelphi University is home to some of the most talented and diverse students the university has to offer. The program enriches student's degrees, with many going on to pursue international careers throughout the world.

The Levermore Global Scholars program is classified as an "add-on" to a degree, similar to an honors program within Adelphi. Students have the opportunity to apply to the program when they first apply to Adelphi, with application steps consisting of a brief essay, including reasons they are interested in the program and why it is a good fit.

"The thing we look for are, in addition to the essay, is the high school GPA," said Susan Briziarelli, academic director of the program. "We look for an aptitude toward global engagement, experience in global engagement, community involvement and potential for growth in those areas."

Currently 130 students participate in the academic program. However, the department is always looking for new additions, adding roughly 40 new students per year. Word-of-mouth about the program is broadening the reach each year. Briziarelli said she finds many students specifically choosing Adelphi because of the program.

Janae Cummings, a 2013 graduate, is just one of the success stories of the Levermore Global Scholars program. Cummings is now an elementary school English teacher at the International School of Choueifat in Dubai, United Arab Emirates. Other success stories include Reaz

Khan, who represented Adelphi at the UN Youth Assembly, and Radha Hettiarachi, a student who was involved in Project Hope in Staten Island Misbah.

"We've had people who have started nonprofit organizations and also people who have chosen to go to law school for human rights. It's been significant for a number of people just in deciding the path they want to take," said Briziarelli. The type of student Briziarelli said the Levermore Global Scholars academic program includes is someone who has a really strong commitment to community, global engagement or global service.

"They have an idea that they want to change the world," said Briziarelli. "Students in the program are often extremely involved in international affairs and international studies; therefore they approach the program from that specific angle. However, other students have an interest specifically in global affairs."

The Levermore Global Scholars academic program presents a significant amount of career growth opportunities alongside aiding students' portfolios. The program helps students with internships, opportunities at the United Nations, and also an array of volunteer opportunities, such as semester placements with the Coalition for the Homeless, the Family and Children's Association and We Act for Environmental Justice.

The opportunities within the Levermore Global Scholars program are endless, with the program growing each year. Students join the program looking to enrich their portfolio, and leave with a new career path helping others throughout the world. It provides the means and support for students to change the world.



Levermore Global Scholars
photo provided by Katelyn Cozzolino

Blast from the Past: A Look into Adelphi's Archives and Special Collections

BY ALEXIS BLECHER

In today's world of technology, college students usually take to their laptops to find resources they need for their work. It's easy to find just about anything to help you with your assignments through the Internet, but as the saying goes, sometimes you need to see something to believe

"Whether it's administrative, legal, financial or historical, we have an obligation to try to maintain it forever..."

it. Adelphi's University Archives and Special Collections department, located in the lower level of New Hall A, is the place to go for up-close-and-personal investigation of primary sources covering a variety of topics, ranging from university documents to personal letters from influential figures in American history.

The department's director, David Ranzan, is the official university archivist and special collections librarian.

"The archives are basically the institutional history, we're just the repository," he explained. "Whether it's administrative, legal, financial or historical, we have an obligation to try to maintain it forever and ever and ever. Most of the time it's papers, photos, yearbooks, artifacts just basically documenting the history of the university. The special collections side is just unique collections. We want to document the history of the university and provide students and faculty with unique resources so they can do their scholarship."

According to Ranzan, anyone with an interest in Adelphi, Long Island, New York state or other local interests can benefit from the existence of his collections, like the esteemed William Hone collection, or the exclusive works of Alice Hoffman. In addition, people from all over the world can utilize these resources for their own benefit. Ranzan said representatives from the BBC in England had requested pages from the William Hone collection, which is comprised of hundreds of broadsides and letters belonging to Hone, an influential English writer who wrote satirical newspaper articles regarding freedom of press and speech. In addition to the British, people from Scotland, France, Spain and other nations have contacted Ranzan requesting to see pieces from the collections.

Besides those with local and historical interests, Adelphi students have the ability to reap the most benefit from the accessibility of the archives and special collections.

"I like to say we supply a different way of looking at resources. So a lot of

times you'll have professors that sit there and do a lecture, but they don't have the examples. We have the examples. We have the first-hand accounts, the unique resources that help support what they're teaching," Ranzan said.

There is also a student donations section of the collection and Ranzan is asking for donations. Due to the growing presence of social media and technology in everyday life, it's becoming easier and easier to document events that happen among the Adelphi student community.

"Everyone walks around with their phone; maybe they'll take a video. Basically, I'm trying to harvest the digital information so the institutional history can be well-rounded. You can always get paper, but nowadays, everything is going digital. I want people to understand: you have the materials I need so that we can have a well-rounded history."

For submission inquiries including photos, videos, meeting minutes, flyers or anything else that made your experience at Adelphi great, contact Pam Griffin by phone at 516-877-3588 or by email at griffin@adelphi.edu. Or just stop by the lower level of New Hall A. Ranzan is happy to show off the collections.



Item from the William Hone Collection in Adelphi University's Archives and Special Collections Department.
Photo provided by Alexis Blecher

Adult Fitness Program Offers Unique Plan to the Community

BY ELENA KYRIAKIDES

While we all know Adelphi is a modern and diverse university with rich history, it is also an institution that takes pride in programs that are beneficial not only for students, but also for the community. To that end, Adelphi offers programs that are specifically targeted for the well-being of residents in Garden City, Rockville Center, West Hempstead and Queens communities. One in particular, the Adult Fitness Program, promotes health and fitness to nearby residents.

Adult Fitness Programs at universities are rare, according to Richard Happel, one of the exercise science assistants. He said the only other university to offer this program is Colorado State University. John Wygand created the program in 1986, 30 years ago, and is still in charge of it.

“The purpose of the program is to aid adults in living a healthy lifestyle,” said Happel. “This is done through creating an individualized exercise program, nutritional counseling and recreational activities. Members are also surrounded by motivated people and are taught how to properly exercise.”

Wygand is also the director of the Human Performance Laboratory, which conducts graded exercise tests for the members of the program once a year to see if their exercise prescriptions should be altered. The lab conducts tests on patients, which is done on a treadmill or DEXA machine that are used to measure body composition and bone mineral density. While the DEXA machine can be used by anybody who is willing to pay a \$75 fee, it is rarely used on athletes or for student research. However this machine is most useful for people in the program who might be

at risk for osteoporosis.

The Adult Fitness Program is a Phase III Cardiac Rehabilitation Clinic. Of the 150 members, most of them have either cardiac or pulmonary issues. However, some members are perfectly healthy and are just trying to lead a more active lifestyle.

“It benefits the community by helping people live a healthy and active lifestyle,” Happel said. “Some of our members have never been active before in their lives, so to get them to start exercising is a step in the right direction.”

For those with cardiac problems, a doctor does not require the program nor is it covered by insurance. A general membership costs \$400 for the year, for senior citizens. For Adelphi alumni it is \$300 for the year. Current faculty, staff and students pay \$100 annually to use the facilities. The program even offers husband-and-wife

packages that cost \$600 a year.

Most members are over 65. However, there are a few members in their 40s and 50s and two World War II vets in their 90s. Members have to be over 18 to join. Happel said, “Adelphi offers this program because we feel that it is important for people to know how to be healthy and take care of themselves.”

Exercise science graduates are available to assist new members in workouts specialized for their body composition and endurance levels. However, students are not allowed to exercise in the Adult Fitness Gym, located within Woodruff Hall, if they are not registered for the program. Call the Adult Fitness Program at 516-877-4279 to make an appointment.

Students of the Adult Fitness Program
Photo by Richard Happel



Derner Institute of Advanced Psychological Studies Services Long Island Residents

BY MARY DEMAIO

Internationally recognized as one of the leading institutions in the country, the Derner Institute of Advanced Psychological Studies is home to many members of the community. According to Marianne Galizia, a representative from the Derner Institute, around 150 Long Island residents take advantage of their psychotherapy interventions and social training center for issues like eating disorders, autism and couples counseling. With growing difficulties in mental health and relationship hardships, the facility acts as a strong foundation for those in search of coping strategies.

“Our group therapy for eating disorders is one of the most commonly treated areas,” Galizia said. Eating disorder tendencies have become much higher due to the emphasis on weight and appearance in society today. She explained how this program addresses those struggling with anorexia nervosa or bulimia nervosa by focusing on the difficult feelings that trigger eat-

ing disorder symptoms. By learning new ways to manage stress, anger or sadness, participants lessen the need to use food as a means of control.

The Social Training Center treats high school and college-aged people who have Asperger’s syndrome or high-functioning autism. “These services are offered at a low cost so more people can get help,” said Dr. Jean Lau Chin, former dean of the Derner Institute. The individuals are divided into groups based on their ages, interests and developmental needs.

“The psychotherapy services for couples and married couples are also very popular.”

“... not something I would have gotten away with when I was dean”

said Galizia. Issues of communication and commitment are brought to the surface to help resolve enduring conflicts. Additionally, problems that affect children, whether

it be issues of separation, divorce or blended families are evaluated from both an individual and family level perspective to help get to the root of the concern.

The institute has been on campus since 1972 and was named for its founding dean, Gordon F. Derner. He made his way to Adelphi in 1950 and transformed a small liberal arts college into an institute with multiple clinical and psychotherapy programs. Some professors who work at the facility, preparing students from undergraduate to post-doctoral level in the field of psychology, have had the opportunity to work alongside Dr. Gordon.

“I knew Derner as a doctoral student and I am very honored to have had that privilege,” said Dr. Kirkland Vaughans, a professor at the facility. “Derner was a man of vision with the courage and fortitude to back it up, believing that psychology and psychoanalysis must be able to represent a diverse world, and in order to do so, it must have diversity in its ranks.”

His influence led Adelphi to an admis-

sions policy that was designed to seek out minority students, provide support for them, and help them to graduate. He was also responsible for insuring diversity in the doctoral program and because of that, many students of color have been able to deliver high-quality mental health services to communities of color.

These services benefited the community precisely because unlike other models of mental health care, they respected the humanity, racial, cultural and class distinctions of those that they treated. By expanding the psychological services to the community, he was able to help those who were facing hardships because he had the capacity to see the programs potential.

“He was very autocratic and in a room full of people who chose not to raise their hands after being asked if they were in agreement with adding more diversity, pushed for it despite the response,” said Chin. “That is definitely not something I would have been able to get away with when I was the dean.”

The Delphian TENTH ISSUE WORD SEARCH

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CLUES

1. The women's _____ team made NCAA history by winning the East Coast Conference Championship.

2. These talks have become a staple of education and popular culture over the past few years.

3. The type of analysis used to begin a strategic plan.

4. The major of Adelphi student, Jasmine John.

5. The day of the week incorporated in the name of the Hofstra-based band.

6. You should bring this to the Press Club of Long Island career advise day on April 19.

7. Peter Hraniotis participated in a strategic planning team that is focused on these two areas (2).

8. _____ for Life is annual event at Adelphi that raises money and awareness in the fight against cancer.

9. Adelphi's Costume Shop is in service to this department.

10. An animated movie with a underlying message advocating diversity and acceptance.

11. This Democratic candidate served as Secretary of State from 2009 to 2013.

12. A bird landed on the podium of this Democratic candidate during one of his/her rallies.

13. Obama's highly publicized visit to this country was met with mix reactions.

14. A faculty-led service trip by the College of Nursing and Public Health traveled to this country over intercession.

“Batman v Superman: Dawn of Justice” Disappoints in Aimless, Bloated Mess

BY KEVIN PADILLA

Since Marvel Studios changed the landscape of superhero movies in 2012 with “The Avengers,” fans have wondered when DC would respond with their own shared universe revolving around the iconic Justice League. As the direct sequel to 2013’s divisive “Man of Steel,” “Batman v Superman: Dawn of Justice” attempts to do many things. It tries to follow up on the events of the previous film, introduce this universe’s version of Batman and Wonder Woman, and lay the foundation for “Justice League Part One,” which is slated to release in 2017. Unfortunately, director Zach Snyder fails to tell a cohesive story that succeeds at any of these goals, and the result is an aimless, bloated, and largely incoherent mess, which, despite some truly impressive moments, is likely to disappoint both fans and casual viewers.

The film begins by setting up the conflict between Batman (Ben Affleck) and Superman (Henry Cavill). Batman sees Superman as an all-powerful alien that poses a serious threat to the human race, particularly after the destruction of Metropolis during the final battle of “Man of Steel.” Superman, meanwhile sees Batman as a dangerous vigilante who violates civil liberties while taking the law into his own hands. While the world debates the potential negative repercussions of Superman’s existence, Metropolis businessman Lex Luthor (Jesse Eisenberg) secretly schemes to devise a way to take down the Man of Steel. The philosophical divide between Batman and Superman offers incredible potential for interesting conflicts between the two leads. Unfortunately, the film quickly largely ignores this conflict, instead choosing to have the two heroes begin by angrily growling platitudes at each other and then violently brawling each other in a visually exciting, but short-lived action sequence before finally working together to fight a greater threat. Despite the V in the name, the title bout between the two icons is barely seven minutes of the two-and-a-half hour run time. It’s a shame because the fight is one of the most inspired action sequences of the film, undermined only by its brevity and the specific reasoning it happens at all. After all the time (including multiple dream sequences) used to set up the title conflict, the battle is ended in quite possibly one of the silliest moments in superhero film history. The film never quite manages to give proper attention to the very premise it has promised since its announcement.

This lack of focus is a problem throughout the entire film. Major plot points are built up and then either forgotten or straight up delayed for future



Movie poster for *Batman vs Superman*
photo provided by www.aintitcool.com

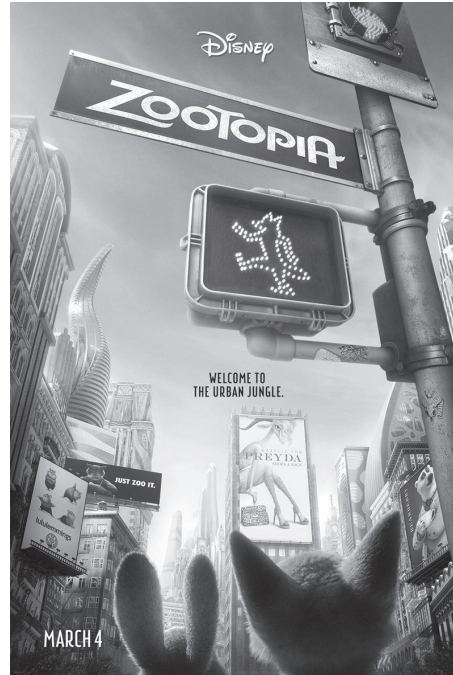
movies. The first half of the film places major emphasis on the government’s reaction to Superman until conveniently wrapping up that story halfway through. Then in the back half significant time is given to set up four more of the founding members of the Justice League. However, all but one of them are included in such a random and shoehorned manner, to call their inclusion cameos would be a bit much. Fortunately, the fourth member, Wonder Woman (Gal Gadot), is given an important, if brief, role as a participant in the final battle, and turns out to be one of the highlights of the film. With all these plotlines and adding the titular conflict, and the scheming of Luthor, the film never quite gives any of these stories the attention they deserve.

This is truly a shame because there are moments in the movie of sheer brilliance. Snyder’s visual imagery remains incredible, and there are many gorgeous shots and sequences. Affleck turns in a compelling performance as Bruce Wayne/Batman, and injects the character with much-needed pathos in spite of the poor writing. Gadot also excels in her brief stint as Wonder Woman, raising the excitement for her solo outing next year. However, none of these positive elements are enough to overcome the messy storytelling and the dour, downright depressing tone. There is almost no fun to be had watching this film, as it alternates between gloomy and angry.

“Batman v Superman: Dawn of Justice,” rated PG-13, is a bad movie. It’s overly long, confusing, depressing and overstuffed. While the most hardcore fans may enjoy the numerous references to the heroes comic book origins, more casual audiences would be wise to avoid this clunker of a film.

Anyone Can Be Anything: Zootopia Gives Paws to How We See Others

BY JESS COOPER



Movie poster
photo provided by www.comingsoon.net

Just when everyone thought “Frozen” to be the pinnacle of what Disney had to offer, along comes “Zootopia,” a movie about a city of animals of all different species living in a metropolis. The premise of the movie is simple and whimsical, but the morals run deeper than imagined with allegorical themes of prejudice, discrimination and internalized racism.

As a city, “Zootopia” is reminiscent of Manhattan. It’s a large, bustling sprawl with tons of different people living together. Although designed like a “melting pot,” the city is separated into different districts based on what best suits its inhabitants, such as Tundra Town and Sahara Square. The movie is visually extremely appealing. The colors are bright and the amount of sheer detail gives the film a strong re-watch factor. There’s so much going on in the film, it’s

simply impossible to take it all in one go. The amount of world-building Disney has done for this film is impressive. The filmmakers spent 18 months studying animal behavior to learn how to develop the world of “Zootopia,” and it’s obvious that they put a lot of work into figuring out how these characters would live and behave.

Given that it’s a Disney film, “Zootopia” is made for both children and adults alike, but the themes of discrimination throughout the film are what have made it groundbreaking. Characters are split into predator and prey, the former remaining the minority. They are seen as dangerous or untrustworthy. The film does a great job at blurring the black and white. Characters who are “good guys” still hold prejudices and ideals that have to be overcome. It shows that judging others is a negative thing, but having prejudices isn’t an end-all. What truly matters is that people learn to acknowledge and work past discrimination.

“As most Disney movies, it holds an underlying meaning, seen in the idea of predators and prey and various animal species,” said Thomas Maurice, a freshman nursing major who enjoyed the film and its message. “There is a strong theme of racism and stereotyping within the movie, which was put to the side during certain scenes, showing how race does not make a person. Overall, ‘Zootopia’ was a good movie, with humorous scenes and some that may fill a person with determination for their own future.”

“Zootopia,” rated PG, is an excellent film with a complex message, one that needs to be in more films, especially for movies that kids watch. It’s important that messages like this get out, because media is powerful. It teaches us at our most impressionable age (and even beyond) that when things aren’t the way they should be, it’s up to us to begin the change ourselves.



A small group of animals and characters introduced in *Zootopia*

photo provided by deadline.com

Betting on the Wrong Horse

BY BRIAN JENNINGS

At this time one year ago, the Democratic Party establishment was absolutely thrilled at the prospect at having their favorite son, President Barack Obama, succeeded by the Queen D herself, former Secretary of State Hillary Clinton. A well-known political force long regarded for her policy poise and presidential polish, Clinton as the Democratic nominee in 2016 seemed simply inevitable. Friends in congress and among the Democratic National Committee, known as “superdelegates,” came out by the hundreds as Clinton supporters. Then something remarkable happened. Something perhaps even more remarkable than Donald Trump’s hostile takeover of the GOP.

On April 30, 2015, on the Capitol Lawn, an Independent Senator and proudly asserted Democratic Socialist, Bernie Sanders announced he would be seeking the Democratic Nomination for President in 2016. When his campaign officially launched a month later, polls showed the relatively unknown Sanders holding strong at 3 percent in most national polls. Oh, what a difference a year makes.

Since his humble announcement in front of a relatively meager press gaggle, Senator Sanders has rocked the world by calling for a “political revolution.” Sanders’ message of combating income inequality, providing universal health care to all citizens, overturning Citizen’s United, free public college and immediate action against climate change has resonated with liberal voters. In fact, it has resonated with voters to the tune of almost \$140 million in private donations, by far the most money ever raised by a presidential candidate in U.S. history.

Once primary season began, it became evident that young people and liberal voters were most certainly “Feeling The Bern.” Early primaries such as Iowa, New Hampshire and Nevada proved shockingly fruitful for the 74-year-old Democratic Socialist, but as the election-shifted south, the Clinton campaign began to rack up victories (and delegates) on the senator.

After riding a wave of momentum through key swing states Florida and Ohio, the media began to once again paint Secretary Clinton as the inevitable nominee. Interviews and debate questions began a subtle, yet somehow obvious, attempt to frame Senator Sanders as an impractical, Castro-sympathizing message candidate who only could win the support of young voters, hopelessly naive in their own right. After all, who could logically argue that it would be in the best interest of the American government to totally in-

vest in the health of their citizens?

In interviews Sanders is repeatedly asked why he wishes to “punish” billionaires on Wall Street and if his tax policies will “punish” working class people. Is it possible that the media is unintentionally playing devil’s advocate with a presidential candidate? In some cases, this is important; the lack of adequate follow-up questions has often been one of the biggest shortcomings of cable news syndicates. But when questions are constantly framed by using alarming rhetoric, while seemingly never taking place amongst the other serious candidates in the race, it becomes obvious to the knowledgeable consumer of information that something simply doesn’t smell right.

In reality, this bias is not unintentional. The reality of the situation is that over the course of her political career, two of Hillary Clinton’s top donors have been Comcast and Turner Broadcasting, the parent companies of NBC and CNN, respectively. In reality, Democratic National Committee Chair Debbie Wasserman Schultz has gone on record saying that superdelegates exist to protect party leaders from campaigns promoted by “grassroots activism.”

Despite the best attempts of Schultz and the Corporate Media, the Sanders Campaign is Berning as strongly as it ever has. Most recent primary results have been overwhelmingly supportive of Bernie, and many national polls have the Senator pulling close to, or in some cases, passing Secretary Clinton head to head. The Sanders campaign now believes it can, and possibly will, win the New York and California primaries, giving their candidate a path to the White House. Superdelegates, particularly in New York, say this changes nothing. Many continue to assert that no matter what happens, they will still vote Clinton at the Democratic National Convention in July.

This begs the question, why? The Democratic establishment will argue that they believe Hillary Clinton gives them the best chance to win in November, and with Donald Trump or Ted Cruz potentially being on the ballot, they believe winning is of the essence. What Democratic Party leaders have a responsibility to ask themselves in July is who truly gives them the best chance at victory? Their candidate is among the most unpopular people in America, regarded as one of the least trustworthy and potentially susceptible to the hateful rhetoric of the GOP. The people’s candidate is widely regarded as trustworthy, supported with true fervor and immensely popular among the most important demographic of voters: independents. If elitist Democrats truly believe in stopping Donald Trump, it may be wise to “Feel the Bern.”

Testing Limitations Aids the Spread of Zika Virus

BY IAN HNZIDO

After the Ebola epidemic in West Africa, the next major viral outbreak to attract major attention is the Zika virus. This outbreak takes place closer to the United States than Ebola did. Specifically it started in Brazil and it has spread to many countries since then. The two main reasons for this viral spread are intercourse and being bitten by the Aedes mosquito, which also transmits dengue, chikungunya and yellow fever. The symptoms associated with it include mild fever, skin rashes, conjunctivitis, muscle and joint pain and malaise or headache. The main threat from the Zika virus comes from microcephaly. However, the Zika virus by itself is not life-threatening, provided that people get the right treatment.

“...many countries where the Zika virus has erupted have high birth rates”

Microcephaly is when babies are born with unusually small heads and brain damage. This brain damage creates developmental delays, intellectual deficits and/or hearing loss. So far doctors have not been able to establish a definite link between the Zika virus and microcephaly. However, circumstantial evidence suggests that there might be. The Zika virus is expected to spread to every country in the Americas except Canada and Chile, according to the Pan American Health Organization, so being prepared is critically important here. The World Health Organization and the Center for Disease Control (CDC) have advised blood testing after anyone visits any country with a Zika outbreak especially for pregnant women. But there are many problems. The CDC, Prevention in the United States and state health departments simply do not have enough laboratory capacity to test people. To make matters more difficult, tests for whether or not the Zika virus is in your bloodstream only work a week or so after infection. The good news is the virus generally doesn’t remain in your bloodstream for very long, so the Zika virus infection does not mean you will never be able to have healthy children if you become infected.

The problem is many countries where the Zika virus has erupted have high birth rates and that is testing the abilities of countries to prevent future Zika infection. The main way to stop the spread

of the Zika virus is to clamp down on the mosquito population and that is easier said than done. The Aedes mosquito is highly resistant to outdoor spraying and government funding to research on how to track down the mosquito and fight it is lacking in the United States. Other countries like El Salvador have such a lack of resources that their only response has been advising women to not get pregnant until 2018. Brazil, where the Zika virus outbreak has been most intense, has tried many efforts, including outdoor fumigation and sending in soldiers to spray many buildings in the hopes of killing the mosquito and slowing the infection rate.

The good news is there will not be a mass die off of citizens from Zika like Ebola in Liberia, Guinea and Sierra Leone. The bad news is that the Zika virus adversely affects children because of irreversible microcephaly. The projected spread of the Zika virus in the Americas and possibility of children being severely affected has experts concerned the most.



the Aedes mosquito, one of the means of viral spread

photo provided by www.vectorbase.org



map showing countries that have been effected by the zika virus

photo provided by www.cbc.ca

Why You Need to Vote in Tomorrow's Primary

BY DANIELLE MCDUGALL

Wait – I know what you're already thinking this is going to be, and I promise that it won't be that. I'm not going to wag my finger at you and hit you with the old your future is on the line or history has its eyes on you, as if some tired warning about a vague concept of an at-risk future should compel you to invest more time in political information than studying for whatever final you're already agonizing over. I'm just going to tell you in the plainest terms why it is that you should vote; there are ultimately two main reasons.

You probably care about a thing. I promised: simple. I have no idea what you care about. It could have to do with sports, the arts – visual, dramatic, musical or otherwise – social justice, the sciences, pop culture...I don't know, mechanics? Whatever it may be, its state (in terms of funding and support for it) can be and often is affected by decisions made within local, statewide, national and international political spheres in some way or another. Surely you care deeply enough about this thing that you invest a lot of time, energy and possibly even money into it?

You probably don't want that thing to go away. With all that you put into this thing, I assure you that you don't deserve to see it either lose its support or funding because the elected officials of your community (local, national, etc.) either denounce it or cut funding for it. Guess what? If you believe this fact, too, there is a way that you can make sure that your thing stays as your thing: voting. Not just in general presidential elections, but on every level available to you. Your voice matters and so does your thing; please don't allow for either to be taken from you.

The New York presidential primary, as well as state senate elections, is tomorrow, April 19.

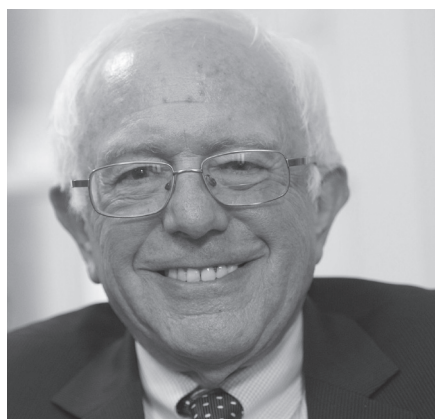
If you're registered to vote, go to <https://voterlookup.elections.state.ny.us/> in order to find your polling location. If you haven't registered in time for the primary, go here to find out how to do so and to find out more about the general electoral process:

<https://www.nassaucountyny.gov/566/Board-of-Elections>

Do not throw away your shot – or thing, if you will.



Democrat front runner, Hillary Clinton
photo provided by www.cnn.com



Benie Sanders, closely trailing Clinton
photo provided by www.usatoday.com



Republican front runner, Donald Trump
photo provided www.nbcnews.com



Ted Cruz, second place Republican candidate
photo provided by www.nbcnews.com

Obama's Historic Visit to Cuba

BY PIETRO PISCIOTTA

It was truly historic: before President Obama, the last U.S. President to visit Cuba was Calvin Coolidge in 1928. Ever since Cuba's communist revolution in 1959, however, the two countries have been bitter rivals. Years after the end of the Cold War and the end of most communist governments around the world, the rivalry and embargo still stood.

In recent years, however, that has all began to change. The reopening of diplomatic relations was a big step forward in thawing this cold war relationship and it has culminated in an official visit by the President, along with his whole family and important staff, such as Secretary of State John Kerry. These huge strides made have been very symbolic and are just the first in the process of bringing two nations closer together to bury the hatchet.

Obama's trip lasted just three days, but in that time he met with government leaders as well as dissident groups, took a tour of Old Havana and even attended a baseball game with Cuban President Raúl Castro. His message throughout was one of moving forward and putting the past behind us. His speech to Cuban government and Communist Party officials was broadcast live to all Cubans on national television and radio, media that usually have very pro-government propa-

ganda.

While the embargo on Cuba still stands, and only Congress can remove that, President Obama has worked to open up specific trade and travel barriers. In 2015 the number of Americans that visited Cuba increased, and that trend will only continue as U.S. airlines open up direct flights to the island. American company Airbnb, as well as some others, already operate on the island. The economic impact from improved relations will be hugely beneficial to both countries, but especially for the Cuban people.

These steps by President Obama are hugely important and should be applauded. There are some here in the U.S., mainly Republicans, who have voiced strong opposition to these moves by the President. They would rather continue the embargo and the isolationist, Cold War relationship. But that has been the policy for over 50 years now and it clearly hasn't done anything helpful, so why continue with something that is not working?

This isn't the time period of the Cold War, it's the 21st century. We should not see Cuba as a threat because that is the last thing they are. We should see Cuba as an opportunity. An opportunity for trade, cultural exchange, and to gain a new ally instead of retain an old enemy. The U.S.-Cuba relationship has been stuck in the Cold War past, it is time it too, came into the 21st century.

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Saturday, May 7 • 4:00 p.m.
Westermann Stage, Concert Hall
Free Event

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Saturday, May 7 • 2:00 p.m. and 7:00 p.m.
Dance Theatre
Free Event

ADELPHI VOCAL ENSEMBLE

Monday, May 9 • 7:30 p.m.
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ADELPHI CONCERT BAND

Tuesday, May 10 • 7:30 p.m.
Westermann Stage, Concert Hall
Free Event

THE ME NOBODY KNOWS

Music by Gary William Friedman
Lyrics by Will Holt
Adapted by Robert Livingston and Herb Schapiro
Based on the book *The Me Nobody Knows*,
edited by Stephen M. Joseph
Additional Lyrics by Herb Schapiro
Direction by Kerry Prep
Thursday, May 12–Sunday, May 15
Various times
Black Box Theatre
AU Students: \$5

MELISSA MANCHESTER

Saturday, May 14 • 8:00 p.m.
Westermann Stage, Concert Hall
AU Students: \$15/\$10

Women's Lacrosse: Back to Back to Back?



The women's lacrosse team in action
photo provided by the Adelphi Athletics Department

BY NICOLETTA CUCCIO

After an extremely stellar 2015 season, the two-time National Champions are back on the road to success. The Adelphi Women's Lacrosse team (10-0, 7-0 NE-10) is undefeated and running towards their third consecutive ring.

The squad's first five away games were played against all nationally ranked teams, the highest being fourth in the nation. Other than one tight 4-3 win over LIU Post, the Panthers have won every game by at least six goals.

Reoccurring weekly accolades were awarded to the Panther's for their success thus far such as Player of the Week (Rachel O'Brien, Emily Keesling,

Jackie Jahelka) and Goalie of the Week (Taylor Hayes).

Jahelka leads the team in goals (42) as well as total points (57). Hayes, with the help of her defense, has put together the second best scoring defense in the nation, giving up just 3.90 goals per game. The team is also in the top five of the nation in five other major statistical categories. Adelphi has a 10.80 scoring margin in the first 10 games, placing them atop the nation in that category.

The Panther's regular season consists of only six more games. The Brown and Gold will honor their 10 seniors on Wednesday, April 27, 2016 against Franklin Pierce University, with the opening draw at 6 pm.



The women's lacrosse team in action
photo provided by the Adelphi Athletics Department

“Who Do You Think You Are? I Am!” AU Women’s Bowling Earns a Baker 279

BY MIKE PARCHINSKY

Superstar Bowler Pete Weber exclaimed his joy and excitement with the statement, “Who do you think you are? I am!” after winning his fifth U.S. Open Championship of Bowling. When Weber made this raucous exclamation on Feb. 26, 2012 he had just passed his late father’s record of four U.S. Open Championships.

Bowling in general is not a sport you typically associate with these extreme outbursts of emotion and excitement. Bowling is often relegated to the category of a fun activity to do on the weekend with your friends. Very few know that it is an actual sport with a following. Even fewer know that Adelphi University has a bowling team of their own.

Adelphi is just one of 62 schools around the country that can proudly say that they have a Women’s Bowling team. Because of this scarcity of programs across the country, the traditional system of three divisions is nonexistent. As a result, in contrast to the rest of the school, the girls on the bowling team are Division I athletes. Across the country, there are less than 700 women bowling at a collegiate level. Kalyn Taber and Lena Sorrentino are two of them.

Kalyn Taber is a sophomore English major in the S.T.E.P program who hails from the bowling mecca of the 518 area code (or eastern upstate). Lena Sorrentino is a junior accounting major and recent transfer from Nassau Community College. Taber has two years’ experience with the team while Sorrentino has just one.

The sport of bowling is often un-



Adelphi’s women’s bowling team

Photo provided by the Adelphi Athletics Department.

derappreciated both around the country and here at Adelphi. When it comes to recognition around campus, the bowling team is at a distinct disadvantage. “Sometimes, you get funny looks from teachers when you tell them you’re on the bowling team,” explained Taber.

In response to these looks or dismissals, Taber explained that she brushes it off as nothing more than a misconception. “It’s cool because it’s such a niche thing, but people also judge you. But you gotta own it.”

On Jan. 22, 2016 at the Kutztown Invitational, the team collectively bowled a Baker 279. To a layman, this means nothing. To a bowler, this is a serious and exciting event that any team would be proud of. In bowling competitions no game is played solely by a single player. Each game is divided amongst a set number of bowlers. In the case of a ‘Baker Format Game,’ each girl bowls two frames for a total of 10. In this particular Bakers Match, the team threw six straight strikes, followed by an eight spare, which preceded another strike streak of three to close out match.

A Baker 300 has only occurred 12 times in the history of NCAA competition. Incidentally, one of these 12 Baker 300 games was bowled by Adelphi on March 9, 2008. Vanderbilt University holds the NCAA record with an astonishing record of three Bakers 300 games as a team.

The intricacy of scoring in bowling leads to many misleading stories of games. Sorrentino explained these difficulties. “It’s hard to understand sometimes when the media writes stories about us. Often, they attribute a win to a single girl when in reality three or four of us contributed to the win.”

Much like the scoring of the sport, the skill set needed to succeed in the sport is often misunderstood and overlooked. Like baseball, bowling is often seen as an easy sport with little action and it is often disrespected. But bowling requires emotional control just as much as it requires muscle control. “It’s a sport that’s as mental as it is physical,” explained Sorrentino.

Aside from this, less than perfect

media coverage and egregious misrepresentations of the sport itself, the team is no different than any other college team. Their lives revolve around 6 am workouts, study hours and practice at the lanes, which are over an hour away in Patchogue. “I’m tired. I’m so tired all the time,” said Taber after describing her daily schedule. Routine and sleep schedule aside, the girls on the Adelphi University Bowling Team strive to do their best in everything they do. Their hard work has worked off, as they are ranked 20 nationally out of the aforementioned 62 teams across the country. Because Adelphi is a small program looking to expand, this ranking is a huge accomplishment for the team. Our women are competing against teams that have the advantage of larger facilities, lanes on campus, higher degrees of assessment and development and larger recruiting pool.

Regardless of these disadvantages, AU Women’s Bowling is determined to rise above the odds and show the entire bowling landscape they mean business. “We push ourselves to be the best we can be,” said Taber on the team atmosphere during events and practices. “We bond over our upsetness after practice a lot.” She added. Because of this level of bonding over frustration, Taber and Sorrentino each believe that the Bowling Team is the most tight-knit team on this campus.

The future looks bright for the Women’s Bowling Team. They’re looking to add around six new, highly talented bowlers to their ranks next season. These additions will undoubtedly aide in the continuation of the proud winning tradition that AU Women’s Bowling has established.

Women’s Bowling Makes NCAA History With ECC Championship Win

BY MIKE PARCHINSKY

The women’s bowling team at Adelphi University made NCAA history on March 26, when they captured the inaugural East Coast Conference Championship. The road to the championship began in July 2015 when it was announced that the ECC would become an addition to the NCAA and be a conference that could compete competitively in collegiate events. The ECC is the seventh conference to be admitted into the NCAA for Women’s Bowling. Prior to the 2015-’16 season, the Adelphi Women’s Bowling team was a member of the Northeast Conference.

The championship weekend began on Friday, March 25 when the team began the round-robin portion of the tournament. Their first match up was against

Daemen College and they took care of them handily by a pin margin of 1,032-655. Their next match was against Franklin Pierce University in which they did not fare as well as they did against Daemen. They fell short of a victory by just 26 pins and lost to Franklin Pierce 900-874.

The team continued their matches on Friday with high hopes following a tough loss. They rolled through their next two matches defeating Molloy College and Felician College, but got caught up in their match up against Kutztown University. In the match, they were defeated by almost 200 pins by tournament hosts, the Kutztown Golden Bears.

By the end of round-robin play, the Panthers were just second in total pins felled. The day continued with the beginning of the double elimination bracket round. The Panthers first matchup was against the Wildcats of Daemen College. Following an easy sweep of Daemen in a

best of seven series, Adelphi continued on and easily defeated Felician by a score of 4-1. Due to their stellar margins of victory, the women of Adelphi received a third round bye and went directly on to the final four.

The final four action started on Saturday for the Panthers with a victory over Franklin Pierce and continued when they upset number one seeded Kutztown. As Kutztown and Franklin Pierce battled it out for the second spot in the finals, the Panthers were looking on and planning their strategy for the final.

Going into the finals, against host and number one-seeded Kutztown, the team was excited to take on the challenge. They maintained an aura of confidence, as they had to be defeated twice as opposed to Kutztown who need only be defeated a single time.

“Confidence boost” is how sophomore Kalyn Taber described this feeling.

“The team was confident going in, but coach kept reminding us to stay within ourselves and not worry about them,” Taber said.

The final match came just as the Lady Panthers were hitting their stride and they defeated the Golden Bears of Kutztown in just five games, securing a 4-1 victory and the first ever ECC Championship.

“A couple of us cried,” said Taber when describing their reactions to their stunning upset victory.

This win is huge for the sport and for the Adelphi program. The team is not unfamiliar with victory, however. In 2013 the team captured a NEC championship. This win will undoubtedly bolster the already shining reputation of the team and attract more women than ever before. The team looks to expand their team next year in the hopes of repeating as ECC champions next season.

Baseball Eyes NE-10 Playoffs, 13 Conference Games Remaining

BY VINNY AMODEO

The Adelphi University baseball team sits tied for fourth in the NE-10 Southwest Division with a 3-2 record thus far, all while eyeing a chance to play for a conference championship.

After an extended road trip in Florida, in which they went 3-5, the Panthers returned home in the midst of 13 conference games of their next 16. The Panthers faced Le Moyne, Pace, Stonehill, Southern Con-

necticut, Franklin Pierce and Southern New Hampshire, while having a few games canceled in the process.

Nine of the 16 were slated at home for Dom Scala's squad and in the games that they could play they pulled out a 7-6 record, with four of these games coming against nationally ranked opponents.

The freshman class has made an immediate impact for the Brown and Gold in the first half of the season with two of them in the top five on their team in bat-



Adelphi's men's baseball team

Photo provided by Adelphi Athletics Department



Adelphi's men's baseball team

Photo provided by Adelphi Athletics Department

ting average (Michael Cattani and Brandon Morse), as well as one holding the second lowest ERA of starting pitchers at 2.86 (Ed Baram).

Brandon Morse received a conference award, NE-10 Rookie of the Week for the week of March 28-April 2. He was also named MetLife's Legacy Advisors Player of the Week for that same week. He posted a .455 average during that stretch with a .727 slugging percentage.

Perennial starters Robert Vani and TJ Santiago are also putting together a solid season as juniors for the Panthers, while Jonathan Mulford looks to go out on a high note as a senior and captain of this team.

The team still has a large amount of their conference contests left, 13 to be exact, all of which will be in their division. This stretch will be a true test for Adelphi and will dictate how far the team can go this season.

Strong Home Stand for Softball Keeps Them at Top of NE-10 Standing

BY FALLON MCCARTHY

The Brown and Gold (22-14, 12-3 NE-10) returned from their pre season trip to California, in which they went 2-8, and kicked off their regional play with a spectacular home stand going 13-1.

With two weeks to go in the regular season, these games, in addition to a few big road wins, have landed them in first place of their conference.

Along with the wins, the Panthers have also earned a few NE-10 accolades including both Nicole Camera and Brenna Martini being named Player of the Week and freshman Lauren Sandelier being named Rookie of the Week.



Adelphi Softball in action

Photo provided by Adelphi Athletics Department

The 12 regular season games that the squad has left on their schedule are tough and important match ups, including two double headers against second place and rival New Haven.

The next two weekends the Brown and Gold are away for three games a piece at American International and Le Moyne which mark the end of regular conference play.

The Panthers hope to continue their success in the upcoming weeks and earn themselves a high seed in the conference tournament.

The team returns to Long Island to play their last home games against New Haven on April 19th at 3 and 5 pm.

Men's Lacrosse Looking to Repeat as Conference Champion

BY FALLON MCCARTHY

The Adelphi Men's Lacrosse team (9-2, 7-1 NE-10) currently sits at second place in the NE-10. After dropping their first game of the season, the team bounced back to win seven in a row.

Along with these seven wins, the Panthers have earned multiple Players of the Week in Sal Tuttle and Cory Stavis and Rookie of the Week in Gordon Purdie Jr.

Upon dropping a big game to Merrimack with a score of 14-18, the squad came back with two conference wins against Saint Anselm and Franklin Pierce.

The Brown and Gold have four more regular season games until post



Men's lacrosse taking action on the field

Photo provided by Adelphi Athletics Department

season begins, three of the four of them are conference contests including the last game of the season in which Adelphi will take on current number one seed Le Moyne which will decide the standings for the conference tournament.

The team looks to repeat their Conference Championship and to go further in the NCAAs than Adelphi has been in the last few years.

The squad has one more home game on Saturday April 16th against Bentley University.