



Second TEDx Event Brings in Unprecedented Viewership and Speaker Quality



From left: Katie Duffy Schumacher, James W. Ferguson, Michael Hynes, Elizabeth Cohn, Aliha Nasrullah, Kaitlenn Estevez, Sarah Liberti, Kelley Lynn and Brooks Frederick. Photo provided by Christopher Bergmann

BY GABRIELLE DEONATH

“What now?” was the thematic question of Adelphi’s second annual TEDx event on Friday, March 31. There were a total of 11 speakers, including students and alumni, university faculty members and larger community members.

The event took place in Adelphi’s Performing Art Center Concert Hall with 500 seats, all of which were sold. In addition to the live audience, the event was also watched through live stream throughout the country and internationally, as far as Pakistan.

This year’s student speakers were senior English major Kaitlenn Estevez, junior Music education major Sarah Liberti and junior biology major Aliha Nasrullah. Adjunct professor and artist Brooks Frederick, clinical assistant professor and active member of the autism awareness community Stephen Mark Shore and Kelley Lynn, an Adelphi alum and professor in acting and stand-up comedy were among the presenters. Other speakers from the greater New York community included

family physician and Adelphi ’77 alum James W. Ferguson, teacher Tara Funk, superintendent Michael Hynes, president and CEO of Family and Children’s Association Jeffrey Reynolds and Katie Duffy Schumacher, author of “Don’t Press Send: A Mindful Approach to Social Media, An Education In Cyber Civics.”

Out of 150 written application and around 45 live auditions, these 11 speakers were selected because of their ability to present an important, innovative and clear message, according to Elizabeth Cohn, executive director for Adelphi’s Center for Health Innovation and a coordinator for the TEDx event.

“We look for people who can make others see the world differently,” said Cohn. “We don’t lower the bar for students. They often raise the bar for us.”

Cohn, along with the deans of each of the university’s individual schools, worked together in order to get the TED license to put on the annual event. According to Cohn, it took over a year to fill out relevant documentation, apply for the license and receive approval. Last year’s TEDxAdelphiUniversity event was facili-

tated by a temporary license, only allowing 80 people into the audience, which was less than one-fifth of this year’s audience population.

Each presentation was given on a unique topic. Nasrullah, the co-founder of the Barakat Foundation, which provides free healthcare for patients who can’t afford professional care in Pakistan, focused on giving children’s ideas more importance in the non-profit world.

“Children’s ideas are often undervalued because they lack experience,” she said. “My talk proposed to change this by involving children into the nonprofit world and giving them the confidence boost they need to become responsible, proactive citizens of the future.”

According to Nasrullah, this topic was important to her because she credits her parents with giving her the confidence and support to start her own non-profit. Additionally, her younger siblings have shown her just how insightful and creative children can be.

Estevez, who has had writing published in “Zaum Press,” “East Coast
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Adelphi Administration’s Reaction to ILS & Future Endeavors

BY BRYAN GRILLI

In February, *The Delphian* published the first letter from the Inner Light Society (ILS) that was addressed to the executive leadership of Adelphi University and the campus community at large. The letter broached the issue of establishing student protest zones for peaceful demonstration. In the subsequent month, as we reported in the March 30 issue, the ILS held their first significant demonstration outside of a faculty meeting in the University Center ballroom, which led to a meeting between those students and members of the administration. The issues raised by the students have certainly not gone unnoticed over these past few months and President Christine Riordan and the rest of executive leadership have worked closely with the ILS, as well as directly updating the overarching community. In fact, since then the administration has sent out two letters to the entire campus that you can also read on page 3.

Demonstration Policies

In late January when the administration leaders first received the initial letter from the ILS, they were not exactly surprised that the students would organize in some kind of way to raise awareness about issues they felt strongly about.

“Our students over the last several years have stood up when they felt there was a social justice issue on the national stage,” said Dr. Perry Greene, vice president for Diversity and Inclusion. “I didn’t know what form it would take, but being a person and representing an institution that feels this way as well, I support students’ rights to peacefully demonstrate. It was really in some ways very much aligned with the university’s positions on demonstrations.”

Said Esther Goodcuff, associate vice president of Student Affairs: “We know students feel passionate and we
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A Word from the Editor

As May and the end of the spring semester rapidly approaches, we are preparing to say goodbye to a month that was packed to the gills with extraordinarily popular, annual Adelphi events that included the TedxTalk, Relay for Life and the Gender and Sexuality Alliance Pride Parade and Festival, as well as many others. These events helped bring many of us together as Panthers and remember the close bond we share. I had the privilege of marching during GSA's Pride Parade and it gave me chills to see how many people were smiling and cheering as we charged along our route across campus.

In this edition, you will find two letters from President Riordan and the Adelphi administration that they submitted for publication. Their close work with the Inner Light Society has created positive, tangible change at our University. Now there are guidelines for students to follow should they be interested in organizing some kind of peaceful demonstration. The regulations governing such events are more clearly defined. Through an interview I was able to conduct with Dr. Perry Greene and Associate Vice President Esther Goodcuff, I learned these procedures were put in place, in part, to help reassure students not to fear repercussion for expressing their beliefs and opinions. Gaining these protections was among the top priorities of the ILS during their initial meetings with the administration. As a student, I'm thrilled to see such cooperation and coordination between the administration and students of our university. The executive leadership is responding and the students are not backing down from what they feel passionate about, especially when it comes to the well-being and rights of others.

We also had the opportunity to speak with some students who haven't confined themselves to Adelphi in terms of protest and their commitment to social justice beyond our campus. They've participated in demonstrations throughout the New York City area and have stood up for a multitude of causes.

April saw the second annual Tedx event at Adelphi, which created an important dialogue around topics that ranged from mental illness to children's education to climate change, and many others. Another annual event that occurred was Adelphi's Relay for Life, which raised an incredible \$52,601 for the fight against cancer and was well attended by over 700 participants.

It's hard to fathom that there's only one final issue and month left this semester. However, I have full confidence that my staff and I have one last great issue still left in us. I wanted to take a moment to invite you to our Press Party and End-of-the-Year Celebration on May 8 from 2-4 pm. We will be handing out said last issue and also enjoying some cookies and brownies. We are located in the lower level of Earle Hall at the Student Media Center, Room 005. For anyone who wanted to sign up to be a staff member and become more involved, assuming you're not graduating, there is always next year. With many senior editors and staffers on the way out, myself included, The Delphian, really needs fresh talent to make sure our newspaper continues to be the Best Collegiate Newspaper on Long Island. And if you're interested in pursuing a career in journalism or media, it'll only enhance your resume. So why not? Come on by, we don't bite.

-Bryan Grilli
Editor-in-Chief

The Delphian

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Homeless Outreach Mission Runs in New York City

BY TATSUYA HONDO

A collaborative mission among members of the Adelphi community, including students, alumni and Paul Francisco, an Adelphi staff member and club advisor for the Newman Club, took place on April 9. Club members participate annually in this initiative, referred to as the Midnight Run, which aims to help out New York City's homeless population.

According to the most recent statistics from the New York City Coalition for the Homeless, in February there were 62,435 homeless people, including 15,689 homeless families with 23,764 homeless children, sleeping each night in the City municipal shelter system. Families comprise just over three-quarters of the home-

less shelter population.

The intent of the Midnight Run is not only to provide homeless people with items the club has collected, like clothing, but also to interact with them. According to the group's website, the goal is "striving for human exchange rather than the exchange of goods."

Francisco, who also serves as Adelphi's Interfaith Campus Minister, explained that too often when we see a homeless person, we just walk by them, avoiding all eye contact because we assume all they want from us is to ask for money. Instead, the purpose of the Midnight Run is to reach beyond those assumptions and reach out to them as individuals.

"We should recognize them and treat them with dignity and worth," Fran-

cisco said. "What we should be doing is stopping and having a conversation with them. Offer to buy them a slice of pizza or some coffee. We should acknowledge them and be there to speak to them and listen to them. Sometimes that is all they want, and really all need: some food, a hot drink and most importantly, someone to listen to them. It is our job as fellow human beings to help our neighbors."

The Newman Club's recent outreach mission took place in Midtown Manhattan on Third Ave. The mission was largely successful due to supplies donated by the Adelphi community and goods offered by the larger Midnight Run organization. "For months before the Midnight Run, we collected clothing donations," said James St. John, a junior physics major

and Midnight Run participant.

For St. John, the experience was an important one. "They are looking for a person to talk to. We gave them our time. We stayed with them to talk, to listen and to show them that we care."

Since April 9 was also Palm Sunday, the Newman Club also distributed palm crosses to the homeless people they spoke with.

To become involved with their annual initiative, contact the Newman Club or visit the Midnight Run website at www.midnightrun.org to participate in weekly homeless outreach projects. According to Eammon Hart, president of the Newman Club, these missions are open to the whole campus.

March 29, 2017: Letter from President Riordan to the Adelphi Community

Dear Campus Community,

Earlier this week in the University Center, students made their voices heard on important issues of access to higher education. Students are concerned about the safety and security of their fellow students and want to ensure that we are doing all we can to help DACA students, Muslim students, international students, LGBTQ students and other vulnerable or potentially vulnerable communities.

Today, I hope many of you will join the Transgender Solidarity March at 1:00 p.m. starting in front of the Swirbul Library to come together with one goal, which is to express support for protecting the rights of transgender individuals. As a campus that is progressively becoming more dedicated to the cause of inclusivity for transgender and gender-nonconforming students on campus by creating inclusive housing, gender-neutral bathroom facilities, an accurate ID card and preferred name options, among other activities, it is important to share our support in this visible manner, too.

First, I want to say that I'm deeply proud of our students. These are selfless individuals expressing compassion for each other in the name of community.

Second, I recognize that words will never go far enough to assuage the concerns felt by many in our community relating to the recent federal executive orders and actions against immigration, civil rights, human rights and religious tolerance.

As such, I think it's critical to remember our values and commitments to each other as members of the Adelphi University community.

Our institutional values are clear--at the core of Adelphi University is our commitment to diversity and inclusion, our ability to embrace our differences and engage in respectful disagreement, and at the same time show our support, protection and compassion for all members of our

community who feel vulnerable or unsafe. As an institution, we will continue to stand up for these values at every opportunity.

While words may fail to calm the waters, it is my hope that our continued commitment to action is a demonstration of our promise to ensure that members of our community feel safe and respected.

I want to highlight just a few of the recent actions that we have taken as a university.

Our DACA, International and Immigration Task Force had its first meeting on February 8 and now meets weekly. Please see the minutes of their meetings here.

The federal administration has taken a heightened stance on immigration and enforcement, already deporting undocumented individuals and threatening to continue with aggressive enforcement directives. Actions that appear to threaten students in the Deferred Action for Childhood Arrivals (DACA) program, their families and other members of our community are a focus for all of us.

We know that it is a cause of concern among our students and the community.

Right now, many are worried about U.S. Immigration and Customs Enforcement (ICE) and Customs and Border Protection (CBP), United States Citizen and Immigration Services (USCIS) or other officials showing up on our main campus or in our satellite centers looking for DACA or undocumented students.

At Adelphi, we are a community that is committed to protecting the rights and privacy of all of our students, especially those among us who are DACA or undocumented. As an institution, our commitment is to do everything within our legal power to protect each and every member of this community.

I have been clear in my instructions:

We do not collect or retain information on immigration status; we do not

voluntarily share information on immigration status; Public Safety will not assist ICE, CBP, USCIS or other officials in efforts to identify and deport undocumented community members; Public Safety does not ask about immigration status or religion; we will not allow law enforcement officials involved in enforcing immigration onto our campus or satellite locations without judicial warrants. We will protect our community to the highest extent possible within legal boundaries.

These are just a few commitments we have clearly outlined in our university policies for the protection of our community. These policies and many additional support resources can all be found here.

Later this week, the chairs of our DACA, International and Immigration Task Force will release clear protocols on what to do if ICE, CBP, USCIS or other officials do make contact with members of our community.

As President, I will continue to join other leaders in higher education to push for policy change in the state and nationally that support our institutional and academic values. You may remember that early last month, I signed, along with 600 other college presidents, a letter from the American Council of Education directed at the Secretary of Homeland Security, John F. Kelly, expressing concerns about the January 27 executive order. I strongly believe that international students trained in the U.S. become ambassadors for American values, democracy and the free market. And I'm also confident that our nation can craft policies that secure us from those who wish to harm us, while welcoming those who seek to study, conduct research and scholarship, and contribute their talents to our country, as the letter suggests.

Let me just close by saying that a few universities have used the term "sanctuary" to describe their approach on many of the issues noted above. I prefer the term "protective community." As a protective community, we pledge our responsibility

to work tirelessly, proactively and sometimes reactively to policy changes, actions or events that may impact our members.

While we will continue to take action to be a protective community for all, I am also committed to making sure that we provide avenues for conversation and dialogue and to do this for all of the perspectives on our campus. The issues discussed in this letter are but some of the important issues confronting us at this time. I encourage all our campus community members to respectfully express their diverse perspectives.

What was clear to me from my conversations with students this week is that there is a need for more dialogue and listening. One of the many benefits of Adelphi is our diverse community and our ability to have meaningful conversations about sensitive political topics. Dr. Perry Greene and I will be launching a monthly lunch dialogue series starting in April. Stay tuned for more details.

I encourage you to join us as we work to make Adelphi a safer and more inclusive place--join our DACA, International and Immigration Task Force, join the LGBTQ and Allies Committee, join the Diversity Task Force, attend one of the forums, contribute to one of the many other initiatives taking place at Adelphi, or find your own way to make a difference in our community.

Your passion, energy and debate are what ultimately make our country even stronger. I'm proud to lead an institution like Adelphi--a community that cares deeply for each other, isn't afraid to raise its voice, and, most importantly, takes action to support one another.

All the best,



Christine M. Riordan, Ph.D.
President

April 3, 2017: Letter from Administration on Campus Demonstrations

Dear members of the Adelphi community,

On January 30, 2017, the Inner Light Society (ILS), comprising approximately 52 Adelphi students, sent a letter they called "A Formal Notice" [The Notice] to the University's Executive Leadership Team, the president of the Student Government Association (SGA), the chairperson of the Faculty Senate and the Adelphi student body. The Notice was also published in the February 14, 2017, issue of *The Delphian*.

Among many other positions presented, The Notice specifically proposed that the following issues be addressed:

- The establishment of protest zones;
- No prior permission required by

the University for protests;

- No interference by the Department of Public Safety and Transportation in protests; and
- The establishment of a formal protocol for protests.

In response:

- Senior members of the administration, leadership from ILS and SGA, and the chair of the Faculty Senate met to discuss these proposals further; deliberations were had in good faith and with a true sense of collaboration.
- Primary and secondary locations for demonstrations were established.
- Procedures to reserve time and location were established with the Division of Student Affairs and the Department of Public Safety and Transportation.

In the end, the University crafted a formal demonstration policy for students, which addressed all student and University concerns. The new policy, which applies to all students wishing to demonstrate, can be found at operations.adelphi.edu/policies/demonstration-policy/.

We also formalized a University-wide speakers policy for students, which can be found at operations.adelphi.edu/policies/speakers-policy/.

We believe that both of these policies reaffirm the University's support for all our students' freedom of expression and peaceful demonstrations, and their right to invite speakers to campus, while supporting equity in the use of campus space for all purposes, including demonstrations, and safety for all members of the campus

community.

We look forward to continued collaboration with our students.

Adelphi University Executive Leadership Team: Christine Riordan, Ph.D., president; Timothy P. Burton, executive vice president of finance and administration; Kristen Capezza, M.B.A. '12, associate vice president for enrollment management; Esther Goodcuff '74, M.A. '77, associate vice president of student affairs; Maggie Yoon Grafer '99, M.A. '08, chief of staff; Perry Greene, Ph.D., vice president for diversity and inclusion; Sam L Grogg, Ph.D., interim provost and executive vice president; Ann Loudon, special assistant to the president; Joanna Templeton, associate vice president for brand strategy and University communications

Second TEDx Event Brings in Unprecedented Viewership and Speaker Quality



Kaitlenn Estevez, a senior English major, delivered one of the three student speeches at this year's TEDx Adelphi event. Photo provided by Christopher Bergmann

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Ink" and "The Mighty," said mental illness and its stigmatization in society is an issue that is important to her because of her own diagnosis, which was the reason she made it the topic of her TEDx presentation.

"I talked about how poetry and writing became an avenue through which I was able to understand my diagnosis, since I felt as though I spent most of my childhood and adolescence neglecting my diagnosis, largely because of how the healthcare system worked and how we as a society view mental illness," she said.

According to Estevez, the aim of her presentation was to provide a more open perspective on viewing and discussing mental illness, which could facilitate an easier atmosphere for the "healing and restoration" of those suffering from mental illness.

Other presentation topics included promoting positive online communication, the importance of holistic education,

and safe expression of internal struggles, such as suicidal thoughts and feelings. Nasrullah and Estevez both said that the opportunity to presenting during the TEDxAdelphiUniversity event was unlike anything they had experienced in the past.

"It was truly monumental, for both my personal growth and my career," Estevez said. "It was empowering to share my story to such a large audience and bring what was in darkness for so long into the light."

The response to the event has been overwhelming, Cohn said. The event organizers received notes from audience members, as well as live-stream viewers, expressing support and feeling inspired by this year's presentations.

Cohn said, "It was an unbelievable experience for both the presenters and audience members."

Video recordings of this year's presentation will be distributed on TED media platforms later this month.

Adelphi Administration's Reaction to ILS & Future Endeavors

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weren't surprise that after the election and inauguration that there would be even more impassioned response and we knew this was going to happen here and across the country. We got that first letter in January and we were delighted to know that our students were putting themselves forward and that these things were important to them, and they wanted policy to back up their actions and know there wouldn't be penalty."

Both Green and Goodcuff stated that they were happy to work with the ILS students and this was a sentiment that was reflected by the vast majority of the executive leadership team. They also expressed their satisfaction with how the negotiations went.

"There was a diversity represented in the meetings: Student Affairs, Public Safety, the Faculty Senate, the SGA, and Inner Light," Goodcuff recounted. "We really worked shoulder to shoulder."

The main issues discussed were the designated spaces on campus students wanted reserved for protest and for only that purpose, as well as not having their demonstrations be hindered or obstructed in any way by public safety and cumbersome approval processes.

"I think the policy we came up with was a really wonderful collaboration in that now we have designated spaces on campus for student demonstration. We are here to facilitate their demonstrations, so public safety will always be aware that there's a demonstration, but without interfering," Goodcuff said. "We were very cognizant of the equity on campus and wanted to make sure we provided

for student demonstrators and the safety of the entire community, and that we'd have some guidelines in place about what would not be permitted."

Greene stressed the importance of all parties "bridging the gap between word and deed. What I mean by that is that it's one thing to say that we support students' rights to protest and demonstrate peacefully, and actually put a policy in place that actually demonstrates that we support our students and are proud of our students that feel so strongly about social justice issues."

Greene and Goodcuff also addressed the SGA's concern of a student protest taking place during days when prospective student tours are occurring. While acknowledging they can't foresee whether a majority of touring students and their families will support or oppose such protests, Goodcuff said that the administration is okay with students conducting peaceful protests during those days. "As long as they're not blocking buildings where people might be touring or using bullhorns behind tour guides, I think it's okay."

"Our commitment to students' rights is complete and there are no caveats or what ifs," Greene added. "We did talk about that issue with the students we met with and I made the point that an impactful demonstration is one that's done in context. What I'd ask people to consider is, if they don't understand the context of the demonstration or the background, is the demonstration as impactful as it could be."

Despite the new policies that have been created and implemented, Greene and Goodcuff recognized that stu-

dents who have a desire to protest, might still be hindered from doing so because of fear of academic sanction or repercussion of some kind.

"I feel students are completely protected here in regard to their desire to make their views known and that they should not be afraid of reprisal in any way," Goodcuff said. "That is not to say that those things never happen on college campuses, but we have mechanisms in place to make sure that they don't happen here."

Added Greene: "We wouldn't support any reprisals for students who have exercised their right to peacefully demonstrate, period. I would ask people to look at our record and our history on this, and what they're going to find is that we have facilitated students' right to demonstrate and have not obstructed that right. We ask that the community remain safe and this goes for anybody at anytime in any place, if somebody does something to make the place unsafe, we're going to restore safety."

Post-Demonstration Reactions and Results

On March 27, the ILS's first major demonstration outside of a campus-wide faculty meeting in the University Center ballroom had quite a significant impact. It led to a meeting between administrators and the students involved. President Riordan's response to overall Adelphi community was swift as well, sending out an email addressed to the entire campus just two days later.

One of the most important points Riordan's letter spoke to (which you can find in this issue) was how the adminis-

tration will be hosting several luncheon discussions and will escalate their efforts to ensure they're as well attended as possible.

"We are going to turn to the students at the first general lunch and discuss what other constituencies ought to be at the table," Greene said. "And sometimes we'll have diverse perspectives, and other times they will be more focuses, depending what the need is and the goal will be to touch nearly everyone if not everyone who has a point of view, role to play or an issue they'd like to address."

In regards to the March 27 demonstration, Greene and Goodcuff both praise the student participants, as well as President Riordan for inviting them to meet afterwards, which they credited as the impetus for beginning the luncheon discussions.

"I think it was a pretty open conversation," Goodcuff said. "I don't think the students held back and talked about the issues that concerned them, and the president responded."

"The demonstration was about people who are vulnerable and people who feel as though they haven't been part of the conversation and marginalized," Greene added. "I'm proud of our students and President Riordan did the right thing by not allowing the moment to go by without and extended conversation."

Goodcuff explained that being proud of the students for caring enough to desire to demonstrate is something felt among the executive leadership of Adelphi, as well as across campus with the faculty. "They try to follow the spirit of what we discussed when we worked out

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Students Join Protests in NYC After Death of African-American Man

BY GABRIELLE DEONATH

It is common sense that hundreds or thousands of voices are stronger together than one. The Women's March, which took place the day after the Presidential inauguration in January this year, was a successful demonstration of this. Protests are often a way for the common man's (or woman's) voice to be heard, and some Adelphi students have taken the steps to be heard not only on campus, but outside the world of the university as well.

On Monday, March 20, 66-year-old Timothy Caughman, an African-American man, was stabbed to death with a two-foot sword in a hate crime carried out by a self-identified white supremacist. The alleged perpetrator, who is said to have come to New York from his home in Baltimore to kill as many African-American men as possible, has been reported to have harbored racist views since he was a child.

In response to this horrific event, the Resist Here and Justice League NYC organized a march from Union Square to Midtown on Friday, March 24 in honor of Caughman and other hate crime victims. The Facebook page description highlights that there has been a significant rise in hate crimes since the election of President Trump.



Posters in memory of Timothy Caughman were displayed around the area during the protest in New York City on March 20.

A group of Adelphi students, including senior political science major Kindeya Chiaro and sophomore Tiani Moore, participated in the march.

"As a group, we decided to head to the city for the march in remembrance of Timothy Caughman and to physically show the amount of individuals that care about him by bringing rise to the issue of racial violence in America," Moore said.

For Chiaro, vice president of Black Students United, the march was a

way to connect with others in her community and to give and receive support during a time when African-Americans have been the direct target of attack.

The march took various forms, as there was a moment of silence for Caughman, prayer, and singing and chanting as the crowd moved throughout its path in New York City.

"Black men and women walked together, singing in unison, unafraid of the tears," Chiaro said. "We held hands with

each other while we were led in prayer. We marched to the place Timothy Caughman was murdered and screamed at the top of our lungs that we are somebody and that we deserve full equality."

While the main focus of the march was the recent murder of Caughman, it was also created to give a voice to communities that have felt marginalized since the controversial rhetoric used by Trump in his electoral campaign, as well as his actions in the first few months as president.

"The overall climate of America is heightened in way that had shaken many Americans and many other countries to their core," Moore said. "The election brought out those who have hidden in their homes with their prejudiced and racist beliefs out into the open to metamorphasize and show their true form."

According to Moore, the best way for university students to engage with the new socio-political realm into which America has entered is to stay informed and continue to educate themselves on current events and relevant topics.

Chiaro said, "We need to use whatever privileges we have to amplify the voices of those who are too often silenced."

Adelphi Administration's Reaction (cont.)

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our demonstration policy. They give us some notice, they let us know what's happening, they demonstrate peacefully, they don't obstruct university operations. We couldn't ask any more of them."

At the meeting following the demonstration, there were some rather hefty claims levied on the administration by the ILS. Such as a rumor that Muslim students were being put at a disadvantage when applying for on-campus employment.

"Dr. Greene and Dean Jeff Kesler followed up in very short order and worked with the ILS to see if we could garner some more information to get to the bottom of it," Goodcuff said. "We did make those attempts and to date we have no evidence of those things happening. However, I think the point that we made at the meeting is a point worth restating, if there are any incidents that students hear about or know about, that are discriminatory in any way, we want to know because we can affect change and we would never let any incidents like the ones they spoke about go uninvestigated."

"In my role, I've always followed up on charges of discrimination until I got to the bottom of it," Greene added.

Another concern that was ad-

ressed at the meeting between the executive leaders and student demonstrators was President Riordan's letters to campus, and how some students present felt that she could strive to increase the substance of her emails, specifically relating to DACA and the term, "sanctuary campus."

"They try to follow the spirit of what we discussed when we worked out our demonstration policy. They give us some notice, they let us know what's happening, they demonstrate peacefully, they don't obstruct university operations. We couldn't ask any more of them."

"I think she really has a track record of doing that," Goodcuff said. "I

know the students had a different perspective on that, but if you went, for instance, to our DACA, international and immigration website, you would see numerous letters she's cosigned with other university presidents standing up for DACA students and against some of the policies of the current presidential administration. I know that she passionately believes things are wrong and I think she's taken a position and will continue to in the future."

Greene agreed with Goodcuff. "Two days after the student demonstration, she sent out an extensive letter, which was seen by many as very honest, about all of the discussed issues. I think that the letter was some evidence she heard the students."

In terms of the future, Greene emphasized that he and the administration plan on progressing and expanding diversity and inclusion at Adelphi. He mentioned how the very successful faculty diversity certificate program intends on continuing. "So far 228 staff and faculty members have gone through the program." He also discussed the expansion of the student-mentoring program, which initially started to benefit students of color. "Efforts are underway to open the program up to veteran and LGBTQ students."

Additionally, Greene spoke

about how the administration will be having a diversity tour so that feedback can be gathered from the community as to where Adelphi needs to go in terms of diversity and inclusion. "We just finished a diversity dialogue that had the same purpose: How can we get better? We are also reaching out beyond our boundaries and talking to other diversity professionals at other institutions of higher learning in the region, and trying to get a sense of best practices that we can adopt from them."

Goodcuff explained that it's very important for this all to be seen as an ongoing dialogue. "It's not something we will only respond to in certain ways at certain times. We're trying to keep the lines of communications open among all the various constituents on campus. I think together you can get so much more done than in different groups, especially when people from different groups come together."

Regarding the future conversation between the executive leadership and ILS, both administrators are optimistic about future talks given how successful and productive the previous ones have been. Added Goodcuff, "We've gotten a lot of good work done and we're very interested in continuing to work with them in the future."

Gender and Sexuality Alliance Make an Impact During Campus Events

BY DANIELLE MCDUGALL AND MONROE MARSHALL



Everybody say “pride!” Students and alumni gather for a photo during the LG-BTQ+ Pride Festival, which was held in the UC Ballroom at 5 pm Thursday, April 13. These students hail from Adelphi’s Gender and Sexuality Alliance, SPECTRUM at St. John’s University, MPowerment (a Long Island-based organization dedicated to providing emotional support and sexual education for LGBTQ young men) and the Transgender Resource Center of Long Island. Those who weren’t pictured included students and faculty from various organizations and departments on campus, such as Black Students United, MOSAIC and the Political Science Department. During the evening, \$100 was raised through raffle entries for donation to the Trinity Place Shelter, a LGBTQ+ homeless shelter in New York City.



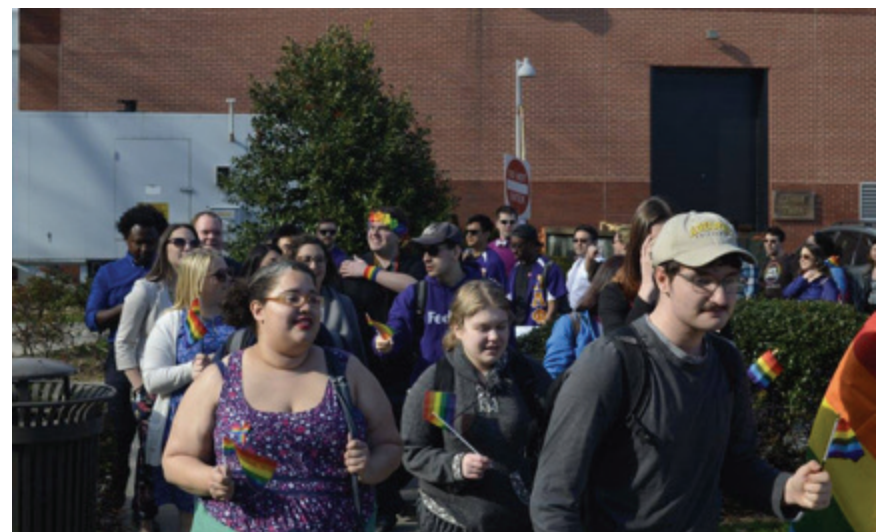
With a beautiful performance of songs including Lady Gaga’s “Born This Way,” music majors Colby Elliott (left) and Ghazal Mizrahi made an extraordinary impact on guests during the Pride Festival.



“Hey hey, ho ho, homophobia’s got to go!” Bharrat Sookdeo, a member of the Gender and Sexuality Alliance, donned the rainbow LGBTQ+ Pride flag as he led an impassioned, impromptu chant in the UC Plaza just moments before the Pride Festival was set to begin.



On Wednesday, March 29, a fitting date as it was the same week as the International Transgender Day of Visibility, members of the Adelphi community gathered to honor transgender people on campus and beyond. This group included students, administrators and faculty from various parts of Adelphi, such as President Christine Riordan, Vice President Perry Greene, Dean Della Hudson, Chotsani West, and members of Gender and Sexuality Alliance, Black Students United, Inner Light Society, Females of a Culture United for Success and the LGBTQIA and Allies Committee. The afternoon, which was organized by Danielle McDougall, secretary of the GSA, and Tiani Moore, a dedicated member of the GSA, involved a vigil and a march around campus. The purpose of the vigil, led by Monroe Marshall, vice president of GSA, was remembering the transgender people who lost their lives as a result of hatred and violence in 2016 and 2017. As was noted, most of the lives lost were below the age of 35 and were Black or Latinx. Marching around campus chanting, “Trans rights are human rights!” and “LGBT, the T is not silent!” participants were able to take a stand against the daily discrimination, hatred and violence faced by members of the transgender community.



“I am somebody, and I deserve full equality—right here, right now!” GSA vice president Monroe Marshall and secretary Danielle McDougall led the LGBTQ Pride March across the Performing Arts Center with the help of Public Safety. The march, which began in the UC Plaza at 4:30 pm Thursday, April 13, served as a symbol of opposition to the homophobia, transphobia, racism and other manifold prejudices affecting the LG-BTQ+ community. While kicking off the march, Marshall and McDougall urged the crowd to remember the words of Dr. Martin Luther King, Jr.: “Injustice anywhere is a threat to justice anywhere.”

700 Participate in the Annual Relay for Life Weekend

BY OLIVIA FRANKS

About 700 participants raised \$52,601 for the American Cancer Society during the University's annual Relay for Life event. The event, which raises money for cancer research and cancer patients, as well as increases awareness, took place in the Center for Recreation and Sports on Friday, April 7. It began at 5 pm with the opening ceremony and ended at 5 am on April 8.

There were different activities going on all night, such as performances by the Adelphi Cheer Team, Evolution Dance. One of the main events was the Pantene Beautiful Lengths Hair Donation. Students had the opportunity to donate a minimum of 8 inches to make a wig that would be given to someone going through chemotherapy.

Sophomore Samantha Thuilot was among the students who volunteered. "I've always wanted to do this because cancer has affected my life, so it felt amazing to be able to donate my hair to cancer patients and fight for a cure so that one day there will be no need for hair donations."

During the night, the chairs of the event spoke about their personal ex-



Phi Sigma Sigma Sorority turned up in full force for Relay for Life on April 7 in the CRS. Photo provided by Phi Sigma Sigma

perience with dealing with cancer whether it was with a family member or friend. Devin Thornburg, chair of the Education Department, talked about being a cancer survivor and how his family members have also been affected by the disease.

He said that it was the Adelphi community that helped him get back on his feet.

"Unfortunately, cancer is something that affects all of us and I have been involved with the Relay for Life committee since my freshman year," said

senior Meagan MacBride, one of the Relay for Life Tri-Leads. "It is amazing to see how much we as a University have been able to do for this amazing organization throughout the years."

At 10 pm, all of the lights were shut off in the CRS and luminaria bags were lit to represent someone who has been affected by cancer, survivor or not. Everyone in the gym had a glow stick and broke it once they announced who you were "relaying" for, whether it was a grandparent, parent, friend, brother or sister. They then went up on the tracks and took a couple of laps in silence to honor those they were "relaying" for.

After hours of more activities and ways to pass the time, the announcement was made at 5 am about the total amount raised ending a night of camaraderie and good work.

Said MacBride about the event: "I want to be a part of the generation that can say we helped find the cure to cancer. I have been given the honor to help lead this event these past two years. I want to thank everyone who came and supported this event and I look forward to hearing how successful Relay for Life at Adelphi will be in the future."

Mosaic Presents "The Vagina Monologues"

BY LAUREN REDFORD

"The Vagina Monologues," originally an episodic play written by Eve Ensler, was staged in Adelphi's Center Ballroom on April 9. Performed by Adelphi's students and presented by the diversity club Mosaic, this political piece broaches the usually unspoken topics of sex, birth, rape, genital mutilation, masturbation, orgasm, the clitoris, pubic hair, body positivity and acceptance.

The play is set in the waiting room of a doctor's office, with the characters portraying women of diverse ages and ethnicities, including the two nurses. Each woman tells a story of her own vagina, each connecting one of the previously mentioned topics to their own experiences. Interspersed throughout the play are fourth wall breaks, where a nurse and two of the women mention that these are each monologues, and ask questions that precede the individual monologues. Such questions are, "What would your vagina wear?" and, "What would your vagina say?" Also spread throughout are "happy/sad/outrageous vagina facts," which are facts and statistics about the vagina and the people who have vaginas.

Because this is in part a political play, there are also references to the patriarchy, as well as mostly implicit allusions to the current president of the United States.



Every patient in the waiting room reads a magazine as another tells her monologue, and it is revealed at the end that every magazine is about the President. However, it is not only political in the sense of the government, but also feminism. Along the stage are signs that display phrases such as "My body, my choice," "You do your uterus" and "Support your sisters, not just your cis-ters," which is remarking on how oftentimes only cis-gendered (a person whose gender and personal identity corresponds to the sex they were assigned at birth) women are recognized as valid on the feminism front.

Overall, "The Vagina Monologues" provided a very compelling and accurate account of the ways in which many women view their vaginas, and how society often skews the general perception of the vagina.

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Meet the Faculty: Madame Wadhera Imparts a Lens to the World Through French

BY LAUREN REDFORD

Priya Wadhera, Ph.D., or as many of her students know her, Madame Wadhera, is a French professor at Adelphi. At Bryn Mawr, she earned a bachelor's degree in French and comparative literature and a master's in French. From there, she earned a doctorate in French and Roman philology at Columbia University. Her area of specialization is nineteenth- and twentieth-century French literature, but at Adelphi, she also teaches classes about the French language and culture.

Q. What classes do you currently teach?

A. I have taught almost all of the courses we offer in the French program, from language to culture and literature.

My favorite culture class is called "Cross-Cultural Concepts," which students can take right after Level IV since it is a 200-level class. It is a great opportunity for students to look at French attitudes towards friendship, amorous relationships, family, child-rearing, the workplace, education, healthcare, the judicial system and so on. I also love teaching another 200-level class, the "Introduction to French Literature." Here, I share excerpts of great French literary works with the students, ranging from the fables of La Fontaine up through contemporary works, all the while showing them the tools of literary analysis. Finally, the seminars on French literature of the nineteenth and twentieth centuries are near to my heart because these are my areas of specialization, especially twentieth century, which is when Georges Perec, the author on whom I wrote my first book, lived and wrote. My dissertation, written at Columbia for my doctorate was on Perec.

Q. Why and when did you choose to study French? Why are you passionate about the language?

A. It's not when I earned my doctorate at Columbia, nor when I was lucky enough to join the ranks of junior faculty here at Adelphi eight years ago. I must have been 8 or 9, and I woke up a few minutes before my alarm went off. I lay in bed watching the minutes pass and I thought, in the Indian language my parents taught me although I was born and raised here, "mera jaag khoodh gaya." Literally it means, "my wakefulness opened," the way a door or a window opens. And I remember thinking that this was too beautiful. To think that an idea like waking up could be expressed so literally, so visually. It was like poetry.

Q. If you are suggesting to a student that they should study a new language, what would you say?

A. I love teaching the French language because I feel I am handing students both a very practical skill and a gift. Learning a language is practical because it gives you access to a wealth of people and cultural productions (literature, music, cinema, theater, etc.) you might not know otherwise. But it is also a gift to be able



Madame Priya Wadhera, Ph.D.
Photo provided by Priya Wadhera

to make yourself understood to others and a privilege to get to know Francophones (there are millions of them all over the world) well.

Exposure to the "foreign" reminds us who we are and how similar we are to others, despite superficial differences. This is a life lesson I hope many will take beyond the classroom and into their productive, rich lives to follow. I maintain that a foreign language is a lens through which students can more clearly view the world around them, but that they must work for this privilege. I hope that in imparting this understanding to my students that I am able to widen horizons and make the world seem a smaller place.

Q. What aspects of French culture do you appreciate the most? Which do you think are the most important aspects to impart on your students?

A. When I was 16, I went to France on a school trip and I fell in love. Not with a person, but with an entire way of life. I loved the way the French moved, the way they talked, the way they dressed, the way they ate, the way they looked at the world. And although I am very proud of my Indian heritage and proud too to call myself an American, it was there and then that I realized that culture is about something more than the color of your skin or where you grew up. Culture is about what speaks to you as a human being. And I have spent half of my life now soaking up French culture and sharing it with my students.

Q. If you could teach one course that you do not currently, what would it be?

A. On my first book or my second book. I really look forward to teaching classes on my book projects. My first book came out this past December and it is called "Original Copies in Georges Perec and Andy Warhol." It was published by Brill | Rodopi in the prestigious Faux Titre series. My book is the first to draw parallels between Perec, a celebrated figure in twentieth-century French literature, and Warhol, the American Pop artist. I would like to teach a class on Perec and the question of intertextuality here at Adelphi at some point in the future.

While my first book concerns art in French literature, I shift my focus

to food in French literature in my second book project. I plan to teach a number of classes approaching this second book project from various angles. From the recipes of Taillevent to the reviews in the Guide Michelin, the French love of writing about food is well-established. After an upcoming sabbatical year, I will be teaching an Honors College seminar on this topic. I will also be offering a class for students in the soon-to-be proposed food studies minor, spearheaded by the Anthropology Department. And I am working on a similar offering for students in the French program.

Q. What languages do you speak besides English and French, and how have they helped in your understanding of the French language?

A. I speak and/or read nine languages. I speak and read French and English. I speak Hindi and Punjabi. I read Latin, Old French and Middle French. And I can also read (and am somewhat conversant in) Spanish and Italian.

To explain further: I say "read" because some of the languages are only written now, like Latin, Old or Middle French, but they inform modern French in a way that is critical to a profound understanding of the language today and to anyone doing research in the field. I learned to read other languages (Spanish and Italian) so I can read works by other literary scholars that have not been translated into English. I would love to be more conversant in these languages too, though, and I would like to add German to that category since so much important research has been done by German scholars in literature and in art.

Knowing other languages is critical as a scholar of language and literature because languages (their structures, their vocabularies) inform one another. Also, being able to read in other languages is important as a scholar because so much work done by scholars in other languages remains untranslated, and yet the authors I work on, Perec and Marcel Proust, have a huge readership worldwide. So it is important for me to be able to read the work produced by those scholars and see how it might inform my own.

Press Party & the End-of-the-Year Celebration

Join us for the release of our last issue of the year and enjoy some snacks while you read and mingle with the staff and help us plan next year.

05/08 from 2-4 pm in Earle Hall Student Media Center Lower Level 005

How to Go to Grad School for a Fraction of the Cost

BY EMILY ELEFONTE

What do Google, Smuckers, the Gap, Ford, Disney, Home Depot, Verizon and UPS have in common? These companies are among many that offer partial to full tuition assistance for employees who decide to pursue advanced degrees.

In today's world, graduate degrees have become a way to gain a competitive edge. However, student loans and debt have made it extremely difficult to attend graduate school. Based on a report by the Institute for College Access and Success, about seven in 10 college seniors have debt levels totaling at around \$30,100. Moreover, recent grads must also weigh in the fact that work experience can sometimes be seen as just as marketable as an advanced degree.

Fortunately many professional companies have come to recognize and respond to this issue. Companies spanning across all industries are getting on board with the idea that an investment in their employees is also an investment in their product, services and overall image. With just a little bit of time and research, you



could find yourself working for one that makes attaining a graduate degree a bit easier.

UPS offers tuition reimbursement because, according to Susan Rosenberg, a company public relations director based in Atlanta, "education and lifelong learning is an imperative for successful managers. Skills are continually renewed to understand the changing global marketplace, adapt new products and services, technology applications and leadership approaches."

As of last year, UPS invested a grand total of \$535 million into the education of 270,000 employees, Rosenberg said. The company will cover a lifetime maximum of up to \$25,000 in educational costs per employee, with varying limits for each semester.

Although these programs show a clear dedication to enhancing the opportunities available for employees, they are also in place because they bring something back to the company itself. According to Eric Wilkens, a Verizon representative, "Verizon recognizes the value of investing in the development of our employees and

the impact that education has an impact on the vitality and growth of their business." This results in more knowledgeable and capable Verizon employees.

Verizon will cover up to \$8,000 annually and doesn't have a retention requirement, meaning that they don't require employees to stay with the company in return for utilizing the tuition reimbursement program. Though this may not be the case for every company, it appears that tuition assistance programs are not only growing among varying industries, but are also seen as "an important recruiting and retention tool," Rosenberg said.

For myself, being in Regulatory Affairs, a law degree is directly applicable to my daily work and has helped immensely improve my understanding of my position," said Kevin Ghandforoush, a senior regulatory affairs specialist at Aceto Corporation in Port Washington.

He is utilizing the company's tuition reimbursement to work toward his law degree. According to Ghandforoush, Aceto Corporation only expects employees in the program apply what they learn in school to their position, and that the em-

ployee stays with the company for a year following the reimbursement receipt.

With the rise of these benefits, there is no reason why you should feel forced to sacrifice work experience or your savings account just to seek an advanced degree. For instance, Smuckers offers 100 percent reimbursement for company-approved college courses, and Disney will cover most to all of the educational costs of full-time employees.

If you feel that you are capable of attending school without it impacting the quality of your work, then a tuition assistance program may be the perfect fit for you. Since it is a benefit that many companies are proud of offering, a little bit of online research could help you discover a company that works for you. However, if you are happy at your current company, a simple talk with a manager or human resource specialist may result in you finding out that your company already offers a similar program. In the pursuit of an advanced degree, you must continue to be your own advocate and look to take advantage of all of the opportunities that companies have to offer.



Treating Yourself the Healthy Way Can Lead to Weight Loss

BY JACOB CHERNACK

Dieting can make anyone feel trapped between a rock and a hard place. On the one hand, they acknowledge the importance of leading a healthy lifestyle, and want to be responsible about their eating habits; but on the other, they can often feel as if they're sacrificing too much, and can't enjoy their favorite sweet treats anymore.

There may initially seem like little to no middle of the road between dieting and living large; but as several nutritionists and dietitians have verified, nothing could be further from the truth.

Roufia Payman, a HealthQuest dietitian working for the Northern Dutchess Hospital in Rhinebeck, NY, believes there's no major need to sacrifice. "It's not about all or nothing," she said. "If you stay within your calorie limit, you can afford yourself one treat a week or two treats a week, as long as it's a small portion."

Similarly, Nutrisystem's corporate dietitian Courtney McCormick said that moderation is key. "The tricky part is defining moderation. Most people will



say [to] aim for 80 percent of your diet as healthy choices and allow 20 percent of your choices as special treats. If trying to lose weight, you may want to go a bit lower and aim for a 90/10 ratio."

Dietitians have also recommended planning to have a treat in advance, as well as adapting that treat into your overall daily calorie intake. "If you want to lose weight – a pound a week," Payman said, "your deficit...should be 500 calories every day. So, say, average,

you need to eat 1,100 calories a day to lose a pound a week. And, so the day that you decided to have a treat, you go for [an] extra walk, or you eat a little less of something else, and you have your treat."

McCormick recommended a similar tactic. "If you are going to have a special treat, make sure you plan for it. For example, if you allow yourself to have two snacks every day, replace one of your daily snacks with the treat. You wouldn't want to have all your meals, your snacks, and the special treat that day. It all comes back to balancing those calories."

To help to alleviate the stresses that both dieting and eating too many sweets can bring on, dietitians also recommend getting the best of both worlds through tasty recipes that combine something nutritional with just a touch of something sweet. Thus, you can maintain a healthy lifestyle without feeling like you're giving up something enjoyable.

Payman herself is particularly fond of sweetened, coated nuts. "I recommend adding melted dark chocolate, vanilla, [a] dash of cinnamon and a teaspoon of honey, and you pour it over nuts. Not a lot, like 20 almonds or 20 cashews or 32 pistachios, or four or five pecans."

Jessica Crandall, a spokesperson for the Academy of Nutrition and Dietetics, said she likes to incorporate these creative, healthy treats into her diet herself. "If I'm craving apple pie or something, I'll hollow out the core of an apple. I'll drop some oats with brown sugar in the inside of the apple, put it in the oven for 30 minutes and let that apple soak up some of those cinnamon, nutmeg flavors as well as the sweetness. And then it essentially turns into a mini apple pie, that's a lot healthier."

So next time you feel there's no middle of the road between staying fit and living large, just dig up a fun recipe like these and treat yourself...the healthy way.



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DeBartolo's Interest in International Affairs Leads to a Classroom in Norway



BY HEDDA DAVIDSEN

Professor Peter DeBartolo has always had a passion for teaching and traveling. In August 2017 he will combine the two by working as a guest teacher for a semester at the American College of Norway (ACN). ACN offers courses based on a U.S. curriculum that are taught in English by American faculty to both Norwegian and other international students.

"I think that Peter will fit in really well to our program," said Becky Norvang, the international student advisor at ACN. "His focus on engaging students and innovative teaching suits our small size and student body perfectly."

Adelphi and ACN have a special partnership that gives Adelphi students the unique opportunity to study alongside Norwegian students and earn Adelphi credit in Norway.

DeBartolo has had a thriving relationship with the faculty and the school for many years. On behalf of Adelphi, he first visited the school in 2011 with Barry Stinson, former director of the Center for International Education. DeBartolo has also had the chance to simulcast some of his Adelphi classes with students at ACN, and said he thoroughly enjoyed his experience.

"I think it makes a lot of sense that as we implement the next phase of our partnership, I'm able to go and work with them and continue to develop this relationship," he said.

Even though DeBartolo grew up in a neighborhood with only about 1,500 people, he wanted to venture to many other parts of the world. Raised in Middleburgh, a small town in rural Schoharie County, New York, DeBartolo quickly knew that unlike many who reside in this town, he was not going to limit himself.

"I was always very interested in the world," said DeBartolo. "A lot of the people there had never even been out of the area."

In order to explore life beyond his county, he made the decision to hold off going to college for a year. Instead,

he moved to Spain where he pursued an intensive language program at the A Escuela Oficial de Idiomas, which translates to "the official school of languages." This offered a variety of experiences, such as living with a host family and also serving as a rotary international youth ambassador.

He refers to his year abroad as the turning point in his life. It helped him realize what he wanted to pursue in the future. "It was formative for me in choosing to go into political studies and global and international studies," said DeBartolo.

He came back from Spain and pursued a Bachelor of Arts degree in Global and International Studies at Bard College in Annendale-on-Hudson, NY. Between college and his present job at Adelphi, DeBartolo's life has been anything but boring. His endeavors included trips to Europe, parts of Asia and Sub-Saharan Africa; a master's degree from Central European University in Budapest; a language certificate in Mandarin; and involvement in projects with United Nations affiliated organizations as well as non-profit organizations.

DeBartolo has brought his experiences and interest in international affairs to Adelphi where he has been teaching since 2009. In 2011 he started serving as administrative director of the Levermore Global Scholars Program (LGS), Adelphi's most innovative academic community dedicated to preparing students to become global thinkers and leaders in a changing world.

He was rewarded for his dedication to academics and the world around him by receiving Adelphi's professor of the year award for his work during the 2010-'11 academic year.

"Professor DeBartolo is dedicated to ensuring Adelphi students graduate with global competencies and his courses inspire them to explore the world," said Shannon Harrison, who has worked with DeBartolo to plan the faculty led study abroad program to Costa Rica.

Besides being well-traveled, DeBartolo understands the importance of staying focused. "I think in my professional life I've had a constellation of interesting projects that have always been going on, but at present my full-time commitment is here at the university," said DeBartolo.

His goal in Norway is to develop a more robust relationship between the two schools so that more students from Adelphi go to ACN, and vice versa. He also wants to blend more community engagement into the courses by addressing what's happening in Scandinavia and Norway in light of global trends and issues.

"We have to understand how different groups of people from around the world, even within our own society, interpret the same events differently, based on their own histories," DeBartolo said.

When the God of Love Returns There Will Be Hell to Pay

BY BRIAN JENNINGS

On the night of April 6, 2017, the President of the United States violated the Constitution. One week to the day, the United States continued their assault against the Middle East by dropping what many have coined to be the “mother of all bombs” on ISIS targets in Afghanistan. Though conservative and liberal mouthpieces have fallen in line with our deranged commander-in-chief, make no mistake about it: the President’s use of force against the Middle East is an act of war, and his failure to consult Congress is in direct violation of our government’s process.

This is not the first time a president has abused his powers as commander-in-chief to wreak havoc against the religion of Islam, and Trump’s previous stances on such actions make the irony all more chilling. The media is making a spectacle out of the fact that in 2013 Trump sent out a series of tweets in which he opined against (quite specifically) the bombing of Syria. However, no one seems to be mentioning that as recently as the 2016 Republican primaries, Trump used George W. Bush’s record of destabilization in the Middle East to verbosely shove Jeb Bush’s candidacy into a locker.

He repeated this primal behavior in the election by continually using Hillary Clinton’s vote in favor of the Iraq War as ammunition to eviscerate her from his comfy loft in the peanut gallery. In truth, Donald Trump was always speaking out of turn in the matters of foreign policy. Not that this reporter would offer a ringing endorsement of Clinton’s record overseas, but to compare a former Secretary of State to a trust-fund reality star seems a bit unfounded. But he is, after all the President, the man at the button, in charge and in control of the greatest military arsenal in the history of civilized man. Over the past week he has brandished those powers about with extreme prejudice, and I intend to do the same with my weapon of choice.

What the President did is both wrong and misguided on a number of key levels. Donald Trump is a war-hawk meaning he must be as aroused as he is stupid. He admitted this troubling dilemma when he lamented the horrible images of “beautiful babies,” being murdered during Bashar al-Assad’s despicable gassings of his own people.

If we are to take this confused troll at face value, then we’d realize that he is a man capable of being swayed by the most simple-minded level of antagonism. His behavior in the media has signaled this character flaw for decades, and it has continued into his presidency during his crusade against “fake news.”

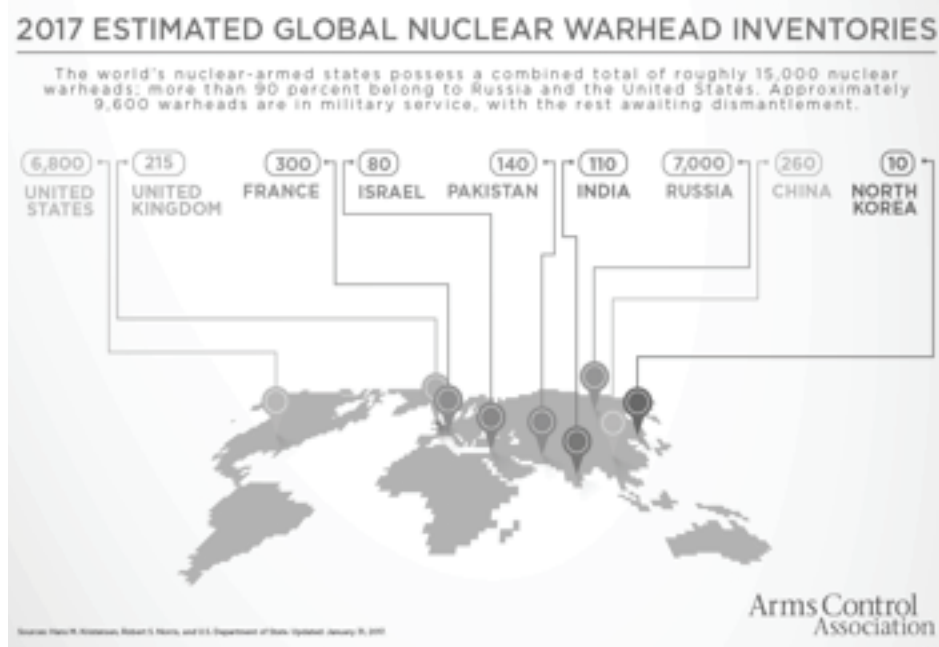
Never, in the history of our country, have we had a president so easily goaded by criticism and provocative imagery. It’s time the President stands up to the heat or gets the hell out of the kitchen, but I fear even that light-hearted jab might cause him to throw the sink at me and everyone I know.

In my eyes, there’s a bigger issue at stake in this crusade and it’s a struggle that has come to define our existence. Do not mistake this as a human-rights stance against a brutal dictator. This is a holy war spurned on by every evangelist terrified of losing a grasp on this country’s debilitating history of unabashed whiteness. We are a land that protects religious freedom, but we do not encourage it amongst our people. Our days and years are marked as a totem to the birth of Christ. Our Federal Reserve system puts its trust in God in order to satisfy all debts public and private. We have disregarded the macro culture of religion around the world to fit our devotion to the institution of Christianity.

This is a war that Trump will fight to the death because his supporters want him to. Here on Long Island, it isn’t hard to find an elder who will wax poetic about Ronald Reagan promising to level the Middle East if the Iranian hostages were not set free. Crimes against America move me to rage, and crimes against humanity should be condemned. But this display of military prowess will not stand to make us safer so long as the plan is simply, as the President put it, to “bomb the shit out of them.” Do we simply expect the world to stand idly by while we wipe the Muslim faith from existence? If that’s what you want, then you’re no better than the men you’re fighting, men who would unquestionably give their lives to pop a hole in the overstuffed balloon called American vanity.

We are not untouchable, and if the ideals we’re fighting to protect hold any truth, then we will be judged for what we accomplish during our time on Earth. No matter what we humans do to this planet, it will remain long after we’re gone. The universe is an infinitely complex series of questions, but if there is a mighty power answering them all, it answers only to symbiosis and equality of life for every living creature. Then the process of evolution took over, and it’s hard to believe this all-powerful-being could have anticipated that one of its species would eventually evolve to a point of misguided realization that We are somehow more superior than all the rest. This God of love could not have predicted that individuality would be perverted to the point of Donald Trump. But when the Lord returns, there will be hell to pay.

Is North Korea a Threat?



Graphic from Arms Control Association

BY JESS WINANS

In 1985 North Korea signed the Nuclear Non-Proliferation Treaty (NPT), “Believing that the proliferation of nuclear weapons would seriously enhance the danger of nuclear war,” along with 189 other countries.

On March 6, 2017 North Korea launched four middle-range ballistic missiles, which fell into Japanese waters.

On March 22, 2017, less than a month later, North Korea fired a missile at South Korea which consequently exploded “within seconds of launch” as reported by CNN. The missile was a possible signal to the South Korean government who at that time was performing military exercises with the United States.

Robert Kelly, an associate professor of political science at Pusan National University, said, “The North Koreans respond to (the exercises) almost every year with some kind of backlash or provocation” in an interview with CNN.

Not only has North Korea utilized this strategy to send a signal to South Korea, but it has also sent a signal to the United States.

On April 11, 2017 North Korea threatened “tough counteraction” in response to the presence of U.S. Navy ships headed towards the Korean Peninsula.

And then, we had a few tense days of President Trump and his Administration stating that we were ready as a nation to deal with North Korea, during which Pyongyang celebrated the 105th birthday of the late North Korea founder, Kim II Sung, the grandfather of the current leader Kim Jong Un—complete with a parade to display their latest weapons. On April 16 there was another missile fired from the east coast of the country. The missile blew up almost immediately in another failed test.

So what does all this mean?

North Korea’s threat of nuclear weapon usage is breaking the NPT and creating an environment where superpowers can use such elements in warfare for the first time since World War II. Nuclear weapons have a greater effect than anything we young American college students have seen in our lifetime.

In an estimate by the Arms Control Association published in 2017, nuclear armed states possess a combined total of around 15,000 nuclear warheads, with more than 90 percent belonging to the United States and Russia.

So, in theory, by looking at this graphic you can conclude that compared to the United States, North Korea is not a nuclear threat.

However, perhaps the threat lies in the actual usage of said missiles. North Korea is a historically isolated country with great censorship and inhumane government practices within its borders. Both of these things have created a disdain and disconnect between North Korea and many nations within the United Nations (UN), especially The United States.

Earlier this month, North Korean leader Kim Jong-un was quoted as saying that North Korea “can tip new-type intercontinental ballistic rockets with more powerful nuclear warheads and keep any cesspool of evils in the earth, including the U.S. mainland, within [their] striking range.”

So yea, from the looks of it, it seems like North Korea is a threat.

But after the most recent failed missile launch, some U.S. military experts are saying they don’t yet see proof that North Korea can make good on all of its technological claims. One thing is for sure: we’ll be hearing a lot more about North Korea in the coming months.

Final Ride Series: Mapes and Vani Reflect on Team Lessons and Post-Grad Life

BY FALLON MCCARTHY

In this series, we'll be interviewing seniors playing in their final year of eligibility in their respective sports. These Q & A's will be a chance for athletes to say good bye and to reflect on both their four years playing college athletics and on the sport they've dedicated so much time and effort to.

Lindsay Mapes is a four-year letter winner and pitcher for Adelphi's softball team. Mapes has led the Panthers to three straight NCAA bids and two straight World Series appearances. The Ohio native has earned many accolades along the way, including NE-10 All-Conference First Team and Daktronics All-East Region Second Team her sophomore year, and All Conference Third Team her junior year.

Q. How many years have you been playing softball?

A. I have been playing softball since I was about 6. I started out with just Rec. league, and then at 12 I started playing on a more competitive travel league.

Q. What does softball mean to you? Why?

A. Over the years, softball has meant many things to me, from a way to make friends to a way to escape the struggles of being an adolescent girl. At this point in my life though, reflecting on all of my time in sports, it is really a way for me to learn. The game of softball and sports in general are ultimately ways to learn lessons about life in a much more controlled environment. Softball is the place I am allowed to make mistakes and learn tough lessons without any serious life-altering repercussions. Softball is my chosen place to develop my skills as a functional human, or rather a girl hoping to someday be a functional human.

Q. In the many years you've been playing, what have you learned? About yourself? About others?

A. I have learned so much, so very much that I can only begin to scratch the surface here. However, I will attempt to share my most treasured lessons. First and foremost I have learned that you can't let the attitudes of others also become your attitude. If someone else is unhappy, you do not also have to be unhappy; you can sympathize with them and do your best to help them. But, it will only cause pain and confusion if you are cranky every time someone else is in a bad mood!

I have also learned that people aren't going to be able to help you to their full potential unless you make what you need known. It helps you and the people around you if you're able to make it known exactly what you need help with.

Finally and most importantly, I've learned that you have to allow people space to learn. Repeatedly pressing issues does not encourage someone to completely understand. To borrow from a cliché, you can lead a horse to water, but



Adelphi Women's Softball pitcher Lindsay Mapes is a four-year letter winner.

Photos on this page provided by AU Athletics

you can't make it drink. I'd like to add that all you can really do is make sure that the horse knows the water is there when it is ready to drink it.

Oh and one more, the most important one! I've learned that you have to admit your own biases and opinions and thoughts before you expect someone else to share their own biases and opinions and thoughts. You have to share your opinions in a way that allows others to know what you think while also feeling comfortable enough to share their own opinions. Ironically enough, I have clearly not quite mastered this one yet.

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

A. Well to be honest, I have a quick turn around when it comes to life lessons. As soon as I figure out something that will help me become a better person, I put it into action immediately, or as quickly as I can. I'm never quite as quick as I'd like to be though.

Q. What is one piece of advice that you would give athletes entering collegiate athletics in your sport?

A. Understand how precious time is. I'd give that advice to anyone. But it applies here as well. What we have is special, you'll never be in this same situation, so be in that moment, honor that time. It is special, it's not just your own, it's the whole team's time. Respect that privilege. Literally the most valuable thing someone can give you is their time. Money is potentially unlimited. Time is at its very core limited. We don't live for eternity. So use your time and your team's time to the best of your ability during each and every single moment. The times we overlook are often the most important ones and the ones we most wish to relive. Don't waste your time or anyone else's time. Use each and every moment as best you can to benefit everyone, not just yourself.

Rob Vani is a senior member of the Adelphi baseball team. Vani has been

focus anymore is one of the challenges I expect to face as I take the next step in my life.

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

A. I am going to continue my education and pursue a career in physical therapy. I have always been interested in treating injuries and I became all too familiar with the PT clinics over the course of my playing days with my own injuries. I hope to parlay my athletic experiences into a career where I can treat a variety of individuals, and still stay connected to the athletic community.

Q. What is one piece of advice that you would give athletes entering collegiate athletics in your sport?

A. The one thing I would tell an athlete just starting out his collegiate baseball career is to cherish the grind. There are going to be days when you just don't want to get out of bed, or go to lift or practice after a long day of classes or whatever the scenario may be. The fact of the matter is that there is a finite amount of time to play. For some it is starting all four years, others only a year or two. Regardless, there is going to come a day when you realize your career is coming to a close and you ask yourself, "Did I leave with it all on the field, with no regrets?" To me, the only way to guarantee this is to out-work everyone, prepare as much as possible and do not take a single day, practice, swing or rep for granted.

Q. How many years have you been playing baseball?

A. I have been playing organized baseball since I was 5 years old, but my parents have pictures of me holding a bat at 15 months old.

Q. What does baseball mean to you? Why?

A. Baseball has been everything for me since high school. When I gave up other sports starting at age 13, everything I did was geared toward baseball somehow, someway. Going to class and doing well in school was motivation for me to get a baseball scholarship and make myself more appealing to colleges and universities. Every workout in the gym was done with the intent that it would make me stronger for baseball or keep me healthy during the season. With the exception of a few days out of the year, I was doing something baseball related or geared towards me getting the best out of my baseball experience. Facing the reality that baseball will eventually not be my sole



Men's Baseball first baseman Rob Vani earned NE-10 All-Conference Second and Third Teams his sophomore and junior years respectively.