

## Adelphi's Best Dance Crew Brings Energetic South Asian Culture to Campus



**Team Macaulay Deewane won for the second time in two years.**

*Photo provided by Gabrielle Deonath*

BY REBECCA SINGH

On Saturday, Nov. 12, collegiate Bollywood fusion dance and Bhangra teams came from around the state to perform and compete in Adelphi's Best Dance Crew. Bollywood fusion consists of a blend of different styles of dance, such as classical Indian dance, hip-hop, contemporary, Bhangra and the dance style normally used in Bollywood film. Bhangra is a traditional Indian folk dance, originating in Punjab, India, which consists of intensive hand clapping and foot-stomping.

This annual event, hosted by the South Asian Student Association and the Student Activities Board, is one of the campus' highly anticipated events for many of the South Asian and Caribbean students. The two competing Bollywood fusion teams were Brooklyn Jhoom and Macaulay Deewane. The competing Bhangra team was Stony Brook University Bhangra. The judges, Divya Mary James, Sanjana Reejsinghani and Howie Magaro, are three experienced and qualified members of the Indian dance community who have made a reputation for themselves as instructors, leaders of troupes and fierce competitors.

Not only were there performances by the competing teams sprinkled throughout, but there were also exhibition performances from AU Sapna, AU Bhangra, Soormay (a collegiate Bhangra team) and Adelphi's Paws and Rewind.

Navindra Tajeshwar, the President of the South Asian Student Association, and Tristan Baharally, the President of the Student Activities Board, worked hand in hand with both of their executive boards to put together this intercollegiate dance competition.

According to Tajeshwar, the event provided a window through which the Adelphi community can see the intricate South Asian culture, all while enjoying a thrilling competition.

For SAB and SASA, this is a collaboration that has worked not only this year, but in the past as well.

Tajeshwar said, "SAB and SASA have worked on ABDC together for the past two years. SAB's contribution makes a great difference in both the planning process and execution of the event because they are always there to help in any way possible."

"Since my sophomore year, SASA and SAB have always worked together on Adelphi's Best Dance Crew," said Baharally. "It's always been a great experience, and working with Navindra and the rest of his team was amazing. It's always great to collaborate with other clubs and organizations, and I'm especially glad that our collaboration was successful as well."

For these executive boards, the planning of the event is a timely process. "The planning process was tedious, but well worth it. The process began over the

summer as we invited teams and chose vital structural components for a night filled with entertainment," said Tajeshwar.

Baharally said he is always happy to hear people screaming for the team they support, and to see everyone enjoying their time, smiling and laughing with their friends at the table or even on the dance floor.

Performers and the audience were also very pleased with the outcome of the event. Parita Domadia, a senior mathematics major and the captain of AU Sapna, said it was her fourth year participating in ABDC and it continues to exceed her expectations. "Teams really go through a significant amount of practice for this event hoping to put on a good show," she said.

According to Aditya Samaroo, a junior physics major, the atmosphere of ABDC was very lively and the crowd-pleasing performances were highly energetic. "The competing teams were well coordinated and they looked like they were having as much fun as the crowd was. I enjoyed ABDC and hope next year's is awesome as well," said Samaroo.

At the end of the night, Macaulay Deewane walked away with the title of Adelphi's Best Dance Crew for the second year in a row.

## Fastathon 2016: Giving Thanks and Being Hopeful

BY BRYAN GRILLI

Fifty Muslim and non-Muslim students gathered for the Fastathon 2016 on Monday, Nov. 14 in the University Center 313. The event started at 4:30 pm and ran until 8 PM and included a keynote speech from Mohammad Hasan, an instructor at the Oaktree Institute in Brooklyn, and various refreshments and dinner, which included dishes such as Chicken Tikka Masala, Paneer Masala, Naan and Gulab Jamun.

Sadiq Rahman, senior business and economics major and Vice President of the Muslim Student Association (MSA), admitted that originally the night was planned more as a chance for students to come together and give thanks around the time that Thanksgiving is celebrated in the United States. "During the month of Ramadan, Muslims fast and take the time to be grateful for all the luxuries we have such as food, water and basic necessities. We wanted to show people how Muslims give thanks in light of next week."

While this objective was still at the forefront of the evening, Rahman confirmed that considering the events of the election week and this tumultuous political time, MSA and the keynote speaker wanted to address the fears and anxieties facing the Muslim community. "I spoke to Hasan ahead of his speech and he said that he felt after two years of giving similar speeches, he wanted to change it up a little bit," Rahman explained. "He specifically referred to the election and how he wanted to advise the Muslim students in attendance."

Much of Hasan's speech involved a story of Moses from the Quran: about the prophet Moses being born during a year in Egypt when all Israelite male babies were supposed to be killed. However, through the guidance of Allah, Moses was delivered from such a fate and was able to be reunited with his mother at the palace of the Pharaoh. One of Hasan's was to communicate the

*(continued on page 3)*

## A Word from the Editor

I don't know about you, but I can almost taste the turkey, mashed potatoes, stuffing, candied yams and cranberry sauce. And haven't we earned it after this trying semester? I've always thought of Thanksgiving break as a pit stop to refresh and rejuvenate before the final push to the end of the semester. The bad news is there's still a lot of work to be done, but the good news is that the week we come back is the last full one. So dig deep down and give it that last burst of energy; the end is in sight!

As you are all well aware, the future of this country was determined on Nov. 8. For better or worse, the president-elect is Donald Trump and the day saw Republicans taking full control of the Legislative branch of government as well, and a clear path to influencing the Judiciary. During this time, I think it's important for people who voted for Trump to realize that many people are in legitimate mourning and are scared for their futures. People are afraid for their rights and well-being after the divisive and hurtful campaign run by the President-elect. I'd suggest to anyone happy about the outcome to remember this and understand where the people who supported Hillary Clinton are coming from.

Also, for those who were distraught by the outcome of the election, I'd ask them to try not to generalize the opposition and understand that not all Trump voters were fueled by bigotry. Mohammad Hasan spoke to the Muslim Student Association on Nov. 14 and asked them to try to not feel like America voted against them. I'm not going to say these next four years won't be trying and difficult, and I'd encourage anyone to use their freedoms to make their voices heard and protest as the Adelphi community did on Nov. 14 when they marched through campus. But hate cannot defeat hate; only love and commitment can. Senior English major Jennifer Krol, could attest to the notion that if you use your voice, you can make a difference and get responses you might not necessarily have expected as she did when receiving a letter from President Barack Obama. Read about it on page 6.

Throughout this issue, you will find an assortment of reactions to the election by students, faculty and professors, as well as an article about how to survive the holiday without coming to blows with family and friends. During one of the most polarizing times in recent memory, it's as important as ever to exercise patience and tolerance, and remember what the point of the holiday is: to spend time with loved ones and celebrate all the good things in our lives.

We also have articles to brighten your day like Adelphi's Best Dance Crew, which saw Team Macaulay Deewane take the audience by storm. There are also reviews of great shows and entertainment such as "Something Rotten" and Cirque du Soleil's "Kurios" on page 7. Our sports editor, Fallon McCarthy, also delivered another article for her Final Ride series on page 12, including three seniors from different Adelphi sports: men's basketball, women's volleyball and women's soccer.

On behalf of the entire staff and the Communications Department, I'd like to invite you to our Third Annual Career Expo. The expo is always an incredible success and an opportunity for majors across a myriad of fields to meet people from different industries, network with them and get a glimpse of what it's like to be in their positions and how to succeed.

-Bryan Grilli  
Editor-in-Chief



**Editor-in-Chief**  
Bryan Grilli

**News Editor**  
Gabrielle Deonath

**Editorials Editor**  
Brian Jennings

**Features & Entertainment Editor**  
Danielle McDougall

**Sports Editor**  
Fallon McCarthy

**Production Artist**  
Valentina Garcia

**Staff Writers**  
Nikki Cuccio  
Samantha Dominik  
Emily Elefonte  
Olivia Franks  
Geselle Maldonado  
Jillian McIntyre  
Ece E. Ozaman  
Matt Schroh  
Rebecca Singh  
Jess Winans

**Delphian Advisor**  
Liza N. Burby

Volume 72  
Issue 5

Earle Hall Media Center  
One South Avenue  
Garden City, NY 11530

**HOW TO REACH US**  
Main Office: 516-877-6935  
E-mail: delphian@adelphi.edu

**LETTERS TO THE EDITOR**  
Letters to the editor must be less than 400 words and include the author's name, as well as affiliation to the college. Letters may be edited for the purposes of space and clarity. Letters should be sent to delphian@adelphi.edu

**ORIGINAL ART**  
Original drawings, photographs, and political cartoons can be sent to delphian@adelphi.edu. Please attach name and affiliation to the college.

**ADVERTISING**  
For advertising rates, email us at delphian@adelphi.edu.

**SOCIAL MEDIA**  
Twitter: @the\_Delphian  
Facebook: The Delphian  
adelphi-delphian.blogspot.com  
Instagram: @the\_delphian

**E-mail us if you are looking to join the staff. We are always looking for graphic designers and photographers as well.**

## Third Annual Career Expo Offers the Scoop on How to Get a Post-graduation Job

### BY THE DELPHIAN STAFF

If you've been told that the prospects for anyone pursuing a job in the communications-related industry are challenging, you'll be inspired by the good news offered by six recent graduates who are all enjoying successful careers. Working representatives from the advertising, newspaper, television, book, web and publicity industries will talk about the media marketplace and how to break in as an intern or future employee at the Third Annual Communications Career Expo on Wednesday, Nov. 30 from 9:30 to 11:30

am. The event takes place in room 109 in Blodgett Hall and is being organized by the Department of Communications and *The Delphian*.

Speakers include Adelphi graduates Cameron Leel, director of Multicultural Marketing at HBO; Stephen Levine, web producer for News 12 Networks; and Brett Spielberg, a copywriter at Zimmerman/Edelson, Inc., a public relations, advertising, marketing and social media firm. Also speaking are Danielle Burby, literary agent and foreign rights manager for HSG Literary Agency; Amanda Romano, senior account manager at Bloomberg Me-

dia; and Stephen Romano, reporter/editor at Blank Slate Media. The moderator is Liza Burby, senior adjunct professor in the Adelphi Communications Department, as well as faculty advisor for *The Delphian*.

"Each one of our speakers has graduated within the past 10 years and has experienced career success. Some are working in the fields they pursued as undergraduates and the rest have related jobs they discovered by being open to available experiences," said Burby. "But all have learned that there are good jobs out there for those who know how to negotiate the search process."

Burby said that the panelists will pro-

vide the strategies they used to find a job. Further, they will share contacts in their companies who can help Adelphi students to gain internships or post-graduation jobs.

The Career Expo is free, but students must register by Nov. 28. A panel discussion will be held 9:30-11 am, followed by a light reception at which students can network with the speakers. For the past two events, several attendees left with contact information that led to internships and freelance assignments.

For more information, please contact the Communications Department or email Liza Burby at lburby@adelphi.edu.

## Fastathon 2016: Giving Thanks and Being Hopeful



**Mohammad Hasan spoke to the audience about the trials faced by Moses and his family and related it to the difficulties being faced by Muslims today.**

*Photo provided by Bryan Grilli*

*(continued from page 1)*

message of a divine master plan that might not initially be understandable to humans at first, but that we should still trust everything will work out in the end.

“Allah can take something that seems very difficult, challenging and tough and turn it into opportunity,” Hasan said. “I’m hopeful now today as I ever was. Forty-seven percent of America didn’t vote, 27 percent did vote for the ticket that had sexist and racism, but 27 percent also rejected it.”

Hasan also asked students to attempt to understand the position of blue collar, white Americans and recognize the vast majority are not sexist or racist. But they voted the way they did because they were seeing the jobs go to other countries, pay decline and were tired of the establishment.

“We as Muslims need to understand this. Many in our community take this personally, but recognize that America didn’t vote against you,” he said. “Yes, unfortunately, there is a part of America that is racist, a part that has a misunderstanding of Islam, but there’s a majority of Americans that don’t feel that way, and we need to remember that.”

Hasan also talked about the history of Islam as part of his hope. “America is the land of the immigrants. Unless you’re Native American, whether your ancestors came here on the Mayflower or on a flight that landed in JFK airport, you’re an immigrant,” he stated. “Some of the President-elect’s grandparents were immigrants and even his own wife. If anyone ever tells you to go back home, you say, what home? Islam is deeply rooted in the US. Since the early days when many of the slaves being brought over from Africa were Muslim

to the first Mosque in this country being built in the late 1800s to the 20th century when so many Muslims came here seeking opportunity, better education and the American dream. Islam is part and parcel of this country and no one should ever make you feel ashamed or as if you’re un-American.”

On a more political front, Hasan cited that he is also hopeful because of the allies the Muslim community is making and how Islamophobia is now being accepted as a problem, rather than a separate issue from the other marginalized groups. “What’s a good start is being anti-Muslim has become the anti-Democratic party. We see this especially with the consideration of Keith Ellison, the first Muslim elected to Congress, for Democratic National Committee chair. However, I would like to see being anti-Muslim be closely related to being anti-American one day.”

His last point referenced Muslim students starting to return to the faith, reflecting on the story of Moses and we should trust in God’s master plan. “This election forced young Muslims to reshuffle their thinking and come to grips with what it actually means to be Muslim. They are rediscovering Islam and that’s a beautiful thing. Hopefully it wasn’t solely for the reason of the election, but I’m confident that with challenge, comes opportunity.”

A freshman Adelphi student, Rayan Islam, was receptive to Hasan’s words. He said, “He meticulously connected the story of Musa (Moses) to current events. He taught us that the lesson of the story, putting our trust in God, can be a source of hope for us today.”

Rahman echoed these words. “His talk was beautifully said. I couldn’t have said it better myself and I feel like our members really learned a lot, got a lot of advice and had their questions answered,” Rahman said. “Now I feel like everyone’s a little more confident about

answering how they feel about the election, what it means to them and what to do moving forward.”

***“We as Muslims need to understand this. Many in our community take this personally, but recognize that America didn’t vote against you.”***

Rahman confirmed that MSA wants to make strides towards building a bridge with the entirety of the Adelphi community by holding events and collaborations in the future.

“We are going to advertise in different ways that Muslims aren’t bad people. It’s not like what the media says. Just looking at this room, you can see everyone’s happy here, literally the opposite of what media portrayals are like. You wouldn’t necessarily expect it, especially if you’ve never come into contact with a Muslim before. I want to spread that message across campus and as far as it can go. Also, we want to be a support system for people, such as victims of Islamophobia and hopefully guide them. That’s what we’re here for.”

Fastathon 2016 provided a valuable opportunity to invite non-Muslim students to see how Muslims give thanks and have a taste of their culture, literally and figuratively. Hassan’s speech also served as a message of hope to the Muslim students in attendance to not be fearful, but proud of their cultural and religious heritage, and remain forever hopeful in the future and recognize that Allah has the master plan, even in the worst of times.

## Post-election Discussion Gives Students a Chance to Process Results

BY JESS WINANS

On a gloomy post-election day, Nov. 9, about 30 students, faculty and community members gathered in room 201 of the University Center at Adelphi University to discuss the U.S. election process, the Electoral College and the election of Donald Trump. The event was co-sponsored by Adelphi Votes, Division of Student Affairs, the Political Science Department and the Criminal Justice Program and administered by Traci Levi, chair of the Political Science Department, and Margaret Grey, Associate Professor and Interim Director of International Studies in the Political Science Department.

“Donald Trump rewrites cam-

aign practices,” Grey said. “He has tapped into something that many Americans weren’t aware was there.”

Which is ultimately true. Historically speaking this is the first time an American with no experience in politics who has never held a place of power in our political system has been elected President. By utilizing social media as a main strategy of his campaign, President-Elect Donald Trump found himself the golden ticket to the White House.

“Has there ever been any criticism of the idea of unified government...?” one student asked. Grey responded, “I’ll put money on the fact that two years from now we will no longer have a unified government...”

The room fell silent as Grey went on to explain the details of mid-term elec-

tions and unified government. “When we have a unified government, it is much easier for a President to promote his/her agenda and get those laws passed,” she said.

As the discussion continued, Prof. Levi asked the audience to describe a time where they felt politically empowered. For her it was when she wrote letters to politicians asking for change. Sociology professor Deborah Little said that for her it was when she joined a bus-trip to Albany for marriage equality legislation. Prof. Grey said that for her it was hearing that someone had read her dissertation. Communications professor John Drew recalled the fleeting feeling he experienced after participating in the Occupy Wall Street protests.

“I participated in the BSU [Black Student Union] protest at Midnight Madness and I remember seeing the com-

ments flurrying in on social media,” said one Adelphi student who asked not to be named. “One of the pictures taken at the flash mob [an on-campus anti-police brutality protest] I saw was a poster that someone was holding up with a comment on it and I almost felt vicariously empowered by that just to see them reclaiming the negativity that had been directed at all of us.”

The discussion ended on an intimate note as students and faculty went on to express not only their thoughts, but also their emotions following the election. Some students and faculty members expressed fear and uncertainty. However, it was evident that the unification of our community was on the top of everyone’s to-do lists.

“Speak for love,” Prof. Little urged. “Just speak for love because this election has been all about hate.”

## Students and Faculty Rally in Response to Election



On Monday, Nov. 14 at 1 pm about 100 students, faculty and professors gathered outside of the University Center. They had congregated for a specific cause, to show the rest of campus that love does trump hate. A large majority of the attendees, equipped with signs saying “love trumps hate,” as well as others, such as “love trumps misogyny/racism,” marched through campus, eventually returning to the spot where it all started. This was all of course in response to Donald Trump’s victory in the Nov. 8 election that saw him become the President-elect of the United States. Many marginalized groups such as Muslims, African Americans, Latin Americans, the LGBTQ community, the disabled and women felt especially fearful after the election and the march and subsequent speeches were intended to help channel their feelings and peacefully protest. Public Safety ensured the safe passage of participants, and the march and speeches were met with only small pockets of counter-protest. *Photos provided by Noelle Fiallo-Evans and Bryan Grilli*

## Election Night Party Brings Both Sides Together on Campus

BY EMILY ELEFONTE

On election night, tensions and emotions were running high as our country anxiously awaited the results of the U.S. Presidential election. Despite the frenzy across the nation, almost 200 Adelphi students and faculty members came together as a community for an election night party in the University Center Ballroom on Nov. 8. The ballroom was decorated in red, white and blue balloons and other patriotic decorations as live updates on the popular and electoral votes played in the background on CNN. Lively American-themed music filled the space as students wandered from tables and the photo booth to the tattoo station and karaoke machine in the far corner of the room.

Supporters from both major political parties made appearances, but there was an evident presence of maturity and respect for each person regardless of their political standing or opinion. This election was an important event for our campus, not only because a new President was on the verge of becoming elected, but also because for many students, it was the first time that they were old enough to vote.

“The purpose of the party is to get students excited about the civic duty of voting since many of our students are first-time voters,” said Samantha Thompson, assistant director for the Center of Student

Involvement (CSI).

Throughout the night, that excitement was definitely not in short supply. Students continued to talk freely with their fellow peers and even educators as results from each state rolled in one by one.

For some, attending the party was a way to await the results with those who shared their political views. But for others, like Nicole Zisa, the party was a way of demonstrating the importance of students exercising their right to vote.

“I’m here representing the Student Government Association because voting is something that we are very passionate about and it’s something that we want other students to be passionate about too,” Zisa said.

Although often criticized by older generations, millennials used this election season to illustrate their deeply rooted desire to defend what is right. Kendall Garrett, a senior biology student, knew just how much was at stake. “I came to the party so that I would have people to either celebrate or cry with, depending on the outcome.”

For many at the party, the outcome of the election was one that was highly unexpected. However, the students said that just as the election night party served as a safe space for them to express themselves.



Members of the Executive Board of Adelphi’s Student Government Association participated in the planning of the election night party.

*Photos provided by Noelle Fiallo Evans*

# Making it Through Thanksgiving Dinner When the Talk Turns Politics

BY BRYAN GRILLI

A nationwide fear that's gripping many families heading into this week is how to navigate Thanksgiving without strongly desiring to shove a turkey baster down a relative's throat. While these are difficult times considering how polarized the country is after the election, it's possible to make it through and hold on to those familial relationships.

"It's true that the political climate is more polarized than any other time in recent memory and we're experiencing a degree of tension that's unfamiliar," said Andrew Malekoff, Executive Director and CEO for North Shore Child and Family Guidance Center in Roslyn Heights. "Friends and relatives face the challenge of how to break bread together and prevent further fracturing of relationships or the potential for it over deep feelings about the candidates and issues facing the country."

Some Adelphi students have also expressed the fear of celebrating Thanksgiving. "I definitely think that if politics gets brought up in our Thanksgiving dinner conversation it will be problematic," said Brittany Gross, a senior in the STEP program. "My dad has been a huge Trump supporter along with the rest of my family and they believe every bad thing they hear about Hillary Clinton. The most difficult part is knowing that someone who I've looked up to my entire life thinks my opinions on politics are wrong and invalid."

Gross explained that she believes there will be no minimizing the conversation in her house and that if it comes up, she'll have no choice but to stay quiet because she will automatically be shut down as the only person in her household that voted for Clinton. "I truly can empathize with other people in the same situation.



Photos provided by [www.thinkstockphotos.com](http://www.thinkstockphotos.com)

It's hurtful when your family doesn't understand that having Donald Trump as a president is scary for so many people. We're not being dramatic, we're being human," she said.

Senior English major Danielle Starvaggi expressed similar concerns. She explained that she already had to speak to her parents and tell them she won't hesitate to leave the dinner table if anyone gets offensive. She also has some strategies going into the holiday. "I'm hoping I can switch topics and deter political conversation enough to make it through the night without one of family members telling

me indirectly that I don't deserve equal rights."

"One important thing to do is set ground rules," Malekoff suggested. "Recognize it's okay to say let's agree to disagree or pass if you feel uncomfortable voicing your opinion. Also, be aware of side conversation and eye rolling; non-verbal language can be just as damaging. You must also recognize that political discussion might not necessarily be a conversation you can avoid, so just do your best to be respectful and not put anyone down."

Alexandra Wurglics, a gradu-

ate student, said she believes her family does a good job in terms of respectfully disagreeing with each other. "We have learned to never raise our voices to each other over politics, but instead we ask questions and try to understand the other person's point of view. We strive for more clarity, even if we might not agree with the reasoning."

***"Remember that Thanksgiving is about celebrating, giving thanks and being with family."***

For those who are happy with the election results, Malekoff suggested that gloating is not a good idea. He advised people to check their egos at the door and recognize there's a way to communicate differences and attempt to emphasize and understand without having to argue or resort to nasty tactics.

"One thing to make it a point to avoid is name calling," he said. "This election seemed to lift the taboo with comments made from both candidates. Just don't go down to that level by calling people a bigot, bleeding heart, etc."

Lastly, Malekoff suggested, as frustrating as it may seem, that sometimes someone just has to be the adult in the room. "It's important within yourself to try not to take the bait. Try not to be insulted on every point and make it your goal to keep and suggest that family members keep the temperature down if it appears as though someone is aggressively trying to push an agenda across. Remember that Thanksgiving is about celebrating, giving thanks and being with family."

## Spanish Folklore Duo Dúa de Pel Expands Cultural Awareness

BY GESELLE MALDONADO

Last month the Department of Foreign Language held a performance of the Spanish folklore duo Dúa de Pel at Alumnae Hall, which was open to all students. The goal was to promote international culture on campus as part of the Pragda Film Club Festival that began in September.

As the Department of Foreign Language helped to organize the performance, Carmen Dori Castellon, the department's administrative assistant, was there to supervise the event, as well as adjunct professor Ans Isabel Simon Alegre.

The duo themselves, consisting of songwriter and singer Eva Guillamón and music composer Sonia Megías, sung a collection of folk songs in front of an

audience of students and professors. As literary-musical performers, the instruments they performed with ranged from wooden spoons and sheep bells to a Japanese melodica to just their hands, all of which accompanied their voices as they told Spanish folktales and original stories through music.

"As musicians, it was natural thing for us to make music together," said Guillamón. Prior to Dúa de Pel, she performed mostly as a jazz singer and was a working playwright. Meanwhile Megías, who formally studied music in a conservatory, was a full-time composer for choir orchestras throughout Spain.

Despite their origins in rural Spain, they had not considered doing folk music professionally until forming the group, and both have grown to admire

it as the two started performing folklore for fun six years ago. According to Guillamón, folklore shows that "music isn't only scales or pitches, sometimes you just your body. There's magic in every usual thing."

In their case with folklore, it is "a very organic thing," to the point where anyone, musically trained or not, can do it and may do it well.

Caterina Russo, who is junior double major in Creative Writing and Translation Studies, said she enjoyed the performance. As a student who had studied abroad in Madrid for seven months, she said, "I hadn't heard music so original as the kind that was played by Dúa de Pel. The music that was played was more folkloric than anything else I heard in Spain. I initially didn't know what to expect, but after the performance, I was pleasantly

surprised and I enjoyed it."

Physics freshman Zoya Shafique was among the people who decided to go see Dúa de Pel. "This performance acted as a good alternative to seeing a film from the Spanish Film Club Festival since I work and have other obligations outside of school, [including] around the time they are showing movies. I thought this would be a nice experience," said Shafique, who is taking a Spanish 3 class.

The duo said they enjoyed their performance at Adelphi, in spite of their tight schedule for their tour throughout the U.S. Guillamón said that the point of sharing their culture at locations like Adelphi is what their performances are for. "It is about communicating, not just about your roots but also your point of view... of how life is."

## Adelphi Student's TedX Talk Gets the Attention of President Obama

BY GABRIELLE DEONATH

Adelphi senior Jennifer Krol received an email from President Barack Obama on Oct. 21 in response to a message she addressed to him on the topic of sexual assault. Krol is very passionate about the topic of sexual assault, rape culture and its effect on society. This passion led her to become the inaugural speaker at the TedX event at Adelphi earlier this year.

The senior English major centered her talk around the effects of rape culture on children and the way in which it is instilled in girls sometimes as early as kindergarten. Krol emphasized the fact that these ideals are perpetuated through micro-aggressions that many people do not even realize they are committing.

In her message to President Obama, Krol used her TedX talk as a jumping off point.

"I messaged the White House and I introduced myself," Krol said. "I mentioned the TedX talk I gave last semester and explained that rape culture and sexual violence are issues I feel passionate about."

President Obama, in his response to Krol, expressed his passion for the same issues as well, and discussed some of the various efforts his administration has put forth to address the issue, such as the White House Task Force to Protect Students from Sexual Assault, the 1 is 2 Many initiative, and the Not Alone initiative.

"I wasn't expecting that kind of response from him, or any response at all, but it meant so much to me," Krol said.

Krol's interest in the issue started from her experience through the Step Program for childhood education. Krol said that her major in education, which led to her interacting with children and white schools, is what brought to her attention

the small interactions that take place that can be harmful to the mindset of children later on.

Krol said that the idea that young girls are fed in childhood – "He hits you because he likes you" – is a thought process that can follow them into relationships as they become older, leaving them susceptible to dating violence. Krol also stressed the point that many girls are sent home from school for wearing a tank top or shorts because it is considered a distraction.

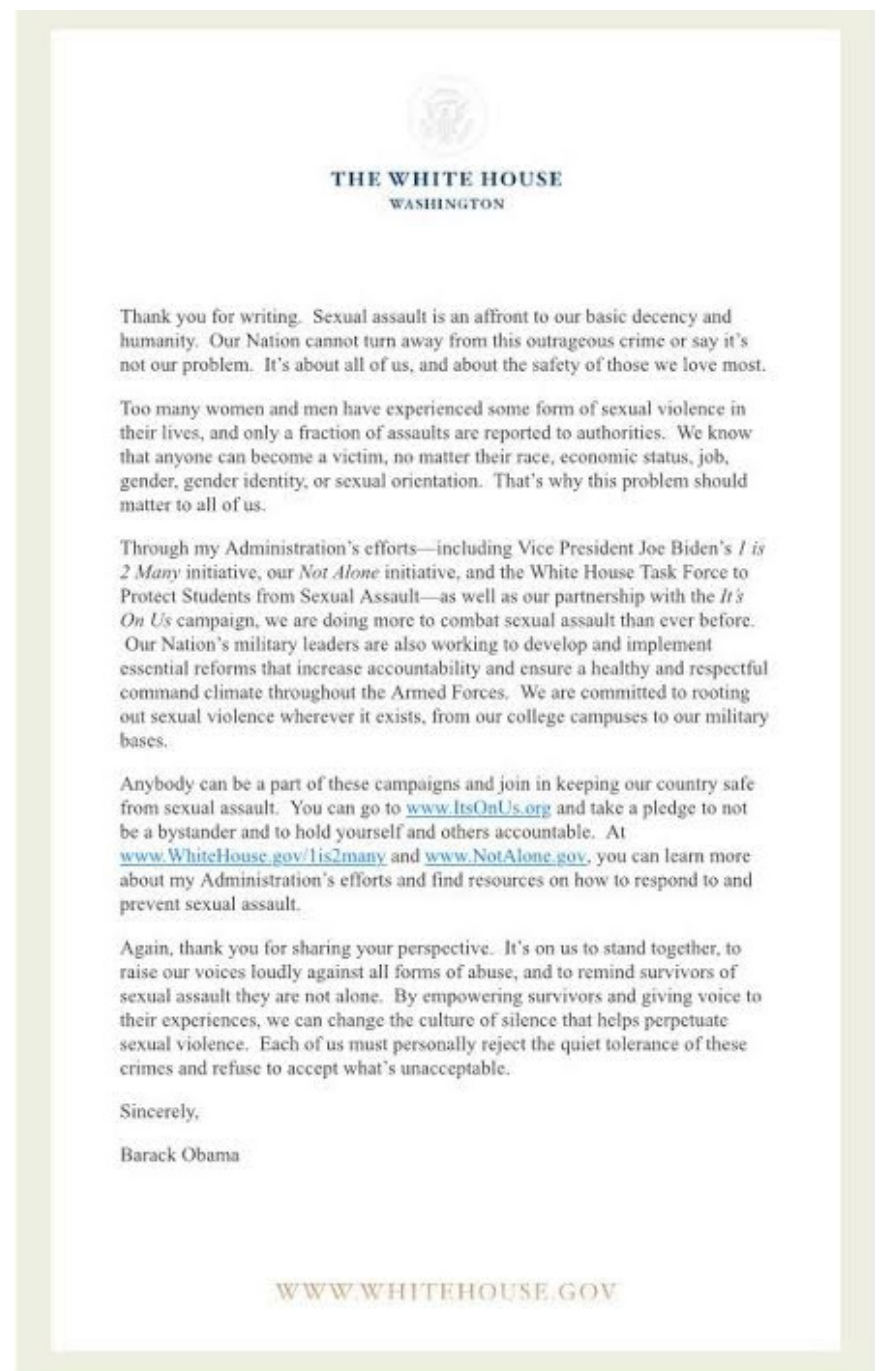
"Not only does it prioritize a girl's sexuality over her education, but she is also being victim blamed," Krol said. "We're teaching young girls that showing off their body is wrong or that showing their shoulder is wrong."

After Krol's TedX talk, she said that the standing ovation she received was touching, but the result that most empowered her was the many messages she received through social media from people on campus who she did not know well, but who were deeply affected by her talk.

"They didn't even realize it was an issue or they realized things about their own actions that they wanted to change," she said. "It's not just about giving the talk, but it's also about the impact it has and continues to have."

It is this level of response that Krol said keeps her dedicated to the bringing awareness to the issue.

"I plan on spreading more awareness of sexual violence, and educating others on the importance of consent and respecting one another," Krol said. "As a student at Adelphi, I will continue to plan, partake in, and promote events under Adelphi's End Gendered Violence initiative. As a future educator, I will instill the values of respect and consent within my own classroom, as it is never too early to start teaching these values to our students."



President Barack Obama's response to Krol's message  
Letter provided by Jennifer Krol

## "Miss Peregrine's Home for Peculiar Children:" A Stroke of Burton

BY SAMANTHA DOMINIK

Tim Burton has done it again with his latest movie masterpiece, released on Sept. 30, "Miss Peregrine's Home for Peculiar Children." The PG-13 film topped at the box office with \$28.5 million on its first weekend, and snatched up the hearts (and eyes) of many.

The film is based on best-selling author Ransom Riggs' "Miss Peregrine's Home for Peculiar Children," published in 2011, which tells the story of a group of children with inhuman – or better yet, peculiar – abilities. The caretaker of these peculiar children, who is peculiar herself, is Miss Peregrine (Eva Green), who dedicates her life to protecting the children's home

against the dangers of the outside world, the non-peculiar and peculiar alike.

The film begins where many films do: with a lonely, friendless teenage boy trying to find his place in the mean, modern world. After the mysterious death of his eccentric grandfather (Terence Stamp), Jake (Asa Butterfield) and his detached father (Chris O'Dowd), head to Wales to gain closure, as well as visit the children's home that his grandfather spent his childhood in. This home was the stepping stone for countless bedtime stories about the children who lived there and their strange abilities. This sets off the rest of the film, taking viewers back in time. Burton adds a whimsical charm to a vintage setting, as if pulling from old-time photographs themselves and finding them a place in his own artistic vision.

When Jake arrives, he realizes that this Welsh home for children was in fact real, and that these stories told by his grandfather were not just creations of his imagination. Jake is able to step back in time to one single day, to Sept. 3, 1943, and visit all of the children whom his grandfather had told him about: the girl who could float as light as a feather, the boy who was full of bees, the little girl with the strength of 10 men and all of the others.

"Miss Peregrine's Home for Peculiar Children" truly thrives in Burton's fantastical world. Not only does he capture the zeitgeist of the time period during WWII, he also adds subtleties that make it relatable and engaging, while also being uncanny and otherworldly. Like the nuances in brushstrokes of a painting, in every project, Burton

successfully paints his world to be remarkably extravagant and immersive.

The film itself is created artistically and beautifully; attention to detail is a Burton specialty. He is able to both recreate the past world, while also making it quirky and still allowing it to hold entertaining qualities and remain true to a very imaginative storyline. Within the two hours and six minutes that the movie runs, there is just the right amount of action, suspense, romance and fantasy to capture the interest and hearts of any movie-goer.

So whether it's date night or a rainy Sunday afternoon, grab a ticket and immerse yourself in the strangeness of "Miss Peregrine's Home for Peculiar Children." You might just wish you had your own peculiar abilities by the end.

## The Best Rotten Show You'll Ever See



From [www.thebroadwayblog.com](http://www.thebroadwayblog.com)

BY JILLIAN MCINTYRE

“Something Rotten!,” the Tony-nominated musical that hit the Broadway St. James Theatre on April 22, 2015, is a must-see for any theatre lover. Set in 1595, this play is a satire of William Shakespeare. The story follows two brothers, Nick and Nigel Bottom, on their quest to discover the next new thing in the Renaissance era of theatre. The premise is that it’s very hard to compete with Shakespeare, The Bard, with his expertise in poetry and productions. Inspired by the competitive nature of Shakespeare, the brothers long for a theatrical hit. In the midst of writing one, they successfully put on the first musical ever. “Something Rotten!” is a not-to-be-missed Broadway piece. Here’s the catch: you only have until Jan. 1, 2017 to experience this phenomenal show before it leaves the bright lights of the city.

Director and Choreographer Casey Nicholaw does an exquisite job combining history with comic relief. With laugh-out-loud jokes, the audience responds in unison when one-liners about “Le Miserables,” “Cats” and “Fiddler on the Roof” are mentioned. Things that are taken for granted today are used ingeniously by Nicholaw, which reminds

the audience how far theatre has come. He touches on double entendres, such as the acceptance of women as thespians, homosexuality and cross-dressing and religious discrimination. Although these jokes are subtle for younger viewers, mature audiences will appreciate the humor.

Nicholaw was nominated for Tony awards for directing and choreographing “Something Rotten!” along with “The Drowsy Chaperone,” “Monty Python’s Spamalot” and “The Book of Mormon.” He also worked on the choreography for the 2014 Olympic opening games in Sochi, Japan. The original cast opened with Brian d’Arcy James as Nick Bottom, who previously starred as Shrek in “Shrek the Musical.” He was then replaced by Rob McClure, who had been Tim Allgood in “Noises Off.” The original Shakespeare was Christian Borle, a two-time Tony Award winner for his roles as Black Stach in “Peter and the Starcatcher.” He was replaced with Will Chase, who was also seen in “Rent” and “Miss Saigon,” as well as many others.

Located at 246 W. 44th Street in New York City, the intimate St. James Theatre has a great view at every seat. The venue has housed the long-running shows “Hair” and “The Producers.” In “Something Rotten!” the effectual lighting focusses on the actors and captivates the audience as it draws attention to important props that guide the plot line.

Having knowledge of Shakespeare makes this experience more entertaining, but it is not necessary in order to enjoy this show. If you do miss the show on Broadway, be on the lookout for the touring company that will start traveling around different cities on January 10. But until then, “parting is such sweet sorrow” (“Romeo and Juliet,” 1597).

## Cirque du Soleil’s “Kurios” Is an Affordable Alternative to Broadway



Image provided by [www.occupymyfamily.com](http://www.occupymyfamily.com)

BY ECE E. OZAMAN

If you’re looking for a new date night activity that’s affordable and easily accessible, look no further than Randall’s Island Park, NY, where you can catch a performance of Cirque du Soleil’s “Kurios: A Cabinet of Curiosities.” Everyone immediately sets a high bar for their own expectations when they hear the brand name Cirque du Soleil. It is almost as iconic as the Rocketed, but known even better internationally. Yet it is affordable for business professionals and students alike, which is a welcome break from the high-priced Broadway shows that dominate today’s entertainment industry.

At the venue itself—the Grand Chapeau—the audience is seated almost completely around the stage, surrounding it in a kind of “C” formation that allows multiple different points of view onto the set that is beautifully decorated with lit up glass globes and colorful curtains. The decorations look like futuristic machines that do not relate to the acts themselves. There is no apparent

storyline, although there are characters that make multiple appearances. Trying to make a connection of some sort to the set, and connect the acts with each other, proves to be a waste of time.

One of the acts features an “invisible” ensemble of acrobats and animals doing tricks on their own miniature stage, which is controlled by people who are not in sight, and gives the illusion of movement taking place on it. The trapezes sway back and forth, the spotlight following an invisible acrobat. And the audience erupts into cheers.

By the end of the performance you will not only be in awe of the actors and acrobats and the decorations on the stage, you will also be in awe of what the human body is capable of doing. This is a show that is recommended for everyone to see, especially for those students who can’t afford to go on a date night to a Broadway show. It deserves a rating of 8.5/10. Tickets start at \$54 and are on sale through Nov. 27. If you miss it, their next show is “Paramour” at the Lyric Theatre in Manhattan.

## Hamlet’s Madness and Internal Turmoil on Display in PAC

BY LAUREN REDFORD

On Saturday, Nov. 12 the Adelphi Performing Arts Center screened “Hamlet,” the opera. This particular piece was brought to life by the French composer Ambroise Thomas and the librettists Michel Carré and Jules Barbier and is based on a French adaptation of the play by Alexandre Dumas and Paul Meurice.

The five acts stayed fundamentally true to the play, but did have some unconventional variations. The opera is not set in the Middle Ages, but in some other time period that is not easily discernable. Claudius and Laertes wear suits that are suggestive of the military, and men have guns, but there are no other context clues that help explain the setting. Also, an Oedipus complex is very clearly held by Hamlet’s char-

acter; the questionable relationship between him and Gertrude, his mother, serves to effectively imply his insanity.

A significant portion of the play is based around the question of Hamlet’s madness; is he insane or is he faking it? With his piercing facial expressions and passionate voice, Stéphane Degout accurately portrays a man with an inner conflict. As Hamlet, he often uses his hand to cover one half of his face, as if to convey that he is at war with himself. Madness and internal turmoil are a common theme here, as Claudius has a short song in which he breaks down over guilt, yet still cannot force himself to repent, and also the striking act in which Ophelia goes mad.

Overall, because of all the creative license that the Ambroise Thomas took, “Hamlet” was still able to tell the tale of a man filled with anger, grief and possible madness in an entertaining way.

## “Marat/Sade” Works as an Interactive Play Within a Play

BY LAUREN REDFORD

The persecution and assassination of Jean-Paul Marat as performed by the Inmates of the Asylum of Charenton under the direction of the Marquis de Sade, or better known as “Marat/Sade,” was performed by Adelphi students at Olmsted Theatre from Nov. 8 through Nov. 13. Written by Peter Weiss and directed by Jamianna Devlin, this musical is rather metacognitive in that it is a “play within a play.” The main story takes place after the French Revolution in the Charenton Asylum, where the Marquis de Sade rounds up the inmates to reenact his interactions with Jean-Paul Marat, and ultimately, Marat’s death.

Though it can be quite confusing, “Marat/Sade” was very entertaining with its jumps to and from each realm of

reality. What makes it even more unclear, though all the more immersive, is that the actors and actresses act like the inmates when the audience enters the theatre and during admission, constantly keeping up their insane disposition. There was audience interaction that involved the actors and actresses walking into the aisles, sitting in seats, talking to audience members and even yelling, “No communicative devices!” whenever someone had their phone out. It wasn’t necessary to have previous in-depth knowledge of the French Revolution to watch this musical, but it did help one understand the plot and recognize when the play had shifted.

“Marat/Sade” was a definite must-see, as it offered chilling music, passionate performances and gruesome violence, all of which was confined within a captivating historical tale.

**COMING SOON!****16-17  
SEASON****MARAT/SADE***Written by Peter Weiss*

Tuesday, November 8 • 7:30 p.m.

Wednesday, November 9 • 6:30 p.m.

(post-show discussion)

Thursday, November 10 • 7:30 p.m.

Friday, November 11 • 7:30 p.m.

Saturday, November 12 • 2:00 p.m. and 7:30 p.m.

Sunday, November 13 • 2:00 p.m.

Olmsted Theatre

AU Students: \$5

**JARROD SPECTOR: JUKEBOX LIFE**

Friday, November 18 • 7:30 p.m.

Westermann Stage, Concert Hall

AU Students: \$10

**TRIO SOLISTI**

Saturday, November 19 • 8:00 p.m.

Westermann Stage, Concert Hall

AU Students: \$5

**FALL DANCE ADELPHI:  
ASZURE BARTON**

Wednesday, November 30 • 7:30 p.m.

Thursday, December 1 • 7:30 p.m.

Friday, December 2 • 7:30 p.m.

Saturday, December 3

2:00 p.m. and 7:30 p.m.

Sunday, December 4 • 2:00 p.m.

Olmsted Theatre

AU Students: \$5

**ADELPHI JAZZ ENSEMBLE**

Friday, December 9 • 7:30 p.m.

Westermann Stage, Concert Hall

AU Students: \$5

**FRESHMAN SHOWCASE:  
THE SEUSSODYSSEY***Written by Don Zolidis*

Thursday, December 8 • 7:30 p.m.

Friday, December 9 • 7:30 p.m.

Saturday, December 10

2:00 p.m. and 7:30 p.m.

Sunday, December 11 • 2:00 p.m.

Black Box Theatre

AU Students: \$5


**AUPAC**  
 ADELPHI UNIVERSITY PERFORMING ARTS CENTER

AUPAC.ADELPHI.EDU

 Connect  
 with us  
 today!

 /AUPACfan 

 @aupac 

516.877.4000

## The Longest Election (Was Actually Just as Long as All the Others)

BY MATTHEW SCHROH

Wednesday, Nov. 9, 2016, was an interesting day in the American media, to say the least. In the wee hours of the morning, Donald J. Trump became the first president in U.S. history with neither government nor military experience, defeating Hillary Clinton, who would have also made history by being the country's first female president. As a college student in New York, it goes without saying that many of my friends had colorful words to offer about the situation. Plenty of celebrities and journalists in the media commonly uttered the same words as well. "Fear," "hate," "disgrace" and "disgusting" were some of them. More optimistic friends and strangers repeated words like "love" and "hope." However, there is one word I saw quite a lot, especially directly after the election: "finally."

Whether you loved or hated the constant flood of election news on every news site, channel and blog, there is no denying that the 2016 election cycle was incredibly in-your-face – appearing in every aspect of many people's lives.

Though I spent my senior year as a dedicated member of my high school's debate team, and was thus subjected to plenty of election viewpoints, I didn't have to wait until Wednesdays after school to hear election talks. Practically twice a week someone was triggering a debate in my drama class. Numerous teachers offered their own viewpoints on the election – at least, as well as they could without seeming like they were trying to influence the students.

The typical person would look at this situation and remark that it's not necessarily a bad thing to be politically informed about which party seems like a better fit. Here's the problem: this was in the fall of 2015. This began before the first Republican debate, back when there were nearly 20 high-ranking Republicans seeking to control their party. The media could not help themselves from publishing . . . and who could blame them?

This was a year when a brash billionaire, one with no experience in politics at all, was consistently surging ahead of his competitors, and when an independent who described himself as a "democratic socialist" (a move that would have been

political suicide if done in a presidential election 40 years earlier) actually stood a chance against what seemed like one of the most qualified candidates for the presidency.

A common complaint about the election is how long it was – the first candidates announced their campaigns in early spring 2015! – but the truth is, it wasn't abnormally long at all. For the 2008 election, Barack Obama and John McCain both announced their campaigns by the end of April 2007. The same goes for Mitt Romney in the 2012 election cycle – he had announced his campaign in April 2011.

The only reason this election seemed to drag on so long is actually because of all of the drama it carried with it: a whopping 17 Republican candidates, various international acts of terrorism that made Americans only more fearful, and scandal after scandal after scandal – whereas most modern elections prior seemed to stick to the usual system of five or six primary candidates and mudslinging followed by the candidates rallying behind the winner, the new leader of their party.

We didn't get that in 2016. When Donald Trump became the nominee, some rivals, like Chris Christie and Ben Carson, endorsed him nonchalantly, but many of his past rivals, such as Marco Rubio, reluctantly endorsed him and made a point that they wished to serve no office in any hypothetical Trump White House. Ted Cruz refused to endorse Trump until a little over a month before the election, and some rivals, like Jeb Bush and John Kasich, never endorsed him at all. On the other side of the ticket, Bernie Sanders remained a thorn in the side of Hillary Clinton as even when the math was impossible for her to lose, he stuck on, continuing to inspire voters with his own brand of liberalism that, due to various differences with Clinton's ideas, made it difficult for them to support her when the Vermont senator finally stepped right before the Democratic National Convention.

Though it seems like this election was extremely long, the truth is, it was the typical length. So why did it feel like it dragged out, often painfully? I think the answer to that lies in a universal truth: time flies when you're having fun. And this election was not fun for anyone.

**If there are any questions, comments or concerns regarding the situation of race relations on campus, let your voice be heard by emailing:**  
**andrewschoenfeld@mail.adelphi.edu**





## Learning About Mindfulness at Adelphi

BY NIKKI CUCCIO

The student athletes of Adelphi University gathered in the Performing Arts Center on Monday night, Oct. 24 to listen to sports psychologist Spencer Wood revisit a presentation he started last February. Wood works with many professional teams as their sports psychologist and travels around the world to universities preaching the importance of mental toughness.

Being a sophomore student athlete at Adelphi, mental toughness is something that I tend to struggle with. While I consider myself a very competitive person as a result of playing sports all my life, confidence and mental toughness are attributes that I constantly strive to solidify as part of my athletic makeup.

When I was told I had to sit through a 90-minute lecture on how to become mentally tough, I was not amused. There has been nothing that I can say or do to stop my nerves from taking over my body right before I step onto the field. As I sat down with my team and all of the other sports started to file in, I could not stop thinking how there was no way that a guy could help me mentally in just an hour and a half. I've been trying to figure out how to relax my mind for so long. It took until after the lecture in order to realize how simple a task that can be.

Wood put a huge emphasis on four C's: Concentration, Confidence, Commitment and Composure. I knew that I was committed and concentrated, but confidence and composure were two



Nikki Cuccio with a few of her teammates.

Photo provided by Fallon McCarthy

aspects as an athlete that I've wanted to better. One of the most enlightening topics Wood talked about was the concept of "hype number," which he describes as the theoretical number each individual athlete should turn their minds to before each practice or game. This number would prepare the player to perform to their highest potential. Some players may only need to reach a two or a three while others like me, who may come into the game at an eight or a nine because of nerves, may have to come down to a five to perform successfully. I found myself less nervous when focusing on relaxing back to that calmer

state of mind.

After leaving Wood's first lecture in February, I was encouraged to give his tactics a try while playing the sport I love, softball. Throughout my freshman season, there were many times that I would look back in my softball journal and remind myself of the 4 C's and my "hype number" that Wood talks about. Sometimes as humans we complicate situations and trick ourselves into believing that is impossible to succeed in certain ways. I found that my commitment to mental composure helped me concentrate, which led me to gain more confidence. Yet I still felt I was falling

short of my overall goals.

While taking care of main priorities and allowing a routine set in, I have realized that it is easy to fall back on old habits. Sometimes we forget that we need to continuously practice a skill in order for it to become second nature. I am thankful that I was given the opportunity to listen to Wood talk again tonight because, even though I shouldn't need to remind myself how fortunate a student athlete can be, his simple structure for success really puts things in perspective.

At this month's talk, Wood took mental toughness down a different path. He talked about having a plan and how evaluating oneself as an athlete is important, and how one needs to be willing to change a negative thought into a positive thought as quickly as possible.

There are three aspects that Wood explained that are essential when having a plan: Where am I now? Where do I want to be? How do I get there? As I sat listening to a man I perceived to be a genius speak through the millions of thoughts running through my mind, I asked myself these questions. After Wood finished, I really thought about how even though I may think I work hard each and every day, there is always room to improve. If any one of us wants to leave a footprint and an impact here at Adelphi, there are many things that we all need to work on, especially how we evaluate ourselves. It is important to stop and think about why you are doing whatever it is you're doing. Mindfulness is not just an important element of success; it is an integral part in living a fulfilling life.

## Blame the Election Outcome on Social Media—and Our Willingness to Follow It

BY JESS WINANS

For the first time in American history, a man with absolutely zero political experience (having never held a position in an elected office) has been elected President of the United States. Right up until Election Day, popular news outlets were predicting Secretary Hillary Clinton to win the election: "The New York Times" predicted an 85 percent chance over Donald Trump to win the election. The Huffington Post predicted a 98 percent chance, and the Princeton Election Consolation predicted a chance greater than 99 percent.

What went wrong? "Donald Trump has rewritten the rules here," said Margaret Grey, an associate professor in the Political Science Department at Adelphi University. "The number of rules he's broken that political scientists say is supposed to happen from the party-elite choosing a candidate, to needing to run television ads, to needing to go towards the middle in the general election... Donald Trump has really rewritten the rules."

So, to answer the question that many Americans are asking currently,

namely, how this may have happened, the most conspicuous answer in my mind is social media. We didn't see this coming because we were blinded by our social media interactions.

Today, we use social media not only as a way to connect with distant friends and family, or share cute cat videos, but also to consume our news. According to the Pew Research Institute, half of social network site users have shared news stories, images or videos and 46 percent have discussed news issues or events.

While it's an effective way to stay in the loop, social media is essentially an echo-chamber in a sense that more often than not your circle on social media contains individuals who share similar perspectives to your own. For example, in the weeks leading up to the election the majority of political content I stumbled upon was in favor of a Clinton presidency. We like to hear the views of people who agree with us.

In addition, because of its nature, social media is not necessarily a credible source of information. When you publish content on social media, even if there is research behind your thoughts, there is no

editorial process. No one is editing your Facebook status or checking your sources for accuracy.

Social media provides a platform for massive misinformation because of its digital nature. You can witness an event, describe it in 140 characters or less and send it out to the world. The scariest thing about this: People will generally believe you, because fact-checking takes far too much time in today's society that values quickly paced information acquisition.

Back in October 2012 during the wake of Hurricane Sandy, Shashank Tripathi, a hedgefund analyst and the campaign manager of Christopher R. Wight, a Republican candidate for the U.S. House of Representatives, published quite literally misinformation via Twitter under the handle @ComfortablySmug: "Breaking: Confirmed flooding on NYSE. The trading floor is flooded under more than 3 feet of water."

At the time, with over 626 retweets and 34 favorites it can be assumed that at least 660 people were misinformed. When you factor in the followers of each individual retweeter or favoriter, the number is in the thousands.

Could misinformation from social media have shaped the election results? Perhaps.

Hillary Clinton For Prison 2016, a Facebook group with over 31,522 members, posted a link to the following article on Facebook post-election: "Just in: FBI agent and His Wife Found Deceased After He Was Suspected of Leaking Hillary Emails." The article, published by GOP The Daily Dose, reports: "Investigators believe FBI agent, Michael Brown, 45, shot and killed his 33-year-old wife, Susan Brown, late Friday night before setting the couple's home on fire and then turning the gun on himself."

Brown is not dead, but assuming all 31,522 members of the Facebook group saw this post, that is a lot of misinformation, and probably 31,522 people who were not voting for Secretary Clinton.

Whether or not you voted for him or not, President-elect Trump will be sworn into office soon. And while we may want to point a finger at the media for predicting a different outcome, we must first look at ourselves, and the blindfolds our own social media have put on us.

## A Transcript as History Occurred, November the Eighth, 2016

BY BRIAN JENNINGS

The day we've long understood as the greatest threat to peace and freedom in our time is here. Donald Trump has won the election. He will be the next President of the United States. If history had our eyes on us this month, it certainly turned a blind-eye in disgust.

Make no mistake: this election is about the failure of the American Republic. Democrats, Republicans, politicians, barking orange businessmen and apathetic voters are all to blame for this travesty. It was a race decided by many people who cast votes for President Obama in 2008 and 2012, and then flipped and supported an Alt-Right meme movement, which threatens minorities, journalists, our environment and women. These people went to the ballot yesterday and cast a vote for chaos, desperate to finally take their country back from the hands of looting politicians and greedy lobbyists.

Many will paint these voters as bigots and racists, but that feels a bit easy. While our economy and American ideology had been improving, America still hasn't been working in the best interests of all people. For that reason it's hard to blame a certain sect of Americans for falling in line with a lunatic, perhaps out of sheer desperation. The problem we now crash into head-on is the fact that the heart of this country elected an egomaniacal brat to inherit the nuclear codes. The majority of citizens in this country cast a vote for a fool. Whether you chose Donald Trump, Gary Johnson or Jill Stein, you voted for a fool.

Hillary Clinton was a lot of things, but she was not a stupid woman. She was, however, a stupid choice to run opposite the most dangerous presidential candidate in the history of the world, let alone our nation. Never, not even in 1930s Berlin, has there ever been a candidate so blatantly unqualified to run for Federal Office before he even assumed the position. Fifty-five percent of the nation currently approves of the job President Obama is doing, a higher figure than when beloved conservative memelord Ronald Reagan ceded power to his Vice President in 1988. Yet, a majority of people still wanted his polar opposite of President Obama to be their next Commander-in-chief. This election was a total rejection of any candidate or idea being forced down our country's collective throat. I wish I could applaud the passion of my fellow Americans, but the trail of hurt you left behind you on election night has wounded the soul of our nation, perhaps beyond repair.

In truth, the Democratic National Committee lost this election. They used a smear campaign and institutional corruption to insure their damaged candidate would make it to the general

election. They never stopped to realize that anyone who required so much help over the hump wasn't worthy of a 1 versus 1 fight in the fall. It is their short-sighted power trip that has brought our nation to its knees, and for that I hope they are forever shamed from playing such high-stakes games with our freedom again.

Sixteen years ago, Al Gore and the Democrats didn't take George W. Bush seriously and we're still living in the perilous wake of that horrible oversight. We're still living in the perils of a post-9/11 world where everything we do on the Internet is documented and everything we do overseas brings us one day closer to our spectacular demise. We have never been more hated around the world.

We will soon live in a nation under a know-nothing Republican President and a Congress controlled by the institutional greed-wing of said party. The idea that Trump will "drain the swamp" is outrageous. Donald Trump is a man who has consistently come out in support of one demographic: himself. His belief that he is the only one capable of exacting change for all Americans is frightening. He will do the bidding of a Republican Congress, despite what he's said about them in the past. Trump is a businessman; it's the one thing he makes very clear. If you think this brainless, unqualified and under prepared stooge is going to break apart the institutional corruption in Washington, you simply have no understanding of how the American political system operates. He simply does not have that power. Many, myself included, are worried about what he'll do when he realizes he doesn't. Hitler burned the Reichstag. How else does one unify the state?

***"Use your right to think,  
exercise your right to fight  
and celebrate every idle  
moment with the opportunity  
you have to love."***

Hillary Clinton was damaged, unlikable and a flip-flopper on most issues she championed for religiously on the stump. She came across as representing all people, but it was her superior attitude towards flaws and opponents that made her seem as if she represented nothing except matters that most concerned herself. Yet, she remained a champion for children, women and most of all, intelligence to the very end. Clinton has long been a political enemy of not only conservatives, but progressives, but it's hard to sit here and not tip your hat to her this time around.

Despite all her flaws and the charges often brought against her by we the people, Clinton turned out to be, by and large, everything she claimed to be. Like most politicians, we suspected she was out for her best interests and we didn't like the fact that we still have to take her, or any other politician, with a grain of salt. Yet, the more

time I spent studying her, her emails and what we believed to be her motives, I'm left with one lasting definition of the woman we all loved to hate. Hillary Clinton was an insecure public servant motivated by her quest for higher office in order to execute her vision for our country. Has she made mistakes? Absolutely, but they were mistakes born out of her desire to excel at her job. It is remarkable that after eight years of war, I have come to deeply respect this noble enemy. In the wake of this election, I now see Clinton as one of the biggest victims of this most disgraced year of our Lord, 2016.

We didn't trust her. We called her corrupt. We chanted, "Lock her up!" We thought she felt entitled to the Presidency. We perceived Hillary Clinton to be the greatest evil in American politics, but this perpetuated stigma has only led to the physical embodiment of everything we think about Hillary Clinton, becoming our President in Donald Trump. A man whose main campaign argument has been, "trust me, believe me." A man who abuses the tax code in order to grow his business at the expense of all the blue color voters he's claiming to represent. A careless and self-centered individual who will soon go to court for allegedly raping minors, and threatening to have them killed should they ever tell their side of the story. A rebel-rouser who has promised to jail his opponent and journalists who dare to question his bombastic authority. An orgiastic ape who's openly toyed with inciting riots, limiting the protections of the Fourth Amendment and banning minorities from our country. Someone who plans to retread over years of right-wing political incompetence by re-implementing trickle-down economics, crippling the minimum wage and re-casting our inalienable right to life into the hands of greedy businessmen all trying to make a buck off of our misfortune.

I was in tears the morning after the election not because I voted for the other side, but because I truly despair over the state of the country that I love. I love that each and every one of us is a little bit different. I don't love that we all can't accept and celebrate that fact. We've become too divided as a nation, with half of both party electorates believing the other side is evil and dangerous. Our culture has become full of memes and our first reaction to anyone without a like-mind is to lean on the crutches of hate and shame.

But we've been here before. My father was born a week before Franklin Roosevelt died, at a time in our history when Jews were being murdered in Germany and nuclear weapons were being designed with the final intent of mass destruction. In his time, Presidents have been shot and

his friends have been sent to die in a Vietnam jungle for reasons they never understood. A President resigned in disgrace; another talked about "morning in America," while casting millions of working class people into darkness. We've had our freedom challenged on a clear September day, and our economy plummeted by the greed human beings are capable of executing when they can feel the American Dream breathing seductively down their neck. We elected Donald Trump because of the naive belief that the American Dream is somehow tied to a dollar amount and societal status. We have allowed ourselves to become corrupted by the fear of change. We voted for entertainment, while rejecting enlightened, thoughtful debate. We have thrown into question all the ideals and principles this nation is capable of representing at its most glorious peak.

Do not become discouraged; use this moment as the inciting incident that sparks the rest of your life. Please be courageous enough to care about whatever may happen. Please believe that your voice will one day be heard even if it was silenced this month. Believe in the power of your own opinions. Remember that there is always a cost for victory and that we cannot unite if we continue to degrade those who assert an opinion that counteracts our own. Over the last year, I've worked to reach my friends because I care. I've tried my best to warn and to guide, and I do believe I've made some mistakes. There have been people I've alienated, words I'd take back. But I'm not embarrassed to say I'm proud of the work I did and the passions I felt. They made me a better American, and for that I can take solace despite this most back-breaking failure. I ask every single person, please do not despair. I know this world seems divided and the boundaries that obstruct our brotherhood seem unbreakable. But you have to believe in the good in this world, because it is real and it is palpable. Since this process began I've had a series of insightful and meaningful conversations, even if there were a lot of frustrating exchanges mixed in between. I've been inspired by those friends who took charge and cast a vote. I continue to be inspired by the faces I see and the love that I feel every so often from all the good, well-meaning citizens of this country. It is because of you that I still see hope for us all. America failed on Nov. 8 thanks to a gang of hateful rebels, but as a united front of contentious objectors we can and will succeed.

Use your right to think, exercise your right to fight and celebrate every idle moment with the opportunity you have to love. As the poet Dylan Thomas wrote: "Do not go gentle into that good night. Rage, rage, against the dying of the light."

## Men's Soccer Makes History Looking for Deep NCAA Run



Members of the Men's Soccer team celebrating their victory.  
Photo provided by Fallon McCarthy

### BY FALLON MCCARTHY

For the first time as a Division II program and a member of the Northeast-10 Conference, the Adelphi University Men's Soccer team can call themselves champions. With a 2-1 win over the third seed Le Moyne Dolphins on Motamed Field a week ago, the Panthers claimed what they've been working together for since August: a conference championship.

The two teams played to a 0-0 draw in the first half, but quickly got the action going in the second half when Le Moyne's Pablo Fernandez scored in minute 47.

After falling behind 1-0, Adelphi quickly rallied to score two unanswered tallies to take the lead.

The first Panther goal was scored in the 57th minute by junior Joey Sanchez to even the score at one. Sanchez sent the ball into the back of the net off of a double assist from Thristino to De Oliveira.

The second goal again came from Sanchez just seven minutes later, a laser coming off another assist from Thristino that put Adelphi up 2-1 and would eventually win the game for the Panthers.

As a result of his outstanding efforts, Sanchez was awarded the Most Valuable Player of the NE-10 Championship. In addition to Sanchez, sophomore James Thristino and senior Emil Thomsen were named to the All-Championship Team.

With this historic win, the Brown and Gold propelled themselves into the

NCAA Tournament on a significantly high note.

"This year we've proven to ourselves that we can win some big games," said senior goal keeper Spenser Powell. "Our prep is the same no matter who we play. The scout changes and we try one or two new things, but at the end of the day we worry about going out there and playing our brand of soccer."

Following the Conference Championship, the Brown and Gold were tabbed the second seed in the East Region of the NCAA Tournament. As the second seed, Adelphi hosted the First Round of the tournament, a game between third seed Le Moyne and sixth seed Southern New Hampshire. The Penmen came out on top of that match to advance to play Adelphi in the Second Round.

On Saturday, Nov. 12, the Panthers defeated Southern New Hampshire to advance to the Third Round of the NCAA Tournament. With an assist from a clean sheet from senior goal keeper Powell, a goal in the 63rd minute from junior and Player of the Year Freddy De Oliveira proved to be all Adelphi needed to steal victory from the Penmen.

The Brown and Gold defeated LIU Post 4-0 on Nov. 17 at LIU's field.

"The ultimate goal for right now was beating Post on Thursday," said Powell. "With the tournament, you can't get ahead of yourself and we're taking it one game at a time."

## Women's Soccer In Third Round for Second Consecutive Year

### BY FALLON MCCARTHY

The Adelphi University women's soccer team is currently striving for a deep run into the NCAA Tournament for the second year in a row.

Coming off of a heart-breaking loss to Stonehill in the semifinal round of the Northeast-10 Conference Championship, the Panthers redoubled their efforts and came out on top. Earning the second seed in the East Region and thus a bye in the First Round of the tournament, the Brown and Gold look to cement their place in the record books and make it all the way.

As the second seed, Adelphi hosted the First Round of the NCAA Tournament, a matchup between third seed LIU Post and six seed Caldwell. The Pioneers advanced to the Second Round where they were then sent home by the Panthers on Sunday.

The Brown and Gold were led to victory by junior Jeanine Nunez and senior Laura Gomez.

The pair scored in the 22nd and 33rd minutes respectively, and along with

some solid defense from seniors Mea Simmonds and Tori Antonino, secured the win for the Panthers.

"Tori [Antonino] said that in order to be great, we need to do great things and that really stuck with the team," said Nunez. "Heading into our Second Round NCAA game, we were pretty stoked to start a whole new and more intense season ahead of us."

With this win, the Panthers advance to the Third Round of the NCAA tournament on Nov. 18, where they will take on the University of Bridgeport for the second year in a row. After being sent home by the Knights last year, the Panthers are ready to take some revenge.

"At this point in the season, there's not much that can be said or practiced that would change how we play," said Nunez. "With that being said, we're looking to just thoroughly enjoy the sport that we all collectively love for the next couple of days and show what we've been working on all season. Our goal since last spring has been to make it to the Final Four and that's what we'll continue to strive for this weekend."

## Volleyball Looking Towards Another NE-10 Championship

### BY OLIVIA FRANKS

The regular season has come to a close for the women's volleyball team at Adelphi. Though the team had a slow start, they ended the regular season with a solid record of 18-11, a conference record of 9-5 and an impressive home game record of 8-1.

Adelphi has been seeded fifth out of eight teams for the conference championship after the last two regular season games this month in New Hampshire. On Nov. 11, the Panthers first faced Franklin Pierce and lost 3-1 despite Melissa Rigo's effort with 17 kills and junior Katherine Ferris's 6 blocks. The next day Adelphi swept Southern New Hampshire University, 25-21, 25-21, and 25-14.

Seniors Sierra Crook and Mandy Stanislovaitis have been stand-outs this season as Crook reached 2,000 digs, the first player to do that in program history. In addition, outside hitter Stanislovaitis

reached 1,000 kills during the regular season. At starting setter, junior Megan Manierski ranked 6th in the Northeast 10 Conference for average assists per set at 9.46.

Graduate student Rigo continues to be an integral part of the team during her first and final season at Adelphi as she has the most kills and kills per set in the NE-10. Middle blocker Madison Canestrari has played a key role in the team's defense with an average 1.30 blocks per set. She leads the NE-10 in that category.

The Panthers headed back to New Hampshire on Nov. 16 to face number four seed Saint Anselm for the start of conference playoffs. The Panthers defeated the Hawks 3 sets to 1 (21-25, 26-24, 25-15, 27-25) after falling behind after the first set.

With this win, the Brown and Gold advance to the semifinals of the NE-10 Championship to take on number eight seed Pace on Friday Nov. 18 at the host school, American International College.



Photo provided by AU Athletics

## Final Ride Series: Soccer, Volleyball and Basketball Stars

BY FALLON MCCARTHY

*In this new 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.*

**Amanda Borges** is a right-side hitter for the volleyball team in her senior year. Borges has garnered an NE-10 Player of the Week accolade and Legacy Advisors Players of the Week honor in her final season as a Panther. The New Jersey native is pursuing a future in nursing.

**Q:** How many years have you been playing volleyball?

**A:** I started my freshman year of high school so this will be my eighth year playing.

**Q:** What does volleyball mean to you?

**A:** For me I've always been very competitive. It's a great way to really just be active and to let go of all the stresses of everyday life. It brings you close to people. Also, playing for my parents means the world to me because they've always been there to support me.

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

**A:** Although I'm sad I am excited to move onto the next chapter. I'll be applying to nursing schools. That will be one more year in nursing school then I will get my BSN in nursing.

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

**A:** I would just say to make sure that you give 100 percent every day. Peo-



**Right-side hitter Amanda Borges**

*Photo provided by AU Athletics*

ple say it goes fast and it really does. You don't want to leave with any regrets. Also if you ever feel you're in a rut or a low place, just remind yourself of a positive. This is supposed to be about the fun.

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

**A:** My teammates. I've been really blessed with a lot of great players in the four years I've been here. I've never felt so close to another group of girls on any other team I've been on.

**John Ferguson** is a four-year letter winner for the men's basketball team. He is a native of Goshen, NY, and is looking to pursue a career in either physical education or strength and conditioning.

**Q:** How many years have you been playing basketball?

**A:** Since fourth or fifth grade.

**Q:** What does basketball mean to you?

**A:** Basketball is the best sport ever. High school and college basketball has helped me grow up to be the man I am today. It has also given me opportunities to meet many different people.

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

**A:** I'd recommend to athletes entering college to make sure they always listen to their coaches even though it might not be something they want to hear and to take every practice session seriously. This will allow them to obtain minutes and to enjoy the experience more.

**Tori Antonino** is a four-year letter winner for the Adelphi women's soccer team. As a midfielder, the Howard Beach native has helped to center and drive both the Panther defense and offense in her time on the pitch. In her junior season, the midfielder was an All-American Honorable Mention and was also named

to the NE-10 All-Conference First Team. Antonino currently has nine goals and five assists in her final season, and is looking to increase those numbers in the NCAA Tournament.

**Q:** How many years have you been playing soccer?

**A:** I've been playing soccer honestly for as long as I can remember, so I'd say about 19 years now.

**Q:** What does soccer mean to you? Why?

**A:** I've always looked at soccer as my outlet, especially once I hit the high school level when school started getting more serious. I use soccer as a stress reliever because it's always been such a fun place for me to just relax and be myself. Once I step on the field nothing else matters except the game that I love. There's not really one specific way to play soccer, so there's such an amazing opportunity to be as creative as you can and I think that feeling of freedom is why it's been such a successful stress reliever all these years.

**Q:** How have you been molded as a person by soccer? How will that help you in the future?

**A:** Success increases a person's courage and confidence, being a part of a few successful soccer programs in my life, the sport has definitely helped me in the ways of believing in myself and taking chances.

These characteristics of courage and confidence are often very common in athletes, but soccer has been unique to my life and who I am by encouraging me to put others before myself. It has given me an understanding of the importance of the group over the self. I would be nothing without my team. No game-winning assists, no overtime goals, no victory dog piles, none of that is ever the product of an individual in the game of soccer. The strength within a unified group is unimaginable to some, but has made me who I am

and I am grateful for that.

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

**A:** Soccer has taught me more than a few things, but I believe one of the most important things (as cliché as it sounds) is that there truly is no one that can beat you besides yourself. There is a scripture verse that I find solace in which reads "I can do all things through Christ who strengthens me. Philippians 4:13." It is this belief in myself and my faith that I have gotten as far as I have in life and in soccer. A person's character is an amazing thing, especially in college sports. It makes or breaks a season. It pushes through injury; it fights for others and it wins championships. It's been amazing learning about the power of character within individuals and within a team.

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

**A:** I hope to stay involved in soccer in some way or another for the rest of my life. I will take everything I've learned from my team and my amazing coaches with me regardless of whether I am on the field or on the sidelines, and I will continue to learn as much about the game and the positive impact it has on individuals as I go. I hope to have the opportunity to teach athletes, at a younger level than college, about the importance of both an individual's and a team's character because I think it is a big part of what is missing in the first two or so years of college sports. The earlier kids learn the significance behind the team over the self, the more successful they will be as players. I hope to be able to teach that.



**John Ferguson of Men's Basketball**

*Photo provided by AU Athletics*



**Midfielder Tori Antonino**

*Photo provided by AU Athletics*