

Softball Head Coach Takes on the New York City Marathon

BY NICOLETTA CUCCIO

Earlier this semester, a number of group. The New York City Marathon, an iconic race that brings together over 50,000 people from 139 countries and all 50 states, brought life back to the city of New York on Nov. 5, where just days before, on Oct. 31, a man deliberately plowed a van into pedestrians in downtown Manhattan, killing eight.

One participant trained up to 80 miles per week for this historic event, where she completed the 26.2 mile journey and helped to patch the wounds of the latest deliberate attack on innocent people. She is head coach of the softball team and assistant athletic director at Adelphi University, Bree Nasti.

"I feel accomplished," she said. "I feel proud. I feel tired. But, it's been a few days, and I'm ready to put my feet to pavement again."

Ten months before race day was when Nasti decided to run in the NYC Marathon, a feat she knew would be difficult but rewarding.

"I wanted to do it because I knew it would be tough and because I had never previously fathomed running one," said Nasti. "It always seemed like something



Softball head coach Bree Nasti was a runner in the NYC Marathon.

(Photo by Nicoletta Cuccio)

that just wasn't for me because I'd never considered myself a runner or someone capable of distance running."

The 26.2 miles run through the five boroughs of New York started in Staten Island and finished in Manhattan.

"The course had so many different 'feels,'" said Nasti. "Standing on the

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Curtailing Course Registration Problems That Can Delay Graduation

BY JESS WINANS

For some students, registering for classes is a breeze, but for others it can be a nightmare. That's the problem the Office of Academic Services and Retention aims to solve.

Spearheaded by Les Baltimore, senior associate provost for undergraduate programs and student success, the office assigns academic advisors to students; implements the degree audit system; and helps students plan their schedules when they have issues getting into certain classes or are uncertain about their degree requirements.

"This office is probably the most pro-student office on campus," Baltimore said. "We always tell students if you're not sure where to go, come to us. If we're not the right place, we'll get you to the right place."

The course registration at Adelphi typically goes as follows: A student logs on to the CLASS system, which delivers a degree audit based on the designated major, detailing which courses and credits need to be completed in order to graduate on time with the desired degree. Once the degree audit is run, a student may go to the registration portal via CLASS and begin

registering for classes. After choosing a desired class schedule, a student would schedule an appointment with their advisor(s) assigned to them during freshmen orientation based on their chosen areas of study, who would then need to approve it. Once it has been approved, the student can submit the course schedule to the registrar at the assigned time.

However, if a student is unable to register for a necessary class due to full enrollment, he or she has to find an alternative to meet their course requirements, which can lead to a lot of confusion.

"I don't have the right credits in order to graduate, so in the next three semesters I have here, I either have to take 17 credits or I can take 15 and would have to stay an extra year," said biology major Val Cirisano. "There are 38 biology credits I need that I can't physically fit into my schedule, yet my advisor never said anything to me."

Baltimore acknowledged that some advisors are more concerned about the details with their advisees than are others.

"But part of our whole advisory philosophy is that it's about students

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AU Braces for "the Opioid Storm" Devastating Nassau and Suffolk Counties

BY GABRIELLE DEONATH

Earlier this year, Jeffrey Reynolds, PhD, president and CEO of Family and Children's Association, approached the question of "What Now?" through the lens of the opioid crisis on Long Island at the second annual TEDxAdelphiUniversity event. He came across the application for the event the day it was due and filled out the form within minutes.

"I'm really comfortable with public speaking, but it challenged me in other ways," he said. "It forced me to keep things very short and pretty pointed."

For Reynolds, the TEDx event in March seemed like a great way to spread the word about a specific topic, and he knew he had to use the platform to talk about this epidemic, as it was dominating the work he was involved in.

"Since Long Island has also been impacted by Superstorm Sandy, and we are still feeling the effects, we thought his model of thinking about and preparing for the opioid crisis as we would a disaster brought a new way of thinking to this epidemic and offered novel insight," said

Elizabeth Cohn, executive director of the Center for Health Innovation, which also facilitates TEDxAdelphiUniversity.

In his talk, Reynolds likened the opioid crisis to the destruction of a powerful storm, claiming the lives of 442 Long Islanders in 2016. He said opioid overdose is the single largest public health threat on Long Island. According to Cohn, Reynold's talk was timely, with opioid overdose fatalities at its highest in 2016 in Nassau and Suffolk counties, and was well-received this spring. Every year, the Center for Health Innovation chooses one of the TEDx talks to create a larger symposium around, and from the 2017 presentation, "Smacked by the Storm" by Reynolds was selected.

The event, held last month, was formed around three panels geared toward prevention, treatment and recovery and featured a keynote address by Nassau County District Attorney Madeline Singas with around 200 people in attendance. The prevention panelists were Jamie Bogenshutz, executive director of YES Community Counseling Center, Lisa Ganz, clinical director of Long Island Council on Alcoholism and Drug Dependence and Judi Vining, executive director of Long Beach

AWARE. Former assistant district attorney Rene P. Fiechter moderated the discussion. Reynolds led the treatment panel with Audrey Freshmen, PhD, director of the Postgraduate Certificate in Addictions program at Adelphi's School of Social Work; Claudia Ragni, director and owner of the Kenneth Peters Center for Recovery; and Anthony Rizzuto, executive director of Families in Support of Treatment adding fresh perspectives to the topic.

Closing out the discussion panels, Marissa Abrams, PhD, clinical assistant professor at Adelphi's College of Nursing and Public Health, facilitated conversation about the recovery process between Richard Buckman, founding member of LI Recovery Association; Robert Evans, recovery coach at Beneath the Surface Life Coaching, Inc.; and Krystle Stoddard, a peer advocated from THRIVE.

"Transitioning into the college experience can be an exciting time, but there's also an element of risk," said Abrams, who is also a psychiatric nurse practitioner in the substance abuse area. "If someone finds themselves in a state where things are spiraling out of control or they're not sure what's going on, they

need someone to talk to. By having these conversations, that's a part of prevention."

Abrams recommended that Adelphi students struggling with substance abuse visit the Student Counseling Center located in room 310 in the University Center when seeking help or a safe outlet. She believes that the staff is well equipped to either manage those types of situations or find a more appropriate and fitting resource.

According to Reynolds, opioid overdose has largely proven to be a white, middle-class problem, and most of these fatalities affect people age 18 to 30. Because of this and the prominence of the issue on Long Island, Reynolds said he believes that it's important to get the college community talking about the issue, not only to promote safety, but because young people can help other young people around them.

"Young people are dying in record numbers, and I'm watching that happen around me," Reynolds said. "One of the things we know is without intervention, it doesn't get better on its own. The sooner you reach out for help, the easier it's going to be, and the sooner you'll get better."

A Word from the Editor

Through my role as editor-in-chief this semester, I have learned so much about leadership and the editorial and production process that goes into creating a newspaper.

However, one of the more entertaining parts of my job is learning about so many of the incredible people who make up the Adelphi community and have contributed to the university's history through the articles written by *The Delphian* staff. It constantly reminds me that I am part of an extraordinary community of individuals and often pushes me to better myself so I can contribute to the legacy that, together, they have all created and maintained. This issue continues to tell the stories of Adelphi students, faculty and alumni participating in initiatives and personal efforts that create impact within our university and beyond our school's gates.

Our sports editor, Nicoletta, wrote a feature on head softball coach Bree Nasti, as she reflected on training for and participating in the NYC Marathon. Her story is an example that mastering any skill can be accomplished through hard work, determination and – most importantly – practice.

The American Sign Language club, National Resident Hall Honorary Society and Social Work Action Gateway sponsored a Midnight Run service event earlier this month, providing food, clothing and other necessities for the winter to the poor and homeless in New York City. Learn more about their powerful experience on page 2.

The Theatre Department held an autism-friendly performance of "Peter and the Starcatcher" last week as part of an effort to make the theater more accessible to those who are not traditionally catered to in that space. More about the show and this new push for accessibility can be found on page 4.

In another case of supporting those who are usually forgotten, Unity Day, which was recognized late last month, brought together the online community, as well as Garden City, after a case of bullying at Garden City Middle School that led to severe consequences for the victim. There were even some on Adelphi's campus that helped bring awareness by wearing orange clothing on that day.

For pieces on more worldly affairs, from special counsel Robert Mueller to Catalonia and the far, but seemingly much anticipated 2020 election, take a look through our extended editorial section written by Adelphi voices on this campus.

While recognizing those who represent what our university stands for, all of us at *The Delphian* would like to express our deepest sympathies and condolences to the family and friends of 18-year-old Taranjit Parmar, who tragically passed away Nov. 9 in a hit-and-run incident. For anyone struggling with this sudden loss, please visit the Student Counseling Center in the University Center, room 310.

Lastly, we would like to wish you all a happy Thanksgiving. Through my notes to you over the last four issues, I have realized that there are some very heavy issues and events that have been occurring lately. In a time when we all need a little positivity, I would like us all to take a moment during our time off to think of the things that we are grateful for, whatever your point of view is on the holiday.

I'll go first: With each issue, I am constantly grateful for my editorial team and the graphic designers who work for hours on end during production week, our advisor, Liza Burby, who guides us all through the hectic process, and all of you for supporting us by reading each of our issues and making our hard work worthwhile. Thank YOU!

-Gabrielle Deonath
Editor-in-Chief



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AU Making Wishes Come True: Haunted Halloween Homerun Derby

BY BETH ANN PIERCE

With the help of the softball and baseball teams, the Student Athlete Advisory Committee (SAAC) held a Halloween Home Run Derby fundraiser on Oct. 31 on the William J. Bonomo Memorial Field to raise money for the Make-a-Wish Foundation.

"The Halloween Home Run Derby was a great success," said junior Chelsea Abrue, a SAAC representative. "Seeing the Adelphi athletic community rally behind an event was very inspiring."

Participants hit 10 baseballs for \$5, and those who came in a Halloween costume hit for a discounted price of \$3. The score was kept through a point system of one point for a hit into the outfield, three points for a hit over the coned fence, and five points for a homerun over the baseball fence. Scoring a total of 25 points, sophomore baseball player Troy Simpson was

named the winner.

The Make-a-Wish Foundation is a nonprofit organization dedicated to bettering the lives of children with life-threatening medical conditions through granting their "wishes." Since 2013, they have granted over 220,000 wishes and continue to impact the lives of children by giving them the courage to keep fighting.

Donations came from men's and women's lacrosse, women's tennis, field hockey, softball and baseball teams. Greek Life organizations, as well as members of the larger student body, participated in the event. Additional donations were made by passersby, leading to a grand total of \$209 raised.

"We are so proud of the turnout at the derby," said Lauren Sandelier, SAAC treasurer. "We hope that we can make this an annual event here at Adelphi so that we can continue to bring in money for a great cause."

Adelphi Serves the Poor and Homeless with Midnight Run

BY TATSUYA HONDO

Beginning on Friday, Nov. 3 and continuing into the early hours of Nov. 4, Adelphi students participated in the Midnight Run service with a commitment to caring for and interacting with the housed and homeless. This is an annual event sponsored by the American Sign Language club, National Resident Hall Honorary Society and Social Work Action Gateway.

As a part of the overnight service event, about 35 members of the Adelphi community filled up two shuttle buses, provided by the School of Social Work, to bring clothes, food and goods to those in need in eastern Manhattan.

"I did some volunteer work before, but it's my first time doing this kind of event," said Adelphi student Bingjie Leng. "I can't tell the difference between the client population and the homeless. As human

beings, they should be treated with dignity and respect."

After leaving campus at 8:30 pm, the group made four mission stops where volunteers met and connected with those they were serving.

"The experience for me has only improved," said senior Yolanda Chalco as she reflected on this year's event compared to those of previous years. "As a future social worker, it is invaluable to be able to experience a diversity of people. The Midnight Run was also an opportunity to mingle with future social workers from different campuses."

Adelphi student Kamala Jackson spoke about the importance of participating in this community service event. "You wouldn't know their story unless you speak with them," Jackson said. "Meeting other people who share the same city with you builds a relationship with them."

Unity Day Brings Together Garden City and Online Community After Devastating Case

BY VICTORIA GRINTHAL

Adelphi Panthers sported orange clothing on Oct. 25 in acknowledgement of Unity Day, which is an internationally recognized day dedicated to raising awareness about bullying and prevention.

In the town of Garden City, awareness of the issue is more prevalent than ever because of a highly-publicized case of bullying that recently took place in the area. A viral Facebook post, written by mom Deidre O'Brien, told the story of her 13-year-old son Liam's experiences with bullying at Garden City Middle School. Within the post, O'Brien explained that Liam had been bullied severely by teammates after joining the middle school's soccer team. The bullying was so extreme that Liam developed an eating disorder and depression and is still currently in the hospital for treatments for those conditions. O'Brien and her husband were only informed of this after Liam told them about it almost a year later and their attempts to report the incidents to the school were unsuccessful. What evolved from this post was the hashtag campaign #WeStandWithLiam, which was used in posts on various social media platforms to show support for the O'Briens and to call for action in the school district.

From Garden City trees to Nas-



Nasdaq shows support for local victim of bullying. Photo by @Mayragarcianyc

daq's Times Square advertisement screen, many have adorned Unity Day's bright orange color in support for the teen, who is still recovering from his conditions.

According to Jessica Klein, Adelphi associate professor of Sociology and Criminal Justice, this case is far from rare.

"The O'Brien's story is unfortunately a common one," said Klein, author of the book "The Bully Society: School Shootings and the Crisis of Bullying in America's Schools." "Many youth who are bullied are teased because of the way

they look... a prejudice called looksism." Just as with other prejudices, Klein stated that bullying will continue until schools actively address this issue. However, this isn't restricted to middle school, but many stages of people's lives.

"This kind of bullying starts as young as preschool and continues through college and graduate school and into the workplace," she said. "Gary Namie, director of the Workplace Institute, reports that one out of three workers are bullied in the United States."

Course Registration Problems That Can Delay Graduation

(Continued from page 1)

making choices," he said. "While I send a letter in the spring of their junior year with the bolded line that they should make sure they have enough credits to graduate, they shouldn't need a letter to know what their graduation requirements are. They should be paying attention all along, especially if they're in a more highly sequential major."

Nonetheless, to help decrease the amount of issues that arise during course registration, the Office of Academic Services and Retention is looking into implementing a more personalized degree audit system with built-in advisement and tools to assist communication between advisors and students; creating more sections of courses students get locked out of; and providing alternatives to students who need certain credits or courses for graduation.

For more information on course registration or the Academic Services Office, visit academic-services.adelphi.edu.

For the crossword puzzle, visit:
Facebook.com/AUDELPHIAN

Softball Head Coach Takes on the New York City Marathon

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Verrazano awaiting the start and hearing Sinatra's 'New York, New York' playing was probably the most emotional part of my day. I felt extremely close to the city I have adored for so many years and the people sharing in the experience with me, including those I know personally and those I don't know at all."

In order to run in the marathon, individuals must either qualify from a prior race or run with an organization. Some of the organizations raise money before race day, during the event or after. Nasti ran as part of the New York Police Department. Her uncle, who is a member, gave his place to her.

When training for the marathon, Nasti said she focused mainly on sticking to her 18-week program. Throughout the weeks, she faced a few setbacks, which helped her understand her body more precisely. According to Nasti, there were some days where what the program told her to do and what she wanted to do didn't match up. Having difficulty during days of daunting long runs, Nasti admitted to adjusting the miles during her training, but in the end, she said she still felt prepared.

"I do wish I incorporated more runner-specific strength training into my program, especially foot and ankle work," said Nasti. "I spent a lot of time running and didn't make time for strength training. I also didn't make time for stretching and preventative treatment until something happened and I wasn't able to train the way I wanted to. I wish I would've been

a bit more proactive about that, knowing that things were going to come up. Maybe I could've avoided some issues."

Nasti said she enjoys the way that she feels, physically and mentally, when she has completed a run. She finds that running allows her to carve out "me time" in her schedule and take in the natural environment around her. For this reason, she enjoys running when traveling.

"It's become a new way to explore places I've never been to, and places I have been to before, but always from a different perspective," said Nasti.

Crossing the finish line in the marathon at just over five hours, Nasti said she felt the most challenged at miles 19 and 22.

"My longest training run was 16 miles," said Nasti. "Hitting that mark and thinking 10 more to go was a little scary. I was trying to take in every moment, every scene, every neighborhood, every voice, siren, sound, breath and smell while trying to avoid every slick surface, crack in the street, flying water cup and halted runner." According to Nasti, her mind was calculating the remaining distance, at one point even asking herself, "How far is 800 meters?" She said she thought about the way her body would feel after finishing the marathon and anticipated receiving the post-race poncho she had heard so much about.

"Mostly, I was thinking about how good it felt to have so many people tracking, watching, texting, cheering and waiting for me to finish," she said.

While Unity Day is internationally recognized to support bullying awareness within every community, the kind of issue that Klein discusses in her book is not something that should only be spoken of once a year. As a result, there are many anti-bullying programs that have been created to aid in the effort – one of which exists right here at Adelphi.

Klein is the founder and director of the Creating Compassionate Communities (CCC) team at Adelphi University, which has researched and promoted anti-bullying in a number of K-12 school districts by playing games to enforce unity. With these programs, the CCC hopes to develop kids – and their teachers – into kind and empathetic people through every stage of life. The focus of districts, she said, should be more on monitoring dilemmas than punishment alone.

"Students and teachers need to know that the school expects everyone to be kind and supportive of one another," Klein said. "People need to be taught how to empathize with one another and how to reach out to support one another."

The work of Klein and the Creating Compassionate Communities team shows that Adelphi stands with Liam and Unity Day, but also supplies students with the tools to fight against and prevent bullying on a daily basis.

Five Adelphi softball players, other members from Adelphi's Athletic Department and a few of Nasti's friends went out to show her support along the route.

"I have so many people to thank," said Nasti. "Anyone and everyone who went on runs with me, whether they were short or long – my friends and family who showed interest in my training and journey, my parents who would ask me every day 'Did you run? How many miles today?' and my players, who were so incredibly supportive through it all. Seeing them holding a sign and cheering for me was so incredible and left me feeling so much gratitude for the amazing people I have in my life."

Though the preparation was relentless and time-consuming, the feeling of crossing the finish line was indescribable for Nasti. Running another marathon would not be easier for her she said, but it is something that she would like to do. Now knowing what to expect, Nasti is ready to get back into training to give herself the chance once again to feel the pride and accomplishment she experienced crossing the finish line.

"My advice to anyone interested in running a marathon is to do it," said Nasti. "People often say 'I could never do that.' I was one of those people. I am not a natural born runner. I'm not a fast runner. I only recently started to call myself a runner. I felt like that title has to be earned in some way, but the truth is if you run, you're a runner."

“Peter and the Starcatcher” Changes Sails for Autism-Friendly Performance

BY JAMI GLATTER

The university theatre department staged a performance of “Peter and the Starcatcher” specialized for audience members diagnosed with an autism spectrum disorder on Sunday, Nov. 12. The department partnered with the organization Autism Friendly Spaces to create a comfortable environment for those with sensitivity issues. Margaret Lally, an associate professor in the department, said the goal was to make theater accessible to more community members, especially those who might not otherwise be able to go to the theater.

The performance took place in one of Adelphi’s Performing Arts Center’s (PAC) Olmsted Theatre, while the Interlude Café and the Black Box Theatre acted as Quiet Areas and Activity Areas, respectively. These areas existed to accommodate for any needs the attendees faced while in the theater.

Assistants monitored the aisles throughout the performance and were ready to hand out fidget toys to any distracted audience member who required one. The house lights were also dimmed during the performance, but never turned off completely, as they were during a standard show.

Elements onstage were also altered. No haze was used during this performance. Additionally, the accompanying band played their instruments lower and sound levels in all aspects, from character microphones to the crack of a whip, were



Cast members prepare for their performance. Photo by Pernille Gilje

lowered.

While the immersive theatre technique was still heavily in play as actors utilized the entire space for their performance, many moments that played out in the aisles or by the band pit were moved closer to the stage and the action that the audience was focused on.

Although the audience was small, students and families alike delighted in the sharp wit, silly jokes and physical gags. Scenes that drew the most laughter included a pirate fight over treasure turned boxing match and the opening musical number of Act II performed by the entire cast in colorful wigs and mermaid tails.

There was an adequate amount of sly humor to keep the parents entertained

and the kids laughing.

“Peter” is a children’s play directed by Jamiann Devlin, who utilized immersive theater and “poor theater” techniques to weave the fantastical prologue to Disney’s beloved 1953 film about a boy who never grew up. The actors utilize the entire space before and throughout the performance. In the poor theater technique, audiences and cast alike are encouraged to use their imagination to set the scene. Ensemble members act as doorways on ships, use mops as spyglasses, and sheer blue sheets of fabric as rough seas. Props like a cat made of soup cans were imaginative and conveyed well.

This technique fits well with Devlin’s conceptual narrative that “Peter” is

simply a story told by orphans in a desolate, Victorian-era orphanage to help them escape their situations. Ensemble members who stand to narrate the action of the scene don’t feel out of place once one remembers that we are hearing children build a story together.

Lighting by Michael Lounsbury paints vibrant and defined portraits of the environment that the cast lives in. Act I takes place on two crowded ships and is lit in mainly blues and greens to convey a sense of seafaring. Act II is set on a tropical island and one can almost feel the contrasting warmth of the setting just by the pinks, pale blues and golds lighting the space. Stencils of ships and clouds are also projected onto the cyclorama, further realizing the environment.

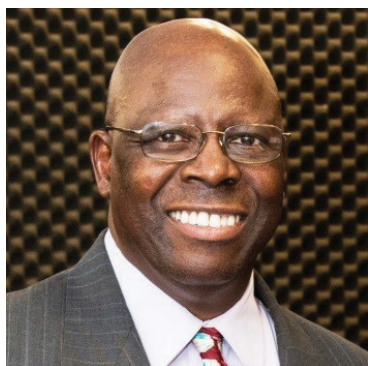
Lally said she felt the autism-friendly performance was a success. “It gave those families that came to the theater that day the opportunity to share a performance experience free of judgment. Basic theater etiquette (no movement, no noise) is relieved so people with autism can enjoy a live theatrical experience in a safe and accepting environment.”

In February, a performance of the show “Machinal” will have an open-captioned performance.

“We are actively working on accessibility and community engagement and look forward to seeing more of our community members enjoying our productions,” Lally said.

An Adelphi Alum’s Tips for Success

BY GABRIELLE DEONATH



Silas W. Kelly is a licensed master social worker (LMSW). He received a dual bachelor’s degree in broadcast journalism and public communications from Brooklyn College in 1997, and he graduated with honors from the Adelphi School of Social Work in 2014. In 2013, Kelly was inducted into the Omicron Delta Kappa (ODK), a national leadership honor society. That May, he was also awarded the Adelphi University School of Social Work “Patricia Hochfelder Memorial Scholarship” for outstanding academic achievement and demonstration of a commitment to fairness and social justice by a minority graduate SWK student.

He presently serves as a mental health social worker at Concern for Independent Living and a substance use

disorder social worker for the Town of Smithtown’s Horizons Counseling and Education Center.

On July 1, 2017 Kelly began a two-year, elected term to the board of directors of the National Association-Social Workers (NASW) New York State Chapter, Region 5, representing Nassau and Suffolk counties. Prior to that, he served for two years as director of the Suffolk Division of NASW. At the culmination of his term, Kelly was awarded a plaque recognizing his “Commitment and Dedication to the goals of the Social Work Profession.”

Silas’s Tips for Scholastic Success:

1. “The first five weeks are crucial to academic success, so it is important to stay on top of readings and assignments.”

2. “Try to get as involved as you can in activities, but don’t spread yourself too thin. Nothing should come before your academics.”

3. “Sit in front of all your classes and get to know your professors. Ask a lot of questions. Don’t be intimidated to let them know that you don’t understand something.”

4. “Find your passion and use that passion to help people. At the end of the day, that’s what it’s all about.”

Archaeologist Sheds Light on the Minoan Culture

BY TATSUYA HONDO

On Nov. 9, two presentations on Minoan culture, titled “The Gift of Ancient Crete to the World, Plants, Herbs, Perfumes and a Diet for Health and Long Life” and “Youth, Beauty, and Appreciation of Fine Things in Life: Minoan Society in the Bronze Age,” were given to first-year seminar classes at Adelphi University by guest lecturer and archaeologist Athanasia A. Kanta.

According to PBS.org, Minoan civilization, based in the island of Crete between 3000 B.C. and 1100 B.C., is considered “Europe’s first great civilization.” Audience members were able to learn about Crete’s geographic features, history and archaeological finds. Minoan artifacts showcased during the presentations included clothes, bronze, gold and silver goods, stone vases and special clay pottery.

“Minoan culture celebrates youth according to the artifacts,” Kanta said. “Old people are never shown in their works of arts. This culture liked youth . . . athletes, runners . . . acrobats.”

Some facts Kanta shared about the civilization were that in place of sugar the Minoans used figs, grape syrup and honey to sweeten foods. Lemons and oranges did not exist during the Minoan Bronze Age, so unripe grapes were used to sour foods.

And historical records show that Minoans manufactured and exported assorted luxuries, like their sandals and shoes.

Kanta’s relationship with Adelphi goes back to 1998, when she was appointed by the chair of the Anthropology Department as one of its global advisers.

Kanta specializes in Greek Bronze Age artifacts and focuses on ceramics, jewelry and cultural materials. She received a bachelor’s and master’s degree from the National and Kapodistrian University of Athens and earned a PhD from the University of London. She has more than 20 years of experience working for the Greek Archaeological Service under the auspices of the Hellenic Ministry of Culture and Sports, and over 50 years of experience in the field of archaeology. Kanta is also the emerita director of the 23rd Ephorate of Prehistoric and Classical Antiquities of Heraklion.

Anagnostis Agelarakis, the Anthropology Department chair credits Kanta with opening doors for women in the archaeological field through her work.

“[Dr. Kanta] entered a male-dominated profession,” he said. “She is among the women who entered the archaeological sciences field early. With great stamina, love for the field, dedication and perseverance, she represents a great role model for many of us, older and younger alike.”

New Leads in Mueller's Investigation into Russian Meddling Could Lead to Trump's Impeachment



Special counsel Robert Mueller (left) and former FBI director James Comey
Photo from wbdaily.com

BY RACHEL SIERADZKI

On Nov. 8, 2017, I woke up with a twisted feeling of dread, with the knowledge that exactly one year ago, Donald Trump was elected president of the United States. He has only been sworn in for 10 months and already caused more chaos than any other president to date. This time last year, many people hoped and prayed that the man would be impeached as soon as possible. One year later, it may seem like we may soon get our wish.

Accusations of corruption and collusion with Russia have been leveled towards Trump from the left for over a year now, alleging that his campaign worked with the Kremlin to attempt to discredit his 2016 election opponent, Hillary Clinton. Exactly what the Russian government stood to gain from Trump winning the election is unclear. However, it is clear to many Americans that there was meddling from Russia in the 2016 election in an effort to benefit Trump.

Former FBI director James Comey originally began the investigation into Russian meddling last year, but when he was unexpectedly fired by President Trump, Robert S. Mueller III was appointed as special counsel to finish the job. Mueller has quietly continued the investigation and has been making progress.

On Oct. 30, 2017, public criminal charges were announced against Paul Manafort, Trump's former campaign chairman. Manafort pleaded not guilty to conspiracy against the United States, conspiracy to launder money and making false statements. Mueller unearthed that Manafort had repeatedly met with Russian and Ukrainian officials several times over the past few years. Richard Gates, Manafort's business partner, was also indicted under the same charges and pleaded not guilty.

What does this have to do with Donald Trump and Russian meddling in the election? The more Mueller dives into

the investigation, the more tangles and knots he will have to untangle. These people were close to Trump and incriminating them has implications on the President as well. However, without direct evidence of a federal crime committed by the President of the United States, there is very little chance he will be impeached.

George Papadopoulos, Trump's former foreign policy campaign adviser, pleaded guilty to lying to federal investigators about his involvement with the Russian officials who meddled in the election, including his colluding with the Russians about hacking into the DNC emails that ended up being spread by Wikileaks. This is a hugely important piece of evidence for the special counsel.

The amount of crimes committed by the President's campaign officials are rising as Mueller continues to dig up dirt. Three arrests is a big deal.

Trump himself is spiraling out of control, on Twitter and in life. It seems that even the Republicans are wary of him, to say the least. The investigation is growing, so if he wants to end it before the riptide reaches him, all he would have to do would be to fire Mueller. It would be characteristic of Trump, whose claim to reality show fame were the words, "You're fired."

While that hasn't happened yet, Trump has tried to attack Mueller's credibility, saying that he is not qualified to be on the special counsel, but Democrats and Republicans in Congress have proposed bills that, if passed into law, will protect Mueller from being fired and make it much harder for Trump to get rid of him.

I sincerely hope Trump doesn't fire Mueller, and, honestly, I don't think he will. He's scared, and he will let the investigation run its course. At this rate, sooner or later, something will be found that will likely implicate President Trump as guilty of a federal crime, and my dreams of impeachment may come true.

What Would You Call Insensitive After a Hurricane?

BY MARIA GIOVANNA JUMPER

Recently, the United States and its territories have been pounded with devastating hurricanes. In the aftermath of these disasters, people turn to government – mostly the President – for a sign of support. In these cases, many were disappointed with the response they received. However, no one probably felt as alienated and forgotten as those living in Puerto Rico in the outcome of Hurricane Maria.

President Donald Trump received a lot of backlash after he tweeted criticizing the mayor of San Juan, Carmen Yulín Cruz, saying there is "poor leadership" there and complaining that they "want everything to be done for them when it should be a community effort." Many people find it much easier to sympathize with those in San Juan than President Trump in this situation. New Yorkers have surely not forgotten their own devastation and longing for help after Superstorm Sandy.

President Trump also tried to blame his personal conflict with Cruz on party issues. This time, his tweet said, "The Mayor of San Juan, who was very complimentary only a few days ago, has now been told by the democrats [sic] that you must be nasty to Trump." Instead of focusing on the problem at hand, this conflict has become another reminder of the divide within American politics.

However, the United States did send military personnel, FEMA representatives and others to help in the efforts to rebuild. Those in the President's administration have stated that President Trump

will not be happy until Puerto Rico is back on its feet. The President wants schools and jobs to recommence, power to be provided, families to move back to their rightful homes and necessary resources made available.

The problem with the President's response has largely to do with his word choice and his decision to take to Twitter instead of handling the problem. The American people are not pleased with the fact that their President uses Twitter as a way of communicating his issues.

People were also upset by the image of the President throwing paper towels into a crowd of Puerto Rican citizens. While Trump saw this as his way of helping out and felt the news reported this in a way that demonized him, others, for example Mayor Cruz, were greatly disturbed by the situation. They saw his actions as insensitive. President Trump defended himself by saying that the towels were soft and that the people were telling him to throw the towels at them. The President claims everyone was having fun and the only people who felt this was wrong were outsiders of the situation. Trump further defended himself by stating that his administration had been successful in helping Florida, Louisiana and Texas and had done just as good of a job in Puerto Rico. He attributed these efforts falling short to the fact that the country had much larger problems and was impacted by not one, but two hurricanes.

President Trump will surely face further grief over some of his actions following the devastation in Puerto Rico, but maybe we will see some positives come out of the various efforts made by him and his administration to help the Puerto Rican people.

The One-Thousand-Day 2020 "Campaigns"

BY MATTHEW SCHROH

The timeless idiom "the early bird gets the worm" seems to be the philosophy of many American politicians in 2017. A handful of Republicans and basically any Democrat that breathes have found supporters and journalists yelling the same year at them: "2020?"

Now, that's not to say that, to some extent, this is out of the ordinary. Hillary Clinton basically started her campaign for the 2016 election in late 2014 – though she didn't announce it until April 2015. Donald Trump, who has ushered in the new precedent of the celebrity commander-in-chief, became a name thrown around in the political sphere during his highly publicized demand for Barack Obama to show his birth certificate to the people of the United States in 2011. People began to question if he was planning a 2012 run, and by the time 2016 rolled around, Trump's decision to become a candidate, though shocking to

most, didn't come completely out of left field.

However, the fact that many news outlets began murmuring and nudging each other about candidates for the 2020 election literally days after the 2016 election shows an unusually short gap between one election and the campaign for another. This is in part because of the Democrats' scathing hatred of Donald Trump, the prevailing belief among many (especially young liberals and even extending to some Republicans) that he is unfit for the office in a way, say, George W. Bush, was not. It's also due to the stunning loss of Hillary Clinton after most media outlets predicted with near certainty that she would win and the following evaluation of her campaign and Clinton as a candidate.

But who, exactly, is running in 2020?

The most straightforward answer is a man by the name of John Delaney.

(Continued on page 6)

Catalonian National Self-determination: A Needed Right or a Dangerous New Trend?

BY MARIA GIOVANNA
JUMPER

For quite some time, it has been impossible for to open a newspaper without reading an article about an ethnic conflict occurring somewhere in the world. In recent months, the spotlight has been shone on the escalating independence movement in Catalonia.

Catalonia is a region on the northern border of Spain and has been a part of the larger country since the 15th century. At first, Catalonia tried to assimilate into Spanish culture until the 19th century when a wave of national identity erupted across the region. Some people wanted Catalonia to become its own political identity and for the citizens of this region to begin to use the native language, Catalan, again.

With the death of military dictator General Francisco Franco in 1975, Spain returned to a democratic government and established the Catalanian parliament and executive council. The civil relationship between Spain and the Catalonia community changed in 2010, when Spain began to limit the autonomy of Catalonia, infringing upon the nationalistic principles of the region. Catalonia did not agree with this push to unite Spain, and many within the region still held animosity towards the leaders of



Supporters of an independent Catalonia have been protesting Spain's refusal to grant them autonomy. Photo from Maltawinds.com

Spain for the economic crisis of 2008.

In recent years, Catalonia has tried to declare independence. In 2014, they held a non-binding referendum that showed that 80 percent of the population wanted to declare independence from the larger country. Referendums took place again in 2015 and 2017 in order to further the movement. These recent referendums have been shut down by Spanish policy, and the government has stated that Catalonia does not have the constitutional right to separate from Spain, causing the conflict to escalate. Spain has threatened to arrest leaders of the independence move-

ment under charges of rebellion.

Why would Spain want Catalonia to stay a part of its nation-state though they hold different national and cultural ideals? The answer lies in the economic strength of Catalonia. Much of the wealth that is collected in Madrid comes from Catalonia. The region is a tourist favorite and brings in a large amount of revenue each year. Without Catalonia, there is a fear the Spanish economy will fail. This is not a fear exclusive to Spain, but one that crosses country borders. Since international economies have become entwined, it is extremely dangerous for one coun-

try's economy to fail. As a result, Spanish policy has been set to not only stop the independence referendums, but also to stop any protests.

Catalonia's movement has also caused the global fear that other regions in similar situations may be inspired to seek independence. If Catalonia was able to win its independence, other nations might think they can achieve the same. In a world where it is already terribly hard to come to any sort of consensus, especially by international powers, imagine there being hundreds of more independent states. As of now, the United Nations is made up of around 193-member states. There are many holes in this international system, which could become exponentially larger with the addition of more states.

While our nation is built on the ideal of national self-determination and the American Revolution is a prime example of a successful fight for independence, it is hard to imagine the benefit that could come from an independent Catalonia. An ethnic group should be able to feel they have the power and a voice within their larger nation, but there also must be some sort of protection for our current international system.

The One-Thousand-Day 2020 "Campaigns"

(Continued from page 5)

"Who?" I can hear you ask yourself. As a sitting U.S. representative from Maryland, Delaney is the only non-fringe candidate to officially declare a run for the highest office in the land, hundreds and hundreds of days before the beginning of the first primaries. He completely lacks name recognition and is borderline centrist on the issues – depending on whether the Democrats move leftward to win over young liberals or move to the center to appeal to dissatisfied Trump voters, a move that remains to be seen. As for his name recognition, for over a year he'll probably be the only official candidate. Maybe he can do something with all that elbow room.

Joe Biden, the immensely popular former vice president of the United States, was convinced he was going to run in the 2016 election, but the tragic death of his son, Beau, left him emotionally unavailable for the position. Vermont senator Bernie Sanders ran in 2016, but ultimately lost the primaries to Hillary Clinton. Massachusetts senator Elizabeth Warren supposedly eyed a run that year, but chose to sit out. These three progressive icons are all names floated around not by eager fans, but by themselves. Biden has made it a case to leave the door open, and he is releasing a memoir that will doubtlessly go in depth about Beau and the conversations the two had about the elder Biden's political future. Sanders also refuses to deny any claims, and Warren is hitting speculators

with a double whammy – she is both visiting Iowa, one of the first primary states, and writing a book (a common feature of people running for president, as a way for them to say, "You'll see this book with a big smiling picture of me on it and it'll be a confirmation of my relevancy!").

These candidates seem likewise choices for the Democratic Party to make; these three remain popular among young liberals and the working class. However, there is one unstoppable problem: time. On Election Day 2020, Warren will be 71, Biden will be 77 and Sanders will be 79. Any of the three would be the oldest person ever elected president. If he served two terms, a hypothetical President Sanders would leave the White House at 88. With Donald Trump recently taking the title of oldest person elected (for the record, he'll be 74 on Election Day 2020), the Democrats might want to look for younger blood.

Other, younger politicians thrown into the ring include both New Jersey's Cory Booker, Connecticut senator Chris Murphy, Massachusetts representative Seth Moulton, Ohio representative Tim Ryan, Los Angeles mayor Eric Garcetti and, receiving the most buzz right now, California senator Kamala Harris. Remember how I said the Democrats have been talking about the 2020 election since the 2016 election? Harris was elected to the U.S. Senate the same day Donald Trump reserved his spot in the White House. She's brand new, but being a one-term newbie didn't stop Illinois senator Barack Obama from claiming the White House in 2008.

Those who long for a centrist Democratic party with maximum effort to reach out to minority populations seek a President Harris, President Murphy or a President Booker. However, those in the left wing of the Democratic Party criticize Booker's coziness to Wall Street and Harris' and Murphy's more centrist appeal as the way of the old Democrats. Many in the party argue that nominating Tim Ryan or Seth Moulton, more divisive figures in the party, would pay off, as they have a better chance of reclaiming Wisconsin, Ohio, Michigan and Pennsylvania. This would mathematically guarantee a Democratic victory and refute the Republican argument that the Democrats are the party of the coasts.

The dispute between the Democrats favoring centrism and the Democrats favoring new blood and liberalism is a fascinating one to watch, but a third group exists – Democrats looking at the Republicans and saying, "They nominated a celebrity for president and won; why don't we?" This has led to scrutiny of Facebook founder and multibillionaire Mark Zuckerberg's trip around the United States. Billionaire former TV sensation Oprah Winfrey's gracious comments when her fans eagerly try to draft her into the race also garner speculation. Famous wrestler and actor Dwayne "The Rock" Johnson has repeatedly brought up potential presidential aspirations in the future. Kanye West previously said he will run for president in 2020.

The fact that we could wake up

one day to a President West and First Lady Kim Kardashian is shocking. Of all the celebrities, TV show host and billionaire Mark Cuban has proven to show the strongest sign of a 2020 campaign, constantly making sure everyone knows that he hasn't ruled it out yet, guys.

Of course, the interesting thing about that is that Cuban is a Republican. So is The Rock. The unprecedented unpopularity of Trump, even in his own party, has led many Republicans to quietly consider the odds of running for president against him. Arizona senator Jeff Flake, who has announced he will not be seeking reelection due to his fury towards Trump, has been touted as a potential candidate. Nebraska senator Ben Sasse has never been shy about sharing his distaste for The Donald. Ohio governor John Kasich, who was the only 2016 Republican candidate to never endorse Trump, still holds on to some of his campaign team, seemingly lying in wait. And if, like New Jersey governor Chris Christie and Kentucky senator Rand Paul speculated, Trump decides to not run in 2020, Vice President Mike Pence would likely take the reins; but under those conditions, it could be a total free-for-all.

Centrist politicians, eager new DC faces, celebrities from hosts to programmers to rappers and possible renegade Republicans. And Trump. Probably. Who will win the nominations? Who will win the election? And, most importantly, why are we talking about it in 2017?

Freshmen Set the Tone for 2017-'18 Swimming and Diving Season

BY OLIVIA FRANKS

Adelphi's swimming and diving team is looking to rebuild after losing five seniors last season. Head coach Robert Smith recruited 13 freshmen with the hope of filling the vacancies left behind by graduates Peter D'Orenzio, Kelly Whelan, Gerry Theophilidis, Naomi Cole and Danielle Dreiss, some of who had record-breaking heats last year.

"Honestly it's really fun being one of 13 freshmen," Halle Durand said. "Knowing that the majority of the team right now is made up of freshman makes our presence feel very impactful."

Last season, the women finished 14th and the men came in 21st in the Eastern College Athletic Conference (ECAC) Open Championships. At the Northeast-10 Conference Championships, the women placed ninth and the men finished sixth.

Despite finishing with low placement, the team still ended their season on a high note with record-breaking heats. Sophomore Emma Brown finished the 100-yard butterfly, breaking the school record previously held by senior Jacqueline Vani, with a time of 1:01.92.

D'Orenzio, sophomores Noah Strong, Zack Vreeland and senior JV Sarabia broke another school record that day, completing the 200-yard medley relay in 1:36:57.

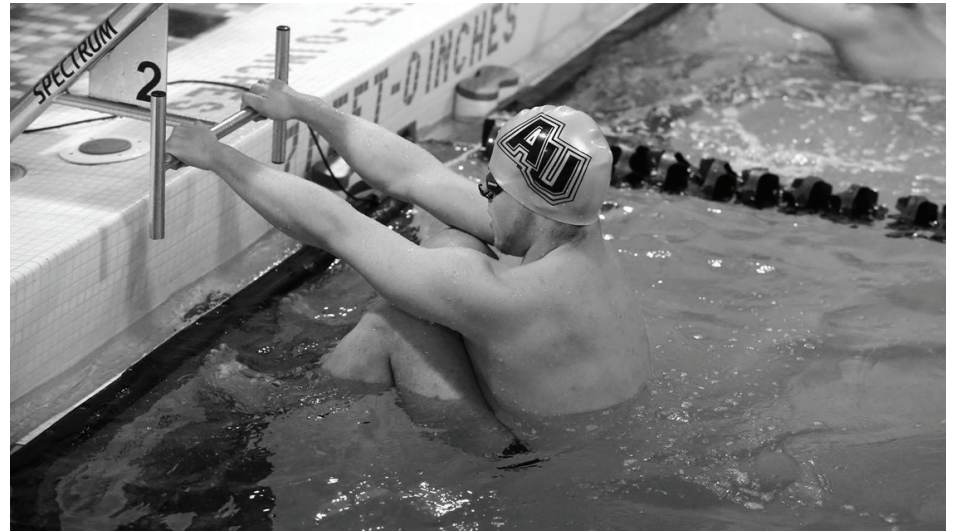
"Each class has been very versatile and has the ability to swim a variety of events well, along with excelling in their own specialty," Smith said.

In his second season leading the team, Smith is expanding the program and enjoying the large freshman class that he brought in.

"We have recruited heavily in an effort to get close to a full 18-person roster," he said. "The current freshmen have brought so much to this team thus far, both in athleticism and personality. They bring a lot of fun to practice every day."

So far this season, the Panthers have raced against Pace University, but came up short. The women lost 84-38 and the men lost 78-44. Nevertheless, the team remains hopeful.

"For this season as a team, [our goal] is to move up in place at the NE-10s and set some school records. This season on the women's side our strong events are our 100-yard backstroke and 200-yard backstroke with Natasha Rice and Emma



Sophomore Zach Vreeland getting ready to kick off and swim.

Photo from Aupanthers.com

Breiner, as well as Emma Brown in the 100-butterfly and Jackie Vani and Kristen Tzavelis in the 100 and 200-yard breaststroke," said Smith. "On the men's side, the 200-yard freestyle from Daniel Lee is strong. We have a very strong breaststroke group on the men's side as well, consisting of JV Sarabia and Jack Wheeler."

The remaining dual-meet season, when both the men and women compete at meets, will take place at Queens College

and United States Merchant Marine Academy.

"The new freshmen have brought a lot of competition to practice," said Vreeland. "We all compete really hard at practice and it is already paying off. We look forward to having a good rest of the dual-meet season, and having as many swimmers as possible to make the NE-10 championships in February."

Panther Pup: Meet Freshman Basketball Player Emily Miccile

BY KRISTIN FEALEY

Our featured Panther Pup, a column that features recent team additions, is Adelphi Women's Basketball's very own Emily Miccile. At 5'11", playing guard and representing Wrentham, Mass., Miccile is looking to leave a legacy here at Adelphi both on and off the basketball court.



Photo from Aupanthers.com

Q: Why did you choose to play at Adelphi?

A: I chose to play at Adelphi because I love the coaching staff and the players that were already part of this program. We have top-of-the-line facilities, and everyone here has a championship mindset.

Q: How has your experience been as a Panther thus far?

A: My experience as a Panther has been great. I love my teammates. We get along so well, and there is nobody else I would rather spend every day with. I have also met many other athletes who understand what it's like to have to balance all of the workouts and the schoolwork, which has definitely been helpful.

Q: How long have you been playing basketball for?

A: I have been playing basketball since I joined a recreational league in second grade at my elementary school.

Q: What is it that you love about playing the sport?

A: I love playing basketball because there is so much that goes into every game. It is not just about scoring. It's about getting stops, rebounding, reading the defense, knowing plays and out-smarting and out-working your opponent on every play.

Q: Is there someone that you have looked up to or someone/something that you play for?

A: I play for my family – my mom, dad and sister – because they have sacrificed so much for me to be where I am today. I owe it to them to perform as best as I can every day.

Q: Do you have a ritual that you do before every practice or game that you will continue here?

A: I always listen to the same song before every game at least once, but usually more, and I always put my left shoe on first, then my right shoe.

Q: Is there anything that you are



In recent game against LIU Post, Miccile lead the Panthers with 14 points and had the winning layup. Miccile (left) along with her teammate senior Simone Hobdy (right), were awarded team standouts for that game. Photo from Adelphi W Basketball Twitter

looking forward to in your college career as a student athlete?

A: I am looking forward to seeing how I can grow as a player and how we can progress as a team and hopefully win some championships.

Q: What are your expectations for your freshman season?

A: I hope to get a lot of minutes this season and to work every day alongside my teammates to defend our title.

Q: Do you have any advice for a student athlete who is going through the recruiting process like you were just last year?

A: For any athlete going through

the recruiting process, I would advise you to try not to stress. I know it is a very stressful time, and you may feel like the weight of the world is on your shoulders. You need to take a step back and realize that you are choosing a school to play what you love, and if you don't love the school, you won't play the sport there either.

Q: Do you have a goal in mind for your time here at Adelphi?

A: My goal here at Adelphi is to be an All-American. I want to leave a legacy here at Adelphi, and I want to graduate and become a high school guidance counselor.

AMERICA'S FAVORITE HOMETOWN BURGER JOINT

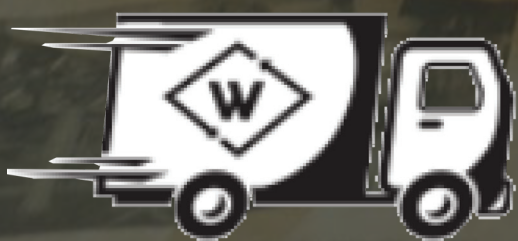


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