



Adelphi University's Haiti Relief Effort Extended Through 2017



Aftermath of Hurricane Matthew
photo provided by abcnews.com

BY TATSUYA HONDO

When Hurricane Matthew hit the southwestern coast of Haiti on Oct. 4, 1.125 million people in the country were affected. Lesley Schaffer, the international director for the American Red Cross, told Americans that “the more humanitarian organizations and the more grassroots organizations that work together . . . the better.” The Adelphi community responded by conducting a donation booth and system for organized relief efforts with its own band of volunteers, raising about \$350. Participants included members of Adelphi International and Center for Student Involvement (CSI).

Originally, the first disaster relief effort in 2016 was ending this month. However, with the continuous need for support among impacted areas, the official Adelphi donation booth for Adelphi Haiti Relief will be open for an extended schedule until next year. Individuals who donate above \$10 will receive a button.

Jason Spradley, assistant director of CSI, is leading the Adelphi Haiti Relief. He said, “We’re working on doing an event next year in Adelphi for Haiti too.”

Adelphi will possibly set up a partnership for a future upcoming expeditionary mission to disaster areas impacted by Hurricane Matthew. Impacted areas include Dominican Republic and Louisiana. Spradley said that participants of this expedition will most likely assist in debris removal and other water damage related concerns. If you are interested, e-mail jspradley@adelphi.edu.

Painting Over the Stress at Peer Educators' Paint Nite



Students show off their owls at Paint Nite: from left, Emily Elefonte, Chris Pagan, Brittany Gross and Bryan Grilli.
Photo provided by Emily Elefonte

BY EMILY ELEFONTE

With finals week around the corner, it's no secret that tensions and stress are running high among the students of Adelphi University. But, when the going gets tough, the tough get...painting. Yes, painting. On Thursday, Dec. 1, students gathered in the ballroom to take part in a Paint Nite hosted by the Peer Educators.

The Peer Education program is comprised of students like Danielle Schmal, who are trained in various health and wellness topics and aim to bring health awareness to the campus community.

“The Peer Education program at Adelphi has held this event for several years and we’ve received nothing but great feedback,” said Schmal. “We want students, faculty members and friends to have a fun way to de-stress before the hectic finals week that is approaching.”

With about 50 seats filled, the Paint Nite instructor introduced himself and made each painter take an oath of positivity before embarking on their artistic journey. After establishing an optimistic vibe, one that is usually in short supply during finals, the instructor proceeded to break

down the painting into basic and easy-to-follow steps.

Students eagerly followed along as the instructor demonstrated, playing around with their own variations of color and stroke style. Within the first hour, unique replications of a big-eyed owl, the night's model, were coming to life on each painter's canvas. Paint Nite was undoubtedly a chance for students to tap into their creativity, but for some of the painters it was also therapeutic.

“Paint Nite is such a great event to help students relax. It really takes your mind off of all the work that you have to do,” said Chris Pagan a senior English and education major.

With varying degrees of both physical and mental side effects, stress is something that every college student is familiar with. Although combatting stress is something that every student should be attempting to do in their own way, many feel that they don't have the time to relax. That's where wellness initiatives like Paint Nite come in. By offering this two-hour event, Adelphi Peer Educators were able to convey a very important message to students: It's okay to take a break and focus on your overall well-being.

My Paint Night

My own experience: When I walked into the Paint Nite room I had no idea what to expect. I had had an extremely stressful day and wasn't really sure if painting could help at all. I was greeted by a few of my friends who agreed that it was a great way to ease the building tension of the culminating semester. I sat down, put on my apron and prepared to push any thoughts of stress out of my head for the next two hours.

The instructor's encouraging comments immediately lessened my apprehension of making a mistake or painting the wrong way. With very little artistic ability, I began painting with bold optimism. I found myself getting lost in the strokes and enjoying the opportunity to create my own take on the painting in front of me.

By the end of the night, I got to leave with a lot less tension and a painting of a pretty cute owl. Successful night? I'd say so.

-- Elefonte

A Word from the Editor

It causes me both anxiety and excitement to say: only one more week left! The anxiety comes from all the work standing in the way this week and also the realization that I only have one more semester left before graduation and the excitement from knowing I can finally have some rest and relaxation after all this time. I'm sure many of you can relate to this, especially the seniors regarding graduation, and I wish you luck on your final papers and exams. Reach in and find that last bit of energy to surge on through to the reward for making it through.

I wanted to just briefly mention that during these last few days, try to make sure that you are taking care yourself; getting the proper sleep and nutrition. This isn't only important for your overall health, but it's also important for you so that you can function well and perform at the highest level possible. In this issue, we have an article titled: "Me-Time Promotes Wellness," and I think it's a good read for anyone looking to reduce their stress and improve their mental health. Adelphi has also been striving to help students de-stress, putting on several events such as the Peer Educators-sponsored Paint Nite, which I personally was able to attend and greatly enjoyed. This issue includes reviews of movies and music that also can help you de-stress such as "Moana," "Trolls" and Shawn Mendes's new album, "Illuminate."

On behalf of the Communications Department and *The Delphian*, I would like to thank everyone for coming to the Third Career Expo. It was very valuable being able to listen to young, professional people share their experiences and stories working in the field of communications. So often communications majors, and students in general, experience discouragement from people in the professional world about their possibilities finding a career and frustration seeing job postings they may not be qualified for, but the expo definitely sought, and, in my opinion, succeeded at debunking some of those concerns and fears. If you didn't have the chance to attend the event, I'd highly recommend catching out the link to the recording that's at the end of the recap below.

It has been an honor, as always, serving another semester as editor-in-chief of *The Delphian*, the Press Club of Long Island's current Best Collegiate Newspaper. I wish you all a very happy holiday season and restful break.

-Bryan Grilli
Editor-in-Chief

Correction from November 21 Issue

In "Adelphi Student's TedX Talk Gets the Attention of President Obama," the bottom left paragraph should read "with schools," not "white schools."

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Volume 72
Issue 6

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Didn't get a chance to join The Delphian this semester? Spring 2017 could be your chance to become part of the award-winning publication!

Career Expo Panelists Provide Positive Outlook on Job Market

BY THE DELPHIAN STAFF

The Adelphi Department of Communications and *The Delphian* hosted the third annual Communications Career Expo on Nov. 30 from 9:30-11:30 am in Room 109 in Blodgett Hall.

Six panelists currently working in the advertising, newspaper, TV, book, web and publicity industries spoke about how to break into the media marketplace. They included Adelphi graduates Stephen Levine, web producer for News 12 Networks, and Brett Spielberg, a copywriter at Zimmerman/Edelson, Inc., a public relations firm. Also speaking were Danielle Burby, literary agent and foreign rights manager for HSG Literary Agency; James Fischer, a production assistant and freelance videographer; Amanda Romano, senior account manager at Bloomberg Media; and Stephen Romano, reporter/editor at Blank Slate Media.

"So many of you are told that there aren't any good careers out there, that there are no jobs for recent graduates in the communications field," said Liza



Career Expo panel from left: Danielle Burby, Amanda Romano, James Fischer, Stephen Romano, Stephen Levine and Brett Spielberg.

Photo provided by the Communications Department

Burby, the moderator and a senior adjunct professor. "And I know that's not true because the panelists, all of whom have graduated in the past 10 years and are successfully working in their fields, can attest to the fact that there are jobs available, as long as you learn how to navigate the job search process."

The panelists spoke about how they got their big breaks, tips for turning internships into jobs and techniques in networking. Some panelists discussed the paths a communications career can take.

"You establish your base," said Spielberg, who graduated Adelphi in 2013. "Make sure you get experience that's relevant and then you can apply it to a host of different jobs. You don't need to limit it to just one specific thing."

Students also had the chance to ask the panelists questions and speak with them one-on-one after the discussion. One communications student asked if it was okay that she didn't yet know what she wants to do. Amanda Romano, who graduated Fairfield University in 2009, said,

"You don't need to know exactly what you want to do while you're in college, but getting a variety of internship experiences can help with that decision."

Added Burby, who is also faculty advisor to *The Delphian*: "This is an exciting time to be considering your career because there are new jobs being developed all the time in the media industry and when you open yourself to experiencing different aspects of the field, you may discover that you have a talent for and interest in something you hadn't even considered. For instance, if you want to be a reporter, but in the process of being asked by the editor to also take video of the story, you might realize you like doing that better."

The key is to get that first experience that leads to a job. "When you get your first job in your field that's like the most exciting thing because it makes you feel like you're really getting that traction you really want," said Fischer, a 2013 SUNY New Paltz graduate.

The hour-long career expo can be viewed in its entirety at <https://vimeo.com/aucommdept>.

Be the Match Swabs for Bone Marrow Compatibility in Support of Swing Phi Swing Sisters



Students fill out applications before getting tested. Photo provided by Amber Lewis

BY GABRIELLE DEONATH

The ladies of Swing Phi Swing Social Fellowships, Inc., hosted a community service event on Nov. 21 with Be the Match, a leading nonprofit organiza-

tion that helps patients with blood diseases find matches for people who can give them transplants. Around 40 people had their cheeks swabbed in the University Center Ballroom to find out if they could be matches for a patient needing a bone marrow transplant.

“We held this event for our sister that founded our chapter on campus in 2005,” said Amber Lewis, president of the sorority. “Her biological sister had bone marrow cancer, and we were trying to find a match for her because she had such a rare cancer.”

The sister of Adelphi alum Alexis Lamont passed away a week before the event from the symptoms of her cancer. Lamont was working closely with Be the Match in order to find a cure for her sister, which was how the sorority became involved with the organization. According to Lewis, they chose to host the event in honor of Lamont’s sister after her passing. They collaborated with all the Greek fraternities and sororities on campus, as well as Black Students United.

“Her biological sister had bone marrow cancer, and we were trying to find a match for her because she had such a rare cancer.”

“Alexis was very grateful for the turnout, because normally, they only get four people to sign up for bone marrow testing,” Lewis said. “We were able to get 40. We were trying to be as supportive as possible, especially during her time of loss.”

Be The Match is currently processing the cheeks swabs taken during the event and those who volunteered will be contacted if their bone marrow matches one of the patients who needs a transplant. Students who want to learn more about the organization or ways to help can visit BeTheMatch.org.

Photo Awards and International Education Week Highlight Connections

BY GESELLE MALDONADO

On Nov. 14, various guests visited the University Center Ballroom where they were treated to a variety of cultural entertainment, a photo gallery and a photo contest, all held by Adelphi’s International students and faculty. In addition to tasting food from cultures around the world, visitors got to see musical and dance performances and videos of students’ stories about studying abroad, and even got to vote who took the best picture from their travels.

The Global Reception and Study Abroad Photo Exhibit was part of Adelphi University’s International Education Week, a week-long program held from Nov. 12 to 18 that was sponsored by campus organizations, such as the International Student Services. Wendy A. Badala, the director of International Student Services, as well as the campus’ Interfaith Center, said that her organization was responsible for planning and overseeing the week’s events.

“I reached out to the university in

late summer to seek out interested faculty members, student organizations and campus administrators to coordinate and facilitate events, and made sure the programs appealed to all constituents of the university community,” Badala said.

Other events included East Meets West, a cultural showcase involving the celebration of Eastern and Western cultures through food, music and conversations among students; Adelphi’s Best Dance Crew, which was a competition of intercollegiate Bollywood dance teams to showcase the best talent; and even organized talks among students and faculty, such as the Interfaith Dialogue of Global Peace and the Peace Corps events.

Pooja Kar attended the Study Abroad Photo Exhibit after she had heard of the event. “I’m interested in international relations and thought the event was a good experience of diversity and I got to meet so many people from different cultures,” said Kar, a junior accounting major.

Khang Dang, a computer science sophomore and a member of the International Student Society, also attended the

Exhibit, as well as the Afternoon Tea and East Meets West events. “I heard of the events through an advisor, and I considered the experience, with other fellow ISS members great. The food was great. The conversations were great.”

The professors involved, like Peter DeBartolo, the administrative director of Levermore Global Scholars, said the events were important way of highlighting how this campus is connected to the world. DeBartolo was involved in the Campus Internationalization Roundtable Discussion, the Peace Corps Event and the Interfaith Dialogue.

In regards to the Interfaith Dialogue, where chaplains of Catholic, Muslim and Jewish faiths, among others, connected with students to discuss various social issues, DeBartolo said, “The event was a great opportunity to come together with students, faculty and leaders from many different traditions to discuss how we can collaborate to combat racism and fight for human rights and social justice.” The dialogue included topics such as women’s rights in various traditions and how to

create interfaith coalitions to help combat racism.

As for the Campus Internalization Roundtable Meeting, where faculty from departments all over campus met to map out future internal plans for the University and its programs, DeBartolo said that it was “a major step forward in helping to break down and connect people throughout the University.”

DeBartolo stressed that the events even helped to offer opportunities to students willing to pursue a globally oriented career, such as the Peace Corps Event, which gave students information on how to join and the expected duties once they do.

The entire week, ranging from the cultural meals of the Post Hall World Tour to deep discussions of the Interfaith Dialogue, was open for all Adelphi students and faculty, and backed by Student Affairs to Levermore Global Scholars to even Adelphi dining.

Meet the Faculty: Professor Craig Carson

BY DANIELLE MCDOUGALL

The Delphian occasionally features faculty members we think you should know more about. In this issue, we're highlighting Craig Carson, PhD, a professor in the English department. Enjoy his insight regarding the path to becoming an educator, the benefits of learning from those around you and the power of a liberal arts education.

Q. What was the catalyst for your wanting to pursue a career in education? Was there a particular moment with a teacher or class that sparked your interest in helping others learn?

A. To be honest, I fell into teaching due to my borderline obsessive relationship with literature. I grew up in Iowa City, a small, Midwestern college town famous for one thing and one thing only: The Writer's Workshop. So, as a kid, I read all the time, at least in part because there wasn't much else to do. And in high school, my literature obsession transformed, becoming a philosophy obsession as well. Books, at this point, took over my life. So really, at least at first, I really had no aspirations to teach. It was, simply, a way to support my book habit.

Q. Where did you first begin teaching and how long have you been



Professor Craig Carson of the English Department

Photo by www.adelphi.edu

teaching? What lessons did being in that atmosphere impart on you about how to effectively (or ineffectively) teach students?

A. I began teaching in my second year of my Ph.D. program at the University

of California, Irvine. It was a pretty surreal experience since I had had absolutely no experience, no training and no idea what I was supposed to be doing. I remember very clearly standing in front of my first class of students in 1999 telling them that I wasn't entirely sure that I was qualified to be standing in front of the class. They seemed to think I was joking – but I wasn't, really. In any case, I learned then and there to be honest with students and not to fake anything or to act like some cliché of a professor. I just tried to tell them why I loved the things we were reading. And they responded, surprisingly, in kind.

Q. What disciplines have you taught within? Does your understanding of how to get students invested in these subjects change over time?

A. My degree is in Comparative Literature, so my training is thoroughly interdisciplinary. So I write, read and teach from a wide array of disciplines, including literary theory, political philosophy, economic theory and aesthetics. But my approach to both my writing and my teaching most certainly changes over time. I'm always trying to bring the texts we read in class – often old, not infrequently eighteenth-century texts – to bear on our contemporary reality. I really want to study literary, philosophical and political history in order to better understand our present. So my approach to these texts is always

changing because our present realities are constantly in flux.

Q. Is there anything that you feel you have learned from your students over the years? Have you found value in what students can bring to the classroom?

A. I learn so much from my students all the time, I wouldn't know where to begin. During any given class, I'll learn as much from my students as they will from me. But this is what I think teaching is really at its core – an exchange of ideas. So, yes, absolutely, I find value in what students bring to the class. This is why, for instance, the way I teach simply wouldn't be the same online. In the classroom, we engage each other in ways that are totally unpredictable and completely contingent on the particular students – and teachers – that happen to be in the class.

Q. Going forward, in what ways do you hope to impact and be impacted by the Adelphi community as an educator?

A. I simply hope that I can continue to make my students recognize the value and importance of studying the humanities, literature in particular. These are not useless disciplines. In fact, I'd be really happy if I could convince our future leaders – my current students – that a liberal arts education is the very heart and soul of any functioning democracy.

Shawn Mendes Shines in New Album “Illuminate”

BY GABRIELLA VACCARINO

Shawn Mendes proves that he's not just another guy with a guitar in his soulful LP. The 18-year-old singer-songwriter released his second studio album titled “Illuminate” under Island Records on Sept 23. The album features 12 songs that will take listeners back to the days of growing up. Those who want a little extra nostalgia can purchase the deluxe version of the album, which has extra bonus songs.

First love, heartbreak, self-discovery and emotion are all common themes in the albums of mainstream pop stars. But, Mendes approaches them exceptionally well. “Illuminate” expands on blues-driven pop with the guitar influence of John Mayer in “Ruin” and the melodies of Ed Sheeran in “Three Empty Words.” Each song tells a story that everyone can relate to. Most importantly, the fans, who range in ages from early teens to twenties, are able to connect with the artist. He's taking note of problems and situations that everybody faces and incorporating them into his songs.

Diving deeper into the sounds of his first album, “Handwritten,” Mendes is mixing romantic with “Mercy” and nice guy with “Treat You Better,” creating a teen girl's dream. He stays true to the percussion-heavy sounds from “Handwritten” in “No Promises,” but still explores a new mature Mendes in the tracks. The credit for his new sound can be given to

Jake Gosling, who previously worked with Sheeran. The most noticeable change in Mendes is his references to the “behind closed door moments” with a female. He went from just being a “Kid in Love” (song from “Handwritten”) to innocently singing about sex in “Lights on.” Who knows if he actually has enough experience at such a young age to even sing of such a topic, but it's kind of sweet. “You know that I can't help it. Cause girl you're beautiful. And I can't deny I want your body. But I'm a gentleman so I'll be the one who takes it slowly. 'Cause girl you're so beautiful.” You can hear the high-pitched “aw!!” from every girl as you listen.

“Hold On” further showcas-

es his lyrical development. He sings about a time when he confided in his dad. “Stop, take it in and I breathe for a minute. I think too much when I'm alone. I'll never win when I keep all my thoughts inside. So I'll pick up the phone.”

He is bringing storytelling back to the modern pop era, something that can get lost behind the overdone sound effects and artist collaborations. His humble approach to each song enhances the passion in his voice.

Mendes gained his popularity after posting seven-second covers on the popular social media platform Vine. After catching the attention of artist managers at Island Records it wasn't long before

Mendes traded his normal life for a record deal. He sings about his ode to fame in “Understand,” the five-minute serenade reminding his fans of his roots back in Ontario, Canada. The song ends with a heartfelt speech from Mendes himself.

Fans were eager for something more meaningful than what is selling right now and he delivered. Each song sets up an intimacy between the listener and the artist with slow guitar riffs.

Mendes also has no collaborations on this album, which helps his voice take center stage, another uncommon characteristic between this album and mainstream artists.

As if debuting number one on the Billboard 200 wasn't enough, Mendes earned gratification from fellow Canadian icon Justin Bieber. “Shawn Mendes' voice makes me smile,” he Tweeted. “So proud of you brother! Great album!” Then Bieber proceeded to post the iTunes link encouraging his followers to make a purchase. Since Mendes is known to be a longtime supporter of Bieber, one can imagine no spot on the Billboard could replace the excitement of that Tweet for him. His reply was calm, cool and collected, just like his album. “Ah man! Thank you SO much!! Truly thank you!”

You can find “Illuminate” at Walmart and Target for \$11.99 and the deluxe edition for \$15.88 or on iTunes for \$10.99 and \$12.99 for the deluxe edition.



Photo provided by Ultimate Music

Disney's "Moana" Focuses on Inner Strength and Fulfillment

BY JESS COOPER

It's something you hear and read every time a new Disney movie comes out: "This is nothing like the other Disney movies." Well, "Moana" is similar to the other Disney movies you've seen, but in the best of ways. It's reminiscent of the Disney renaissance many of us grew up watching: colorful films with heart that retain their sense of levity while acknowledging a darker theme. The PG-rated film is a musical, mythological journey that holds up well because it knows what it means to be from the beginning to the end: A story about a girl who goes on an adventure and uses love and family to become who she is meant to be.

Visually the movie is so stunning. Water, waves and the sea had to be animated on a scale that Disney hadn't reached before. Humanoid characters possessing beautiful, curly hair signified a more intensive animation process, something we haven't seen since "Brave" in 2012. The visuals of this film give it re-watch value all on its own. It manages to be easy to grasp, but also so dense. Each scene has so much to look at and it's just so much fun to watch.



Photo provided by Walt Disney Movies

"Moana" utilizes music extremely well. This isn't a simple track list to amp up Disney's revenue. Its music that drives the story and embodies it. What's so immersive about it is that the film doesn't give into the traditional "we are in this location, this country! Coincidentally, we are all singing all of it in English!" trope. "Moana" has a soundtrack rooted in the languages

of the Pacific Islands. As an English-only speaker, you walk into the theater and you don't understand all of the words. But you do feel the music and its importance to the film.

The production team was perfectly suited for this film. Directors Ron Clement and John Musker previously worked on Disney films such as "Princess and the

Frog," "Treasure Planet" and "The Little Mermaid," all films about independent people finding their place in the larger scheme of things. On the lead voice acting team was 16-year-old Auli'i Cravalho as "non-princess" Moana, paired alongside Dwayne "The Rock" Johnson as the larger-than-life demigod Maui. Cravalho is a native Pacific Islander (Hawaiian), who believed very strongly in the cultural integrity of this film. Her voice acting is so natural and it draws the audience in; she is Moana. Meanwhile Johnson has Pacific Island heritage (Samoan), and cared immensely about his role in the film, often asking how his performance was as he recorded. His character Maui is big and booming and charming, and so his voice is a dead ringer for the role. You can truly tell how passionate the production team was about telling this story.

While being similar to the Disney films we knew as kids, "Moana" is also much more. It's less about the typical Disney idea that something is your destiny or you need to specifically do something to become a great hero. "Moana" is so more internal than that. The journey of "Moana" is so important because it's less about doing something to fulfill yourself, and more about growing into who you truly are and finding your strength from it.

"Trolls:" A Movie That Makes You Want to Dance, Dance, Dance

BY ALYSSA STRIANO

DreamWorks' new film, "Trolls" will make you laugh and cry. But most importantly, it will "open up your heart" and "let music take control."

With the vocal talents of Anna Kendrick, Justin Timberlake, Zooey Deschanel and more, it's no surprise that the blockbuster earned over \$45 million during its debut weekend in early November, according to Scott Mendelson of "Forbes." Directors Mike Mitchell and Walt Dohrn teamed up with Gina Shay as their producer to put together the amazing film.

Trolls are happy, little creatures that express their joyous spirit and positivity through song, dance and hugs. (They even have scheduled "hug times" hourly.) Bergens are the complete opposite of the Trolls and crave the happiness that the Trolls have. Unfortunately, they believe the only way to gain happiness is through eating the Trolls. After some Trolls are captured by the miserable Bergens, Princess Poppy (Kendrick) and Branch (Timberlake) have to save the day, making new friends along the way.

Some movies seem to drag on forever, and being in a dark, cozy movie theater for a long time may make viewers drowsy. But "Trolls" had quite the opposite effect: It was a quick 93 minutes that left this viewer wanting more. Various high-energy songs and med-



Photo provided by madamemoire.com

leys such as "Hair Up," "Move Your Feet/D.A.N.C.E./It's a Sunshine Day," "I'm Coming Out/Mo' Money Mo' Problems" and of course, Justin Timberlake's "Can't Stop the Feeling," paired with extremely lively animations made it hard for the audience to be bored. In fact, many danced in their seats.

Not only was the content extremely entertaining, the movie also had important lessons to teach. Viewers learn that everyone is capable of being happy; you are perfect the way you are; you should always stand by your friends; and that you are more powerful the more positive you are.

Though upon first glance the PG-rated "Trolls" may seem like a childish movie, adults and kids alike who want to have a good time will fall in love with this instant hit.

If you need a little spirit lift-up, head over to your local movie theater and see "Trolls" while you can. And don't forget that you can get discount movie tickets at: <https://adelphi.universitytickets.com>.

Me-Time Promotes Mental Wellness

BY SAMANTHA DOMINIK

Everyone is guilty of not prioritizing themselves. People lose themselves in the shuffle from day-to-day, and this is particularly true for college students juggling assignments, jobs and extracurricular activities, not to mention a social life. How does someone find time when there are so many things to be done? Many mental health and wellness experts believe finding "me-time" should be everyone's priority because it makes a difference in every aspect of your life.

Me-time is time spent relaxing, an opportunity to reduce stress or restore energy. According to Diana Basilice-Fusco, a school psychologist in Uniondale, me-time "helps to promote mental wellness and a sense of control." As a mother of young children and a full-time elementary level psychologist, Basilice-Fusco suggested that finding this time is crucial.

"As a mental health practitioner, I strongly promote incorporating me-time into your routine," she said. "I feel that me-time serves as a form of mindful relaxation, which aids in maintaining, and in some cases, decreasing symptoms associated with anxiety, depression and other physical or mental illnesses."

According to yoga instructor and wellness coach, Sheryl Fatse of Sandy Hook, CT, finding time, especially for those suffering from mental health issues like depression and anxiety, is extremely important. As someone who has suffered from a lifetime of anxiety, Fatse had to find her

own personal remedy for her illness and urged others to make time to do the same.

"I make it an absolute priority. It's like vitamins. I've learned that I need these things to take care of myself and that I can be much more effective in the rest of my life if I do these things," Fatse said about her wellness practices. "You brush your teeth knowing that if you don't you're going to get cavities. If you have high blood pressure, you have to take medication. It's the same type of thing."

Fatse said that taking personal time is different for everyone, but that it has to start with a conscious shift. "Make one simple change at a time. If during your lunch hour you find yourself doing errands, take the last five minutes to sit in your car, get quiet and notice your breath. Be all in for those five minutes. The enjoyment factor will get so high that it will naturally become a priority."

Doreen Delach, a teacher's aide for a BOCES program on Long Island, said: "When someone suffers from physical and mental ailments, taking time to focus on something they might enjoy changes everything for them. Me-time is important because it is a time to reflect and to feel in control."

All of these experts agree that me-time is important for anyone, whether this time is spent sitting in silence, getting a manicure or simply promoting personal mental wellness. It's easy to get lost in a busy schedule. It's easy to forget to take a moment when life demands so much. Life can be made easier when you remember to pencil yourself in.

Correct Yourself: Democrats Need to Take a Look in the Mirror

BY BRIAN JENNINGS

The election is over now. Many are complimenting the “genius” of Donald Trump’s campaign, when in reality it appears far more opportunistic. A bombastic, well-known brand without the stink of political failures was truly a historic cocktail of serendipity, but his road was paved by Democratic incompetence. The modern Democratic Party has failed progressives by becoming a centrist country club obsessed with raising money, zany social media soundbites (#NotMyPresident) and, most unfortunately of all, moral superiority through the weapon of political correctness. When one acknowledges the reality of our new President, it seems all too obvious that the left’s oppressive self-righteousness is largely to blame.

This is not an argument against treating others the way you wish to be treated. No well-adjusted adult should ever find it reasonable to maliciously upset another human being. We must, however, push aggressively against the urge to suppress certain words, phrases and institutions. The idea that we should be celebrating and championing “safe spaces” on college campuses goes against the very foundation of education and human development. On top of this, it does absolutely nothing to eradicate negative thought processes or urges.

Fear of words and discrimination is a ludicrous way to live your life. Though unfair discrimination should be challenged whenever it appears, certain forms of discrimination—for example discrimination based on competence or skill—are simply facts of life. No human should ever have to face discrimination because of who they are or how they choose



Photo provided by New York Times

to pursue happiness, so long as that pursuit doesn’t directly infringe on another’s.

It seems not only important, but necessary to allow people the right to live openly in their desired image. Maintaining individuality both in thought and action is difficult in the age of digital echo chambers and meme culture. Those who persevere should be celebrated, not threatened.

Yet, the hard reality of organized society is it becomes necessary to marginalize everyone in order to sustain the functioning nature of the group. If human beings refuse to cede certain aspects of their individuality, society cannot exist. We cannot all act on our every impulse and we cannot make rules based on outliers. Outliers should not be ostracized, but coddling solves nothing. Turning a word or thought process into a taboo will only further alienate the minds social justice warriors wish to warp. Just as it’s ridiculous to blanket all Muslims as terrorists, it’s equally shameful to toss all Trump supporters off as a “basket of deplorables.” Even I have failed to see this, and

for that injustice I admit, I was wrong.

Donald Trump successfully appeals to the fear and uncertainty we all feel as Americans. While it is reprehensible that he has gotten into bed with those who fear the changing skin color of our nation, it is not at all deplorable to fear terrorism, job loss and rising health care premiums. Bashing these people may seem easy, just as it may seem easy to make sexists and bigots out of those who use words that make us uncomfortable. It may not be an easy pill to swallow, but please accept that people have a right to be wrong. Labeling and judging those whom you disagree with only expands the divide. Conversation and idea-sharing will bring us together.

Today, liberals across the country will exchange worried emails about Steven Bannon and the “alt-right crazies,” seizing control of our country. Any self-respecting Republican has a responsibility to condemn the lunatic wing of their ideology, and now the time has come for Democrats to do the same. We’ve reached

a point where it has become commonplace to demonize comedians for doing their job or forcibly remove reporters from open-air “safe spaces,” where people gather to publicly stick their heads in the sand like a gang of emotionally immature ostriches.

Just as it is preposterous for the conservative website Breitbart to publish a headline “Birth Control Makes Women Unattractive and Crazy,” it is equally as ignorant and hateful to judge those who perhaps don’t speak or carry themselves with the kind of nuanced thinking that we in college have come to accept as the norm. The hard truth is we are no better than the people whom we deride as redneck bigots, and a political party that carries itself with such arrogance will never reach a large majority of Americans living outside of our major cities.

In order for the Democratic Party to rally out of this most embarrassing defeat, those who control its messaging need to take a hard look in the mirror. Was it a good idea to intimate that Bernie Sanders was sexist because he wagged his finger when Hillary Clinton lied to the American people? The idea of unearned moral superiority needs to end. “Safe spaces” should not only be done away with, but they should be unwanted. Knowledge often is not safety and reality never is. Believing that your moral code is perhaps more righteous than another human beings is as ignorant as someone who uses a racial slur. We should not strive to make ourselves the victims of oppression simply as a license to fight against it. Rid yourselves of the fear of having your beliefs challenged; you might learn something. Human history is not a happy story. Confronting the grizzly reality of mankind’s fatal flaws is the first step towards reestablishing the hope for a better tomorrow.

An Outsider’s View on the Presidential Election 2016

BY PERNILLE GILJE

It’s now a month after we’ve received the results of whom Americans have voted not only to be the President in the United States, but also the most influential and powerful person in the world. On Jan. 20, 2017, Donald Trump will officially start his role as the President. As an international student, I ask myself, how did this happen?

The First Amendment protects free speech. However, during the campaign, it felt as though Trump had been taking it a bit over the extreme. Shouldn’t a President be someone who stands for equality no matter gender, race or background? Being here without any American background makes

me worry. If he is capable of being so brutally honest about what he wants to do with immigrants, then what’s going to happen to me? And what “right” has he to talk like this? What does it say about the morals of the President-elect?

Protected by Free Speech, Trump is allowed to say whatever he wants. Obviously, I think in many ways we can say that Trump represents change, both good and bad. He is allowed to challenge the government with his opinions, because of what John Locke’s “Social Contract” states: “The role of the government in the social contract is to preserve individual rights and nothing more.” The Social Contract promises people the opportunity to replace the government if they aren’t pleased with the status of their individual rights. Having said this, Trump’s

opinion about the current government doesn’t hold up to his own standards of what a government should do, and yet, he chooses to challenge it, his way.

Yes, Trump has had success in his life, and I think that is the reason why so many chose to vote for him. But how did he get there? The way he got to the top, and how he has chosen to talk about people in his campaign, says a lot about his morals. In many ways, Trump is an egoist. His way to the top in the business world has been about what’s best for him and his company. He has ended up not paying people after a job is done. He takes advantage and fools people in order to get a job done. What kind of values does this kind of behavior represent?

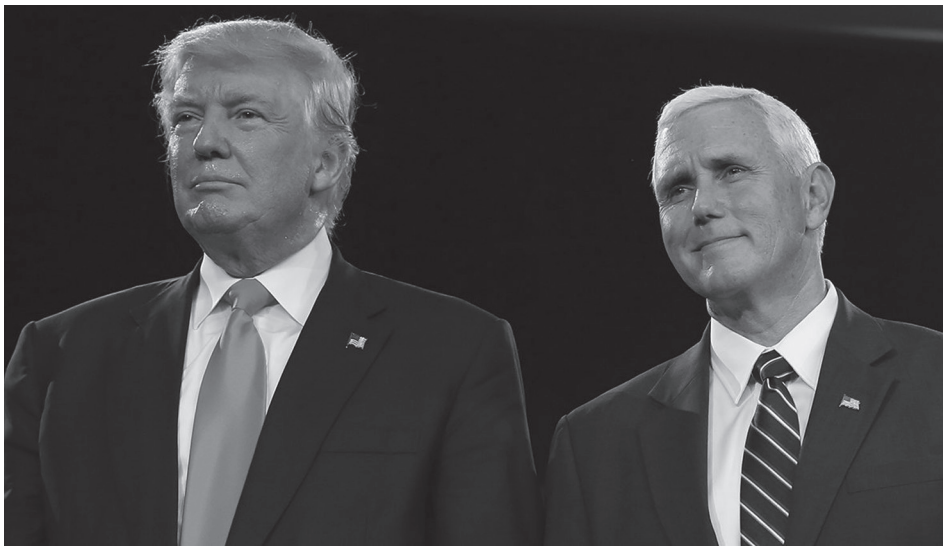
In the wake of Election Day, students across campus have discussed

the subject of the election and the future President-elect in class. The only thing I’ve heard that really made sense to me regarding why this role was given from the American people to Trump was, “Reporters took him literally, not seriously. Voters took him seriously, not literally.”

The reality is Donald Trump is going to be President. This is the man America voted for and now all eyes are going to be watching him for the next four years (as he seems to prefer). As some have both stated and Tweeted, “Hoping Trump will do a bad job as President is like being on a crashing airplane. We’re all doomed.”

What’s left to say? Good luck, Mr. President. We all hope your ethics, morals and values will change during the next four years serving in the Oval Office.

Trump Butts Heads With the Liberal Elite



President-elect Trump with Vice President-elect Pence

Photo provided by New York Times

BY MATTHEW SCHROH

Do you remember the constant controversies that Donald Trump started during his campaign for the Republican nomination and then his campaign for the presidency? Something would make him upset, he would make a fuss about it and then this fuss would draw a ton of criticism from people all over Twitter and Tumblr. Megyn Kelly, John McCain, “The New York Times” were just a few of his targets.

Many people assumed these would stop when he was his party’s nominee, but Trump kept on complaining after the Republican Convention. Now there are people speculating that “okay, guys, he’s done now – after all, he’s president.” But whether you love Trump’s bombastic personality or not, it’s clear it’s here to stay.

Vice President-Elect Mike Pence went to see the Broadway sensation “Hamilton” not long after the election and received boos from many in the audience. At the end of the show, the cast decided to give the Indiana governor a lecture – and this is where many people have a disconnect. I have read comments and reactions to this event that boiled down to “Hamilton did nothing wrong,” but this simply isn’t as easy as that. Though the cast did stop the audience from booing, they also told Pence what could be summarized as “we’re all scared of you and think you’re going to be terrible, but after seeing our amazing musical, we hope we made you a good vice president.” That’s not me overreacting, either – the actual words offered by Brandon Van Dixon, who plays Aaron Burr in the show, ended with “we truly hope that this show has inspired you to uphold our American values and to work on behalf of all of us.” When you call your own musical inspiring enough to change the Vice President himself, it can come across as very egotistical and condescending.

Pence shrugged the incident off, but Trump did what Trump does best and Tweeted about the situation – not just once. He demanded that the cast “immediately apologize” to Pence, and claimed he heard the musical itself was “highly overrated.” This led to the #Boycot-

tHamilton movement by some of Trump and Pence’s diehard fans – which, if you ask me, is both overreacting (so some actors said some condescending things, not the end of the world) and pointless. It’s kind of hard to boycott something where the tickets are infamously both difficult to get and incredibly expensive.

This was not the only Trump controversy in recent memory, though. Alec Baldwin returned to “Saturday Night Live” to his role as Trump, now post-election. In the habit of portraying Trump in a far-from positive light – as the show is famous for its parody and jabbing of any celebrity who is mimicked on it – the President-Elect was portrayed as bumbling and incompetent, having no idea how to be President.

Trump’s debate against “Saturday Night Live” is nothing new – claiming, before the election, that the “boring and unfunny show” should be cancelled and that the “media was rigging the election!” Interestingly enough, it became quite clear after Trump won that “Saturday Night Live” did have a favorite candidate in the race, and it was exactly who Trump expected – the episode after the election opened with Kate McKinnon, who played Hillary Clinton, singing “Hallelujah,” written by Leonard Cohen (who died recently). This segment was clearly meant to mourn Hillary Clinton’s loss. No humor was even attempted.

My final verdict on these recent controversies is as follows: liberal bias is everywhere, in part because most major news sources (CNN and NBC are two big ones) and pop culture phenomena (“Hamilton” and “Saturday Night Live”) are located in New York, one of the most liberal states in the country. However, the proper way to react to liberal criticism is not to angrily Tweet about it. It is to laugh it off, maybe even poke a little fun at yourself. Trump needs to come to terms with the fact that he’s not always going to have friends in the American elite, and that the sooner he can understand this, the sooner his rants can stop – or, as is probably more likely, either happen with less frequency or with less intensity.

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SINGSTRONG INTERNATIONAL A CAPPELLA MUSIC FESTIVAL

Friday, February 10—Sunday, February 12

Various times

SingStrong.org

ADELPHI’S BEST OF BROADWAY: LOUDER THAN WORDS

Saturday, February 25 • 8:00 p.m.

Sunday, February 26 • 4:00 p.m.

Westermann Stage, Concert Hall

AU Students: \$5

ADELPHI SYMPHONY ORCHESTRA

Thursday, March 9 • 7:30 p.m.

Westermann Stage, Concert Hall

AU Students: \$5

THE HABANA BOYS

Saturday, March 12 • 3:00 p.m.

Westermann Stage, Concert Hall

AU Students: \$10

THE HILLBENDERS: THE WHO’S TOMMY – A BLUEGRASS OPRY

Friday, March 24 • 8:00 p.m.

Westermann Stage, Concert Hall

AU Students: \$10

BRIGHTON BEACH MEMOIRS

Tuesday, March 28—Sunday, April 2

Olmsted Theatre

AU Students: \$5

TAYLOR 2 DANCE COMPANY

Tuesday, April 8 • 8:00 p.m.

Dance Theatre

AU Students: \$5

DANCE ADELPHI

Wednesday, April 19— Sunday, April 23

Olmsted Theatre

AU Students: \$5

BILLY PORTER

Tuesday, April 21 • 7:30 p.m.

Westermann Stage,

Concert Hall

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Final Ride Series: Calli Balfour, 1,000 Point Club Member

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.

Calli Balfour is a four-year member of the Adelphi women's basketball program. The 6-foot forward from John Jay was named to the NE-10 All-Rookie Team her freshman campaign, and was a Third Team All-Conference pick her sophomore season. Balfour is a member of the 1,000 points club, a milestone she recorded on Nov. 12, 2016 against LIU Post.

Q: How many years have you been playing basketball?

A: I've been playing basketball since seventh grade, so that's 10 years.

Q: What does basketball mean to you? Why?

A: Basketball was a sport that I chose for myself just because I was bored of playing soccer when I was younger and my family didn't think I'd even stick with it. It became something that I loved to play. It became more of an outlet for me. No matter what was going on in my life at



Forward Calli Balfour, #32, with members of the Women's Basketball team.

Photo provided Adelphi Athletics

the moment when I started playing all my emotions went away and I was in my own little world.

Q: What is one piece of advice

that you would give to athletes entering collegiate athletics in your sport?

A: One piece of advice I'd give to students athletes coming in is to be

ready for a big jump. In basketball the play of the game is a lot faster and more physical. They also should work on time management because they'll need it. The everyday schedule for an athlete is very busy, so being able to manage your time for your sport and school work is going to be important.

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

A: I've learned that I needed to be more vocal with my team. I know for a fact I didn't talk half as much on and/or off the court back when I was in ninth grade compared to this year being a senior. With others I've learned that not everyone is thinking the way I think. You almost have to think like your teammates as well as yourself when playing.

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

A: That would probably be just being around my team. When you're with your team for the whole year they become more like your family and it's never easy to leave your family. Not seeing them every day is definitely going to be hard. Plus I'll have so much time on my hands. I won't know what to do with myself.

Men's Basketball Looking Toward Another Successful Season

BY FALLON MCCARTHY

The Adelphi men's basketball program is looking to bounce their way to another successful year in the NE-10. Coming off an impressive 20-9 record for the 2015-'16 season, but falling short in the playoffs, the Panthers are ready to make their mark on the conference this season.

"The conference is pretty wide open this year," said junior guard Michael Coffey. "Anyone can beat anyone on any given night and every night is a grind."

The Brown and Gold have gotten out to a good start, 7-3 overall and 3-2 in conference, but are looking to elevate their level of play as they get deeper into the season.

"We want to do better than last year," said sophomore guard Tavon Ginyard. "We're not going to let up or drop off. We just need to be more mentally focused and remember what our game plan is toward the end of the game; we have to figure out a way to keep our minds together and pull out wins."

After a back injury sidelined Ginyard, and a few other players went down with an assortment of other injuries, the Panthers found themselves with their backs to the wall. But both new players and returners have stepped up to the plate for the Brown and Gold.



2016-2017 AU Men's Basketball Team *Photo provided Adelphi Athletics*

At the beginning of the year, the squad welcomed seven new players, adding numbers, height and depth to the roster. Among these seven new faces were freshman Austin Beech and senior transfer Chris Millender. The two have poured in 88 and 105 points respectively, while adding a combined 118 rebounds.

"Last year we were more perimeter-oriented, but this year Chris has been a great post player and he's been great under

the basket," said Ginyard. "Austin gives us great minutes off the bench and he's great at driving to the basket."

These newcomers aren't the only ones who have made a splash this season. Returners and juniors Michael Coffey and Manny Suarez and sophomores Conor McGuinness and Jack Laffey have all been staples in the Panther line-up, up and down the court. All four have broken both their single game points and field goals

made records, while adding some solid defense.

Coffey, McGuinness and Laffey lead the conference in minutes played per game, notching 39.3, 37.5 and 37.4 minutes respectively. In addition, as of all games played through Dec. 6, all three are ranked nationally in the statistic, second, sixteenth and tenth place respectively.

As the half-way mark of the season approaches and conference play intensifies, the squad looks to bring more consistency to their game.

"We need to be more level from game to game, but also throughout the games themselves," said Coffey. "We're definitely trying to finish the break strong. We want to rest up because January is an important month."

With the conclusion of their games in January, the Panthers will have six conference games left to play in February, games that will determine the seeding for the conference tournament.

"We have the same principles and we try to keep the same atmosphere," said Coffey. "New guys or old guys, everyone buys in. We're taking it one game at a time."

The Panthers return to action at Adelphi on Friday, Dec. 30 against Long Island rival NYIT at 2 pm.