

Mosaic presents

# the DRUNK issue



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## When to draw the line: The effects of alcohol on the brain

**CAM A. JOHNSON**  
Staff Reporter

Mental illness is a sensitive topic that can carry stigma, whether from the media, the general public or ourselves.

On some campuses drinking can be considered an acceptable part of the overall college experience, but potential problems arise when students drink beyond responsible limits. Drinking to delusion, unconsciousness or blackout all qualify as exceeding responsible limits.

According to the Mayo Clinic, mental illness refers to numerous mental health conditions affecting "mood, thinking and behavior," such as "depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors."

If someone is suffering from a mental illness and regularly consumes alcohol, the long-term effects will be substantially worse.

Individuals who turn to alcohol as a form of self-medication are often unaware of the lasting effects this substance can have. Alcohol can cause depression or an anxiety disorder when consumed in large quantities and individuals who already suffer from a mental illness risk worsening their condition.

According to Mentalhelp.net, the risk of developing a depressive disorder and bipolar disorder is 3.9 and 6.3 times higher among those with alcohol dependence as compared to those without it.

The National Alliance on Mental Illness (NAMI) in Delaware is a nonprofit organization that specializes in advocacy concerning mental illness and providing housing for individuals suffering from severe mental disorders. Tykene Johnson, an intern at NAMI, believes the consumption of alcohol while battling a mental illness is the worst thing a person can do.

"Alcohol changes a person's mood and enhances instability," Johnson says. "An individual that is consuming alcohol while battling a mental illness will suffer from a decrease in decision-making and could potentially suffer from delusions as well."

This organization has treated and housed college students from the local area. Its wait limit can be from six-to-nine months to a year, according to Johnson. NAMI also holds support groups once a month for teens and adults, typically set up in the fashion of an Alcoholics Anonymous meeting. The individual is allowed to share their stories with others while free food and refreshments are provided.

Students at the university who are currently suffering from a mental illness can seek treatment at the Office of Student Wellness and Health Promotion. This on-campus resource provides support group meetings and general counseling.

Amy Richardson, the assistant director of the office, has noticed a trend that around

		Blood Alcohol Concentration																		
		0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15			
Female 120 lbs	Drinks	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15			
	0	0.038	0.076	0.114	0.152	0.191	0.229	0.267	0.305	0.343	0.381	0.419	0.457	0.496	0.534	0.572				
	1	0.026	0.064	0.102	0.140	0.179	0.217	0.255	0.293	0.331	0.369	0.407	0.445	0.484	0.522	0.560				
	2	0.014	0.052	0.090	0.128	0.167	0.205	0.243	0.281	0.319	0.357	0.395	0.433	0.472	0.510	0.548				
	3	0.002	0.040	0.078	0.116	0.155	0.193	0.231	0.269	0.307	0.345	0.383	0.421	0.460	0.498	0.536				
	4	0.000	0.028	0.066	0.104	0.143	0.181	0.219	0.257	0.295	0.333	0.371	0.409	0.448	0.486	0.524				
	5	0.000	0.016	0.054	0.092	0.131	0.169	0.207	0.245	0.283	0.321	0.359	0.397	0.436	0.474	0.512				
	6	0.000	0.004	0.042	0.080	0.119	0.157	0.195	0.233	0.271	0.309	0.347	0.385	0.424	0.462	0.500				
	7	0.000	0.000	0.030	0.068	0.107	0.145	0.183	0.221	0.259	0.297	0.335	0.373	0.412	0.450	0.488				
8	0.000	0.000	0.018	0.056	0.095	0.133	0.171	0.209	0.247	0.285	0.323	0.361	0.400	0.438	0.476					
		Blood Alcohol Concentration																		
		0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15			
Male 195 lbs	Drinks	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15			
	0	0.020	0.040	0.059	0.079	0.099	0.119	0.139	0.159	0.178	0.198	0.218	0.238	0.258	0.277	0.297				
	1	0.008	0.028	0.047	0.067	0.087	0.107	0.127	0.147	0.166	0.186	0.206	0.226	0.246	0.265	0.285				
	2	0.000	0.016	0.035	0.055	0.075	0.095	0.115	0.135	0.154	0.174	0.194	0.214	0.234	0.253	0.273				
	3	0.000	0.004	0.023	0.043	0.063	0.083	0.103	0.123	0.142	0.162	0.182	0.202	0.222	0.241	0.261				
	4	0.000	0.000	0.011	0.031	0.051	0.071	0.091	0.111	0.130	0.150	0.170	0.190	0.210	0.229	0.249				
	5	0.000	0.000	0.000	0.019	0.039	0.059	0.079	0.099	0.118	0.138	0.158	0.178	0.198	0.217	0.237				
	6	0.000	0.000	0.000	0.007	0.027	0.047	0.067	0.087	0.106	0.126	0.146	0.166	0.186	0.205	0.225				
	7	0.000	0.000	0.000	0.000	0.015	0.035	0.055	0.075	0.094	0.114	0.134	0.154	0.174	0.193	0.213				
8	0.000	0.000	0.000	0.000	0.003	0.023	0.043	0.063	0.082	0.102	0.122	0.142	0.162	0.181	0.201					

COURTESY OF THE  
STATE RECOVERY COMMUNITY

COURTESY OF THE COLLEGIATE RECOVERY COMMUNITY  
Fighting back against the idea that, "It's just college, so I'm not an alcoholic."

the holidays — specifically Halloween and Saint Patrick's Day — students begin abusing alcohol more. She believes students should seek help

before their condition worsens. "Our data shows that alcohol is the number one substance students tend to abuse. Some students come in struggling with a substance

problem because alcohol is a temporary fix," Richardson says. "Students build up a tolerance which can make their depression or anxiety worse and then the cycle continues. I advise students who are currently struggling to seek help, it doesn't have to get to the extremes before you seek treatment."

Richardson also advises students to take part in university activities or support groups that are offered on campus. Collegiate Recovery Community (CRC) is a support-based and student-oriented group for university students that are actively working on their sobriety as well as students who have been impacted by addiction through their family and friends. This support group meets on a regular basis and offers students an outlet to express their frustrations and sobriety stories.

Alcohol awareness and sobriety are a bright light at the end of a dark tunnel, but it is achievable through perseverance and support. Lauren Gurtman, a sophomore elementary education major, advises students to seek help when they are struggling emotionally.

"Talk to someone, anyone that you think can help you," Gurtman says. "Do not isolate yourself, find something you love to do. It gets better, trust me."



# EMPTY KEG THIEF ON THE RUN IN NEWARK

#TBT

## “But I’ve got better things to do” – Musings of a “straight edge” punk

EDWARD BENNER  
Staff Reporter

In 47 seconds Ian MacKaye changed my entire life.

With a dizzyingly aggressive outburst of raw sonic energy, he outlined the defiant manifesto of “Straight Edge” in the 1981 “Minor Threat” song of the same name.

In screaming, “Always gonna stay in touch / Never want to use a crutch,” MacKaye dispelled any premonition of the need for substances and proclaimed having “the straight edge” over his peers as a result. Not only did he present hardcore punk in its purest, fastest form, but he gave a voice to what would become generations of people, including myself.

Straight edge was originally a response to the rampant drug and alcohol abuse plaguing the D.C. hardcore scene in the 1980s but has had wider reaching applications. Fed up with the behavior of his peers, MacKaye penned “Straight Edge” and unleashed his dissenting opinion, creating a cultural movement in the process.

By marking a black “X” on each hand to show their commitment to a sober lifestyle, Straight Edge punks officially took a stand to set

a positive example for others — one that has been upheld for over 30 years. This example is one that I have chosen to follow in my own life.

Being Straight Edge didn’t pose a particular challenge until coming to campus, where it immediately became evident that my opinions on the topic were in the vast minority. The utter excess of and casual attitude toward alcohol, drug and tobacco consumption were and remain to be startling.

What is perhaps most troubling is the lack of any sense of responsibility or ownership for anyone’s actions. Frequently substances are used as a crutch and an excuse for insensitivity, intolerance and, frankly, embarrassing behavior. After the hangover, nothing changes, and the cycle viciously repeats itself with no one being held accountable.

Even within the DIY music scene in Newark, a space that prides itself on complete openness and tolerance of all perspectives, nothing is mentioned about being Straight Edge. On a weekly basis, members of the scene drink, smoke and get high at shows and not a single person speaks up to reevaluate the practices or protect those who have or potentially could suffer at the

but we are there. We

think about their health and well-being and that of others.

In writing this piece I am not expecting to convert every reader to this way of life or demonize anyone who partakes in substances. My message couldn’t be further from that and it should be stressed that I feel no sense of animosity or resentment toward those individuals who drink or smoke.

I merely want to offer a differing perspective from what’s commonly accepted as a large part of this campus’s culture and promote serious conversation. Making the choice to abstain from or even limit the consumption of harmful, mind-altering substances allows for a greater connection to one’s surroundings and more opportunities for genuine, memorable experience.

One does not have to drink, smoke or get high to be an active participant in college culture. The power to take a stand and hold oneself and others accountable for their unhealthy and reckless behavior is in one’s hands. Lead by the Straight Edge example.



The black “X” is the universal sign of Straight Edge, a movement committed to abstaining from dangerous illegal substances.

SAM FORD/THE REVIEW

expense of dangerous conduct.

For those of us who abstain, we are make up the minority in an already underground community,

make the conscious decision to remain sober and do it with pride in the hopes of inspiring our peers to

## The need-to-know on alcohol and sexual assault

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LIV ROGAL  
Senior Reporter  
*The article is written from the perspective of a Sexual Offense Support (S.O.S.) Victim Advocate.*

When inebriated, things become blurry. Edges become blurred, shapes lose their form, movements become foggy. One thing that should not fade, however, under the influence of alcohol is one’s understanding of consent.

Alcohol consumption (and overconsumption) and sexual assault are prevalent on college campuses, and are often intertwined. Over half of all reported sexual assault in college involves alcohol, though sexual assault reporting is wholly underreported.

Alcohol’s relation to aggressive and forceful behavior and decreased motor and cognitive skills creates difficulties for giving and obtaining consent. With lowered inhibitions, consent becomes complicated and confusing.

The university defines consent for sexual assault policy as “an affirmative decision to engage willingly in mutually acceptable sexual activity given by clear words or actions. It is an informed decision made freely and actively by all involved parties.”

When alcohol is involved, the processes to make affirmative

decisions and recognize a clear “yes” are inhibited. However, the presence and effects of alcohol are occurring within a context of pre-existing understandings of consent.

“Sometimes the lines can be blurred when it comes drinking and consent,” says Lindsey McAleer, an S.O.S. Victim Advocate and senior studying health sciences and domestic violence prevention and services. “College campuses are filled with students who don’t understand where these lines can be drawn and it’s important to always ask for consent — drunk or not — especially when navigating the hook-up culture so prevalent in this day and age.”

According to university policy, “Sexual conduct will be considered without consent if no clear consent, verbal or non-verbal, is given. This includes



EMILY MOORE/THE REVIEW  
S.O.S. enables university students to provide support to survivors of sexual assault.

situations in which an individual’s ability to consent freely is taken away by another person or circumstance,” such as alcohol or drug consumption. According to Delaware law, consent cannot be given when one is “mentally incapacitated,” thus sexual activity when drunk is sexual assault.

This is not to say that it is impossible to consent while drunk, but rather it is up to the individual asking for consent to understand if a person is physically and mentally capable of making a clear and informed decision. Constant communication with a partner is essential in ensuring that consent is being given.

The complication around alcohol and consent should not be a factor in a victim choosing whether or not to report and pursue support. When a person comes forward for medical, legal and emotional support, they will not be penalized for reporting intoxication or underage drinking, as the university provides Alcohol Amnesty to survivors of sexual misconduct. A victim’s first priority should be getting the services they need.

Being drunk is not an excuse for not getting consent, nor is it an excuse for being assaulted.

An S.O.S. Victim Advocate can be reached 24/7 at (302) 831-1001 (press 1).



# Drunken pumpkin: A visit to Milburn orchards

Matthew McKee  
Senior Reporter

To locals, Milburn Orchards is a familiar seasonal experience, a destination that many around Newark will visit at least once a year. Despite this, for Jennifer West, her first ever visit would be this year, after (at least) four shots of gin.

West was immediately thrilled to learn that there was a petting zoo, with goats, pigs, chickens and more. With a cup of goat food in hand, she made her way over to the animals. Once with them, she couldn't hold still for long, running back and forth from different pens and pointing at every animal she saw.

With all of the animals on the property, West made a point to interact with as many as she possibly could. Feeling a bit rebellious, she could be found at one point reading over the "Do Not Touch the Horse" sign three times before sticking her arm over the fence and petting the horse.

The high she was riding was momentarily put to an end during a run-in with one of the



MATTHEW MCKEE/THE REVIEW

Jennifer West did a lot this week, including an alcoholic trip to Milburn Orchards.

older goats. While West was trying to feed a few of the babies, one of the adults chased them off in hopes of feeding itself. West took it upon herself to tell off the goat for its rudeness, in front of at least 15 children and their parents.

The next dampener came in the form of the corn maze. The sudden cold and death of much of the maze, as well as the advanced height of the reporter, led her to be taller than the entire maze. Needless to say, this took away some of the challenge, but West didn't let this fact stop her.

She spent the next ten minutes running through the field of dead corn by herself.

Finally, upon exiting the orchard, West went to pick out a pumpkin as a memento of the successful visit. She eventually decided on the largest pumpkin in the area, one that also had a sizable hole on the bottom of it.

When her choice was questioned, West backed up her decision by saying the shape of her pumpkin "couldn't effect how much I love him."

Then, carrying the oversized pumpkin back to the car, West

# Booze 'til you lose: Mosaic takes a firsthand look at the party scene

Grace Otley  
Staff Reporter

Ambulances are expensive, heartbreaks are painful and alcohol doesn't taste good anyways.

The Princeton Review named the university the No. 1 party school in America, but at what cost?

This past week, university students involved in Greek life showed their school spirit by celebrating Homecoming Week with multiple kegs of beer, illuminated bars and themed mixers seemingly every night of the week. Some fraternities chose to hold their parties at off-campus venues, where questionable red solo cups were replaced by bougie chicken tenders and mozzarella sticks. While mixer themes ranged from "U.S.A." to "get wiggly with it," one theme that seemed to persist throughout was that of disaster.

The Review sent Staff Reporter Grace Otley to the front lines.

"I was dancing to Drake's song about Keke, and everything seemed fine," a senior at the university recounting the effects that alcohol had on her ability to maintain balance and walk properly says. "One second I was walking over to meet my friend standing at the other side of the room, but only moments later, I felt my face

meet the ground."

Even though the four shots of tequila gave her temporary happiness, she is recovering from a temporary fractured ankle and two chipped teeth.

Not only can a few swigs break bones, but they can break hearts, too.

The dance floor was crowded with people wearing wigs of all different colors, but all resembling Coconut Head from "Ned's Declassified School Survival Guide." Towards the end of a song, a girl wearing a vibrant pink wig walked over to the bar and took a seat.

Distraught, she frantically started typing on her phone. She looked up as she showed a group of her friends a picture of what she described as "her boyfriend lying in bed with another girl slumped upon his chest."

A tear started to roll down the side of her cheek as her friends tried to comfort her and reassure her that this was a misunderstanding. She went back to texting frantically, in need of answers.

The incoherent texts read: "Who was the girl in that photo and why did you send me that?"

"I waa not . wbu"

"What? Did you sleep with someone else tonight?"

"Ye s but u uhve know I am drunk."

"This is not the first time this

has happened," she said, after turning off her phone. "As long as he's drunk, it surely won't be the last time either."

As Homecoming Week came to a close, a sophomore on her way to class Friday morning stated that, "Delaware is such a fun school, but I'm not sure if it's really the No. 1 party school."

"Our rating is based on self-reports, so if we were really the number one party school, wouldn't we be too drunk to complete surveys and questionnaires about our alcohol consumption? I think we are trying to live up to a name that is dangerous, to say the least."

*Editor's Note: Due to the nature of the piece, The Review chose to publish the piece with all explicitly identifying attributes removed.*

LAUREN LEE/THE REVIEW





# Freshman drinking habits: What they say versus what science says

JACOB BAUMGART  
Senior Reporter

Syllabus week. Halloween. Dage. All of these terms define party culture at the university.

With 48 fraternities and sororities on campus, parties are abundant, allowing freshmen to immediately dive into this aspect of social life.

Freshmen embrace the party culture as a point of pride for the school, but they also said that they think the system is flawed in its preferential treatment of women and ability to put social pressure on students.

Neel Patel, a first year student who studies biology, said he has taken advantage of the school's party offerings.

"If we are going to a party school, it's something fun to brag about when I talked my friends that don't go to a party school," Patel said. "When they want to come I have to show them the best time I can ... I just know there are a lot of opportunities, so if I want to go out anytime, I will have an option to go out."

Patel said it did not take him long to figure out where parties happened on campus because his older sister is a sophomore at the university. On his third night here, Patel's sister helped him get into a fraternity party. Shortly after arriving, Patel said one of the brothers grew tired

of pumping beer from the keg, so he passed the nozzle to Patel and told him to handle the keg duty.

"That was one of the stories where I was just f---ing like, 'What the f---? Why am I on keg duty on my third day here?'" Patel said. "I was like, 'Whelp. This is frat life.'"

Another freshman eventually came to pump the keg while Patel poured, and the two became close friends because of this bonding experience. The two freshmen ran into trouble when the fraternity brothers realized two outsiders were pouring the beer, but Patel's sister helped get them evade the problem.

"I'm like I'm going to get my a-- kicked," Patel said. "I was so scared out of my f---ing mind."

Although Patel was able to get into parties earlier in the year, he said it has been harder to find a one that lets men in. He said that this increased challenge likely stems from the end of rush season, which is when fraternities are more likely to allow men who are not in the fraternity to attend their parties.

This added layer of difficulty has kept Patel from getting into parties. He said that he has tried to have a large group of women go to parties with him in an effort to work around the no-outside-men rule, but he has not been successful. Patel said he tried to go out with two other men and a group of 25

girls, but the people at the door of the party turned them down.

"It's not worth [the effort] sometimes, and there's also a chance I just don't get in," Patel said. "What's the point of pregameing, getting everyone ready, getting addresses, going through all that work if you're not going to get in? I only go out if there's a definite way I can get in."

Even though some male freshmen think it is pointless to continue blindly trying to go out to parties, some students believe the difficulty may hurt the men's psyche.

Vanessa Arace, a first-year biology student, said male freshmen may struggle to reconcile their reduced access to this aspect of college life and the predisposed stereotype that men in college are partyers.

"I feel like guys would maybe feel more pressure because guys have a harder time trying to fit in with their bros," Arace said. "That's what a lot of guys do and it's just typical for a guy to do that during college."

Arace added that while she occasionally goes out to dance and enjoy music with friends, she never feels pressured to do so. She does, however, see how other women could feel the pressure to party in this environment that reinforces it.

"You'll be sitting here in the lounge and you'll just see girls going out and groups of people doing stuff, and you sit here by yourself doing homework, and

you're like, 'Hmmm?'" Arace said. "I can definitely see how people could feel pressured ... There's definitely pressure."

Scientific research supports Arace's thinking.

One study of first-year college students conducted by the Journal of American College Health found that "Observed social reinforcement [in the form of "likes" on Facebook and Instagram] for peers' alcohol-related posts predicted perceptions of peer approval for risky drinking behaviors among non-drinking students, but not drinking students."

With this claim that social reinforcement of alcohol consumption improves its perception by non-drinking freshmen, the pressure Arace claims to see may exist for people who have never partied before college.

Still, more research supports the idea that first-year students are susceptible to influence from their perception about the drinking habits of their peers.

According to research from PubMed Central, freshmen overestimate the number of drinks other first-year students consume weekly by 100 percent. The freshmen estimated that their peers consumed about 16 drinks weekly, when their true average consumption was about eight drinks per week.

"This study extends previous research that overestimation of drinking by one's peers is ubiquitous and impactful among

college students by finding that one's own class year-specific perceived norms may be particularly influential on individual drinking; especially for freshmen and juniors," researchers Eric R. Pedersen, Clayton Neighbors and Joseph W. LaBrie concluded.

Though some students, like Patel and Arace, claim they do not personally feel pressured to party and drink alcohol, scientific research suggests the observation of this behavior in peers may influence them to follow suit.

"Nowadays people just associate partying with being cool," Arace said. "If you're not doing that, some people consider that lame ... In this generation, partying is a big part of college, and it's kind of rare to meet people who will just be like 'No, I never go out.'"

## An overview of alcohol-related crime in Newark

MITCHELL PATTERSON  
City Editor

On Oct. 20, police broke up a large party during the day at a residence in the 300 block of East Park Place and arrested 100 people, the majority of whom were university students, for underage drinking.

Party dispersals of this nature occur almost-regularly each year. In 2016, 180 people were similarly prosecuted during another police raid on a party on East Park Place, and in 2014, police issued citations to 145 during a party on Continental Avenue.

Despite the university's recent ascension to the status of top party school in the country, rising steadily in the rankings over the past several years, crime statistics show that students are currently no more likely to be arrested for underage drinking or related intoxication crimes than they have been in years past.

Newark Police Department (NPD) arrested 265 people for alcohol related violations

in 2017, and 297 have thus far been arrested in 2018. According to Lieutenant Andrew Rubin, the public information officer for the NPD, the uptick in arrests this year is likely not part of a trend.

If anything, there appears to be a gradual decline in alcohol-related violations over the past several years. In 2010, the NPD charged 835 people with alcohol-related violations and 681 in 2011.

2016 stands out with an abnormal 1,031 alcohol arrests made, the vast majority of which occurred during Oct. 17, 2016, where 180 individuals were arrested as mentioned above, 435 individuals had been arrested for alcohol related crimes. That number skyrockets to 1,003 arrests by Oct. 31.

Those figures do not include arrests for driving under the influence (DUI) of alcohol. DUI arrests have, in fact, sharply decreased over the past decade, not only in Newark but in Delaware as a whole.

According to Cynthia L. Cavett, a spokesperson for the Delaware Office of Highway Safety, DUI arrests statewide have decreased from 4,577 in 2013 to 3,005 as of Sept. 29 this year.

"Over the last six, seven years, I mean, we used to get 10 to 15 DUIs a night, we now maybe get two to three," Rubin said. "I'd like to say those numbers went down because of enforcement, but to be honest with you I think Lyft and Uber have made a huge difference with less DUI. It's because of change, you know, it's because the Office of Highway Safety spends a lot amounts of money on DUI education."

Despite the possible perception that party dispersal operations, like the one on Oct. 20, occur with some regularity as a means for police to "flex their muscles," officials maintain that there is no pre-meditated agenda for these raids — they occur when the need arises.

"We have the ability to do this whenever we come upon

a loud, disorderly party," Rubin said. "You know, underage consumption of alcohol is illegal, having a loud, disorderly party is illegal, in this case the officers observed that this was the best course of action. I can't say that we do this on a yearly, regular basis. We do this when we find it necessary. It's happened once this year. Could it happen again? Absolutely."

LAUREN LEE/THE REVIEW





# Abstaining: A university counterculture

**SHREYA GADDIPATI**  
Staff Reporter

A study done by the National Survey on Drug Use and Health in 2015 found that approximately 62.4 percent of people between the ages of 18 to 25 in Delaware drank alcohol within a month — above the national average of 56 percent.

The statistic correlates with the fact that the university was recently named the No. 1 party school in the country by The Princeton Review. Drinking at the university is so prevalent that it might even be the norm, but for some students, the risks outweigh the benefit.

The mindset of non-drinkers across campus is consistent — the decision not to drink was a logical choice.

Senior Noor Jamal chooses not to drink for a variety of reasons, including her religion and personal disinterest.

"I've never seen anything beneficial from it," she said. "It's prohibited in my religion,

but just because it is or isn't allowed doesn't mean that everyone will follow the rules."

But, her reasoning isn't solely for religious purposes, as she stated that she has never been tempted, but more uncomfortable, by the presence of alcohol.

But culture and religion aren't the only reasons that people choose not to drink. Drinking affects productivity.

"I associate drinking with a party lifestyle I haven't the need nor time for," senior Michael Gardner said in explaining his decision to not drink.

Noor added to this thread by citing the benefit of "being able to be in full control of yourself."

A study done by the International Journal of Preventive Medicine concluded that "alcohol consumption showed negative associations with motivation for and subjectively achieved academic performance. University alcohol prevention activities

might have positive impact on students' academic success."

There are dozens of events around campus that don't involve alcohol, whether organized by the university faculty or RSOs that easily keep abstainers busy, such as Perkins Live and Trabant Now. With Halloween around the corner, many drinkers may choose to attend parties off campus, but the university provides alternative events for those trying to avoid alcohol such as the Halloween Spooktacular hosted by Student Wellness and Health Promotion on Oct. 27.

"I think I generally accommodate myself in that regard, but hell yeah, for sure, there's plenty of events around campus if you're angling to avoid the alcohol scene," Gardner said.

The abstainer group on campus not only consists of those who have never drank before, but also those who have made the decision to become sober after engaging

in drinking culture.

Master's student Makenzie Schulz explained her reasoning to quit drinking and become sober after graduating with her undergraduate degree, and stated that her drinking resulted in "a lot of missed opportunity, a lot of missed potential."

She went on to say that undergrads here at the university may drink so much because "as an undergraduate, you have the stress of new responsibilities," which is the exact reason behind why she decided to quit. Schulz is plenty busy as a student and a mom, but really enjoys the accommodations that the university has provided her in her recovery journey.

The Collegiate Recovery Community is a group run by Student Wellness that assists students in maintaining a sustainable recovery.

Schulz advised that if you have a "running internal dialogue about your relationship with drinking"

or "question if you drink too much," chances are that "your relationship with alcohol is unhealthy."

Despite the fact that many abstainers choose to not drink for a variety of reasons, they seemed to come to a consensus that drinking, much like what Jamal stated, "is an absolute personal choice of yours."

## Caffe Gelato liquor license under review

**KEVIN TRAVERS**  
Senior Reporter

Undercover underaged police agents succeeded multiple times at getting past the ID checks at Caffe Gelato, a Mediterranean-inspired restaurant on Newark's Main Street, restaurant owner Ryan German said.

Caffe Gelato is currently up for review by the Delaware Office of Alcoholic Beverage Control (ABC). According to Section 554 of Title 4 of the Delaware state code, the ABC Commissioner will deliberate on any alleged violations of liquor sale, deciding on punishments that range from slap on the wrists to costly fines, or at worst a revocation of a liquor license.

"We are focused on dining and serving customers," German said. "Newark police in conjunction with the state had sent an underage person in and we improperly did not card them."

Though dismayed, German is focused on upholding his cafe's original goal of customer-driven fine dining. He is accepting the situation as a chance to refocus and reapply to better maintain healthy carding practices.

"We don't take it as them picking on us," he said. "We take it as we have to be doing better."

The ABC did not respond to a request for comment at the time of publication.

At its slowest hours, Caffe Gelato still bustles with customers. Winner of numerous awards for fine dining and wine

selection, the business has thrived as a heavily sought-after source of unique cuisine.

German, a university alumnus who graduated with a degree in marketing and business administration, owns and operates the restaurant. Open since 2000, Caffe Gelato has offered a unique fine dining experience from 90 East Main St.

The proud business owner's busy schedule indicates the high success of his restaurant, and also the high stress that comes with running a small business.

German founded the business during his senior year at the university, with the goal of establishing a fine-dining experience that was lacking at the time in Newark, save for Iron Hill Brewery which had opened in 1996.

"We are not a bar, and we're not trying to be a bar," German said. He added that focusing on keeping out underage patrons has never been "in our wheelhouse."

## Intoxication: One man's crime is another man's innocence

**MADELINE MCGHEE**  
Staff Columnist

Dr. Christine Blasey Ford claimed that U.S. Supreme Court Justice Brett Kavanaugh was heavily intoxicated when he allegedly sexually assaulted her. According to former classmates and friends of Kavanaugh, his alcohol consumption during high school and college was falsely understated by Kavanaugh during his hearing. Underage drinking at parties is so common that when we hear about a young white boy participating, more often than not, it is considered to be a very minor infraction.

In early September, twenty-six-year-old Harding University graduate Botham Jean was shot and killed in his apartment by local police

officer and resident Amber Guyger. Mistaking Jean's apartment for her own, Guyger alleges that she believed him to be an intruder in her apartment and shot him. Though she has altered her story more than once, Guyger has alleged that this was an unintentional mistake.

Regardless of the clear confession and undeniable injustice of his murder, the local police department searched Jean's home and car rather than those of his murderer. This same department publicly released the discovery of a small amount of marijuana in Jean's possession, as is so often done to justify the unwarranted death or assault of black men.

Kavanaugh has been accused of attempted rape while intoxicated, though his actions and behavior were repeatedly excused by the same senators who voted him into the highest

court in the United States. Jean was not under any kind of substance influence when he was shot, nor was he ever arrested or accused of a crime except his mere possession of marijuana, unknown to the officer who killed him, has been used to justify his senseless death and smear his character.

It is normalized for high school and college boys to break the law and drink to the point of blackout on multiple occasions, but finding marijuana on the property of a non-violent man with no criminal record is so reprehensible that we can excuse the brutality of his murderer.

In mid-August, prior to the death of Jean, Mohamed Sayem was allegedly assaulted by police officers for sleeping while intoxicated in his car, according to Sayem's attorney Scott Sanders. While he was not driving under the influence,

this was reason enough for a California police officer to drag him out of the car and beat him, claiming that Sayem was violent and belligerent. This behavior is not apparent in the dash-cam footage recording of the altercation and it is refuted by Sayem and his lawyers. In the dash-cam footage it does appear as though an officer repeatedly punches Sayem in the face and at the end of the altercation after Sayem asked if the officers were going to shoot him, one of them can be heard replying "I'd like to."

The cushioned sentence of the Brock Turner case in 2016 was based on the "severe impact" the judge in question believed a harsh sentence would have on Turner's life. Though several witnesses saw the attempted rape, the judge claimed that alcohol "is a factor that, when trying to assess moral culpability in this

situation, is mitigating."

White men are repeatedly excused for drunken behavior. Harmless party fun that "everyone does" in college is expected behavior. This narrative, however, is only ever used to defend the actions of one privileged demographic while villainizing any others who partake. Had Blasey Ford been heavily intoxicated on this alleged night, there would likely have been talk about how she was irresponsible and was "asking for it." Non-violent Black men who are approached by law enforcement while intoxicated are, in our society, asking to be killed or violently persecuted by police officers.

Our media and our justice system constantly seek to exonerate young white boys for their bad behavior and criminalize the mere existence of black people.



LAUREN LEE/THE REVIEW



# Safety 101: Mosaic's guide to staying safe during Halloweekend

**CAM A. JOHNSON**  
Staff Reporter

In college, Halloween isn't a night of trick-or-treating anymore. A magical night where ghouls, goblins and neighborhood children scour the streets for candy turns into a four-or-more-day, booze-fueled extravaganza: Halloweekend.

So for university students, while Halloween may be full of fun festivities such as costume parties, haunted houses and trick-or-treating, it is also home to a number of safety hazards. Drunk driving, sexual assault, alcohol poisoning and robbery are just a few of the risks that may occur at a higher frequency during Halloweekend. According to oxygen.com, each year during the Halloween festivities, hundreds are arrested for drunken behavior, shootings and assaults over the holiday. Insurance claims over the holiday increase by 24 percent, according to USA Today, due to theft and vandalism.

The university claimed the No. 1 spot on The Princeton Review's list of the Top 20 Party Schools in America at the start of the academic year. With Halloweekend and Homecoming Weekend smashed into one, this weekend will be filled to the cauldron's brim with frat parties, Halloween parties and bar crawls. Even though it is commonplace to drink and have a good time during Halloweekend and Homecoming Weekend, there are precautions university students can take in order to stay safe.

Listed below are some tips to surviving Halloweekend in order to return to the comfort of your own bed. While some of these precautions may be deemed "common sense," it is important to remain vigilant.

## Do's:

Use the buddy system: Travel in groups and never stray away from the pack. This means if you arrive with a group, make sure



Mosaic dishes on the do's and don'ts of Halloweekend.

you stay with your group. If one member strays from the group, check up on them. Never leave anyone alone at a party.

Fully charge your cell phone: Before leaving your dorm room, apartment or house, make sure your cell phone is fully charged. If possible, carry around a portable battery charger, especially if your cell phone's battery easily loses charge.

Download the LiveSafe app: You can use the LiveSafe app to contact the University of Delaware Police (UDPD). Other smart steps to take are familiarizing yourself with the blue light phone system and saving UDPD's non-emergency police and general information number, (302) 831-2222.

Drink responsibly (if you are over the age of 21) and know your limit: University

students typically like to binge drink or partake in drinking games, easily putting their blood alcohol content (BAC) over the legal limit of 0.08 percent. If you are aware that your limit is two drinks, only drink two drinks and walk away.

Be bright (literally): Wearing brightly colored clothing or costumes allows university students to easily be seen while walking around during Halloweekend.

If you see something, say something: Report any dangerous activity to the UDPD or the Newark Police Department.

Medical Amnesty and Alcohol Amnesty are your friends: According to the Office of Student Conduct (OSC), if assistance is sought in cases of intoxication or overdose, the OSC will not pursue conduct charges

against university students for violations of the Alcohol Policy or Drug Policy. Alcohol Amnesty applies to survivors of sexual misconduct, granting amnesty to university students who may have violated the Code of Conduct Alcohol Policy when they became a survivor of sexual misconduct. No alcohol charges are applied to university students who report that they were intoxicated when the instance of sexual misconduct took place.

Hold your friends accountable for sexual misconduct

## Don'ts:

Avoid wearing dark blue or black clothing: These clothing options make it hard to be seen in poorly lit areas.

Leave the heels at home: Don't try out those six-inch spike heels for the first time because potholes, sidewalks

and road hazards are hard to navigate in the darkness.

Don't sample unfamiliar treats: Be mindful of your food allergies.

Drink defensively: Do not allow anyone to make a drink for you, do not abandon your drink and do not leave your drink unattended. Date-rape drugs such as Rohypnol are undetectable to the human eye. When in doubt, throw it out.

Don't hitchhike: Don't hitch rides with strangers to a party, only travel with individuals

you are familiar with. Attending an off-campus party with an unfamiliar individual(s) is a huge no-no.

Trick-or-treating: If you go trick-or-treating, do not eat unwrapped candy. Always thoroughly check your candy before eating it.

Don't rape.

These are just a few do's and don'ts for Halloweekend. But most importantly, celebrate during Halloweekend and Homecoming Weekend. Enjoy yourself. You deserve it.

Stay safe and Happy Halloween!

LAUREN LEE/THE REVIEW

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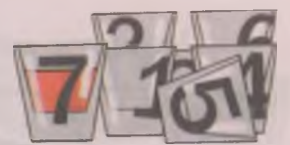
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# Hope and healing: Al-Anon supports those impacted by alcoholism

**LEANNA SMITH**  
Creative Content Editor

In the United States, there are over 15.1 million adults living with Alcohol Use Disorder (AUD), according to the 2015 National Survey on Drug Use and Health. For every person with AUD, there are four to six people directly affected by the disease, according to Mona Dougherty, the senior communications specialist for media at Al-Anon Family Groups.

In Delaware and around the world, Al-Anon Family Groups' mission is to offer help and support to these millions of people who are affected by someone else's drinking.

Although the names sound similar, Al-Anon and Alcoholics Anonymous (AA) are two separate organizations. Al-Anon was founded in 1951 by Lois W., the wife of the founder of AA. When her husband was recovering from his disease through AA, Lois realized that she still was not getting better.

To solve this issue, Lois connected with the wives of AA members to create Al-Anon, an organization that utilizes a slightly modified version of AA's 12-step program to support the recovery of those who are impacted by someone else's drinking.

As a non-professional organization, Al-Anon does not counsel members or affiliate with other organizations, but instead serves as a fellowship where people can share their experiences and strengths to find recovery.

"Sometimes newcomers will think, 'Am I in the right place?' because they assume that someone is going to tell them what to do, and that is just not the case," an anonymous

member from the Newark community says. "Being non-professional means I don't have

According the 2018 Membership Survey, seven in 10 members have been affected

part of the recovery process for many members.

"Unfortunately denial is a big part of this disease, whether it is on the part of the person who has the problem or the person who is affected," Dougherty says. "The initial knee jerk reaction is, 'It's not my problem, why should I get the help? How is that going to help him or her stop drinking?' But the focus is not on the person who is drinking, but rather on the effects of that behavior on everyone around the drinker."

The anonymous member recalls that when she first started attending Al-Anon, she had misconceptions about alcoholism. Because she and her husband were employed, were living in a beautiful house and had children who attended college, she didn't think she could be affected by alcoholism or that her husband could truly be an alcoholic.

"You start to listen and you start to find some hope because other people have walked through your walk and it is not something to be ashamed of," the anonymous member says. "Alcoholism is a disease and I would never have known that had I not walked in. I would have kept the secret, the fear, the shame, the guilt and all of the other stuff that goes with it."

Anonymity is a tenet of Al-Anon that allows it to be a space of trust and vulnerability.

"When people are at the meeting they are just there as individuals," Dougherty says. "You leave everything else at the door: your profession, your title, whatever it is, so that everyone is on the same level. Everyone in there is affected by someone's drinking and, as such, is seeking recovery. People can be reassured that if you encounter someone from the meeting in a public place that person is not

going to come up to you and break that anonymity."

Although Al-Anon was created for people who are impacted by alcoholism, the 2015 Membership Survey reported that 40 percent of members first came to a meeting because of someone's drug problem.

Currently, there are several meeting locations in Newark that are open and free with an option to donate for anyone who has been impacted by someone's drinking. Alateen, which falls under the umbrella of Al-Anon Family Groups, also offers meetings that specifically address issues faced by 13-to 19-year-olds who are impacted by alcoholism.

For anyone who thinks that they might be impacted by someone else's drinking, the anonymous member advises not to wait to seek help.

"Literally, Al-Anon saved my life at a time when I just didn't know what was going on with my life," the anonymous member says. "Now I realize, it all had to do with the effects of alcoholism. If you have an inkling of checking out a meeting, I would check it out with an open mind."

For more information about Al-Anon or Alateen, visit <https://al-anon.org> or <https://www.delawarealanon.org/>



CREATIVE COMMONS.

Al-Anon Family Groups works to offer help and support to those who are affected by someone else's drinking.

your answers. I can absolutely hold your hand, I can look at a reading with you and we can talk about it. You are given the time to find your own answers that are right for you, and who doesn't want that?"

Al-Anon considers alcoholism to be a family disease because of the long-term and wide-ranging effects.

"We see a lot of repeated patterns of behavior, in the sense that most people who grow up in a household that is affected by alcoholism tend to mirror the same type of relationship in their adult lives," Dougherty says. "So someone who has a mother or father who is an alcoholic would be more likely to gravitate toward someone who has a drinking issue."

alcoholism that spans two or more generations.

Many members may not even initially realize the longevity of their proximity to alcoholism.

"I initially came because of my husband, but I could have benefited from coming into the room as a teenager," the anonymous member says. "I did not know my dad was an alcoholic. I wouldn't have said it out loud — it would have been disloyal to say it out loud because I loved my dad. It took a few years of Al-Anon just for me to even say and fully recognize that my dad was an alcoholic. It was the secret I wasn't going to tell anyone."

Learning to let go of the denial, shame and guilt associated with alcoholism is

## Abstaining at a party school

**FRANCISCA MORENO**  
Staff Reporter

This past year The Princeton Review ranked the university as the No. 1 party school in the country. The ranking is determined by a number of factors, including beer and liquor consumption, popularity of fraternities and sororities and drug use. Even so, how does this finding affect students who choose not to drink?

According to "Alcohol Edu," a program the university requires incoming students to take, 33 percent of incoming students have not

drank alcohol the year prior to coming to the university.

Catherine Canning, a senior at the university, reflects on her ability to be someone her friends can rely on if they decide to go out.

"For me, I don't like the taste, nor what it leads to — I don't feel the need to alter my state of mind," Canning says. "It's not like my parents have been particularly strict, or that it's against the law and I couldn't, but it's just a choice."

The Student Code of Conduct acknowledges that students are going to drink, but its main point is to drink responsibly. It also provides an amnesty policy, so

that students will hopefully be more encouraged to help someone who may be medically in danger.

"If it's something you enjoy and you like to do socially, then do it safely," Canning says.

For students like junior Madison Christian, there is no choice on whether or not they drink. She, like many other students, refrains from drinking to protect her physical well-being.

"It's because I don't think it's fun and I have an intolerance so I get really sick," Christian says.

Christian says she doesn't mind the campus' party culture, but that she tries to ignore it. She involves

herself in other activities such as marching band as a way to stay engaged on campus without drinking.

"The best way is to not put yourself in any situations that involve it," Christian says on how she abstains from drinking.

Emily Hodgkins, a junior at the university, explains that she has a genetic condition that prevents her from drinking. Hodgkins says her condition gives her a low tolerance to alcohol and that she tends to get sick easily. She says the best way to stay away from drinking is to get involved in activities on campus.

"Surround yourself with people who also

abstain from drinking alcohol, participate in activities that don't have to do with that [drinking]," Hodgkins says. "They shouldn't take their peers' opinions into account for their own decision — that shouldn't have to be a huge pressure on them."



FRANCISCA MORENO/THE REVIEW  
Hodgkins find options to abstain from binge drinking, even at a well-known "party school."

### CORRECTIONS

The Review staff is dedicated to accuracy and fair representation of all sources. If you notice a factual inaccuracy in a story, please email a correction to [eic@udreview.com](mailto:eic@udreview.com).



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OCTOBER 30, 2018  
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# HAPPY HALLOWEEN FROM THE REVIEW





OCTOBER 30, 2018

# Mosaic

## THE REVIEW

### Hangover recovery foods for woke vegans

CHRISTINE MCINTOSH  
Staff Reporter

After a fun night out, the revival process may seem like the perfect time to dive into the comfort foods that you know you will regret later on in the day. Of course, like in other facets of life, there are options as to what you can eat to fully recover from the fuzzy feeling that persists. Here are our suggestions.

A staple of the hangover meal is coffee. Its aroma, heat and flavor are able to bring the hungover soul back to its life. It also stifles the residual smell of alcohol that may be wafting from your breath.

To accompany the breakfast staple, a twist on another morning favorite could become a new addition to the morning-after feast. A bagel with veggie sausages, onions, tofu, hash browns, vegan cheese and any preferred spices has the ability to fill your stomach and make your insides stop moving around

uncomfortably.

There is also the option of a variety of toast toppings. You can have hummus, peanut butter, almond butter or pesto as a base, then add toppings such as bananas, strawberries, avocados, blueberries, pistachios and walnuts, to name a few options.

Of course, a finishing touch is never lost on the sweet tooth or the health nut. Chia seeds, hemp seeds, flax seeds, cinnamon and more can all add a little something special to the overall taste of your hangover toast. The type of bread you use can be as varied as the toppings themselves. Options of bread types range from crispbread to sourdough. The fun part about this meal is the freedom to mix and match what your palate most desires on your day of rest.

There are countless ways of making these fun toasts, but fruit smoothies can also stimulate your creative side. Almond, soy and cashew milk mix well with large array of rainbow-colored foods. Strawberries, pears, kiwis,

blueberries and so many more fruits blend to create a healthy, filling and delicious drink that could soothe your throat and hungry belly. You could even satisfy your sweet tooth by adding some cane sugar or chocolate chips to the mix.

These vegan hangover options should revive you in no time. Plus, they're fun and have so much variation that you can try a new version every time you decide to go wild. This is your moment to seize the next day in a healthy, sustainable way.



THE REVIEW

With options like coffee, bagels, smoothies, healthy hangover foods, you do not have to be bored.

*Editor's Note: The writer of this article is under the age of 21. The consumption or possession of alcohol, however, was neither used nor required to write the article. The Review does not support underage drinking.*

### Mosaic's drunk cookbook

OLIVIA MANN  
Managing Mosaic Editor

Drunk eating is pure bliss. You're heading back to your dorm room, apartment or house at 2 a.m. and you have one thing on your mind: pizza. Or, a burrito. Or, potato chips. Or, leftover pasta.

The bottom line is that it doesn't matter what you eat — the ending is always the same. Soon enough, you're splayed across your couch or bed, coming down from a buzz and gluttonously full. You look down at the tomato sauce on your shirt. There's hummus in your hair. You'll regret this.

Well, Mosaic's all been there. And so, Mosaic took it upon ourselves to compile a list of our favorite "drunchies," or drunk munchies.

1. Just pour Trader Joe's Everything but the Bagel Sesame Seasoning Blend or Trader Joe's Cilantro Salad Dressing on everything in your kitchen. Literally, anything you can find.

2. Grilled peanut butter and jelly sandwich. Exactly like a grilled cheese sandwich, but better.

3. Grilled peanut butter and Nutella sandwich. "I didn't realize how great this was until my friend made it for me while I was drunk and it blew my mind, at the time."

4. Toasted bagel with hummus and an egg in the middle.

5. Oatmeal with a spoonful of brown sugar, a lot of chocolate chips and a lot of peanut butter.

6. Microwave a S'mores Pop-Tart and crumble Flamin' Hot Cheetos on it. "It's a pretty spiritual experience. You can honestly taste every single flavor. I think you have to be very far gone to enjoy this one, though."

7. Dip celery in sriracha. It's like a Bloody Mary, but the alcohol is already in your stomach.

8. Peanut butter by the spoonful.

9. Microwave shredded cheese on top of tortilla chips for 20 seconds or so, eating the shredded cheese straight from the bag for the 20 seconds of microwaving.

Drink (and eat) responsibly, folks.



CREATIVE COMMONS  
Trust me, you'll regret this.



SAMANTHA FORD/THE REVIEW  
Overheard outside Home Grown Cafe on Tuesday, 11:00 p.m.

WIN OR LOSE, WE  
STILL BOOZE  
Mosaic's guide to tailgating.

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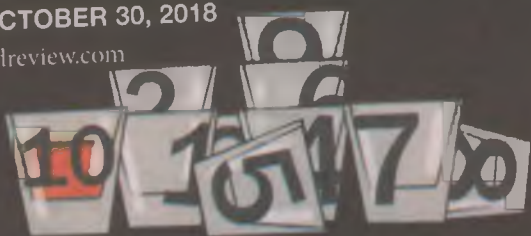
PINOT'S PALATE  
Proof that making art is better drunk.

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MAY I COMPARE THEE TO  
A DRUNK MESS  
Drunk poetry. That is all.

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## Mosaic tries something new: Tailgating!

GRACE MCKENNA  
Managing Mosaic Editor

It seems like there are thousands of university students mingling around the parking lot, a place usually devoid of any life, except the one lone police officer who diligently checks each license plate for a parking pass. I jump through puddles, barely managing to escape a new lake that the rain created in front of the Fred Rust Ice Arena.

With the most disappointingly gross peach-flavored vodka that I could pack into my little hidden flask, I sip on the thumb in my mitten and hope people aren't watching me cringe as the cough-syrup-flavored liquid slides down my throat. I chase it with Mountain Dew, which is the No. 1 soda to ensure the erasure of all previous tastes from your tongue.

There are definitely not as many students as I expect, probably because the ferocious winds and stormy weather sent others running, safe in their sweatshirts, laying in bed. Oh boy, I can't wait to get back to my room and be oh-so-comfortable.

My friends and I balk at the priciness of The Barn, so we headed back to the little table setup that was created with a beautiful dispensary of some very potent sangria. My friend's family is here, and they brought cupcakes, cheese cubes (my favorite!), hot dogs, chips and salsa and various other snacks. It's basically a dream come true.



KIRK SMITH/THE REVIEW  
A throwback photograph from "the good old days," circa 2014.

University students, families, and Blue Hen football fans are wandering all around, playing games that were set up by some of the employees and of the employees and chatting about "the good old days," which I can only assume means back in the 70s when tailgating was much more popular and sports were the primary social gathering of the week.

Each family has its own stereo setup, so hundreds

of different types of music are clashing against each other as we all scream, laugh and toss a football around as if we know what we're doing. (Hey, how do you get the football to do that cool spiny thing?)

The atmosphere is simultaneously excited and calm, as old friends catch up with each other, kids run around and students sit on their butts, waiting for the game to start so they can pretend to

pay attention for the first quarter and then run off to whatever Halloween weekend daze they can find in this weather.

It's definitely fun, meandering and listening to all these stories, eating food from tiny little grills and the anticipation of the game rubbing off on me like I was bathing in it.

Clearly, tons of memories are going to be made tonight. Every rainy moment is going to be remembered by these kids

who have their faces scrunched up against the wind and the rain. I actually look very similar to these children in my thermal, three sweaters and scant amount of socks. The best moment of the afternoon came from a family who was more than willing to share their hot apple cider with a couple of tipsy, leaning-over college girls. Thanks a lot, Ryan's dad from North Jersey. And it wasn't even spiked.

While I went out this morning expecting to hate every second of the tailgate, with the cold and lots of students bailing on the festivities, I really enjoyed wandering around and experiencing one of the most memorable pastimes of college students. (Or maybe it was just the alcohol speaking.)

## What happens when a copy editor gets drunk and watches sports

DOLAN  
Copy Desk Chief

When you go to a sports event, alcohol is almost always procurable. Drinking at sports games is basically commonplace — I've drunk (and been a little drunk) at both Baltimore Orioles games I've been to this past year.

Granted, I'm a lightweight. Three beers are enough to get me just on this side of drunk. Six glasses of wine is my max, as far as I can tell. My meds — which I can safely drink on — mixed with alcohol makes it all hit me faster and harder. It's a fun time, to be honest.

It also seriously changes how you watch the sport, so here's a brief rundown on my experience watching baseball, football and hockey while drunk.

### Baseball

Baseball is, for lack of a better word, boring. You sit there, and most of the time, the batter doesn't even swing the bat. Plus, I'm an Orioles fan, and they totally suck, which kind of puts a damper on the whole experience. But I digress.

It's hard to pay attention to a baseball game. It's exceptionally hard when you have ADHD, like me. I sit there, I chat with my best friend and I keep on missing when the guy actually hits the ball.

A couple of cans of Redd's in, and I don't care that they're losing. Every time the bat makes contact with the ball, I'm on my feet, screaming "Run, run, run," at the top of my lungs along with all the other drunk fans in the stands. I'm yanking my best friend to her feet too, and the joy from such a tiny accomplishment as making it to first base ripples through Camden Yards.



BRIDGET DOLAN/THE REVIEW  
No caption needed.

When the other team gets a run, I'm booing, too, and the stands echo in unison. Everything is great when you're drunk at a baseball game.

### Hockey

Hockey is fun, and by far, my favorite sport to watch. But drinking while watching only complicates it.

Hockey is fast-paced, and alcohol makes your brain go about as fast as a sloth on methadone. Following the puck becomes about a thousand times harder.

Watching on TV helps; the

camera does most of the puck-following for you, but when you have a full view of the ice, trying to keep your eye on a tiny piece of rubber that jumps across the ice from stick to stick is near impossible while drinking.

The last time I was drunk while watching hockey, the Washington Capitals lost 7-1 to the Chicago Blackhawks. It led to a very fast, very efficient way of getting rid of a bottle of pink moscato.

When your team is winning, though, you don't even care that you can't see the puck. You whoop and clap for every hard hit and jump up when the goal

lamp is lit. It's adrenaline and weak beer and forgetting your worries for a hundred minutes while satisfying that deep, primitive need to be a spectator to violence.

### Football

I'm not a big football watcher — I text and play on my phone during the Super Bowl whenever the commercials aren't on.

Before now, I've never drunk-watched football. I set aside a Thursday night for the experience, and I had my mom record a Washington Redskins game for me. I didn't even look up what the score for the game was in order to get the "full experience."

The Sunday before, I put fruit and gin in a tupperware containers as my own fruity alcohol experiment — raspberries in one container and blackberries in the other.

To start off the experience, I pre-gamed with a gin and Dr. Pepper mix I call a "slutty handshake." I accidentally made it way stronger than I meant to. Then I watch.

A penalty is called early in the first quarter. I have no idea what it is for nor what the consequence is.

A guy does a roly catch, but apparently it's not good. Play keeps being stopped, and I don't get why. I do a shot.

The recipe worked, and the shot tastes fairly good, but good lord, it is strong. The fruit that's been sitting in the alcohol is pretty tasty, too.

It's been about half a minute and another guy gets a minor penalty. I still don't know why nor what happens next. Play stops again. Now I understand why the recording is 200 minutes.

It's kinda cool when they jump and catch the ball though,

but I've already had enough to drink that following who has the ball is getting difficult.

Number 46 gets the ball and goes wild, running all the way to the end zone and doing a little hip shake. He has, according to the announcer, gotten a touchdown in an opening drive. I have no idea what that means, but I know about 10 minutes are left on the clock for the first quarter.

I am confused and not even alcohol is able to make this exciting. Mostly it's just making me sleepy and progressively more confused.

"High Hopes" by Panic! at the Disco is playing during a commercial. I thought I had finally escaped that when the Stanley Cup Playoffs ended. Also it is apparently now the second quarter. The score is 7-0 Redskins. I am drunk and confused but at least the 'Skins are winning.

More confusing penalties. It is seriously ridiculous how many stops and starts there are in football games. No wonder people drink at them — they're fairly boring otherwise. The running into each other is nice though. It has the same effect on the cavewoman-esque part of my brain as hockey.

Halftime is the most interesting part of the game for me, and I don't even give a heck what the announcers have to say. The stop and start of the play kills me; ADHD and a slow sports game is a match made in Hell.

I cave and Google the score — the Redskins won by three points. I do another shot to celebrate no longer watching the game.

The final verdict: drinking while watching football makes the game slightly more entertaining.

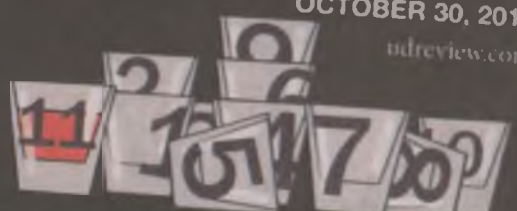
I delete the recording.



# Mosaic's guide to cooking with alcohol

OCTOBER 30, 2018

udreview.com



Staff Reporter  
NUSHI MAZUMDAR

For those who crave the occasional sip of alcohol throughout the day, there are many ways to sneak a bit of alcohol into practically every meal. All of these tips and tricks can create a boozy and intoxicating dish, while amplifying the taste of your food.

One of the simplest ways to enhance the flavor of any dish is to include alcohol in a sauce. Simmering the alcohol in butter or stock mellows the zest to create a light and refreshing touch of alcohol for any dish. For instance, vodka in a tomato or cream sauce tastes especially great with pasta, while bourbon and rum make for a sweet

flavor. For a more bold flavor, any protein can be soaked in a brine for 18 to 24 hours. Composed of salt, water and other ingredients like alcohol, brine may add a significant amount of flavor. Therefore, when enjoying this dish, the alcohol is easily detectable. A stronger alcohol should be used in the brine to ensure its flavor is evident. For instance, bourbon makes for a very potent and delicious brine.

Similarly, alcohol can be used in a glaze in a main dish that may be brushed across any sort of protein. Glazes act as a sweet, glossy coating, but may be savory as well. Bourbon and brandy would be especially useful in adding a caramelized taste to the dish.

For those with a serious sweet tooth, alco-

hol may be included in the dessert course. There are various desserts — tiramisu, creme brulee or brownies — that may have a kick with a bit of added alcohol. Almost any alcohol may be used; however, bourbon, brandy, rum or whiskey are most commonly used in desserts for that extra elevation in flavor.

For a healthier dessert using alcohol, macerate or marinate fruit in alcohol. This treat pairs especially well over ice cream, pie or any other dessert.

Preserving the fruit using alcohol is also a great technique to enjoy alcohol without having to constantly reach for the liquor cabinet. Darker varieties of alcohol like bourbon pair especially well with fruits. Enjoying some preserves over biscuits or crackers can make for a sweet and savory snack when you do not want to crack open the liquor cabinet.

Without being constantly seen with a bottle in hand, you can still enjoy alcohol in a variety of ways and forms throughout the day and into the night. Just try not to go overboard before the real fun begins!



NUSHI MAZUMDAR/THE REVIEW  
The secret weapon for a perfect meal.

**Editor's Note:** The writer of this article is under the age of 21. The consumption or possession of alcohol, however, was neither used nor required to write the article. The Review does not support underage drinking.

## Drunk art review: Artist Jennifer West creates dazzling, surrealist works

BIANCA THIRUCHITTAMPALAM AND JENNIFER WEST  
Column Editor & Senior Reporter

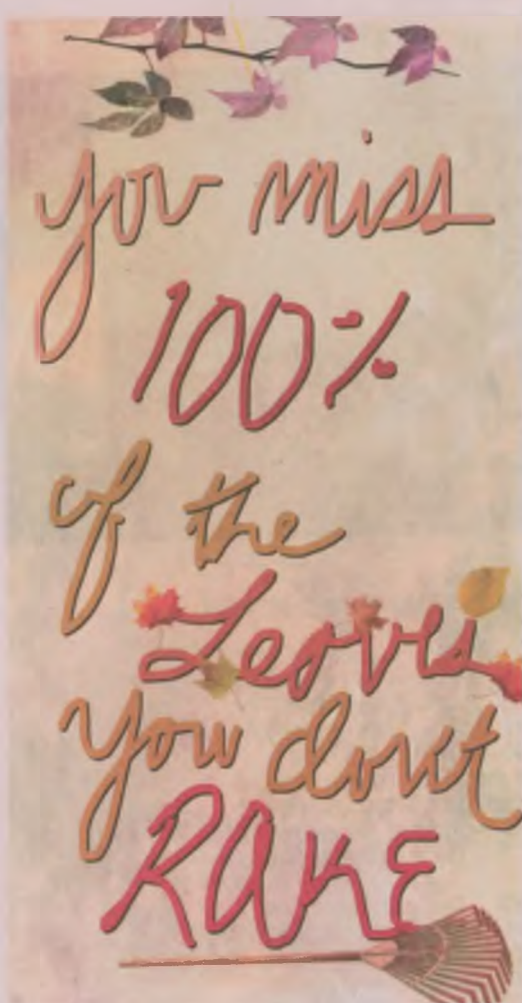
Rarely is the body of work produced by an amateur artist as meticulously and intelligently crafted as that of Jennifer West. Recently, West has completed a pair of multimedia prints that accost viewers with their bright, garish imagery and force them to view the world through West's eyes — a cynical look into the absurdity of contemporary society.

While each piece contains enough material to stand on its own, viewers will benefit from admiring the collection as a whole; a day spent in front of one piece of the two-part exhibition would not be enough time for even the most ignorant art fanatics.

"Untitled No. 1, Multimedia Piece," or the first work in this collection, is decidedly average upon first inspection. The slogan "You miss 100 percent of the leaves you don't rake" is inscribed in West's looping cursive, encompassing nearly the entire piece.

The camp slogan, paired with the autumn-themed colors of the text and the backdrop of leaves and rakes, makes the piece initially seem trite. However, one must take into account that West's art — no matter how inebriated she might have been while creating it — is typically intelligent and rich with critique.

Here, West parodies the



popular slogan "You miss 100 percent of the shots you don't take" with kitsch imagery and a slight alteration of the stereotypical phrase. The phrase, which is intended to evoke optimism and encouragement, becomes vapid with West's wobbly cursive and clip art leaves, making a statement on the stupidity of humankind's

optimism. The second work of the collection, "Untitled No. 2, Multimedia Piece," is an exemplary piece of astoundingly terrifying surreal art. The work is a parody of a poster for the TV show "H2O: Just Add Water," and West cleverly subverts the benign beauty of the poster by adding images

of sticks of butter on each character's head.

To reinforce the "butter" theme, West scribbles over the word "water" and inscribes "butter" in its place. As with "Untitled No. 1, Multimedia Piece," West draws attention to the absurdity and stupidity of the things we accept as part of our everyday life.



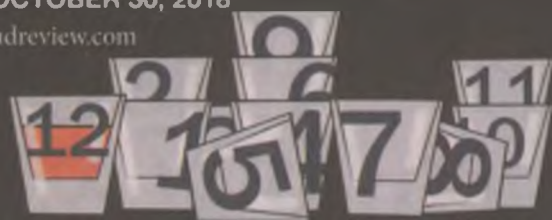
Here, she questions what we deem worthy of watching on television, likening the show's characters — known for frothy teenage drama — to inanimate objects like butter. Despite serving as a biting critique of the lack of intellect present in pop culture, West manages to convey her message with humor.

Overall, West's repertoire is unassuming, yet upon closer inspection, highly impressive. These works are a must-see for all. The bright pops of color and gaudy imagery provide a feast for the eyes; the intent behind her works is a feast for the mind. Jennifer West is an artist to watch; if her works are not in the Museum of Modern Art (MoMA) within the next ten years, I, for one, will be wholly surprised.

JENNIFER WEST/THE REVIEW

Artist Jennifer West may have been inebriated while crafting her art, but this does not detract from their deep meanings.





# Mosaic tries something new: Drunk haikus

“WAIT I CRIED  
OUTSIDE THAT BUILDING  
FRESHMAN YEAR.”  
“OH MY GOD  
ME TOO.”



SAMANTHA FORD/THE REVIEW  
Overheard outside Grotto's on Thursday, 1:05 a.m.



SAMANTHA FORD/THE REVIEW  
Overheard outside Jimmy John's on Tuesday, 11:15 p.m.

**GRACE MCKENNA**  
Professional Haiku Lover

In the spirit of Mosaic's DRUNK issue and as a professional lover of haikus, I took it upon myself to write haikus while drunk. What follows is a night's work.

**Homecoming**  
Sixteen, thirty-four  
thirty-six. Yes I know how  
to watch The Football.

**Cold**  
There are five fingers  
in these cozy black mittens.  
Also, alcohol.

**Hidden**  
How is there alco-  
hol, you ask? Well, there is a  
secret compartment.

**Sorority**  
Sometimes, family.  
For a family too far  
away from here. Cute.

**Thoughts on Haikus**  
It is really hard  
to count five, seven, then five  
with sangria in hand.

**Tailgating**  
Little blond people  
smile at me and say that I'm  
always welcome here. :)

**More thoughts on Haikus**  
The art of writing  
drunk comes from not correcting  
All of yoru mistake.

**Mountain Dew**  
Is not a very  
delicious drink to dirnk, but  
It gets the job done.

**The Barn**  
Not really sure why  
this seems so appealing to  
me, although it is.

**Halloweenkend**  
A good way to min-  
imize drunken mistakes is  
by combining 2.

**Halloweenkend cont'd**  
Holidays into  
one weekend, but I'm not sure  
it's working too well.

**Juice**  
Fruit dangles in juice  
like some people dangle their  
sadness in the air.

**Intelligence**  
Is it really nec-  
essary for you to tell  
me, again, you're smart?

**Dialogue**  
Occurs between me  
and her, thank you for asking.  
Get away from here.

**Fanny Pack**  
A convenient  
way to pretend I am not  
the biggest mom friend.

**Poetry**  
It's not writing love  
And dreams and hopes and feelings.  
It's expressing them.

**Yes! Pease!**  
I would love some more  
Sangria, but maybe it's  
Not the best choice now.

**Plants**  
Five little cacti  
sit on my windowsill, still.  
Taunting my brown thumb.

**20**  
Honestly was my  
age of enlightenment, I  
miss the good old days.

**Friendships**  
Usually require  
people to stay in contact  
with each other, yeah?

**Trees**  
Little red gardens  
Of brown tall stalks, barks like hedge-  
hog back-protection.

**Stubbed toes**  
Worse than the time you  
walked into her, by the pole.  
worse every time.

**Colors**  
Red is a symbol  
of power. No wonder we  
are blue and yellow.

## To tailgate or not to tailgate: A look inside student traditions

**MEAGAN MCKINLEY**  
Senior Reporter

Students take yellow school buses, not the normal campus shuttle, from the Perkins Student Center to the back end of the athletic complex. Normally, they'd flock to the bag search line to enter the Barn, the student tailgate section.

But Saturday on a dreary, rainy homecoming afternoon, students had to walk straight past and head for the student entrance in between the soccer and field hockey stadiums. They all saw the same thing.

No lights strung up, no one on the stage, no security staff in yellow jackets waiting to check ID's. Not even a sign saying the Barn was not opening, leaving students to guess it was due to the rain.

"I wouldn't buy beer there or anything but it's nice to have a place for students to hang out," a junior named Nicole said. "At least, when it's nice out."

The Barn is a new feature at football games this year designed to be a student tailgating area, complete with concessions, beer for students of legal age, lawn games and live music.

"It's not that big a draw," Ryan, a senior, said. "Why would I pay those crazy prices for a single beer when I can drink a lot more at home for a lot less?"

Delaware hasn't had a large student tailgating presence in years. While tailgating is widely accepted as an integral part of the sports world — particularly considered a cornerstone of football traditions — Delaware students don't appear to take part.

Bailey, a senior at the Ohio State University, doesn't think it's all that different at her school. Any events run by Student Life and

other organizations on game day are "Sober Tailgates" for students. Anyone who drinks does so at house party "pregames." The tailgaters outside the stadium are primarily locals, season ticket holders and alumni.

The parking lots are filled with season ticket holders and tents, and for the most part, that excludes students unless their families have tailgating spots. It's far more common to have students trickle into the student section during the first quarter having "pregamed" at home. Many party on game day and don't make it to the game at all.

Even the rain and wind couldn't keep the Delaware faithful from grilling under the cover of tents. On a nice Saturday, the lots fill early, and one can look around to see footballs and frisbees in the air, smell burgers and hot dogs and hear waist-high jerseys in their own football jerseys, playing tag between tents.

It's a social gathering of friends and family for an informal meal, and many are unsurprised to learn that the tradition originated in the United States.

John Sherry, a University of Notre Dame cultural anthropologist, conducted a two-year study of college tailgating and found that the parking lot parties have ties to harvest celebrations in ancient Rome and Greece, picnics during Civil War battles and modern gatherings such as camp-outs at concerts and the Occupy Wall Street encampments.

"The idea of getting out of your house and feasting



LOUIS MASON/THE REVIEW

and drinking somewhere else is a pretty old tradition," Sherry said about his study in an article with USA Today. "People eat and drink and build up community in the process. It's one last blowout before we hunker down for winter."

He said tailgating "is more about sharing than it is about competition," and people who participate help build the brands of their favorite teams.

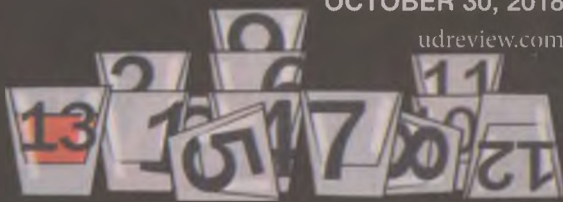
"The individual traditions that they are creating add to the larger tradition. They see it as participating in the team experience."

This year, with Delaware football currently top-ranked in the CAA, students are being drawn back into the spirit of the game. Whether or not that means tailgating, drinking at home or going to the game simply for the game, students will find their ways to celebrate a winning team.



# With the warm New Zealand spring breeze comes exam season

OCTOBER 30, 2018  
udreview.com



JESSICA SHIH  
Study Abroad Columnist

It's late October in the Southern Hemisphere, and for New Zealanders, this means the onset of tropical temperatures.

But warm weather isn't only what's in season.

Final exam season has arrived, and with less than a month before the Auckland World Scholars conclude their study abroad semester, they'd love nothing more than to spend their remaining days outdoors experiencing as much adventure as time permits.

And especially since it's springtime, thoughts of swimming at the city's beaches and tramping — the Kiwi term for "hiking" — through the mountainous South Island seem all the more alluring.

But so long as exams exist, students cannot treat the rest of the semester as an island vacation.

While there appears to be no avail for the Auckland World Scholars, what many don't know is that this particular bunch will always find a way to celebrate their last hurrah, even within the confines of campus.

For instance, one groupmate decided to host an end-of-the-semester, no-discussion-of-academics-allowed sleepover and invite four others (including me) using The Office-themed invitations. Each with an image of Dwight Schrute

and Gabe Lewis dishing dirt about their coworkers over the phone, as evidenced by the caption "We gossiped all night!" underneath.

And that's all well and funny, but when there are five adults trying to get comfy for the night in a studio-sized dorm, my sense of humor doesn't extend quite that far.

Maybe I'm just being a recluse, but I opted out of staying over. Everyone else seemed more adaptive to this environment, so I watched them squabble over their makeshift beds for the night: who would stake their claim atop the desk, who'd claim the space underneath it, who would remain underneath the bed (mind you, there's only about one foot between the bedframe and the ground), and who'd sleep on the floor between said desk and bed.

Basically, everyone was too humble to admit they wanted to sleep in the actual bed.

To make up for not sleeping over, I bought everyone a Japanese fluffy cheesecake. With the other festivities going on — the sleeping situation, the additional snacks and the musical-style film we whisper-sang the song numbers to (there's currently an excessive noise ban in effect since everyone's studying for exams) — it laid forgotten in the fridge.

Luckily, we remembered the next evening, so we held an impromptu dessert time in our building's common

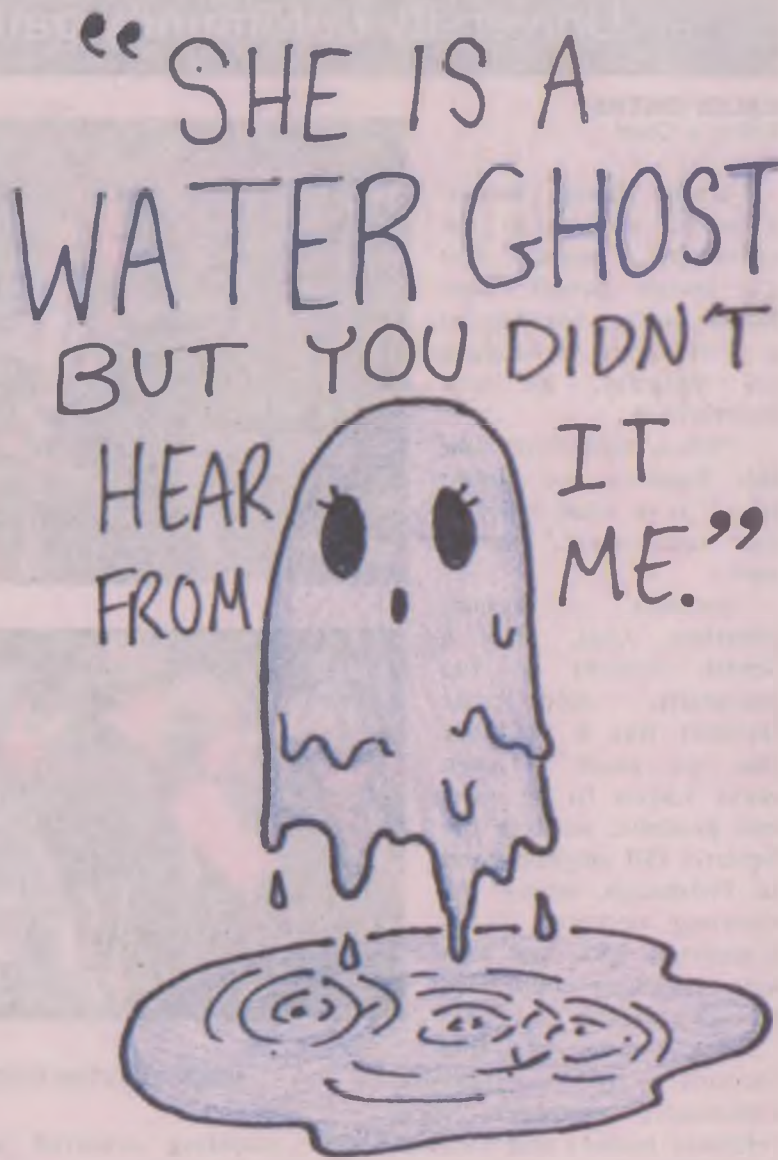
area. Due to the noise ban, we hand-signalled to figure out how to cut the cheesecake into fifths, one for each of us.

Unfortunately, we ended up with eight slices instead of the aspired five.

We stifled our laughter since there were others studying around us, but we still got odd looks. And who wouldn't, especially when they're witnessing five adults huddled on the communal couch at 7:30 p.m., doubled over in breathless laughter as they hold a wackily-cut cheesecake?

It was a surreal moment, but it took our minds off of the looming exams. Plus, it's cheesecake; no matter how much you botch the slicing process, you can't just turn down something that delicious.

So although the Auckland World Scholars have been living up to their "Scholar" title in recent weeks, they'll leave behind a refreshing legacy of how they maintained optimism and (most of) their integrity during academically trying times. And in some ways, to remind themselves to, well, be themselves in the face of exam season is an even more fulfilling journey than imaginable.



SAMANTHA FORD/THE REVIEW  
Overheard outside Grotto's on Thursday, 1:05 a.m.

Chicken  
Scratch

Go to [udreview.com/join](https://udreview.com/join) to apply.

TAYLOR NGUYEN  
THE REVIEW

## EXPERT LEVEL SOBRIETY TESTS



1. SUCCESSFULLY INVITING  
YOUR MOM OUT FOR BRUNCH



2. SEEING YOUR REFLECTION  
WITHOUT COMPLIMENTING  
YOURSELF



3. HAVING AT LEAST \*SOME\*  
MONEY THE NEXT DAY



4. RESISTING 20  
PIECE NUGGETS



## University community gathers for vigil in aftermath of anti-Semitic shooting

**CALEB OWENS**  
Editor in Chief

When Jesse Sattler, a Jewish student at the university, heard that 11 Jewish people were killed during worship at a Pittsburgh synagogue on Saturday, he was heartbroken.

"When something like this happens, no matter who it is or what it is, it's just really hard," Sattler said.

Sattler's friend, Jonathan Kopf, also a Jewish student at the university, said the incident was a reminder that no place — even areas known to be quiet and peaceful, such as the Squirrel Hill neighborhood in Pittsburgh, where the shooting occurred — is completely safe, and that any synagogue could face similar horrors.

Yet, none of this stopped these students, community members, local religious leaders and Delaware politicians from gathering on The Green on Sunday afternoon for a vigil to reflect on the loss of the 11 people killed in Pittsburgh.

The shooting is being considered the most violent anti-Semitic act in U.S. history and has spiked tensions across the nation, occurring within the larger trend of mass shootings that have plagued the country.



MINJI KONG/THE REVIEW

The shooting occurred amid a vitriolic election season as midterm elections near, just after pipe bombs were delivered to prominent critics of President Donald Trump this past week.

The suspect, Robert Bowers, 46, killed 11 and injured six with an AR-15 rifle — the weapon of choice among many mass shooters — acting on what his online activity has revealed to be a series of anti-Semitic

and anti-immigration conspiracy theories.

The university, with a Jewish student population of nearly 13 percent, faced a different anti-Semitic incident nearly a year ago, in which an anti-Semitic poster connected to a white nationalist group was found outside of Kirkbride Hall. At the time, the administration faced criticism for its response, which many considered inadequate.

In response to the Squirrel Hill shooting, President Dennis Assanis delivered a letter to the student body via email this afternoon, offering support and advertising the vigil.

"On behalf of the whole University of Delaware, I want to extend our sincere condolences to all those families and friends affected by this horrific and divisive act, including members of our own UD community who are of the Jewish faith," the letter stated.

The letter proceeded to delineate the university's commitment to inclusivity and creating a "safe and supportive environment" for all members of the university community.

The email included a hyperlink to the "UD Values" webpage.

According to Sattler, the university's response to yesterday's shooting has been commendable. He noted the sense of security at the event and appreciated the opportunity to join with the local Jewish and campus communities in solidarity.

The vigil featured appearances by numerous local rabbis, who stressed a message of resilience and unity. Rabbi Nick Renner, a senior Jewish educator at the university's Hillel Kristol Center for Jewish Life, recalled a recent conversation with a student whose hometown suffered a school shooting.

"Yesterday I reached out to him, and in the course of connecting with him, I remarked that we had just had this conversation," Renner said. "And, in a tragic sense, at some level it's also a Jewish conversation. Ours is a people that has known loss. We have known suffering at the hands of anti-Semitism."

U.S. Senators Chris Coons (D-Del.) and Tom Carper (D-Del.) spoke at the vigil, as did Rep. Lisa Blunt Rochester (D-Del.) and Gov. John Carney. Both Blunt Rochester and Carper are up for reelection next week.

Blunt Rochester paused at the podium before delivering a brief, emotional speech.

"We are heavy hearted," Blunt Rochester said. "We hear that term a lot, and I can tell

you that, what that feels like is to have a boulder on you to the point that you can't breathe."

She stressed a message of unity and resisting the "weariness" that this incident and others have brought upon many, imploring the audience to resist hate and to "love thy neighbor."

"No exceptions," Blunt Rochester said. "No exceptions. No exceptions."

Other speakers included local Catholic, Protestant and Islamic leaders, as well as other members of the Delaware Jewish community. Jewish songs and prayer were performed at the vigil.

Hannah Greenberg, the lone student speaker and a student director at Hillel, appeared near the end of the vigil, reciting a poem written by Hannah Senesh, a poet and WWII paratrooper who died fighting for the British against Nazi Germany.

While Jewish students in attendance noted the strength and support of the local community and cited reasons for optimism, insisting that moments like this make the Jewish community stronger, Kopf couldn't help but think of darker connections to Nazi Germany.

"I just really hope that this doesn't become a trend," Kopf said. "Because once this started in Europe, it just kept going on, and we need to make sure that this is a one-time thing."

## Del. Democrats out-fund-raise their Republican opponents in Senate and Congressional elections

**KATHERINE NAILS**  
Managing News Editor

As midterm election day approaches, candidates are facing mounting scrutiny surrounding their politics, personal lives and finances. Late last month, the Federal Election Committee (FEC) released reports on campaign finances. For Delaware's candidates, funding ranges from non-existent to decidedly robust.

In both the 2006 and 2012 elections, the incumbent Democratic senate candidate Tom Carper significantly out-fund-raised his opponents, according to the Center for Responsive Politics. This election cycle appears to follow the trend.

From Jan. 1, 2017 through Sept. 30, 2018, Carper has raised around \$2.87 million in total, with about \$1.17 million of that coming from individual contributions and about \$1.17 million from various corporate and nonprofit political action committees.

Carper's top individual donors include Erskine Bowles, the White House Chief of Staff from 1997-1998 and former president of the University of North Carolina. MetLife Chief Financial officer and Executive Vice President John McCallion and his predecessor John Hele also contributed significant donations as well as JPMorgan Chase's Head of Federal Government relations, Jason Rosenberg.

Carper's top committee donor is the United Parcel Service (UPS). His website states that he works to "champion postal reform with the goal of protecting the U.S. Postal Service."

The National Education Association fund for children and public education has also given funds to Carper, and his education platform on his website is significantly more detailed than his opponent, Rob Arlett's.

Carper's extensive list of donors also includes investment banking company UBS, Exelon, Aetna, Wine and Spirits Wholesalers, Community Oncology Alliance, American Nurses Association, Bank of America, Comcast and Laborer's International Union of North America.

Republican Challenger Rob Arlett's funds look very different.

According to the Federal Election Committee (FEC) finance report Arlett began receiving campaign contributions in April 2018, thus the totals for his campaign are based on a significantly shorter time frame.

Since April 1, 2018, Arlett has raised just over \$119,000 in total, with about \$116,000 of that coming from individual contributions, and the remaining \$2,950 from unspecified committees.

While the FEC does not specifically list any of the committees that made



KIRK SMITH/THE REVIEW  
Sen. Tom Carper (D-Del.)

donations, many of Arlett's top individual donors are local business people. One of these donors is lawyer Thomas Neuberger of the Neuberger Firm who dropped out of the Delaware Attorney General race in Feb. 2018. Attorney and entrepreneur Alexander Pires, who ran against Tom Carper as an Independent in 2012 also contributed.

The following are listed by the Center for Responsive Politics as having contributed to the Arlett campaign as businesses, but itemized FEC receipts indicate that contributions were made under the individual names of management and their families:

investment company Hudson Management, Insight Homes, paving contractor Greggo & Ferrara, Jim Parker Builder and Mid-Atlantic Electrical Services Inc.

Many of Arlett's donors appear to be Delaware-based businesses. This aligns with his website's economic platform, which largely zeros in on the needs of small businesses.

Democrats, it appear, have largely out-fund-raised their Republican opponents not only in the Senate race, but in the congressional race as well.

Lisa Blunt Rochester, the Democratic candidate for the U.S. House of Representatives has raised around \$1.2 million

as of Sept. 30 2018. Nearly \$800,000 has come from committee contributions, while almost \$370,000 was contributed by individuals.

Top individual donations come from Jim Stewart, the CEO of advisory firm Epic Research, as well as Blue Cross Blue Shield Michigan senior executive Michele Samuels, founder of Jordan Real Estate Investments Wayne Jordan and president of Discover Financial Services Roger Hochschild.

Like Carper, Rochester received funds from the National Education Association fund for children and public education. Her other top funders include The Home Depot, the Transport Workers Union, John Deere, the National Beer Wholesalers Association, KPMG and E.I. Du Pont De Nemours.

Neither the FEC or the Center for Responsive Politics appear to have any information pertaining to her opponent Scott Walker's finances.



In recent weeks, The Review has published multiple editorials and opinion pieces that have taken unfair and uninformed attacks at the university’s trustees and administrators. Having spent numerous hours with these “untrustable” leaders that the school’s paper has tirelessly attempted to smear, we, as the student body presidents for the classes of 2018 and 2019, would like to set the record straight.

Certain Review staff members don’t seem to remember the university prior to Nancy Targett serving as interim president and refuse to recognize the many improvements to student involvement in major decisions that have occurred since President Dennis Assanis first came to campus. A common complaint found in the opinion section is that university administrators just don’t care what students think, which couldn’t be further from the truth.

Last year, Natalie Criscenzo became one of the only undergraduate students to ever serve on a high-level search committee for a new provost. Once finalists were chosen, a group of undergraduate and graduate students were convened

to evaluate each candidate and give their recommendations to the president. This year, with an ongoing search for a new vice president of student life, Kevin Peterson was asked to serve on the search advisory committee. This time, an open offer was extended to students to meet the VP finalists. While this latest execution of involving students was not ideal, they certainly are making far more of an effort than the past, and the administration is consistently listening to input on how they can do a better job in the future. Not only is the administration constantly berated, but lately the Board of Trustees has also come under fire.

The trustees, ridiculed in a recent editorial for lacking any interest in student concerns, have on many occasions sought our input to make certain that student interests come first. Furthermore, The Review’s editorial fails to mention the seat on the Board of Trustees reserved for a recent graduate, who is selected every two years, ensuring that students are heard. As for why only members of the Student Government



Natalie Criscenzo (above) & Kevin Peterson (below)



Association (SGA) are chosen to represent student views at trustee meetings, we are there because that’s the purpose of an elected student government. Just recently, Peterson made a point of gaining insights from students at September’s meeting of the Counsel of Student Leaders — a meeting that The Review decided not to attend — to bring up at the trustees’ retreat. Similarly, SGA members often take suggestions from UDecide, an open online forum for all university students, directly to the trustees. Instead of complaining about the trustees, why not encourage students to talk to their student government — the only students who already have a seat at the table? For the first time, through immense effort in building relationships with the trustees, SGA spoke at the retreat and has been allocated time on committee meeting agendas.

Last week’s mockery by the editor in chief of the university’s latest ad campaign compelled us to

rebut the never-ending cynicism. The subject of the piece, as with many before it, was the university’s “propaganda,” aimed at converting the university into a Big 10 university, a sentiment that we have publicly spoken to.

Students have complained that the Delaware First mission disregards some of the qualities of campus that students love most. The substance of an accurate assessment, though, is lost in the overblown critiques. At the same time, student athletes, who have felt neglected in the past, finally feel heard, which often goes unacknowledged by The Review.

A role of any student newspaper is to hold campus leaders accountable, but that should also include the newspaper itself; without a high standard of integrity, there can be no credibility.

Kevin Peterson is a senior at the university and the current Student Body President. Natalie Criscenzo is a graduate student at the university and former Student Body President (2017-2018). They can be reached at [kpnj@udel.edu](mailto:kpnj@udel.edu) and [nataliec@udel.edu](mailto:nataliec@udel.edu), respectively.

A letter from the president & provost

*President Dennis Assanis and Provost Robin Morgan recently received a letter from faculty members who are concerned about media reports regarding a potential rollback of federal legal protections for transgender people. In response, President Assanis and Provost Morgan shared the following statement with the faculty.*

At the University of Delaware, we are committed to building a campus community that reflects the rich and complex diversity of the human experience, and this includes transgender and non-binary individuals. As a community, we work diligently to nurture a welcoming culture where everyone can express themselves fully and without fear of discrimination or exclusion. As an institution of higher learning, we are dedicated to the ideals of

personal freedom, free speech and free inquiry, and we must always live out those ideals with civility and respect toward one another. You can read our values statement at [www.udel.edu/values](http://www.udel.edu/values).

Gender identity, gender expression and sexual orientation are all protected under the university’s non-discrimination policies. We will always enforce our policies, uphold our values and work to protect students, faculty and staff from discrimination. In addition, the university will reach out to Delaware’s congressional delegation, and we will continue to monitor the situation regarding a potential change to federal policy.

Our values are essential elements of our fundamental mission as a university. Faculty, staff and students are indispensable members of our community who provide the

guidance and inspiration that drives our excellence. No one should feel unsafe, unwelcome or cut off from the full UD experience. Available resources for those who would like to seek counseling or other support are listed below.

In addition, our new Student Diversity and Inclusion Advisory Board is one initiative we have launched to engage with students around these issues. Every student at UD is valued because every student is part of our great tradition of scholars, stretching back 275 years and looking forward far into the future. The University’s Division of Student Life is in close contact with LGBTQ organizations on campus to ensure that students know about the support systems that are available to them, whether in the residence halls, the Center for Counseling and Student Development or other

offices.

Ultimately, it is up to all of us — every student, faculty member and staff member — to live out these shared values through daily interactions with each other and the rest of society. We are proud to be part of a community that upholds this culture of respect and inclusion.

Resources available to students, faculty and staff:

**Assistance for Students:**

- The Center for Counseling and Student Development (CCSD) is open 8 a.m. to 5 p.m. weekdays — 302-831-2141, [www.udel.edu/counseling](http://www.udel.edu/counseling)
- The UD Helpline is also available 24 hours a day — 302-831-1001

**Assistance for Faculty and Staff:**

- HMS/Health Advocates provides UD-benefitted

employees with counseling 24/7 (phone: 800-343-2186 - give the name: STATE OF DELAWARE. This password also applied to online access on the website)



COURTESY OF UNIVERSITY OF DELAWARE  
President Dennis Assanis

DELAWARE KNOCKS OFF NO. 10 TOWSON IN THRILLING FASHION

DANIEL ZABORSKY  
Senior Reporter

Delaware battled back in an exciting 40-36 homecoming victory over nationally ranked CAA rival No. 10 Towson.

“We didn’t do anything right in the first half. Literally, we did not do a darn thing right,” Head Coach Danny Rocco said. “We had guys in good position who just couldn’t make a play, they were beating us to the ball.”

Delaware truly couldn’t do a darn thing right during the first half. Towson marched down and took a field goal on the first possession.

The long snapper Skyler Korinek sailed the ball over punter Nick Pritchard’s head and allowed Towson to redeem a safety. Towson sneaked in a field goal as time expired as a result of a crafty kickoff return, following a time-consuming, 13-play drive by Delaware.

The Tigers nicked and dined their way to an 18-6 advantage to close the first half.

Special team woes plagued the Blue Hens all day long. Two snaps over Pritchard’s head spotted Towson nine points, following a safety and a seven-



COURTESY OF DELAWARE ATHLETICS/THE REVIEW  
Delaware celebrates a 40-36 homecoming game win over the then No. 10 Towson Tigers.

yard drive for a touchdown.

The usually reliable Frank Raggo missed two extra points in a game where every point mattered. Towson’s Shane Simpson racked up 148 total kick return yards, including a long of 63 yards.

“[Special teams] was really painful. Painful to be honest,”

Rocco said. “The game just got weird from that perspective. Could I trust my field goal unit? Could I trust my extra point unit? Could I punt the ball? Do we get in a situation where we go for it in fourth down?”

“At halftime, I took a hard stance. I drew a line in the dirt and just kind of said, ‘We’re

yards, but added two scores, including the game winner.

“If you were in that huddle and you could see those guys in the huddle, you could see every guy in there knew we were gonna go down and score,” Papale said. “We didn’t want a field goal, we wanted to win the game.”

underachieving. This is not who we are, I’m tired of having this type of impression of our team.”

Delaware’s offense exploded during the second half. Kani Kane slammed Towson’s defenders for 68 yards and two touchdowns. Pat Kehoe tossed four touchdowns and 305 yards with a 56 percent completion rate.

Vinny Papale left Saturday night’s game feeling invincible. Papale not only had a career high in receptions and yards with eight catches for 142

DeJoun Lee made a 47-yard return to place the offense on Towson’s 36-yard line. The offense took control with 2:01 left in the game and marched down the field.

Joe Walker had two big receptions of ten and sixteen, then Kehoe fired it to Papale in the right corner of the end zone for the game-clinching score.

Delaware snapped Towson’s five-game winning streak and broke the team’s stranglehold on the erence.

The Blue Hens are averaging 37.2 points per game during their win streak, which only acts as insurance to their highly touted defense. These Blue Hens control their own destiny entering the latter portion of the season and look to secure their first playoff berth since 2010.



Did you know **Midterms** are more important than Presidential elections?

# VOTE

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