



A whole new meaning to "Campus Going Green"

KRISTINE CASTORIA
Staff Reporter

For an international student, moving onto campus freshman year can be quite the culture shock. Farah, a junior, who requested that her last name not be used, noticed how normalized marijuana is in the United States and how different the views are compared to her home country of Saudi Arabia.

"I would not want to live in the Christiana Towers," said Farah. "It would really bother me because I'm the outsider and like 90 percent of those students who live there do it, and peer pressure is a thing."

According to the National Institute on Drug Abuse, in 2015 over 11 million young adults ages 18-25 used marijuana in the last year. The marijuana laws have eased up within the last three years, making any amount under an ounce decriminalized and punishable with a fine up to \$100. Without the fear of jail time, students are more prone to use marijuana for recreational or medical purposes.

"Since University of Delaware is not an alcohol free campus we should be able to have marijuana

as well," said Andrew, a junior, from California, who requested that his last name not be used. "It is actually beneficial to most students for the high anxiety and stress levels of college."

According to the Drug Enforcement Agency study "Preventing Marijuana Use Among Youth and Young Adults," "One in every 22 college students use marijuana daily, or near daily. Almost 38% of college students said they use marijuana in 2015 as compared to 30% in 2003."

First State Compassion Center was the first dispensary to open their doors in 2015 in Wilmington. Mark Lally, president and CEO, foresees the industry growing into a "mainstream product" within the next five years.

"We are proud to lead the way," Lally said. "As a medical marijuana industry pioneer and Delaware leader we care about alleviating our patients' suffering and improving their quality of life. Every month, we provide state-authorized medication to 8500 patients at our Wilmington and Lewes locations."

"What's important to remember is that medical marijuana is truly a medicine,"



COURTESY OF THE FIRST STATE COMPASSION CENTER.

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COLLEGE UNCOVERED

A pristine facade: behind one student leader's battle with pressure, mental illness and self-medication

KATHERINE NAILS
Managing News Editor

The field of geology examines more than just chunks of rock— it zeroes in on Earth's physical architecture and the processes that make up its complex, corporeal system. One of the most fundamental geological concepts that affects these mechanisms is the certainty that, beneath the seemingly solid ground, seas of boiling, pressurized rock undulate, pushing and pulling the plates that we humans live and die on.

For the most part, we don't notice what's happening beneath our feet. But, sometimes, when the pressure is too great, a fault slips or magma bubbles up, and we get a hint of what lies beneath Earth's pristine exterior.



Corey, a university senior whose name I've changed to protect his privacy, usually wears a put-together outfit — the day we met up he was clad in khaki pants and a quarter-zip sweater. He gets

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City council introduces bill to further restrict parties

KATHERINE NAILS and MITCHELL PATTERSON
Managing News Editor and Associate News Editor

Although the Newark Police Department (NPD) has been touting the gradual decline in alcohol-related crimes committed by university students recent years, a new city ordinance may give them more tools to crack down on parties.

At a university recently crowned the "Number One Party School in America," many suspect that this ordinance is directed specifically at breaking up parties on campus.

On Monday, Feb. 25, the Newark City Council introduced a bill that takes aim at "unruly gatherings." Under Bill No. 19-05, those who host, participate in, or permit any unruly social gatherings to occur within Newark will be subject to prosecution for a civil violation.

An unruly social gathering is defined in the bill as a party, event or assemblage of just four or more persons at a private property within Newark where there is disorderly conduct or alcohol readily available to minors.

The NPD is also empowered under the bill to arrest anyone involved in criminal mischief within 1,000 feet of a party. This has raised concerns among critics that inebriated students leaving a party might be intimidated to simply walk or drive home instead of standing outside a party for fear of being arrested.

According to the current form of Bill No. 19-05, those arrested as responsible for any unruly social gathering - the people who plan, organize and/or supervise the unruly social gathering - will be subject to fines, ranging from \$500 and \$2,000, and between

20 and 60 hours of community service.

Because Bill No. 19-05 was only introduced Monday for a first reading by the City Council, it will not be debated or discussed until subsequent Council meetings, at which time it may be revised or overturned.

Under this new ordinance, the NPD's power to arrest university partygoers could be interpreted as being broadly expanded. However, others argue that the bill is merely codifying long-established NPD practices for breaking up large parties.

Those critical of the current form of the bill, including Student Affairs Senator Meghan Mullennix, view it as a broad expansion of the police's discretion to conduct arrests on groups of students.

The University of Delaware Police Department (UDPD) already regularly cooperates with the NPD to conduct mass-arrests on people, the majority of whom are university students, at parties on campus every year for underage drinking.

The largest of these operations was in 2016, when 180 people were arrested during a police raid on a party on East Park Place. Last October, police broke up a large party during the day at a residence in the 300 block of East Park Place and arrested 100 people.

Bill No. 19-05 will be up for a second reading and debate before Council on March 11.

LAUREN LEE/THE REVIEW

What is an unruly social gathering?

Under the new bill, parties of four or more people that violate three characteristics would be considered unruly:

- There is underage drinking
- Alcohol can be easily accessed by underage individuals in attendance
- Noise can be heard beyond property boundaries
- There is profane, vulgar, noisy or disorderly conduct
- People are on rooftops without a permit
- There are more than 20 pieces of litter in the front or back yards
- Within 1000 feet of the premises there are attendees who are:
 - Intoxicated
 - Urinating
 - Selling or using illegal substances,
 - Trespassing on private property
 - Participating in acts of criminal mischief
 - Congregate on public property
- Are doing anything to disturb the city's health, safety and order



PENCIL IT IN

TUESDAY, FEBRUARY 26	WEDNESDAY, FEBRUARY 27	THURSDAY, FEBRUARY 28	FRIDAY, MARCH 1	SATURDAY, MARCH 2	SUNDAY, MARCH 3	MONDAY, MARCH 4
Hospitality Business Management Career Fair, 1 p.m., Trabant MPRs	Jewish Studies Spring Lecture Series, 12:20 p.m., Sharp Lab 118	OEI Workshop: Understanding Male Privilege, 10 a.m., Trabant 219	International Coffee Hour, 4 p.m., Trabant Concourse	Delaware Women's Lacrosse vs. Georgetown, 1 p.m., Delaware Stadium	Sit In and Study, 2 p.m., Purnell Hall 116 and 118	KORU Mindfulness Class, 5:30 p.m., Christiana Engagement Center Meeting Room B
Delaware Men's Lacrosse vs. Saint Joseph's University, 2 p.m., Delaware Stadium	Exhibit Reception for Drawing Connections, 5 p.m., Old College Hall	Gospelrama ft. Anthony Brown and group therAPy, 7 p.m., Mitchell Hall	Fighting Your Fierce Edge: How to Ignite Your Purpose and Claim Your Dreams, 4:30 p.m., Center for Black Culture	Delaware Men's Basketball vs. Hofstra, 4 p.m., Bob Carpenter Center	Delaware Women's Basketball vs. College of William and Mary, Bob Carpenter Center, 2 p.m.	Lerner Study Abroad Info Night, 5:30 p.m., Alfred Lerner Hall Atrium
Annie Duke: The Science of Smart Decision Making, 5 p.m., Purnell Hall 115	Summer Externship Networking Night, 5 p.m., Alfred Lerner Hall Atrium	Lunar New Year, 7 p.m., Caesar Rodney Residence Hall, Main Lounge	Delaware Women's Basketball vs. Elon — B+ Hero Game, 7 p.m., Bob Carpenter Center			Beginner Vegetable Gardening, 6:30 p.m., New Castle County Cooperative Extension, Room 132A
Naloxone Training, 6 p.m., Christiana Engagement Center	Recovery Yoga, 7 p.m., Christiana Engagement Center Meeting Room B	Christine Delbeau and Friends, 8 p.m., Gore Recital Hall	Perkins Live, 10 p.m., Perkins Student Center			Women's History Month Film Series, 7 p.m., Kirkbride Lecture Hall 004



April 22, 1980



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Meet the mayoral candidate: Kasai Guthrie

JACOB BAUMGART
Associate News Editor

This article is the second installment of a series profiling candidates for the mayor of Newark. The election will take place on April 9.

CODEBoy Sai is quiet before he performs.

When the Newark-based rapper's feet hit the stage, everything else stops and his focus turns toward the performance.

Although a crowd's energy feeds the 21-year-old entrepreneurship student, the newest fuel to Kasai Guthrie's fire is his campaign to be the next mayor of Newark.

"People are most fearful of my age because they look back on what they were doing at 21, and that scares them, but I'm not really doing what they were doing at 21," the Newark native said. "My life ever since 15 has been built on service. Every single business I have done has been built on service."

His passion for helping others drove Guthrie to start two projects called We Need Our Fathers and Neggster.

We Need Our Fathers is a campaign Guthrie started while he was in high school that empowers people who grew up without a father and shows dads how important it is to remain a part of their child's life. Guthrie said that his mother, aunt and grandmother were the ones who were present as he grew up.

Neggster is an app that Guthrie said he is working on that teaches financial literacy and mobile banking.

These experiences combined with his desire to help others

and the proactiveness of his campaign are what Guthrie said differentiate him from other candidates with more political experience.

Guthrie said he first developed an interest in politics after he was arrested at a party. The run-in with the law showed him a side to policing and government that he had never seen, Guthrie said.

"I do respect and appreciate all who serve in the capacity of protecting us at the risk of their own lives," Guthrie's campaign website states. "My engagement with the Newark Police was the catalyst to my running for office. It inspired me to dig deeper into how the City is managed, the issues from the perspective of all residents and how I can help improve the City as a whole."

The Review could not obtain police records of the incident prior to publication.

"I threw the arrest out there because you always have to throw out your dirty laundry first," Guthrie said, explaining why he believes the arrest will not prevent people from voting for him. "I wanted to show them why I got involved in the issues."

Hoping to build upon his past and open lines of communication between police and students, Guthrie said that he is planning an event with the Newark Police Department and university police to improve students' interactions with law enforcement. This public event is still in the planning phase, but Guthrie said he anticipates scheduling it in late March.

Most of Guthrie's campaign focuses on this principle of improving existing relationships.

One such relationship Guthrie looks to improve is that between the city and the university.

Guthrie said he believes Newark lacks a clear plan to grow Newark's business community, but he thinks it can reverse its path by working closely with the university in its development plans.

If elected, Guthrie plans to help attract companies to STAR Campus, which he said would increase home values in the surrounding neighborhoods and allow the city council to reduce property taxes.

"I see [Newark and the university] growing together," Guthrie said. "I see it being a partnership, us growing together as one."

These incoming businesses

are also a target for Guthrie's plan to keep students in Newark after graduation. He intends to encourage these businesses to offer internships to university students and hire from recent graduate pools, helping the city grow by retaining some of its transient residents.

Further addressing some concerns of permanent Newark residents, Guthrie wants to cutdown on students' house parties by creating alternate nightlife options, which he anticipates will also reduce the frequency of alcohol-related crimes.

If Guthrie wins the election, he said he would take more time off from school to focus on the position. He is currently on a leave of absence from

the university, focusing on his campaign.

Guthrie said he is on track to graduate with the class of 2021 and does plan to eventually earn a degree from the university, regardless of the election's outcome.

"I'm already trying to make Newark a great place," Guthrie said. "I'm not waiting for April 9 to come by."



MINJI KONG /THE REVIEW
Kasai Guthrie, a 21-year-old university student, entrepreneur and rapper, runs for mayor, focussing on improving communication between all of Newark's constituents.

Angela Davis speaks as part of university's Black History Month Extravaganza

Shreya Gaddipati
Senior Reporter

As Black History month draws to an end, the university is continuing to explore America's black history. On February 21, 2019 speaker, activist, and scholar Angela Davis spoke at Black History Month Extravaganza.

Davis, a civil rights activist known for her work with the Soledad Brothers, the Black Panthers and Communist Party, has spoken out as an advocate for gender equality, prison reform and racial equality.

This year's Black History Month Extravaganza followed the theme of "Game Changers: People, movements, migrations, music, traditions, and practices that have impacted African American achievement," and Davis focused her lecture on the lessons society has learned from black leaders past and how those lessons can be extended to today.

"At this point in our history, global solidarities are more important than ever," Davis said, mentioning Malcolm X's focus on internationalism.

"Malcolm X was clearly a game-changer."

Davis went on to mention another game-changer — Martin Luther King Jr. — and his focus on maintaining "a broad vision about social transformation." Davis mentioned reference the famous King quote, written as he sat in jail in Birmingham: "injustice anywhere is a threat to justice everywhere."

"We need to realize that the world is much smaller than it

was then. Anyone who lives on this planet cannot be considered an outsider," she said.

Davis then spoke of the violence happening to "black brothers and sisters" overseas and mentioned the ripple effect actions in the United States can cause elsewhere.

Though the university's theme of the month may have been "Game Changers," Davis made a point in that being known as an idol does not make one any less of a game changer and she stated the importance of "[teaching] younger generations not to look at Dr. King as a man so far above us that we can never imagine achieving his height - in fact, he was in jail and [others] were doing all of the work."



Saxbys Coffee closes, and an intimate community goes with it

Talia Brookstein-Burke
Staff Reporter

When the "FOR LEASE" sign appeared in the window of Saxbys Coffee Shop on Main Street, rumors among employees started swirling, according to former Saxbys barista Krista Webster.

Two weeks later, rumors came to fruition with an unexpected visit from the Saxbys Headquarters and a sobering announcement: after ten years at 57 South Main Street, the store would be closing its doors.

"It was sad, really sad. Lots of people cried, actually," Webster said.

It wasn't just the impending lack of employment that spurred the waterworks, but the loss of community and familiarity.

"It was such an intimate environment, it was really, really wonderful," Webster said. "We were all friends."

The team was called into a mandatory meeting in early December with no explanation of what was to come.

"I don't think anyone expected it that night," former team member Josh Pompeo said. "When we were all talking about it, we thought we were going to do team building or something. No one in that building expected this to happen."

The company cited financial concerns due to loss of revenue from the closed West Campus

dorms, telling the employees that it didn't make financial sense to renew their lease. The staff was given two weeks notice of the store's closing, a week's severance pay and a job offer at another Saxbys location in Philadelphia, should they want it.

"The two weeks were nowhere close to what we needed," Pompeo said. "Especially because it was actually more like ten days."

Of the 15 or so workers who made their living at Saxbys, very few had the ability to accept a job in another state, and as such, several employees are still searching for work, Webster said.

A self-described die-hard Saxbys customer and a senior finance major at the university, Julianna Di Nino and several of her Saxbys-loving friends were shocked to learn of the Saxbys closing, calling it a "tragedy."

"Saxbys was cheap, it was really good, and they always had study spaces," DiNino said. "The staff was always so nice to me, the coffee was amazing; I really just enjoyed going there."

Without Saxbys, the business students who relied on the convenient placement of the coffee shop between Lerner and Purnell have struggled to find other caffeinated sources, with many missing their regular Saxbys drop-ins.

The staff was no stranger to regulars, with many customers

coming to Saxbys despite it being out of their way to enjoy both the coffee and the service. The staff continued to form relationships up until the last day of the store's presence on Main Street.

"On the last day, everyone came in," Pompeo said. "All the regulars. It was like a last goodbye to this small coffee shop. It was a community."

The relationships formed within Saxbys stemmed beyond the need for coffee; it was a study space, a social gathering, an art gallery of local artists' paintings — a hub for friendship and communication.

"I think everyone at Saxbys understood we were there for more than just making coffee, it was a whole community," Pompeo said.

Brown and Sypherd to close for renovations

JACOB WASSERMAN
Senior Reporter

Brown Hall and Sypherd Hall, which are both among the oldest buildings on campus, and both located on the North Green, will likely soon be closing for a full academic year for renovations, according to Jim Tweedy, the director of Residence Life and Housing.

The renovations will include the replacement of the current air-conditioning system and an expansion of the number of rooms compliant with the Americans with Disabilities Act, among other features.

"We really have to get behind the walls and we can't do that in a summer," Tweedy said.

Tweedy said the closings have been discussed in the recent past, but have been pushed back multiple times in the last three years. He said that

while the buildings will not be closing for the next academic year, they will possibly close from 2020-2021.

Brown and Sypherd are not the only older buildings on The Green that are in need of renovations. Many of the buildings on the Central Green are in need of upkeep, Tweedy said.

He said they are still looking into whether the central Green renovations will be summer-only or require closings during academic year. He added that temporarily closing residence halls for renovations is "standard practice," and recalled the recent temporary closing of the Harrington complex from 2013 to 2015 for major renovations.

"We will likely have to go through a lot of the Central Green buildings," Tweedy said. "They're all at an age where they need work."



THE REVIEW

Brown Hall and Sypherd Hall, both located on the North Green, will likely soon be closing for a full academic year for renovations.

Off Campus Meal Plan – Is It Worth It?

Alexa Shinnick
Staff Reporter

A meal plan minus the dining hall. That's how the Off Campus Meal Plan (OCMP) bills itself — a flexible meal plan that allows students to eat at various restaurants close to campus.

OCMP is available at 31 college campuses throughout the country, including the University of Delaware. While OCMP is an independent company not affiliated with any school in particular, the university lists it on its own English Language Institute website as an option for students who live off-campus.

"OCMP does not have a contract with the University of Delaware," David Diana, CEO and director of operations of OCMP, stated in an email. "We work independently with the restaurants and markets. We do however work with Udel from time to time in providing meals for special events and groups through individual departments."

There are 74 restaurants and eateries that accept the OCMP, including Iron Hill, Snap Pizza and Santa Fe. Seven of the restaurants on the list are permanently closed.

The process is relatively simple. Once you purchase a meal plan, your card can be used to buy meals at any OCMP affiliated restaurant. Every "meal" that OCMP provides is equivalent to \$10 worth of food. Card holders may use increments of a meal. For example, 59 percent of a meal would translate to \$5.91 and 1.33 meals would translate to \$13.28.

The meal plans are broken down by number of meals per week. Unused meals transfer



over week to week, but not semester to semester. The largest plan you can purchase is 21 meals per week for a price of \$3,079.51. This equates to 294 meals per semester, or \$2,940 worth of food.

For this specific plan, the OCMP company makes \$139, the difference between the amount available to spend and the purchase.

This raises the question as to why students would opt for the OCMP rather than simply use a debit card.

Chris Giuliano, a senior, has had an OCMP card for the past two years.

"You can add meals whenever you need and it's just super convenient and an easier way to eat on Main Street instead of always having to spend money," he said.

Bari Sandler, also a senior criminal justice major, had the OCMP card as a junior.

"Even though it doesn't technically save any money, I got it to separate my food expenses from other expenses so that it wouldn't come out of my allowance for the month," Sandler stated in an email. "Plus, there's so many restaurants around campus that take it."

While some people may not see the attraction to the OCMP program, there are reasons that their customers view it as a good investment.

he said. "It's use is authorized by doctors to treat millions of Americans with painful conditions."

In order to obtain a medical marijuana card in the state of Delaware, you must have one of 15 listed disorders or symptoms.

The first step is to talk to your doctor to see if you have a qualifying reason and medical history as evidence. Next, you and your doctor fill out an application. Afterwards, you mail your application and a \$125 application fee to the Delaware Division of Public Health and receive a medical marijuana card valid for one year.

25-year-old Christi Wilson has been a medical marijuana patient in the state of Delaware for three years. She has a herniated disk in her back, which falls under the medical qualifying reason "debilitating pain."

"Marijuana is a lot less harmful than other drugs or alcohol out there," Wilson said. "Weed is not physically addictive, we're proving the stigma against it wrong."

There are 35 states where marijuana is medically legal, 10 states where marijuana is fully legal and 5 states where marijuana is considered illegal. A majority of the states where marijuana is still fully illegal are in the Midwest.

"The public would benefit from a deeper understanding of the benefits of medical marijuana, but there is still a stigma associated with the product — a stigma that is outdated and unnecessary," Lally said. "We are committed to making sure every patient leaves our dispensaries with a product that is safe, of the highest quality, and the best option at the time to treat their condition; whether it's their first choice or an alternative."

Marijuana is commonly found

A whole new meaning to "Campus Going Green"

CONTINUED FROM FRONT PAGE

in the dorms here on campus. A staff member of Residence Life and Housing, who requested that they remain anonymous, said it is almost as prevalent as alcohol among freshmen.

"I've had to confiscate and call the campus police about smoking in the bathroom almost every semester," they said. "All residence halls are designed to be smoke-free of any kind. I don't care what you do, just do it outside."

The Student Code of Conduct states, "The claim that the use of marijuana was for medicinal purposes will not automatically be sufficient for dismissal of any pending charges ..."

The university takes its drug policy very seriously and even goes as far to randomly drug test their division one athletes. Some, however, still use it as a form of self-medication.

"Although I'm not supposed to, I use marijuana when I come home from practice to help with my muscle pain and injuries I've gotten throughout my years of sports," said a member of the university basketball team, who requested that they remain anonymous.

Students claim that the university will have to adjust its policy on marijuana if it becomes more popular medically, or even recreationally legal within the next few years. Also, some believe that the school should have a program similar to alcohol education solely for marijuana. The illegality of marijuana, however, leaves the topic to be swept under the rug instead of openly questioned.

"In 2015, marijuana became legalized for medical use. Isn't it time we start bringing these conversations into our homes, offices and communities?" Lally said. "We believe the industry will evolve into a mainstream

product, with expansions to the list of qualifying conditions for medical marijuana cards, increased accessibility of the medicine, and more states legalizing recreational use."

According to a study "Health effects of Cannabis and Cannabinoids, 2017" by the National Academy of Sciences, early marijuana use is tied to a greater risk of becoming dependant on other substances later in life.

"If it were to become legal or have a better policy there would be a lot less crime on campus," said Alanna, a sophomore, who requested that her last name not be used. "I know a lot of people in the drug-selling industry here and it's pretty dangerous when you think about it — they're importing things from other states and other countries. When they take these risks it's because they're desperate for money, or its just easy cash, but they could really be destroying their future."

COLLEGE UNCOVERED

A pristine facade: behind one student leader's battle with pressure, mental illness and self-medication

CONTINUED FROM FRONT PAGE

straight As, is employed by the university and holds leadership positions within various campus organizations. On the surface, he's a well-coiffed, well-spoken and well-rounded campus leader.

But, as geology has proven, the surface only tells a sliver of any story.

One evening as a junior, Corey was studying in the library around 6 p.m. It was finals week — one of the most stressful periods of time on the college calendar. He felt building pressure, and suddenly, he couldn't move. Corey wanted to continue working, or at least avoid drawing attention to himself.

He willed his muscles to obey — they didn't. It was like his body had turned to stone and was damned to an eternity on the third floor of Morris Library.

Eventually, he fell out of his seat, curled into fetal position and laid on the carpeted floor. His only thoughts were of escape.

"It was just 'I can't do this anymore,'" Corey said. "I want to be anywhere except in this moment, in this life."

Corey's college-related struggles began in 2008, when his family lost a substantial amount of money in the recession. Because of this, his parents, who he said are extremely successful in their own careers, had to pull money from their retirement fund to send him to school.

"That started kind of an expectation that whatever job I go into, I would be paying for their retirement," he said. "So,

I've always felt pressure to be successful, to make money, to provide for my family."

He decided to be an engineer because he comes from a family of engineers. When he worked hard but didn't get the grades he needed, Corey switched to business — a major he excels in, but dislikes.

Under intense career pressure from his parents, and dealing with a bad breakup and friendship issues, Corey began to show what he now knows are signs of depression, anxiety and post-traumatic stress disorder.

Throughout his junior year, he was using alcohol as a coping mechanism. When he was stressed, it would make him feel "at rest with things" until the next morning, when incomplete tasks would stress him out and restart the vicious cycle.

Eventually he felt like he needed to drink before any social interaction, but, because he drank one to three drinks per day, Corey convinced himself he was fine.

"Whenever I talked to people when I hadn't been drinking, I was rigid and I didn't want to talk to people," he said. "And so I started drinking before I left to get coffee with a friend because then I'd be sociable, I'd be nicer, I'd be the person people wanted me to be."

While drinking daily to drown out his problems, he was mentoring and teaching students about such issues as well as offering his support. He likes

helping people and keeping a busy schedule, he said, because that's easier than facing his own inner turmoil.

"I'm one of the biggest clichés," he said. "My job is to make sure that I'm a resource for other people when people are in my position. Now that I'm a senior and at the top, I'm the person that you call when things go wrong. Who am I supposed to turn to when my life goes wrong?"

Corey confides in few people about his mental health problems because he doesn't want his family and friends to see him as "broken" or "overly burdening." And, for the people he leads, he puts a lot of effort into keeping his surface intact because he fears they won't be comfortable confiding in him if they find out.

Right now, Corey doesn't consider himself to be truly happy, but he does feel he's improving.

He sees an off-campus therapist, who has helped him reduce to one drink per day, and has found that certain habits, such as working out regularly, help him. He said he recently was able to talk to a struggling friend about his own experiences with mental illness, which he thinks is a sign that he's healing.

Five years from today, if the universe works in his favor, Corey said he'd like to live in a city house with a grassy backyard and an Audi parked out front.

He'd live in the house with a dog — when he was little he would've named it Shadow, but today he thinks that's too

common of a name. He'd also be living with someone he loves, and they'd be thinking about starting a family together. He'd fund the house, the car and the family by starting his own medical technology company.

publicly," he said.

College Uncovered is a platform to examine emotions, experiences and stories that cannot otherwise be disclosed. Through giving students the opportunity to speak anonymously about the innermost layers of their lives, it digs deep into what it means to be on the edge of adulthood today. If you're interested in telling your story, you can contact Katherine Nails through her email, knails@udel.edu.

Corey said that he believes there are students like him who, for whatever reason, don't have any public or private platforms to speak about the innermost layers of their lives. People who, bubbling beneath their polished surfaces, have narratives and pieces of themselves they've never dared to talk about.

"I know that there's some subsection of people out there, at the top or whatever, who don't have anywhere to go and who can't talk about [their struggles]



XANDER OPIYO/THE REVIEW

Upcoming construction on Main Street will not significantly harm local economy, DeDOT says

Mitchell Patterson
Associate News Editor

Last fall, the Delaware Department of Transportation (DeDOT) determined that the concrete on the road of Newark's Main Street, the city's food court-esque hub of commerce, was aged beyond usability and required a full replacement.

This announcement struck fear into city officials and business owners, who receive the majority of their annual revenue during the fall and spring semesters while the university is in full session.

Now, with massive construction efforts set to begin in early-April, DeDOT is working with the City of Newark and local merchants to mitigate fears of diminishing Main Street's economy. Originally, the project was scheduled to begin in June.

The April start date was changed according to when DeDOT put the construction contract up for bidding. The project is meant to gradually replace each layer of the aging concrete in the road; active construction zones will move incrementally east to west from Library Avenue to South Main Street.

Because closing Main Street for construction mid-semester might create inconveniences for students and other potential customers, critics are concerned that the loss of parking spaces in conjunction with greatly

reduced foot and automobile traffic due to construction will decimate Newark's businesses.

Jerry Clifton, the Newark City Council member representing District Two, likened the potential economic damage in Newark to the tourism revenue lost in Rehoboth, Del., if Route One was closed off to beachgoers during the summer months.

Joe Hofstee is a DeDOT consultant and senior project manager for the AECOM engineering firm overseeing this project to regenerate Main Street's aging concrete. He stressed that Main Street would not close during construction, it would merely be reduced to single lane traffic.

"We've got to make people aware that, you know, Main Street is not closed," Hofstee said. "Businesses are open."

DeDOT is coordinating with the City of Newark to expand parking spaces to compensate for those temporarily lost on Main Street.

"There's always a concern that, with any type of construction, there's going to be some impact to the local economy," Hofstee said. "We're working specifically to alleviate that. Traffic will always be flowing with the exception of one or two weekends, when we have to block an intersection down entirely."

Those particular weekends when portions of Main Street will be entirely closed are to

be determined at an upcoming public workshop between the City of Newark, business owners and DeDOT on March 4. Officials expect to ratify and publish a full timeline of the construction project, which will likely continue into the summer of 2020.

"Main Street businesses have existing challenges due to the lack of a diverse housing, a lack of diverse businesses, poor traffic patterns and the ever increasing rents that landlords are charging," Christopher Hamilton, the Newark City Council member representing District Four, said. "The road upgrades will add to those challenges."

According to Hofstee, DeDOT has also recently partnered with Remline Marketing Services to promote the construction and inform citizens of where they may park.

Remline's promotional campaign will distribute flyers to businesses with branding, information and a specific logo for the project. Additionally, a website will be established to update Newark citizens on the ongoing construction.

"We've received feedback from the businesses on Main Street about the project," Hofstee said. "The feedback has been mixed. There are some who are looking to delay the project for months, there are also others who are in support of the project as scheduled. I'd rather not comment, not give

the specific names of who said what."

Bus stops may also be temporarily relocated during construction. The stop near Newark Deli and Bagels will be permanently moved closer to the intersection of Main Street and College Avenue. A new pedestrian crosswalk will be built near Klondike Kate's.

In addition to roadwork, sections of brick will be installed on the sidewalk where they will extend, or "bump-out," into existing parking spaces. Bump-outs are intended to make the

road more safe for pedestrians, according to Hofstee, as well as more accessible for the physically disabled.

"The restaurants [on Main Street] might want to think about running specials for local residents," Hamilton said. "They might want to partner with other businesses to provide an incentive for people to coordinate their trips to make a trip downtown, through traffic, worthwhile. In the end, Main Street, in the long run, will be fixed and looking good for a long time."



Kirk Smith/THE REVIEW

With massive construction efforts set to begin in early-April, DeDOT is working with the City of Newark and local merchants to mitigate fears of diminishing Main Street's economy.

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.

EDITORIAL

Editorial: Newark's New Unruly Rule

Have you ever been to a gathering of four or more people? In accordance with the rules outlined in the city of Newark's proposed unruly gatherings bill, if you and your four friends are also engaging in three or more newly defined "unruly" behaviors — such as having alcohol accessible to minors, "vulgar" conduct and being on a rooftop without a permit — then you have broken the law.

Yet again, Newark city officials are making it difficult for students to take part in the university's notorious party scene.

While rowdiness is a norm during weekends, students are being forced more and more often to appear in Alderman's Court to accept some form of punishment for their willingness to engage in campus custom. For years, and especially since the university was named the country's biggest party school in 2018, this school has had a problem, and it's reasonable for various entities — whether the university administration or city government — to have an interest in addressing it.

In theory, an ordinance like the one recently proposed may be the constructive thing to do. In the process, however, they are also making it harder for students to make safe decisions without fear of legal retribution.

One of the more glaring issues with Bill No. 19 is that someone can get in trouble if they are found drunk within 1,000 feet of an "unruly gathering." This stipulation might dissuade students from waiting outside of a party for their ride home — or ordering a ride home at all. Instead, a student might choose to walk home alone, an unsafe venture on any college campus, or drive drunk in order to act in accordance with the law.

It should go without saying

that a city ordinance shouldn't be conceived with the intention of targeting a specific population. In the case of this bill, the intended population heavily contributes to the city's local economy and livelihood. If city officials were genuinely concerned with the toxicity of campus party culture, they would take other steps, ones that might catalyze a dialogue instead of resentment.

The ambiguity of the bill is telling of the writers' intentions. Under the proposal, a social event as casual as a hangout with friends or roommates has the potential to be considered

an unruly gathering worthy of intervention on behalf of police officers.

Newark police already break up and shut down parties based on the criteria outlined in the newly-proposed bill. The bill is of course in many respects codifying what is already in practice, but it now makes explicit the often ridiculous and unwarranted grounds on which an "unruly gathering" might be busted, and makes even more explicit the targets of this ordinance. Ultimately, the ordinance will make it more difficult for students to be safe on a campus where

students are going to continue to party no matter what laws, bills or ordinances stand in their way, and symbolically, the ordinance does little to mitigate longstanding tensions between students and the surrounding community.

Of course, this burden falls on both sides, and Newark residents have plenty of legitimate grounds for discontent toward university students. But this ordinance will do nothing to help matters.

In attempt to avoid potential absurdity and address bills' concerning ambiguity, the city council should hold a town hall in which both students and Newark

residents are encouraged to attend.

Discussion is more appealing for many than an alternative that may have unintended effects on community safety. Since the bill is in the introduction phase and likely won't soon go into effect without revisions following council meetings, it's the perfect time to contact city officials and have your voices heard — just make sure they're not too loud, or you might be cited for unruly behavior.

Editorials reflect the majority opinion of the editorial board, led this week by Alex Eichenstein.



“SAFE!”

TAYLOR NGUYEN/THE REVIEW

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The Review encourages all members of the university community to submit opinion pieces. Letters to the Editor and op-eds can be submitted at opinion@udreview.com

The Review is accepting submissions of student work to be featured in the Mosaic section of upcoming issues! Send any photography, illustrations, paintings, drawings, sculptures, collage etc. to julias@udel.edu with a title, your name and any brief description you'd like featured with the piece.

In response to “What do you love about UD?”

JENNIFER WEST
Managing Mosaic Editor

To Whom It May Concern,
I am writing in regard to a recent email that I, and my fellow seniors, received, titled “What do you love about UD?”

The email, part of the Senior Class Gift Campaign, begged for a graduation donation that would “directly impact [my] college, RSO, sports team or whatever UD cause [I] choose.”

While I understand your dedication to raising university funds to benefit student activities, I would first like to note that I am still a student at the university. This means that I, like every other student who walks along the monstrosity we are currently calling The Green, am paying a hefty sum of money to use your facilities, including your Registered Student Organizations (RSOs).

Your direct request for a donation forces me, and hopefully others, to question just how exactly you distribute tuition funds, state-funding and grants.

By claiming that tuition and fees for Delaware residents and out-of-state students only cover 35 percent and 83 percent of the cost of education, respectively, you raise the question of just how you are calculating the cost of education, without answering it.

According to “Operating Revenue, Expenses and Transfer,” a budgeting pie chart — lacking numerical values other than percentages — that describes your spending for the 2018-2019 fiscal year, 4 percent of your budget went

toward “student services.” That is 4 percent of \$1.02 billion, or \$40.8 million, going toward, presumably, all student services.

No further breakdown of this data exists, as the university is only required to release finances that are listed on your Form 990. Additionally, all information from the Form 990 is from the 2016 fiscal year, as you have not released the 2017 data yet.

I would like to know what is included in this meager \$40 million that goes to student services, and whether that includes funding for RSOs, Student Wellness and Health Promotion, Trabant Now, Perkins Live, to name a few. But your pie chart does not tell me.

Perhaps some of the \$27 million you declared on your Form 990 from 2016 that went toward travel, or even your \$44,000 that you gave toward lobbying, or maybe the near \$2 million forked over for legal fees or, finally, the hundreds of thousands of dollars still being funneled into the hands of former employees, can go toward funding the operation of RSOs.

But, until those finances get sorted, I’m sure my \$20.19 will be put to good use.

Besides, I’ll get a fun hat.

Forever indebted to you,
Jennifer West

Opinion: The Climate Reality Project

Last December, The Review published an article discussing recent developments in climate change. The article, among other things, highlighted the findings of the Fourth National Climate Assessment, which was released in Nov., 2018, as well as that report’s Delaware-specific implications.

Around the same time, Caleb Owens, The Review’s editor in chief, asked a question about whether these developments would lead to student-led protests regarding climate change. That question, however, has already been answered.

Last fall semester, several university upperclassmen signed up to join the Campus Corps of the Climate Reality Project. Founded in 2006 by former Vice President Al Gore, the Climate Reality Project is a nonprofit organization dedicated to advocating for education about and the reversal of climate change across the country.

In the university’s chapter, students have been advocating for the university to go 100 percent renewable by 2030 by asking students to sign their petition. By the end of the fall semester, the chapter had reached 1,500 signatures — three quarters of their initial goal of 2,000.

This semester, we hope to take strides to promote a clean-energy future at the University of Delaware. We have garnered a student consensus that shows the environment is a priority at the university. Our administration should be taking steps toward renewable energy. We hope that our organization and our partnership with other on-campus environmental groups will help lead

this change

Members of the project are anticipating that the university will hear them out. Their hope is that 2,000 students saying they want renewable energy at the university will be enough to convince the administration that the greater student body wants a change.

Additionally, the project will be working with other on-campus organizations, such as the Student Government Association (SGA) and the Sustainability Task Force.

The university’s current plan follows the American College and University Presidents’ Climate Commitment. Signed in 2008, the plan intended to reduce the university’s emissions by 20 percent by 2020.

10 years later, the university has only reduced emissions by six percent, according to its latest greenhouse-gas emissions report. The project feels that the university should be held

more accountable, both to their previous agreement and to a new commitment brought on by the student body.

With detrimental environmental catastrophes like wildfires, massive storms and other natural phenomena occurring more frequently, the time to act toward climate change is now. If we refuse to act soon, there will be no future to rebuild. There will be no future generations to clean up our mess — not unless we reverse the effect that our race has had on this planet before it is too late.

This op-ed was written by members of the Climate Reality Project at the university. Visit www.tinyurl.com/UD100 to sign The Climate Reality Project, University of Delaware Chapter’s petition for the University of Delaware to commit to a plan of going 100 percent renewable by 2030.



The Climate Reality Project

CAMPUS CORPS

UNIVERSITY OF DELAWARE CHAPTER

Opinion: Hustle Culture

After being on break for almost two months now, I have come to a realization: I am obsessed with productivity. I find it almost impossible to take breaks and the idea of sitting home doing nothing literally puts a knot in my stomach.

I haven’t always been like this, and I am quite unsure how I acquired this extremely toxic habit, but as of late I have been basing my own validity off of how hard I am working.

Don’t get me wrong: working hard is extremely important, and essential to any success in life. My issue is with the fact that I don’t know when to stop. My job while I am home on break is not consistent — some days I will have a full day of work and others I’ll have nothing.

The days that I have nothing have literally been torture. Waking up any later than 9 a.m. freaks me out and makes me feel like I’ve already wasted half my day. If I don’t do absolutely everything on my to-do list for the day, I end

up laying in bed thinking about it until 2 a.m., then finally falling asleep out of pure exhaustion, only to wake up again at 6 a.m. the next morning.

This obsession with productivity that I’ve developed has left me in a perpetual state of anxiety. I don’t have diagnosed anxiety or anything like that, but I always feel like there is something weighing me down because there is something else that needs to be done.

The idea of “hustling” and being “on the grind” has become so glamorized throughout society that I don’t think I’m alone in my feeling; I especially see it on social media promoted to young girls.

I watch girls my age doing a thousand different things in one day — keeping up with assignments, having a social life, staying fit, working, traveling every weekend, etc. — and I can’t help but feel that I need to be doing more. Like I said earlier, it’s come to the point where I get

anxious about taking a break.

The “hustle” culture is toxic. It promotes comparison between the routines and habits of completely different people and lifestyles. It is not sustainable and leads to burnout. Success is success no matter how long it takes you to get there.

Also, success doesn’t always mean having done everything in life that you’ve ever wanted to accomplish. Success is simply being happy with where you’re at, and trusting that through hard work and necessary periods of break and rest, you will continue on in the right direction.

This is advice that I need to hear myself. If you feel this way at all, know that you are not alone. It is okay to rest. We need to rest. In order to perform the best we possibly can, we need to rest. The ideal is to work smarter, not harder.

If you’re not in a traditional nine-to-five job or you’re in school, time-block for your own sanity. Set time when you will

work to the best of your abilities, and time when you will look away from your social media and your emails and anything else at all having to do with work, and just relax.

I’m trying so hard to work on it. If you found your own truth in any of this at all, I encourage you to work on it as well. Don’t ignore it or push it away until you get to the point where you’re so worn out you can’t go on. Don’t let it get to the point where you start showing physical symptoms of your mental exhaustion. Take a step back now and I’ll do it with you. Allow your break and your rest to reignite the fire inside of you.

Laura Mays is a junior history education major at the university. She runs her own blog called [Living with Laura](http://LivingWithLaura.com).



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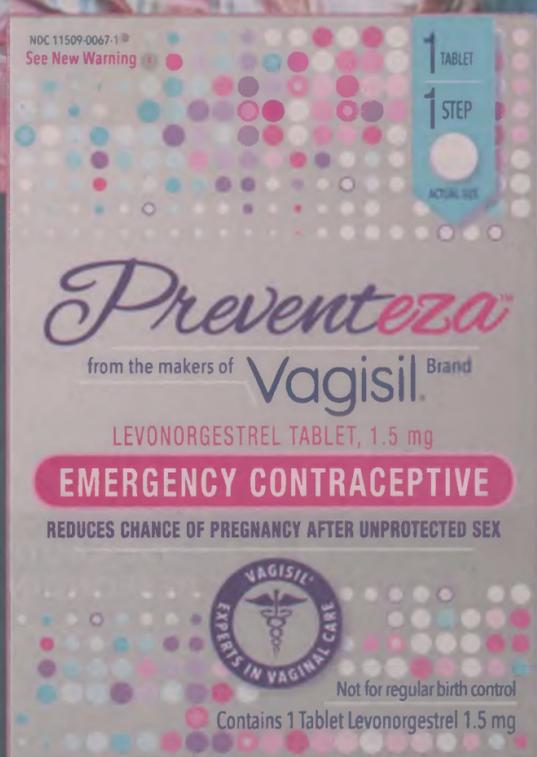
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You better work, (blue) henny — the university's drag culture

ALANA DUKE
Senior Reporter

Thanks to "RuPaul's Drag Race," a competition show where contestants prove their charisma, uniqueness, nerve and talent to the world, drag has reached a large audience, especially on college campuses. With the recent wrap of the fourth season of "RuPaul's Drag Race All Stars," a spinoff in which previous contestants compete for a spot in the Drag Race Hall of Fame, nearly coinciding with the premiere of season 11, campus has recently been saturated with talk of drag, from Perkins to the Little Bob.

"A lot of people like [RuPaul's] Drag Race," Kaitlyn Fennell, a member of the Lavender Programming Board and organizer of the group's annual drag race, says. "I think in the past few years, a lot of people have gotten interested since there [are] two seasons a year."

Drag has been around for centuries, but drag culture in America has historically centered around cisgender males dressing as women for performances. Now, drag has evolved to a point where anyone can enjoy and participate in the culture. Drag kings (who dress as men), female drag queens and androgynous performers have achieved recognition as well. The allure of drag remains the ability for the performer to transform into a character with a huge personality.

With students' overwhelming enthusiasm for both the show and drag itself, it is surprising that the university does not have an organized drag scene of its own.



SAM FORD/THE REVIEW

According to Fennell, Lavender has been organizing its annual drag show for close to two decades. The show features regional drag queens — or queens, for short — as well as a headliner from "RuPaul's Drag Race," and attracts around 600 audience members each year. Monét X Change, the winner of this year's "All Stars," led the lineup this past fall. For the past few years, some students have even performed in drag.

For junior Andrew Bochnovich, Lavender's 2016 show served as his first introduction to the dazzling world of drag. Bochnovich

remembers the experience fondly.

"This person is basically Beyoncé," Bochnovich says. "It was Shangela. After watching her onstage, I was just enamored by this fantasy they were presenting. Her energy on stage and her performance really drew me in."

Though both Fennell and Bochnovich have seen a few examples of student drag on campus, both attest that a fully fledged drag scene has yet to emerge. The university is well-equipped for performances, as evidenced by a highly

publicized local music scene and the multitude of stages and performance spaces on campus. Active LGBTQ+ student groups hold plenty of events intended to bring a diverse group of students together, and at least three registered student organizations are dedicated to improv comedy — a hallmark of drag performance.

Bochnovich says that he would attend and even perform in drag shows if they were more available, and he believes that an established student drag show would attract a scene. But he also cites "Rupaul's Drag Race" as a

potential hurdle to local drag.

"The expectation set on the show is so high that people don't want to see anything less than that," Bochnovich says. "Queens have to have this perfect image and perfect personality, and that's not really what drag was about. Drag was always very counterculture and subverting expectations and working against the mainstream ... John Waters used to cast this drag queen Divine a lot and she would eat s---, like actual s---."

When asked if she thought "RuPaul's Drag Race" was an accurate representation of local drag, Fennell pointed to the dissimilarity between the two.

"RuPaul's Drag Race' is a competition," Fennell says. "There's a lot of different stuff involved, like having to make costumes on the spot and improv, all in addition to what you would usually find in a drag show, like lip-syncing, an overall performance and then comedy. Those are typically the things you find in a regular drag show."

If students want to come together to appreciate drag, Fennell recommends starting a registered student organization and hosting student performances. Students can also reach out to the Lavender Programming Board to set an event for next semester, or start by attending the organization's lip-sync concert on March 13.



CREATIVE COMMONS

MAYHEM IN THE MUSIC WORLD

How not to enable routine domestic and sexual abuse in the music industry.

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SOMNOLENT SIGNIFICANCE

Mosaic isn't sleeping on the importance of your seven-hour-plus nightly slumber.

PAGE 11

THE DREAM IS HALFWAY WHAT IT SEEMS

Mosaic encourages you to dabble in a dream-like podcast.

PAGE 13

From the psychologist's couch: What exactly is therapy like?

BIANCA THIRUCHITTAMPALAM
Column Editor

Many mental-health professionals face the same pervasive issue: the value of seeking therapy is underestimated, as many view it as unnecessary or a sign of weakness and dependency. And compounding this, it often takes a lot of coaxing to convince individuals to get the help they need.

But, whether therapy is used to deal with mental illnesses, major life trauma or smaller stressors, it can have a profound impact on patients, altering their cognition processes and providing them with long-term coping strategies to prevent them from mentally "spiraling."

According to Tim Fowles, a professor of the university's department of psychology and brain sciences and the co-director of the Psychological Services Training Center, many clients often underestimate the severity of their mental condition.

"People don't come into therapy unless there is some kind of precipitating event, or they're struggling for a long time, but [they] don't come back until it gets bad," Fowles says. "That's hard because it means

therapy is going to be more difficult for them. If you're delaying any treatment on a condition, it's going to be an uphill battle."

Fowles notes that although that is how the current climate of therapy looks, he hopes that, in the future, clients will be more open to receiving therapy as early as possible. For example, if primary-care physicians implemented mental-health screenings into regular check-ups, the profession could decrease the stigma surrounding mental health and therapy.

Once clients overcome the hurdle of accepting help, Fowles says that therapists typically spend the first appointment figuring out what is troubling their clients and determining a course of action. Often, clients' next steps fall into one of two categories.

"One is along the lines of people that are dealing with life stressors [like] job dissatisfaction or relationships," Fowles says. "The second category is for people who are have specific disorders like depression, anxiety or obsessive-compulsive disorder."

For many clients who fall into the second category, therapists have found that using a technique called cognitive



LINDSAY MARRIONE/THE REVIEW
Many individuals with mental conditions underestimate the value of therapy, which has the potential to change cognition patterns and create a long-lasting impact on a client's life.

behavior therapy (CBT) can yield successful results.

According to Ryan Beveridge, another professor of the university's department of psychology and brain sciences who also serves as the co-director of the Psychological Services Training Center alongside Fowles, CBT is designed to change clients' thought patterns, eventually leading to lasting change.

"Cognitive behavior therapy changes maladaptive cognitions or thoughts that a person has

about themselves or their future and replaces them with more helpful — or, perhaps, accurate — thoughts that affect their mood in a positive way," Beveridge says. "Then you combine it with the behavioral part of CBT: things like getting [the] client more active in social networks, using coping strategies like meditation or stress reduction techniques and maybe getting their sleep cycle regulated."

While therapists use CBT as a method to better clients' overall well-being, there are specialized practices to help those that are affected by specific mental conditions. For example, a therapist might advise someone with depression to focus on mindfulness techniques. Meanwhile, clients with obsessive-compulsive disorder might undergo exposure therapy, during which they would be exposed to their phobias to learn to cope with their compulsions.

Although many individuals with mental conditions believe they do not need therapy because they take medication, both Fowles and Beveridge agree that medication can be a useful supplement to therapy, rather than a primary coping strategy for mental illness.

"There's some interesting research that looks at treatment for depression in randomized treatment trials," Fowles says. "People are either given only psychotherapy, only medication or a combination. Most research suggests that a combination is best."

Beveridge also emphasizes one last crucial aspect of therapy: the relationship between the client and the therapist.

"Your therapist has mind-based techniques that will help mental-health conditions," Beveridge says. "But if the client really doesn't click or get along with their therapist, these techniques are not likely to work. [Therapists] need to give [clients] empathy, support and a trusting relationship."

Daughters broke my glasses — things get out of hand at Union Transfer (Philadelphia, 2/16)

EDWARD BENNER
Music and Society Editor

Looking around and seeing the anxiously pacing, ear-plug wearing crowd, clad completely in black, it was evident that all hell was about to break loose. As soon as Daughters took the stage and the first deafening sound ripped from their intricate equipment, mass hysteria overtook the audience, sending them into a frenzy of pure aggression.

Struggling to keep my footing and fight off the moshers behind me, a fist was thrown into my face, breaking my glasses into two pieces almost as soon as the set began. Even with obstructed vision, it was evident that I was witnessing one of the noisiest forms of unadulterated punk mayhem I had ever seen.

Daughters is an experimental noise outfit that incorporates metal, punk, industrial and math-rock influences into their abrasive sound. Their most recent album, "You Won't Get What You Want," was released in 2018 to immense critical acclaim — ranking at No. 13 on Mosaic's list — after an eight-year hiatus.

The band's touring lineup includes Alexis Marshall on vocals, Jonathan Syverson on drums, Nicholas Andrew Sadler on guitar and Chris Slorach on bass. The members all wore

darkly colored formal clothing, which added a strikingly macabre element to the performance.

Marshall's neurotic showmanship was the crux of the show. His insane performance included throwing himself down on the stage, wrapping the mic cord around his neck, tackling a stage-diver, putting his entire fist in his mouth and spitting on the stage and at the crowd. He even, at one point, licked an audience member's hand that was pressed against his face. Marshall was a primal, captivating force of nature.

While Marshall drew a lot of attention to himself, the other members matched his energy sonically, utilizing a multitude of pedals and effects to craft their wholly unique sound. Sadler used his vast pedalboard expertly, and with ease, to create haunting, dissonant, cacophonous and menacing tones — all while giving Marshall a run for his money energetically.

After playing nearly all of "You Won't Get What You Want" and various selections from their self-titled and "Hell Songs" albums, the band fittingly ended their set with destruction. Marshall kicked the monitors and knocked over the drum kit as the other members threw their instruments on the

ground, letting them drone in the aftermath.

Before Daughters took the stage, their openers, HIDE and Wolf Eyes, successfully warmed up the audience; at one point, they signaled that if audience members didn't have ear plugs, the rest of the evening would be an unpleasant one.

HIDE illuminated the stage with only a slow-blinking strobe light that matched their rising and falling industrial sound. The lead singer, Heather Gabel, channeled her sexuality and attitude in both her outfit — knee-high leather boots and a chastity belt — and her wonderfully confrontational performance.

Wolf Eyes baffled the audience as they created their own instrument that could only be described as a demonic bagpipe to produce strange modulated sounds. The noise they created was a bizarre intersection between the free jazz of Sun Ra and the noisy post-rock of Godspeed You! Black Emperor.

Even with the destruction of my glasses and the intense need for a tylenol afterward, Daughters and their tour-mates stunned me with their avant creativity, relentless energy and attention to their respective images. These bands are proof

that the envelope can always be pushed further in experimental music, and that, no matter what, music can get heavier.



COURTESY OF RYAN FEY
Alexis Marshall captivates with his raw, emotional energy, inciting a visceral response from the crowd.



COURTESY OF RYAN FEY
Music and Society Editor Edward Benner has his glasses broken in a noisy night to remember.

This is your brain on junk

Cam A. Johnson
Senior Reporter

Food: a necessity, a people-pleaser and a common interest. But if an individual is suffering from a mental-health disorder, food can contribute too.

As a university student who suffers from test anxiety and practices a vegetarian lifestyle, food typically isn't on my list of priorities.

While I am studying

and stressed, I typically eat potatoes, heavy on the ketchup. (Fortunately, I don't have a sweet tooth.) Once my anxiety subsides, I return to my regular "eat-to-live" philosophy that has sustained me throughout college.

On some college campuses, mental illness is a well-versed subject, but the intersection of anxiety or depression and eating disorders is rarely discussed.

There may be a stigma attached to the idea of eating your cares away — perhaps due to pop culture, or consumerist images of people stuffing their faces with sweets or fatty foods when they feel down, anxious or depressed. But research has been ongoing for years, and neglecting to eat or binge-eating during bouts of anxiety or depression can damage one's physical health.

Having a mood disorder can lead to a chemical imbalance in the brain, resulting in an appetite increase or decrease. Food, in turn, can have adverse effects on a person's physical and mental health, which ties into nutritional psychology, the science of how nutrients affect mood and behavior.

A diet that consists of fruit, vegetables, whole grains, fish and low-fat dairy products is

associated with a decreased risk of depression. Comparatively, a diet that consists of processed foods and high-fat dairy products is associated with an increased risk of depression.

By glancing into the Trabant Food Court or the P.O.D.s, one can quickly discern which diet is more readily available to university students.

CONTINUES ON PAGE 13

Up all night: The lasting effects of sleep deprivation



"Russian Doll": Mental Health's Representation in Television

FRANNY MORENO
Senior Reporter

WARNING: Spoilers ahead.

We all wrestle with our own inner demons, but what if the universe gave you the chance to help yourself? Would you take it?

The protagonist of one of Netflix's newest releases "Russian Doll," Nadia (Natasha Lyonne), a jaded software engineer, is faced with this exact opportunity. The show, which premiered Feb. 1, at first glance, is an ode to "Groundhog Day," as viewers watch Nadia repeatedly die in different ways, consequently coming back to life. She continuously relives the same day, which happens to be her 36th birthday party. However, as the story continues, the show's underlying purpose is slowly revealed.

As Nadia continues dying, she encounters someone else who is also experiencing the same dilemma. Alan (Charlie Barnett), who is also dying and resurrecting, they slowly realize the universe has put them in the same time loop to help each other.

Alan, a perfectionist, is reliving the worst day of his life. It is the day when he attempts to propose to his long-term girlfriend Beatrice (Dascha Polanco), who breaks up with Alan instead of accepting his proposal. The duo tries to find answers as to why they are in these time loops.

"This is not good or bad. It's just a bug. It's like if a program keeps crashing, you know? The crashing is just a symptom of a bug in the code. If the deaths are us crashing, then that moment is the bug that we need to go and fix," says Nadia as she tries to explain her theory on why they are trapped in a time loop.



CREATIVE COMMONS

Alan and Nadia playing one of the video games that Nadia helped engineer.

So, they set out to figure out how they died the first time. Nadia easily remembers that she got hit by a car, while Alan cannot remember. It is slowly revealed as they retrace his steps that Alan died the first time because he killed himself.

This revelation takes viewers down an intentional exploration of mental health and the signs of suicidal ideation. In the first episode, while Nadia is in a convenience store, she sees Alan and can tell he's in crisis but chooses not to help him. After getting to know Alan better, Nadia realizes that it was him

that she saw that night and that she could have helped him better.

Mental health is also explored through Nadia's mother, Lenora (Chloë Sevigny), who suffers from emotional issues that are not specifically diagnosed. Her mother is shown buying watermelons as their only source of food, shattering mirrors and acting erratically. Mentioned multiple times is how Nadia's 36th birthday is important because she was now older than her mother would ever be. How her mother died was never specified in the

show; all that is said in varying flashbacks is that her mother died when Nadia was younger.

What is so exceptional about this?

Something "Russian Doll" does well is correctly portray how mental health affects people and those around them. It is easy to convey misconceptions of mental health in television, and having accurate representation is valuable.

"Russian Doll" is not perfect but has a hopeful and beautiful message concerning mental health. It gets better, and, while not easy, with the right

amount of support, there are ways of helping yourself and others.

You cannot always "save" somebody, necessarily, as the show demonstrates, when Nadia and Alan are given the chance to help each in real time. Nadia tries to help Alan, which proves to be difficult. However, it is important to get help and to help others when you can.

Ruth (Elizabeth Ashley), Nadia's aunt and a therapist, says to Nadia "You were this tiny seed buried in darkness fighting your way to the light. You wanted to live. It's the most beautiful thing in the world."

"I am not a perfect man and I have made many mistakes" — accusations against Ryan Adams expose bigger rifts within the music industry

EVAN TRIDONE
Staff Reporter

For far too long, members of the music industry have gotten away with treating women terribly and looking the other way when allegations and convictions are made against their peers.

The most recent of accusations stemming from the #MeToo movement are leveled against singer-songwriter Ryan Adams. According to The New York Times, Adams offered multiple of female musicians success and studio time only if they performed sexual favors.

The article also says that Adams had explicit sexual conversations with an underage girl comparing himself to R. Kelly and, at one point, exposed himself on Skype. Adams has denied these allegations.

Adams first entered the music industry in the early 2000s, when he made a name for himself in the then-flourishing New York indie-rock scene. It is no secret in the industry that he tends to be toxic. In Lizzy Goodman's book "Meet Me in the Bathroom," many fellow musicians cast Adams in an unsavory light.

Adams isn't the only major musician to be exposed recently for abuse. R&B star R. Kelly, whose abusive actions were highlighted in the Lifetime documentary series "Surviving R. Kelly," has been in headlines since 2000 regarding alleged abuse. On Friday, Feb. 22, he was arrested in Florida for 10 counts of aggravated criminal sexual abuse.



KIRK SMITH/THE REVIEW
Students Acting for Gender Equality (SAGE) host "Take Back The Night" with a march on campus in recognition of April as Sexual Assault Awareness Month on April 16th, 2015.

One of the biggest questions about these accusations is why they took so long to reach the surface.

Adams' and Kelly's actions were poorly kept secrets, having been rumored and even confirmed at various points through the years. Singer-songwriter Phoebe Bridgers penned the song "Motion Sickness" while dealing with the aftermath of Adams' abuse toward her, and Kelly had been a known pedophile for nearly a decade.

So why did it take a documentary series and an investigation by a preeminent

newspaper to take these artists down? The answer lies within the music industry itself and its ardent supporters.

Sexual and domestic abuse against women by music-industry front-runners have been almost commonplace since the 1960s. Artists like John Lennon and Miles Davis — both of whom are regarded by many critics as musical geniuses — had a history of beating women. Moving forward in time, both Led Zeppelin's Jimmy Page, and David Bowie had allegations against them of sexual relations with minors.

The age of sex, drugs and

rock 'n' roll came to a close and passed the torch to the rap community, with rap's first billionaire, Dr. Dre, slapping television personality Dee Barnes, and later rapping about it in the song "Guilty Conscience," a collaboration with Eminem, in the late 1990s.

Since then, a seemingly countless array of rap and R&B artists have had sexual-assault, domestic-violence and rape charges leveled against them. XXXTentacion and 6ix9ine are both modern artists who are accused of or have admitted to sexual violence, yet have over 60 million combined monthly

listeners on Spotify.

Rapper Sheck Wes, whose hit "Mo Bamba" was playing in nearly every frat house and freshman dorm room this past fall, just had a restraining order placed on him by singer Justine Skye in response to his violent actions against her.

It is not only the ones who commit acts of abuse who are the problem, but also the ones who allow them to keep doing it. Rap-industry behemoths such as Kanye West and Kendrick Lamar have been rape and domestic-violence apologists for years. Artists like them must be held accountable for these actions, too, since they enable the monsters who commit violence against women.

Kendrick Lamar, for example, co-signed XXXTentacion's "17" mixtape months after domestic-violence and abuse charges were filed against him. He also threatened to remove his music from Spotify after the company took actions against Kelly.

Music fans and industry contemporaries have consistently given passes to abusers of women, allowing them to build their careers and empires higher.

The endless list of abusers who have a No. 1 hit, a chart-topping album, their own record label or a platinum record should be appalling to any music fan. The consequences of Kelly's and Adams' actions are hopefully the beginning of what other abusers in the music industry have had coming for almost 60 years.

Chicken Scratch

MORE REJECTED

UNIVERSITY OF DELAWARE MASCOTS

SHELLY THE ATLANTIC HORSESHOE CRAB (ANATOMICALLY CORRECT)

DELAWARE DAD: HI THIRSTY, I'M DAD

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MECHA-YOUDEE

FLUFFY THE SEEING EYE DOG (IN TRAINING) (NO YOU CAN'T PET)

TAYLOR NGUYEN

The Great Pyramid (schemes): "The Dream" reveals the exploitation of direct-sales schemes

LIV ROGAL
Senior Reporter

For most women I know, the beginning of their makeup journey was a handful of Avon products passed down from their mothers. These subpar lipsticks and eyeshadow palettes were collected at direct-sales parties, gatherings where women convince other women to support their "businesses" by purchasing products at a higher price and lower quality than what they could find in a store.

Perhaps it was just the suburban Michigan town where I grew up, but a staple of childhood was having a babysitter watch you and your siblings while your mom went to your neighbor's makeup/Pampered Chef/quirky-tote-bag direct-sales party. Multi-level marketing and direct-sales businesses garner significant involvement across the country, for women of all ages. (Just look at how popular Pure Romance parties are on college campuses.)

In the 11-episode podcast "The Dream," producer Jane



Marie dives deeper into the underbelly of multi-level marketing and direct sales, from the history, legal battles and notable characters, to the small-business owners currently involved. While, legally, these businesses cannot all be deemed pyramid schemes, just grab a pen and some paper and draw out the managerial structure of a business that relies on recruiting individuals

below you, and you'll see what they mean.

"The Dream" sheds light on business practices that take advantage of the most vulnerable individuals, revealing that no matter how you spin it, most people lose when they enter these schemes. To understand the current state of direct sales in the U.S., the podcast goes on a historical journey to when the first multi-level marketing schemes popped up in the late 19th century. "The Dream" goes beyond the history of how these schemes have been filtering through the economy for decades, revealing their inherently gendered nature.

As women were traditionally left out of the public-sphere economy, direct-sales businesses allowed them to make money within the home. At the same time, these businesses force women to draw on their pre-existing social networks to push products and recruit members to the business.

While it is evident that success is rare within a business structure that forces

you to shell out hundreds of dollars — and forces your friends to buy your product — just to break even, "The Dream" takes us to Jane Marie's hometown in rural Michigan, where direct-sales parties are a celebratory occasion, a warm environment where women can come together for conversation and stress-relief in each other's homes. In places where economic opportunities for women are few and far between, direct sales can seem like the perfect autonomous business structure for some extra income.

The empowerment and joy some women feel when starting direct sales is all the more painful when remembering that these companies thrive off vulnerability. The dominant messaging seems to be that if you fail at making back the several hundred dollars you shelled out on miracle weight-loss energy drinks — a highly probable outcome — it is Your Fault. But Don't Worry! You Are A Strong Female That Can Do It!

When "The Dream" takes us inside a conference for

LimeLife, a makeup direct-sales company, it becomes clear that women are not trying to start their businesses because they want lavish cars or vacations; rather, they want an income to support their son with autism or purchase a tombstone for their late father. As Jane Marie says, when a business takes advantage of desperate, hopeful people with grandiose promises of empowerment and an easy, fast income, "There is no doubt in my mind that everyone involved in that entire organization knows exactly what they're doing"

"The Dream" critically explicates that one does not have to be a mindless consumer to get caught in a scheme where debt and loss are inevitable; you just have to have a hope and desire for a better life. 99 percent of those in these schemes lose because they simply cannot make the numbers needed to ever turn a profit, but, as "The Dream" reveals, these companies will persist as long as consumeristic hope is alive.

This is your brain on junk (cont.)

CONTINUED FROM PAGE 10

Anne Glerum, a junior music education major at the university — who does not have depression — notices the effect junk food has on her mood.

"When I'm upset, I definitely eat chocolate or something salty, I don't go for a salad," Glerum says. "I don't feel better after eating; I honestly feel worse. I think, 'Why did I

eat all of this?'"

Eating processed foods can give you a high in the beginning, but, in the end, your energy levels are unchanged, if not lower.

Michelle Ruiz, a sophomore elementary education major at the university, thinks having healthier options on campus would benefit university students' mental health.

"If I am upset, I [will]

most likely eat sweets, cookies, cake, etc., and it definitely makes me feel bad after consuming a large amount," Ruiz says. "I think having healthier options on campus would be helpful. I love to eat healthy and am all for healthier options."

Rachel Sawicki, a sophomore studying communications and English, doesn't gorge sweets when she is faced with a tough week.

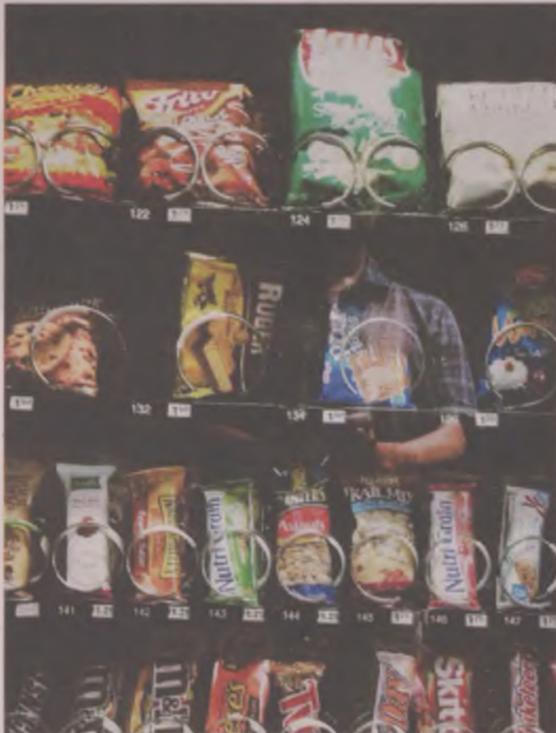
"I never crave chocolate," Sawicki says. "I always eat chicken wings because they're my favorite food. After a crappy day ... I want to eat something heavy in order to feel full."

In today's society, junk food is shown in a seductive light through commercials, television shows and movies: images of attractive, relatable people consuming cakes, candy or processed foods

are constantly visible on our phones, computers and television screens.

But these advertisements seldom tell the post-consumption story, one that may veer away from enjoying, and more toward neglecting to eat or binge-eating.

CREATIVE COMMONS



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the
REVIEW

Professional Delaware men's soccer alumni reflect on their journeys and experiences

AMANDA NASHED
Senior Reporter

The 2016 Delaware men's soccer season was truly one of the finest to date. Not only did the Blue Hens make it to the playoffs, but they also won the CAA conference championship, which came along with a berth to the NCAA tournament.

"That was good memories ... That was such a great moment, you know; we won it, that was crazy," Arno Masson-Viale, three-year Delaware soccer player, reminisced.

Two of Delaware's players at the time — Thomas de Villardi and Guillermo Delgado — were international students from France and Spain respectively who took a step even further than that and were drafted by Major League Soccer (MLS), America's top soccer league.

De Villardi, after transferring to Delaware from Duquesne University in 2015, started all thirty-nine matches he played in as a midfielder and ranked tied for 7th in school history with 13 assists in two seasons at Delaware.

He also took on several titles, including All-CAA First Team, and CAA Tournament Most Outstanding Performer. Shortly after his last season ended, he was selected 42nd overall by Minnesota United FC.

Simultaneously, in Guillermo Delgado's four years at Delaware as a forward, he became the team's all-time leader in points, goals, assists, game-winning goals and shots, and ranked 14th nationally in goals, ninth in total points and seventh in average points scored per game (1.68).

He also started in every match he played in, and took on numerous titles as well, including ECAC First Team All-

East and CAA Player of the Year. In January 2017, he was taken 27th by the Chicago Fire.

Only one other Delaware player had ever been drafted to MLS — Evans Frimpong, who graduated in 2012.

Two years have passed since de Villardi graduated, and two and a half since Delgado graduated.

Things have changed, and their journeys have both shifted in different ways.

After being selected by the Fire, Delgado returned to Delaware for spring semester to finish out his degree. When he went back to the Fire in June after graduation, he decided, with the team, not to stay with them for various reasons.

He went home to Spain and trained for about four months, and he kept a temporary job in the meantime.

"I was uncertain about the future," Delgado said in reflection, "but at the same time confident in my abilities."

In January 2018, he joined the Rio Grande Valley Toros of the United Soccer League (USL) as a forward and played in seven games of their season.

"[That] season wasn't too good for me so I am seeking new opportunities ... as well as working out ... for next season," Delgado said.

The transition between college soccer and professional soccer is not as drastic as it may seem.

"Being there was a challenge overall as your salary and life now depend on your performance," Delgado said. "[But] no huge changes came to my life other than that. You're realizing that you have to fully dedicate your body and mind if you want to succeed."

The USL 2019 season started

in early March.

Meanwhile, de Villardi had a different set of experiences.

After graduating in December 2016 and getting drafted a month later, he was able to jump right into preseason and participate in preseason games.

However, in professional soccer, a drafted player doesn't immediately sign with a team after selection. Just three days after de Villardi officially signed with Minnesota United in March 2017, he tore his Achilles' tendon and had to end his season before it had even begun.

"It was a shock I guess, because it was my first really long-term injury. So I started to question myself a lot — was I really ready? I thought I was ready but a lot of variables went into that injury. But after a week or two, I was already focusing on the rehab," de Villardi explained.

Unfortunately, after going through surgery and an intense rehab period for seven months, de Villardi tore his Achilles again — a "double tear" — and had to restart the recovery process all over again.

"The second time was the worst," he said. "You have to start all over again, have surgery again, after seven months' rehab time ... [It] took almost like ten months to really start running again, [after going] into rehab, [and it] gave me my confidence back."

Two months after his second injury, he returned to Paris and did lots of introspection.

"I learned a lot through that period, just like the rehab stuff. I learned a bunch of stuff about my body — even my mind, you know — so I think you grow through those difficult times," he said. "[Now] I'm going to work hard like I always do, but



COURTESY OF THE HOUSTON DYNAMO
Delgado set the all-time goals record in his time at Delaware.

you never know. Now I'm more aware of the difficulty. You just got to take what life gives you."

In addition, there were some unexpected, positive points to his experience.

"It gave me the chance to go back to France for like a year, because I didn't get a chance to go back for like 5 years before that. I did go for a couple months [on vacation] but it's not the same. [Overall] it's just a different path. We never know the outcome; you just got to enjoy the path."

Months later, just recently at the end of November 2018, de Villardi signed with the newly-formed Austin Bold FC of the USL, and will continue his professional career.

"People react differently [to situations]," de Villardi said. "If you really love soccer you only have one option: keep going. Understand most things about your body and mind. Take it step by step. Even after more

than a year of playing after the second [injury], I'm not even 100 percent. You never really feel 100 percent. I'm still going through that phase, even though [now] I can see the light at the end of the tunnel. Like I said, it's like a day by day stuff. It's a process. But if you trust the people working with you, it gets easier."

What advice would de Villardi and Delgado offer to aspiring athletes?

"The past is the past — you don't have to change it; it's already done. I don't like to have remorse, it doesn't help to grow," de Villardi said.

"Be humble, dedicate yourself, and put everything into it. And most importantly, have fun," Delgado said. "I would [also] say appreciate what you earn and maintain it, because good things in life must be secured at all cost."

DELAWARE WOMEN'S LACROSSE FALLS TO RUTGERS IN OVERTIME LOSS

DAN ROSENFELD
Senior Reporter

An empty second half doomed the Blue Hens women's lacrosse team in a battle against Big Ten foe Rutgers. After leading the Scarlet Knights 11-6 at halftime, Delaware didn't find the back of the net the rest of the game, allowing Rutgers to score seven straight goals in the second half and overtime to take the 12-11 win.

Rutgers started the game with a goal in the first minute. The Blue Hens responded three minutes later to even the score at 1-1. Rutgers countered 40 seconds later. Delaware scored the next two goals to take a 3-2 lead. Rutgers scored the next three, and then Delaware's offense exploded, scoring the next five goals, followed by three more in between another Rutgers goal.

Rutgers then took command, scoring the last seven goals of the game, including a shot with 45 seconds to go to tie the game at 11 and send it to overtime. The game-winning goal came with 1:31 left in overtime for Rutgers.

Christine Long led Delaware with five goals, while Sydney Rausa was right behind her with four. Claire D'Antonio scored

two of her own.

Allison Ferrara paced Rutgers with four goals while Taralyn Naslonski had three, adding four assists.

"For us, we're still creating our identity as a team," Delaware Head Coach Kateri Linville said. "And, we've shown a pattern positively of coming out in the first half, we need to continue to work to be able to be a 60 minute team and put a complete game together. At the end of the day, it was two quality opponents that were pretty even, in different regards, a couple of places we just need to get better in our execution and our time and movement together as a unit."

Long and Rausa scored all but two of the 11 Delaware goals.

"For us, we're trying to find our identity," said Linville. "Who can step up, who can be consistent threats, and the more consistency we build with top players, the more we can distribute to other players too. There's no doubt in order to win we need more than two people producing offensively for us, so that's part of our challenge to keep getting better."

Delaware will take a short ride to Philadelphia for a 3 p.m.



COURTESY OF DELAWARE ATHLETICS
Delaware's Kendra Schweizer battles for the draw control in the Blue Hens' matchup against Rutgers.

matinee against La Salle on Tuesday.

DELAWARE MEN'S LACROSSE DEFEATS MONMOUTH IN HOME OPENER

MATT KUNZ
Senior Reporter

Delaware men's lacrosse squashed Monmouth, 8-4, opening the season 3-0.

Delaware opened the game strong, scoring five unanswered points before the Hawks scored their first point in the second quarter.

Senior midfielder Dean DiSimone, junior attacker Charlie Kitchen and senior attacker Joe Eisele all scored in the first half, as well as senior midfielder Stephen Tortora. Kitchen and Eisele each found the back of the net once, and DiSimone scored twice.

In the first quarter, the Blue Hens dominated possession with ten shots, six of which were on goal. The Hawks, by comparison, had six shots, and only three of them were on goal. All of these shots were

saved by junior goalkeeper Matt DeLuca.

"I really think it's a whole team effort defensively right now," DeLuca told BlueHens.com. "Our long poles and midfield are really doing a great job and giving me a chance to see the shots that I need to see and be able to make the save, it's really a full unit working together."

DeLuca had 13 saves on the night, facing 34 shots with 17 on goal. Monmouth goalkeeper Noah Lode had 16 saves against Delaware's 35 shots, 24 of which were on goal.

The Hens were able to consistently play a stronger game than Monmouth throughout the first quarter and game; Delaware led or tied every half in ground balls and clears.

The second and third quarters posed more of a challenge for the

Blue Hens — they were able to match Monmouth in points for the rest of the game, scoring one point in the second and third quarters each and two in the fourth.

If the first half of the game was an offensive landslide, the second half was a defensive struggle, with each side only scoring one point per quarter in the second and third quarters, and two in the final quarter.

Senior longstick midfielder Austin Haynes led Delaware on defense. Haynes caused three of Monmouth's 19 turnovers.

Statistically, Delaware led the game, leading in shots 35-34, shots on goal 24-17 and ground balls 26-22. Delaware had fewer turnovers as well — 11 to Monmouth's 19.

Their upcoming games are Tuesday, Feb. 26 at 2 p.m. against St. Joseph's at Delaware Stadium and Saturday, March 2 at 1 p.m. at Villanova.



COURTESY OF DELAWARE ATHLETICS
Senior midfielder Alex Brunner (12) works against Monmouth Saturday at Delaware Stadium.

SPORTS COMMENTARY: ON COLIN KAEPERNICK'S CONFIDENTIAL COLLUSION SETTLEMENT WITH NFL

BRIDGET DOLAN
Copy Desk Chief

Colin Kaepernick has settled with the NFL.

The NFL communications department released a statement that said Kaepernick and Carolina Panthers safety Eric Reid reached a settlement with the league. Part of the resolution included a confidentiality agreement.

Kaepernick, known for his kneeling protest, during the national anthem, of the mistreatment of African Americans and other minorities by police, later filed a complaint against the NFL, saying that he was unable to find a position due to team owners

collectively agreeing not to sign him.

The decision to settle by the NFL, despite the confidentiality agreement, says enough as it is.

And it looks like Kaepernick may be heading back to the NFL. According to a CNN interview with his attorney, Mark Geragos, the Carolina Panthers and the New England Patriots are both potentially future homes for Kaepernick.

The former San Francisco 49ers quarterback will be going down in history, and not just for making it to the Super Bowl.

Kaepernick took a knee for what he believed in, respectfully protesting, and then stood up

when he was not-so-respectfully treated by NFL owners and general managers.

The president of the United States made disparaging comments, and many fans began to boycott Nike after his appearance in one of their advertisements.

But Kaepernick didn't falter; he continued to push the NFL, and the case was headed to a hearing with a neutral arbitrator per the collective bargaining agreement.

He stood up for what was right. He just did it.

And now all that's left is to see where he plays.



CREATIVE COMMONS
Colin Kaepernick throws a pass in a 2013 game between his San Francisco 49ers and the Jacksonville Jaguars.

DRIVEN BY PASSION, THE SYNCHRONIZED SKATING TEAM IS HEADING TO NATIONALS

ALEXIS CAREL
Senior Reporter

The women on the 2019 University of Delaware Synchronized Skating Team performed together competitively for the last time this season on March 2. Their entire season so far will be boiled down to the critical three or so minutes for their routine wherein they give their all — for the final time as this team.

Two weeks ago, the team won their 20th title at the Eastern Sectional Championships. On Tuesday, the girls and their two coaches will be travelling to Plymouth, Mich. to compete in the U.S. Synchronized Skating Championships (Nationals) and end their season.

They have one routine, set to music from "The Greatest Showman," a piece they had been actively working on since August 2018. The theme was chosen by the girls themselves, something unique to the team. Coaches Megan O'Donnell and Wendy Deppe, who have been coaching together for 17 years, had the choreography done by July.

That routine got them a 1st place win at Easterns wherein they received a score of 83.66, a full 16 points above the next highest scoring team, solidifying further how their hard work translates on the ice. Those 16 points aren't just arbitrary either, it's in reality a huge margin.

"Less than a point is big —

we've beaten teams by 1/100th of a point," Deppe said.

This is the same routine the team has been preparing for six months now, but the road to Nationals is different. While they get from August to December to work on refining the program for Easterns, they only get one month from Easterns to Nationals.

So how does a powerhouse team prepare for Nationals?

The women have to log three hours in the gym, mainly focusing on weightlifting and cardio and have practice Monday from 7 p.m. until 11:20 p.m., Tuesday from 9:40 p.m. until 11:20 p.m., and Thursday from 6:45 p.m. until 10 p.m. The coaches noted that since the team members' schedules flip to more of that of a "night owls," scheduling late practices is more conducive to studying and college life in general, in turn making the girls even more physically prepared.

During the season, their lives are so structured and rigorous because the entire team makes sure that the sport is their priority — members will make sure to have studied for an exam on a certain day just to make sure that their night practices are coming first.

President Sarah Marek, a senior psychology major with minors in coaching and human development and family sciences from Ohio, said that the culture of the team plays a role in the success, respect and appreciation the team has for each other on the ice. Describing the

team as having a legacy of being a "powerhouse, especially on the East Coast," she noted the sense of pride that comes with those wins.

But the team doesn't focus on the score. Treasurer Tess Walsh, a senior elementary education major from New Castle, Del. said "I don't have a point mark in my head; just personal goals at certain points in the program that I want to work on — and when everyone does that, it all ends up coming together."

Walsh and Marek were sentimental as senior members. The fragile moments of the last week of their season are catching up to them, and it certainly feels bittersweet. Walsh noted that the team isn't just a team — some members live together and some have the same classes, due to the close proximity a college campus creates.

"You become so close and — I say this all the time — but you really find your best friends and your bridesmaids on this team," Walsh said.

The sport seems to have the allure of producing that drive from those who engage in it. It's not just hoping that everyone is looking the same way or that everyone's arms are pointed a certain way — it's knowing it, and using that information to motivate oneself to maintain that group cohesion.

"It's having the common goal of bettering ourselves. There's something about it," Marek said. "It's more than just playing to win; synchro is a performance art. It's

powerful when all 16 girls are on the ice."

Team members and coaches alike described the beauty of the sport itself, and why it is so special to them.

"What other sport are 16 people becoming one? You get to be an individual but at the same time you're with other people who are all getting to show their individuality," Walsh said.

Further, team members are expected to challenge themselves to be the best they can be individually, so it translates to the ice as one cohesive group, with each individual member striving for excellence.

"The sport drives you to be better with every competition, every year. You really look at yourself because so many people are depending on you, and you ask yourself to give more — so you can never be content," O'Donnell said.

The team will be in Michigan from Tuesday, Feb. 26, to Sunday, March 3 — but it all comes down to those three minutes on March 2.

"On March 3, when you're looking back at your performance; when you're reflecting on that moment, you want to know that you gave it your all," O'Donnell said.

BLUE HEN SPOTLIGHT

Art By Casey Orledge
Instagram @caseyaxelia

