TARA LENNON
Senior Reporter

While the number of domestic and mental health problems in Delaware is startling, the number of reported cases in the state is still relatively small. According to the Department of Health and Behavioral Health and Nutrition, the state has a higher rate of mental health cases than other states, but the number of reported cases is much lower. This September, about 20,000 people in Delaware are being treated for mental health issues. The University of Delaware, which coordinates the university’s mental health programs, has a center for mental health that offers counseling for students and faculty. Catherine Zimmerman, a senior at the university, spoke about the importance of mental health awareness.

SAMANTHA NOVELLI/ THE HERALD

“Flourishing doesn’t have to be a reality,” Assistant Dean Brian Armstrong said at a press conference in November. “We want students to feel welcome and supported in their academic pursuits.”

SHERIYA GADIPATTI
Managing Arts Editor

In Nov. 20, John Della Volpe, director of polling at the Harvard Kennedy School of Government, said in an interview that there was a significant increase in political engagement among students. Della Volpe said that in the last election cycle, more than 70% of students voted, compared to 50% in previous years.

WYATT PATTERSON
Senior Reporter

The 5th Democratic primary debate in the state of Delaware, held in the city of New Castle, was a lively and intense discussion among the candidates. The debate was moderated by the Delaware Department of Justice and the Delaware Bar Association. The candidates discussed a range of topics, including the economy, healthcare, and the role of the federal government in state affairs.

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Newark business helps feed area's needy families
You are ‘entitled to a nutritional meal’: Hunger and homelessness initiatives on campus

also works to identify students that could benefit from this resource. They provide meals onto the students’ UD>EAT.

The Office of the Dean of Students at the University of Delaware takes a strong stance on campus, working with centers on campus and local organizations to help students who are struggling with hunger and homelessness.

“If we want every student to graduate from the university, part of it is making sure they have the basics meet needs, which is food and shelter,” said Davidson.

Temple University found that, in a study of college students experiencing homelessness, nearly 48% of their survey respondents who attended four-year institutions experienced hunger or food insecurity.

The University of Delaware is working to improve on-campus food access for students. If you’re having trouble accessing food on campus, you can reach out to the Office of Student Life and Housing.

Davidson said that one way to alleviate the cost of living for students going to the store and finding the most expensive options is to get them through Thanksgiving break. He said that, unfortunately, students without access to food are not open. She said anxiety around buying food and the cost of nutritious meals to result in doing less and not feeling safe in the housing options a student may have. When the Office of the Dean were meeting with students who struggle academically, according to Armstrong, they get a lot more out of meal programs often and food insecurity.

“We don’t want students to be at risk of not getting or having food insecure or being hungry, and that is something that we feel that this is a reality for students that are struggling with these issues,” said the Office of the Dean.

The Food Recovery Network, a registered student organization, donates leftover food from Miller Dining Hall to the Newark Food Bank, according to Moore. She said Dining Services provides the food for a different local church to prepare meals. These meals are not more than 24 hours old.

Moore said that in the week of Dec. 5 to 13, the Harrison Provisions On Demand (POD) and the Pencer POD students will have the opportunity to use points, flex points or their own money to purchase packets of a bag on display. The following week, Dining Services will roll out an additional program that is available on the food pantry’s website, Blue Hen Bounty, at Science, Technology, and Advanced Research (STAR) Campus for graduate students who want to work there.

In terms of housing, the Office of the Dean of Students provides students with housing insecurity solutions on a case-by-case basis. They make use of the Crisis Fund, to provide low income students with housing accommodations as a result of unforeseen circumstances.

Davidson said that students refer to the Committee on Housing and Dining, which provides low income students with housing resources. The University also has a focus on food insecurity, which provides high school students the opportunity to receive grants that pay for tuition, food and housing. Davidson said that, in addition, graduate and college students most often deal with housing and food insecurity. The University of Delaware does not track what folks understand that it is implicit to them that food insecurity doesn’t have to be a reality,” Armstrong said.

Harvard pollster John Delia Volpe: Translator between the millennial, baby boomer generations

Volpe continued that this generation is the largest in the history of America and that its views differ dramatically from any other generation. Screed (with their children, baby boomers) don’t understand where that anger is coming from.

Alyssa Homing is a National Agenda student and junior political science major. She was given the opportunity by Delia Volpe to interview him. Alyssa Homing observed what angered her about “modern politics, political philosophies, modern thought” and had a personal connection to many things she had to deal with. When she decided to come back to the students who deal with their financial aid, she began to realize that, despite the different political views of the student, there is a need to engage in constructive dialogue and not lump all students into a single group.

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The food insecurity envelope encompasses a broad range of circumstances. As David Bland, Director of the University of Delaware’s Office of Student Life and Housing, said, “What we are doing is trying to focus on being a good student if you’re not needing dietary or nutritional content.” David Bland said.

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However, there are trade-offs. In addition to these benefits, food insecurity can lead to increased stress levels and ultimately, a negative impact on mental health. In response, the University of Delaware has implemented various initiatives to address food insecurity on campus.

Formal student organizer and pitchman for five years in prison in rape trial

court ruled that Conaway must serve one year and one day behind bars and be on probation for the following two years. He must also participate in a sex offender, go through some form of treatment and pay restitution to the accrue.

During the trial, the prosecution noted that Conaway’s father arid that his son was “cutting that girls [suck]ed to him and he can’t help it.” The prosecutor noted the contrary during the trial, as she elaborated on how the confirmed incident had affected her.

The accuser testified as well, stating that she was “violated in the most personal way,” was “injured,” and considered herself “not fine,” and the path to healing will be long and difficult.

This five-year sentence is for one case out of Conaway’s possible six. Of last year’s second trial, concerning a case of indecent assault, he was originally sentenced for Dec. 2, but was moved to Feb. 10.

In our fifth issue of The Review’s 14th volume, we reported that graduated and eating disorders at a diagnosis for a long-term meal. She is actually running for the 26th district of Delaware House of Representatives.

CORRECTION:

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Honor's "add-on" has mixed bag of results for students

A new beginning for the 4-H club
POD prices: Just how much are you spending?

TALLA BROOKSTEIN-BURKE
Senior Reporter

It’s one in the morning, a hoard of freshman stumble out of their dorms, eyes blurry. Their Leiber-man’s sweatpants drag across the Harrington Turf, little black turds jumping unknowingly into their socks, slippers from the trip.

The Harrington Provisions On Demand (POD) is a godsend for thousands of students all across campus, all semester long. The East Campus folks flock to the Harrington location, while those hidden past the North Campus bridge trapse their way to the one squirreled away in Percival. Wherever students are on campus, trips to the POD are a staple in the life of university students.

But just how much are those late night journeys costing? The POD carries everything a college student could want: ramen, Gatorade, scores of candy and granola bars, condoms, shampoo and jugs of milk. It’s a pseudo-grocery store, a mini-mini-mart. It’s many students’ choice when out of cash but overflowing with points and their convenient solution when in need of a late-night snack. However, The Review’s recent price analysis comparing the POD’s prices with those of the Walgreens on Main Street showed a stark difference in cost.

In a price comparison of thirteen items sold at both Walgreens and the POD, prices at the POD were, on average, 37% higher than the prices at Walgreens. The highest price difference came from Kiefer’s Puffs cereal, which costs $5.69 at the POD and $2.99 at the Walgreens. This results in a $2.70 price difference, or a 80.3% price increase. The lowest price difference came from the four-count Pro- to-Bristol container, which was 20 cents more than the Walgreens price, putting it at a 4.2% price increase.

During The Review’s price comparison between the POD and Walgreens, it was clear that the majority of the items from the POD could be bought at a cheaper price from Walgreens. This was particularly true with hygiene products including toothpaste, pads, tampons, and shampoo.

"Our direct-to-store delivery products, such as bottled beverages, chips, candy, sandwiches, etc. are competitive with the products sold in convenience stores off campus," Stephanie Givreath stated in an email. "We are not competitive with Wal-Mart, Kroger or the larger stores that have their own distribution locations and can buy in large quantities for volume discounts.

Givreath is a senior marketing and communications manager for Walgreens, the company that operates the POD. She sent the previous statement without accepting The Review’s request for an in-person interview. Shannon Burke, a freshman studying education and human development, said that she finds the POD to be overly expensive and that she specifically avoids buying toiletries from there. "I think some of the POD items are pretty expensive," Burke stated, "like, really expensive, especially toiletries and stuff. I don’t get the shampoos or anything here because it’s so expensive."

The most marked example of a price increase in toiletry items is the 70% price increase for a bottle of Colgate Max Fresh toothpaste as compared with the Walgreens price. Despite price differences, students continue to go to the POD. Burke stated that she was there almost every day, in large part due to the convenience of it being located near her residence hall.

Becala Yamali said that both convenience and the availability of points are a big factor in choosing the POD over other stores. "I think it’s probably cheaper to go to Walgreens, but it’s convenient to go to the POD," Yamali said. "And since I have the points and I have so many of them it just kind of makes sense to come [to the POD]."

Points are a mandatory aspect of most on-campus meal plans, though students can choose to have a meal plan ranging from 150 to 500 points. All purchases made with points give you an automatic 10% discount. Even without points, Yamali believes that students near the POD would likely still frequent it more often than other stores, purely for the convenience. Whether stopping in for a weekly grocery haul or picking up a few miscellaneous items, a trip to the POD seems to cost more than Walgreens.
Higher smoking age hurts business, curbs some students

Within the last year, electronic cigarettes and vaping products have been linked to a number of serious breathing illnesses and deaths throughout the United States. In July, Delaware amended a law that allows residents to purchase tobacco products, raising the minimum age from 18 to 21.

Tobacco and vaping products include cigarettes and e-cigarettes, which have become extremely popular among high school and college students over the past couple of years. It also includes “anything that can be smoked” as the employees of some smoke shops on Main Street put it. This would be Juuls, vapes, bongs, rolling papers and other non-tobacco related products.

College students travel to Delaware from across the country, where the state laws surrounding tobacco and vaping products may be different. When they left in May, university students below the age of 21 could purchase such products. Now, they are no longer able to.

Lauren Zenna, a student at the university who is under the age of 21, returned to town and found herself unable to buy the smoking products that she has purchased in the past. “I found it annoying that no one was going to have this new law, as so many kids have nicotine addictions now,” Zenna said. “It definitely does not stop me or anyone else from having the ability to access these products, it just makes it a lot less safe.”

Zenna has stopped using these products, not due to the law being passed, but because of the deadly health effects. Many underage students have stopped smoking. Some, like Zenna, claim it is because of the health effects. Others reported that they stopped smoking because they are unable to obtain such products.

Due to these health effects nipping to the surface, many states throughout the country have raised the age to purchase tobacco products to 21. While students have cut back on tobacco and smoking products recently, it does not seem to be because of the new law, but due to the number of people dying because of vaping-related illnesses.

The new law targets minor students, specifically high school students who had been obtaining products illegally through older sources. Now, they are less likely to be able to illegally obtain these products, due to the fact that they would need to know someone over the age of 21.

Emma Zecher-Freeman is a junior at the university who is under the age of 21. She believes that although she cannot buy anything herself, she can still easily obtain such products. “I believe the law is not really about the 18-20 year olds,” Zecher-Freeman said. “But the fact that they are the ones most likely to buy them for younger people.”

College students have more access, even if they are under 21, but high school students have less access than they did before.

“While it takes a 21-year-old friend to get you anything,” Zenna said.

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(Middlesex County College)
Opinion: Our planet is dying, don’t make it about socialism

Ryan Ellis

 Movements to preserve the environment date back to the 19th century, when industrialization first began and population started to become noticably large. This led to environmentalism taking off in the 20th century. In recent years, environmental protection and stopping the climate crisis are at the forefront of nearly every progressive agenda. Every day, new reports come out about the world’s impending demise. Wildfires are more common and more severe, and species are being hit by more catastrophes. It is easy to get frustrated and get action if it is not taken.

In the media, there is a struggle.

Opinion: The eyes of history are on us, so let’s get to work

Jocelyn T. Raphael

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Not just a pick-me-upper: Adderall and the struggles of student substance use

EDWARD BENNER
Music and Society Editor

Short deadlines. Long nights. High stress levels.
This recipe is one that is familiar to many college students, especially during finals season, who face immense pressure in their academic lives. Mounting tension and workloads can lead students to a dead end, crippled with anxiety even completing the tasks at hand and getting increasingly desperate to fulfill their obligations. In certain cases, resorting to a substance can seem like the only answer.

For some students, Adderall is the perceived solution. It is a prescription drug in the amphetamine family that acts as a stimulant of the central nervous system. Its concoction is designated to mitigate symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and Attention Deficit Disorder (ADD).

Amy B. Richardson, the assistant director of Student Health Use Intervention within Student Wellness & Health Promotion uses an analogy to best describe how Adderall functions in terms of how it assists people who experience ADD or ADHD in connecting with their thought processes.

"It’s a lot like having a car and you’re driving over a jump," Richardson says. "The Adderall helps the car make it over the jump and keep going and finish that fluid thought so you don’t get scattered or distracted. So it really just helps continue those thought processes. If I don’t have Adder then I already have that brake up and just makes me go a little faster." 

Mary Jo Scales, a pharmacist associate & certified prevention specialist at the University of Delaware Center for Drug and Health Studies, recognizes that misformation leads non-prescribed users to believe Adderall is a performance enhancer that will improve study habits and overall intelligence.

"There is a misconception that Adderall or drugs in that same category make you smarter or somehow make it so that you get better grades," Scales says. "It stimulates the central nervous system, which allows, in some cases, folks to focus more and it does allow for improved attention. But there are some drawbacks in that, even for people who have ADHD, it’s not effective 100% of the time."

Richardson agrees that while this belief is rooted in a lack of understanding of users who take Adderall non-prescription.

"Students who don’t have ADHD, even though Adderall may help them feel that they focus more, actually don’t do better academically," Richardson says. "There’s no research to show that they’re performing at higher rates.

For students who try Adderall or other stimulants for these aforementioned purposes, they should be aware of the common side effects which include loss of appetite, headaches, mental or nervousness. They should also be aware of its classification as a highly addictive substance.

"There’s not really a way to resist the mind," Mary Jo Scales says. "It’s a Schedule II substance and there’s a risk of having a high potential for abuse, often leading to user dependency.

Scales says that the perception of a helper was pushed further, considering what other factors brought the individual to use the substance in the first place before discussing treatment.

"When we talk about prescription misuse, usually that thing does not exist by itself in a vacuum, meaning just because I stop taking Adderall doesn’t mean that my needs are being met," Scales says. "Why did I start taking it in the first place? What is the pressure there?"

For students who may be struggling, Student Wellness and Health Promotion offers a multi-pronged approach to support including peer recovery counseling, therapy, and professional counseling, as well as on-campus referrals.

"We do individual supportive counseling, so if they feel like they’re using their use then they can come in and meet with a counselor who specializes in drug and alcohol use," Richardson says. "That counselor [can help them look at where they are, where they want to be, and what changes they might need to make].

This process involves individuals with resilience and coping skills to avoid the need to turn to a substance for relief.

Scales believes in the power of looking beyond the substance or the classification of a person as a substance user in advocating for genuine change in societal perceptions of addictions and stigmatism, including on campuses like this one.

"When we talk about treatment, when we talk about prevention, we cannot focus on a particular substance," Scales says. "We have to focus on the disorder itself and even better than that, focusing on the whole person.

In taking a more humanistic and compassionate approach, individuals, who struggle, especially those who don’t readily admit to struggling, can feel that help is more accessible. This can benefit college students in particular who are participants in an environment that is not easily conducive to sobriety and generates the pressures that often bring them to stimulants in the first place.

Scales asks that those involved in addiction counselingPhoenix should look further towards students to redefine conversations surrounding use in general.

"What are the things that we can wrap our arms around, to wrap our arms, to wrap our arms around and prevent people from feeling that that’s the choice they need to make and have made?" Scales says.
ASHLEY FARELL
Community Reporter

At a university labeled as a "party school" it is easy to get away with too much without thinking about the consequences.

This month I read and turn 21 and start legally going to bars and drinking. I've noticed a lot of unhealthy habits that we have as students and whether it's frequently blacking out, deleting empty bottles as tokens in our homes or drinking to fit in with our "squad," college alcoholism has become so normalized in college culture.

College students are all collectively stressed, dealing with new responsibilities and making huge, life changing events, all at the same time. No one has time for independence, alcohol and other means of coping.

In a culture that promotes alcohol consumption, we have become accustomed to its effects. It is deeply embedded in everyday life.

I spoke to Dr. Jaime Zuckerman, a licensed clinical psychologist, about how alcohol consumption can have negative effects.

"The psychological impact of alcohol is very clear," Zuckerman says. "Alcohol as a coping mechanism is not effective. If you can't handle stress it temporarily masks emotional, and physical pain by slowing down the brain and nervous system."

However, it comes with more risk than reward. Alcohol denies the person the opportunity to develop healthy behavioral strategies to effectively deal with their problems. It interferes with poor decision making, impairs cognitive skills, and social isolation. This can further lead alcoholics to a world of new responsibilities, work, school, as well as physical and mental depression.

"Alcohol is a mood-altering chemical and can lead to alcoholism if drunk in the last month, and more than 1 out of every 5 adults drink alcohol in some form of bad behavior (reaching a Blood Alcohol Concentration of 0.08% within two hours). About 25% of college students drank alcohol for an alcohol use disorder.

These statistics take into consideration the characteristics of the schools themselves, such as schools with a prominent Greek life, health athletic programs and live-in fraternities and sorority houses, Zuckerman says.

According to the NIH, about 1 in 4 students reported academic consequences from drinking.

Zuckerman, who has taught at multiple universities and works at a clinic, noted on NIH statistics and her own experiences at the university, alcohol use has its largest impact in the first six to eight weeks of students' first year in college. She says this is because students succumb to their newfound freedom, new social expectations and pressures.

Students who engage in frequent drinking often have more academic difficulties, ranging from lower grades to missed classes, late assignments and poor test scores," Zuckerman says. "Also, students are less likely to establish relationships, both academically and socially, which can definitely make them feel more vulnerable," she says.

"Artifishal": A grave commentary on aquaculture

The declining welfare of local salmon brought about by hatcheries and net pens coincides with increasing trends of drug abuse in the Yukon Tribe.

"All of these things are connected, in part, because when you take away the river, you take away the fishery, and you take away the core component of who we are as a people," Cordalis says. "Then, it kind of falls apart, and people start getting in trouble."

Jill Fox, a member of the Nisqually Tribal Council talked about aquaculture practices and the ecological degradation that they have caused in the Northwest U.S.

"Life is getting in order and survival is the opposite," Frank says. "Humans simplify the way they live."

Frank's statement reflects the gradual process of hatchery-spawned fish weakening the gene pool for wild salmon.

"Fish are very complex critters that have evolved in nature for thousands of years," Hillmer said. "There's things that happen in hatcheries that don't put them through those pressures that they face out in mother nature."

Another threat to marine life is the implementation of open-net pens, which are placed in natural bodies of water throughout U.S. waters. There are a few issues with open-net pens, however, Searchlight.org, a website that offers alternatives, also notes that open-net pens allow disease and predators to run free. The website also says that the pens can attract predators, which can get tangled in the nets and die.

As the film nears its conclusion, progressive legislation is introduced, aiming at regulating hatcheries and their natural order.

The Energy Regulatory Commission projects that 19 hydroelectric dams in Southern Oregon and Northern California will be removed by 2020. Washington State has also voted to remove all 11 salmon dams on the Columbia River in 2022.

The question remains, for how long will these recommendations be too little too late. We're starting things right after so many years of getting it wrong," Former California Gov. Jerry Brown says.

Morris Library hosts its first silent disco

Students headed to Morris Library on Wednesday night for two reasons: to study or, in the case of some students, to party. The Headphone Disco took place in the reading room of Mansfield of Morris, and to a passerby, it resembled nothing more than a flasbe of floss or moshed up game of charades.

A silent headphone disco taking place in the quiet reading room. The normal reading room was transformed into the Medieval Dance floor. The librarians at Mansfield are well-known to the Programming Board at the University of Nevada, Reno, known as The Crew, to help excitement.

Matthew Marsili, director of design for The Crew, was excited about the event taking place.

"People receive a pair of wireless headphones that the event. With them, an option to switch between two stations: one pop and one EDM," Marsili says.

DJs started turning around in a way for individuals to play along without disturbing others.

Students had a fun event to enjoy, but there are still a lot of challenges that Morris Library will face in the future.

"It's a bittersweet," says DJ So Wavy. "You can see two people dancing next to each other and immediately tell they're listening to different stations."

So Wavy also pointed out that individuals are allowed to request songs that can be queued up in line. "It's unique," says Jasiah Handley, a freshman studying finance. "You're not bound to just the music that we listen to and it's a lot more diverse music genres across."

Pastel, a freshman, came in to Morris in order to create a station just to listen to his music and meet new people. "It's a huge party," says Paul Lee, regular clubbing. Regardless, Paul set up his headphones and enjoyed the music.

A group of 30-40 silent headphone disco fans gathered around the library to participate in four different stations across the university. Students to party without any visible heads, they sounded like an innocent battle of the bands, with half the crowd doing the Macarena and the other half jumping up and down screaming singing to TikTok's "Starships."
It's never really bothered me. There were numerous books I read as a child about Santa Claus's true lineage and never really questioned it. It's never really bothered me. As I thought about it, however, I really wondered, "Why is there no Asian Santa?" Or a Santa of some other ethnicity? Why are we not represented? I celebrate Christmas just like everyone else does. It's actually my favorite holiday, and yet I don't see my ethnicity represented fairly. So, I ventured on a quest to discover Santa Claus's true lineage and find out whether the jolly, bearded man is actually supposed to be white. There were numerous books I found in the library and article online about good 'ol Santa, and all of them agreed that the man, St. Nicholas, who Santa Claus was based on is from the Middle East.

St. Nicholas was born around 280 A.D. in Patara, Lycia, which is in modern-day Turkey, which has often been the source of Middle Eastern ideas diffusing into European culture. So, St. Nicholas, or Santa Claus as we know him, was not white. He was pretty thin but did have a white beard and was filled with joy and kindness.

St. Nicholas was a lot like the Santa we know and believe in (Santa is real: no one can tell me otherwise). He often helped children and was known for doing out gifts. Despite his death on Dec. 6, 243 CE, he continued to live in the hearts and minds of those who heard of his deeds.

St. Nicholas became popular in Europe, especially in Holland. At the time went on, St. Nicholas found fame in America. In 1881, Cartoonist Thomas Nast portrayed him as a round, bearded white man, which is far from an accurate representation of the man Santa was based on. The appearance of St. Nicholas, whose kindness and generosity inspired this legendary character, was lost and forgotten.

At the time, it probably made sense to make Santa Claus white, as people of color weren't really accepted into society and weren't represented equally. That's not to say we're completely welcomed by everyone in America even now. Despite the vast changes that have occurred in this country, regarding racial discrimination, there's still a lot of progress that needs to be made. Shouldn't we be talking about these issues on a more frequent basis? Why should Santa be white when America consists of a variety of races and ethnicities that deserve to be represented?

**Truth hurts: Santa edition**

**Mitchell Patterson**
Executive Editor

When I was seven or eight-years-old, just a few days before Christmas, I stumbled into my family's store room and found presents hidden under a tarp on the floor. They were addressed "from Santa," yet my keen deductive skills told me this was probably bullish. Acting upon my suspicions, I went to my older sister and told her of what I'd found. I told her that I thought Santa wasn't real, and that our parents had been lying to us all these years. In response, my sister took a mayonnaise jar out of the fridge and shouted me upside the head with it as punishment for having spoken such blasphemies.

**Bianca Thiruchittampalam**
Managing Mosaic Editor

Not a second of my life goes by without my mother reminding me that she has lived in New York City and that she has seen it all and that "there are scary people out there!" and so on and so forth. Even when, I was in kindergarten, dinnertime talk for us consisted of her talking about robberies, kidnappings and whatever other horrific events made it onto suburban news. To this day, our text messages consist of blurry pictures of my dog (she takes them, not me) or her sending me disturbing news stories.

I knew there was no way that a woman so tough and paranoid would ever be okay with some old man coming into my house. Also, we didn't have a chimney. It was logical. I knew Santa wasn't real from the beginning.

My sister, on the other hand, had to be sat down at a Panera at the ripe age of 11 to be told, over mac and cheese, that Santa didn't exist. I think she cried, but that might be my mind sensationalizing things.

**Nushi Mazumdar**
Column Editor

I was always super pessimistic, even as a child. The whole Santa thing seemed like a scam to me. It didn't help that my parents didn't really encourage the possibility that Santa is real. I would ask them a bunch of questions like how the heck Santa could deliver so many presents? How could he go down a chimney when we didn't have a chimney? Why would my mom wrap my presents if Santa's elves were supposed to do that? I was hopelessly confused and lost ... After watching "The Santa Clause" with Tim Allen, I felt like some of my questions were answered and ignored my curiosity.

In December, one of my friends asked what I was getting for Christmas, and I listed whatever was on my wishlist for Santa.

My friend asked with wide eyes, "You don't still believe in Santa, do you?"

I cooly replied that I didn't because I didn't want to seem lame. I always had a sneaking suspicion there wasn't some strange man creeping into my house at night. I was robbed of my innocence at a mere 8-years-old, but then again, I was never really that innocent.

**Nushi Mazumdar**
Column Editor

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Whataburger is more than a burger, it's Texas culture

RACHEL SAWICKI
Senior Reporter

America is the country of the Five Guys, Kings, Five Guys and Shake Shack. But what lies in the South is the best burger of all the United States.

The first Whataburger opened in 1950 on Ayres Street in Corpus Christi, Texas. It was family owned until this past summer when the founders sold a majority stake to BTO Capital Partners, a private equity firm. I still remember the day the news broke and my entire Twitter feed was in an uproar. "Texas has curated a world." I was worried about how a "northern" company could affect the quality of the food and service.

My dad's side of the family still lives in Austin, Texas and go to visit every year. It's a tradition to stop at Whataburger on the way home from the airport and last week was no different.

The first thing you notice about Whataburger is that the employees are extremely nice and genuinely happy. A short, younger woman named Tabatha took me and my grandparents' order. He ordered a Whataburger with a small pouch of fries, since he was saving room for dinner at my grandparents' house with cheese. All burgers come with lettuce, tomato, pickles, onions and mustard, but I asked them to hold the tomatoes. I decided to go 100% Texas and get a large vanilla milkshake, too.

They have single and triple burgers, as well as whataburger cheeseburgers. There are also chicken and fish sandwiches and salads for non-beef eaters. Tabatha gave me a card with the number "6761" on it and we sat in a booth in the corner to wait for the food. An employee always brings the food out to you along with a huge tray of ketchup, spicy ketchup and napkins. That day they forgot to bring out my milkshake, but when I asked, it was brought out in less than a minute.

My grandpa first insisted on taking pictures of me to help me with this article. Then, we dug in.

The milkshake was sliding down the eight and a half feet of cream, then into the black, then the oreo cookie. Just one of them. I was not impressed. The neurons to my brain were not firing. I knew Whataburger was overrated. But then I had a chance to meet one of my cousins' friends. We had another burger with more than a pound of fries, so we went to get another one for later, and by the time midnight came, everyone was chatting about Whataburger and putting it on repeat. We decided to drive through so it was impossible for them to forget my milkshake, because we weren't driving away without it.

So what is a Whataburger? It's Texas at any hour of any day. They do have breakfast options with eggs and bacon and pancake combos, but frankly, I'd eat their burgers for any meal no matter the hour.

My last day I did just that. My grandmother woke me up at 7:30 and we went and got Whataburger. I felt like I was in a movie as I sat in the booth with my eggs and sausage and bacon and coffee and my lap full of rings that we shared. I took a good look around at the people scattered through the rest of the eatery and realized that everyone was eating Whataburger. It's not just for Texas, it's for everyone. Whataburger is the first one I'd go to if I wanted to eat in the South. It's pretty memorable. I think they have the best milk shake rings that we shared. I took a good look around at the people scattered through the rest of the eatery and realized that everyone was eating Whataburger. It's not just for Texas, it's for everyone. Whataburger is the first one I'd go to if I wanted to eat in the South. It's pretty memorable. I think they have the best milkshake. And people are going and getting Whataburger. It's a symbol of Texas pride and culture. And it's good. I really enjoyed it. I think the people there were friendly. I had a good experience. I liked it.


Last week's trip was the first time I had a chance to meet one of my cousins' friends. We had another burger with more than a pound of fries, so we went to get another one for later, and by the time midnight came, everyone was chatting about Whataburger and putting it on repeat. We decided to drive through so it was impossible for them to forget my milkshake, because we weren't driving away without it.

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Horoscopes for the Week of December 3, 2019:
What do the stars have in store for you?

REANCA THIRUCHITTRAMPULAN
Chief Astrologer

Scorpio
Cranberry juice can't cure this one. You're going to have to seek some medical intervention for this UTI, because it literally never ends.

Sagittarius
Ho, ho, ho. It's Sag season, but your friends are making you feel guilty about your love of chasing adventure with anyone and everyone you can. Know that your vivacious spirit is appreciated, and keep in mind that a real friend wouldn't say that.

Capricorn
Maybe the reason why everyone always agrees with you is because you're too intimidating to fight with. Although you're known for your logic and reason, perhaps it's time to admit that you're not always in the right.

Aquarius
It's day three of you listening to "Breezestrokes" by Alt-J for the 300th time. It's also day three of you wearing your ex-boyfriend's theatre tech t-shirt and day three of your carpet smelling like bong water. You say the mess helps your "creative genius," but judging by the looks your roommates give you, it might be time to clean up. Also, donate that t-shirt. That happened like 2 years ago. It's weird.

Pisces
A bad break up is in your future, but you've seen this coming for ages. Break out your record player, cook some comfort food and let your Lana Del Rey records play. This is going to be a wound that takes a while to heal, but your creative output during this period will be oddly remarkable.

Aries
You've always wondered what it would be like to eat a banana with the peel on... now is your time to shine. Be sure to film it so you become a TikTok star. It's what all the cool kids are doing now.

Taurus
The stars say that you should leave everyone on read and listen to "Santa Tell Me" by Ariana Grande on repeat.

Gemini
The semester is finally over, which means you can finally focus on your own interests. Practice self care: put makeup on both your faces, instead of just one.

Cancer
No matter what anyone says, you're stronger than you look. Sure, you're afraid of large bunny rabbits, spider webs and public speaking, but you're the only person who isn't terrified to reach their hand deep into an oven to retrieve a tray of smoldering cookies. What a badass.

Leo
You've been mourning the death of Leo season since the end of August, and you find it preposterous that this month isn't about you. With the new decade coming around the corner, maybe it's time to take a look at your past patterns of egocentrism and your flair for the dramatics. Not every relationship or event has to be all about you. Take baby steps to think about others.

Virgo
Stop playing Super Smash Bros. for six hours a day and spending your money on watermelon vape pods.

Libra
After being sent to the hospital for trying to just essential oils, your lungs and throat are in need of some rest. Spend the day with your loved ones, take your dog on a walk, and remember that a little online shopping never hurt anyone! Besides, you definitely need that checkered scarf.
Delaware pounced by Nova, ends season with eighth straight to Wildcats

DAN ROSENFIELD
Managing Sports Editor

Delaware's defense couldn't stop Villanova's potent offense, and the Wildcats came away with an 85-73 victory in the Battle of the Blue. Villanova went on to eighth straight against the Blue Hens and 13 of the last 14 meetings.

"We certainly didn't put in a good defensive effort today," Head Coach Danny Reoco said. "And it showed up in the score, evidenced in the flow of the game. That's their ability to get buckets in how easily they were able to get the ball in the endzone, and the boards, quick scoring on a quarter back pass by Daniel Smith. The Wildcats scored 18 in the first quarter and 25 in the second.

Delaware countered with a 3-point line run by redshirt freshman running back Will Knight to make it 14-7 Villanova. However, Villanova answered this with a 17-2 run after a 16-yard touchdown catch by wide receiver Changa Hodge from Smith, but the Wildcats missed the extra point.

Hodge scored again on an 82-yard touchdown catch with 9:30 to go in the second quarter.

Knight capped off a 9-play, 88-yard drive with a 1-yard touchdown run to make it 27-14 Villanova responded with a 1-yard touchdown run of its own by freshman running back DeWitt Barlee. Senior kicker Jake Roth added a field goal for Delaware to go into the locker room down 34-17 at halftime.

The second half didn't fare much better for the Blue Hens. Hodge scored on 43- and 37-yard touchdown passes late in the third quarter. Delaware scored next on a 21-yard pass to junior wide receiver Thyrick Pitts and added a two-point conversion.

Villanova scored again on a 3-yard touchdown run from sophomore running back Jalen Jackson.

Delaware scored one on a 31-yard pass from senior quarterback Pat Kehoe to junior wide receiver Gene Coleman II. Kehoe caught the two-point conversion on a throw from freshman receiver Noel Miller.

On the Blue Hens' last possession, Kehoe fumbled on first and goal, and Villanova recovered and burned the clock out for the 55-33 victory.

Kehoe threw for a career high 336 yards and two touchdowns in his last game for Delaware. Coleman II led the receiving attack with 104 yards and a touchdown. Pitts added 79 yards and a touchdown. Knight rushed for 89 yards and two touchdowns.

For Villanova, Smith threw for 378 yards and five touchdowns.

Hodge's 236 yards on eight catches were the third most that any Delaware opponent has ever recorded against the Blue Hens. On top of that, Hedges also hauled in four touchdowns. Villanova's 55 points was their highest ever against Delaware. The Blue Hens have given up this season.

"I'm really disappointed in how our team performed today," Reoco said. "I think we all certainly expected to come up here and play a more competitive game and play a better game, so I take ownership of that." Villanova outgained Delaware 589 yards to 525. Villanova scored on all of their redzone chances, going four for four. Delaware threw for a season-high 336 passing yards.

"They were extraordinarily efficient offensively," Reoco said. "We really had a hard time getting a stop or getting a stop.

The game was a representation of the entire season so far, disappointing. Back on Oct. 20, now Senior Reporter Pat Laporte released a midseason evaluation of the Blue Hens after their win versus New Hampshire. They were 4-3 at that point, and could only afford one loss, maybe two. They ended up losing the next three in a row. It seemed odd since the Blue Hens were playing well to keep up with Atlantic Coast Conference foes and Football Bowl Subdivision, Pitt, and even led in the fourth quarter. So could they not get the job done against their lesser Football Championship Subdivision (FCS) and Colonial Athletic Association (CAA) opponents?

"I think all the reasons is the Blue Hens were near the bottom of the FCS in many major statistical categories. They were no. 100 out of 124 teams in passing yards, no. 115 in sacks allowed, no. 85 in third down conversion percentage, no. 117 in third down conversion percentage trying to get better week by week.

"It's going to be a very challenging winter," Reoco said. "Because we got a lot of work to do, gotta get this right."
EMMA STRAW  
Staff Reporter

At the age of 4, Ryan Allen was already dribbling up and down the basketball court. "Growing up, I knew I had to play basketball," Ryan Allen said. "Any other sport was basically a no-no.

The Junior guard from Bowie, Maryland grew up in a basketball family. His father, Spencer Allen, taught him the game and coached him until the age of 14. By the time Allen reached high school, he was set to follow in the footsteps of his uncle, LeRoy Allen, and cousin, Terrell Allen, both of whom played for the elite basketball program found at DeMatha Catholic High School.

"It was kind of a family tradition and it was a lot of pressure," Ryan Allen said. "Coming in, my cousin was basically the man. He was a Junior and started on the varsity team. I was the baby cousin. Everybody expected me to be as good as him, and playing at DeMatha is a lot of pressure. There are a lot of famous basketball players that come out of that school, so there are a lot of expectations that you have to meet."

As a Junior point guard at DeMatha, Allen averaged 9 points per game and was ranked No. 2 on the team with 53 three-pointers. As a senior, he was named first team All-Conference, 2017-2018 Washington Catholic Athletic Conference.

Among his teammates were Orlando Magic point guard, Markelle Fultz, and Oklahoma City Thunder's defensive end, Chase Young.

"It was one of those schools that was close enough for a drive home at anytime, but far enough where I got that living on my own feeling," Allen said. "I really appreciated being on staff that was my high school freshman and varsity coach, I got along well with my head coach and I felt like I was going to put in a position to contribute right away offensively and as a leader."

In 2016, Allen committed to play basketball at Delaware. As a freshman, Allen started for the Blue Hens and was named Colonial Athletic Association (CAA) Rookie of the Year and CAA All-Rookie Team. He was ranked No. 3 in the CAA with 63 three-pointers, the second most by a CAA freshman in program history.

"It wasn't perfect, but a lot of things didn't go my way," Allen said. "I kind of distanced my own from a lot of people. It's just hard not being able to play the sport you love."

After his second surgery and a two month recovery period, Allen found support through his team and therapy.

"My teammates were great friends," Allen said. "They checked up on me and made sure I was okay mentally. And I actually saw a therapist about it. That really brought me back to where I am now."

As a third-year member of the Blue Hens, Allen is tied for ninth place in Delaware history with 147 career three-pointers and proudly wears the number zero on the court.

"I always wore zero growing up," Allen said. "Growing up, my high school coach and my Little Brother, the little guy, nobody really believed in me or had faith in me."

With an unyielding love and commitment for the game, Allen shows no signs of stopping anytime soon.

"If I go out and play basketball, I want to get 40 points. I definitely want to get 20 points. I want to get 10 points. I want to get 5 points," Allen said. "It's just the love of the game."

While Allen is just 8-0 on the season and can only make a 3 for Allen and his team, the Blue Hens are currently 7-0. This Monday, Dec. 2 as they host the Columbia Lions at 7 p.m. In the Bob Carpenter Center.

All stats are accurate as of Nov. 24.

DECEMBER 3, 2019  
uyedview.com  

The future of competitive gaming coming to the university

PATRICK LAPORTE  
Senior Reporter

When most people think of sports teams at Delaware they think of football, field hockey and baseball. 

One thing people do not think of is esports. Esports is becoming a growing sport among younger generations and is on the rise. While this year was a summer season, an American teen won $3.2 million competing in the Fortnite World Cup. 

In spring 2020, the university will open its esports at Perkins Student Center in a new building.

The development of an esports team was quiet and something few knew about at first. However, the Director of University Student Centers, Tony Doody, expressed just how much students at Delaware were interested. 

The clubs were also looking for a space to play, and the Perkins Student Center provided that. The meeting of timing with Doody was just right for the clubs.

"As it turns out at the same time," a colleague from our academics was also exploring [esports] as a potential career development piece," Doody said. "We brought all this together and did lots of research on peer institutions and saw that we had them to date have esports."

One thing that many have wondered is how many students the esports team will be able to make. Would it be the same number of students the varsity team under the athletic department? A team similar to that of a collegiate club team?

The program did find a way to work around this. "The NCAA is reluctant to support [esports] because it can be monetized and students who make money under the brand of the University of Delaware would not be allowed in the NCAA structure," Doody said. 

Recently, the NCAA passed a regulation allowing athletes to benefit from their likeness. Instead, the university was approached by the Electronic Gaming Federation to be a member of its organization. The only thing the university would have to do would be to get facilities.

Now with the Esports Arena in Perkins Student Center coming closer to completion, the university is looking to have the facility not only benefit its athletes, but all students and faculty on campus.

"The first impact will be developing a community and a culture," Doody said. "I know that students are already driving by themselves and we really want to pull them out and bring them to a community where they are developing relationships."

The esports team will have athletes competing in four games including Rocket League, League of Legends, Hearthstone and Overwatch. Each team will consist of double the amount of competitors required to play in the game in order to ensure that each team is complete. According to Doody.

The team recently held tryouts and individuals who made the team will be notified. 

When it comes to scholarships, currently the esports team will not be giving out scholarships, according to Doody. However, he did mention that it is something that is being looked at in depth. 

Overall, the inclusion of esports at the university looks to be a way for the university to get ahead of the curve and jump on a trend that is increasing around the nation's colleges. 

There are currently more than 125 colleges that have esports teams as of February 2019. As technology continues to grow, esports will also continue to do so, making the creation of an esports team a smart move for the university.

DELAWARE WILL START AN ESPORTS TEAM AT THE UNIVERSITY THIS UPCOMING SPRING SEMESTER. ITS ARENA WILL BE LOCATED IN PERKINS STUDENT CENTER. PATRICK LAPORTE/THE REVIEW

WWW.UDEVIEW.COM