

PENCIL IT IN

WEDNESDAY, NOVEMBER 7	THURSDAY, NOVEMBER 8	FRIDAY, NOVEMBER 9	SATURDAY, NOVEMBER 10	SUNDAY, NOVEMBER 11	MONDAY, NOVEMBER 12
Lerner Majors Fair, 5 p.m., Perkins Renting in NYC with Next Step Reality, 5:30 p.m., Purnell Hall 227 Recovery Yoga, 7 p.m., Christiana Engagement Center Meeting Room B	Peace Corps Information Session, 5 p.m., Gore Hall 304 Trans Teach-In, 5:30 p.m., Trabant Theatre Milk and Honey: Empowered Women Empower Women, 6 p.m., Trabant Student Lounge Blaxploitation: 100 Years of Blackness in Italian Cinema, 6:30 p.m., Smith Hall 120 Post Midterm Election Conversation, 6:30 p.m., Gore 208	The War That Never Ended: Raymond Callahan, 12:45 p.m., Arsht Hall 108 Turning Oppression Into Opportunity: The Future is Female, 3:30 p.m., Kirkbride Hall 100 Perkins Live, 10 p.m., Perkins	Deltones Fall Concert, 8 p.m., Mitchell Hall Auditorium	Golden Blues Fall Concert, 3 p.m., Mitchell Hall International Film Series: "The Insult," 7 p.m., Trabant Theatre	DIY Vejigante Mask Making, 6 p.m., Perkins Student Wellness Social, 6 p.m., Trabant MPR C

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Nov. 1, 1996

Local Jewish community regroups and reflects following Pittsburgh atrocity

RACHEL MILBERG
Senior Reporter

In the wake of the largest attack against the Jewish people on American soil, Jewish students, faculty and community members have been reflecting on how they view themselves as Jews in the world, and to wonder how others feel about them as Jews in the world.

The shooting on Oct. 27 claimed the lives of 11 Jewish people and injured seven, including four police officers who entered the temple to restrain the active shooter. The shooting reignited discussions on gun control, racism and discrimination in the United States regardless of religious affiliation.

Anti-Semitism is not often seen as an ongoing problem. Students and faculty alike claimed that they don't often feel a sense of discrimination when it comes to their Jewish identity. But after the Pittsburgh attack, there is a sense of fear — a sense of unknowing.

"We know that there's [anti-Semitism], even if we don't feel it in our everyday lives. We know that there are these ideas out there," Polly Zavadviker, the director of the Jewish Studies Program, says. "There is white nationalism, which can be often connected with anti-Semitism and racism and all kinds of other prejudices, and this was the case here, for this man. The murderer was an anti-Semite."

Zavadviker went on to explain that while these sentiments only rear their head rarely, it is important to recognize what those ideas are, and call them out for what they are: blatant acts of anti-Semitism.

Last year, there were anti-Semitic white nationalist posters found on campus that prompted a quick response from the university. After the attack, as well as the presence of more

white nationalist posters on campus this past week, Jewish students and other marginalized communities might be looking for a place to connect and speak about the confusion and sadness they are feeling.

Hillel is a Jewish community organization on campus that partners with students to create events and educational experiences that foster this feeling of togetherness and mutual respect. Donna Schwartz is the executive director of Hillel. She and her colleague, Rabbi Nick Renner, have been hosting students all week after the attack, promoting discussion and a sense of hope in these dark moments for Jewish and non-Jewish students alike.

"From some of my conversations with students already, it's remarkable that this attack both has valances that connect to the bigger political situation right now and the climate in this country," Renner says. "Everybody felt like the right thing to do in the face of this tragedy was to come together, was to be together, was to be there for one another."

The vigil held on The Green on the Sunday following the Pittsburgh shooting brought in members from all parts of the community, standing in solidarity with the Jewish people. Members of the City of Newark, students, families, politicians and leaders of other multifaith groups all came together in solidarity.

"[The vigil] was a very big step for us. We had lots of options as to where to hold this vigil, but it felt really important for it to be here in the public at the university, for students to feel that connectedness of the entire community and the larger global Jewish community," Schwartz says. "So we were really grateful to have that space for students to just be there, and be with each other, and hear from their rabbi, or another rabbi, or all the

politicians about what they're doing."

Students are choosing to cope with this event in their own ways. In addition to the university's vigil, the Jewish Studies Program hosted a coping-through-conversation event on Thursday where students and professors gathered to discuss their feelings. Students also hosted their own Shabbat dinners on Friday night while others tried to delve into their feelings through their studies.

Marissa Snyder is a senior studying early education at the university who lives extremely close to the Tree of Life synagogue in Pittsburgh. She student teaches at McCullough Middle School, and since she knows many people who attend services at Tree of Life, she decided to plan a lesson to teach her young students about the attack in hopes that her personal experience could illustrate the importance of awareness.

"They see the news, but they don't understand what's happening," Snyder says. "I want to share that this happened in my hometown. I know so many people that go to that synagogue, I want to share the personal with them so that they can understand or try to understand that this can happen to people you know."

While education and togetherness is important and healing in these moments of darkness, there is also an importance in focusing on identity, and what an attack like this means for Jewish students struggling with their Jewish identities on campus.

"I'm sure a lot of students who are Jews are thinking about their own identities as Jews and what that means, and the fact that Jews were targeted," Zavadviker says. "But I just want people to remember that it's not a reflection on the Jewish people at all. I hope that Jewish people will walk away feeling still proud and safe and free in their faith and

their religion and their everyday actions. And not feel that this controls or determines anything about their life or their identities."

In a time of such discriminatory rhetoric and speech, horrifying acts of complete and utter hate and fear tactics aimed to scare and intimidate, togetherness and solidarity, in addition to making one's voice heard through democracy, is what communities can do right now for those grieving.

"All of us who are Jewish, we are all accountable to one another, and we're responsible for one another in a really profound way in this world," Renner says. "And that doesn't just end with the Jewish people. Torah tells us 36 times that you're responsible for the stranger, for the other in this world, and so this idea that we are obligated to other people and to care for other people in this world strikes me as a really important message for people to hear at a time like this."

At the Jewish Studies Program's coping-through-conversation event on Thursday, it was clear that being there for the Jewish community can be about more than just adding a border to your Facebook profile picture. Students can connect by engaging in conversation at Hillel, located on 47 W. Delaware Avenue, or at the Jewish Studies Program building at 30 W. Delaware Avenue.

There have been many strides that the university has taken to broaden inclusiveness and show support for underrepresented groups.

"We are privileged to have a thriving Hillel on campus that works very closely with Student Life and the university broadly to promote the inclusion and well-being of our Jewish students," Dennis Assanis, the president of the university, stated in an email. "We now have a Director of Student Diversity and Inclusion, and we're adding other staff

to provide events, training and advisement regarding diversity. We're also launching the Student Diversity and Inclusion Advisory Board to engage with students around these issues."

For all groups that have been attacked by gun violence and hateful, discriminatory rhetoric, the act of coming together, becoming educated and understanding the importance of solidarity are steps toward progress and mutual respect. These are steps toward creating a world in which people fight for each other, rather than against.

"However you connect to do so, connect with each other," Schwartz says. "Be kind to each other. It's such a Jewish value, loving thy neighbor, and I think this is the opportunity for us as Jewish people to show that. To show that what we want for ourselves we are going to do for everyone else."

In response to the shooting and other acts of discrimination on campus, Assanis has been sending out multiple emails to students and faculty condemning this behavior and standing in solidarity with those affected, while also showing support for underrepresented groups.

"Jewish students at the university should know that we share their grief and that we, as a community, are standing together with them in this difficult time," Assanis stated in an email. "Part of being at the university is being connected by shared values of respect, civility and compassion. When tragedy hits, it is important that we are all here for each other ... to listen, learn and care as a community."

Editor's note: This article was written and edited under the Mosaic section.

Open hearing held to discuss graduate college bylaws

MITCHELL PATTERSON
City Editor

On Oct. 29, the university's Faculty Senate held an open hearing committee to discuss a proposed draft of the bylaws that would govern the graduate college.

It is tentatively set to be unveiled on Jan. 1, 2019, pending approval by the Faculty Senate.

The bylaws, which will eventually be passed by the Faculty Senate, could radically change how university faculty work within the graduate education system.

The hearing was intended for members of the Faculty Senate and the public to air any issues they might have with the bylaws draft.

University Provost Robin Morgan explained that there are a few outstanding issues which had not yet been covered by this draft of the bylaws, such as eligibility, size, apportionment and the approval process of the graduate curriculum. The Faculty Senate committee in charge of drafting the bylaws will try to address any outstanding concerns before voting on a final draft.

According to the proposed bylaws, the graduate college's senior administrator would be both a dean and a vice provost. Normally, a dean oversees a particular college within the university, and a vice provost oversees broader functions and

programs for the university. For example, there is a dean of the College of Agriculture and Natural Resources and a vice provost of diversity.

"The graduate college will have many functions without analog in the regular colleges, necessitating the senior administrator to be both dean and vice provost," Robin Morgan said. "The senior administrator will have to be in charge of admissions, professional services and other things."

The primary legislative body for the graduate college will be the Graduate Council, whose function will be similar to that of the Faculty Senate of the university.

The members will consist of elected representatives of the graduate programs and three graduate student members chosen by a new Graduate Student Government. Members will serve two-year terms. To be eligible for election, candidates must retain a position within a college of the university and have an active role in graduate education.

Deni S. Galileo, an associate professor of biological sciences, sought to address concerns that representation in the Graduate Council would indeed be proportional and fair. The current draft of the bylaws could be interpreted to allow for as many representatives in the Graduate Council as there are graduate programs.

"No, there's no way to have

an elected representative from each graduate program because that's way too many people," Galileo said. "We have over a hundred program directors and many more graduate programs. I think we all agree that around two dozen people in the body is appropriate."

The exact responsibilities and functions granted to the Graduate Council was a major topic of debate for the Faculty Senate.

The latest draft of the graduate college bylaws states that the Graduate Council would be responsible for developing university-wide policies to support and improve graduate education and advising individual graduate programs. Additionally, it will have to review any proposed new interdisciplinary or multidisciplinary graduate programs for submission to the University Faculty Senate.

Kami Silk, a professor and Chair of the Department of Communications, drew on her experiences at other universities to recommend what the new administration of the Graduate College would be.

"I've never been at a university without a graduate school college, so it was a surprise to me to come here and not have a graduate school," Silk said. "Some of the functions that I've seen in the past are responsible conduct of research being administered through the graduate school,

fellowships, more orientation for international graduate students, dissertation completion fellowships, state authorizations for program funds."

It is unclear from the bylaws draft if the Graduate Council will play any role in hiring new faculty or approving Ph.D. candidates. Many Faculty Senate members expressed concerns that they would lose some autonomy over their graduate programs to the new graduate college administration.

"The graduate college's relationship to other units will often be lateral or subordinate to them," Robin Morgan said. "Its meant to be an enabling force, not a police force or a new layer of bureaucracy."

John Morgan, an associate professor of physics and astronomy, questioned whether the new graduate college administration would needlessly interfere in or change existing college functions by adding a new layer of bureaucracy.

"Is this whole thing an overreach?" John Morgan asked. "Do we want a graduate college administrator overseeing things like doctoral candidates? In these bylaws, I see no clear delimitation on the power of the administration."

The approval of graduate research done by doctoral candidates is the responsibility of the advisors. The draft of the Graduate College bylaws suggest that tasks such as this could be subject to greater

oversight. Many faculty shared a concern that this would be unnecessary.

John Morgan also pointed out that, within the current draft of the bylaws, there is no provision preventing the Graduate Council or senior administrator from amending the rules to expand their own capabilities beyond what was intended.

University President Dennis Assanis insists that the administration of the graduate college must have the necessary power to improve graduate education.

"The majority of graduate students want to enter industry, and that must be important to the graduate college, but post-graduates and post-docs who aspire to academia or teaching lack training resources at UD," Assanis said. "That has to be improved in the graduate college. The graduate college will help units that may be stagnating to get better, to excel."

The Faculty Senate will convene again for a regular meeting on Monday, Nov. 5. They will not be voting on a bylaws draft at that time.

Faculty Senate meets to talk funding and master's degrees

ALEXIS CAREL
Staff Reporter

The Faculty Senate reconvened on Monday, Nov. 5 for its monthly general meeting. It opened with a brief moment of silence for the victims of the Pittsburgh synagogue shooting.

Provost Robin Morgan announced that the Unidel Foundation had given roughly \$11 million to the university, in order to fund the Eugene DuPont Scholars — a \$2,500 award given to students to “defray the costs of a learning experience that will enrich and enhance their education at the university” — as well as the Unidel Distinguished Graduate Scholars Award — offered to prospective doctoral students. She also announced that they allocated \$3 million for the new biopharmaceutical innovation building on STAR Campus.

Morgan discussed the success of the allocated funds in the past, noting the acceptance of 12 Unidel Scholars, 16 “Early Start” doctoral students, 54 summer awards to rising juniors and senior, and accolades given to 105 doctoral students. She said that the university would be able to fund another 12 Unidel Distinguished Scholars next year.

She then mentioned her ongoing discussions with undergraduates, centered around their dissatisfaction with faculty

issuing exams or tests that comprise more than 25 percent of their grade during the last week of classes. Following this, she made a brief reminder to the Senate that exams or quizzes worth more than 25 percent of a student’s grade are not allowed to be issued during the last week of classes, apart from lab practicals.

Faculty Senate President Chris Williams followed with a series of announcements. Upcoming discussions included six more resolutions for the promotion and tenure committee and changing the Dean’s List GPA requirement from 3.33 to 3.5. He stated that there would be an open hearing in February to present findings on the decision as well as have undergraduates weigh in on the matter. Finally, he announced that the 2020-2021 academic calendar was published.

Following the announcements, the Senate voted on three topics: a consent agenda passed involving the master’s degree in Animal & Food Sciences to include a non-thesis option, a resolution on the approval of permanent status to the master’s degree in Fashion & Apparel Studies and the approval of the renumbering of the promotion and tenure track section of the faculty handbook.

The next general Faculty Senate meeting will take place on Dec. 3 at 4:00 p.m. in Gore Hall.

White nationalist campaign brings racially motivated messages to campus

JACOB BAUMGART
Senior Reporter

The University of Delaware Police Department (UDPD) found and removed multiple posters Thursday morning that said “It’s okay to be white.”

Signs with the same phrase first appeared last weekend at the University of Vermont and Champlain College, and more appeared Thursday at Duke University and Tufts University.

José-Luis Riera, interim vice president for student life, and Carol Henderson, vice provost for diversity, posted a statement on UDaily and sent an email to students rejecting the racial campaign.

“These posters appear to be part of an international campaign orchestrated by white nationalists to spread an agenda of hate and create a wedge of racial animosity on college campuses,” Riera and Henderson stated. “The campaign is designed to pit people on various points of the political spectrum against one another. The phrase was cunningly chosen to invoke an outcry at the suggestion of anti-white bias.”

According to Newsweek, Ku Klux Klan (KKK) members began using a shortened version of the phrase, #IOTBW, as a Twitter hashtag in 2012. Later, posters featuring the phrase began to appear in public, and former KKK Grand Wizard David Duke wrote about them on his website in 2017. Most recently, the phrase “It’s okay to be white” spread last year on the anonymous forum website 4chan as a troll campaign to provoke media and individuals with liberal ideologie, Newsweek reported.

This is not the first time racially motivated messages have made their way onto campus.

In 2016, The Review reported that white-supremacist slurs were written on a bulletin board in the Christiana West Tower.

According to The Review, these statements said “Trump is going to Deport all of you B---- a-- Mexicanos and taliban members from this tower” and “F--- n-----s.”

“The phrase was cunningly

chosen to invoke an outcry at the suggestion of anti-white bias. But this is not what our UD community is about,” Riera and Henderson stated in response to Thursday’s incident. “We aspire to be a community that celebrates the identity of all and do not believe that by celebrating one identity we minimize the worth or value of another.”

Students had mixed degrees of shock when they heard that the posters made their way into the campus community.

“I guess I was surprised, but ultimately not too surprised that it happened, considering that since we are a college campus, we attract a lot of differing opinions,” Theodore Fessarar, a junior who studies physics and

he said he understood students’ outrage over their message.

Lu suggested that instead of brushing the problem away, the university should openly discuss the status of racial problems on campus.

“I don’t think necessarily that college campuses must be a protected space, Lu said. “Rather, it’s a place for intellectual confrontations and such. If we just silence people without hearing them out, it’s a little bit of cowardice just from the view of intellectual debates. You don’t even want to host a debate? Then, are you afraid of them or are you afraid of spreading their influence? ... Just have the debate. Have them talk. The weaker side is going to lose, and the stronger



Ex-convict goes from a cell to selling dumplings on Amstel

VICTORIA ANASTASI
Senior Reporter

According to Business Insider in 2016, black people are more than five times as likely to be incarcerated in state prisons than white people. In Delaware, prison populations are more than half African American — a state where less than a quarter of the population is black. Noticing these figures and then trying to understand them and the people behind them is the basis of an introductory anthropology.

This is what Professor Vikramaditya Thakur thinks studying human societies and cultures is all about.

“Reading books and seeing documentaries is one thing, but people need to interact and listen to a real person and ask questions to see it in flesh and blood as closely as possible,” he said.

If he is teaching a class about the prison system and African American incarceration rates, then what better way to drive the message home than to have someone who has lived the statistics speak to the class? That is exactly what he made happen.

Brett Talbert, a former prisoner and local food cart worker, came to speak to an introductory anthropology class on Thursday, Nov. 1.

Talberts discussed what it was like to be a black man in prison, and he was on a sort of “installment plan.” He explained that he was in and out of jail multiple times for different drug charges, including distributing methamphetamine, as well as domestic violence.

He spoke on the moment he realized that he was institutionalized.

“This was my third time back

in jail. I was at home,” he said.

A main point the class focuses on is the difficult transition people have once they are released from prison.

“There’s no way you can go to jail for any amount of time and be all right,” he said. “You can’t be the same.”

He compared it to Post Traumatic Stress Disorder (PTSD) that war veterans experience when they come home from war.

News-medical.net states, “no less than 60% of men in prison have symptoms and signs of severe to moderate PTSD.”

Prison changed Talbert.

“I find it hard to take a shower longer than 7 minutes,” he said. He was so accustomed to everyone deciding everything for him in prison — even something that seems so innocuous as a shower.

Talbert spoke about Wilmington, his hometown. He attended Mount Pleasant High School where he was one of the first 17 black students to be bused to school.

“Where I come from that’s the norm,” he said about going to prison.

The goal for Professor Thakur is to show these students, who may never take another anthropology class again, the differences in people around them.

“First become aware of it and then try to appreciate it,” he said.

The dumpling maker on Amstel Avenue has a past that no one might have guessed.

He also had some strong opinions on politics in and out of prison. In lieu of current events, “I hope y’all vote,” Talbert said. “Or these old folks gonna keep running things.”

From the Chicago courts to the classroom

ANNA FAVETTA
Staff Reporter

Ten years ago, discussion of corruption in the courts and the police force barely existed. It was rare to find people who believed there were unethical forces behind court rulings.

Professor Nicole Gonzalez Van Cleve was not one of those people. Driven by curiosity and her responsibility as a sociologist, Van Cleve started her research in the Chicago Cook County Courthouse.

Every day she would walk in and get to know what she referred to as “the players,” the people behind the court rulings. Police officers, judges and prosecutors would talk to her, and the more she gained trust, the more information she received. It was then that she was able to uncover the corruption behind the courthouse.

“They started sharing how you do business in the court and it was sometimes ethical and sometimes not,” Van Cleve said.

She said judges would tell her to watch certain cases carefully because they’d seen police officers plant drugs on the defendant. She also noticed a racial disparity in the courts — most of the defendants were low-income people of color.

After observing the courts, Van Cleve continued her study by camping outside of the jails late

computer engineering, said.

Fessarar said he does not think the posters reflected poorly on the university because he was content with the way it handled the situation.

Josh Lu, a junior who studies philosophy, said he was less surprised to hear about the spread of the posters, though

side is going to [expose] their weakness. It’s going to get clear.

UDPD is currently investigating the matter and encourages anybody with information to call 302-831-2222.

Analysis: How Republicans have “evolved” on one of this cycle’s biggest issues

JACOB WASSERMAN
Senior Reporter



population has or has had some form of a pre-existing condition. Therefore, the issue deeply affects many people.

While campaigning for the presidency in 2008, future-President Barack Obama made health care a cornerstone of his campaign, which materialized into the polarizing Patient Protection and Affordable Care Act (ACA) of 2010.

One of the ACA’s most notable inclusions was the provision that health insurance providers could not charge more for or deny coverage to someone because of a pre-existing condition.

Republicans made massive gains in the House and Senate in the 2010 midterms, largely based on unease caused by the ACA. The Republicans then spent the next six years campaigning on repealing the ACA. It all looked good for them when Donald Trump took office in 2017, with the GOP controlling both houses of Congress.

The eventual manifestation of those six years of promises was the 2017 American Health Care Act, which would have gotten rid of the requirement that insurers cannot charge more based on a pre-existing condition.

The bill passed the House but failed in the Senate due to a last-minute thumbs-down by the late Sen. John McCain (R-Ariz.). Therefore, the ACA is still the law of the land.

However, that has not stopped the Trump administration from weakening it as much as it can.

The state government of Texas, led by Attorney General Ken Paxton, and the state governments of 19 other states, have sued the federal

government, challenging the constitutionality of the ACA. The case, Texas v. United States, can essentially wreak havoc on the nation’s health care system, for the better or for worse (depending on who you ask), based on how it is decided.

The Trump Administration had mostly refused to defend the ACA in court, so the attorneys general of many Democratic-leaning states, led by Xavier Becerra of California, applied for and were granted the ability to defend it.

That lawsuit is also notable because some of the governors in the Republican-leaning seats, specifically Rick Scott of Florida and Scott Walker of Wisconsin, are running in very closely contested elections this year. Scott is running for the Senate, and Walker for re-election as governor.

Both of them have said in advertisements and elsewhere that they support protections for coverage of pre-existing conditions, contrasting the lawsuit that both of their states are not only supporting, but are leading on.

Perhaps the 11th hour switch is due to the fact that their elections are close and a large majority of voters supports the ACA’s protections. A Morning Consult/Politico poll from September found that 81 percent of voters, and 80 percent of Republicans, believe that insurers should not be allowed to deny coverage to those with pre-existing conditions.

Scott and Walker are certainly not the only Republicans to contradict their previously strongly-held positions. There have been a whole slew of efforts by congressional Republicans since 2010 to repeal the ACA and its pre-existing conditions

protections since the law’s passage.

Many of the members who repeatedly voted for its repeal, especially during the AHCA’s legislative battle, are now saying that they have always supported the protections. For example, Rep. Martha McSally (R-Ariz.), who is running for Senate, has said that she is “leading the fight” to ensure that pre-existing conditions are covered, despite the fact that she opposed the ACA and voted for the AHCA. PolitiFact gave that quote a rating of “mostly false.”

President Trump has also weighed in on the controversial topic.

On Oct. 31, he tweeted, “Republicans will protect people with pre-existing conditions far better than the Dems!”

That statement is in direct contradiction of his and his administration’s positions. His administration pushed to repeal the ACA with the AHCA, and has refused to defend most of the ACA in court, including its pre-existing conditions protections. President Trump himself has also criticized the ACA for many years.

President Obama, whose signature legislation protects coverage of pre-existing conditions, commented on the issue on the campaign trail at a rally in Florida for Rick Scott’s Senate opponent, Democratic Sen. Bill Nelson, and the Democrat seeking to replace him as governor, Andrew Gillum.

“Suddenly Republicans are saying they’re gonna protect your pre-existing conditions when they’ve literally been doing the opposite,” Obama said. “That’s some kind of gall. That’s some kind of chutzpah. Let’s call it what it is: it’s a lie. They’re lying to you.”

Editor’ Note: This article was originally written and published on Monday, prior to the Midterm elections.

There are many issues that will dictate how people will vote in these upcoming midterm elections. According to many polls and studies, health care is ranked by voters as the most important of all of them.

Along those lines, a recent poll by Gallup found that 80 percent of voters said healthcare is “extremely” or “very” important to them when deciding who to vote for. It ranked above the economy and immigration.

One specific issue that has been at the forefront of health care debates, especially since the 2008 presidential election, is the coverage of pre-existing conditions.

Pre-existing conditions are health conditions that someone had before purchasing their current health insurance plan. They can range from chronic conditions like cancer, depression, obesity and asthma to conditions like a past pregnancy and acne. A very large swath of the American

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Start the campus conversation by participating in new weekly essay contests

Looking for opportunities to write outside the classroom?

Want to say something provocative?

Have some really strange ideas that nobody else will publish?

This week’s prompt:

Would you invite a vegan to Thanksgiving dinner?

We might have just the thing for you.

This fall, The Review is introducing weekly essay contests, designed to push conversation and creativity in new directions. This isn’t a place for predictable political grumbling or sappy columns. We don’t care if you’ve been “published” in the Odyssey, and you can spare us the stale Black Sheep humor. This is a place for your writing and ideas to come alive. To prove to the campus community why you, more than your peers, deserve to be heard.

So how exactly can you do that? Each week, you can submit an essay of no more than 500 words in response to the week’s prompt. That’s pretty much the only rule. Nothing too profane, obscene or defamatory, of course, but otherwise it’s yours to make your own. Deadlines for submission will be 12:00 p.m. on Saturdays, and all college students in the mid-Atlantic area are invited to participate.

Essays will be reviewed by The Review’s editorial board and evaluated on the basis of ingenuity of thought and quality of writing. The winning essay will be published in the week’s print edition.

Already bursting with ideas? All submissions can be sent to essaycontest@udreview.com. Have at it.

EDITORIAL

Editorial: Processing an American tragedy

A seemingly common reaction to the shooting that occurred in a Pittsburgh synagogue this past weekend is to be rendered completely unable to articulate one's emotions, feelings and thoughts on the events. The profound and cavernous grief of confronting the deaths of 11 innocent people, asserting their right and desire to openly and honestly express their faith in a place of worship, is almost too much for the human spirit to bear. Our hearts and bodies ache with the mere thought of the loss being felt by each of their loved ones. We grow heavier with each new article, tweet or post vividly recalling the full and rich lives of the ferociously generous, kind, brilliant, beautiful souls that fell victim to an act of pure terror, fueled only by hatred. More than anything, we hope they are at peace.

Anti-Semitism, however, has unfortunately always had a place in our society. Although many argue that hatred towards the Jewish people, whether outward or unconscious, ended with the fall of Nazi Germany, the lived experiences of our Jewish brothers and sisters and the events that tragically unfurled at Tree of Life Synagogue on Saturday morning illustrate the ongoing presence of this deep prejudice. It should not take a crime of this magnitude for anti-Semitism to appear real to those who have not experienced it themselves. Simply said, we are confronting a deeply devastating reality that has been the fear of many Jewish people for a very long time.

This incident was not isolated. College campuses, often held up as beacons of progressivity and safe spaces for all, are not

uncommon locations for anti-Semitic acts and gestures. On campus, nearly 13 percent of the student body is Jewish. Last

the concept "other" or "less than" is too attached to the collective American mindset to even warrant a response from people

from fiery rhetoric, encouraging division and hierarchy among U.S. citizens. He has repeatedly illustrated a blatant disregard for the principles upon which this country was founded, instead opting to cater to his racist and conspiratorial tendencies.

Trump's response to the tragedy in Charlottesville, Va., where a neo-Nazi protest led to the death of counter-protester Heather Heyer last summer, was that violence had occurred on "both sides." There are far too many instances of Trump's complete disregard and disdain for Jewish and minority communities to list here; however, his leadership, or explicit lack thereof, and divisive rhetoric is undoubtedly one of the reasons that hate crimes against Jewish people and other minorities have been on the rise since his election to the presidency.

How many vigils must we attend, candles must we light, posters must we make, times must we chant "never again," for it to be enough? Trauma has become commonplace. Our broken country no longer understands what must be done to heal, because of the pervading, nightmarish knowledge that this will happen again and again.

In the years to come, it is easy to imagine that this will be referred to as one of the darkest periods in American history. That is to say, only if we make it out alive. Those of us who approve of or merely allow for the hateful language utilized by our president to occur without resistance or continue to breed and believe conspiracy theories that are based in racism and anti-Semitism should be ashamed, to say the least, that they have personally allowed us to get to this point.

Even though hope for our future may currently seem a foreign concept, it is important to ensure that there is no literal or figural space for racism, bigotry, prejudice or anti-Semitism in our society. Denounce the president's rhetoric, have uncomfortable political conversations with loved ones and vote unresponsive and complicit politicians out of office on Nov. 6. Do not forget Joyce Fienberg, Richard Gottfried, Rose Mallinger, Jerry Rabinowitz, Cecil Rosenthal, David Rosenthal, Bernice Simon, Sylvan Simon, Daniel Stein, Melvin Wax and Irvin Younger.

If you are overwhelmed by the torment and despair of this tragedy, know that you are not alone. Find peace wherever you can and take all the time necessary to heal your mind and body. Reach out to Jewish people today. Do not do it because you feel like you should, but because showing love, empathy and compassion for those who look and pray differently than you is the only path forward.



TAYLOR NGUYEN/THE REVIEW

year, a poster was put up outside Kirkbride Hall that displayed a slogan popularized in Nazi Germany. The administration did not provide a response to the verbal act of violence against Jews. This, however, was not surprising. Often, the connotation of Jewishness with

in positions of power.

It is nearly impossible to address this act of hatred without considering the political context that we are currently being forced to inhabit and internalize. Our unabashed, unashamed president has never shied away

Letter: Disappointed in the publishing of the "Drunk Issue"

I am deeply disappointed that at a time in our society where we just experienced what is believed to be the deadliest attack against Jews on American soil, the Trump administration attempting to define transgender out of existence and remove birthright citizenship and with midterm elections approaching, you decided to publish the "Drunk Issue." It was clear which side of the issue you favored. In publishing immature fluff pieces, such as about drunk recipes and drunken outings, emphasizing the fun that can be had while drinking, you left out an important part of substance use: The part where alcohol use has consequences. The part where alcohol use can turn to misuse and dependence. Even a student who was interviewed as being in recovery was not identified as being in recovery; they were defined as an abstainer.

This is very different, and language matters. Perhaps if you were truly interested in the pursuit of journalism, you would have highlighted the difference. You would have taken a balanced view on alcohol, and you would have also highlighted substance use disorders as a disease since

it has been recognized as one by the American Medical Association since 1956. Instead, you relied on anecdotes about drinking and going to a local orchard frequented by families with small children, going to class and watching sports. The levity with which you approached this very serious topic is not only offensive, it is damaging. It calls into question your leadership and your journalistic integrity. I coordinate the Collegiate Recovery Community (CRC) on our campus. The CRC is an organization that provides students who identify as persons in long-term recovery (from drug and alcohol use) a safe place to talk about their experiences. This issue is exactly why that is needed. College is a hostile environment for students in recovery, and you have perpetuated that culture.

Signed,

Jessica Estok
Jodi D.
Robert M.
Jason S.
Makenzie S.

Jessica Estok is the Assistant Director of Substance Use Recovery Services at the university. Jessica can be reached at jestok@udel.edu.

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Caleb's Corner: An editor's perspective in defense of The Review

Biweekly liberal ramblings from the Editor in Chief of your only student newspaper.



CALEB OWENS
Editor in Chief

Among the more regrettable evenings of my time in college was a dinner at Vita Nova last semester featuring Maggie Haberman, a New York Times reporter, hosted by the Biden Institute. The Review, I was told, was not originally invited (think about that for a moment), but we managed to snag several tickets.

I showed up, not entirely knowing what to expect, and by far the most underdressed. I found myself in a room stocked with members of the university's highest echelon, humming with administrators and Student Government Association (SGA) representatives. It was a quintessentially bourgeois gathering, and I stood among the attendees — hardly those members of the public to benefit from listening to a journalist speak — in awkward observation and utter discomfort.

But disingenuous cocktail chatter aside, most discomfiting were the interactions between students and administrators. I stood by, wincing and biting my tongue, as SGA representatives

showered administrators with flattery, and as administrators returned the favor. With the innocent, servile tone of any good boy or girl, these students appeased their elders, their desperation for a subsequent invite all too apparent.

I left early. It was there that I began to fully understand the nature of the administration's relationship with our student "leaders." It's one in which student leaders, those with at least theoretical power to solve some problems, get sugared up with dinners at Vita Nova. One where young, malleable minds are conditioned to see only the favorable side of things through exclusive access to exclusive events. It's all done to ensure that these suited servants don't stir any trouble, a strategy that one can hardly blame the administration for deploying.

In a letter published by The Review last week, two of them — the current and former presidents of SGA — all but confirmed my findings.

The article, written by two "outsiders" — a term that seems in few ways applicable to an SGA president, and entirely contrary to the vantage that they claim throughout the piece — critiqued recent items that The Review has published about the university.

Several weeks ago, our editorial board found it odd that the Board of Trustees does not allow for public comment at its rare, poorly advertised conference room meetings, and took issue with the Board's activity. (In calling the Board "untrustable," we even spared it reminders of its power plant antics several years ago and its membership loss this summer.) The other complaints concerned my column from two weeks ago, when I found the university's fluffy, self-deceiving marketing campaign no longer bearable and took to writing about it.

These two prominent (theoretically at least, although I don't mean to overstate their influence) students, in their "defense of the administration," claim that these editorials are unfair. For one, they accuse The Review of amnesia, unable to remember how bad things were "prior to Nancy Targett." I will only say that, for the most part, no undergraduate students at this university remember anything prior to Nancy Targett, as the current senior class entered during Targett's interim presidency.

In fact, considering that one author is a graduate student and the other is a fifth-year senior, it's quite possible that these are two of the only students around who can remember anything prior to Targett.

Disputing our claims about the administration and Board, Peterson and Criscenzo cite their own personal involvement with administrative affairs, such as the provost and vice president of student life searches, and discuss how the university has been so considerate as to listen to two students. Our editorial did, in fact, mention SGA's involvement in these matters, noting that we simply consider SGA an inadequate student voice.

For an institution that one year ago could not truthfully call itself democratic (and was audacious enough to consider continuing to be un-democratic), one that has done nothing substantive in recent history aside from updating its website (unless you include attending Vita Nova dinners and the suited role play that occurs in Perkins once a month), this does not seem to be a stretch.

And yet, these two argue that we ought to urge students to reach out to their SGA representatives with concerns for the Board. For reasons that should be self-evident, our editorial encouraged students to take their demands directly to the Board, rather than to SGA.

They also include the following claim, one that continues to perplex me:

"At the same time, student athletes, who have felt neglected in the past, finally feel heard,

which often goes unacknowledged by The Review."

If anybody can detect the inferential link between this statement and the rest of the article, please enlighten me. Moreover, I find it a bit odd that the only minority students mentioned in the letter are — from a body of black, hispanic, Asian American, LGBTQ+ and Jewish students, those who often have to fight for a mere university response to the fear they routinely face — the ever-marginalized student athletes of our university. But I suppose that, so long as our student athletes are okay, the administration is doing an excellent job.

It's also worth considering that we write near-weekly profiles on student athletes.

Most amusingly, they mentioned my absence from the "Counsel" of Student Leaders (CoSL) — at the risk of pedantry, I remind them that the formal title is "Cabinet" — meeting in October. For this I offer no apology, having lost track of time in the thrill of a natural deduction proof, while also tasked with producing a newspaper for the following day.

For the record, if we're going to go this route, I did not see any SGA representatives present at this Monday's CoSL meeting.

My biggest issue with the piece, however, and the only real reason I'm responding to it, is that it casts doubt upon The Review's credibility. By citing two opinion pieces — one representing the majority opinion of the staff, the other representing only my personal views — as well as my absence from a meeting, the article called into question our "integrity" and "credibility" as a publication.

I have no tolerance for such a claim. This publication, both under my leadership and that of my predecessors, has consistently maintained the highest standards of journalistic integrity. We have demonstrated a commitment to ethical journalism and factuality, and, to the extent that the university allows, balanced reporting. Our editors and reporters work tirelessly each week to produce brilliant work

that conforms to AP standards and is rigorously fact-checked.

Unlike the student "government" — a null organization that, as my watchful eye has gleaned over the past two years, exists only to help students boost resumes, egos and make connections — we do stuff for the student body, holding the university accountable in the interests of students, staff and faculty. Unlike SGA, we do our job.

Every. Damn. Week.

Moreover, what appears on our opinion — keyword "opinion" — page, should not, even if controversial or unorthodox, be used to undermine our integrity as a publication (a tactic drawn from our dear President Trump, if I dare say so).

And in this regard, it seems that our student leaders are the ones with amnesia (or a simple failure to read the very paper they critique). They are correct in that the majority of our staff cannot remember anything prior to Nancy Targett — most of us have only the Assanis years to draw upon. And even still, our criticism is rooted in extensive evidence-based reporting, far from "overblown cynicism."

But rest assured, student body. Always know that, when the university faces well-deserved criticism, your loyal student leaders will come running to the administration's defense, even if their election campaigns promise that they'll do otherwise.

Opinion: Response to the "Drunk Issue"

I am writing you as a graduate student at the university, and as a member of the Collegiate Recovery Community. We are a group of students who are in recovery from substance use disorders (including alcohol) and students who have been impacted by the addiction of friends and loved ones. And we found your recent "Drunk Issue" to be highly problematic. To be honest, many of us found it to be appalling and juvenile.

Partying is stereotypically portrayed as a rite of passage in college, something that is expected if not encouraged among our peers. The American college experience is often characterized by excessive partying. Your decision to move forward with publishing this issue because, as you said, it is "a time when everyone could use a drink" has exemplified this assumption of the norm. However, normalizing problematic drinking behavior is dangerous and downright irresponsible. Proliferating the

perception that everyone drinks, and that everyone wants to drink, is part of the problem.

According to the National Institute on Alcohol Abuse and Alcoholism, approximately 20 percent of college students in the United States fit the criteria for an alcohol use disorder (AUD). Findings from the National Survey on Drug Use and Health consistently show that college students drink regularly, heavily and binge at higher rates than members of the same age group who are not in college. Alcohol is the third-leading cause of preventable death in the United States; more people die of alcohol-related deaths than drug overdoses.

Yet, despite the pervasiveness of the harms produced by alcohol, there persists a double standard in how we think, discuss and write about alcohol consumption as a culture. Sure, it can be fun. I am certainly not calling for prohibition of alcohol, and we've all had our good times with alcohol. But what happens when it stops being fun? What happens when a student is no longer

"allegedly" drinking before class as a one time experiment, and is now drinking before class every day because they can't seem to stop?

In your issue, you offered a Straight Edge perspective. You also included pieces about Al-Anon and the relationship between sexual assault and alcohol consumption. This was probably an attempt to balance your coverage between light-hearted and serious. But these pieces were far outweighed by the content of the rest of the issue that joked about and celebrated drinking in college. Profoundly missing from this issue was a realistic assessment of the negative impact of alcohol problems on college student populations, or the acknowledgement that college students can have drinking problems too.

When a student starts to struggle with their drinking, but has only seen messages that make light of heavy drinking in college, they are less likely to seek help. They are less likely to talk to their peers about their

concerns, because they think that if everyone else can handle it, they should be able to as well. They fear that there must be something wrong with them that they can't keep up with the rest of the crowd. They don't understand that the crippling anxiety they feel before beginning to drink each day is definitely not normal. They don't understand why their mental health may be declining. And if they don't see examples of students who have experienced substance use problems and found recovery, they think that they are alone. How do I know this? Because that was my experience as an undergraduate at a university with a party culture very similar to our university.

I finally got sober toward the end of my sophomore year in college, but not without incurring enormous social, academic and legal consequences. If I had known that it was possible to have alcohol problems at 19, if I had seen any alternative messaging about college students and alcohol, or seen examples of young people in recovery living

vibrant and exciting lives, maybe I would have sought help sooner. It is my hope that any student reading the Drunk Issue who may have a problem with alcohol knows that there is a whole community of students on the university's campus who are in recovery, and that being in recovery can be just as "normal" as the binge-drinking college student.

Rachel Ryding is a MA candidate at the university and is a member of the Collegiate Recovery Community. Rachel can be reached at rryding@udel.edu.

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.

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.

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A look at the recent buzz about saving the bees (and what you can do to help)

BIANCA THIRUCHITTAMPALAM
Column Editor

Lately, it seems as though the phrase “save the bees” has been plastered everywhere: shirts, baseball caps and even on friends’ Instagram posts. Often, when the phrase “save the bees” appears, little information is given concerning what the bees need to be saved from or what everyday people can do to help.

According to many experts of entomology, there is a legitimate cause behind the phrase. Daniel Borkoski, a technician at the university’s apiary and a research associate in the Delaney Lab, identifies Colony Collapse Disorder (CCD) — sometimes referred to as Colony Collapse Syndrome — as one of the major threats to bee populations in the United States.

“Honey bee decline arose in 2006 when CCD became identified and named,” Borkoski says. “That’s when a lot of the public was alerted to the plight of honeybees. Since then, we’ve identified a lot of different things that are contributors to CCD, like a loss of habitat, poor nutrition, pests, different



LOUIS MASON/THE REVIEW
What’s the buzz about the bees?

diseases that go along with parasites on bees and pesticide exposure.”

While much of the recent attention has been focused solely on efforts to “save” honey bees, it is important to acknowledge that many native species of bees also face similar struggles. Douglas Tallamy, a professor of entomology at the university, encourages others

to remember that taking care of species that are native to the United States is equally important to taking care of honeybee populations.

Natalie Wong, a junior studying wildlife agriculture and natural resources, believes that climate change is having a negative impact on all bee populations, regardless of whether or not they are foreign or native.

“After winter, there’s a frost that’s affecting insects,” Wong says. “Insects come out and think that there’s food and plants that are blooming, but that’s not really the case because there’s another frost that comes and kills [food and plants].”

“We have 4,000 species of native bees and I don’t want them to be lost in the conversation,” Tallamy says. “They are vital to pollinating plants in North America.”

Although it might seem that efforts to make a positive impact on bee populations must be done on a larger scale, Boroski and Tallamy both believe that there is plenty that can be done at a small-scale level.

For native bees, Tallamy recommends straying away from the popular butterfly bush — known for attracting bees, butterflies

and other insects — due to the properties of its nectar. According to Tallamy, plants like the butterfly bush are from Asia, which makes their nectar incompatible with North American bees. Tallamy advises garden owners to plant species that are native to North America, such as the goldenrod, native willows and native asters.

Meanwhile, Boroski advises individuals to be mindful of pesticide use, which was a major cause of 2006’s CCD catastrophe. Planting forage — in the form of plants that produce nectar — is also crucial to simulating bee growth. According to Boroski, discontinuing use of pesticide is not helpful to just honey bees, but also positively impacts native species of bees.

In spite of their small size, bees play a crucial role in the diets and economy of Americans.

“Insect pollinators are responsible for a huge amount in U.S. agriculture,” Boroski says. “We could potentially lose like a third of our diet, which is a lot of fruits and meat.”

CBD: The cannabis compound that won’t get you high

CAM A. JOHNSON
Staff Reporter

CBD, the cannabis compound that won’t get you high, due to the low, or zero, amounts of THC, has shaken the nation to its core.

The rise of vaping and juuling has swept the streets of the university. Walking down Main Street, vendors are actively selling their supply to hungry college kids trying to jump on the next bandwagon.

I jumped on the CBD bandwagon in June of 2018, but not for vaping purposes; as a sufferer of chronic pain, test anxiety and migraines, I decided to try it, and I will never be the same.

CBD, a cannabis compound also known as cannabidiol, is a natural substance obtained from hemp plants that can promote wellness without any psychoactive or intoxicating effects.

According to Project CBD, a California-based nonprofit organization dedicated to promoting and publicizing research about the medical uses of CBD, CBD has significant medical benefits but does not leave the person feeling “stoned.” CBD-rich cannabis is non-psychoactive or less psychoactive than THC-dominant strains, making it appealing to patients looking for relief from inflammation, pain, depression, anxiety,



CAM A. JOHNSON/THE REVIEW
Frolic On Main Street’s CBD supply, ranging from oils, topicals and gummies to dog treats.

seizures and other conditions without disconcerting feelings of lethargy or dysphoria.

Charlotte’s Web is a CBD company run by the seven Stanley Brothers who produce their own strain of hemp and convert it into topicals, oils and edibles in order to treat individuals suffering from anxiety, seizures and chronic pain, and their company shined a bright light on the CBD industry.

CBD was first brought into the public eye in 2013 because of a girl named Charlotte Figi, who suffered from severe epileptic seizures due to Dravet syndrome. Charlotte’s Web owners championed her cause after seeing Charlotte’s story and decided to make it their mission to help little boys and girls suffering from medical

conditions like her. Once Figi started taking the strain her epileptic seizures reduced from 300+ weekly to four seizures per month.

Although Charlotte’s Web is very popular and highly regarded, there are other CBD tinctures that are just as good, such as Medterra Review, Green Roads World, Koi CBD, NuLeaf

Naturals and Endoca CBD Hemp Oil. A tincture, as defined by Merriam Webster Dictionary is a solution of a medicinal substance in an alcoholic solvent. There are also isolates, edibles (gummies, chocolates, lollipops), pet treats, oil sprays, water solubles and powder additives to name a few. Potency and dosage amounts vary from company to company. The acceptable individual dosage recommendation is to begin small and increase based on personal tolerance. Most reputable CBD companies will have third party lab results available on their websites and some even offer military, student and first responder discounts.

CBD has come under scrutiny in the public eye due to the legalities behind the natural

substance. Hemp-derived CBD is legal in all 50 states but marijuana-derived CBD is only legal in Alaska, California, Colorado, Maine, Massachusetts, Nevada, Oregon, Vermont and Washington. Due to the delay of the 2018 Farm Bill, CBD status is currently being hotly debated and is awaiting legislative approval.

Many college students who try out the substance are unaware how CBD regulates their body and are simply using it to try the new fad. According to Medical Marijuana, Inc., CBD interacts with the body through the endogenous cannabinoid system, which regulates the body’s homeostasis, impacting such functions as mood, sleep, appetite, hormone regulation and pain and immune response. This system “corrects” by mediating our body’s reaction to keep us level, and this results in the feeling of a “high.”

MainStream Nutrition, a health shop located on Main Street, down Trader’s Alley, sells oils, topicals and edibles to local students and parents. Joseph Mullen Jr., the owner of the shop, has noticed the recent trend of students coming in wanting to try CBD, due to its popularity on social media.

“I originally sold smoothies but adding CBD products has surpassed the smoothies,” Mullen says. “I don’t have to sell smoothies anymore and I would be fine. I see a majority

of college students coming in for anxiety, and individuals over 30+ are coming in for pain management.”

Mullen’s shop is not the only one that has benefitted from the CBD frenzy. Frolic on Main is a shop that sells clothing, shoes, vapes and CBD oils. Bryan Frost, the manager of Frolic on Main, has noticed that an increase in CBD popularity has greatly increased his customer base.

“Since the popularity has really blown up, I have every method you want to consume,” Frost says. “My product ranges from vapes, oils, topicals and even dog treats. I see all ages coming in for pain and anxiety and it has really seemed to benefit them.”

On the other hand, Head Quarters, a vape shop on Main Street, has noticed that the older clientele are the ones serious about the benefits of the substance. Moon Koreshi, a salesman, has noticed that the college students who come in only try the edibles.

“Most college students come in wanting to try the edibles and we have to explain that it’s not marijuana-based,” Koreshi said. “The older students or individuals come in for depression and use it as an enhancer. CBD has really benefited them and our market as a whole.”

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BRAIN BLAST

Mosaic gets smart in its review of “boygenius.”

Professor students and alumni try to spark a mindfulness movement

CARA HEANY
Staff Reporter

In an age where social media seems to have an increasingly negative effect on people's lives, Steven Mortenson, an associate professor of communication, and a group of his undergraduate students hope to relieve the negativity with what they call a "wellness network."

In July, 2018, Jamie Levy, a graduate of the university, and her undergraduate peers helped launch an Instagram account, @mindfulmeeps, in an effort to raise awareness of the importance of mindfulness and to reassure people that it is okay to take care of themselves.

The idea to create the account spurred from Levy's realization that college is oftentimes a point in students' lives where being aware and conscious of how they're feeling may escape them.

"The reason why we started it is because when I was in college, it was so impossible to not be free from stress," Levy says. "Everyone is comparing themselves and it's getting worse everyday from social media. People don't sleep or take care of themselves and it's just a never ending struggle."

The mission of the page is to push the inevitable use of social media in a new direction, toward positivity,

so that when someone opens their feed they can see a post that promotes happiness rather than those that cultivate feelings of anxiety and self-doubt.

Posts on the page consist of photos with quotes accompanied by a caption asking followers to comment on various topics, ranging from what makes them feel good to how they cope with difficult or frustrating situations. Accounts that follow @mindfulmeeps are encouraged to interact with each post, whether it be sharing experiences on a given topic, or reading through the caption and comments for perspective on an experience they may resonate with.

The name behind the account was created as a metaphor. While "meep" may not be found in the dictionary, it is a word meant to represent the personality and the ego.

According to Levy, the "meep" is personified as something we need to take care of, a part of ourselves that needs to be addressed and kept in balance in order for us to remain happy as individuals. If we choose to neglect the "meep" by not practicing mindfulness, we develop various hot buttons

for the feelings we don't address — resulting in a ticking time bomb of our

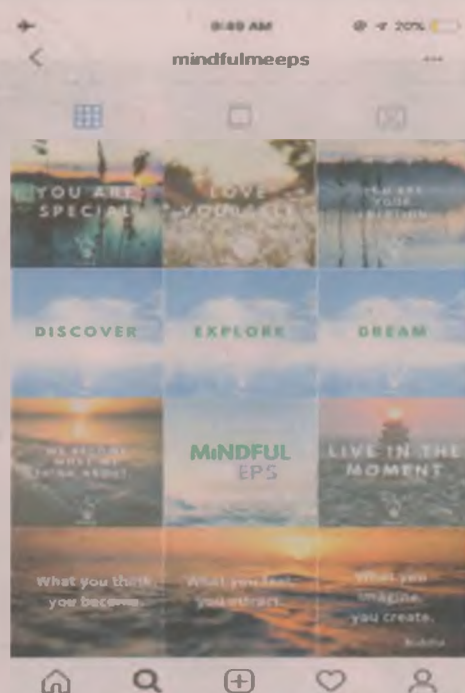
Levy says.

Levy and her team decided to use Instagram to develop their wellness network after surveying students at the university and finding that Instagram is not only the most used platform, but also the platform that generates the most anxiety.

The target audience of @mindfulmeeps is students who are looking for new, simple ways to put their personal wellbeing at the top of their priorities, but their content is created with the simple goal of resonating with anybody looking to better themselves.

In addition to the wellness Instagram, Mortenson, Levy and students in the Venture Development Center at Horn Entrepreneurship are working to develop a mobile app with the goal of helping users better understand themselves, their behaviors and their reactions to various situations, as well as how to manage them effectively.

"So, it would sort of be like having your life coach or professor in your phone, that's the idea," Mortenson



OLIVIA MANN/THE REVIEW
Accounts that follow are encouraged to interact with each post.

emotional needs we push to the backburner.

"Basically, now we just need to raise the awareness of mindfulness because so many people brush it off and think, 'oh mindfulness is lame,' or convince themselves 'I'm not stressed,' but then they're also having panic attacks, and they deny it,"

Is the university as diverse as it claims to be?

CAM A. JOHNSON
Staff Reporter

While I am a Blue Hen through and through, I was a Panther at POLYTECH High School, a Delaware high school that is significantly more diverse than the university. I will admit that diversity was not at the top of my list when choosing a college or university, but during my first year at the university, I noticed that the minority representation at the university pales in comparison to Delaware's demographics.

According to dictionary.com, diversity is defined as the inclusion of individuals representing more than one national origin, color, religion, and socioeconomic stratum, sexual orientation, etc. But is the university really as diverse as it claims to be and is what we see while walking around campus truly a reflection of diversity?

In 2017 and 2018, the university won the Higher Education Excellence in Diversity Award. This award measures an institution's level of achievement and intensity of commitment in regard to broadening diversity and inclusion on campus through initiatives, programs, outreach, student recruitment, retention, completion and the hiring practices of the faculty. But interviews with university faculty and students alike tell another story.

Delaware currently has a population of 961,939 citizens and the demographics for minority citizens are significantly greater than the minority student population at the university. Caucasians make up 69.7 percent of the population, African Americans make up 22.8 percent and Hispanics or Latinos make up 9.3 percent of Delaware's population. In comparison, the university has a Caucasian population of 72.4 percent

and a Hispanic population 7.8 percent, while African-Americans comprise around 5.9 percent. As Delaware's oldest

and Pacific Islander Student Association. These programs seek to raise awareness for minority students on the

According to Jill Flynn, an English professor who has taught at the university for 10 years, university students learn better while engaging in a diverse community and, the university still has a ways to go.

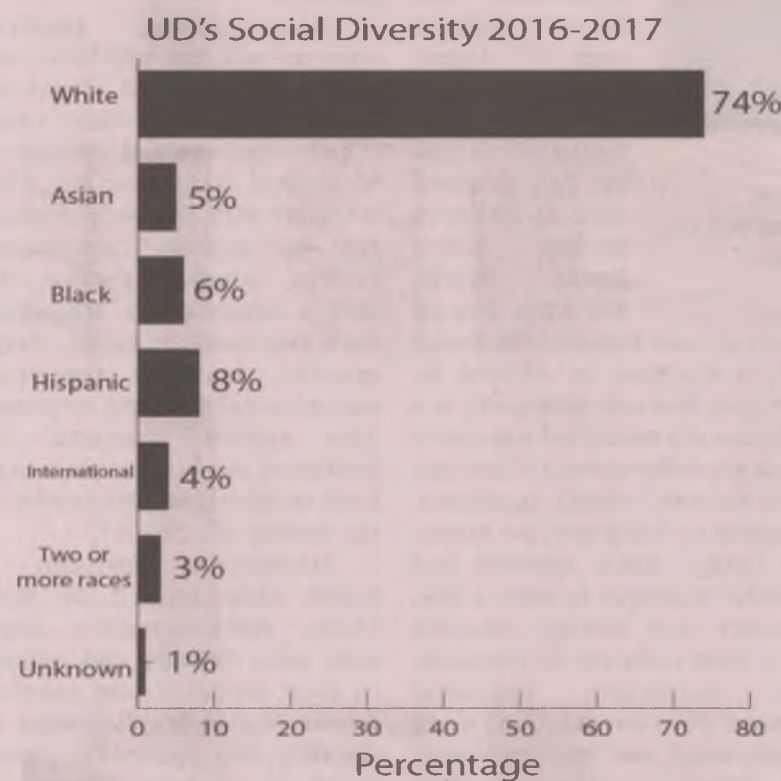
"The school is more diverse now compared to when I first came here and I think in my time here there has been more attention to the lack of diversity on campus," Flynn says. "On paper we are diverse but, we need to continue to have institutional commitment, we need to recognize that diversity is valuable."

Flynn was not the only individual that recognizes that the university's diversity could improve. Jill Cleveland, a graduate student majoring in material science and engineering, believes that the university is actively working on their diversity but it has yet to reach an acceptable goal.

"UD is more diverse than a lot of places, I previously went to schools in Montana and Maryland and there was a lack there. But we could do better," Cleveland says. "As long as UD realizes that they are on the right track after receiving the diversity award and they do not say okay this is enough then that's fine."

On the other hand, there are some students that feel strongly about the university's lack of diversity. Bryona Wilmer, a sophomore medical diagnostics major, recognizes the lack of minority representation in her classes.

"I don't think UD is diverse — I think a majority of the student body is composed of Caucasian students and I could easily be one of two black students in a 30 student class," Wilmer says. "A majority of students come from the same demographics and the few that are different are spotlighted



RACHEL ORNSTEIN/THE REVIEW
In 2017 and 2018, the university won the Higher Education Excellence in Diversity Award.

state school, why isn't the university's minority population more reflective of Delaware's demographics?

The university currently has Registered Student Organizations (RSOs) that actively support minority students, such as Black Student Union, Delaware African Student Association, HOLA, Caribbean Student Alliance and the Asian

university's campus by hosting events and initiating dialogues.

While these organizations serve a purpose of outreach and inclusion for the university community, is what one sees with their eyes truly a reflection of diversity? Interviews with university faculty and students indicate that the university may not be diverse enough.

@udfountains: Dry humor, wet content

RYAN RICHARDSON
Copy Desk Chief

Water.
It is, indubitably, a crucial attribute of human life and a tenet of history's most functional civilizations. Yet, the ubiquity of water in our society has rendered it near impossible to fathom life without it; clean water submits to our will at just the flick of a tap, the twist of a shower knob or the nudge of a toilet handle — all day, every day.
Of course, the same cannot be said for all societies. In 2010, the United Nations officially recognized water as a human right, noting the world's inequitable access to water and the number of children under the age of five — 1.5 million, then — who die each year as a result of water- and sanitation-related diseases.
The trifecta of climate change, mankind's rapidly ascending demand for water and the Western world's largely laissez-faire approach to water resource policy has not helped to actualize this right for those who need it the most. Nor have the forces of industry, agriculture and globalization: 80 percent of all wastewater finds its way back into the natural environment without treatment, inevitably polluting the world's freshwater sources — less than one percent of all water on the planet.
Yet, buried beneath these statistics, imbalances and doomsday-esque projections, one simple truth remains: water is the necessity of all necessities, no matter who you are, where you are or what you are. With it, we

live. Without it, we die.
The Instagram account @udfountains, like the United Nations, recognizes the necessity of water. Since January, the account has used its platform to rate water fountains across campus. In doing so, it incorporates anecdotes about temperature, taste, water flow, water pressure, aesthetic and "overall experience," among other things.
The account has reviewed water fountains all over the university, from Trabant to Alison Hall to STAR Campus. On Sept. 13, as Hurricane Florence approached the Carolina coastline, the account reviewed a water cooler at the university's campus in Lewes, Del.

"Yes the water is refreshing and cool, but on any given day the jug could be empty, leaving you parched. The flow rate is self-determined but never that fast. Overall 5.1/10."
Vincent Curatolo, a senior international business major at the university and self-proclaimed "sl-t for water fountains," came across the account recently. "One of my friends followed it, and it came up on my recommended page. I was like, 'Oh, f--- yeah.'
For Julianna Di Nino, a senior finance major at the university and so-called "water connoisseur," the account has been revelatory.
"The water fountain on the first floor of Purnell is really disgusting," Di Nino says. "But [@udfountains] reviewed a water fountain on the second floor and said it had a better taste and was colder, so I went and tried it and it was."
"It's a very honest



SAMANTHA FORD/THE REVIEW

analysis," Di Nino says of the account's reviews. "They have no reason to actually do it, I feel like they just genuinely enjoy reviewing water fountains."
Earlier this semester, the water fountain on the first floor of Morris Library, adjacent to the Reading Room, was temporarily closed due to repair work. Eventually, the water fountain was removed altogether.
@udfountains documented the process, characterizing the loss as a "monstrosity" and dismissing another water fountain on the library's third floor: "This fountain is not the beacon of hope [that] Morris Library needs in this serious

water drought."
On Oct. 25, when the library reinstalled the water fountain, @udfountains praised the decision on its story.
Yet, in a less-than-exciting post later on that day, the account simply wrote, "Library first floor. Nice. 6.9/10."
For Laura Russo, a junior financial planning and services major at the university, the unexpectedness of water fountain reviews distinguishes @udfountains's humor from that of other university-specific Instagram accounts, like @udeldaily and @blacksheep_ud, which typically display students partying.

Russo attributes this to a sense of togetherness that the account exudes.
"I think it brings together the university's campus in a way that a lot of other accounts can't," Russo says. "Everyone is passing water fountains, everyone uses the water bottle fillers."
And everyone, of course, needs water.

Save yourself: Mosaic's guide to navigating common landlord problems

JENNIFER WEST
Senior Reporter

While landlords are required to give a summary of Delaware Residential Landlord Tenant Code during lease signing, the summary leaves out important information that can grant more power to landlords if misunderstood by tenants.
Additionally, by signing a lease, you may waive certain rights within the Landlord Tenant Code.
While most are aware of the requirement that landlords give 48 hours notice before entering the residence (with the exception of repairs), Delaware law permits tenants to waive that right.
According to 25 Del.C. §5509, "The tenant may expressly waive in a signed addendum to the rental agreement or other separate signed document the requirement that the landlord provide 48 hours' notice prior to the entry into the premises."
In signing this right away, you may be subject to surprise visits by your landlord or tours guided by your landlord with limited notice.
Because Newark homes are older, the air conditioning, heating or water may not be newly remodeled; therefore, they may break before your lease is up. If these utilities stop working, your landlord has 48 hours to remedy the situation after notice.
According to 25 Del.C. §5308, the tenant may, "upon



CREATIVE COMMONS
Save your and your housemates' time and money with Mosaic's guide to navigating common landlord problems.

written notice to the landlord, keep two-thirds per diem rent accruing during any period when hot water, heat, water, electricity or equivalent substitute housing is not supplied."
Although this does not apply if the repair is impossible,

keep note of the haste at which your landlord is required by law to supply utilities.
When it comes time to move out, landlords in Newark tend to take a chunk of security deposits for repairs. But if the remainder of the security deposit, with an itemized list of

damages and deductions, is not returned within 20 days of the end of the rental agreement, 25 Del.C. §5514 entitles you to double the amount withheld.
Landlord tenant codes are difficult to navigate. Luckily, your landlord is required to offer you a summary of

Delaware Residential Landlord Tenant Code. That way, if you ever suspect bamboozling on the part of your landlord, you can check a more digestible version of the codes yourself.

How the current political narrative intentionally values minorities as second class citizens

MADELINE MCGHEE
Staff Columnist

First They Came for the Jews
First they came for the Jews
And I did not speak out
Because I was not a Jew.

Then they came for the Communists
And I did not speak out
Because I was not a Communist

Then they came for the trade unionists
And I did not speak out
Because I was not a trade unionist

Then they came for me
And there was no one left
To speak out for me

By Martin Niemöller

Since the bleak beginning of the Trump presidency, I've heard this poem cited several times.

Our president has worked tirelessly to demonize and dehumanize minorities. Baseless claims that people in the caravan carry diseases or are terrorists are fear mongering tactics to push a racist agenda. This narrative only provokes fear and hatred against already vulnerable and frightened people. Closing our borders to those in need and attempts to repeal constitutional amendments are flagrant acts of xenophobia. Defining gender to exclude protections for transgender people is senseless and cruel.

A deeply disturbing practice dispersed through our media is the absurd notion that the voice of those pursuing freedom and

equality is equal to that which seeks to withhold these rights. The oppressor and the oppressed do not have opinions of equal merit.

We need to stop recognizing white supremacy and nationalism as a valid narrative. These ideologies have no place in our society. Apathy towards these beliefs is no longer a neutral apolitical stance. This ignorance kills people. Claiming that "there is blame on both sides" is ludicrous when one side protests for their rightful freedoms, while the other commits senseless acts of brutality, mass murder and terrorism.

How many synagogues? How many black churches? How many stolen children? How many transgender people murdered? How many will we shun as they plead for safety? How much bigotry, and violence from a man sworn to protect the very people he hates? When will we name these atrocities for the blatant racism and hatred that they are?

This is a watered down attempt at ethnic cleansing shrouded in coded phrases and attempted unconstitutional executive orders. We are not beyond Nazi ideological comparisons when we have self-proclaimed Neo-Nazis rallies and white supremacist terrorist attacks. Not when we have a president, congressmen, governors and candidates who will at best begrudgingly disavow this vile intolerance and, at worst, subscribe to this ideology, encourage their support and accept their money.

Denying recognition of transgender individuals does not erase their existence, it exacerbates their struggle. Ignoring voter

suppression and discrimination faced by black communities saves no lives, it protects oppressors. Blaming the massacre of eleven people directly inspired by Trump's rhetoric on the media only masks the real cause. Gaslighting minority people's pain is no more effective a remedy than denying a patient's cancer cures their disease.

Our country has an ingrained societal belief that transgender people, people of color, Jewish people, Muslim people, migrant people, people other than the white majority, are others.

This is not the oversensitive white left mocked by Tucker Carlson on Fox News. Divisive rhetoric describing hurting people as "snowflakes" forcing politically correct opinions on everyone else, aims at white leftists, supposedly spreading these "myths". The forgotten are real people objecting to their murders, kidnappings and systematic disenfranchisement, which operate disguised as legal loopholes and patriotism wrapped in disingenuous concerns for free speech.

It is not enough to quietly disagree with or ignore the current alt-right presence.

If you are not actively against the legitimate suffering of minority people you are part of the problem. If xenophobia and bigotry only matter to you when they arrive on your doorstep, when they have now come for you, you are part of the problem. If you deny the plight and terror of minority communities rather than be inconvenienced by the fact that others suffer because of privileges you were born into, you are part of the problem. If



MADELINE MCGHEE/THE REVIEW
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Album review: "boygenius" is the saddest, most beautiful crossover event in indie music history

EDWARD BENNER
Staff Columnist

Julien Baker, Phoebe Bridgers and Lucy Dacus all hold the distinctive title of musicians whose lyrical honesty and passion for their art is so genuine and heartfelt that it is guaranteed to bring any listener to tears.

Baker, Bridgers and Dacus have been taking the independent music world by storm since 2015 and have all signed to major indie labels since then. Their youthfulness, talent and poetic insight exhibit seemingly endless potential. All three met immediate critical and popular acclaim upon release of their individual projects over the past three years.

The contemporaries quickly realized their similarities, especially as female musicians struggle against the current of a male-dominated industry. Donning this collective badge of honor, they connected and created a support system for one another while on tour, fostering a close personal friendship.

This friendship led to boygenius, a super-group combining the lyrical prowess, instrumental virtuosity and raw emotion of the three. The self-titled EP that resulted is a testament to their strengths as individual musicians but also their ability to highlight each



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Julien Baker, one of the members of boygenius, pours her heart out in a captivating live show.

other's greatest strengths.

Opening with "Bite the Hand," the themes of keeping one's personal best interests in mind and fighting through conflict and/or hardship are introduced. In the chorus, the

line "I can't love you how you want me to" strikes to the heart of the lyrical self-awareness and pain featured throughout the project. The triumphant tone of the song is conveyed with the rising and swelling guitar and

angelic harmonizing.

"Me & My Dog" showcases Bridgers's confessional and humorous lyricism as she dreams of leaving the world behind on a spaceship with "just me and my dog and an impossible view." She expresses the hardship caused by suppressing true emotions in a relationship, only leading to an overwhelming breaking point.

Each taking a verse on the third song "Souvenir," the three flex the impressive range and power of their voices. While the song is filled with self-deprecation and pain, they manage to weave the overall track into a gorgeously cathartic experience.

"Stay Down" extends this catharsis even further and offers the resilient metaphor of learning how to physically fight to combat mind and bodily disconnect. They know that heartbreak leaves one feeling defeated and broken but they provide a strong message of hope. Baker's vocals are nothing short of spectacular and the buildup into the crescendo of the song is goosebump-inducing, allowing the listener to physically feel the gut-wrenching inner turmoil.

Another take on relationships is featured in "Salt in the Wound," a song about betrayal, tricks and trust issues. The final track, "Ketchum, ID," encapsulates the sentiments and

feelings of the entire group at the time of release. The gentle, finger-picked acoustic ballad is broken, vulnerable and somber, speaking to the hardships and isolation that come because of touring. The three confess to feeling disconnected from people and place alike, not being able to call anywhere home.

"boygenius" is a testament to the deserved role of women in the independent music world and a brave statement of strength in times of vulnerability that cements Baker, Bridgers and Dacus as undisputed leaders of the genre.

How the current political narrative intentionally values minorities as second class citizens

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BLUE HENS EKE OUT WIN IN ALBANY IN FOOTBALL

DANIEL ZABORSKY
Senior Reporter

No. 13 Delaware needed 60 minutes to finish off the Great Danes in New York Saturday afternoon and earn their fifth straight victory, 21-16.

Delaware's top defense buoyed the team as the offense struggled to find a rhythm. Charles Bell intercepted freshman quarterback Jeff Undercuffler, who was making his first collegiate start, during Albany's first drive of the second quarter. The offense proceeded to turn the ball over on downs after Albany made a four down goal line stand.

After Albany took over possession, Ray "Buck" Jones opportunisticly tackled Albany's Elijah Ibitokun-Hanks three yards deep in the endzone, putting the game's first two points on the board.

The safety sparked momentum for Joe Walker and



COURTESY OF DELAWARE ATHLETICS
The Blue Hens celebrate their fifth straight win in a 21-16 battle against Albany.

company. The 6'3" receiver went over the top for a 42-yard grab with 12:53 left in the second quarter to gift the Blue Hens first and goal.

It took four downs once again, but Kani Kane burst off the line's left side to score his tenth touchdown of the year. Delaware and Albany each tacked on field goals before the

end of the half, to enter their locker rooms at 12-3.

The Great Danes burst out of the gates after halftime with a six-play, 75-yard drive. Jerah Reeves reeled in a 38-yard pass on second and sixteen to place Albany in scoring position, and Ibitokun-Hanks capped off the drive with a seven yard scamper.

Delaware's next drive stalled, but the Blue Hens immediately regained possession after Albany return man Donovan McDonald muffed the punt and Charles Bell recovered the ball. The Blue Hens then settled for a field goal, Raggo's second of the game.

Delaware turned in a lackluster offensive performance

— its rushing offense averaged 2.9 yards per attempt while quarterback Pat Kehoe finished 16-35 passing for 174 yards.

Albany running back Karl Mofor capped off a 13-play, 75-yard drive as the Great Danes drove through Delaware territory early in the fourth. Albany went for two and failed to convert, but still led 16-15. Prior to the final two minutes, Albany outscored Delaware 13-9 during the final half of play.

The Blue Hens began their hurry-up offense with 2:35 left in the fourth. Kehoe looked to Walker on three straight passes to gain large chunks of 10-, 9- and 12-yard receptions through the air. Their hookups placed Delaware in the red zone, while Kani Kane followed his offensive line to the end zone from 14 yards out for the game winner with 18 seconds remaining.

Troy Reeder sealed the game with an interception to

accompany his game-high eight tackles.

Two conference foes, Stony Brook and Villanova, stand between now and Selection Sunday. Delaware holds sole possession of the CAA crown with the playoffs in reach. If they run the table, Delaware (7-2, 5-1) is guaranteed a share of the conference title. It'd be their first conference championship since 2010.

Currently Delaware is tied with Maine (6-3, 5-1) at the top of the CAA. The Blue Hens are followed by Elon (6-2, 4-1), Stony Brook (6-3, 4-2), Towson (6-3, 4-2) and James Madison (6-3, 4-2).

Elon will have one less CAA game because their early season matchup against William and Mary was cancelled due to Hurricane Florence.

Delaware will travel to Stony Brook Saturday, Nov. 10 with kickoff at 1 p.m.

DELAWARE FIELD HOCKEY LOSES TO WILLIAM & MARY IN CAA CHAMPIONSHIP

MEAGAN MCKINLEY
Senior Reporter

It was a beautiful day for field hockey, Sunday, Nov. 4 at Rullo Stadium. Fans splitting the stands into sections of green and white and blue and gold basked in a bright sun, though a brisk fall breeze kept them from shedding those proud school sweatshirts. Chants and stomping started even before the game in the Delaware side of the stands.

It would be the green and white of William & Mary celebrating the 3-2 victory.

A show of offensive strength by Delaware lifted the Blue Hens over a one-goal lead by James Madison on Friday, walking off with an 8-1 victory to secure a place in their sixth straight CAA title game.

Hours later, William & Mary emerged from a rough, close game against Northeastern with a 2-0 victory. Sunday's battle was their second straight contest against Delaware in the championship.

In 2017, Delaware came away with a 3-0 win to go on to the NCAA tournament, where an overtime loss to Pennsylvania



COURTESY OF DELAWARE ATHLETICS
Delaware defeats JMU 8-1 to move on to the CAA championship game against William & Mary.

State University forced them into an early exit. In 2016 the Blue Hens went all the way, defeating North Carolina in the national championship after steamrolling through the regular season and the CAA.

Early in the first half, it became very clear why these were the top two teams in the conference. Delaware's roster boasted the top offensive players. William & Mary countered with the top defense. Three penalty corners by the Blue Hens were shut down by freshman Tribe goalkeeper Kimi Jones.

The first goal, tipped in by Femke Strien off a shot from the top of the circle by Tessa

Verweijen with help from Laurien Vink, put Delaware on the board with barely 90 seconds left in the half.

William & Mary quickly followed up with a penalty corner to end the half.

The Blue Hens started the second half with their fourth penalty corner of the game, forcing Jones to make a big save in the cage.

Three minutes later, the Tribe had their second penalty corner, and in the following net-front scramble to stall the shot, drew another. Delaware goalie Sydney Rhodes blocked the shot, and while her teammates were trying to clear the ball, a whistle gave William & Mary their third corner in two minutes. The Blue Hens' defense managed to clear the ball before a clean shot got off.

When Delaware finally pushed the ball back into their own attacking zone, Greta Nauck launched a shot across the circle, only for Jones to make a huge kick save off her right leg pad. Another shot was quickly deflected off her foot.

Several minutes later,

William & Mary had yet another penalty corner. Inserted by Annie Snead, a quick back and forth pass sequence between Estelle Hughes and Christie van de Kamp ended with a goal from van de Kamp to tie the game.

After almost ten minutes of back and forth, a pass from van de Kamp found Woodard Hooper to put William & Mary up for the first time in the game. The goal rocked the Delaware defense onto their heels, and the pressure never let up.

Just under two minutes later, a pair of blocked Delaware corners resulted in several missed shot opportunities. The third penalty corner, inserted by freshman Vink, was stopped by senior captain Kiki Bink and slammed into the back of the cage by Nauck to force overtime.

It was her fourth goal of the postseason after a hat trick on Friday.

In the regular season, William & Mary played seven overtimes, winning in four. Delaware played none.

William & Mary opened up overtime with the ball, and Delaware never got it back.

Rhodes made a hard save on the Tribe's first corner, deflecting the ball back into play.

She couldn't stop the next one, fired by Hughes off a penalty corner, and just like that, as players in blue froze, stunned, and players in white leaped into the air, Delaware's streak of CAA titles ended at five.

The 3-2 victory by William & Mary was their first ever CAA championship.

"If you want to win, if you want to compete for the win, you have to become a lot more dominant than we were today," Head Coach Rolf van de Kerkhof said after the game as part of a statement.

Van de Kerkhof and the Delaware players did not answer questions from the media after the loss. No players spoke.

Van de Kerkhof added, "Have to give them credit for coming after us and finding a way to pull it off."

MEN'S BASKETBALL SEASON PREVIEW: CAN ALLEN AND ANDERSON TAKE OVER AS THE POST-DALY ERA BEGINS?

BRANDON HOLVECK
Executive Editor

It's time for year three of the Martin Ingelsby era.

Since taking over for Monte Ross in spring 2016, Ingelsby has led the Blue Hens to a combined 27-39 record (40.9 winning percentage) and an 11-25 conference record (30.6 winning percentage).

In the 2017-2018 season, Delaware improved by one win both overall and in CAA play (14-19, 6-12). For the second straight season, Delaware was bounced from the CAA tournament after two games.

The Blue Hens have not had a winning record since their NCAA tournament run in 2014.

"You want the instant

gratification right away of winning games, but I think looking back on it, I understand it's a process and we need to really lay a strong foundation of who we are as a basketball program and I think each year we've made progress," Ingelsby told me on WVUD's Blue Hen Sports Cage.

Here is a breakdown of what to expect from the Blue Hens this season ahead of their first matchup at Maryland on Tuesday, November 6.

Key Losses: The departure of Ryan Daly will be one of the top storylines surrounding this Blue Hens team at the beginning of the season.

How does a team move forward when its best player decides to leave? What does Daly's departure

say about the program? How far does it set the Blue Hens back?

The most important of those three questions might be the last one. And to those answer-seekers, I'd say not much.

On paper, it seems like a devastating loss. Daly led the Blue Hens in scoring in each of his two seasons, finishing his Delaware career with exactly 1,000 points (Daly is the third Delaware player ever to reach the 1,000 point milestone in his first two seasons). He led the team with 6.9 rebounds per game across the last two years.

But Daly never possessed the elite athleticism that Kyle Anderson and Ryan Allen have displayed in their short tenures at Delaware. Anderson and Allen have the potential to surpass Daly's

abilities and to become more well-rounded offensive threats. Will they do that? Only time will tell.

Daly's game, scrapping for loose balls and rebounds, hitting contested threes and barreling through the paint for layups, works better when he's a team's second or third option. Unless Daly significantly elevated his game, Delaware wasn't going to win the CAA with him as their top guy.

That said, he's a huge loss in the immediate future. Daly had only missed six games in the previous two seasons. The Blue Hens went 1-5 in those games, only defeating Bryn Athyn in 2016, a Division III team. The five losses were all in CAA play.

Ingelsby rarely felt comfortable enough with the rest of the team

to sit Daly for more than a few minutes, playing him a team-high 37.5 minutes per game, the second most in the CAA behind Hofstra's Justin Wright-Foreman (37.8 per game). Though not the most efficient scorer, Daly was their bucket-getter, the guy who gets the ball when everything else isn't working and the team needs scoring.

He more often than not delivered and showed up in the postseason. The energy he brought to each game was unparalleled.

"We moved on pretty quickly honestly," Ingelsby said of Daly's departure. "...We're disappointed that he left, but I think we learned if he didn't want to be here, we're going to move on."

The team will also lose

MEN’S BASKETBALL CON’T.

Anthony Mosley and Skye Johnson to graduation. Despite Mosley’s shortcomings, most notably a nonexistent three-point shot, he was a minutes eater that will be difficult to replace.

From 2015-2018 Mosley started 85 of the 95 games he played in and averaged 31.2 minutes per game. That’s the most by any Delaware player in that span. With Ryan Allen sidelined to open the season (we’ll get to him in a minute), Delaware might already be hampered by their reduced backcourt depth.

A team leader, Mosley helped bridge the Monte Ross and Martin Ingelsby coaching eras. Eric Carter now represents the last vestige of the Ross regime.

Delaware will also be without sophomore forward Chyree Walker, who the team announced will be transferring from the program. The announcement was made November 1, five days before the Blue Hens’ season opener.

Walker averaged 3.9 points and 2.4 rebounds in his freshman season. Among the team’s three freshman recruits last season, he entered the program with the highest expectations as Delaware’s highest-rated prospect since Devon Saddler.

Walker didn’t give Delaware much in 2017-2018 but had the potential based on his body type to be an athletic, switching, defensive-first forward.

Major Returners: Allen and Kevin Anderson return to form one of the CAAs most athletic backcourts, but each comes with question marks. Allen will

be out until mid-December due to a foot injury he had surgery on in mid-October. It was his second surgery since the end of his freshman year, having undergone an operation in the spring to repair a torn labrum in his left shoulder.

The silver lining is that Allen’s timetable for return puts him back in the lineup before CAA play begins. It’ll leave him roughly two and a half months to feel out his game before the CAA tournament begins. If there is ever a time to sit out with an injury, this is it.

In his freshman year, Allen established himself as a shooter. He tied the record for the most threes in a season by a Blue Hen, with 86, and hit the fifth-most threes of all freshman nationally. The next step in improving his offensive game is being able to get to the rim off the dribble as defenders close out. The step after that is to begin to create for others.

Anderson is coming off a torn meniscus that cost him all of CAA play. He’ll be feeling his way back into the rotation and I’d expect him to be on a minutes limit early in the season.

“I think they both have a chance to be first-team all-league guys, player of the year candidates as they continue to progress through their college careers,” Ingelsby said of Allen and Anderson. “I feel like I have the best young backcourt in our league.”

Carter, a redshirt senior,

returns in the middle and redshirt senior Darian Bryant and junior Jacob Cushing will vie for playing time on the wing.

Additions: Ithiel Horton was Delaware’s first recruit from the high school class of 2018. A 6’3” combo guard, Horton will be pressed into action right away, especially given the injury to Allen. Horton averaged 13.7 points in his senior season at Roselle Catholic High School in New Jersey.

Matt Veretto, a 6’7” forward from East Catholic High School in Manchester, Connecticut, will also have a chance at playing time. Veretto scored 19 points per game and averaged 11 rebounds. His high school team went 77-6 in his final three seasons.

“They can make shots,” Ingelsby said. “That’s an area where we were lacking, our ability to stretch the floor and open up the floor.”

Ryan Johnson, a 6’5” fifth-year transfer guard from Mercer, will also get an opportunity to contribute right away. Johnson played in 61 games in the last two seasons for Mercer, but never averaged more than 3.8 points per game.

Collin Goss will get his first chance at game action with the Blue Hens having sat out last season after transferring to Delaware from George Washington. Goss will likely fill the void left by Johnson as the backup to Carter. The

6’11” redshirt junior will have two years of eligibility with Delaware. He played in 31 games in his first two seasons at George Washington.

Delaware has also added forward Aleks Novakovich, a 6’9” stretch forward from Hobart, Indiana and walk-on guard Davis Long.

Preseason Ranking: Delaware is ranked seventh in the CAA preseason poll. It’s a fair ranking considering the program has not won more than one CAA tournament game since 2014. Delaware won’t be a bottom feeder, but they likely won’t be among the favorites heading into March.

Northeastern, led by point guard Vasa Pusica, is the top team in the poll followed by the reigning champion College of Charleston. Charleston loses Joe Chealey, one of the CAAs most dangerous shooters, but returns its top scorer Grant Riller and all-conference big man Jarrell Brantley. William and Mary, which returns three of the CAAs top 20 scorers, including center Nathan Knight, will also be in the mix.

X-Factor: Eric Carter. Last season, Ingelsby said Carter was ready to be one of the top big men in the CAA. He didn’t quite get to that point, but he developed into a dependable starter, raising his points per game average from 6.6 to 11.0 and his field goal percentage from 50.6 percent to 59.3 percent, while playing eight more minutes per game on

average.

Carter still has the potential to make another leap and if he does so, it could vault Delaware into the fringe contender tier of the CAA. The preseason voters showed they agree by naming Carter All-CAA preseason Honorable Mention.

“I’m not sure there’s a better offensive big guy in our league,” Ingelsby said.

Future Outlook: Delaware has been in rebuild mode for several years but their best chance at a CAA Championship is still in the future, not the present. The 2018-2019 season, like previous ones, will serve as a developmental year.

Then, for 2019-2020, Delaware will be well equipped. They’ll get transfers Nate Darling, a sharpshooter from UAB, and Justyn Mutts, a forward from High Point, plus Allen and Anderson will be a year older and should form one of the CAAs most formidable back courts. The most critical part of this season will be their progression.

While Delaware will also want to develop its depth and see players like Walker and Cushing take a step, basketball is a star-driven game. If Allen and Anderson are both elite scorers and playmakers, come tournament time, Delaware can survive with a six or seven man rotation, and make a deep postseason push.

WOMEN’S BASKETBALL SEASON PREVIEW:

BLUE HENS CONTINUE ON WITHOUT ENABOSI AS ADAIR BEGINS TO SHAPE PROGRAM

BRANDON HOLVECK
Executive Editor

Last season, in its first year under Head Coach Natasha Adair, Delaware made its first postseason appearance in women’s basketball since 2014.

The Blue Hens lasted just one game in the WNIT, falling to Adair’s former Georgetown Hoyas 67-57, but the season represented a major step forward for the program. Delaware (20-12, 11-7) improved by four wins overall and made it a round further in the CAA tournament, exiting after a semifinal loss to Drexel.

“The culture is set,” Adair said on WVUD’s Blue Hen Sports Cage. “The expectations are high. I’m pushing a little further and now I think [the players] understand why. They are so receptive and ready to give everything that they have.”

Here is a look at what to expect from the Blue Hens this season.

Key Losses: Nicole Enabosi is as big a loss as any CAA team could have. Enabosi tore her ACL this summer while playing with the Nigerian national team and will miss all of the 2018-2019 season.

Enabosi won CAA Player of the Year as a junior, averaging a conference-best 18.0 points and 11.8 rebounds. She set the Delaware single season records for rebounds (378) and double doubles (23).

Enabosi will have one year of eligibility remaining.

“Losing Nicole, that’s a big part of what we did a year ago,” Adair said. “The beauty of this team and the versatility of this team, we talk about now by committee. There’s not going to be anyone obviously to fill her shoes, but everyone has a gift and everyone has a role. As a coaching staff you will see different lineups, you’ll see different adjustments. We may go smaller and kind of open the floor a little bit. We still can go big.

“We talk about the other pieces. Let them know your name.”

The good news for Delaware is they aren’t losing much else. Had Enabosi remained healthy, the only real loss would have been Kiersten West, a guard who averaged 11.9 minutes per game last season and only started once. Alexis Sears, who only played three games in the past two seasons due to injury, and Danielle Roberts, who was also hampered by injury since transferring from Tampa to Delaware and rarely played, also graduated.

Major Returners: Four of Delaware’s starters return — guards Abby Gonzales and Bailey Kargo and forwards Samone DeFreese and Rebecca Lawrence.

DeFreese is receiving the most preseason notoriety of the four, earning second team preseason All-CAA honors coming off a 11.3 point per game, 7.4 rebound per game season (DeFreese was second on the team in both categories to Enabosi). After playing just 24 total minutes as a freshman, DeFreese quickly seized a starting role at small forward as a sophomore. As a junior, she’ll be asked to be Delaware’s leading scorer.

If she continues playing the three for Delaware, three-point shooting is her most glaring weakness. DeFreese shot 18.2 percent (10-55) from three in 2016-2017. Needless to say, the Blue Hens could have used better floor spacing around Enabosi last year.

As a smaller four, she might struggle defensively but would have a decisive advantage as a slasher.

Gonzales has played the most out of the Blue Hens’ returning starters, averaging 29.1 minutes per game in 64 appearances the past two seasons (53 starts). She made strides in improving her efficiency as a scorer — Gonzales’ field goal percentage improved from 27.9 percent to 35.1 percent last season — but she still leaves

something to be desired.

Gonzales could stand to improve her ball security and playmaking ability. Her 1.3 assist-to-turnover ratio in 2017-2018 ranked seventh in the conference, and her four assists per game ranked sixth. Adair will also ask her to shoulder more of the scoring load.

“They’re going to force us to shoot the ball and see if we can beat them from the outside,” Adair said. “We’re trying to mix it up, in the strategy. We’re getting up a lot of shots in practice.”

Right now Gonzales is a league-average point guard. Can she become more than that?

Delaware also returns Makeda Nicholas, who played in only four games as a senior last season due to a leg injury. Nicholas will help fill the void left by Enabosi on the defensive side. She enters her final year fifth in school history with 118 blocks. Nicholas was a sporadic offensive player before the injury but without having seen her in Adair’s system, it’s tough to project what she’ll contribute. The team is certainly happy to have another option in the forward rotation.

The bench unit returns sophomore forwards Lizzie O’Leary and Erin Antosh, sophomore guard Justina Mascaro, redshirt senior guard Alison Lewis and senior forward Gadson Leftt.

Additions: The Blue Hens scored three major recruits from the class of 2018, guard Paris McBride and wings Jasmine Dickey and Lolo Davenport. Davenport, a three-star prospect according to ESPN.com, is out for the season having torn her ACL this summer. The 2018-2019 campaign will serve as a redshirt year, giving Davenport four years of eligibility moving forward.

At Plano Senior High School in Texas, Davenport averaged 23 points, nine rebounds and four assists her senior season, leading

the state’s second-ranked team.

Dickey and McBride will have the opportunity to contribute right away, Adair said, though Delaware shouldn’t have to rely on them too heavily given how many players are returning.

How much playing time the duo receives will likely be matchup dependent. Adair sees both providing defensive tenacity off the bench with McBride spelling Gonzales as the backup point guard and Dickey playing in a variety of spots on the wing.

“Jasmine Dickey on the ball is relentless,” Adair said. “Those two [Dickey and McBride] from a defensive standpoint can really change how we guard screens, what we’re going to do on kind of dead ball situations and kind of junk deals, so I’m really excited about just their athleticism and defensive prowess.”

Preseason Ranking: Voters placed Delaware in a tie for third with the two-time defending champion Elon Phoenix in the CAA’s annual preseason poll. The Blue Hens are behind the top-ranked James Madison Dukes, who return all five starters, and the Drexel Dragons, who bounced Delaware in the semifinals last year in Philadelphia.

The ranking feels appropriate, given it’s basically where Delaware ended its season in March. Delaware will have home court advantage in the CAA tournament no matter what, as the Bob Carpenter Center hosts for the first time since the conference moved to its current rotation of in-conference venues.

Fifth-ranked Northeastern is another team to watch. The Huskies return sharpshooter Jess Genco, who averaged 14.8 points per game and 5.1 assists per game, and forward Gabby Giacone, who posted 11.1 points per game and 7.3 rebounds per game. The Huskies won both regular season matchups against the Blue Hens but were ousted by Delaware in the

CAA tournament.

Future Outlook: If not this season, then next. Delaware will have four starters returning for their senior seasons (DeFreese, Gonzales, Kargo and Lawrence) in addition to Enabosi likely returning for a fifth season following her injury. 2019-2020 will be the final chance for this core to put together a championship run, before Delaware will have to go through a retooling phase.



DELAWARE’S MEN’S SOCCER SEASON COMES TO AN END WITH CAA TOURNAMENT LOSS AGAINST WILLIAM & MARY

TYE RICHMOND
SENIOR REPORTER

The Blue Hens’ season came to an end with a 3-2 loss against William & Mary.

Although the Blue Hens lost, they had control of the ball for the majority of the game, with 11 shots compared to William & Mary’s five. Delaware also had more shots on goal, with six compared to the Tribe’s four, and more corners with five compared to zero from William & Mary.

Delaware couldn’t find a way to capitalize on the opportunities handed to them. While the Blue Hens couldn’t get the job done, William & Mary executed with their counter-attacks.

The Tribe scored on two counter-attacks in the first half, one by Julian Ngoh in the 18th minute and the other by Reeves

Trott in the 29th minute — who went on to score another in the 54th.

William & Mary’s aggressive counter-attacking game plan was shown by the seven offside calls they had.

“It wasn’t our best first half performance,” Head Coach Ian Hennessy said. “Maybe the occasion, the moment, made us a little bit grittier. Besides the two shots on goal I thought we were ok.”

A silver lining to the Blue Hen loss was that junior midfielder Nathan Edmunds and sophomore midfielder Ryan Mertz both scored their first goals of the season on Saturday.

The stadium was filled with an intense playoff atmosphere, with the crowd into every pass,



COURTESY OF DELAWARE ALTHLETICS
No. 22 Ryan Mertz, who scored one of the two goals for the Blue Hens on Saturday, looks to get the ball around the Tribe.

shot and save. The intensity on the field could be seen through the physical play from the players — the game had over 20

fouls.

“It’s great, it’s different,” Hennessy said about the playoff atmosphere. “We know that

moments change games and goals currently change games. For us I don’t think we had those moments and maybe when we look back we could do things a little bit better.”

The team finished the season with a 5-11-1 record.

“The message and the emotion for me is I’m thankful for the seniors who have been a great group for us,” Hennessy said. “I asked them to make this a better place for us when they came in as freshman and I think they have done that in NCAA tournaments and championships.”

THE “UNITED” PART OF OUR STATES, RIGHT DOWN SOUTH COLLEGE AVENUE

AMANDA NASHED
STAFF REPORTER

Imagine yourself at 18 years old.

Go back in time and reminisce on the days of college applications, prom dress shopping, suffering through SAT study prep and banging your head against the wall with everyone asking, “What are you going to do with your career?” And all you wanted to say was, “Getting my Ph.d. in homeless studies, thanks for checking in.”

Now imagine your horizon expanding. Imagine considering not just Penn State University or Temple University, a mere car ride from your bed at home — but a school in another continent. In that case, you might attend on scholarship to play your favorite sport.

Sounds simple enough, until you realize you’re committing to four years of being educated in another language, far away from your friends and family, immersed in a new culture and basically hoping you’re not screwing yourself over.

If you can imagine that, you might be able to catch a glimpse of the lives of the international athletes on campus.

Delaware’s athletes hail from countries all over the world, primarily from European nations with exceptions like Peru, New Caledonia, and South Africa. Although this level of variety is shared across many U.S. college soccer teams,

As a general rule, European countries don’t offer education and sports together like the system in America does. Club sports are available up through high school, and if you want to continue playing at a high competitive level afterwards, the only option is to go professional.

In that case, you either have to abandon your pursuit of a higher academic degree or of your sport. In that way, the American system sets itself up as a clear, solid alternative.

At the same time, sports like field hockey and soccer have higher standards in Europe.

“In Europe, we joke about America’s soccer because ... it isn’t good,” said Timo Hummrich, a Delaware soccer player from Germany. “They [always] kick the ball long, rather than directing the style of the game.”

So then, why would aspiring professional athletes ever come to play in the U.S., if the general level of competency is lower?

“It’s very hard to go far with soccer in Europe because it’s so competitive,” men’s soccer Head Coach Ian Hennessy explained, referring to the extremely high standard that all footballers

are expected to meet. “And America has the best education in the world and is envied for its opportunities.”

Hennessy was recruited to Seton Hall University after playing soccer for the Republic of Ireland. He studied microbiology in graduate school before he realized that it wasn’t for him and decided to try coaching. Today, he calls it “the best decision I ever made.”

Nevertheless, coming to the U.S. isn’t a short and sweet process. Athletes typically operate through third party agencies which connect them to coaches of universities in the United States.

“It took around two years [for me to sign with the university],” Hummrich said. “It’s really a lot. You have to collect video footage, and take the SAT ... I think I was busy until the last day, organizing stuff. It’s the little things that you wouldn’t think of, like I had to get an international driver’s license, and insurance.”

While it’s possible to fast forward through this two-year process, “if you want to get into a really good school, those schools are recruiting earlier and earlier,” golfer Ariane Klotz explained. Klotz hails from New Caledonia.

International student athletes must also pass an exam called the Test of English as a Foreign Language (TOEFL).

But even if you pass the TOEFL, a four-hour standardized exam, nothing can compare to immersing yourself 24/7 in a foreign country.

“I couldn’t make [good] relationships with American people,” Spanish soccer player Fede Prieto said, when discussing the language barrier he faced upon arrival at Delaware. “Without [good communication], it’s difficult to create a relationship. You don’t feel yourself.”

French soccer player Arno Masson-Viale agreed.

“When I came here, I was just listening [to people] for the first two weeks, trying to learn how to say things in a right way,” Masson-Viale said.

In many ways, our individual identities are forged inside of our languages — our ability to convey ourselves to the world. Being deprived of such an essential ability, even for a little while, can be paralyzing until you figure it out. Thankfully for Delaware’s international student athletes, that adjustment period doesn’t typically last very long.

“The time goes by quickly,” Prieto said.

“And it’s not hard,” Masson-Viale said. “If you don’t put some joy into it, it’s going to be



COURTESY OF DELAWARE ATHLETICS
No. 8 Lotte de Koning, from the Netherlands, and No. 23 Tessa Verweijen, also from the Netherlands, are two of the nine international students on the field hockey team -- out of 23 players.

hard for you. You just need to relax and be open with everyone.”

Athletes experienced a range of emotions during their transitions.

“I mean, it was scary at first because I didn’t know anyone,” golfer and Switzerland native Valentina Mueller shared. “I didn’t know what to expect of colleges in America. I only knew what I saw in the movies.”

For several athletes, they were simply in disbelief.

“My country is so small and the U.S. is so far, [coming here] was kind of like a movie,” Klotz said. “I did not really believe I would go there. I remember the first time I talked to my friends about it, I was like, ‘Can you imagine? That would be awesome — but I don’t think that’s going to happen.’”

On top of that, when the athletes arrived to the university — for some of them, their first real exposure to the United States at all — certain aspects of the culture surprised them particularly.

“[People] really want you to do stuff with them as soon as you meet them,” Klotz described, chuckling. “Like, ‘Hey you should come hang out with us!’ At home ... you don’t do that. It was a nice surprise that [people here] are open-minded and really welcoming.”

“I was with [a girl I had just met], and when we ran into some other people, she introduced me as her best friend,” Mueller said. “I thought, ‘Really? We are best friends already? We just met!’”

This, as well as American food, the older drinking law and the unexpectedly large size of the school, were all things mentioned as fairly shocking.

Simultaneously, however, international athletes aren’t coming to a diversely vacant situation — quite the opposite.

“The university is a powerful energetic melting pot,” Hennessy said.

Typically they are enmeshed with other international players as well, often their first time playing on such diverse teams.

“People from different cultures always have something new to bring up to a conversation. It’s very cool,” Prieto said.

“It’s funny to see how all these cultures come together and have their own habits,” field hockey player Lotte de Koning said. “And it’s still one team and everybody is friends.”

And it’s not just in different personalities; different cultures bring a diversity of skills to the sports as well.

“The European players tend to be very technical and tactical, while the American players are more physically trained and fit,” field hockey Head Coach Rolf van de Kerkhof said. “There is a synergy effect that makes them better together.”

And it makes sense, too. Many American athletes start focusing on their individual disciplines later in life, after having established a physically fit lifestyle, while foreign athletes typically focus on honing the specific skills of their discipline early on in life.

This combination of backgrounds, as the athletes testified, actually expands their repertoire of skills.

“When people come from different backgrounds, it usually presents itself in a different skill set,” said John Schroeder, an English-born soccer player from Houston. “Which means on the field you’re going to have unique abilities that other teams might not have ... I think just understanding and appreciating that diversity makes you a wiser person too.”

On that more personal point, the diversity does more for us than just give us better teams. It also makes us better people.

“The world is getting smaller and smaller,” said golf Head Coach Patty Post. “[Our international athletes] bring

their cultures with them and their personal experiences, and it all adds to [our] learning and growing as people.”

Existing in the midst of all these advantages, however, is a natural adjustment period that inherently comes when different kinds of people blend together.

“There may always be a layer of uncertainty for people,” Schroeder said. “Maybe the apprehension could be fueled by certain societal trends or politics or the media ... but I would say as a team we have probably done just as well as we could to create a community that’s just open to being yourself.”

Student athletes arrive to the States having never before met their teammates. They have no idea what the team dynamic will be like.

“In France, it happens a lot that within a team you don’t like everyone,” Masson-Viale said. “But when I came [here], I was surprised that it’s such a friendly competition — everyone likes everyone; there’s no hate. It’s very hard for people to not like each other. After one month here, I was like, ‘There’s no way I’m going to hate someone here.’”

Along with the celebration of many differences, there’s a precious and underlying point unity as well.

“One thing I’ve learned at Delaware: people are more similar than you think, even if they’re coming from Iceland, Czech Republic, wherever it is,” Schroeder said. “Just because they’re from a different part of the world, even our own continent, doesn’t mean they’re going to have some crazy different view. We could look at our sport — soccer — or the arts or even food; those are all significant common denominators, and at the end of the day, through those mediums it’s really easy to find common ground with people.”

There’s no doubt that the differences that divide people can be innumerable, and if you’re looking for reasons to separate people, you will always find them. But similarly, there will always be common ground somewhere to unite them.

“It just makes a very good mix,” Masson-Viale said, when discussing Delaware’s international recruitment program. “[And] these guys are going to be friends for life. When I’ll be thirty, I’ll just knock at Fede’s door in Madrid, same in Oslo for Halvard, anyone can come to my house in Corsica.

“We have friends for life now. I love that.”