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From an empty stage to \$2.2 million:

How UDance happens

SAM FORD/ THE REVIEW

JACOB BAUMGART
Associate News Editor

In less than 24 hours, an estimated 6,500 people would enter the Bob Carpenter Center to sing, dance and cry. But for the moment, the arena was an empty slate, waiting to be filled with memories and meaning.

A red carpet highlighted the walkway from the check-in table to the arena's floor, as tapestries waited to adorn the corridor walls. Balloons were arranged into an arch that led to the dance floor beneath a rig of concert lights hovering four feet from the ground. Beyond all the wires and cases of tech equipment stood an empty stage.

A stage where, 36 hours later, top fundraisers would hoist cards that read \$2,252,081.70. For now, the stage was empty.

It took 120 students, divided

into teams, about seven hours to prepare the Bob Carpenter Center for UDance. Each group had a different task to perform in order to make the next day as meaningful as possible.

"Every year this event is a huge success," Arielle Waller, UDance's media relations chair, said. "As long as we are spreading the word ... and honoring these families, ... I'm going to be happy with whatever I see up there because that number reflects how many families we're able to provide financial assistance for."

At the heart of this goal are the B+ Heroes, the children battling cancer and whose families benefit from the money raised during UDance.

Directly inside the arena's entrance, a table adorned with dozens of bags labeled with the heroes' names served as an immediate reminder to the

volunteers behind the year-long effort.

UDance's athletic liaison, Colby Atkinson, believed setting up the heroes' check-in table brought back memories. Atkinson was once a B+ Hero himself. He was adopted by the university's baseball team for UDance in 2014.

"When I came to UD, I came to UDance because I wanted to be a part of it and help other families have the same experience," Atkinson said. "It means a lot to me just because I know what these kids have gone through."

Beyond the front table and down the red carpet, a cohesive swarm of workers manned the light fixtures. According to Financial Director Jake Cardarelli, lighting and stage costs eat a significant chunk of UDance's annual \$140,000 operating budget.

The company that UDance rents through, Light Action Productions, helps alleviate some of this expense by offering the equipment to UDance at minimal cost, without making a profit.

Perfecting the lights is a must for Cardarelli, who said the large cost is justified by the experience the lights create for the experience, especially during Rave Hour, the final 60 minutes of UDance that lead up to the reveal of the organization's final fundraising total.

DJ Chair Patrick Clarke is in charge of building the energy leading up to that reveal. Clarke, also known by his stage name DJ Redcoat, said that he has envisioned his Rave Hour performance since he attended UDance last year.

"I had this vision of just being on stage and just making the place bounce, like everyone just

bounce," Clarke said.

He will perform during the first half of Rave Hour before heading backstage to help prepare for the reveal of the total amount of money raised.

Between allotting time for the line dance — the routine that all attendees perform hourly— stage setup and reveal preparation, Clarke said he would have between 23 and 25 minutes to play his 19-song set.

"You can build a cool set in two hours, but 25 minutes is tough," Clarke said. "For me, it's been about packing in as many good moments as I can into as little of a time as possible without making it feel jumpy."

Allison Worms, UDance's special events director, flies around the arena, clipboard in hand, walkie talkie clipped to her pants, addressing any problems that sprung up. She oversees

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UDance raises \$2,252,081.70 for pediatric cancer

JACOB WASSERMAN
Senior Reporter

One could feel the bleachers in the Bob Carpenter Center tremble to the beat of the music as hundreds of university students danced, and danced and danced during the 13th annual UDance.

The 12-hour dance marathon took place Sunday, March 24, culminating a full year's worth of fundraising in the fight against pediatric cancer.

The grand total raised was a record \$2,252,081.70.

The event has become a central university event in recent years, but began back in 2007 as a smaller joint-fundraiser between the Alpha Epsilon Phi and Sigma Phi Epsilon sororities. Sunday marked the ten-year anniversary of UDance's partnership with the Andrew McDonough B+ Foundation in 2009.

It grew from a gathering of a few hundred students in the Trabant multipurpose rooms to an event in the "Big Bob" that was attended by over 6,500 people last year, garnering participation from 130 student organizations.

"UDance financially aids families nationwide battling pediatric cancer and funds cutting edge research studies that have already proven to save lives," stated a handout detailing the organization's goals.

Perhaps the most recognizable members of UDance are the B+ (be positive) heroes, the children battling pediatric cancer. Through the Andrew McDonough B+ Foundation, organizations such as fraternities, sororities and other student groups can "adopt" these children, spending time with them and their families and showing support throughout the year.

The event consists of performances by local musical groups, featuring fan favorites such as Cardinal Sheehan Choir and the Dover Drumline. There were also

several events featuring the B+ heroes themselves, like the B+ Hero Talent Show, when several of the heroes performed on stage with their adopted student groups.

One performing artist was Emma Kleinberg, who is not a university student but was invited to sing by her friend Stacey Venanzi, the donations chairperson for UDance.

"The most important thing about performance and creativity is using it to give back to those in need," Kleinberg said.

She also spoke about what she enjoyed most about her first time at UDance, and she said that what she'd enjoyed most was hearing all of the inspiring stories about students that had fought cancer, some of whom she invited to dance on stage when she sang.

Friends and families of past B+ heroes, some of whom had succumbed to their cancer after valiant fights, told their stories. They all illustrated the human side of UDance: stories from hospitals, but more often cute stories and fond experiences that their heroes had shared with those involved in UDance.

The UDance chair for the Beta Theta Pi fraternity, Elon Kline, a junior, elaborated on this human dimension.

Kline said that after the economic recession of 2008, his parents were not always around the house as much as they would have liked, as they had to work extra hard to recoup the money that they had lost. He said that experience had a profound effect. Kline primarily wanted to make sure that none of the B+ heroes, especially his organization's hero, Gavin, had similar experiences with their parents trying to scrape up the money to pay for expensive cancer treatments.

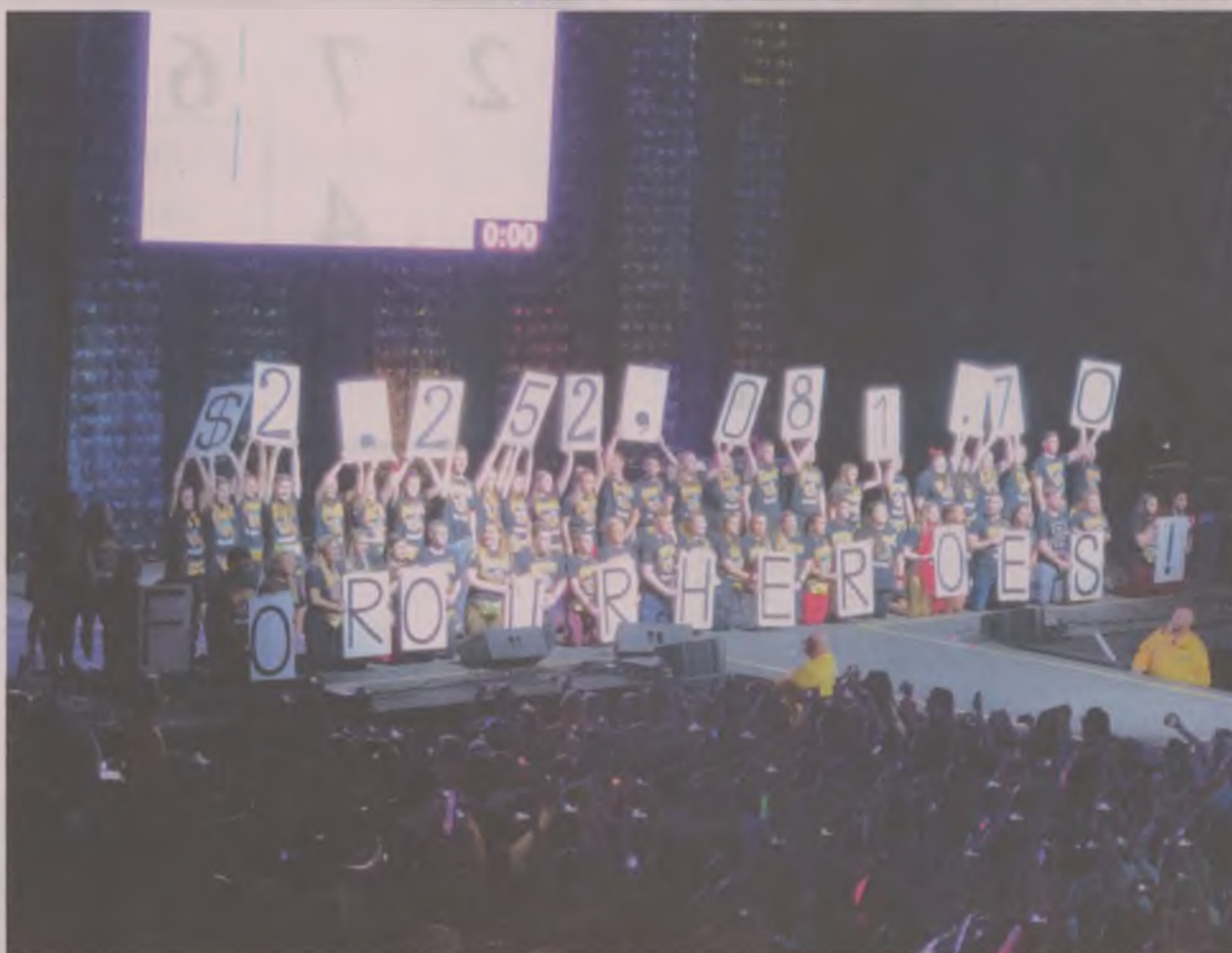
"The last thing [Gavin] should worry about is whether his parents will be there," Kline said.

He also spoke on his favorite part of the UDance event.

"Honestly just chilling with Gavin," Kline said, adding that he liked seeing Gavin become less shy as the day went on.

During the event, Joe McDonough, who founded the Andrew McDonough B+ Foundation in honor of his son, comically referenced the recent controversy of Newark's new "unruly gatherings" ordinance.

"This is what you call a super party right here," McDonough said. "And would you bail me out for making that comment?"



SAM FORD/ JACOB WASSERMAN/THE REVIEW

PENCIL IT IN

TUESDAY, MARCH 26	WEDNESDAY, MARCH 27	THURSDAY, MARCH 28	FRIDAY, MARCH 29	SATURDAY, MARCH 30	SUNDAY, MARCH 31	MONDAY, APRIL 8
<p>History Workshop — Robyn Spencer, 12:30 p.m., Munroe Hall 203</p> <p>Getting Started with ArcGIS Pro, 2 p.m., Smith Hall 010</p> <p>University of Delaware Men's Tennis vs. Radford University, 3 p.m., DFH Outdoor Courts</p> <p>Mastering Data Science and Statistical Analysis Information Session, 6:30 p.m., STAR Tower</p>	<p>MSEG Seminar — Dr. Cole DeForest, 10:30 a.m., ISE 322</p> <p>Jewish Studies Spring Lecture Series, 12:20 p.m., Sharp Lab 118</p> <p>Picture This: Collecting Victorian Illustration, 4 p.m., Old College Hall</p> <p>Urban Analytics and the Value of University/City Partnerships — Katherine Ensor, 6 p.m., Clayton Hall</p>	<p>ASL Club Meeting, 5 p.m., Allison Hall 221</p>				<p>Civil Engineering Seminar — Henry Burton, Du Point Hall 350</p> <p>Israeli Film Festival 2019, 7 p.m., Kirkbride 006</p>

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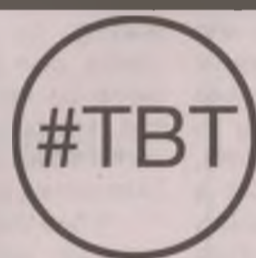
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Jan. 7, 2000

UD employee dreams of being marooned

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Newark government candidates debate city relationships and development

JACOB BAUMGART
Associate News Editor

Tuesday's sunset cast an orange glow on campaign signs planted in the lawn outside the Newark Senior Center. Inside the center's auditorium, about 200 city residents questioned candidates for city government positions in an open forum.

Residents' questions during the forum, hosted by the League of Women Voters of New Castle County (LWVNCC), focused on the relationship between the university and Newark, the rate of the city's growth and the town's cost of living. Candidates for the contested City Council seats took the stage for the first round of questioning, and the evening concluded with a debate between the mayoral candidates.

When LWVNCC's moderator, Carole Walsh, asked the mayoral candidates whether they supported the council's recently passed "Unruly Social Gatherings Ordinance," a murmur fell over the crowd while the locals awaited the potential mayors' thoughts on the matter of contention between university students and city residents.

The ordinance defines an unruly social gathering as a civil violation wherein four or more people present at a Newark residence are committing illegal activities outlined in a list of "unruly" social behaviors.

All four mayoral candidates — Jerry Clifton, Kasai Guthrie, Catherine Ciferni and Brandon Farzad — said they understood the intentions of the ordinance, but their opinions beyond that differed.

Clifton, the sitting council member for District 2, voted for the ordinance, but he said there was a misunderstanding that police will enforce the law too literally. He proposed revisiting the law's form over time to clarify any of these discrepancies.

"There is an immense amount of misinformation out there," Clifton said. "So far this weekend, St. Patrick's Day weekend, one of the worst weekends we have, the police are reporting we had very few incidences. But as I said at

the council meeting, this is about respect, and respect goes both ways."

Ciferni, a tutor at the university's English Language Institute, said she was concerned about how the bill defined having alcohol available to minors, which is one of the "unruly" behaviors.

"So if my parents are having a party and there is a pitcher of sangria, is that access?" Ciferni asked. "I agree with Council that it should be used as a tool kit to see how it progresses and that if it needs to be changed, it can be done so. However, I do think that there should be more outreach to students and consultation on a regular basis."

Guthrie, a 21-year-old entrepreneurship student at the university, said that the bill served as a Band-Aid to what he said was the larger problem of Newark lacking alternative nightlife options for students. He cited a Newark zoning law that prohibits alcohol-selling businesses from having dance floors. Another concern of his was that the university lacked a traditional "frat row" that separated houses that hosted parties from the city's residential areas.

Farzad said that he too enjoys having peace in the neighborhoods, but he also understands that students want to party. Nonetheless, partying in the neighborhoods is not the answer he seeks for students.

Like Guthrie, Farzad, an engineer for Northrop Grumman, said he believes loosening the restrictions on Main Street's nightlife would help encourage moving parties out of residential communities. He did not, however, express support for a "frat row." Despite his concerns with the wording of the new law, Farzad said he still would have voted for it.

Locals were also concerned with the relationship between the growth of the university and its lack of tax contribution. The university is legally exempt from taxes and has the power to claim eminent domain over local properties, per state law. Residents worried how the university would contribute to the local economy as it grew if it legally does not have to pay taxes on the properties it acquires.

The locals then questioned whether it was possible to lower the cost of utilities, which the university has to pay its share of, and also lower taxes. Every candidate expressed concern with the current system of earning government income through utilities fees. They all also agreed, however, that they currently saw the system as a temporary necessity during the search for a long-term solution.

"As of right now, utility transfers are still necessary, with the exception of waste water collection," Farzad said. "I think if we stick to our guns with that, we are going to have to be doing it a lot more in order to prepare for STAR Campus and a lot of the other construction projects that are coming."

Clifton added that the lowering the cost of utilities without raising taxes would be difficult since he said utilities account for half the city's income.

Regarding the development of the city and its finances, the candidates debated whether they would vote to approve the pending plans for a hotel on Main Street.

Farzad was the only candidate who supported the hotel's construction outright.

"Something like a hotel is actually perfect because it creates a lot of revenue," Farzad said, referencing the lodging tax that hotels generate for the city. "People around town ... were telling me that they were concerned about increased traffic, foot traffic, car traffic, parking, with there being a hotel. My answer to them is I've seen these hotels in the middle of college towns and for 48 weeks of the year, there is no one in there. It's only busy on Parents Weekend, Homecoming, you know all the big weekends."

Ciferni said she thought the hotel was like "calorie-free chocolate" in its promise to bring so much to the community without seeming feasible.

The potential economic impact was a draw for Guthrie, but he said that he would vote against the hotel because he thinks it is not the best time to start a large-scale construction project on Main Street.

"I just felt like the timing of

it is really off, especially with the Main Street construction," Guthrie said. "The other cons are the traffic and parking, so I think first we need to take care of the cons."

Clifton declined the opportunity to comment on the project because he said it felt unethical to do so while being a sitting member on the City Council that has not yet formally heard the developer's proposal.

The debate gave the audience many factors to consider, and some residents left the forum without knowing which mayoral candidate they would vote for.

Amani Thurman, a junior at the university who studies energy and environmental policy, attended the debate, but he has not yet decided who he will vote for.

"I don't think there is any one candidate that sold me," Thurman said.

Thurman said he would decide who to vote for after he did "a little bit more background research in terms of the candidates' involvement in the community, the history of that [and] also potentially getting to meet them in person. I think that would be a completely different perspective than a forum."

The forum for the four candidates running in contested City Council races focused on similar issues.

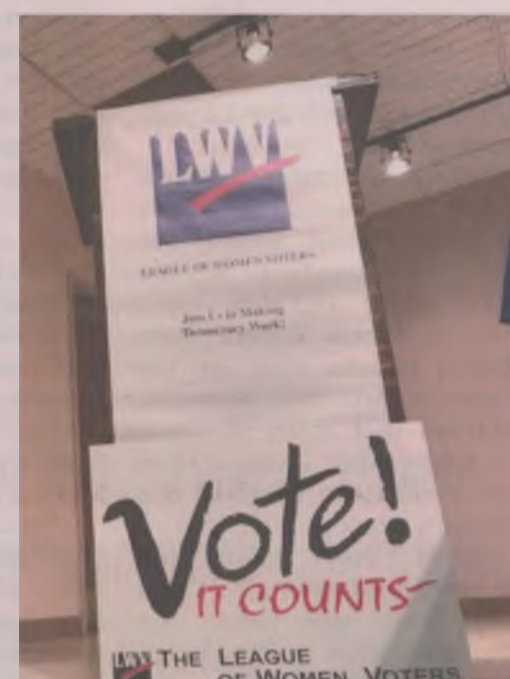
Incumbent Mark Morehead and Attorney James Horning, Jr. squared off in the race for District 1, while Realtor Maria Ruckle faced retired Mortgage Consultant Sharon Hughes in the battle for the second district's

seat.

Dael Norwood, a history professor at the university, said was unsure of which mayoral candidate he would vote for on April 9, but he knew which City Council candidate for District 1 he preferred.

"I think all the candidates are very thoughtful, both for City Council and for mayor," Norwood, who moved to Newark for work last July, said. "This is a race that is about issues, in both races. I think there are very clear differences between the candidates ... For City Council, I think Mr. Morehead has my vote."

Council Member Chris Hamilton, the representative for District 4, is also up for reelection, but he is running unopposed. He attended the event but could not legally take part in the discussion because regulations for nonpartisan debates prohibit the participation of unopposed candidates.



Ryan Sallans' message to students: Honor your truth

BY TALIA BROOKSTEIN-BURKE
Staff Reporter

At seven years old, Ryan Sallans saw his reflection and wanted to kill himself.

It was the first time the desire washed over him, but far from the last. Looking in the mirror, he saw someone staring back at him that he didn't recognize or want to be. For the first time, Sallans realized that the world saw him as female.

"Before that, I didn't really understand it," Sallans said. "I thought I was Superman, I thought I was Elvis, that I was Indiana Jones. It just hit me that my body was female and I suddenly became extremely scared."

Sallans was born in 1979 in rural Nebraska with an assigned sex of female. For 25 years, that's how he lived his life — all the while struggling to reconcile his exterior femininity with the male he was inside.

He said the path to where he is now was a difficult one, marked with body dysphoria, anorexia nervosa, depression, coming out, anxiety and the constant fear of not being loved.

On Tuesday, Sallans spoke

to an overflowing audience of university students at Kirkbride Hall as the keynote speaker for the fourth annual Promoters of Wellness Speaker Series. Sallans stood in front of the audience as a husband, LGBTQ rights advocate, eating disorder survivor and a proud transgender man. Sallans encouraged the audience to explore the discomfort that comes with being vulnerable and to embrace fear that can come from acknowledging emotions.

"When we share stories we actually can help save lives and change lives, because through storytelling we can move past labels and get to the complexities of who we are as emotional human beings," Sallans said.

Sallans was the first speaker of 2019 Spring Speaker Series, which brings influential speakers to campus to educate students on different aspects of wellness and health. Nicole Lovitch, one of the event organizers, said the goal of the series is to introduce students to aspects of wellness prevalent in today's society with unique and creative perspectives.

"For Ryan, I just thought that the topics he's going to be talking about, eating disorders and body image issues, they're definitely a very prevalent topic on a college

campus," Lovitch said. "Also, I think a lot of people don't really know much about transgender issues, so having Ryan here could start to change that."

The event drew a large crowd of students, with many standing in the back or finding impromptu seating on the stairs due to the lack of space. Students came for several reasons, with many interested in the topic of LGBTQ+ rights and others interested in learning about exploring their own gender identity.

Austin, a senior studying cognitive science who identifies as transgender, viewed the event as an opportunity to learn more about their own options in transitioning and identifying resources both on and off campus.

"I'm transgender myself, and I also struggled with an eating disorder, so seeing a speaker like Ryan, it's just really important to me," Austin said.

Sallans chronicled his entire journey, sharing the highs and lows that have changed not just who he is but how he views the world. To students questioning their gender, their confidence or their place in this world, he gave one huge piece of advice: Honor your truth.

"It takes a lot of insight into



EMILY MORGAN/THE REVIEW
Ryan Sallans, a transgender man and LGBTQ rights advocate, told students they have to be faithful to who their inner truth.

your feeling, and exploring those feelings and not running away from them, not being fearful from them and not worry about what other people think or trying to fulfill what other people think about you, it's a process," Sallans said. "It's about just really being you and not judging people for who they are, or how they express themselves."

Former PepsiCo CEO lectures on her time in the industry

SARRA SUNDSTROM
Staff reporter

To a packed room of industry and business leaders, Indra Nooyi, former CEO of PepsiCo, endorsed an emerging sentiment in the corporate sphere: a foundation of purpose in a profit-driven world.

On Wednesday, Nooyi came to Clayton Hall to discuss the rebranding of PepsiCo at the 2019 Corporate Governance Symposium. Nooyi is well-known in the corporate world for the pivot she led at PepsiCo, reorienting the company's portfolio of assets toward what she saw as a trend of consumer behavior toward healthier options.

"What if we started off by saying: 'Every child in the world is my child. what will we feed them?'" Nooyi said, offering a glimpse at her "performance with a purpose" strategy that was developed to resonate with the public and the shareholders. During her talk, she gave an overview of her development of a robust corporate social responsibility (CSR) strategy within PepsiCo over her 12-year tenure as CEO.

University President Dennis Assanis introduced Nooyi as the distinguished speaker to over 350 attendees at the event, which included high-profile corporate leaders. John Pelesko, interim dean of the College of Arts and Sciences, remarked that many of those in attendance could have been qualified to serve on the morning's expert panel.

"She's very open, and it's very refreshing," Laura Matlin, chief governance and compliance officer at Broadridge Financial Solutions, said.

Kicking off the fireside chat, Charles Elson, chair of corporate governance at the university, asked Nooyi about the meeting

she had with the late Apple CEO, Steve Jobs, near the beginning of her tenure.

There were some pieces of advice from Jobs that she brought to her run at PepsiCo, mainly a prioritizing of design and a passionate focus on research and development. Focusing on these aspects, one of Nooyi's main goals as CEO was to secure longevity for the company. She credited her success to an attention on the shifts in consumer behavior, which, for PepsiCo, meant a consumer that was becoming more health-conscious with their everyday purchases.

In response to consumer preferences, Nooyi led a reorganization that categorized PepsiCo's assets into products that are "fun for you," "better for you" and "good for you." Under her leadership, PepsiCo acquired more health focused brands such as a \$3.3 billion acquisition of Tropicana.

The prioritization of consumer health that characterized PepsiCo's pivot led Nooyi to advocate for a policy of increased CSR.

"If you don't have a moral compass that points due north, everything falls apart." Nooyi said.

In a business landscape where CSR often takes a backseat to profitability, Nooyi urged that, to ensure longevity, traditional companies must think beyond the next quarter and engage in deep discussion on today's investments in research, training and sustainability.

"Today's landfill is your foundation tomorrow," Nooyi said. "We get carried away with financeability and forget about responsibility."

may be used for healing. Essential oils are also popular natural remedies, which claim to reduce nausea, headaches, improve concentration and cure sleeplessness, among other things. These oils are supposedly the concentrated essences of different plants that can be applied to the body, diffused into the air and even put into foods.

Many of these products are being touted by the people who sell the oils themselves or by people who are paid for their work promoting "natural" lifestyles. Mike Buch, a Delaware alumnus and chief science officer of Young Living and an essential oil producer, said that the oils have a variety of uses for all different walks of life.

"Young Living makes hundreds of oils and oil-containing products, so it's difficult to generalize," Buch said. "The pure oils are diffused to help people relax, sleep, stay alert and generally just enjoy some wonderful fragrances. Many are applied topically to help soothe minor irritations, moisturize and even out skin tone. Others are used in cooking (we call this our vitality line). We also offer many oil-containing products including all natural makeup, household cleaning products, soaps, shampoos, deodorants, toothpastes, vitamins, supplements, weight-loss products, sun screens,

insect repellents and even some over-the-counter drugs for pain, cough, acne, etc." These oils, however, may be very expensive and not actually available to college students with limited funds. Many often think of these natural remedies as more cost-effective, but they end up costing more in the long term. For example, one small bottle of Young Living Lavender, an essential oil that is advertised to help with skin care and relaxation, can cost around \$30. Buch attributes their new popularity not to cost, but to a mistrust of traditional medicine. "I think essential oils are becoming more popular because of the overall movement towards naturals," Buch said. "Word of mouth is spreading about how people use oils to live well and I think there is an overall distrust of 'chemicals.'" Essential oils are so named based on the fact that the oils contain the "essence" of many natural herbs and plants, including their aromas and chemical compounds. There is no scientific evidence to support the claim that these oils have any verifiable medicinal properties. Their effects may be a placebo on the part of the users. Sue Bara is a Naturalist, or nature healer, with the Delaware Center for Conscious Living. Her job as a professional natural healer has her working

From an empty stage to \$2.2 million: How UDance happens

CONTINUED FROM FRONT PAGE

UDance's logistics, ensuring any necessary preparations are finished in a timely fashion.

The limited prep-time that the UDance teams have in order to prepare the Bob Carpenter Center poses many organizational challenges for Worms. To prevent things from devolving into chaos, she assigns each team two tasks to complete throughout the day.

Managing all the workers and filling in the gaps when needed is a difficult undertaking for Worms, but she said it would be worth it to see everybody appreciating the final product.

"I'm hoping when we leave here [tonight], we will feel good," Worms said. "Tomorrow, besides the little things that have to get done, it will just be enjoying from there."

Even if all of the pieces come together and everyone works like cogs in a well-oiled machine, the collective effort is in vain without the fundraising.

Grace Perigaut, UDance's assistant director, individually raised the most money of this year's event. Tallying \$10,150 raised as of Saturday morning, Perigaut said she "left no stone unturned" during her fundraising.

"I have reached out to everyone from family, friends, neighbors, teachers, professors, doctors, dentists, hairdressers, senators, family friends, ... alumni, literally just everyone," Perigaut said.

Perigaut had to get creative if she was to earn every dollar that she raised. She said one of her tactics was to film music videos of popular songs, including "Mama Mia," for donations.

Perigaut finds constant inspiration in the kids for whom she's raising the money.

"Whenever I hear a new story or meet a new kid or a new family, I think it always pays off," Perigaut said. "The day of UDance is that day where you can really see everyone there and see the kids there and see the families there and just see these



memories that they will be able to take with them forever ... This is where it pays off."

UDance first raised \$8,000 in 2007 when it was founded. Last year, it raked in a record \$2,019,210.48.

Waller said that the UDance's goal is always to set a new record each year, but she said she would be happy no matter what the total came to.

The grind to accomplish this goal requires dedication to teamwork throughout the entire year, Waller said.

"If one person is slacking, it does hinder those little things," Waller said. "It's really important that all of us are just on the same page, constantly communicating, showing up both emotionally and physically, just so we can make the magic happen."

All hands are on deck today. As soon as the doors open, every emotion will be on display. Smiles will be plentiful, but tears will be too.

Emotions take sharp turns like a roller coaster. Anticipation grows like one of Clarke's mixes as it builds to a drop. Dancers, heroes and their families line up at the door under the common hope to someday cure the world of pediatric cancer, waiting to see the culmination of a year's worth of dedication, passion and fundraising.

It's time. The drop. Doors open and the magic For The Kids begins.

Welcome to UDance.

Natural medicine gains popularity on campus

JESS JENKINS
Senior Reporter

As flu season draws to a close, Sam Kasehagen is choosing to ditch her DayQuil and Mucinex in favor of a more "natural" remedy to her sniffles and other cold- and flu-like symptoms. Kasehagen uses a mixture of elderberry juices made by her dad in place of more traditional cold medicine.

"I like using elderberries mostly because they are natural. I like the idea of curing illness using organic means rather than synthetic," Kasehagen said.

Kasehagen is not alone with many other college students now turning to "alternative medicines" when they aren't feeling well. These home remedies can be cheaper and claim to offer a more "natural" approach to getting better, especially for students with busy lives and hectic schedules.

It is unclear what constitutes a natural or unnatural remedy. However, medicines produced and tested by scientists, whose effectiveness and safety is approved by the United States Food and Drug Administration, do not seem to fit the "natural" bill.

These "alternative medicines" include remedies like Kasehagen's elderberries but also fresh and dried herbs, minerals, fungi and other naturally occurring items that

may be used for healing.

Essential oils are also popular natural remedies, which claim to reduce nausea, headaches, improve concentration and cure sleeplessness, among other things. These oils are supposedly the concentrated essences of different plants that can be applied to the body, diffused into the air and even put into foods.

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For example, one small bottle of Young Living Lavender, an essential oil that is advertised to help with skin care and relaxation, can cost around \$30. Buch attributes their new popularity not to cost, but to a mistrust of traditional medicine.

"I think essential oils are becoming more popular because of the overall movement towards naturals," Buch said. "Word of mouth is spreading about how people use oils to live well and I think there is an overall distrust of 'chemicals.'" Essential oils are so named based on the fact that the oils contain the "essence" of many natural herbs and plants, including their aromas and chemical compounds.

There is no scientific evidence to support the claim that these oils have any verifiable medicinal properties. Their effects may be a placebo on the part of the users. Sue Bara is a Naturalist, or nature healer, with the Delaware Center for Conscious Living. Her job as a professional natural healer has her working

with herbs and oils everyday in order to help people feel better. Her passion for homeopathy shows; she claims that her healing methods date back to ancient Egypt and China and that our ancestors would not have survived without them.

Bara is a frequent user of essential oils in her practice but warned students that they may not be as easy to use as meets the eye.

"Essential oils are very concentrated and not appropriate for everyone," Bara said. "Allergies and contact dermatitis can occur in anyone and may become severe in those who are sensitive. Use of them on children and animals should be done under the care of a practitioner because they are more sensitive and metabolize differently than adults. Internal use of essential oils should be avoided unless under the care of a qualified medical aromatherapist or practitioner, as they can injure mucous membranes and are not metabolized like food and drugs. Damage can happen internally that is not immediately recognizable, and safety data is lacking to support use of essential oils in this way."

She also warns potential student users that not all essential oils and home remedies are created equal.

"Marketing by some companies is misleading," Bara said. "There is no governmental

agency in the U.S. that certifies or grades essential oil. The terms 'pure,' 'therapeutic grade' and 'aromatherapy grade' have no legal meaning, nor is there a standard of use in the industry. Those terms are used for marketing purposes and are not reflective of quality. Additionally, if something is not labeled specifically as an 'essential oil,' it is not."

Many essential oil companies, according to Bara, are not as environmentally sustainable as the marketing may suggest.

When asked for her recommendations, Bara advised that those interested look into the companies they're buying from and consult an herbalist — a specialist in medicinal plants — to find out what works best for them.

"Respect yourself and the plants," Bara said. "Know what you're purchasing for your own well-being and from whom."

A One Health approach to antimicrobial resistance

ERIC MUNSON
Staff Reporter

This One Health seminar took place in the STAR Health Sciences Complex and was devoted to the topic of antimicrobial resistance, specifically trying to educate the audience about its dangers and solutions.

This One Health seminar took place in the STAR Health Sciences Complex and was devoted to the topic of antimicrobial resistance, specifically trying to educate the audience about its dangers and solutions.

The speakers were Michael, an epidemiologist for the Food and Drug Administration (FDA), and Sara Bazaco, an adjunct professor of epidemiology at the University of Maryland.

"It's important to distinguish between the four different types of resistances," she said.

Resistance is the process through which microorganisms become immune to the drugs being used to kill them.

The four resistances are antimicrobial, antiviral, antimycotic and antiparasitic. These terms refer to microorganisms, viruses, fungi and parasites respectively. S. Bozaco made sure to distinguish between the terms so as to not confuse the audience with the incorrect terminology.

S. Bazaco continued on with a brief history of antimicrobial resistance. German physician E. de Freudenreich was the first person to open up the field of study.

In the early 1900s Paul Ehrlich, a German physician, was working on a cure for syphilis and inadvertently discovered arsphenamine, which is better known by its trademark



LOUIS MASON/THE REVIEW
Sara Bozaco explaining horizontal gene transfer, the main mechanism for the spread of antimicrobial resistance.



LOUIS MASON/THE REVIEW
Michael Bozaco explaining the process through which antimicrobial resistance occurs.

name Salvarsan. It contained the toxic element arsenic.

Salvarsan was effective at treating syphilis, but many patients began suffering from arsenic poisoning.

Gerhard Domagk was a German pathologist for Bayer, best known for creating Prontosil, the first commercially available antibiotic in the 1930s.

In 1928, Scottish physician and microbiologist Alexander Fleming

discovered a peculiar "mold juice," as he called it, on his staphylococcus plates. This rare mold would become penicillin. It proved to be too hard to mass produce until Howard Florey and Ernst Boris Chain began their research on it. Fleming, Florey and Chain would share the 1945 Nobel Prize in Physiology or Medicine for their work.

Penicillin became popular very quickly and was put in everything from ointments, lozenges,

toothpaste, gum and lipstick. It was considered a cure-all and according to an old advertisement it "cures gonorrhea in 4 hours."

Antibiotics were becoming so popular that an entire process called acronizing was created. Similar to how pasteurization uses heat to kill pathogens, acronizing involved treating produce in a bath of antibiotics. It's no longer being used after it was revealed that there were many health drawbacks to the baths, many of which are documented by McKenna.

"Bacteria are sneaky little buggers," S. Bozaco said.

She said antibiotics are supposed to work by inhibiting the DNA synthesis and metabolism of bacteria. However, bacteria are capable of randomly mutating and changing the DNA sequencing in their bodies. Some bacteria have evolved natural resistances to antibiotics.

S. Bozaco also addressed why there is not as large a variety of antibiotics on the market as there theoretically could be.

"No new classes of antibiotics have been discovered since the 1980s," S. Bozaco said. "The problem is time and money. It takes between 10-15 years and around \$1 billion for the research to be done. Plus, it's very hard for pharmaceuticals to recoup all the money they lose."

Then M. Bozaco took the podium. A disclaimer was presented beforehand regarding M. Bozaco. Since he works for the FDA, "his opinions are not meant to reflect the views of the FDA nor the United States."

M. Bozaco started his part of the presentation with a discussion about E. coli, a bacteria that is known to

cause severe food poisoning and gastroenteritis, an inflammation of the stomach and small intestine. What makes E. coli unusual is that at the point it was studied in 1968, it was already immune to all of the antibiotics that were on the market.

Scientists from Harvard Medical School and the Israel Institute of Technology determined that, over the span of 11 days, E. coli is able to survive in an environment 1000 times the normal level for antibiotics to take effect.

"There's a systemic issue here," M. Bozaco said.

M. Bozaco concluded the seminar by giving a list of things that can help stop the spread of antimicrobial resistance, such as legislation and public awareness.

"We need to reduce infections, create an antibiotic stewardship, reduce the costs of healthcare, reduce the potential risks, create production initiatives and create new technologies," he said.

Leah Aeschleman, a former student of Arsenaault, volunteered to help with the event.

She liked the speakers and thought they conveyed their messages effectively and efficiently.

"I feel like One Health is a something that everybody should know and care about," Aeschleman said. "The problem is that many people don't seem interested in science and may not want to learn about it."

"Drinking. Relaxing. And drinking more.": Students share their 2019 spring break party destinations

KRISTINE CASTORIA
Staff Reporter

As spring break approaches, many students are looking forward to spending their savings on a warm, lavish party destination.

"I'll cry to my parents when I run out of money," Morgan Wallace, a junior going to Miami over break, said. "But, I worked all summer and part time during the semester so I did save up for this."

Although working full-time during the semester helps afford luxuries like spring break, many students struggle to balance work and school.

"I work part time at Iron Hill Brewery throughout the semester," Francesca Gill, a senior, said. "I'm looking forward to relaxing on the beach in Miami, with a cocktail in my hand and going out to the clubs at night."

Students are attracted to more affordable airlines like Frontier and Spirit, which offer fares under \$200 round trip to fly down south. Popular destinations for spring break this year are Miami, Mexico and New Orleans.

"The entire trip costed me about \$350," Madison Fuller, a junior, said. "I am going to New Orleans and staying on Bourbon Street, one of my friends found a lot of really cheap deals for hotels and flights, so it sounded cool."

In order to make their vacations more affordable, students are traveling in larger groups of 5 to 20 people. Also, some students believe that Airbnbs are cheaper and more accommodating for bigger groups

than hotels. Wallace said there are 13 people in her group, and Gill said there are nine people in her group, both staying in Airbnbs.

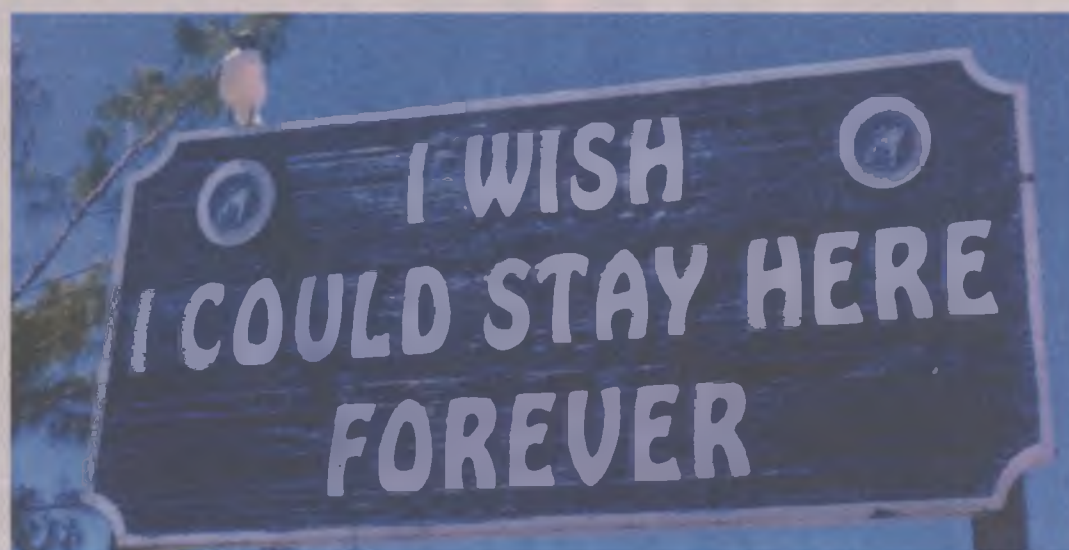
Corrine Bogan, the executive vice-president of student government association, is going away with 18 other people to Jacó, Costa Rica.

"It was the only place we could find big enough to fit everyone," Bogan said about her Airbnb. "My friend group wanted to go somewhere warm and tropical but did not want the typical Miami or Cancún experience. I am most looking forward to being able to spend my week with some good friends in a beautiful place and to immerse myself in another culture."

"I'm gonna sit on the beach," Wallace said. "Drinking. Relaxing. And drinking more."

In Miami, there is an EDM music festival, Ultra, during the week of spring break. Despite tickets being rather expensive, some students are planning on attending.

"Overall the trip costed me \$1100," Franklin Malamut, a grad student, said. "I'm only staying in Miami for four days, essentially for the festival, but I'm really looking forward to dancing in the sun, listening to music and drinking with the company of my friends."



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.

New Review leadership elected for 2019-2020 academic year

CALEB OWENS Editor in Chief

The Review's two elected positions have been filled for the 2019-2020 academic year.

Beginning on May 14, the date of the final issue of The Review for the 2019 spring semester, Jacob Baumgart, a current news editor and sophomore communications major with journalism and political science minors, will assume full leadership of the newsroom as editor in chief. Mitchell Patterson, a current news editor and sophomore double-majoring in history and philosophy, with a minor in journalism, will be The Review's next executive editor.

Each spring, Review staffers vote to fill each position for the following year. The editor in chief and executive editor, each required to fulfill a one-year term spanning the spring and fall semesters of a given academic year, have full discretionary authority over all matters related to The Review, and are the newspaper's only elected positions. All other positions are hired by the editor in chief and executive editor.

Baumgart, who joined the

newsroom in fall 2017, has worked as a reporter and editor in the news section, with a focus on university affairs and local and state politics. Patterson, who also joined in fall 2017, has worked as a reporter and in multiple capacities as an editor, overseeing local investigations as the city editor, as well as leading and writing more recent political coverage.

They succeed Caleb Owens and Brandon Holveck at editor in chief and executive editor, respectively. Holveck, a senior, will be graduating in the spring. Owens, a junior, will continue working for The Review throughout his senior year.

In a statement, Patterson stressed the importance of reaching and understanding The Review's audience in the future.

"Next semester, I look forward to the opportunity to steer The Review in new and exciting directions and to expand our outreach with the student body and the community as a whole," Patterson stated. "We will do our utmost to keep you informed, generating content that will build a deeper, more vibrant understanding of our university, the local community

and the culture that binds it all together."

To Baumgart, The Review's role will not change, even if journalism continues to.

"I'm both excited and motivated to lead The Review next year as editor in chief," Baumgart said in a statement. "The paper has the crucial role of keeping everybody on campus informed and holding stakeholders accountable. Mitchell and I refuse to take these responsibilities lightly. We will remain dedicated to delivering this high quality journalism week in and week out because our readers deserve nothing less."



Pictured right: Baumgart (above), Patterson (below).

**HAVE A PASSION FOR STORYTELLING?
A DEDICATION TO INFORM THE PUBLIC?
INTERESTED IN LAYOUT OR VISUAL CONTENT?**

the
REVIEW

**TELL THE STORIES THAT
NEED TO BE HEARD**

Opinion: Veganism — a social movement made on social media

Celebrities have always had an influence on what is trending. They impact what we wear, what food is popular this month and even some lifestyle choices that we make. Social media as a platform for the vegan movement is a step all activists should take for their movements to connect most effectively to the broadest audience.

Instagram has thousands of accounts either related to or purely dedicated to movements such as animal rights, animal liberation and healthy lifestyles. Vegan activists are given the opportunity to chant their message with immediacy, and it's no wonder that the vegan movement has generated such an enormous following.

How exactly does the addition of social media effect the power of the veganist movement? Social media establishes a social network of its own; interconnecting those viewing and posting, while connecting those posting similar content by means of following.

Vegan activists will make their accounts public, allowing anyone to view all content they have posted as well as communicate with each other. The comment section on an activists posts allows vegans or those with questions to be in a chat room of sorts. They have the power to engage in a dialogue with others which cannot be done by reading papers or articles. This exchange in thoughts grows a community of like-minded individuals and reaffirms one's own thoughts on this movement. Activists can include multiple forms of contact for more communal engagement about their values such as email, phone numbers and direct messaging.

In addition to obtaining more reaches and views, these activists want to inform their followers. What better way to do that than to have a flowing, two-sided conversation about the movement? Miley Cyrus, a popstar and well-known vegan, will even respond to her fans in the comment sections when asked about her vegan Doc Martens.

The best comparison of this would be a company trying to gain customers through advertising. In the abstract by Sook Huey Lim and Dr. Rashad Yazdanifard there is the quote, "Cowden also stated

that social media has not only allow the companies to interact with their customers, but also allowing the customer to interact with other customers. It is also used to convince customers that the company's product or services are good."

He then goes on to say, "The communities in the social networking sites are large and the gathered users often share similar interest." One of Instagram's biggest effects on the spread of veganism was the allowance of a conversation to be had, activist to audience.

These vegan communities reaffirm to individuals that their values are shared. When an account is seen to have a lot of followers, an individual can validate themselves knowing that millions of people all agree with the topic being discussed. Followers and activists want to feel their opinions are shared.

A way of attaining validation is to be directly linked to someone who has a large following. Many activists will meet personally to collaborate on projects such as slaughterhouse protests or campaigns. An example of this was when two well-known activists, @Seb.Alex and @Jamesahoot, were posted together. Here, the action of "tagging" was utilized to redirect followers of one account to the other, knowing that each account would have credibility with the other one's followers.

Activists use Instagram to send a message through photos, videos and captions. The popular activist @Sophiaesperanza has posted a video in a barn using the caption "Birds are so overlooked and many people do not believe they are affectionate beings. They are."

Along with posts users have bios. This creates opportunities to discuss upcoming projects, goals and give a broader idea of what the account is based on. The Instagrammer @Seb.Alex utilizes this feature when he includes a link to his website. When clicked the link in his bio will redirect a user from Instagram to Seb Alex's website where more information can be obtained about the veganism movement, his work and methods to donate to his cause. This website link is shared with everyone who follows his account and for those who come in contact it will be the first thing

seen, right below his username and profile picture.

Although it does not directly aid in the spread, Instagram does have statistics that give vegan activists insight on how many people they are reaching to see if their methods are effective. This is an aspect no other platform of a movement will give an activist. After contacting the activist @Peacebyvegan via email, he sent over his statistics. In one week he averages 8,992 visits to his page, 90 clicks on the link in his bio and 178,103 people who heard about his. @Seb.Alex also gave his statistics. In one week he averages 5,427 visits to his page, 14 emails, 61 clicks on the link in his bio and 38,034 people who heard about his page.

Instagram aids in this spread by allowing activists to reach a broader audience through various methods, and, most importantly, to gain feedback from their audience. Instagram opens up lines of communication and engagement to further the message of this movement. It is an excellent platform for any movement, but for the vegan movement activists have proven time and time again that their message is being effectively received by the public.

Diana Weiss is a freshman at the university. Dianna can be contacted at diaweiss@udel.edu.

Opinion: Students will fight for their right to party, but nothing else

EDWARD BENNER
Music and Society Editor

College campuses have consistently been hotbeds for change throughout U.S. history, spearheading societal movements that have shaped the course of this country. Be it civil rights and the Vietnam conflict in the 1960s, women's liberation and LGBTQ+ rights in the 1970s or environmental activism in the 1980s, students have historically asserted their right to protest and make positive changes, fighting for causes larger than themselves in the interest of the greater good.

In 2019 at the university, the levity of this youth-activist legacy has resonated with students. A singular issue has created so much controversy that over 14,000 have banded together to sign a petition for great change. Advocating with a fire in their hearts and minds, these students will go down in history for their nobility and bravery in combating a severe injustice. Students will not stand for having their dages and super-parties stripped away from them.

Yes, you heard correctly: University students have finally been spurred to action to fight for their right to party — hard. The one thing that has incited students enough to rise up and make change for once in their lives is the disturbing prospect of not being able to shotgun Natty's in a grimy backyard with a hundred other peers at 1:00 p.m. on a Saturday. Ordinance 19-05, dubbed the "Unruly Social Gathering Ordinance," has caused more of a stir on this campus than any other issue in recent memory, sending a sickening message about what this student body values and prioritizes.

Up until this point, it appeared that students were disengaged or simply didn't care about social issues, diverting their time and energy to other avenues. A smattering of protests have taken place at the university in the past year or so — including opposition to Brett Kavanaugh's appointment to the U.S. Supreme Court and the university's lack of resources for minority groups — but attendance was weak and little was accomplished. Seeing the small turnouts was saddening, but it was reassuring to see some students caring about something at all.

These infrequent, little protests and attempts at actual change were believed to be extremely commendable, especially on a campus that appeared to lack any sort of social consciousness or fiery spirit. But that was then and this is now. With the "Ordinance 19-05 Will Ruin Our School, We Must Fight Back" petition, created by student Charlie Hess, it has proven that students do, in fact, care about social issues only when they are directly challenging their irresponsible, privileged lifestyles.

Where have students been when it has come to the persistence of sexual assault, police brutality, serious immigration struggles, public educational failings, lack of healthcare access and other instances of societal and governmental corruption? We are living in a tumultuous period of injustice and hate that needs to be actively addressed, but instead, 14,000 of us are signing a petition to be able to get blackout drunk in peace and tune out the rest of the world once again.

Among the many things that are troubling about the petition, the language treating underage alcohol consumption and belligerent activity as a normalized process for a "typical college student" is the most disturbing. The petition pleads for the repeal of the ordinance to ensure the university is a place where students "can have fun and be themselves," as if attending parties and breaking the law is the only way to do so. While partying is, admittedly, a large part of many students' college experience, I for one find it repulsive that this is the message students are communicating when there is so much other change that needs to be made.

For those who signed the petition, I implore you to reflect on what your involvement means in the current sociopolitical climate and to consider the implications of your actions. The only positive aspect of this situation is that it has set a precedent for student activism, leaving us with no valid excuse for not leveraging our power as proponents of real change in the future. Let's grow up and fight for something that actually matters.

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Greek and queer: LGBTQ+ students navigate Greek life at the university

LIV ROGAL
Senior Reporter

Societal conceptions of gender, sexuality and identity have evolved since the establishment of the first Greek lettered organizations in the 18th century. Alongside, and often behind, the times, the sororities and fraternities of modern college campuses have evolved as universities have become more explicit in their protection and inclusion of students.

Greek life institutionally operates on a gender binary, with specific groups for men and women. This creates inherent heteronormativity — or the assumption that everyone is a straight, cisgender individual — in the system itself, which can actualize in exclusive language and practices.

“Greek life is inherently heteronormative,” a queer sorority member, who wishes to remain anonymous, says. “Sororities are destined to mix with fraternities, and for date parties, members often are forced to bring someone of the opposite gender as a date. I’d imagine that individuals who identify as trans

or non-binary don’t feel welcome in the Greek community because of its inherent existence on the binaries of gender.”

Language used within Greek life often mirrors this institutional heteronormativity, particularly placing a burden on women to make a favorable impression on fraternity members. Emily Simon, a senior in Alpha Epsilon Phi sorority who is gay, has noticed these subtle yet meaningful language biases in her own organization.

“Fraternities and sororities mix, and there’s an idea that this has a big impact on your social status,” Simon says. “Women have said things like, ‘Remember to talk to the boys at the mixer, we want them to like us.’”

Heteronormative language and policies can have a real impact on how students experience their organization.

“I feel supported by my close friends in my chapter, but don’t necessarily feel like the chapter as a whole does much to support people who identify as queer,” the anonymous student says. “It is assumed that everyone in the sorority is straight unless they

come out as otherwise.”

On an institutional level, Greek life at the university defers to university policies when it comes to discrimination based on sexual orientation or gender identity. According to Corin Edwards, director of fraternity and sorority leadership and learning in the Division of Student Life, Greek life organizations nationally have Title IX exemption, which allows for gender-based discrimination, such as many organizations’ exclusive acceptance of only men or women.

“From a university perspective, Panhellenic recruitment is open to anyone identifies as a woman,” Edwards says. “We don’t check any identification or what they put on their university application.”

Greek organizations are taking steps on both institutional and individual levels to become more open and inclusive, beginning with recruitment. Edwards mentioned plans to work with the Office of Diversity and Inclusion to bring in trainings and incorporate events

on gender and sexual orientation into Chapter Assessment Program, a personal development standard for Greek organization. Additionally, there is a push to set inclusive standards from the beginning in making recruitment a more values-based process.

“If you recruit based on the fact that you are completely homogenous and not open to diversity, any trainings we bring in are not going to impact the values of the organization,” Edwards says. “Panhellenic and Interfraternity Council (IFC) is predominantly white, more so than the general student population. We need to pay attention to what kind of messages were sending. If someone came to our rush event, would they see people that look like them? Would they get the message that they are welcome there?”

Despite some of the institutional difficulties, many queer students are still able to find a home in Greek life.

“I think at least the Panhellenic community is very open and accepting,” Simon says.

“I’ve never had a bad interaction with anyone in a sorority.”

Currently, organizations can hold themselves accountable for being supportive and inclusive to their members by shifting expectations and assumptions.

“The leadership in each chapter should encourage people to be themselves by making the chapter space an open space,” Simon says.

As American Sign Language grows in popularity, courses still not offered at the university

BIANCA THIRUCHITTAMPALAM
Column Editor

Just a few miles away from the university’s limits lies a vibrant academic community, specifically designed for the needs of deaf and deaf-blind students from Delaware. Here, at the Delaware School for the Deaf (DSD), students can be seen practicing and learning American Sign Language (ASL) — the official language of deaf individuals in America — throughout the halls and classrooms. The DSD community also embraces hearing individuals by offering sign-language classes every Thursday.

Despite the proximity and strength of this center of sign language education, ASL continues to be conspicuously absent from the university’s course catalogue. According to Maria Chudzik, a junior anthropology and communications major, and an executive board member of the university’s ASL Club, sign language classes made a brief appearance on course lists at one point in the university’s history.

“From the last president’s word, we had a sign language class, and it was considered a language requirement,” Chudzik says. “They had a controversy over which college was going to host it. Instead of fixing it, they just dropped it all together.”

Since then, ASL Club has served as the university community’s main learning center of sign language. Club

President Erin Curran, a senior majoring in cognitive science, teaches club members signs, ranging from the alphabet to clothes, food and household items.

Still, Curran admits that despite her knowledge of sign language, there is only so much she can teach club members.

“I’m not a teacher,” Curran says. “And I’m not a professor. I can only teach what I’ve learned so far.”

Recognizing the need for a stronger presence of sign language, Chudzik has taken it upon herself to advocate for classes at the university. Around May 2017, Chudzik reached out to the “UD 2020” Facebook group with a “feeler post,” inquiring if students would be interested in sign language classes. She received approximately 200 responses from students expressing interest.

While students were clearly excited at the possibility of sign-language classes, university administration did not recognize Chudzik’s proposal.

“I went to the Dean’s office and they kind of ignored me,” Chudzik says. “So then I went to the disability and accessibility talk we had here and I asked what I should do to bring more attention to the problem and how to get classes. We’re next to the biggest deaf school in Delaware. There’s no excuse.”

DSD also recognizes the importance of bringing sign language to the university. DSD’s Dean of Students, Dr. Eva Hartmann, says that DSD would

be interested in collaborating with the university on a sign language program.

“If they decide to implement the program, we would be happy to collaborate,” Hartmann signs. “We’re always welcoming to our community.”

Hartmann adds that a sign-language program would be a great recruitment tool for the university. According to Hartmann, her husband, who is a professor of sign language at Temple University, has “so many students signing up to take the classes.” With hundreds of thousands of sign-language users across America, learning sign language is becoming invaluable to daily and professional life.

Additionally, DSD’s school leader Daphne Werner stresses the importance that learning a second language — particularly sign language — can have on the brain.

“ASL is a very visual language and will foster brain development and brain growth,” Werner signs. “It impacts the brain in ways you wouldn’t even think: your problem-solving, executive functioning and those kinds of things. You have that tool, that intuition, that’s available to you in case you meet someone that is deaf.”

Chudzik, Curran and the DSD community are more than aware of the benefits of implementing a sign-language program. Now, they have to convince university administration to see things in the same light.

“We can make this happen,” Chudzik says. “I had to take a break from this whole activism



thing to go on a study abroad. However, I’m back and I really want to make this happen. There should be no excuse.”

**SATIRE: FAMILY
BUSTED FOR SUPER
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PAGE 10

Breaking the tattoo taboo

NICK PIRHALLA
Staff Reporter

Forty percent of millennials have at least one tattoo. Today's most popular celebrities are tatted all over, from the faces and hands of Post Malone and Ariana Grande, to the coverable and discrete etchings on Rihanna and Emma Watson.

The stigma around tattoos has fallen so much that it is becoming an at-home social practice.

John — whose name has been altered at his request — is a local

tattoo artist who uses a rotary tattoo machine, and claims to have done 30 "serious" tattoos in his time at the university.

"When I first got into it, it was more for a party trick kind of thing," John says. "Some people are happy to get it but stay quiet and chill, some people are really intense. It's a really interactive art that involves both parties"

John entered the world of tattooing with no formal training, opting instead for trial by fire. He was once asked to tattoo a slice of pizza with the words "Defend Pop Punk" surrounding

it. Since he was intoxicated, he made an unfortunate typo.

John is not the only local at-home artist: Olivia, who requested that only her first name be used, works in Newark and has given around 60 stick and poke tattoos. There is no machinery involved but the force of her hand on a needle, so this approach is accessible to amateur artists.

"I tend to really get to know people when I give them a tattoo," Olivia says. "It's a challenge so obviously it can be very rewarding."

In high school, Olivia began tattooing herself out of self-harm. Once friends started to admire her work, she purchased sterilized ink, and has been giving tattoos to others ever since.

"People tend to think it's really unsafe, and it can be," Olivia says. "People have told me they think it's trashy, so I think there's a stigma around it."

Barring aesthetic issues, like the aforementioned pizza tattoo, John and Olivia attributed the stigma to different things. John noted that there may still be a

lingering negative association with prison tattoos, and Olivia feels that it may be a classist issue.

Regardless, they agreed that tattoos are generally more accepted today. However, John thinks the stigma will remain for skin branding — something he's done to himself. Moreover, both conceded to covering up their tattoos in certain situations to appear more "professional."

"They don't like it, but not everyone has to like you as a person," John says.



The "zine" phenomenon and the creative chaos of DisturbancE

EDWARD BENNER
Music and Society Editor

No one ever said revolution has to look pretty. Manning scissors, staplers, a Xerox machine and utter passion, Staci Pinkowitz and Diego Romero-Aros create a monthly zine called DisturbancE that seeks to be a physical document and connector of the local DIY punk-music and arts scene in Delaware.

Zines are self-published, hand-assembled magazines that originated with punk subcultures in the 1970s. Working independently of mainstream music publications, zines spotlight local music and scene happenings, serving as connectors and informants by and for the community. Working within this long-underground tradition, DisturbancE captures this moment in time for the

Delaware scene.

Pinkowitz— who described herself as an "Aries, on-and-off-again student and community organizer" — edits the content, while Romero-Aros physically assembles the zine. Romero-Aros is also the head of Impetus Records, a Wilmington-based independent label dedicated to showcasing local bands.

Starting in 2017, DisturbancE was conceived of as a visual component for Romero-Aros' Impetus label and was only made as an afterthought, low on the list of priorities. Pinkowitz saw the early versions and became heavily involved, citing her interest in zine construction and community engagement as motivators. Pinkowitz and Romero-Aros discovered that they made a good team and began making monthly issues in August 2018.

The pages of DisturbancE

include photo collages, show posters and uniquely arranged text, all playing into a disordered creative chaos. Because the zine is laid out physically, on paper, constructing, assembling and printing it is a time-consuming, tactile process. That said, Pinkowitz and Romero-Aros embrace the laborious effort and all of its imperfections.

"There's no rulebook for this, and this goes for many things: starting a band, booking a show and, specifically here, building a zine," Pinkowitz says. "There's no right way to do it. You just do it, and if it works, great. If there's something wrong, move forward."

Like Pinkowitz, Romero-Aros welcomes the possibility of mistakes as part of the art form.

"People are hesitant to do work that has flaws ... I find that inspiring, I like mistakes," Romero-Aros says. "I think

mistakes are human."

Pinkowitz and Romero-Aros point to the freedom to create and experiment on their own terms as a distinguishing factor between DisturbancE and mainstream magazines and newsletters.

"It's the effort that is poured into it. It's art," Pinkowitz says.

While the two take pride in their work and what it does for the community, they also emphasize that DisturbancE is not exclusionary and that its audience is encouraged to participate, be it by submitting their own work or creating their own zines. The loose definition of zine allows it to take whatever form the artist sees fit.

"This is something literally anyone can do," Romero-Aros says.

Through making the zine, Pinkowitz and Romero-Aros hope to better organize and

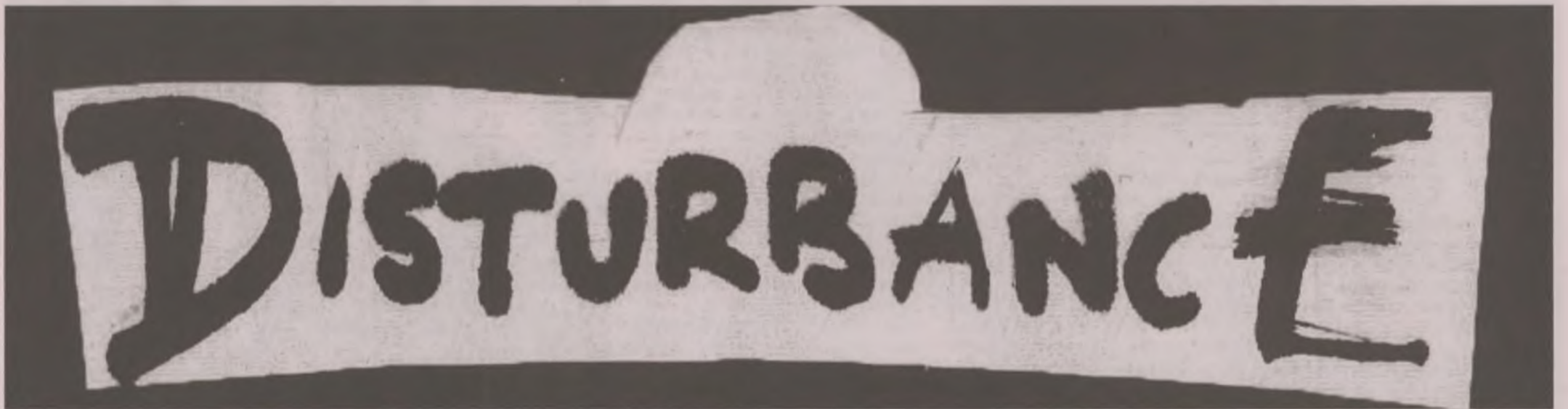
connect the community, making it accessible and inclusive.

"We want to encourage activism, radical expression, freedom of the ability to try," Pinkowitz says.

Printing a limited run makes finding DisturbancE a fulfilling odyssey that contributes to the overall experience of the work.

"Anyone is welcome to come in if they so choose, but they have to make that step. It's around if people look for it, and if they don't, it's not on us to bring it to people," Romero-Aros says.

Continuing onward and aiming to improve each monthly issue, Pinkowitz and Romero-Aros have no particular goals other than staying true to their creative vision and DIY roots.



Artist spotlight: University student's naturalistic sculptures tell stories through gestures

ALANA DUKE
Senior Reporter

When John Halligan was a sophomore in high school, he knew he wanted to major in art because he could not see himself doing anything else with his life. Now, Halligan spends his days carving fallen logs into expressive art pieces. Halligan's sculptures, an earthy collection of wooden hands, prove emotive and mysterious, weaving narratives that rely on the viewer's own feelings to bring them to life.

Like most art majors, when Halligan arrived at the university, he took classes in various areas of fine art to explore his options. Although he disliked three-dimensional modeling in high school, Halligan found that he excelled in this type of visualization in college. Inspired by his discovered talent, he moved into metalwork, creating architectural sculptures through welding. He reached a turning point in his style when he crafted a metal tree.

"[The tree was] slightly open-

ended enough that I started to open up and focus less on architecture and more on fluid movement," Halligan says. His next project portrayed a metal snake supported by two wooden hands; surprisingly, the hands intrigued the artist more than the snake.

After this realization, Halligan transitioned from metal to wood.

"You don't really know what you want to do with sculpture because you're always still learning things," he says. "I thought, 'What can I do with this concept?' so I went more literal and started making actual full wood carvings that were just one solid object."

However, the life of a sculptor is not just comprised of computer-modeling classes and artistic analysis. From woodlice infestations to sanding injuries, Halligan has solved a variety of practical problems, too. For example, Halligan's process of gathering materials for projects is almost entirely self-driven, whether he buys

wood from Home Depot, drives to a Pennsylvania lumberyard or scavenges outside for fallen logs.

"It's important, I think, that we do it ourselves," Halligan says. "If you want to be a sculptor like I do, you want to go to these places yourself and make the connections about how to do it yourself."

Once Halligan gathers his materials, he spends weeks conceptualizing his project, sketching and envisioning meaning in the piece for most of this time.

Due to the three-dimensional nature of the task, Halligan never designs his hands from a photo.

"I just mess around with my hand," he says.

Once he begins to cut the wood down into a basic geometric shape, the actual carving of the piece takes a few days.

As Halligan became engrossed with carving hands, his pieces diverged from their formerly engineered precision

to a more solid, meaningful verisimilitude. From using various species of fallen wood rather than lumber, he came to appreciate the materials themselves and stopped cutting off the uncarved parts of the wood from his finished pieces. The fact that these found logs are not thoroughly dry allows them to splinter over time, giving each piece individual character.

"I decided to leave part of the log so you see [the hand] coming from the log," he says. "There's a very naturalistic concept there."

Now that he has produced about 20 hands, Halligan fields a lot of questions about what the pieces mean to him.

"To me, they're like a language, an extension of myself," he says. "Each single gesture is always my hand, how I was feeling that day, and I'm taking all these feelings and making them work together."

The artist says that this question misses the point, however. Instead, he urges

viewers to consider what the hands mean to them.

"It is very narrative, like there was no end goal with the meaning of it," Halligan says, speaking about his latest piece. "I like the fact that anyone can look at my hands, and they all feel meaning out of them."

"I don't want them to feel the same meaning but feel whatever they want to feel, which is a big deal when you want people to understand your art because it's not about having people understand your specific personal view," he says. "Hands are universal."

Currently, Halligan is working toward an outdoor show for graduate and advanced undergraduate sculptors at Ag Day on April 27.

"It will be the first time I'm taking them back outside," he says. "I'm curious to see how they re-interact with their surroundings."



Eating disorders: Too taboo?

NUSHI MAZUMDAR
Senior Reporter

Eating disorders are serious, severe diseases that often plague students. Despite the prevalence of this issue, the topic is often taboo and hardly ever discussed. With such little discussion regarding them, it may be difficult to garner and locate the resources necessary to recover from such a condition.

Fortunately, there are various options on campus. Specifically, the university offers students multiple resources, such as Student Health Services, Counseling Center and Student Health and Wellness. Within the Student Health Center, there are two dietitians and a physician to cater to the needs of any student faced with an eating disorder.

"Recommendations are based on an each individual's needs and some students are referred off campus for treatment," Michele Juarez-Huffaker, a psychologist in the Center for Counseling and Student Development (CCSD), says. "Because eating disorders can take a long time to treat, they are often best treated in long-term therapy with a specialist in the community since CCSD uses a brief therapy model."

To find such a specialist in the area, the CCSD provides

individuals with eating disorders some options. The referral coordinator, Allison Banbury, can give students the names of some eating-disorder specialists in the area, while also explaining how much their insurance can cover their needs.

In some cases, these resources work together to provide the best care for a patient.

"Since eating disorders have medical issues, the standard of care everywhere is for a treatment team consisting of a psychologist, medical doctor and a dietitian," Juarez-Huffaker says. "If an eating disorder is severe, students may be treated in an intensive outpatient program or inpatient program."

The process for each patient is specialized, but many students with eating disorders are referred to the university's Student Health Services to meet with a registered dietitian and a physician. To ensure students are receiving adequate treatment and gradually recovering, students may consult with some CCSD staff and the dietitians at SHS several times a semester.

Besides these options that the university offers, there are other opportunities to learn about eating disorders that encourage healthy eating and body positivity. For instance,

there are panel sessions, movie nights and walks related to the condition throughout the year. Many of these events are sponsored by the National Eating Disorder Association (NEDA), a national organization run by college students from across the nation. Such events and opportunities create awareness about an often-overlooked subject.

Many individuals do not fully comprehend the severity of eating disorders and how the condition may occur.

"Eating disorders are a maladaptive coping mechanism," Sharon Collison, a registered dietician nutritionist, says. "They are a way to 'control' something when life feels out of control."

There are various causes of eating disorders, and these are often different for each individual. Oftentimes, however, anyone with a genetic tendency toward eating disorders may suffer from this condition due to triggers in their environment. Often, it is out of the control of the patient and is not a choice, as many are led to believe.

There is a popular belief that only white, privileged females suffer from this condition, but, in reality, anyone can experience such struggles. Mariam Basma, a registered dietician in Student

Health Services, says people across racial and socioeconomic lines can suffer from eating disorders.

"It is across the spectrum," Basma says. "Some people think they know what people with an eating disorder look like but they forget that someone with an eating disorder could be at a normal weight."

Symptoms vary depending on the type of disorder, whether anorexia or bulimia. Anorexia is a restrictive type of eating disorder, as individuals will eat very little. However, the condition is also often associated with binge eating followed by periods of purging the food they have eaten.

On the other hand, bulimia nervosa differs significantly from anorexia, with periods of binge eating instead of minimal eating. To compensate for the high calorie intake, individuals with bulimia are prone to self-induced vomiting, laxative abuse or excessive exercise.

For anyone suffering from either eating disorder, seeking help is one of the most essential steps on the path to recovery.

"The most important thing is to seek help," Basma says. "Until the mind begins to be a little receptive to it, it's very difficult for that person to make changes."

One of the most crucial changes essential to an individual's recovery is intuitive eating, which does not rely upon dieting or planned meals but rather simply satisfying one's hunger.

"Our goal is to promote normal, healthy eating, as opposed to dieting," Basma says. "A part of it is intuitive eating."

Unfortunately, many individuals with body dysmorphia — an obsessive fixation on one's perceived flaws — struggle with intuitive eating due to societal perceptions of beauty. In American culture, a skinny body is often portrayed as beautiful by the media and celebrities.

"[Millennials] have it a little bit harder, as you have social media with fitness and nutrition experts constantly bombarding you with what they are eating, what they think," Basma says.

Instead of focusing on encouraging a specific body shape for the rest of society to mold into, students should beware of stooping to such pressures and instead loving and treating their bodies with the respect they deserve.

"I think the most important thing is to teach self-acceptance," Basma says. "We all come in different shapes and sizes."

You'll like "The Mic"

SHANE MCGARRY
Staff Reporter

As the university's spring semester reaches its halfway point, all students can relate to the tidal wave of pressure looming over them in the form of constant deadlines, exams and application after application for internships and jobs. The perpetual grind of this hectic and demanding college life is truly daunting, and any short escape is much appreciated.

What better way to escape and alleviate this tension than

through a comic relief? Every story needs one, after all.

On March 18, a hearty crowd of Blue Hens found their relief onstage at Pearson Hall as the university's finest comics collaborated to bring life to "The Mic."

The limelight practically sparkled from the enthusiasm and charisma of some of the most bravely candid young men and women in Newark. The crowd was simultaneously elated and horrified as their shameless entertainers laid it all out onstage. No detail was omitted:

The young comics shared stories of shattered dreams, thrown-out applications, endless rejections and horrible, disappointing sex.

The crowd was ablaze with laughter by the show's finale with a standout performance by Natalie Haytayan. A self-proclaimed "nasty girl," Haytayan made light of her many frustrations and rejections experienced while playing the dating game in Newark. To add insult to injury, she lamented over the rejection of a cat-adoption application. Getting used to rejection can be

a useful thing in the world of entertainment, however.

A 21-year-old major, Haytayan hopes to find a career in production and TV, a highly competitive field where job prospects are low and rejections are overwhelmingly high. No stranger to the industry, however, Haytayan has been performing since the age of 15. Heavily influenced by famous comedians like Sarah Silverman, Gilda Radner and Eddie Murphy, Haytayan has come into her own as a talented and experienced

comedy writer.

When asked what inspired her to perform, her reply was simple: "My clumsy life."

This information would seem to check out, as she was also voted "most dramatic" and "most clumsy" in high school.

"I love it so much," Haytayan says of performing onstage. "It's the one thing that makes me happy."

Editor's Note: Natalie Haytayan has contributed to The Review in the past.

Librarians: Shelf-sifters, superheroes and, now, mediators of the digital era

RYAN RICHARDSON
Copy Desk Chief

If we are to conceive of higher education as the great equalizer, then we would be remiss not to conceive of our academic libraries as the great facilitators of equalization.

At the cornerstone of this grandiose vision are books — stacks of paper bound chronologically to the spine of a hard or soft cover. All libraries — public, academic, school, specialized — create access to books, and, as such, create access to knowledge.

On campus, the Hugh M. Morris Library on the South Green (endearingly dubbed "Club Morris" by students) is the primary hub of the university's four libraries. The other three are the Physics Library and Chemistry Library on the Newark campus and the Marine Studies Library on the Lewes, Del., campus.

The library system also encompasses four on-campus museums and galleries — including Mechanical Hall Gallery, the Mineralogical Museum, Old College Gallery and the Special Collections Gallery — as well as the University of Delaware Press.

In total, the university's libraries house over 2,800,000 books — roughly 116 for each student enrolled at the university this year.

Libraries aren't just for books, though. As public spaces, they are inherently malleable, serving as centers for community building, concentration, contemplation, independent learning and collaborative instruction, among other things.

For Sandra Millard, an associate university librarian for public services and outreach at the university, this malleability is a guiding principle. She points

to the library's response to the increasingly collaborative nature of undergraduate assignments.

"When we redid the first floor of the library, we changed it from it being a quiet place to a place for collaboration, while

has always been vital, as our collective understandings of terms like "access," "knowledge," "book" and even "library" have shifted with time and space. More recently, with the advent of digitalization, librarians have

is that we are a partner with the teaching faculty, and with others across our campus," Trevor Dawes, the vice provost for libraries and museums, says. "What has changed are the ways in which we do that."

literacy and incorporating digital media. The library, as a whole, purchases e-books when they're available and creates access to online publications for students.

Though digitalization is a reckoning force that has unnerved or unwoven nearly every industry, Dawes says it has largely benefited libraries by making them more accessible. For instance, librarians are now able to digitize certain objects in Special Collections and, in turn, provide unbridled access to the archive. Notably, this circumvents the social boundaries that render archival spaces inaccessible for certain people.

"These are materials that are unique and distinctive to [the university], so being able to make those accessible to the world in an online format is exciting," Dawes says.

Dawes did concede that digitalization is not without its drawbacks — namely, that students might more easily conflate vetted, peer-reviewed resources with, say, an unfiltered blog post. Hence, he says, the need for more tailored, digital-oriented instruction on the librarian's part.

And while adapting to change is crucial, Millard says that it's important not to lose sight of the greater purpose of libraries.

"What hasn't changed is the service-orientation of libraries," Millard says. "Libraries care about providing services to whoever their users are."



Libraries have had to adjust to digitalization, but, overall, this has helped to create access to information.

still retaining quiet spaces," Millard says. "We're always looking for ways to create new spaces to meet whatever it is the students need."

The adaptability of libraries

been tasked with mediating the transition between print and digital in the library, the archive and, in many ways, the community.

"What's stayed the same

The university's librarians — most of whom have distinct specialties — have started gearing more of their instruction toward evaluating electronic resources, creating multimedia

Misguided efforts: Student activists express frustration with "super party" ordinance reaction

CHRISTINE MCINTOSH
Senior Reporter

Newark's newly passed Ordinance 19-05 has left students fighting for their right to let loose and be unruly, whether it be during the weekdays or during the weekend's dages and night-time parties.

This new desire to become active citizens has caused aggravation among some who claim that other calls to action, such as a petition to raise awareness for a scholarship fund for relocated refugee students, have failed to gain similar momentum.

Many students have mobilized against the ordinance, which bans "super parties," or parties with four or more people that meet three criteria from a predetermined list. The ordinance faced severe student backlash, and a petition written

by Charlie Hess, a university student, has gained over 14,000 signatures — a stark contrast to the 589 signatures that the scholarship petition got in the span of seven months.

"There's a few different things that go into this," Casey Moore, a senior at the university and the president of No Lost Generation, the club that circulated the petition, says. "I think [the university] isn't a very political campus, and I think it's very easy for people to get stuck in this bubble: They have their classes, their friends, their social lives and their activities. It's kind of hard to go outside of that bubble and understand what's happening in the world."

Moore is realistic when she thinks about how many people have decided to sign the petition.

"Because this ordinance actually affected people directly, and because we do have an

environment that promotes this culture of partying, people were immediately outraged by it and were prompted to act," Moore says.

Jeremy Abraham Fields, a freshman at the university, agrees that the direct impact of the ordinance has something to do with the sudden increase in activism.

"They perceive this as something that actively affects their lives," Fields says. "For us, because we don't drink, we're not up in arms about it."

While many students have only engaged in more active citizenship when parties would be infringed on, Moore remains optimistic.

"I think it shows that when people put their mind to things, they do have the will and ability to make change," Moore says. "I think that this shows that if we mobilize students in the same

way, we could do such great things as a student population."

Moore is also concerned about how the community suffers from an abundance of noise and a buildup of trash from the many parties thrown in Newark. Some fraternity members, participating in traditions, have been known to throw beer cans into the river.

"As college kids, this is our home for four years, but we're taking so much from the community," Moore says. "We don't really focus on giving back to the community. If we are trashing the community, we should do community service to clean up our environment."

Clubs like No Lost Generation, Best Buddies and the Blue Hen Forest Service strive to improve the community. But while the Blue Hen Forest Club and No Lost Generation have 8 and 68 members, respectively,

28 percent of the student body is involved in social fraternities and sororities.

"We have some amazing individuals on this campus that do a lot of this kind of work," Moore says. "We clearly have the ability to make a difference. Maybe we need someone to stand up and say, 'Hey guys, why aren't we doing better?'"

Family of five gets fined for having a super party

NATALIE HAYTATAN
Staff Writer

The unruly celebration began just as every other 7-year-old's birthday does. The presents were displayed on the kitchen table, along with "Happy Birthday!" cards from distant relatives. Paw Patrol-themed balloons floated beneath the ceiling, and streamers cascaded throughout the house.

Last week, the Newark City Council unanimously passed a new ordinance aiming to tame the unruly day-drinking habits of university students. The ordinance states that any social gathering with more than four people that meets three criteria from a predetermined list is technically a "super party." When violated, the tenants are subject to a hefty fine of \$500 and 20 hours of community service.

The Sullivan family were the first victims. The family of five, who live at the end of Choate Street, had plans to celebrate the birthday of their youngest

child, Jessica.

"We had the whole day planned out," Jessica's mother, Joan Sullivan, says, holding back tears. "I wish I knew better, I should have known better."

The parents of three made an effort to keep the kids quiet in the morning. In hopes of staying out of trouble, they even made the kids listen to their morning cartoons with their AirPods in.

"In the morning, the house was quiet," Joan says. "If only it had stayed that way."

Jessica's father, David Sullivan, feels responsible and guilty for ruining his daughter's birthday, but he said that he believes he did everything in his power to keep the celebration from getting unruly.

"When we woke up, she asked me to put on the soundtrack of Frozen so she and her two siblings could sing and dance along," David says. "I said no. I did it for the community."

The day's activities had been planned for months. Up

until the ordinance was passed, a magician had been scheduled to come to the party. However, the entertainment was canceled in hopes of keeping the kids safe.

The day was seemingly going well. The children took naps, played silently outside, and even took a walk to the frozen yogurt place down the street.

It wasn't until after dinner did havoc strike.

"I thought we had made it," Joan says. "Until I made a stupid mistake that'll haunt me forever."

After the spaghetti and meatball dinner, that had been requested by Jessica, it came time for the birthday cake and candles.

The words "Please, Mommy and Daddy, sing happy birthday to me," will haunt Jessica and David for the rest of their lives. Before Jessica was even able to blow out the candles, Newark Police came bursting through the door.

"It's all a blur," Joan says.



"Once we began singing 'Happy Birthday,' it all goes black in my mind."

Both of Jessica's parents will face charges for holding a super party on their property. According to the ordinance, both homeowners must complete the community service and appear in court.

Although completely remorseful, David and Joan

have only asked one request of the city council.

"Please, just let us find a babysitter first."

The ever-changing shopping world

NUSHI MAZUMDAR
Senior Reporter

Technology is constantly changing and making everyday tasks easier and more convenient, including shopping. The steep decline in retail and department stores represents a growing trend away from in-store shopping.

Last year alone, 3,800 department and retail stores were slated to close, which certainly demonstrates that this growing issue is more than an isolated problem.

The department and retail stores that are closing down tend to be the brands that have been around the longest, according to Afia Asamoah, a sophomore fashion merchandising major.

Especially with times changing and technology becoming more prominent, stores must adapt to compete

and stay relevant in this different atmosphere.

For instance, one of the most common means of adapting to this new environment is initiating an online site.

Online shopping offers customers "convenience," according to professor Brenda Shaffer, the director of undergraduate studies and an instructor of various courses within the department of fashion and apparel studies.

"Online shopping provides convenience: We can shop on our mobile phones, we can shop in our pajamas, we can shop in two minutes between classes," Shaffer says.

Despite this change in format, stores are still often forced to close.

"Some of these really large retailers have had a hard time with the transformation

process," Shaffer says. "Their e-commerce sales have not made up for what they lost in sales. There is a decline in total sales."

Online shopping is not necessarily the solution to stores shutting down, as brick-and-mortar stores can attract shoppers with an experience that online shopping cannot offer its users.

"[Brick-and-mortar stores] are a place to be social, relax and release stress," Hye-Shin Kim, a professor of fashion and apparel studies, says.

Especially with students and other young adults, shopping has been adapting to consumer preferences. "With millennials, some of the money is being spent on the experience: going to a nice restaurant, going on a trip," Shaffer says.

Story, a store in New York, offers such an experience

for shoppers, with its unique concept that cannot be found online.

The store changes often and adapts to the seasons and holidays of the year, so customers can always expect a new experience every time they enter the store.

"The store changes by theme every couple of months," Shaffer says. "Everything in the store: products, workshops, experiences that you would have it is all centered around a theme."

But not all stores are facing bankruptcy or any serious financial struggles, particularly off-price stores.

"Almost all of Nordstrom's growth has been seen in its off-price store, Nordstrom Rack," Shaffer says.

This trend is also seen with stores, such as Saks Fifth

Avenue and Macy's, so middle-class customers may have fewer options.

Despite the decline in department and retail stores, there is still a great possibility that they will be here to stay for a while.

"Technology will enhance consumer shopping experience, and retailers who are in tune with consumers will survive," Kim says.

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Taylor Nguyen

“What else do they want?” A look inside UD’s NFL Pro Day

MEAGAN MCKINLEY
Associate Sports Editor

Some of the instructions sound strange to an untrained ear, perhaps for good reason. For instance, “Jump out of your shoes.” For college players looking to go pro, there’s a lot more to Pro Day than just how well they run or catch the ball.

National Football League (NFL) Pro Day is a day of testing and drills similar to the Combine, but was born out of the belief that players are more comfortable performing on their home practice fields with players they’ve worked alongside for years. Universities and colleges with large football programs host their own Pro Day, their players often joined by smaller contingents from other schools in the area.

“Jump out of your shoes,” does not actually mean jump so your shoes come off. Instead, it’s plant your feet, bend your knees and jump straight up out of your shoes so your feet don’t shift position on the vertical jump. Moving your feet got you called off and going again. “Break you,” isn’t actually as cruel as it sounds. It’s a cue for a receiver to turn to face the other direction while moving

downfield for a pass.

It’s not just the drills themselves scouts were assessing at NFL Pro Day but how the players responded; Were they hearing the details? Did they ask questions if they needed to? Was advice being absorbed and used? Are they coachable? Do they make eye contact? How do they react after a less than pleasing performance? For some players, it’s their only chance to show what they can do.

“Hard-nosed, tough, sideline-to-sideline, lunch pail, everyday guy, is like, well what else do they want?” linebacker Troy Reeder joked about the things he’s been told he has in his favor.

Reeder was not invited to the Senior Bowl or the NFL Combine, unlike teammate Nasir Adderley, who is projected to go anywhere from the first-round to early third. So for Reeder, this was a chance to “show them where I was and that some of those [low] projections are wrong,” which Reeder believes kept him out of the Combine.

Adderley, who did play in the Senior Bowl but was kept out of the Combine by a high ankle injury, was forced to stop after his first 40-yard dash due to

straining his hamstring.

“Obviously disappointing, I mean my whole life I’ve been wanting to test and perform at this level,” Adderley said. “I’m gonna just remain positive and focus on moving forward.”

For Friday, the next step was an interview with personnel from the New York Giants right after testing.

Reeder laughed as he recalled the conversation with his dad about his NFL Pro Day.

“My Pro Day?” he’s like, ‘I just got a call from [Coach] Tubby [Raymond] the night before and was like the [Washington] Redskins are here.’ He just came down the next day and ran a 40 and put him through some drills. He was ready, he was ready for it but he was the only guy they worked out. Obviously a little quieter than today, but he’s definitely been a lot of help.”

Troy worked out on his Pro Day in front of full stands and scouts from all of the National Football League’s 32 teams at the Delaware Field House.

One important person in the stands? His younger brother Colby, also a linebacker, who he told to pay attention to Pro Day’s proceedings. The younger Reeder certainly took the advice

to heart; he was the first person in the bleachers for the vertical jump in the arena of the Bob Carpenter Center, pressed right up against the railing. When his big brother hit a 37.5 on the vertical jump, which for a 6-foot-3-inch, 245-pound linebacker is pretty good, Colby flashed a thumbs up.

Reeder also managed a broad jump (jumping from a planted position as far down the field as possible) of 10 feet, 2 inches. For a linebacker, this is impressive, but for Delaware’s “tackling machine,” it didn’t come as much of a surprise. By the end of the day he’d been invited to the Philadelphia Eagles’ local day workout, along with wide receiver Vinny Papale.

He was also joined by fifteen of his own teammates including Ray “Buck” Jones; Joe Walker, who ran full sets of both defensive back and wide receiver drills; and Kani Kane, as well as ten players from Delaware State University and Wesley College. It was the largest Pro Day to grace the grounds of the university.

“The best part about it was rarely at Delaware do you get to work with so many of our guys, our players,” Reeder said.

“It just kinda seemed like the

last time going out there with those guys, it was awesome.”

ITHIEL HORTON MAKES QUICK IMPACT FOR MEN’S BASKETBALL IN HIS ROOKIE YEAR

DAN ROSENFELD
Senior Reporter

It was Saturday morning at practice when freshman guard Ithiel Horton found out he did not win Rookie of the Year. A feeling of disappointment haunted him, but that soon ignited a fire under him as he entered the CAA tournament with a big chip on his shoulder for him and the rest of the Delaware men’s basketball team.

“I almost shed a tear over it [because] I worked hard,” Horton said. “I was like ‘I’m gonna go win

Rookie of the Year, I’m gonna go to the CAA Championship, go to the Tournament all that,’ and then one of those goals didn’t come true and I was like ‘d---so, I’m gonna go out here and I’m gonna go on a tear and give these teams a scare.’”

He gave more than just a scare to William & Mary in the first round of the CAA Tournament. Horton scored 26 points including six three-pointers to help lead the Blue Hens to an 85-79 comeback win over the Tribe.

The next night, he would score 21, with 19 in the second

half and overtime in the 78-74 overtime loss to Hofstra.

As good as Horton has been this season, he did not expect to have that big of a role coming into college.

“If you would have told me I would have been in this position in the beginning of the year, I would have told you you were crazy,” Horton said.

For Horton, some of his best memories from the season took place off the basketball court.

“All the away trips you know, guys just cracking up in the hotel, the pregame meals, walk throughs and even the

atmosphere of just being away, those are my favorite memories,” Horton said.

Moving from high school to college brought Horton challenges on the court, and he had to step up his game for the college level.

“The toughest transition is just going hard every time,” Horton said. “In high school I used to jog through plays kinda like 75 percent, 50 percent. In college these guys come to play, it’s 100 percent, they put their all into this so I had to kinda buy into that mindset.”

That mindset help Horton

lead all freshman in the CAA in scoring and three-pointers made at 13.2 points per game and 79 three-pointers, which was seventh overall in the league. Horton was also named to the CAA All-Tournament Team and All-Rookie Team.

Horton and the Blue Hens will look to build upon his impressive 2018-19 campaign when three highly touted transfers, Nate Darling, Justyn Mutts and Dylan Painter join Horton, Kevin Anderson and Ryan Allen in hopes of contending for a CAA Championship.



COURTESY OF DELAWARE ATHLETICS

BLUE HENS' BASEBALL WIN STREAK SNAPPED VS. LA SALLE

DAVID RUSSELL
Senior Reporter

The frustration continues for the Blue Hens.

The university's baseball team was defeated this past Tuesday afternoon by the La Salle University Explorers, 4-2. The Blue Hens were coming off a strong showing in the Delaware Classic, rolling out three consecutive wins, after starting the season 1-14.

The top of the first began with a solid effort from Blue Hens' pitcher Jack Dubecq with two strikeouts and no runners allowed on base. In six games this season, Dubecq has one win and an ERA of 3.94 through 16 innings pitched. In the bottom of the inning, Delaware managed to get on base but the

first would end scoreless.

But La Salle's Ben Faso would provide the icebreaker with a home run to left field at the top of the second. Delaware then allowed two doubles and one walk, but they escaped the top without any further damage. The bottom of the second ended with the Blue Hens down a run and no runners getting on base. Faso built upon the lead in the top of the fourth after a scoreless third.

Delaware's Jordan Hutchins nearly cut the lead after stealing two bases to make it to third, but it proved a fruitless effort. Another stalemate ensued until the top of the sixth when Faso scored his third run of the game after hitting for a double. It was at this point that Dubecq was swapped out for Winston Allen,

one of three pitching changes for Delaware in the game.

In the bottom of the seventh, La Salle allowed two walks and one single to load the bases and set up a potential grand slam for Delaware. But the Blue Hens suffered two flyouts and one strike out, and after having three runners on base and no outs, failed to capitalize on a golden opportunity. Delaware finally got on the board with two runs from Kevin Mohollen and Erik Bowren in the bottom of the eighth.

"We were definitely up, going, getting fired up and not getting that big hit really set us back, but I think we came back strong in the eighth again," Hutchins said. "I think we scored two runs in that inning and that made us feel a lot better, and

then giving up another one in the ninth made it tough. But I think we still put together a couple good at bats in the ninth, just didn't get another big hit."

With the score 3-2 at the top of the ninth, La Salle's Tommy Toal scored what would be the final run of the game to put his team on top 4-2. Delaware finished the game with two runs on eight hits, to La Salle's four runs on 10 hits. With the loss, the Blue Hens fell to 4-15 on the season and the team's winning streak stopped at three.

"This is the CAA, this is what it's gonna be like for us, we're a little bit down this year from an offensive standpoint," Head Coach Jim Sherman said. "Have we gotten better? We have over the last five or six games."

Despite the adversity his

team has faced, Sherman remains optimistic.

"These are the types of games, the close games and the conference play that we gotta come up with a big hit, big pitch ... we are young and we lost a couple of our mainstays ... so given the fact that we're 4-15 before conference play isn't anything really to hang your hat on, but it is non-conference, and now we start conference play and it's all a matter of what we do in conference so that's the most important thing right now."

The Blue Hens defeated James Madison University this past Friday, 5-3, in the opening game of their CAA conference play but lost in Saturday's game, 11-2. They'll look to win the series on Sunday.



Photos By Louis Mason



DELAWARE PRO DAY

Photos By Louis Mason



Vertical Jump



Nassir Adderley soars with his 38" vertical jump

Presser



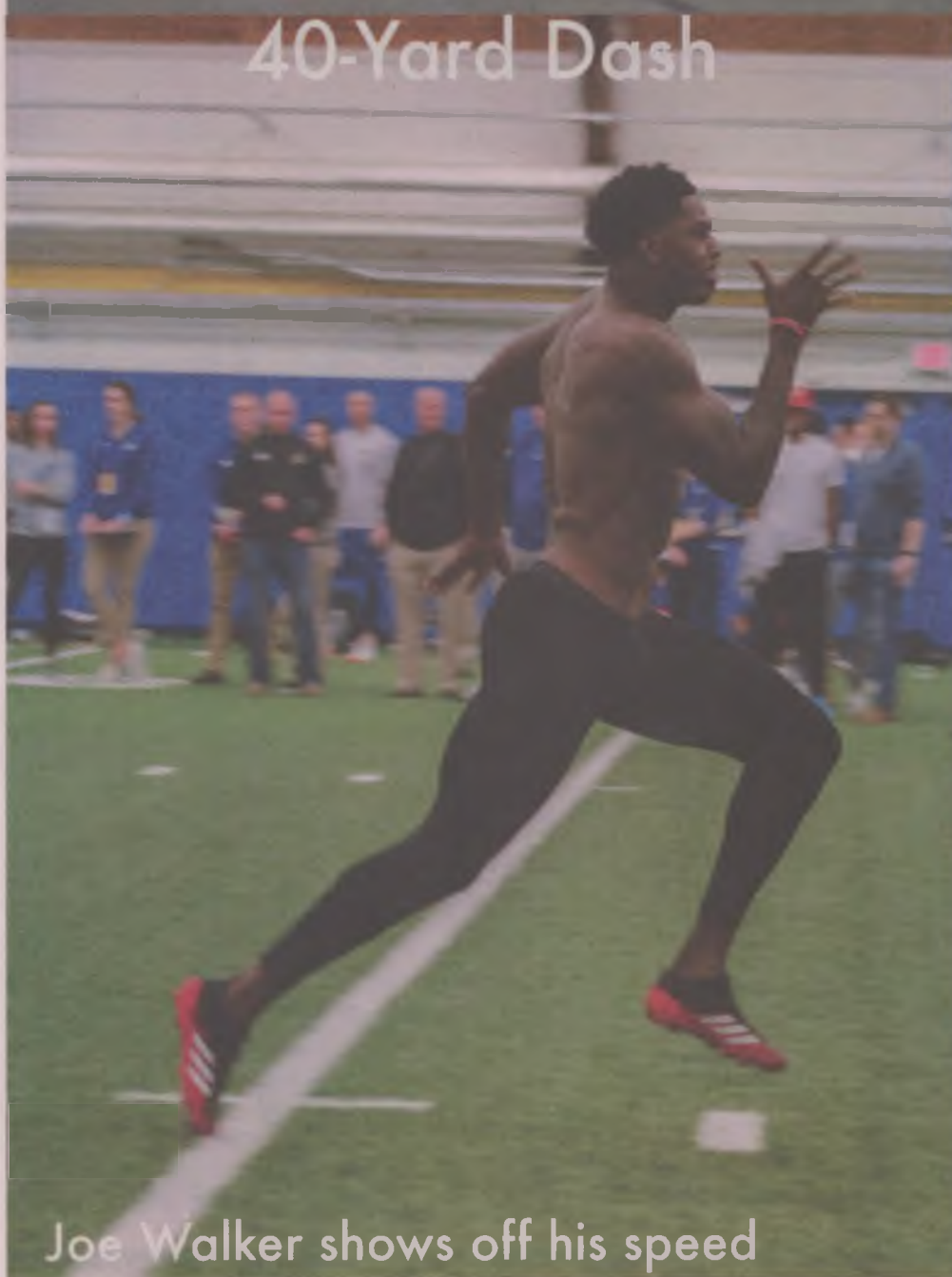
Nassir Adderley post-practice

Broad Jump



Troy Reeder has an impressive 10'2" broad jump

40-Yard Dash



Joe Walker shows off his speed

Bench Press



Vinny Papale Jr. completes his bench presses