

The Delphian

October 21, 2019

The Voice of the Students

Volume 75, Issue 3

Adelphi Looks to the Future With New Campus Master Plan Project

BY OLIVIA FRANKS

Students, faculty and staff recently had the opportunity to share any ideas to improve Adelphi's campus. In the lobby of the Nexus Building on September 19 from 11 am to 3 pm, the Adelphi community was able to participate in a 10-year master plan initiative that the university hosted alongside Gensler Architecture. At the table, there were Gensler architects and consultants that approached students and encouraged them to participate in this study. Their goal was to work with Adelphi and the community to create a campus master plan strategy. They were not only looking to improve the campus in the immediate future, they also wanted the Adelphi community to give insight into what could be improved for students, faculty and staff in the years to come.

"A master plan is based upon input from representatives of all stakeholders within the university and provides a virtual road map for the future of the university, ensuring that short-term projects are executed in sync with long-term plans and goals," said Jennifer Blazeovich, Adelphi special projects coordinator and assistant to the chief administrative officer.

Those who wanted to contribute to the master plan could participate in a variety of activities. First, there were cards handed out where people could choose their favorite place on campus to focus, collaborate, socialize or relax.

Kayla Wong, a strategist at

Gensler, said, "What we're doing is talking to students, faculty and staff and asking ideas as small as bathroom improvements to as big as new buildings. We want to know why people came to Adelphi and what can be improved."

There were also posters displayed titled, "100 Ideas to Make Campus a Better Place." There were subtitles on the poster that said, "Today" and "2030 - Think Big." Students, faculty and staff shared ideas for today including, "more spaces to promote collaboration" and "variety of meal dining choices to continue after completion of University Center."

Under "2030 - Think Big" category, people shared ideas such as, "green energy" and even "Division I football". Many people mentioned a new business building and many improvements to buildings on campus, especially Hagedorn Hall of Enterprise.

This study of the campus is very timely as the renovation of the University Center is underway. This semester, the Adelphi community had to adapt to the University Center being out of commission and using the new Panther's Den dining facility located between Levermore Hall and Blodgett Hall. The Panther's Den was not in full use until Monday, September 23 even though it was originally going to be ready for the first day of classes. Therefore, the master plan also received a lot of suggestions for more food options, healthier choices and improvements in the meal plan.



Architects and strategists getting insight from students at the Master Plan table in the Nexus Building on September 19.

Additionally, there was a campus map on display at the Master Plan table where people could place "good and bad dots." The architects and consultants from Gensler handed out green and red stickers and everyone placed dots onto specific parts of campus where they thought there could be improvement and where they thought places could be improved.

Gensler architect Jon Toonkel said, "I think for us it is looking at the future at Adelphi and a long-term view. We are looking to the centennial in 2029 and getting feedback from the community. We have been working since earlier this summer on this project and all through this academic year to see what the future holds."

Though the architects and

consultants were gathering information at the table, they are expanding the search virtually as well. Everyone in the community was sent a survey via email to fill out to help expand the master plan. The survey asked questions relating to where you spend the most time on campus, where you go to study, socialize and more. The survey also went over specific spaces on campus and how satisfying the experience was using these facilities.

Gensler is making sure they receive input from various groups of campus, not only at the Master Plan table, but through student and faculty groups.

"With the goal of receiving input from all stakeholder groups within the university and as a critical component of

continued on page 2

Hungry for Change: Student-Made Dining Petition Gains Campuswide Attention

BY JACLYN TRACY

"Dining options have been disturbed and fallen below acceptable standards for our University," reads the first line of a dining petition organized by Adelphi students who firmly feel they are not getting their money's worth. This petition, which has received nearly 1,000 signatures, approximately 13 percent of the student body, which consists of 22.1% resident students, is the result of what has been perceived by many as unsatisfactory and below par dining conditions campuswide.

In signing the petition, students request that their needs be addressed by "providing refunds on Adelphi University meal plans, allowing students to reduce or eliminate their student meal plan, and supporting students with satisfying, healthy meals."



"Thanks For Your Patience" dining signs read directing frustrated students where to eat. Credit Adelphi University on Facebook

With the beginning of the fall 2019 semester came many differences on Adelphi's campus, one of those being the absence of the University Center, the main

dining hall other than Post Hall. Due to this absence, Adelphi has had to figure out temporary alternatives to substitute the options that would have been available to students if construction was not taking place. This led to many relocations, bringing several food trucks on to campus, and the debut of a temporary dining hall, the Panther's Den.

These drastic changes have left many students feeling that they don't know where to go for their next meal, as well as frustrated with the options being provided to them under a mandatory and costly meal plan, in the case of residents. One student in particular who felt it was time to exercise his rights and stand up for what he felt was unjust, was senior communications major, David King, who with the help of some friends, organized the petition in late September.

"I was hearing from a lot of

people who shared the same frustrations as myself," King said. "However, we realized there was no sort of individual thing for students to be unified around. Once the petition was created, it became a lot easier for people to get on board and be heard. When creating the petition, I definitely needed help from others to make sure that our feelings and thoughts were addressed accurately in a way that was not necessarily attacking but addressing our issues."

King shared that while the number of signatures on the petition was not personally surprising to him, many of the comments made in the "additional comments" box were shocking.

"While I expected people to say that it was an unfair deal, people actually stated serious concerns about their health, noted certain conditions that they had, and stated their concern for their availability

continued on page 2

A Word from the Editor

We hope everyone has had a good first half of the semester! We can't believe how fast it is going. We have a lot of great topics covered this issue.

In this news section, we go over a lot of what is happening on Adelphi's campus. There have been numerous changes lately, namely with the renovation of the University Center. The temporary dining hall, the Panther's Den, has recently opened and has mainly the same options as the UC. With this in mind, there has been a backlash from the Adelphi community regarding their meal plans as the food on campus, according to students, is not sufficient. We address this with the article about the student dining petition that was recently started. Nevertheless, Adelphi is trying to take charge by creating a master plan for the future. Students, faculty and staff were able to participate in the beginning of the formulation of the master plan, which is analyzed further in the article. Additionally, our annual Spirit Weekend happened earlier this month, and we take a look back at the Fall Arts Festival.

Staying with Spirit Weekend, the Student Activities Board put on their first ever Panther Variety Show for students. Check out the review to see how it went over. If you caught the Department of Alumni Relations at the Spirit Weekend Carnival, we have more information about what they do. They have a lot of great events and activities to help students network, so check out everything they have to offer. Fraternity Pi Lambda Phi is also impacting the campus in a positive way as they try to spread the word about what is important to them during their philanthropy week. Furthermore, we have a great series of Halloween articles for you to read as the holiday quickly approaches. Check out the various costume ideas and activities as well.

In editorials, we have a lineup of unique topics for this issue. We analyze a television series called "Drunk History" and look to see if it goes too far. A significant topic we touch on is preferred pronouns and how people are impacted when that's not respected, including a recent issue with a non-binary theater performer. When it comes to politics, both sides of the current impeachment inquiry are examined by our writers. It is an important issue to stay informed about and we want to ensure that you have both sides. We also discuss Julian Assange and what it means for the First Amendment in our Constitution. On a separate note, we thought it would be appropriate to cover vaping in teenagers and young adults as it is a highly controversial topic right now.

Adelphi athletics continues with their success. This issue, we highlight the men's soccer team as they are ranked very high in Division II. We wish them the best of luck with the remainder of their season as senior day quickly approaches. Additionally, the cross country team stays strong as they had great finishes at recent meets. We had the opportunity to sit down with first-year student and cross country team member, Isabel Marsh.

In addition to providing the Adelphi community with this paper, we also hold annual events. For anyone who wants to learn tips about how to find their dream job after graduation, please join us for our Sixth Annual Media Career Expo on October 30, from 9 to 11:30 am in Campbell Lounge. Six panelists who graduated from Adelphi within the past 10 years will share their experiences and advice about the job search process. This event is co-sponsored by *The Delphian* and the Department of Communications. Learn more on page 6.

-Olivia Franks
Editor-in-Chief

The Delphian

Editor-in-Chief
Olivia Franks

News Editor
Jaclyn Tracy

Editorials Editor
Victoria Grinthal

Features & Entertainment Editor
Maria Giovanna Jumper

Sports Editor
Olivia Franks

Production Artists
Justin Castrogiovanni
Nikita Kalra

Contributing Writers
Christopher Alvarez
Molly Amick
Alexi Bhattacharji
Mario Estiverne
Mylo Fisherman
Alyssa Furline
Janice Im
Jade McClinton-Dorley
Gabriella Puran
Robert Rexha
Matthew Schroh
Hyacinth Taylor
Valery Vasquez
Bianca Viana

Delphian Advisor
Liza N. Burby

Volume 75
Issue 3

Earle Hall Media Center
One South Avenue
Garden City, NY 11530

HOW TO REACH US

Main Office: 516-877-6935
E-mail: delphian@adelphi.edu

LETTERS TO THE EDITOR

Letters to the editor must be less than 400 words and include the author's name, as well as affiliation to the college. Letters may be edited for the purposes of space and clarity. Letters should be sent to delphian@adelphi.edu

ORIGINAL ART

Original drawings, photographs, and political cartoons can be sent to delphian@adelphi.edu. Please attach name and affiliation to the college.

ADVERTISING

For advertising rates, email us at delphian@adelphi.edu.

SOCIAL MEDIA

Twitter: @the_Delphian
Facebook: The Delphian
adelphi-delphian.blogspot.com
Instagram: @the_delphian

Student-Made Dining Petition Gains Attention

continued from page 1

to eat properly without it becoming an expense," he said.

At the same time, Jillian Hershman, president of Student Government Association (SGA) said she felt that dining has been doing their best to satisfy student's needs.

"As SGA we understand the feelings of the students who signed the petition and are glad it was brought forward to us. Adelphi Dining is working diligently to ensure that students enjoy [their meals] and are taking all feedback into consideration," she said. "The lines of communication between SGA and the student body will be open indefinitely to help ensure our students are gaining the most out of their experience."

Joe DeGears, interim dean of Student Affairs, said he was glad that these concerns were brought forward to the administration.

"A petition is not the only way to be heard, but I am personally encouraged by those students who see it as an

opportunity to participate in meaningful civic engagement. We have received some very helpful feedback from individual students and groups, including the SGA and RSA [Resident Student Association], which have already resulted in action," DeGears said. "Some of those changes included additional training for staff, improved signs, more price-fixed meals in place of some 'buy-the-ounce' option and availability of requested items in more locations."

Alain Lanz, executive director of Auxiliary and Event Services, which oversees dining, said: "We are aware of and have discussed the dining petition and issues it raises. When we first heard students were reporting dissatisfaction, anger about the food trucks, and a lack of value in the meal plan, we were very concerned. In response to some of the feedback we're hearing from students, we added 100 Panther dollars to the meal plan accounts of resident students who are required to have them, and to re-open a mid-semester, two-week period during

which they may modify their current meal plan to the level they feel is adequate."

Lanz added that in the last six weeks, student feedback has already resulted in healthier entrees, food and vegetables at the free lunch tent, opening #Cheeseplease on the weekends, adding salmon, steak and shrimp to the menu, individual pizzas for late-night menus, and adding Tu Taco to the Panthers' Den options.

While King stated he does not entirely feel that the issues brought forward are being addressed correctly and fairly, he feels that dining as a whole is being brought under the microscope.

"I think that as students we really need to have a conversation with each other, more than just complaining. We need to look at the big picture and realize that the University requires residents to buy a meal plan and in that deal is the idea that you should be getting a proper variety of meal options and not have to worry," King said. "I think the University is counting on students to be tired. And I hope that is not the case."

New Campus Master Plan Project

continued from page 1

the fact-finding process, departments from administration areas have participated in focus groups with Gensler to discuss their current and anticipated infrastructure needs," said Blazeovich. "Representatives of Gensler have met with the Student Government Association, which included Graduate Student Association representation and the Faculty Senate."

Currently, it seems that no definite plans have been made for the campus. When asked about what is in store for Adelphi and if there were any specific plans being talked about between Gensler and Adelphi, Blazeovich said, "Gensler has just completed the information gathering phase and no recommendations have been presented yet."

To stay updated with the Master Plan, check their website <https://master-plan.adelphi.edu>. They will be adding information about upcoming events relating to the project and its progress.

Panther's Den Temporary Dining Hall Makes its Debut

BY JACLYN TRACY

After a heavily anticipated wait, the Panther's Den temporary Dining Hall made its student debut in the late afternoon of Sunday, September 22. The Panther's Den, located on the lawn between Levermore Hall, Swirbul Library and Blodgett Hall, is Adelphi Dining's temporary main eating location up until the construction of the University Center is finalized.

The Panther's Den serves a variety of breakfast, lunch and dinner options that are definitely familiar to students who often ate in the University Center. It will be opened from 7:30 am to 8:30 pm weekdays, and 8:30 am to 7:30 pm on weekends this academic year. Featured in the Panther's Den you can find the Adelphi Street Sub station for sandwiches and wraps, the Italian station, Rosso Verde, with different types of pastas and sauces, the Mexican station, Tu Taco, as well as the salad bar, chicken teriyaki station and sushi station.

The Den also features a "Your Choice" section, offering a varying selection of hot proteins, vegetables and sides. According to Adelphi's website, as



Inside view of the Panther's Den temporary dining hall. @AdelphiUMedia on Twitter

time goes on these options will evolve, along with the Panther's Den becoming more of a part of the Adelphi community.

One thing that Adelphi dining finds very important, especially with the opening of a new dining hall, is taking into consideration different feedback from the community. "Dining Services will also rotate menu options based on community feedback," Adelphi's website states.

Alain Lanz, executive director of Auxiliary and Event Services, said that while the Panther's Den has added back

a convenient, central dining location on campus with many meal options, it is part of a much larger plan and effort to continually improve dining services for students.

"We continue to examine and address issues as we become aware of them," Lanz said.

While the Panther's Den has only been open for a very brief amount of time, it is clear that there is mixed feedback from students in terms of their feelings towards it.

Haley Schmich, a junior communications major on campus, is excited about the opening of the Panther's Den. "Even though a temporary dining hall isn't ideal, I think that the Panther's Den opening is something really good for us residents on campus, and luckily the food quality has remained similar and consistent to the University Center."

Amanda Baptiste, a senior English major in the STEP Department, had a different view. "I think that the Panther's Den in itself opening was a big improvement from the first month of school. However, the fact that they cannot use ovens or toasters inside the den due to fire safety rules is very frustrating. I cannot get my sandwiches heated up, and if I want warm food I either have to pay for a food truck or go to #Cheeseplease, which is inconvenient."

However, Baptiste does have an optimistic view of the future.

"I do, however, have hope that dining will be responsive to our needs and requests as residents over the next few months and together we can make the Panther's Den a comfortable, trusted and reliable place to eat and be," she said.

Fall Arts Festival: Students Bring Their Art Outdoors for All to Enjoy

BY ALYSSA FURLINE

Holidays are not the only festivities that the Adelphi community has to look forward to during the fall season. On Wednesday, October 2, staff, students and professors took part in the annual Fall Arts Festival. The festival functioned as one interactive exhibition for everyone to appreciate and engage in a multitude of creative practices.

"Chalk Up" is an event that encourages groups, clubs and organizations to design colorful, chalk illustrations right on the paths around campus, and happens to be one of the more popular festival events.

When asked about their pieces, participants had unique motivations for their chalk art. Harper, a senior Levermore Global Scholar, chose to promote the Thursday Boot Company. As a college ambassador for the company, Harper expressed her passion for the company's work in bringing fashionable, but affordable footwear to communities.

She said, "The festival was an opportunity to celebrate the work of artists in the fashion industry, while also advocating for the eco-friendly, ethically charged style in which this company operates."

Chalk Up also allowed for students to express themselves ethnically. Adyha Giri, a first-year psychology major, found her motivation from being

one of the only students from the Federal Democratic Republic of Nepal to currently attend Adelphi. In response to the lack of representation, Giri used her creativity as a way to spread the word about Nepal.

"I want more people to know about my home," she said. This empowered student did just that by bringing a piece of home here to the paths of Adelphi for everyone to appreciate.

Thanks to the combined efforts of the College of Arts and Sciences, there were plenty of other art forms to explore throughout the festival. Each individual department had something to contribute. Pinatas made by Professor Christopher Saucedo's sculpture class were displayed on the lawn parallel to Blodgett Hall. The English Department brought typewriters for poetry prose, while students under the Department of Music performed for the Nexus Lobby. Dance students performed a routine choreographed by Adelphi Department of Dance Alumna Joy Douglas '18, while the Communications Department even held a film screening, displaying the works of current film students. Excerpts from the poetry of Walt Whitman were hung around campus for an interactive scavenger hunt.

Notably, music students and immersive theater students collaborated on a pop-up performance. It is the collaborative aspect of art that inspired the festival in the first place. Originally, the "Fall Arts Festival" was not this event's name. It started back in 2013 as Ephemeral, a campus-wide exhibition



Students were able to participate in Chalk Up during the week leading up to Spirit Weekend. Photo by Juliacie Dieuvel

organized by current associate Art and Art History professor Carson A. Fox. Ephemeral, like the Fall Arts Festivals, aimed to showcase art of all mediums.

As described by this year's head coordinator, Associate Art Professor and Department Chair Kellyann Monaghan, the purpose of the event was to bring "arts outdoors for everyone to participate." She said the Fall Arts Festival is one of the few opportunities for all the art departments to work on a project together. She also

emphasizes the importance of having the exhibitions outdoors for all to see, as students are often "hidden within the walls of the arts buildings and performance halls."

Even the incorporation of alumni artists was a choice made with care. Given the difficulty of finding work in creative areas like dance and painting, Monaghan wanted alumni students to be able to share their perspectives on their work and gain exposure through the audience.

Guess What I Did the Other Night? SAB Debuts Variety Show With Promising Results

BY HYACINTH TAYLOR

On Saturday, October 5, the Student Activities Board (SAB) held their first Variety Show in the Center for Reaction and Sports (CRS) gym.

The show started with comedian Zainab Johnson who hosted the event for the entire night, introducing the other acts that followed her. Johnson is rather new to her career as a comedian. This hasn't stopped her from gaining fast popularity from 2014 through 2019 on many TV and streaming networks like NBC, BET, HBO and Amazon and in comedy clubs around the nation.

With her down-to-earth and energetic personality, there was no dull moment when she was on stage. Throughout her skit, she shared her New York sentiment with the audience and interacted with students and alumni alike. Her most memorable interactions were with Ms. Dennis, an Adelphi alumni, a student who had Pennywise face paint on from the Spirit Weekend Carnival. Students were put on the spot to sing. Then there was CJ, a student who was put on the spot about his thoughts on love. (He eventually confided in Google on the topic.)

The next performer was a local band called Oak & Ash. This was the first time I heard them play. I was impressed by their fresh indie rock sound, lead singer and powerful ax cord and drum solos. However, I couldn't help but

notice the social divide between students during their performance. As Oak & Ash played songs from their new album, some students created a small gathering around the stage while others were disengaged and preferred to be on their phones. Many students said they wished artists like Da Baby, Lil Nas X or A Boogie performed. Some students pointed out that last year's turnout with 21 Savage was better and even topped the performer Hofstra University had last year. In other words, the student body felt Adelphi should have brought in trending artists that most people are familiar with, but there is always the Spring Concert for this. In reality, SAB does not have the budget to throw two large concerts per year. The Spring Concert budget is much larger than the budget provided for the Variety Show. That means students can expect A-list artists in the spring.

Staying on the subject of popular artists, we had a performance by singer/songwriter gnash. He did not perform directly after Oak & Ash; he was the last performer. Most people didn't recognize him when he came on stage until he sang his popular song "i hate you, i love you" and part of hit song "Lights Down Low."

Similar to the Oak & Ash performance, there was an enthusiastic gathering around the stage with a few stragglers who remained on their phones. However, during gnash's performance, he interacted with the audience by encouraging them to bounce, clap and sing lyrics from his songs. Also, many students



Local band Oak & Ash performing at SAB's first Panther Variety Show during Spirit Weekend. Photo by Olivia Franks

could relate to his lyrics about anxiety, depression and self-worth from his other songs such as "Bad for You," "Super Lit," "Tell Me It's Okay," "Pajamas" and "Insane."

The most shocking performance was by mentalist/comedian Sean Bott. He credited his skills to understanding electric currents that flow through the brain, instead of calling himself a psychic. First, he chose four student volunteers from the audience and told them to think of the name of a special person, place, movie and number. After reading their minds, he chose six more volunteers, three female best friends and three male best friends. He used this demonstration and hints he vaguely dropped earlier in his performance to create the biggest feat of all: reading

their minds.

Putting on the SAB Variety Show, the highlight of Spirit Weekend, takes a lot of student effort. SAB advisor Arianna Livreri, said, "There are a lot of moving parts to Spirit Weekend that are all equally important to promote Panther Pride. The executive board has autonomy over picking who does what tasks, but for the most part the E-board and members all work as a team to ensure the success of the show. It's a family-friendly event and has a little bit for everyone."

Even though a few things could be improved, overall, I believe SAB did a good job organizing their first Variety Show. Hopefully, they will be able to make the Variety Show an annual event.

Alumni Relations Wants You to Be a Panther for Life

BY OLIVIA FRANKS



Douglas Elliman Real Estate CEO Dottie Herman will be the keynote speaker at the Women's Leadership Conference this year. Photo courtesy of Alumni Relations

The Panther alumni community is over 115,000 strong. Getting involved with alumni relations and the alumni community is easier than ever with the new initiatives and programs put forth by the Department of Alumni Relations. It is a unique department on campus that has a variety of programs in which students can become involved now with Adelphi alumni and learn about ways to stay involved after graduation.

You may have seen their table at the Spirit Weekend Carnival on Saturday, October 5. The department was handing out lanyards and nametags so you could

proudly wear your name and graduation year around your neck. This was one small way they want you to network with others around campus and to show your Panther pride.

Alumni relations also provides undergraduate students with opportunities to network and speak to alumni. Alumnifire is one tool the department encourages students to utilize so they can reach out to alumni to ask questions about their specific field of interest. This is a networking platform similar to LinkedIn, but only Adelphi students and alumni have access to it.

Jacqueline Giammarusco, assistant director of alumni relations, said, "Alumni networking is a powerful tool that can assist students in their career path, navigate through college, and potentially open doors to industry-related opportunities. Current students are the future of the Adelphi alumni network and connecting them with alumni is a great way to jumpstart student success." To create an account, visit adelphi.alumnifire.com.

Alumnifire is not the only resource alumni relations offers. There is also the Student Alumni Council. The department stated, "Members of the Student Alumni Council have the exclusive opportunity to connect with alumni, participate in professional development sessions, and gain a behind-

the-scenes look at Adelphi through signature events sponsored by Alumni Relations. This program engages student leaders on campus to be future leaders of the Adelphi alumni network."

The department also hosts many events throughout the year. There are regional chapters of alumni across the country, multicultural affinity groups, class reunions and more. One event coming up in the near future is the Women's Leadership Conference on November 2. This event is a great opportunity to start networking with other Adelphi students and with professionals as well. The keynote speaker at this year's conference is Dottie Herman, president and CEO of Douglas Elliman Real Estate LLC. If you would like to sign up, you can do so through Handshake on ecampus.com. The department is dedicated to providing students with a great experience for students through their networking opportunities, but they want you to stay involved so you do not forget your Adelphi roots.

Giammarusco said, "We are constantly amazed by the many accomplishments of our alumni, whether it be in their career or the impact they have made for their community."

For more information about the Department of Alumni Relations, contact Jacqueline Giammarusco at vgiammarusco@adelphi.edu.

Join The Delphian at

**THE
TAMRON HALL
SHOW**

**THURSDAY, NOV. 14
ABC STUDIOS, NYC**

Free RVSP spots
open on **ADELPHI.**
UNIVERSITYTICKETS.
COM until Nov. 1.
**LIMITED SPOTS
AVAILABLE!**



Creative Costumes for Your Halloween Celebrations

BY GABRIELLA PURAN

The past year has been filled with iconic films and memes alike that are sure to inspire a wide range of Halloween costumes. Whether you aspire to dress creepy, cute or go all out, here are some amazing costumes to wear while you roll out with your squad.

Assemble your friends and get ready for this heroic group costume. Inspired by “Infinity War,” you and your friends can dress up as Thanos and the Avengers. You can DIY these costumes by buying shirts with each superhero’s logo and adding accessories such as Thor’s hammer or Captain America’s shield. You could head to your local Party City and purchase a costume. In honor of the release of the new Mario Kart app, this costume is inspired by Nintendo’s very own Mario characters. All you have to do to create this costume is grab some accessories that match your character and create a kart made out of cardboard. Use string to attach your cardboard kart around your shoulders and the look is complete. You can find steps to assembling this



costume by looking up tutorials on YouTube or Pinterest.

One other costume that is inspired by the media are the doppelgängers from Jordan Peele’s “Us.” All you have to do to create this costume is purchase a red jumpsuit and create a pair of scissors out of cardboard. This is a super simple but creepy costume that will be sure to give all your friends the chills. If you want something more magical this Halloween, here are some Disney-inspired costumes. The summer’s live-action movie, “Aladdin” can be the inspiration for dressing up as Princess Jasmine and Aladdin; surely a couple costume suit for royalty.

Devika Shastri, a sophomore art major, decided to dress up as Jasmine to her boyfriend’s Aladdin this Halloween.

“What inspired me to create this look was that, Jasmine in the movie is a real woman,” she said. “She’s a princess with power and a voice. She is everything I hoped Jasmine would be as a child and it gives me a new type of power within myself to go out and speak up for myself.”

Then there’s “Toy Story 4.” You can dress up as Buzz Lightyear, Woody and the whole gang this Halloween. Some other older Disney movies that you can take creativity from are “Up,” “Inside Out,” the muses from “Hercules,” the Seven Dwarves from “Snow White” and even Mickey and friends. You can either come up with creative ways to execute these costumes with your friends on your own, or you can use Pinterest and YouTube to do more research.

If you don’t feel like going all out this Halloween, here are some easier, low-maintenance costumes: ketchup and mustard. This costume is basic, cheesy and requires very little preparation. You could buy a costume from a Halloween store near you or you could go as simple as wearing red or yellow outfit, party-hat shaped like a cone (for the top of the bottle) and tape a piece of paper to your



Fun, cute, and simple ways to dress-up for Halloween. Making a DIY costume can be cheaper, more fun and a great way to get ready for Halloween. All pictures provided by [pinterest.com](https://www.pinterest.com).

shirt that reads “ketchup” or “mustard.” Another condiment-inspired costume is peanut butter and jelly. It’s a classic but one that we could never get tired of. This costume can also be bought or DIY-ed. Grab a brown shirt for yourself and a purple one for your bestie, then simply paste on the logo of a peanut butter and jelly brand and the look is complete. You can even spice things up by experimenting with different makeup looks, adding accessories or getting more fancy with the clothes you choose to wear.

One other creepy costume idea is dressing up as people from “The Purge.” Grab a white shirt and splatter it with some fake blood, add a white mask and the look is complete.

Reena Thomas, a sophomore nursing major, said that she created this look with her cousins one year for Halloween.

“We all wore ‘Purge’ masks, had blood all over us and carried props like saws and knives. Halloween is meant to be scary in my family’s eyes, so we immediately knew we wanted something scary and that’s when the ‘Purge’ idea came out.”

Some other costume ideas are Thing 1 and Thing 2 from Dr. Seuss. All you need for this costume is a Thing 1 shirt and you could add other accessories

like a headband for the blue hair. You can make this costume as intricate or simple as you want it to be.

One last fun group costume is dressing up as Winnie the Pooh and friends. For Pooh, simply wear a red shirt, yellow bottoms and a pair of yellow bear ears and that’s all you have to do.

For Tigger, all you need is a striped orange shirt, some orange ears and a tail. Depending on the size of your group, you could even make costumes for Piglet, Eeyore and the other characters, or you could just stick to these two characters.

Keziah Varghese, a sophomore math major in the STEP program, stated that her favorite part about dressing up for Halloween is, “being able to look cute and bringing out my creativity for the night.”

Whether you choose to go all out this Halloween or choose an easy DIY outfit, these costume ideas are fun, easy and sure to garner lots of attention.



Spooky Season Is Finally Underway: Popular Activities on Long Island and in NYC

BY BIANCA VIANA

The New York area has a lot to offer Halloween fans, and as a local I can tell you about all the spooky, yet fun things to do to get ready for the highly anticipated October 31 date.

One of the most iconic activities to experience is the Village Halloween Parade, which takes place every October 31 right in nearby Manhattan. The parade’s theme this year is “Wild Thing!” I would recommend getting into character as everyone else there will be in character as well. The route is between 6th Avenue between Spring Street and 16th Street from 7 pm to 10:30 pm. It would probably help to get there early so you get a good spot to watch or you can just walk in the parade yourself. This popular event is an enjoyable time for all. Making it even better is that it’s also free. The easiest

way to get there would be hopping on the LIRR at the Nassau Boulevard station to Penn Station and then taking the C or the E train from Penn Station Uptown toward Jamaica Center - Parsons/ Archer or 168 St. Learn more about the event at halloween-nyc.com.

The Hot Mama Halloween Drag Show is another great option for an exciting Halloween event. I don’t think it can get any better than drag queens and Halloween combined. The show takes place in Roulette Intermedium in Brooklyn. This year’s show is about the climate collapse and honoring Mother Earth. There is an admission free for this event, but tickets are priced as low as \$30 each. This event takes place on October 30 and 31 at 7:30 pm and 9:30 pm. The best way to get there is to once again take the LIRR from the Nassau Boulevard station to Atlantic Terminal Brooklyn. From there you would have to walk about

a block to 509 Atlantic Avenue. You can read more about this event at gaycenter.org/heartbeatopera.

A well-known Long Island attraction is the Bayville Scream Park, located in Oyster Bay. It’s definitely worth the trip. There is an admission fee, but there are many different ticket options so you can visit their website at bayvillescreampark.com to see which one works best for you. Tickets typically range from \$24 to \$75. There are six different haunted houses that are offered and a variety of purchasing options. You can choose to go to one or all of them. This is a unique experience, so head on over to check it out. It is about a 40-minute ride from campus. There are plenty of food options available there as well. You can also purchase food vouchers online ahead of time and save some money.

Another local attraction we mentioned in the last issue—but is

worth repeating—is the Rise of the Jack O’Lanterns, especially fun for art lovers. Each year over 200 artists come together to carve more than 30,000 real pumpkins for display around the country—5,000 of which are right here on Long Island. This is definitely something that is mesmerizing and beautiful to see. This event is held annually at Old Westbury Gardens in Westbury. Tickets are about \$26. However, if you choose certain dates and times, tickets may be cheaper. Check out herise.org. A great tool to use is Groupon, because often there are discounts for events like these that are promoted on their website.

There are plenty of things to do to get into the Halloween spirit here in New York so do not feel limited to only these events mentioned. These are just some of the closest and most accessible events to get to. Spooky season is upon us all, so enjoy it and make the most of it.

The Business of Halloween Adds Up to More Than Sweets

BY MOLLY AMICK

While you're planning your Halloween costume and parties, you may not be aware of how much of a holiday industry you are taking part in. In fact, with 172 million people planning to celebrate Halloween this year, the total spending on the holiday is predicted to reach \$8.8 billion, according to National Retail Federation (NRF), which studies retail trends.

Part of what is feeding the Halloween hype is social media, which has created a competitive culture regarding holiday celebrations as a whole, with Halloween leading the pack. Photos of costumes, decorations and Halloween treats circulating online ensure that an enthusiasm for this creative holiday spreads throughout America.

The internet's role in consumer spending is evident and critical to today's business of Halloween. "Online search remains the top source of Halloween inspiration... Inspiration from social media has increased across several platforms since 2015," said the NRF report, with Pinterest being particularly popular.

One way in which the internet is influencing Halloween spending is through the popularization of irrefutably cute pets in costumes. Who doesn't love being greeted by a cute dog in a campy costume?

Bianca Viana, a first-year nursing student, is one of those people who enjoys meeting dressed-up dogs. "They're really cute and get people in the Halloween spirit."

Leah Schinsing, a first-year dance major and resident student, added, "I've seen dogs dressed as hotdogs."

That shouldn't be a surprise since, according to the NRF, hotdog is the second most popular pet costume. For those who are interested, the most popular dog costume is a pumpkin, but curiously, dressing your pooch like a cat or a dog makes the top 10 list as well.

The NRF added that when it comes to pet costume popularity, "it's nearly two in 10 (17 percent). Spending on pet costumes continues to increase: This year total planned spending for pet costumes comes in at \$490 million." This statistic is impressive but fitting; a dressed-up pet is sure to steal hearts (and rack in likes and comments on Facebook or Instagram).



Candystore.com's map of the United States highlights our favorite candies by state. In New York, you may be surprised to learn, it's Hot Tamales.

Halloween wouldn't be the same without candy, which this year the NRF said is expected to account for about \$2.6 billion in sales. It's a necessity for trick-or-treaters and their parents alike. Candy counters know those Snickers don't just disappear overnight. This Halloween, 69 percent of those celebrating are planning to hand out candy. While many may purchase the variety mix from the supermarket, some states have distinct preferences.

Candystore.com, which studies candy industry trends, created a map showing America's most purchased Halloween candies by state. Washington and Wyoming seem to share a love for saltwater taffy (the most popular candy in both states). Oklahoma and Montana share an affinity for Dubble Bubble gum, and to everyone's surprise (and horror), New York's favorite candy is shown to be Hot Tamales (with Sour Patch Kids and candy corn coming in at second and third). If you prefer chocolate, you'll have to move to Connecticut where the Milky Way is number one.

"I like to count my candy," said Schinsing. "Once, I got over 30 Snickers in one night... but not many Hot Tamales. I feel like you get at least three

every Halloween... they end up in the miscellaneous pile."

Serena Gin, a first-year nursing major, resident student and Queens native, offered a more oppositional and skeptical reaction: "It's a scandal" was all she had to say, appalled at New York's Hot Tamale statistic.

Among the New Yorkers who were given this information, none were in agreement with Hot Tamales being a favorite. "I like Snickers, Twizzlers, Butterfingers and Skittles," Schinsing said.

"Skittles, Reese's, M&M's... everyone always has those. Reese's are quintessential," added Gin.

Halloween offers business not just to candy industries, but also costuming and decoration. Arguably most importantly, it offers us validation for snacking copiously on sweets, dressing in crazy costumes and adopting a new identity for a night. For all we know, Halloween also offers the ability for one eccentric New York individual to stash up on Hot Tamales in October without appearing to crave the hot cinnamon candy like Dracula does blood.

For more Halloween fun facts, visit NRF.com and Candystore.com.

ADELPHI
UNIVERSITY

Get job search tricks from recent Adelphi graduates who have all landed their dream jobs. This event is sponsored by the Department of Communications and *The Delphian*.

6th Annual Media Career Expo

Learn how to break into the media job market.

Our speakers are Adelphi graduates who work in the print, TV, film, radio, web and marketing industries. They'll discuss how they got their big breaks and tips for navigating the job-search process. This is also a great opportunity to network for internships and your own career.

Panelists include **Christina Bosch**, '17, managing editor for NYCountry Swag; **Mara Bush**, '14, who produces and edits news stories at ABC Network; **Xavier Diaz**, '15, communications specialist at the Alzheimer's Foundation of America; **Rebecca Farina Levine**, '14, a content creator for the media production company Lixi Studios; **Katie Lapidus**, '18, a national digital coordinator at iHeartMedia; and **Vinny Messana**, '13, owner of the website Axxess Baseball.

A light breakfast will be served. Free registration by **Oct. 28**. Contact the Communications Department or email Liza Burby at burby@adelphi.edu.

Date: Wednesday, October 30

Location: Campbell Lounge, Rooms 2 & 3

Time: 9 am – 11:30 am

Should you, or your guests, require an accommodation based on a disability, or need to request an ASL interpreter, please contact the Student Access Office by phone at 516.877.3145 or email at sa@adelphi.edu. Please allow for a reasonable time frame prior to the event; we suggest a minimum of five business days.

Adelphi University | One South Avenue, Garden City, NY 11530 | 516.877.4905

Email us at delphian@adelphi.edu regarding joining our organization or if you have any comments or concerns. Follow us at [@the_Delphian](https://www.instagram.com/the_Delphian) on Instagram and Twitter!

2nd Annual Adelphi International Immigration Film Festival

10 FILMS 5 DAYS 1 WORLD

En el Séptimo Día (2017)
Director: Jim McKay

A group of undocumented Mexican immigrants work long hours six days a week, and then savor their day of rest on Sundays on the soccer fields of Brooklyn. Movie Length: 92 min

Monday, October 21 at 11am
Concert Hall, Adelphi
Performance Arts Center



Cocote (2017)

Directors: Nelson Carlo De Los Santos & Arias Alberto

A kind-hearted gardener, returns home to the Dominican Republic to attend his father's funeral. When he discovers that a powerful local figure is responsible for his father's death, Alberto realizes that he's been summoned by his family to avenge the murder. Movie Length: 106 min

Friday, October 21 at 2:30pm
Concert Hall, Adelphi
Performance Arts Center



Painted Nails (2015)

Directors: Dianne Griffin & Erica Jordan

Van Hoang, a Vietnamese nail salon owner who serves an ethnically diverse group of working class women with acrylic nails and intricate airbrush designs. Painted Nails brings us unprecedented insight into the personal nature of the political movement to regulate one of the fastest growing industries in the U.S. Major loopholes in the federal law allow the 50-billion-dollar cosmetics industry to put unlimited amounts of chemicals into personal care products with no required testing. Movie Length: 58 min

Tuesday, October 22 at 11am
Campbell Lounge

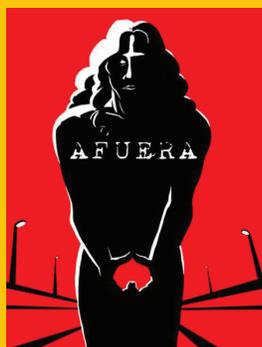


Good Luck Soup (2016)

Director: Matthew Hashiguchi

GOOD LUCK SOUP explores several generations assimilating into a new culture while preserving their own. Movie Length: 70 min

Tuesday, October 22 at 2:30pm
Campbell Lounge



Afuera (2016)

Director: Steven Liang

When Jennifer, an undocumented transgender woman, is forced to resort to the sex trade to support herself, her boyfriend, Pedro, gives her an ultimatum with unintended consequences. Movie Length: 14 min

Wednesday, October 23 at 11am
Campbell Lounge

Mosquita y Mari (2012)
Director: Aurora Guerrero

This exquisitely crafted coming of age tale follows a pair of Latina teens who fall gradually in love against the backdrop of Southeast Los Angeles. When straight A student Yolanda — aka Mosquita (Fenessa Pineda) decides to help struggling tough girl Mari (Venecia Troncoso) with her homework an intense attraction evolves between the two. Movie Length: 85 min

Wednesday, October 23 at 2:30pm
Campbell Lounge

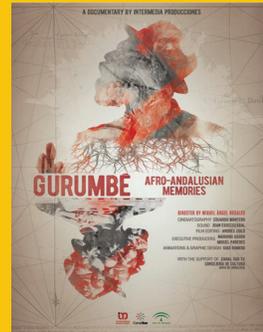


Gurumbe (2016)

Director: Miguel Ángel Rosales

Commercial exploitation of the American colonies brought hundreds of Africans to Spain to be sold as slaves, forming a population which, over time, managed to gain space in a society wrought with racial prejudices. Music and dance were a fundamental part of their expression and the most important affirmation of their identity. Movie Length: 72 min

Thursday, October 24 at 11am
Concert Hall, Adelphi
Performance Arts Center



Flamenco Performance
Presentation: K. Meira Goldberg

Sonidos Negros: On the Blackness of Flamenco

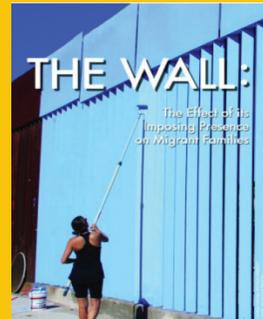
Thursday, October 24 at 2:30pm
Concert Hall, Adelphi
Performance Arts Center

The Wall: The Effect of its Imposing Presence on Migrant Families (2019)

Directors: Stephanie Schiavenato, Meredith Hoffman, Sarah Kuck, Laura Herrero Garvin, Scott Boehm, Peter Johnston, Sara Gozalo

These short film compiles the most up to date selection of short films on the current undocumented immigration crisis touching topics such as The Wall, the effects of family separation at the border, deportation, and DACA. Movie Length: 55 min

Friday, October 25 at 11am
Concert Hall, Adelphi
Performance Arts Center



Between Us (2009)
Directors: Gloria la Morte and Peola Mendoza

Newly arrived to New York City and deserted by her husband Gabriel, Mariana must find a way, in a strange city where she barely speaks the language, to provide for her family, financially and emotionally. Move Length: 1hr 21 min

Friday, October 25 at 2:30pm
Concert Hall, Adelphi
Performance Arts Center

ADELPHI
UNIVERSITY
NEW YORK

President Trump's Impeachment Investigation: A Legitimate Process

BY JANICE IM

The ultimate game-changer in the presidential impeachment investigation is not the answer to the question, "Was President Trump seeking a quid pro quo from Ukraine?" as this is already quite clear. The important idea to consider when weighing out the facts is what national threat President Donald Trump has created for the purpose of personal agenda. Submitted reports state that on August 12, a White House whistleblower filed a complaint against the President while specifically drawing attention to a July 25, 2019 phone call made between President Trump and the Ukrainian President Volodymyr Zelensky. In the transcript of their phone conversation, President Trump asks President Zelensky to launch an investigation against former Vice President and now Presidential candidate Joe Biden. This was regarding alleged manipulation of a criminal investigation on a Ukrainian company, on whose board his son Hunter Biden sat. This request made by Trump caused suspicions that he attempted to coerce a world leader of another country into supporting his own political agenda, hypothetically the upcoming presidential election. Thus, Democratic officials have pushed for the impeachment investigation of President Trump.

Records turned over to Congress evidently shows that the President suspiciously withheld from Ukraine over \$391 million in U.S. security aid only one week before his phone call with the Ukrainian president. This, in turn, means that Trump has undeniably used foreign policy (suspending U.S. aid towards Ukraine) in order to coerce the Ukrainian officials into "finding dirt" against his political rival. The Trump administration denies that they withdrew aid from Ukraine specifically to coerce President Zelensky, but that it came at a time when they were looking for ways to "curb a variety of foreign assistance programs." Trump had then singled out Ukraine as corrupt, thus suspending their budget. To this, Senator Rob Portman (R-Ohio), has publicly voiced his criticism, saying that the U.S. President should not have mentioned a political opponent to a foreign government "period."

Due to the possible (though unlikely) ambiguity of the relationship of these events (that even occurred within a week of each other), the focus of the investigation can also be shifted to the threat to national security and abuse of the system that President Trump has made. Trump had appointed personal lawyer Rudolph W. Giuliani for his conducted business with the Ukrainian president. However, multiple U.S. officials have expressed their concern for what they viewed as Giuliani's "circumvention of national security decision-making processes to engage with Ukrainian officials and relay messages back and

forth." Any meeting or phone call between Trump and Ukraine's new president would depend on whether Zelensky was willing to submit to Giuliani's demands. Additionally, President Trump has abused the White House storage system. According to the whistleblower, the "White House lawyers also directed officials to remove the transcript of the call from a computer system that stores them for Cabinet-level officials and instead put the transcript in a system for especially sensitive information."

Investigations moved forward with the House, issuing subpoenas to the Defense Department and the Office of Management and Budget on Monday, October 7. On the following Tuesday, the White House called out the investigation process on not respecting the President's due process rights and that it was "an illegitimate effort to overturn the results of the 2016 election." They then stated that they would not cooperate.

The executive branch seems to have decided that having only suspicions and alleged complaints against them is much more preferable than cooperating with an "illegitimate investigation." This decision may result from the knowledge that President Trump's impeachment would require "Republican dissidents" for investigations to smoothly move forward...but those who speak out become targets. This may likely halt any large action made by Republican officials.

From what we see in President Trump's use of publicity to discredit his whistleblower and continuing efforts to publicly seek aid from China for investigating his political rival, it is difficult to feel secure with his handling of confidential information.

Matters that require high national security for the safety of our country are in unreliable hands. Also, while the Trump Administration continues to come forward with defensive reasons for why they suspended U.S. aid from Ukraine, they should really be coming forward with reasons for why Trump mentioned a political rival to a foreign leader at all. The use of personal lawyer, coercion, the inappropriate use of foreign policy, and the abuse of a storage system in order to conceal these high-risk actions made have caused a wave of concern among our country officials and residents. Actions that have caused nationwide concern for security have been committed and despite the White House thinking otherwise, this in itself legitimizes the currently ongoing impeachment investigation. The White House seems to be aware of the fact that the impeachment investigation would need "Republican dissidents" for it to move forward. However, any Republican who steps forward becomes a target. Thus, we can see how this will halt any large action being made from them. We can only put our faith in forthcoming whistleblowers and continuing investigations in order to further legitimize this impeachment process.

The Ukraine Call Is Not Grounds for Impeachment

BY MATTHEW SCHROH

The Democrats were seemingly handed a validating, hand-wrapped Ukrainian gift basket when the bombshell dropped that President Donald Trump allegedly asked the new president of the eastern European country for dirt on Joe Biden, the frontrunner for the Democratic presidential nomination.

After the factions of Alexandria Ocasio-Cortez and House Speaker Nancy Pelosi teamed up to launch an impeachment inquiry, the rest of the party fell in line. Hillary Clinton, the closest thing the party has to a standard bearer since Barack Obama retired to his Martha's Vineyard mansion, immediately called for Trump's impeachment, but this is not surprising seeing as her entire goal since November 9, 2016 has been to blame as many things as possible for her election loss (Russian hacking, voter suppression, sexism, etc.) except, of course, herself, so delegitimizing Trump fits her narrative perfectly. Most of the Democrats running for their party's presidential nomination also quickly endorsed the decision to impeach Trump, which is also quite in character due to how quick they were to call for Justice Brett Kavanaugh's impeachment following a blatantly false "New York Times" article that was disproven by multiple sources a day after it was published.

But I digress; we are talking about another man's impeachment. When I first heard the charges put against Trump, I was disgusted. Though I am a Republican, and I have been very happy with some of Trump's decisions, I have soured on the president, through a combination of his infamous "Access Hollywood" comments, ballooning federal deficit, and (as I'll discuss later) damaging foreign policy decisions. There's about a million Republicans I would be happy to see in the White House before Trump, and my first thoughts on the Ukraine allegations were "well, what else did this idiot think would happen?"

Then I was curious, so I actually looked up the transcript of the Ukraine call. That's when I realized the allegations were total, overhyped bogus.

A major reason the allegations against Trump were so hard-hitting is because they have suggested Trump withheld aid to the Ukraine if they didn't help him out with the Biden situation. However, this is completely untrue. In the call, Trump never, ever says "we'll give you your aid if you help me with this," or anything of the sort. Trump does say "I would like you to do us a favor," but follows up with asking the new president, Volodymyr Zelensky, to look into CrowdStrike, a cybersecurity company with ties to the investigation of Russian hacking and Hillary Clinton's emails. After talking about a previous American ambassador, Trump then brings up the Bidens. He explains the story about Joe

Biden getting the Ukrainian prosecutor investigating his son Hunter fired.

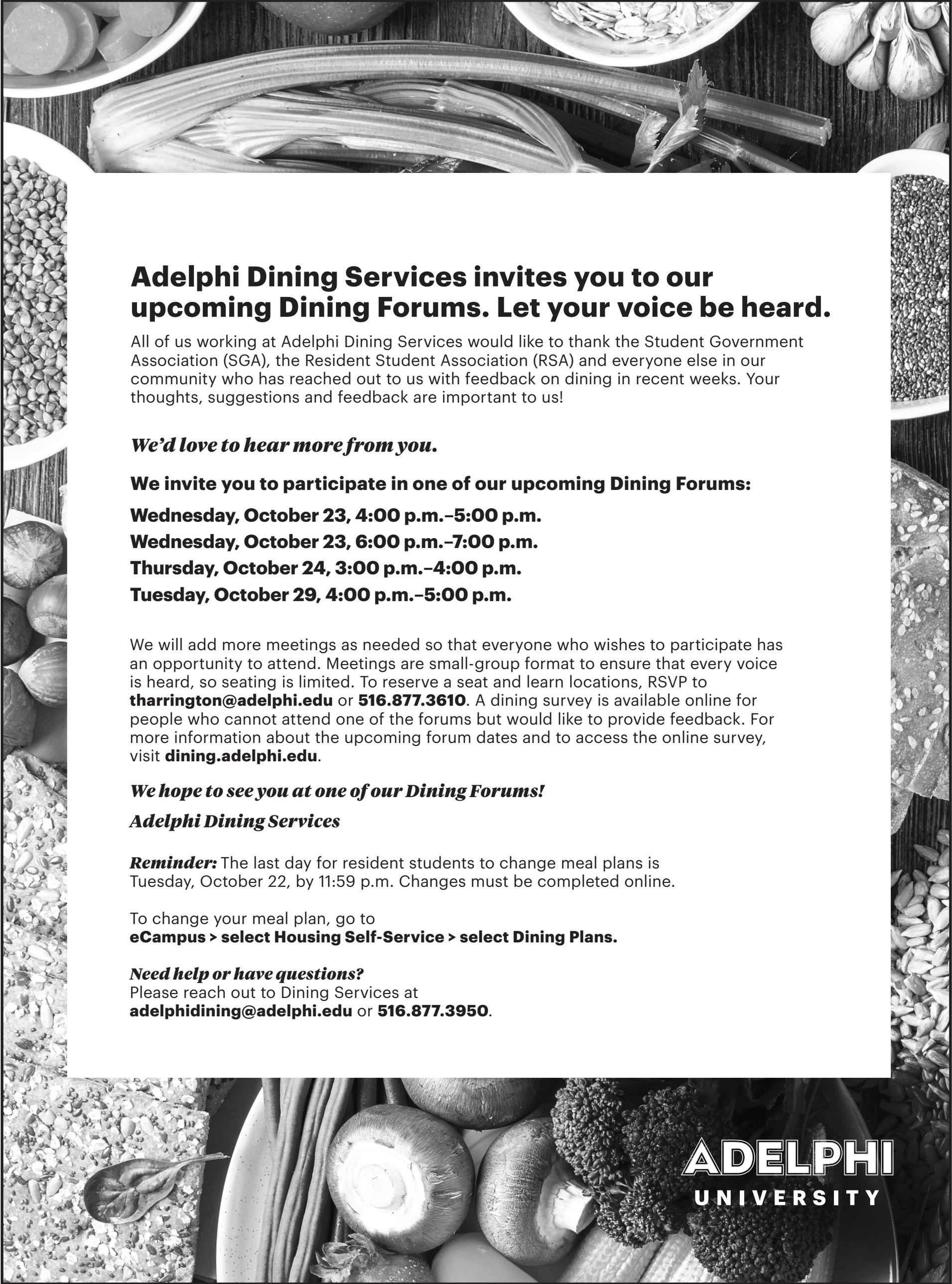
But here's the thing – this story is 100 percent true. Joe Biden literally stated it at the Council on Foreign Relations, January of last year (hence what Trump meant when he says in the call that Biden was "bragging" about getting the prosecutor fired). Biden claimed that he went after this prosecutor because he was corrupt, but the glaring elephant in the room is the conflict of interest. This prosecutor was investigating a company that employed Biden's son, raking in a cool \$50,000 a month. All the Democratic mouthpieces in the media claiming that the Republicans are desperately trying to make a mountain out of a molehill on this issue should really step back and think to themselves, "If the situation involved Donald Trump and his son Eric, would I still be arguing that it wasn't corrupt?"

This is not to say that the Ukrainian call isn't a mess, because it definitely is. Trump and Zelensky compliment each other back and forth as though they were lovers begging each other to hang up the phone first. Trump throws Germany and Chancellor Angela Merkel, probably the most powerful person in Europe, totally under the bus, saying that what she had done for the Ukraine had amounted to nothing but empty talk – and he implies most of the other European countries were the same. Directly undermining American allies is not the direction a president with such bold talk on taking on China and Iran should take.

And, heck, even though bringing up the Biden scandal to the Ukrainian president isn't an impeachable offense, it was a poor choice. It paints a picture of a man who is extremely paranoid, and if there was one negative phrase the Democrats have spent the last three years hurling at him, I believe "paranoid" is the one that best fits. Afraid of countless polling showing Biden posing a risk in the 2020 election, Trump clearly wants to bring him down.

I actually do believe there could be a case to impeach Trump – but on potential charges of the obstruction of justice, not seeking Ukrainian involvement in a U.S. election.

However, to claim that Trump strong-armed the Ukraine into getting directly involved with the 2020 election is a claim meant only for those who did not read the official transcript of the call. It is easy for Democrats to paint this as "the smoking gun," because, contrary to their actual status a party run by big-city millionaires exploring mandatory gun buybacks and abortion on demand, they love to portray themselves as a group of plucky heroes fighting for the soul of the country – something that's easy to do when you portray an unorthodox president as though he is Lucifer himself.



Adelphi Dining Services invites you to our upcoming Dining Forums. Let your voice be heard.

All of us working at Adelphi Dining Services would like to thank the Student Government Association (SGA), the Resident Student Association (RSA) and everyone else in our community who has reached out to us with feedback on dining in recent weeks. Your thoughts, suggestions and feedback are important to us!

We'd love to hear more from you.

We invite you to participate in one of our upcoming Dining Forums:

Wednesday, October 23, 4:00 p.m.–5:00 p.m.

Wednesday, October 23, 6:00 p.m.–7:00 p.m.

Thursday, October 24, 3:00 p.m.–4:00 p.m.

Tuesday, October 29, 4:00 p.m.–5:00 p.m.

We will add more meetings as needed so that everyone who wishes to participate has an opportunity to attend. Meetings are small-group format to ensure that every voice is heard, so seating is limited. To reserve a seat and learn locations, RSVP to tharrington@adelphi.edu or **516.877.3610**. A dining survey is available online for people who cannot attend one of the forums but would like to provide feedback. For more information about the upcoming forum dates and to access the online survey, visit dining.adelphi.edu.

We hope to see you at one of our Dining Forums!

Adelphi Dining Services

Reminder: The last day for resident students to change meal plans is Tuesday, October 22, by 11:59 p.m. Changes must be completed online.

To change your meal plan, go to **eCampus > select Housing Self-Service > select Dining Plans.**

Need help or have questions?

Please reach out to Dining Services at adelphidining@adelphi.edu or **516.877.3950**.

ADELPHI
UNIVERSITY

The Mistreatment of Julian Assange and What It Means for the First Amendment

BY ROBERT REXHA

Julian Assange, the founder of Wikileaks, was arrested a few months ago as the United States government accused Assange of cybercrimes, most likely referring to his infamously leaking the Collateral Murder videos back in 2010, as well working with whistleblower Chelsea Manning. Assange also leaked the John Podesta emails and Vault 7 leaks before and after the 2016 elections.

Some may be critical of Assange as claims of him helping President Donald Trump get elected leave him at odds with many media figures in the media. One such incident occurred recently in the “View’s” interview with Pamala Anderson. On the “View,” Conservative columnist Megan McCain claimed that, “I wouldn’t be a cyberterrorist, which he is. He put our national security at risk, our military and the lives of spies and diplomats at risk.” Co-host Joy Behar claimed that, “A lot of people say that — that as does the Mueller report — that Assange interfered in the 2016 election by conspiring with Russia by releasing hacked emails which hurt Hillary Clinton.”

I would have to disagree with both McCain and Behar. There doesn’t appear to be a lot of evidence that Assange is connected to anybody in the U.S. getting hurt and claiming that Assange

is a cyberterrorist is concerning as the term could be used to smear people like Assange or anybody else in the press, media or social media who is critical of the government. But what concerns me even more for the state of journalism, the free press and the first amendment is the torture that has been inflicted on Julian Assange for the past seven years while hiding in the Ecuadorian embassy.

According to United Nations torture expert Nils Melzer, “In the course of the past nine years, Mr. Assange has been exposed to persistent, progressively severe abuse ranging from systematic judicial persecution and arbitrary confinement in the Ecuadorian embassy, to his oppressive isolation, harassment and surveillance inside the embassy, and from deliberate collective ridicule, insults and humiliation, to open instigation of violence and even repeated calls for his assassination.”

This abuse of power should shock every American, however it doesn’t seem to phase many Americans as former presidents such as Barack Obama and George W. Bush have used the Espionage and Patriot Acts to wiretap journalists and keep an eye on people the government deems suspicious.

People should be wary of the ever-expanding power of the government. If Julian Assange is allowed to be detained with dubious evidence and false allegations, what happens when American citizens or journalists get ahold



of information on powerful political actors and elite politicians?

One view of journalism is that it is necessary to hold the powerful accountable, but what happens when the state begins to clamp down on journalism and freedom of speech? For example, Europe is known for vague laws prohibiting so-called “hate speech.” It would be very unwise to let the government arbitrarily decide what speech is “hate speech” or what speech constitutes “cyberterrorism.” Speech laws and attacks on whistleblowers can look appealing, until you’re the one who is targeted by the expanding power of the state.

The implications of this abuse of

power is stunning, especially as to how it affects journalism. If any journalist with compromising information on politicians or other powerful figures could be arbitrarily detained and surveilled by the state, then it would severely limit the scope of investigative journalism as well as intimidate other journalists into silence over major scandals.

Americans should protest any attempt of the government to extradite Assange as it would be a grievous misuse of power and a violation of the First Amendment of the United States Constitution. Extraditing Assange might sound tempting for political purposes, but what happens when you become an enemy of the state? Just like Julian Assange.

The Vapor Trail of Death

BY CHRISTOPHER ALVAREZ

Smoking has been around for many centuries but was never taken seriously until technology started to improve the methods of its use. As there were more studies, doctors in our society realized the dangers of smoking. However, did we really get more sophisticated? Is creating deadly electronics sophisticated? Is creating deadly flavors just for a “high” feeling sophisticated? Maybe from a goods market perspective, but not a health point of view. A new form of smoking, “vaping,” has been on a rampage across the nation.

According to the Center on Addiction, vaping is “the act of inhaling and exhaling the aerosol, often referred to as vapor, which is produced by an e-cigarette or similar device.” Many consumers have traded in their old-fashioned cigars and cigarettes for electronic ones that, supposedly, have the taste and flavor of the old smoking products with “none” of the dangers. However, new studies have shown that vaping can be just as deadly. Various news outlets have spoken out against e-cigarettes. Even President Donald Trump came out against e-cigarettes by proposing a ban on such products. So, what turned this alternative to smoking into today’s version of crack cocaine? According to Jerome Adams, the U.S.

Surgeon General of the United States Public Health Service, “E-cigarettes entered the U.S. marketplace around 2007, and since 2014, they have been the most commonly used tobacco product among U.S. youth.” Adams explained how vaping has taken the youth by storm, before facing a sort of decline: “E-cigarette use among U.S. middle and high school students increased 900 percent during 2011-2015, before declining for the first time during 2015-2017.”

However, Adams notes the current rise in vaping in recent years, especially among high-school students: “Current e-cigarette use increased 78 percent among high school students during the past year, from 11.7 percent in 2017 to 20.8 percent in 2018. In 2018, more than 3.6 million U.S. youth, including 1 in 5 high school students and 1 in 20 middle school students, currently use e-cigarettes.”

Adams talks about how dangerous this is for the youth: “E-cigarette aerosol is not harmless. Most e-cigarettes contain nicotine — the addictive drug in regular cigarettes, cigars, and other tobacco products. Nicotine exposure during adolescence can harm the developing brain — which continues to develop until about age 25.” Adams specifically talked about how this can damage teenagers in high school: “Nicotine exposure during

adolescence can impact learning, memory, and attention.” He then talks about the extra dangers that vaping exposes its practitioners to, aside from the usual nicotine addiction: “The aerosol that users inhale and exhale from e-cigarettes can potentially expose both themselves and bystanders to other harmful substances, including heavy metals, volatile organic compounds, and ultrafine particles that can be inhaled deeply into the lungs.” Thanks to nicotine, e-cigarettes are still addictive. Consumers can quickly become addicts who no longer act rationally, spending more just to keep themselves satisfied. And what’s worse is that kids have become a target for the e-cigarette industry, as Adams notes how vaping has become advertised to kids: “Many e-cigarettes also come in kid-friendly flavors. In addition to making e-cigarettes more appealing to young people, some of the chemicals used to make certain flavors may also have health risks.”

Cancer expert Dr. Diana Martins-Welch stated in a recent piece for “USA Today” that she would rather recommend marijuana over vaping any time: “I would never have thought I’d be in a position to tell someone to smoke marijuana. But if the choice is between smoking and vaping, smoke marijuana.” Marijuana has been increasingly legalized due to its medical benefits, and it has common popularity from its calming

side-effects. On the other hand, the vapors from e-cigarettes are filled with chemicals that are harmful to humans. Still, people keep paying cash for the latter. Is this different than the drug wars that were once fought in this country? Past presidents like Ronald Reagan fought to keep harmful substances from kids, but now, today’s counterpart to Reagan has to add his response to this epidemic. Given these facts, it’s no wonder that vaping is a problem. These young people are destroying themselves with something thought to be a “healthy substitute” for smoking. This has a devastating effect, especially when marketed to kids. Now, harmful substances are spreading in schools. The pushers of this drug have conquered the classrooms and schools of America, ensnaring a new generation full of promise with the web of drug addiction. As their profits go up, the potential growth of America’s youth drops.



Non-Binary Language Carelessly Gains a Spotlight on Broadway

BY MYLO FISHERMAN

Maybe Burke is a transgender non-binary actor who starred in the Off-Broadway play “Safeword” this spring. They were thrilled to be cast in such a powerful play that destigmatizes BDSM, explores power dynamics and relationships, and displays the devastating effects of secrecy between two interracial couples.

In addition to the plot of the play, Burke was excited to be able to play a non-binary character, Chris, who didn’t have to go through a self-discovery journey. Chris just existed as non-binary. This excitement that Burke had built up turned to shame when the majority of the reviews not only misgendered Chris, but also misgendered Burke. Both Chris and Burke go by they/them pronouns. However, the critics wrote play reviews using he/him pronouns, and some went as far as to call Burke a “man in women’s dress.”

Although critics tried to correct their mistakes by making edits to their articles, the damage has been done. Burke was a musical theater kid from day one, but when they realized they were non-binary they felt as though they couldn’t pursue theater any further because there wouldn’t be any roles for them. When Burke would go to auditions and the



casting crew would ask for their name, Burke would say “My name is Maybe Burke and I go by they/them pronouns.” Although they didn’t ask for Burke’s pronouns, this was their way of being visible. It was a way to show that they are a real person and their identity is absolute and valid. As someone who considers themselves a voice for their community, Burke felt as though they let down the people who looked up to them when they were misgendered—in print of all places. People who are cisgendered, or who identify as the gender they were born as, have a hard time truly understanding the extent at which being misgendered hurts people who have to fight for their gender. Speaking from personal experience, being

misgendered feels as though someone can’t see you for who you are, which for obvious reasons doesn’t feel great. In moving forward from a situation like this, we as a community need to work on being better allies to people like me and Burke. Even though you may think we live in a progressive society, people are still either uneducated or misinformed about information regarding the LGBTQ+ community as a whole.

Here are some general tips you could use to be a good ally to trans and non-binary individuals, the first of which is to be respectful of others’ pronouns. As demonstrated by the instance of Burke, not everyone uses the gender-conforming pronouns of she/her or he/him. Some

people use gender non-conforming pronouns, with they/them being the most common.

Another thing you could do is introduce yourself with your pronouns and this could also extend to social media bios and email signatures. Seeing pronouns being outwardly expressed provides people in the community with a sense of relief knowing that you are accepting towards people in the LGBTQ+ community. Some general things to never do or say to trans and non-binary individuals is if you don’t know their gender, don’t assume. This can’t be stressed enough. If you don’t know someone’s pronouns, use gender-neutral pronouns until they either tell you or politely ask them what pronouns they prefer to be called by. Additionally, never ask them what their birth name is or what gender they were assigned at birth. Questions or statements like these show one’s general disregard for all of the struggles that go along with being trans/non-binary.

When someone transitions, they don’t associate with the gender they were born as and most of the time memories of the past are tainted with the fact that they weren’t allowed to be who they wanted to be socially because of society. With all of this being said, transgender and non-binary people exist. Choosing not to accept us is not an option.

Drunk History Repeating Itself

BY VALERY VASQUEZ

“Drunk History” is an award-winning half-hour television series where intoxicated A-list celebrities act as reporters and hazily retell America’s famous past events. “Drunk History” was created by Derek Waters and Jeremy Konner, and first debuted as a segment on a web series called “Funny or Die” on August 6, 2007. The idea for the TV series started when host Waters had a drunken conversation with his friend, actor Jake Johnson.

In this conversation, Johnson described how the R&B singer Otis Redding died in a car crash, but his intoxication made the story really hard to retell. Waters then thought of how funny it would be to film intoxicated celebrities speaking about past events. The show grew to include a larger audience when Comedy Central acquired the rights and broadcast it nationwide on July 9, 2013. Just recently on August 26, 2019, the series was renewed for a seventh season.

Overall, reviews for the show have been both positive and negative. IMDb, Rotten Tomatoes and TV.com all rate the show around the 70 percent mark with a little more than half of the audience liking the show. This average score did not deter the loving audience that voted “Drunk History” as the winner of an ASC Award in Outstanding Achievement in Cinematography in Half-Hour Episodic

Television Series and a Primetime Emmy award in Outstanding Costumes for a Variety Program or a Special.

One major cause for the average scores is the current cause for a debate involving the show. This debate revolves around the message of the show, with many people viewing it as ignoring the traumatic impacts of history that still affects the world today.

To those people, the show is very insensitive as the celebrities make fun of serious events that shaped the world and its inhabitants today. The careless attitude the narrators express while reciting history demonstrates how young people today are forgetting the past instead of learning from it. It goes with the saying that, “Those who do not learn history are doomed to repeat it.” This famous quote is paraphrased from writer and philosopher George Santayana, which read, “Those who cannot remember the past are condemned to repeat it.”

To me, I understand the concern, but I disagree with it. People are allowed to talk about history in whichever way they want unless it is harmful to other people, which host Waters does not allow. “Drunk History” is simply an entertainment show that is not meant for kids to watch, but rather for adults to enjoy.

“Drunk History,” astonishingly enough, actually encourages people to research more about history by talking

about topics most have never heard of before, even if it is crudely said. “The New Yorker” described “Drunk History” the best when they called it “a sweet, filthy, informational forgiving safe space that is compared to series like ‘Mister Rogers’ Neighborhood’ and ‘Schoolhouse Rock!’” What this quote means is that “Drunk History” is an easygoing adult show set to both entertain and educate like the other aforementioned shows.

I agree with “The New Yorker’s” view. Derek Waters and Jeremy Konner did not create this show with the intention of being insensitive or forgetting history. Waters and Konner created a show that has a similar impact like “Family Guy” and “South Park” have on society. That impact is that of a show with a hilarious premise in order to entertain multitudes of people and hopefully inspire more people to research their history.



Panther Pup: Isabel Marsh

continued from page 12

Q: Is there anyone you would like to thank for motivating you or helping you throughout your cross-country journey so far?

A: My grandma. She tries to come to every meet with my dad, which is very supportive. She feels like running in college is such a big thing and no matter how I do she is very supportive about that.

Q: Are you happy with where you are in this cross-country season? What is your biggest accomplishment so far?

A: I am definitely happy. My biggest accomplishment so far...I don’t know. Last week I ran better than before. Performance-wise I do better mentally. I used to be very nervous about if others were going to beat me or be better than me. I now just focus on me and how I’m going to do.

Q: What goals do you want to fulfill before you graduate from college?

A: I’m not sure. I definitely want to maintain good grades like a 3.3 GPA, running cross country and just finding that right balance.

Adelphi Men's Soccer Team Off to a Great Start With a Championship As Their Goal

BY CHRISTOPHER ALVAREZ

It has been a historic start for the Adelphi University men's soccer team this season, as they notched their first ever number-one national ranking, while being undefeated for their first seven games. The Panthers are 9-0-1 following their most recent victory against Saint Michael's College and tying for the first time this season, Tuesday, October 1, against Southern Connecticut State University. "We really just stuck to the game plan and came out the second half. We were pressing very hard," said senior forward Aidan Keenan. "It took us the whole 45 minutes to score, but it was very rewarding to get the goal and ended up tying."

Their thunderous blitzkrieg drives the exhilarating thrill of fans, delivering goal after goal, victory after victory. What exactly was the key to their winning ways? Finance major Keenan credits coach Gary Book's coaching style as a core reason to their remarkable start.

"The coaching style this season has been very pleasing," said Keenan. "A very positive atmosphere; no one yelling at each other." To him, it is "a family environment."

Every player is an important asset to the team's progress. Not only has the men's soccer team won games, but players have also won individual weekly accolades. Keenan and senior goaltender Matthew Apicella are key members of Adelphi soccer who keep up the positive spirit that their team embodies.

After recording his first career hat trick, Keenan was named the Northeast 10 (NE10) Player of the Week. The forward said that the team's support is a big part of this accomplishment. "I just



Senior forward Aidan Keenan (center) has been an impact player for the Panthers so far this season. Photos by Adelphi Athletics

had more confidence in myself and the team players. We have great players and we're building a great atmosphere."

Apicella also won NE10 Goalkeeper of the Week. Apicella said that it was a "personal reward" for him, but he still has yet to achieve a greater goal: the championship.

"We all care about the end goal," said Apicella. "It was hard losing early last year for the whole team. Hopefully the end goal will be the championship."

Although winning awards is positive, the team realizes that to maintain the upper hand, they cannot lose focus and let recognition get to their heads. Keenan and Apicella try to stay humble and positive through their cruising success.

"We have to live in the moment and just look at the next game, not try to look too far ahead. It's such a long season that we have to focus," said Keenan.

As a team that has been knocked out of the championship run, Adelphi players speak from experience when they

say that positivity is very important.

"There's so many teams that are so good for a whole season, but one bad week or one bad game really breaks the entire team," said Apicella. "Our team is just all about positivity. The culture of our team is to just keep going no matter what happens."

The coaching style has changed drastically from last season. The style of play took some time to get used to before all the members felt comfortable with it. Assistant coach, Juliet Vahos said, "Last year, the coach brought in a new style, possession-based, we weren't so accustomed to it. But this year, we can use that style now, because we had players that used it last year. We're a lot more comfortable playing it."

The Adelphi Panthers are enjoying the family chemistry that they have built up, and they look to scratch their way back to the championship conversation. The preparations are pretty intense as their team gets ready

for each opponent. Practice drills consist of watching other team's films, playing against each other while half of them act as the opponent and practicing how to take field goals.

Apicella said, "Coach is specific on how he wants us to play and he appreciates that the group understands it." When things aren't going their way, the team responds by maintaining their positivity and sticking to their plans. The team's go-to game plan when they're down is to keep up the pressure.

"I create a spark for our team when I'm pressing," said Keenan. The constant pressure is their response to a game that they're not doing so well in.

The men's soccer team knows that the season is long. The championship goal is closer to them this season. The key to the gold is to take each game one at a time without worrying about the rankings. "We just got to be humble and positive. Our energy and mindset keep us on track," said Apicella as they look to continue racking up the stat sheet. The championship has been on their minds for so long, but they are missing one more thing according to Apicella: a party celebration.

"I've been thinking about it for a while now," said Apicella. "But I have no idea how to celebrate it."



Senior goaltender Matt Apicella

Panther Pup: Cross Country's Isabel Marsh

BY JADE MCCLINTON DORLEY

Our featured Panther Pup, a column that highlights recent team additions, is the Adelphi women cross country's very own Isabel Marsh. She is from East Meadow and recently made headlines when she finished ninth in the



First-year student Isabel Marsh is one of cross country's newest additions this season.

Photo by Adelphi Athletics

Adelphi Panthers XC Invite.

Q: How long have you been competing in cross country meets?

A: I started seventh grade, so about five to six years. When she placed 9th at the Adelphi Panthers XC Invite.

Q: Why did you want to compete at the collegiate level?

A: I was very scared to play a college sport because I was nervous about the new level of competition. Then, I thought there will be more freshmen, so it's not just me adapting to the new competition. When I talked to the coaches, they made it easier for me to adjust. Also, I knew that I could grow into a better athlete and accomplish more in my career.

Q: How has your freshman experience been for you so far?

A: All my classes are pretty good. The campus is easy to navigate so I don't feel like a lost freshman. I have everything nicely balanced and my set routine so that makes every week easier.

Q: What made Adelphi the right school for you?

A: Mainly the team aspect. In

high school everyone said I should run in college and I thought I wasn't good enough. My coach told me about Adelphi and the program they had here and introduced me to the head coach and I met the team, and everyone was so nice. It made me realize that I wanted to run at Adelphi.

Q: What did you expect your freshman year to be like? Is it living up to your expectations?

A: I'm always nervous so I knew it would be nerve-racking for me. But, being a part of the cross-country team made it easier because there were familiar faces on campus. So, I wasn't all by myself. It's definitely different from high school. College is a different level of work I'm still adjusting to, but I'm getting used to it.

Q: Have there been any big challenges or setbacks this cross-country season so far? If so, how did you overcome it?

A: Two weeks ago, at our Cortland meets, I didn't perform as well as I wanted to, and it was super frustrating. Whenever I run, it has to be better than the last because

last week was a poor reflection of me as a runner, so I ran a personal best at my last meet.

Q: What do you like the most about cross country?

A: The scenery. All the places we go are very beautiful. We run in the morning a lot so we kind of just forget about everything. It's so productive and you feel like you just get everything done.

Q: Is there someone who inspired you to run cross country?

A: Not really, just mainly my coaches. One of my gym teachers said I should run cross country and every coach in middle school and high school motivated me to do it. They were so supportive of me.

Q: What have you learned from performing at the collegiate level so far?

A: You can't let the fear get to you. Everyone is nervous. You just can't let it get to you. Just put it in the back of your mind. Everything is not going to be perfect. I wanted to be perfect at every meet, but it's not about that, it's about getting better slowly.

continued on page 11