

SEE INSIDE: SPECIAL HALLOWEEN COVERAGE

Inaugural James Baldwin Centennial Celebration Celebrates His Impact

BY JOSEPH D'ANDREA

Adelphi's Center for African, Black and Caribbean Studies held their "The Fire This Time: The Lasting Impact of James Baldwin's Writings" event at the University Center on Sept. 25.



Panelists Allia Abdullah-Matta, PhD (left) and Susan Dinan, PhD (right), discussed the influence of Baldwin's writings, specifically his book "The Fire Next Time," first published in 1963. Photo by Joseph D'Andrea

The panel discussed the themes and issues raised by the civil rights activist's 1963 text "The Fire Next Time."

The event was moderated by Patricia G. Lespinasse, PhD, the director and associate professor of African-American litera-

ture in the African, Black and Caribbean Studies program. Panelists included Allia Abdullah-Matta, PhD, a poet and professor of English at CUNY LaGuardia, the Graduate Center and Hunter College, and Susan Dinan, PhD, the dean of the Honors College and history professor at Adelphi.

The event began with an introduction from Fabian Burrell, coordinator for programming and community engagement for the Center for African, Black and Caribbean Studies, emphasizing that the team brainstormed the overarching theme in recognition of James Baldwin's 100th birthday. This particular panel discussion, Burrell said, "was curated to display the depth of Baldwin's words in the 21st century and how educators use his work to illustrate his relevance in our times."

The panelists brought many modern characteristics of American society into the conversation, saying that even today the country is still facing educational setbacks, noting Florida's controversial history curriculum. However, their discussion reflected Baldwin's "optimistic" grace, encouraging the 42 attendees to seek out more of his work, which offers a perspective of the civil rights movement that somewhat differs from those of some of the most well-known civil rights leaders in the 1960s.

Burrell explained that Baldwin's first book, "Go Tell It On The Mountain," was published in 1953 in Paris, where he had exiled himself because he could not write in Harlem, New York and the United States.

"He had to free himself from the bombardment of racism, his identity crises confronting his homosexuality and the homophobia in society, his religious upbringing, and the frightening terrorism



James Baldwin's writings remain a cornerstone of cultural reflection and social justice. Photo by Wikimedia Commons

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Majors Across Disciplines Design a Time Capsule of Innovations

BY HUSSEIN ALI RIFATH

Students and faculty from various departments met on Oct. 2 at the Swirbul Library Innovation Center to design a hypothetical time capsule preserving humanity's most important technological innovations. The event was organized by Lauren Rosenblum, director of Interdisciplinary Studies at Adelphi, in hopes of bringing together Adelphi students and faculty from various disciplines.

"My whole goal for the event was to show students that we need all the disciplines: that there's not one that's better than another, and that we're all influencing each other at all times," she said.

Rosenblum drew inspiration from Apocalypse Debate, an annual event hosted by Logos, Cornell University's undergraduate philosophy club. "They had five Cornell professors [each coming from different disciplines] debate on whose area of study will best help humans stay alive," she said.

She immediately saw the potential in hosting a similar event at Adelphi. "I'm always really interested in getting the professors from different disciplines to talk to one another. As director of Interdisciplinary Studies, that's a priority for me: to look for connections in approaches, methodologies, contents and interests," she said.

Anil Venkatesh, a professor of mathematics and computer science, envisioned a different approach for the event where faculty could work together rather than compete against each other. Instead of having faculty debate whose specialty is most important for human survival, he thought, faculty could each argue their cases for which innovations should be preserved for future civilizations.

During the event, there were three rounds of discussion and one final runoff vote. Each round saw faculty arguing for the preservation of advances in math, science, history and art. Students got to select which ones ultimately moved forward. Those in attendance said they were inspired to think differently about technology we often take for granted.

Matthew Sabu, a junior com-

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A Move to Change the Cycle to Gain Access to Free Menstrual Products on Campus

BY AVA DIAZ

Natalie Chilindron, a sophomore communications student at Adelphi, recalled an incident that is all too common for her and her peers.

"I got my period and I was completely unprepared," said Chilindron, who is among the 67% of women currently enrolled at the university. "I ran to the nearest bathroom on campus in hopes to try to get some sort of pad or tampon. When I went, there was absolutely nothing. Even after going to the bathrooms on each floor, I found nothing."

The Health Services Center at Waldo Hall provides female students on campus with free feminine hygiene products. But they're out of reach precisely when female students need them—usually in the restrooms—after

inconveniently discovering that they are having their period. If caught unpre-



Adelphi's Panther Pantry, located in the lower level of Earle Hall, provides access to free menstrual products to anyone in need. Photo by Erica Gibson

pared, their only hope is that someone else is in the bathroom ready to help.

There are very few restrooms on campus that have female hygiene dispensers and the ones that do only offer tampons priced at 25 cents each. Adelphi is a cashless campus and students seldom have quarters with them. What's more, in a recent campus survey 56% of women revealed that tampons are the least favorable of menstrual products.

On one occasion, this left junior communications major Jenna Giakoumis with no option. "I just had to tough out the fact that I had no pads, forcing me to resort to one made out of toilet paper. This is all while still being held accountable to be present in both my academic and my social life," she said.

Fighting this battle against Mother Nature without free and conveniently

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A Word from the Editor

Happy Spooktober, Panthers! This issue includes our annual Halloween coverage. We have articles to make sure you don't miss out on any of the seasonal scares (pages 2, 6 and 7), as well as a feature that can help explain why certain haunts affect us the way they do (page 6). Halloween is one of my favorite holidays so I hope you enjoy these pieces that dive into the eeriness of October.

For the political pundits, this is our last paper to come out before the 2024 US presidential election, so we made sure to get our last word in before everyone hits the polls in just two weeks. Flip to pages 5 and 8 for some insights. In fact, if you're still undecided, as is this newspaper's tradition for every presidential election, on page 11 we've presented you with two students' opposing points of view to consider. I'm sure many of you are like me in that this is the first presidential election we'll be voting in, so make sure your voice is heard. (Plus, we get that cool "I Voted!" sticker.) Remember, Election Day is Tuesday, Nov. 5. There are no classes that day to make it easier for you to take the time to vote.

Here at Adelphi, we're fortunate to have great speakers visit our campus, and this month there were several who spoke on topics many students feel strongly about. On the topic of race and civil rights, the inaugural James Baldwin Centennial Celebration panel was held in the UC (page 1). And Dr. Amitav Ghosh treated our students and faculty to a discussion about contemporary globalism and the opium trade (page 3).

Our peers are always making names for themselves: the Artivism Club's open mic night fueling their message of social change through creativity (page 5); students designing a time capsule (page 1); and the Adelphi community making sure everyone can treat their health needs (page 1). There are also articles about recent student events like Spirit Weekend on page 3 and off-campus adventures on page 5.

This issue's editorials are full of cultural critiques—some more controversial than others (pages 9-11)—and page 12 celebrates our talented Adelphi athletes.

As always, our writ-

Joseph D'Andrea '25
Editor-in-Chief 🐾



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The Admissions Office is Set to Hold Their First Ever Spooky Tour

BY ARPAN JOSAN & CELESTE ARBELAEZ

The Adelphi University Office of Admissions will now be creating themed tours as a way to improve the visit experience of prospective families.

The office, located in the Nexus building, is responsible for guiding and supporting prospective students during their enrollment process. This includes giving tours throughout the weekdays, assisting with phone calls, answering emails and making sure to answer any questions that come up during the enrollment process.

With this in mind, they have now formed a specialization tour committee, which includes admission ambassadors Aani Mehta, Grace Wayar, Gabriella Baccari, Emilia Karpel, Joanna Jordan and Rashmi Vankundre. Committee meetings are held in order to develop ideas that will enhance the tours given by Adelphi students. Typically, a regular tour consists of a current Adelphi student guiding the families throughout the campus. This committee aims to have more creative guidance that families won't forget. Their first idea became the Spooky Halloween tours, which will be executed later this month. The date for this tour will not be revealed in order to maintain the surprise.

"The purpose of the special-

ized tour committee is to plan themed tours throughout the school year that will draw in prospective students and allow them to get a sense of the wonderful community we have at Adelphi," said Baccari, a senior nursing major.

Regarding the Halloween campus tour, Wayar, a senior history major, said the committee thought it would be fun and engaging. "During our biweekly meeting in our Special Tours Committee, we brainstormed ideas to make this tour extra special and spooky to spark people's interest in taking a tour with us."

In order for this event to happen, the Admission's team is preparing their event by decorating the front desk and dressing up in fun costumes.

Shannon Jones, the visit experience manager, said, "We are also finding out some of the many talents of our student ambassadors, such as our theater majors who will make fantastic scare actors, and some are make-up artists who are very excited to work on some SFX make-up effects for this tour."

Vakundre, a graduate student and exercise science major, said to expect to see tour guides in costumes and makeup. "We want the whole experience to feel immersive so our guides will not only be in costume but also

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Inaugural James Baldwin Centennial Celebration

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that reigned down on his people—Black people," she said. "Although he was a very outspoken critic of the government and its policies, he still managed to find allies amongst our world leaders—President John F. Kennedy, for example—for his discourse, which allowed his activism to take root. He used his pen to advocate for justice."

Baldwin's writings remain important and relevant for any students of culture, history and politics, but particularly college-aged individuals still trying to find their place in the world themselves.

"Baldwin is an important figure for college students to read about as they are now faced with the same issues of his time; social injustices, war, genocide and political unrest in many parts of the world today," Burrell said. "His work could be a roadmap on their journey."

"It was great to see how the students engaged with the panelists during the Q&A segment of the evening," she continued. "James Baldwin's work is very compelling and his voice is authentic. Students from any major course of study could benefit from his work as these are human issues. Students who are well-versed are equipped to compete in this global community to address global challenges."

In addition to the Center for Afri-

can, Black and Caribbean Studies, co-sponsors included the English Department; the Office of Diversity, Equity, Inclusion and Belonging; and the Center for Academic Support and Enrichment.

The Center for African, Black and Caribbean Studies will continue to host events relating to Baldwin throughout the semester to commemorate his life and examine the impact of his published words, particularly his influence on Black culture and mind. A James Baldwin Distinguished Lecture discussing his work was held on Oct. 16, which featured renowned author and activist Kevin Powell.

The next event in the series, "Remember This House: Student Reflections on James Baldwin," will take place on Oct. 28 at 5 pm in the Swirbul Library's Innovation Center. Creative Writing Club students and other attendees will have a chance to engage in a discussion after a screening of the 2016 documentary "I Am Not Your Negro," which is based on James Baldwin's unfinished manuscript "Remember This House."

For those interested in learning more about Baldwin, panelist Abdullah-Matta recommended Vintage Book's publication, "Vintage Baldwin." Visit Adelphi's events webpage for more information about future events sponsored by the Center for African, Black and Caribbean Studies. 🐾

Award-Winning Author Shared History of the Opium Trade and Contemporary Globalism

BY CAROLINE PYCHYNSKI

As part of the Bhisé Global Understanding Project, Adelphi University welcomed award-winning author Amitav Ghosh on Oct. 1 to discuss the history of the opium trade and how that continues to affect the international order. The focus of the lecture, led by Craig Carson, associate dean for Academic Affairs for the Honors College, was to learn about a new dimension in the history of colonialism. The talk was titled “The Poppy Flower and the Butterfly Effect: History of the Opium Trade and Contemporary Globalism.”

Ghosh, who won the Jnanpith Award in 2018 (India’s highest literary honor), explained that opium is an ancient narcotic that humans have depended on for thousands of years for both recreational and medicinal use. “To understand the opium trade, which is expensive and laborious, is to understand how wealth and money were created back then,” he said.

The Dutch were the first to begin trading opium at a large scale, followed by the British. After gaining control of India’s opium industry, the British East India Company

proceeded to earn record profits.

Indian laborers suffered a tremendous human cost as a result of this, Ghosh explained. “One-tenth of the



Craig Carson, associate dean for Academic Affairs at the Honors College (left) and author Amitav Ghosh addressed a facet of the history of colonialism.

population in Ghazipur was employed by the Ghazipur factory center,” he said. “It’s a very manual production. Basically, they were producing opium by hand. And this is a real tragedy. The people doing this work—impoverished workers, impoverished peasants—producing the most lucrative object.”

Indians, however, were not the only people to suffer as a result of this trade. Ghosh said much of the opium

produced in India was smuggled into China by the British, which resulted in “disaster and widespread addiction.”

The United States also played a

role in this history. Ghosh found that although the US government was not directly involved in the opium trade, American involvement in the opium wars enabled private opium merchants—which Ghosh described as “early capitalists”—to accumulate vast wealth by smuggling opium from Turkey into China.

Ghosh mentioned that the rich architecture of that time period is often connected to the suffering of

India and China. An example is the Samuel Wadsworth Russell House in Connecticut, now owned by Wesleyan University. Samuel Russell, the original owner, had economic ties with Britain and played a significant role in the opium wars. He profited from purchasing opium produced in India and having it sold in China.

“This house was made with substances [opium] that were made by impoverished Indians and used by impoverished Chinese,” said Ghosh.

After the lecture, first-year nursing major Betzy Salmeron said, “I thought the lecture was incredibly engaging and eye-opening. He [Ghosh] did a fantastic job of unraveling the complexities of the opium trade and showing how it was tied to the horrors of colonialism.”

Martin R. Haas, a professor of American history in the College of Arts and Sciences, said, “Dr. Ghosh brilliantly connected the history of the past with contemporary issues of globalization.”

The Bhisé Global Understanding Project is an inclusive initiative to explore critical global issues and prepare the next generation of global thinkers and leaders. Future events are planned to engage Adelphi in global issues. 🐾

Adelphi’s Spirit Came Back for the Eighth Annual Weekend Event

BY CHALA CIVAN

Dreary weather didn’t dampen the spirits of attendees at Adelphi’s 8th Annual Spirit Weekend held on campus Sept. 27-29. There were numerous events for alumni, students and anyone associated with the university, all organized

guests participated in the casino games, won tickets and joined raffles for prizes.

The Alumni Brunch was held the following morning with about 80 alumni who graduated between 1966 and 2024. Then the spirit carnival took center stage. Held in the Post Hall parking lot, the carnival offered a unique experience for



Chala Civan '25 (right) at the carnival with Caner Saltan '24 MS (left), who graduated with a degree in supply chain management.

by departments including Alumni Relations, AU Athletics, the Adelphi Center and the Student Engagement Center.

The Spirit Social took place on Friday, Sept. 27, by Flagpole Lawn. This open-air event was a hive of activity, offering a range of interactive activities to engage the student community on campus. The day culminated in the UC Ballroom with the Casino Night. Students and

the Adelphi community despite the rainy weather. The rides, food and drinks on the field and the adjacent Oktoberfest tent provided a taste of fall. Other events, such as swimming, alumni meetings and some alumni games, were held as well that day.

“Seeing so many families and children enjoying the spirit carnival was unique and sweet,” said Ashley Labban, a third-year psychology major. “It made

the environment so much more enjoyable. As an alumni, I would revisit the carnival as Adelphi makes great efforts every year to make it enjoyable for everyone.”

On the final day, runners completed a 5K and a 1K for the kids’ marathon. In the evening, the class of ‘74 had their reunion dinner.

Kelsey D’Andrea, assistant director of Adelphi’s Student Engagement Center, one of the central organizing departments of Spirit Weekend, said that she and her team began organizing the event in January. She said it was the first she’s organized and that working with all the departments was fun.

“I got to know many people from many departments to make this event possible,” she said. “But it’s also a fun time because it’s an event students look forward to. Families are on campus, alums are returning and they enjoy returning to something they know. That’s about being part of Adelphi and celebrating that.”

She said that the event would be challenging without the student volunteers “who sat under the rain, set down the tables and ensured the organization was going as it prepared. I owe them a lot for all of that.”

One of the volunteers, Tonantzin Martinez, a third-year psychology major, said, “This was my second time volunteering for the carnival. I am a part of the Peer Leadership Program, which aims to assist incoming first-year students in adapting to campus life, and as a part of my program, I volunteered for the carnival.” 🐾

Admissions' New Spooky Tour

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stay in character throughout the tour.”

Baccari added, “Even our own Paws the Panther will be participating. It is going to be a spookily great tour.”

Mehta, a junior psychology major, said, “I am the most excited to see everyone dressed up and see how the visitors will hopefully enjoy it. I’m also excited to see how current students at Adelphi may react to the special, Halloween-themed tour.”

Vakundre added that she is looking forward to seeing how the guests react to the spooky surprises that are planned. “There is something magical about creating an immersive experience where people can feel the thrill of Halloween while learning about our campus.”

Admissions is planning to create more fun events just like this for prospective students. “We are thrilled to be hosting tours like this throughout the school year. Next one up is our Winter Wonderland tour on Dec. 5, so please join us then,” Jones said. 🐾

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on our website:
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Access to Free Menstrual Products Needed on Campus

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available menstrual products often creates discomfort and stress for women on campus. In a spring survey of 48 Adelphi students who menstruate, 64.6% said that they do not feel supported by the University when it comes to having access to menstrual hygiene products. In addition, 64.6% respondents also believe the products should be available for free as part of their tuition.

A Limited New York Law

Student responses to the survey highlight the fact that access to menstrual hygiene products is an economic issue as well as a health issue.

According to PERIOD, a menstrual health advocacy organization, 1 in 4 students nationwide cannot afford period products. To date, 28 states and Washington DC have passed legislation in order to help students have access to free period products while in school. Governor Kathy Hochul made New York State one of them in August when she signed into law a bill requiring all public colleges and universities to offer menstrual products free of charge in restrooms.

As a private university, Adelphi doesn't have to abide by this law. Nevertheless, Nicole Gaudino, executive director of University Health and Wellness, said she advocates for this issue annually. Her office seeks additional funding to make a difference.

"We want to set a precedent of being proactive instead of reactive," Gaudino said. "I am happy to share that prior to the legislation, and presently, Health Services provides free menstrual products to anyone who requests them in an effort to remove a barrier and bridge gaps in health equity. Additionally, the Panther Pantry provides access to free menstrual products to anyone in need as well. Students can request up to five tampons and five pads per pantry request."

Availability on Campus

At the University Center bookstore, students can buy a box of 20 organic tampons for \$8.99. However, they're intended for a light flow, making them insufficient for absorbing the 40 milliliters of blood that the Centers for Disease Control and Prevention said that women lose throughout each cycle. There's also a box of eight super tampons for



These are the only products available for sale on campus at the UC bookstore and they cost more than at off-campus stores. Photo by Ava Diaz

\$3.99. In comparison, a box of 18 super tampons or a separate box of 18 pads at a local grocery store are \$5.99 each, making the purchase off campus more affordable if students can get there.

To address the issue of access, the University can install more period product dispensers in restrooms across campus and include pads as well as tampons to accommodate those who want another option. According to the website for AirDelights, a commercial restroom product company, one dispenser can cost up to \$800.

In the student survey, some women mentioned that a factor in their product choice is comfort; many consider pads to be less irritating and easier to use.

"I can't use tampons...and that's all that campus has," said Siarra Higue-

ros, a sophomore nursing student. "I had no choice but to use a cheaply made, cardboard applicator tampon that was extremely uncomfortable. Even when the administration does provide products in campus bathrooms, they make no effort to put our best interests at heart."

Gaudino said her office is aware that accessibility is an issue. "The dispensers are quite old. We had a

grant which had funded those but we no longer are in receipt. I am familiar with the newer units, which are usually paid for via grants and fundraising or the Vengo vending machines for which students pay directly via phone or card."

She added that several organizations have been contacted, such as Love Your Menses, in hopes of gaining donations for new grant applications.

"We are currently in pursuit of a grant," Gaudino said. "The end goal is to receive a dispenser and products to spread across campus."

A Worldwide Problem

Accessibility to affordable menstrual hygiene products is not just an issue on campus. It's a worldwide problem. In fact, even in the United States, they're considered a "luxury

item." Therefore a tax formally known as the "tampon tax" is placed on feminine hygiene products. In 2016, New York became one of few states that have ended the tax on these products. Upon its ban, the bill's sponsor, New York State representative Linda Rosenthal, stated, "Women statewide will no longer be burdened by a lingering tax that was levied at a time when women were not part of government and the decision-making process."

But this issue is not limited to women in the US. Period poverty is the lack of access to menstrual hygiene products and the education needed in order to use them effectively. It is a global health issue. For example, in Uganda, East Africa, young women are forced to use objects like rags, banana peels, leaves and old newspapers. Not only is this ineffective, it is also not sanitary and can lead to further health problems.

Binda Godlove Aka, assistant professor of political science and international relations at Adelphi, has been doing extensive research on the matter and its role in public policy.

"Some administrators may not understand the impact of it because they haven't been exposed to it," said Godlove Aka. "But, we have to reach out to them to let them know and to get ourselves fully committed to being part of it."

Godlove Aka, whose research will be published in the "Journal of Global Health Economics and Policy," said he is open to working with the Adelphi administration in order to create a formal policy that advocates for menstrual equity.

"Period products are a basic necessity," he said. "It is the right of the state to provide these things to U.S. citizens. To empower a woman is to empower a nation." 🌸

Majors Across Disciplines Design a Time Capsule of Innovations

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puter science major, said he saw immense value in passing on humanity's advances in artificial intelligence.

"Looking back on the machine learning and AI concepts, recently I've just got involved in that. And one topic I found really interesting was neural networks: they're really cool and interesting. I think that's one thing we should preserve," he said.

Anabel Ojeda, a senior studying mathematics, wanted to preserve the human element in problem-solving.

"As we move into the AI and data science world, where a lot of things get calculated for you, I think there are certain processes that should be kept," she said. "I'll reference how last night I was tutoring my brother for his math homework. They're doing geometry, angle measurements and things like that. I think it's important to still know how to do those things, even if you could just use GeoGebra to do it for you."



Christopher Saucedo, a professor of sculpture at the Art Department, presents monuments as an innovation for preservation during the first round.

Photo by Hussein Ali Rifath

Some students, like sophomore computer science major Aryeh Donath, were more excited about the food offered at the event. "I really liked the pizza," he said.

Each round, faculty nominated a wide variety of innovations across various disciplines. Christopher Davis, a professor of African, Black and Caribbean history and culture, spoke about the importance in preserving archives during the first round.

"Critically, in an archive, you can learn about the thoughts and the minds of many historical actors," he said. "Ultimately, thinking about what an archive has and maintains can tell you about how higher societies think. I can argue that you all [Adelphi students] are archivists yourselves because many of you might have Instagram or Facebook, and a scholar in the future might go back and look at your Instagram account and say, hey, this is what these people were thinking at this time. My contribution is archives because they record all the prior knowledge that we have as a society."

Venkatesh argued to preserve technical drawing. "I am amazed at how well this event came together, because we're thinking about people building stone monu-

ments and we're thinking about people using electricity to make machines. We also heard about the archive storing all the knowledge that started 5,000 years ago up to the present day. But how do you actually tell somebody how to make a machine that you imagine in your head? You have to create a diagram," he explained.

"The idea of an exploded diagram showing the internal structures of a complicated object—which is not the way the object appears to you in real life—allows them to be communicated to another person. We could not have had the Industrial Revolution without a first revolution in technical drawing," he added.

Students ultimately selected one innovation from each area—math, science, history and art—to be a part of their hypothetical time capsule.

"Each discipline won a race. I was thrilled that it just happened to work out that way. I couldn't have been happier. It was great," said Rosenblum. 🌸

American Historical and Political Memorabilia Exhibit Now on Display in Swirbul

BY JOSEPH D'ANDREA

Just in time for the upcoming presidential election, “American Ideas in Full Color” is now open to visitors on the First Floor Gallery of the Swirbul Library. The exhibit, which I curated, focuses on the importance of being an active participant in society and showcases historical and political memorabilia dating back to the 1900s.

The thought of curating this exhibit came as a combination of ideas. A major motivator for bringing my collection to



Pin-back buttons used to be a staple of the American political scene, especially when candidates were running for office. Photo by Joseph D'Andrea

other students at Adelphi is my belief that history is more than just the words you read in a textbook. It's easy to feel detached from events of the past while reading about them or even watching old, grainy footage. Not until you look around and realize that there's history all around you will you feel a stronger connection to past cultures, no matter how big or small that trigger may be. For some, it may come in the form of a campaign button

you find in your grandparent's dresser drawer, while others might appreciate the past by collecting coins, or maybe even listening to decades-old music that transports you to a bygone era.

These may feel minor by first impression, but you can learn quite a bit about a society that you were never a part of just by putting sentimental and historical value into the items from their time. As a future history teacher, I believe that it's very important that students understand that the past never simply stays behind us. History is continual and past cultural, economic and political practices are all interpreted in one way or another from the ones that preceded them. To actually be able to touch or at least be in front of a piece of history is invaluable because it breaks down the wall between past and present and gives a tangible importance to the “things” of years past. This applies to anyone learning about history, and you can be a student of it without sitting behind a desk; there's something to learn every day by going outside and observing and understanding why your surroundings look the way they do, at least as a starting point.

Having worked at the Cradle of Aviation Museum in Garden City for more than two years, I've gained an even greater appreciation for artifacts. Sometimes I'll walk into work and be handed a piece of history to keep, which really enhances my love for many things from the past. But even before I began as an intern there, I always had an interest in collecting. Whether that be hats, baseball cards, coins, pins or anything else I could display in one way or another on my shelves, since I was in elementary school, I've loved having my own personal museum at home. Yes, I even had laminated business cards made for the baseball museum in my room. That, combined with museums

being my favorite places to visit, made the opportunity to put my collection of historical memorabilia and other ephemera on show at Adelphi a real dream come true.



The exhibit runs through Nov. 7 and is open seven days a week to any visitors on Adelphi's campus. Photo by Joseph D'Andrea

With this exhibit, my collection that began with the four main American coins, evolved into including political campaign pin-back buttons (with the earliest president-related button being from Theodore Roosevelt's 1904 run for office) and continued to grow, including magazines, pamphlets, books, newspapers, vinyl records and more.

I hope visitors will reflect on the ideas I outlined when viewing the gallery's tangible history of American political and cultural history, and maybe even become more aware of how they can find importance in the small things they may come across and be conscious enough to possibly save some items for future generations to look back on.

“American Ideas in Full Color” is open seven days a week and runs through Nov. 9. 🍄

Student Poetry Corner

Students may submit their original poems to be considered for publication. Submit poems up to 250 words to delphian@adelphi.edu and skylardorr@mail.adelphi.edu.

I'm a junior in the English Department. This piece was written over the summer when I was stuck at home and missing my best friend. She had gone to Peru on a trip and sent me a video of the rain that afternoon. It was pouring and it sounded so nice. Later that same day, it started pouring rain where I was. She joked that I must have caused it because I missed her so much.

Rain from Peru
by E.M. Conner

You sent me the rain from Peru.
I press my nose to the mesh windowpane
and inhale the smell of your fade-wash
jeans. Tears from the sky press their
careful fingertips into my pores and yes,
This storm traveled oceans
just to kiss my face.

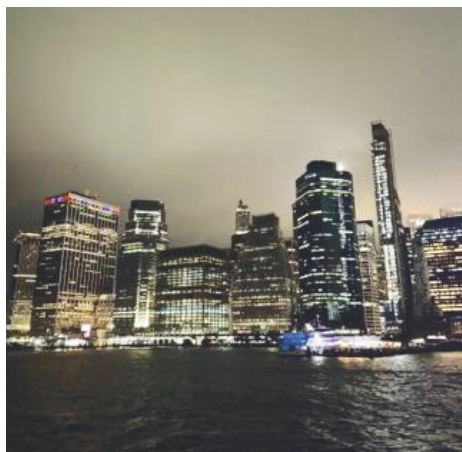
Love pours from the clouds
in the shape of teardrops
It beats on my windowsill like the drum
of my heart, like the drum of your heart,
Beating all the way across the country,
Drumming in time with mine.

You sent me the rain from Peru.
The cool air caresses my face,
lovingly, softly, and for a second
I feel the warmth of your hands,
I breathe out into the quiet and it sighs back,
Your breath in my lungs, my
heart in your chest.

Off-Campus Adventures for Students Provide a Fun Escape

BY LAURA STEINFORT

Almost every weekend, Adelphi offers some off-campus trips and activities for resident students that are free or just a minimal cost,



View of the NYC architecture and skyline on the NYC Dinner Cruise.
Photo by Laura Steinfort

though they're not exclusively for students living on campus.

During Spirit Weekend in September, the university provided a wide range of attractions and activities to participate in, including off-campus trips. One of the trips was a dinner cruise in New York City. This trip was open to all students, alumni, families and friends, with a \$20 fee for students. It included transportation to the city and back, a ferry ticket, as well as food and water provided on the ship. The ferry took off at 6 pm from Pier 15 and returned at 8 pm with around 35 participants of Adelphi.

The route covered the whole south coast of Manhattan, with highlights including the Brooklyn Bridge, an astonishing view of the Statue of Liberty and the amazing skyline of the borough, glittering in the night. The boat offered an in-room deck with a huge glass front to enjoy the spectacular view of New York's skyline, as well as a bar,

a DJ and a dining area with a small but very delectable buffet, offering food for every taste. The upper deck was an open outdoor area offering a hands-on vivid experience of the Hudson River.

The trip was a great opportunity



Vibrant yellow and red apples showcased the best at Harbes Orchard. Photo by Laura Steinfort

to get in touch with other people and a nice option for people who do not want to go to the city alone, especially at night. Even though it was windy and rainy, the weather didn't put a damper on the amazing gateway.

Another off-campus excursion took place on Oct. 5 to the Harbes Orchard on the East End for apple picking. Tickets included transportation and admission to the grounds, including one bag for apple picking, plus other activities offered on the farm like a corn maze and live music. For an additional price, some participants were treated to food and drinks or able to gather some seasonal pumpkins.

It was a very lovely experience to explore the region and see another side of Long Island, with attendees leaving with delicious apples.

These trips are very convenient since students just have to show up, letting them completely enjoy their time on the trips. 🍄

SHELTERS REVEAL WHY A SUPERSTITION MAKES BLACK CATS THE UNLUCKY ONES

BY BRIANNA BIANCO

Black cats have long been associated with controversy and superstition. Primarily around Halloween, these loving, yet misunderstood felines are surrounded by folklore and misconceptions. Be it from the movies or the tall tales, people's perceptions of black cats have been disapproving for centuries. Unfortunately, this has also led to them being the unlucky ones when it comes to being sent to animal shelters where their adoption rates are lower than their more colorful counterparts.

"Black cats are always the last adopted all year round," said Lisa Frazzitta, an employee at All About Cats Rescue in Freeport, New York. "It's a shame because they have the best personalities; they're great. I love them."

Frazzitta confirmed that their low adoption rate is primarily a result of superstition—and that they need to be protected.

"We actually don't adopt out black cats for the two weeks leading up to Halloween because people do bad things to them," she said. "It's horrible, but we do it to keep them safe."

Nancy Pabone, another employee

at All About Cats, said, "Black cats also tend to be the last to be adopted because of their coloring—they don't pop out to the eye—and people tend to want cats that are pretty colors. They also don't photograph well. Most of the time when I take pictures of them, I need to edit them and make them lighter, otherwise their features don't show up."

Volunteer Jade Frazzitta added, "There are a lot of bad people out there. You really have to be careful." She and her mother, Lisa Frazzitta, foster a total of 17 cats, many of which are black. "Boo and Stella are two of them. And they're the sweetest ones."

Cassidy, an employee at the Town of Hempstead Animal Shelter who asked that their last name be withheld, reported that they currently have 84 black cats in their care—which is significantly more than any other color, including gray, of which they have 59.

"Usually if people give up a black cat for adoption, it's because they can no longer care for them," Cassidy said. "No one's ever come in and admitted that they are superstitious. Although it is strange that we have so many more black cats than any other color here."

Yet those who care for them



How can this cute kitten in the All About Cats Rescue in Freeport cause bad luck to those who want to adopt him? Photo by Brianna Bianco

agreed that black cats deserve the same love and affection as any other animal in shelters. Emily Dodson, a vet tech at Garden City Park Animal Hospital, adopted a black cat nine years ago. She said he's the sweetest cat she's ever had. "He's friendly, sociable and gets along well with both people and other pets."

By pausing adoptions around Halloween and spreading awareness about these unearned myths, shelters are taking action to protect and improve the lives of these misunderstood creatures. So the next time you see a black cat cross your path, don't consider it bad luck, but perhaps instead a sign of good fortune. 🐾

LOVE TO BE SCARED? WHY SOME EMBRACE IT AND OTHERS AVOID IT

BY KYLE ARJOONSINGH

With spooky season just around the corner, students are gearing up for their annual dose of frightful fun. Whether it's clinging to the edge of your seat during a horror movie or screaming your lungs out in a haunted house, Halloween is the time for embracing all things eerie-sistable. But what is it about these spine-tingling thrills that captivates us? The answer lies in our brain chemistry.

"It's all in the brain," said Joel Weinberger, a licensed psychologist and professor of psychology at Adelphi University. "The amygdala is a key region involved in triggering the fight-or-flight response. When you perceive something as frightening, it signals the body to release stress hormones like cortisol and adrenaline, preparing you to either run or defend yourself."

This physiological response not only explains why we feel fear but also illuminates why some seek out fear-inducing experiences. The thrill of the unknown is precisely what draws them in.

"I've always loved horror movies and haunted houses," said Ana-Mercedes Henríquez, a Halloween fanatic and video art major at the Borough of Manhattan Community College. "There's something exhilarating about facing fear in a controlled setting where you know you're safe. It's like testing your own limits without any real danger; it's the adrenaline."

This desire to experience fear in a safe environment allows individuals to confront their anxieties without the

actual threat of harm. As Weinberger said, engaging with fear in controlled environments, such as haunted houses or horror films, provides a unique release.

"When you're watching a horror movie, you realize this isn't really



Joel Weinberger, a licensed psychologist and professor of psychology at Adelphi, explained that our "fight-or-flight" response plays a big part in what we find scary. Photo by PxHere

happening, so you have the sensation of fear without the actual need to leave," he said. "You get really excited and then calm down, and that's pleasurable. People enjoy dropping from an elevated level of arousal to a lower, warmer level of arousal that leads to pleasure."

But not everyone seeks out these fear-inducing experiences. For some, fear is less about pleasure and more about losing control.

"I think a big reason why I don't like being scared is because I have anxiety," said Dylan Gaffey, a second-

year political science major at Adelphi. "I feel that I am often scared about what is to come. I get scared over not knowing the unknown; it's the loss of control on my part that frightens me."

According to the American Psy-

social and biological factors at play."

A combination of these factors can be traced back to our evolutionary history. Weinberger prompted us to consider this question: What's scarier, a snake or a car? Most people might instinctively say a snake. However, you're much more likely to be injured or killed by a car. So why aren't we as scared of cars? The answer lies in our evolutionary past, where avoiding snakes could mean the difference between life and death, whereas cars are a modern invention with no historical context in our survival instincts.

For those living with anxiety disorders, like Gaffey, this idea is often emphasized. Their heightened sensitivity to perceived threats can lead to a more fearful response, even in situations that others might find tame. The fear of the unknown—whether it's a haunted house or the unpredictability of everyday life—can trigger a cycle of anxiety that makes it difficult for them to engage with fear in a controlled manner.

"If Halloween doesn't have an impact on your life, you shouldn't feel compelled to engage with it," said Weinberger. "If it doesn't significantly affect your day-to-day living and you can avoid it, then it's perfectly fine to do so."

So, as we gear up for Halloween, remember that whether you're racing to the next haunted attraction or opting for a non-spooky adventure, the way we experience fear is unique. Embrace the thrills or skip the chills—either way, it's all about finding what makes this spooky season fun for you. 🐾

chiatric Association, anxiety disorders are the most common mental health condition in the United States, affecting nearly 30% of adults. This prevalence underscores the reality that fear is not a universal experience; it varies greatly from person to person.

"There are some things that might make you uncomfortable and frightened that don't make me uncomfortable and frightened," said Weinberger. "Some are more afraid than others; some are less afraid than others. So, you know, there are, of course, psychological,

FIVE LOCAL FALL ATTRACTIONS TO VISIT BEFORE HALLOWEEN

BY GILLIAN TARRY

Love fall and all the related events? There's plenty to do on Long Island this season just a short drive off campus. Here are five events to visit this month. At Gateway's Haunted Play-

room is too much for a lot of people."

Allen added that what makes their site unique is that it's not a pop-up haunted house. "It feels like you're in a haunted location."

This year's theme is Camelot and features actors dressed as famous



The Gateway Playhouse has several haunted rooms all designed to scare visitors, like the clown and jester rooms. Photos courtesy of Gateway Playhouse

house in Bellport, you can experience scary in a new way—with their multiple scenes throughout their haunted house, like clown and jester rooms.

Paul Allen, theater producer at The Gateway, said, "Our haunt starts in our barn, which was the beginnings



of Gateway Playhouse in the 1950s. During the haunt, the barn is really creepy and we draw upon everything that it already has going for it. Add in sound, lighting and fog and just that first

characters such as Sir Lancelot, Merlyn the Magician and Guinevere.

This month Gateway's Haunted Playhouse is open Friday and Saturday from 7 p.m. to 11:30 p.m. and Wednesday, Thursday and Sunday from 7 p.m. to 10 p.m. With the purchase of a \$40 admission ticket, you can visit the Playhouse and the midway for drinks and snacks. For more information visit www.gatewayshauntedplayhouse.com.

Bayville Scream Park is a Long Island must see. It features six haunted attractions across the whole park, which can be experienced with the purchase of an admission ticket. Each attraction has a different theme, including Bayville's Asylum, Uncle Needle's Funhouse of Fear and the Temple of Terror. Tickets can be purchased online from \$34.75 to \$56. Bayville Scream Park also has options for food and drink, including three hidden bars for guests 21 and over. To gain access to these bars, guests need to buy an extra VIP Bar Creep Pass. Bayville has special offers like the "glow stick fright nights" on Nov. 8 and 9. Visit bayvillescreampark.com for more details.

Over the years, Schmitt's Farm

Haunt in Melville has become a popular spot to visit during October. With a \$47.11 general admission, you get to experience The Haunt, which features seven sections of terrifying movie quality sets and actors ready to scare the guests. There's also a Haunted Corn Trail, which is the only one on Long Island and now features a new 3D experience. Schmitt's Farm Haunt is open Friday through Sunday from 7 pm to 10:30 pm. For all other inquiries, go to schmittsfarmhaunt.com.

If you're not interested in scary fall events, other options include pumpkin patches. There are many on Long Island, including Schmitt's Family Farm also located in Melville, which offers hayrides, a corn maze (which is not haunted), pumpkin picking and their farm stand. It's open Monday through Friday from noon to 5 pm and Saturday and Sunday from 10 am to 5 pm. The admission fee is \$23 per guest. For more information, go to schmittsfarm.com.

Another option for pumpkin picking on Long Island is Brightwaters Farms in Bay Shore. The farm is open from Tuesday to Friday, from 11 am to 5 pm. On Saturday and Sunday, hours are 9 am to 5 pm. During the weekdays, admission is free, but during the weekends, admission costs \$20. That gives you access to pumpkin picking,

shopping in the country store and visiting their farm animals. They also have activities for extra charge like hayrides, animal feeding and a full concession stand on the weekends. Learn more at www.brightwatersfarms.com/fallharvest.

One tip for planning your trip to one of these events is that lines are shorter during the weekdays. Allen of Gateway suggested visiting during the week for that exact reason. With all of these options for fall events, there should be no problem creating a fantastic experience for college students while you conquer your difficult studies. 🐾



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Ahead of the Election “Daytime Revolution” Reminds Us to Use Our Vote

BY JOSEPH D’ANDREA

Released on what would’ve been former Beatle John Lennon’s 84th birthday, Oct. 9, “Daytime Revolution” uses archival footage from the five episodes of “The Mike Douglas Show” that Lennon and Yoko Ono co-hosted in early 1972. It made its world premiere on Oct. 5 at the 32nd Annual Hamptons International Film Festival and is now playing in select theaters around the U.S.

The film allows the surviving guests who made appearances on the shows, including political activist Ralph Nader, actor and singer Vivian Reed, and musician Nobuko Miyamoto, among others, to revisit the parts they played in the message being delivered by Lennon and Ono to American living rooms.

It’s no mistake that “Daytime Revolution” is coming out with the United States presidential election right around the corner. In a phone interview, director Erik Nelson said he felt it was apt to bring more eyes and ears to these shows at this point in time.

“I knew these shows had happened and they weren’t properly celebrated,” he said. “They represented a real high-water mark of the counterculture and American culture in general and I felt attention should be paid to them.”

He continued: “With this film, I wasn’t in the documentary filmmaking business, I was in the transportation business. I wanted to transport people back to 1972 and transport those ideas forward into 2024 in this dramatic election year.”

Reminiscing on his involvement, in the film Nader pointed to the political aspects of the shows, saying in the documentary that “citizenship is a profes-

sion” to allow people to control their destiny” and “if you vote, you broaden out the difference between the parties in the right way for the next election.”

Just as the shows did, this documentary puts an emphasis on the intersection between culture, politics and history. Broadcast during an election year under the Nixon presidency, with the backdrop of the widely objected-to Vietnam War, the shows advocated for peace and unification. Despite these



(L-R) Talk show host Mike Douglas, multimedia artist Yoko Ono and musician John Lennon on the set of Douglas’ show where the two counterculture icons took over hosting duties for a week in 1972.

Photo by Michael Leshnov, courtesy Kino Lorber.

seemingly universal hopes being voiced, the shows were nevertheless risky, and within weeks of their airing, Lennon was threatened with deportation, an issue that would persist for several years.

The documentary lets the show’s guests and hosts speak for itself, and through this, may offer a reevaluation for the public of the peace movements of the 1960s and ‘70s. And just like Lennon and Ono’s own intentions, the

documentary brings counterculture to audiences in a more digestible way.

“I felt that John and Yoko took a lot of incredibly prescient ideas, an overall trust and a great attitude towards cultural politics and history and put it on daytime television,” Nelson said. “That was the best of the hippie culture. And even the silly stuff on these shows is wildly entertaining. Yoko approached this as a conceptual art project and John was delighted to play a significant part in it,

and she pulled it off, in my opinion.”

Television as a tool for spreading a message is a main point of the film, from being used by politicians and musicians, to the other major theme: empowering women. These “Mike Douglas Show” episodes particularly gave women at home a better insight into political and cultural issues at a time when the floor for discourse was less open to women. The very open environment that Doug-

las ensured to the co-hosts, guests and audience meshed fabulously with the format, making for shows with many exciting, offbeat and, above all, sincere moments. (Lennon’s performance of “Imagine” is especially earnest.)

“I think that kind of trust is missing in American media today,” Nelson said.

The program not only offered a voice to the female liberation movement, but also to the Black Panther movement and Asian Americans. The latter performed folk songs that took pride in their roots, highlighting how their immigrant parents helped make America what it was then, and still is today, through the performance of “We Are the Children,” which includes the lyric “We will leave our stamp on America.” Activism on the broadcasts didn’t just come in the form of the signature pair at the forefront; other guests made their appearances worthwhile, spreading similar sentiments on stage, and Lennon and Ono—ever-curious to learn more about others—treated them as nothing less than equals.

Lennon and Ono were given equal footing and treated each other as such, too, making for a film whose subject matter is hard not to get wrapped up in. It’s easy for many to dismiss public personalities such as them when it comes to political stances, but what Nelson’s documentary dials in on is how culture (whether that be expressed in music, film or any other form) and politics are virtually inseparable—not only concurrently but also in how they influence each other, continually developing in their own ways.

“To the question of ‘will you still need John when he’s 84,’” Nelson said, “I think this film answers an emphatic ‘yes.’” 🌱

The Artivism Club Spreads its Message at Open Mic Night

BY ISAAK BRICKNER

Over the past year, college campuses around the nation have been a hotspot for individuals yearning to express their ideas on current issues. Even last semester, Adelphi’s Garden City campus had a few instances of students feeling the need to speak up through peaceful protests. For students looking to mix this unrest with art, look no further than the Adelphi Artivism Club, which aims to provide an environment where students share their feelings about current or personal issues through any creative medium they choose.

At their Open Mic event on Oct. 1 in room 117 of the University Center, club members had the opportunity to be vulnerable and share their poems and drawings with an audience of their peers.

River Gorman, a club board member, shared a poem about the ever-consuming tide of terror that war brings, describing the people who had lost their lives due to ever-persistent issues. Rather than giving cold hard facts and information, Gorman implored people to create something with their signature flair.

“Art and creativity, when connected to a bigger issue in the world, allows you to show a unique perspective on the issue,” Gorman, a

senior psychology major, explained. “It brings an individualism to the issue at hand that may be lost through simply repeating information.”

After Gorman’s poem and a few moments of hesitation, a few of the four students looking to join the club shifted to the front of the room with their works of art shining from their phones, ready to be shared.

One of the first to come forward, leaning relaxed in a chair against the wall was junior Candice Garwood, an international studies major. She shared a poem on the debilitating feeling of depression and how misunderstood one feels when struggling with it. She traced the outline of events throughout the day that one suffering from depression feels, from the constant exhaustion to the inability to reach out. Even with a poem this vulnerable, Garwood said she felt comfortable sharing it with her fellow peers due to the environment created in the Artivism Club.

“Using art, whichever medium it may be, will always be one of the most powerful ways to contribute to social change,” Garwood said. “This club allows for a very interesting way to connect with people outside of an academic context.”

Artivism is important for the very reason of connecting people outside of an

academic context, said faculty advisor Argie Agelarkis, a professor of criminal justice and visual arts at Adelphi and co-founder of Artivism: The Power of Art for Social



Candice Garwood sharing her poem on depression. Photo by Isaak Brickner

Transformation. “Art catches the eyes better than simple words do. People are drawn towards it and want to understand more from it. It allows for each person to interact with it differently,” she said.

The Artivism Club hosts events on Tuesdays at 4 pm in room 117 of the UC

where members and newcomers alike can share or create artwork with the club. Board member J-P Victor, an exercise science major, asked any Adelphi student with a passion for change to come by.

“I know there are people who are likely dying to express themselves, and we want to give them a safe space for them to do so,” he said. “Whether it be through poetry, painting, drawing, anything of that sort, just come by and let it out with no judgment.”

The Artivism Club is derived from the initiative Artivism: The Power of Art for Social Transformation, which is an interdisciplinary, multi-institutional global collaboration to engage people in transforming society through the power of art. According to the university’s website, their vision is to generate a movement with committed social activists in response to historic global concerns; generate community through multidisciplinary teamwork for a more dignified and meaningful coexistence; and nurture confidence in taking continuous action from wherever you are by means of reciprocity. In addition to Agelarkis, Artivism: The Power of Art for Social Transformation was co-founded and is co-produced by Carolina Cambronero Varela ’09, an adjunct faculty member. 🌱

AMC's High-Stakes Makeover: Will \$2.2 Billion Save the Big Screen?

BY KYLE ARJOONSINGH

AMC Theatres, the world's largest movie theater chain, is embarking on a \$2.2 billion initiative to modernize its North American theaters. This ambitious three-year plan, announced by the National Association of Theatre Owners, aims to enhance roughly 67% of the North American location. The upgrades will include enhanced seating, expanded food and beverage options.

Despite the ambitious nature of AMC's plan, it comes with risks. According to a report by Statista, global streaming video subscriptions are expected to reach 1.2 billion by 2027, up from an estimated 920 million in 2022. Streaming services like Netflix, Disney+ and Hulu have been luring away moviegoers for years, and while theaters have seen a post-pandemic recovery, attendance hasn't fully returned to pre-pandemic levels.

With the unprecedented challenges from streaming services, AMC's investment in its theaters is a very daring idea and its success will depend on several

factors, including:

The quality of the upgrades: They must ensure that the renovations are of high quality and provide a significant improvement over the current experience.

Pricing: An upgrade in experience

is usually followed by an upgrade in price. However, if ticket prices become too high customers may be deterred from attending theaters.

The availability of exclusive content: AMC will need to secure exclusive content that cannot be streamed at

home. This will give customers a reason to visit theaters instead of watching movies on their TVs.

Economic conditions: While far-fetched, the overall state of the economy will also play a role in the success of AMC's plan. If the economy weakens, consumers may be less likely to spend money on entertainment.

Ultimately, the future of the movie theater industry is uncertain and a \$2.2 billion investment is a bold bet on the future of it. While the challenges are significant, the potential rewards are equally great.

By providing consumers with a new experience, there is potential to attract new audiences and revitalize the industry.

While streaming services are a tough competitor, the magic of the big screen still has a place in our hearts and our lives, so it will be very interesting to see what these upgrades will do for the future of AMC. 🐾



AMC Theatres plans to invest \$2.2 billion to modernize nearly 21,000 locations across North America. Photo from Wikimedia Commons

Diddy's Legal Battles Echo Across the Industry

BY TAYE JOHNSON

Sean Combs, also known by his stage names Puff Daddy, P. Diddy and Diddy, has been a colossal figure in hip hop culture since the 1990s. With a career spanning decades as a rapper, producer and entrepreneur, Diddy's influence on the genre and the music industry at large is undeniable. However,

remain closely monitored, but sources suggest that at the heart of the case is an issue that has long plagued the music industry: money and power.

The case is being brought by a woman who claims that Diddy and his associates administered drugs and alcohol before she was assaulted. According to the lawsuit, the woman was forced into prostitution at the

allegations, calling them "baseless and time-barred." This month, 120 new allegations of sexual assault were filed against Combs, including claims from 25 minors and one alleged victim as young as nine years old.

This latest legal scuffle zeroes in on a crucial conversation about what it means to have power and wealth. If there are any lessons to be drawn from Diddy's case, it's that no one is above the law. The fact that he has been able to avoid prosecution for so long is a testament to his power and influence, but it also raises questions about how much power and influence he really had.

The impact of the case has the potential to change the way we think about hip hop and its place in society.

Is Diddy one more powerful figure in entertainment who has attempted to bury their wrongdoings?

If Diddy is found guilty, it could be seen as a blow to the culture's credibility. The allegations against him are serious, and if they're true, they would mean that one of the most influential figures in modern music was involved in human trafficking. As the #MeToo movement swept through Hollywood, it was clear that the entertainment industry had a problem with sexual misconduct.

But the allegations against Diddy are different. They're not just about one man's behavior but rather an entire system that allows powerful people to get away with whatever they want.

Diddy's legacy, which seemed unassailable given his past successes, might face a new level of scrutiny amid these allegations. With a generation that is increasingly socially conscious and demands ethical transparency, there may be a shift in how figures like Diddy are perceived in the pantheon of hip hop greats. 🐾



In a recent discovery, Diddy has faced multiple legal charges after terabytes of digital evidence were retrieved from the feds. Photo from WallpaperAccess

er, not all that rise is without judgment. Diddy's recent legal entanglements have stirred discussions, controversy and reflection within the community.

But what does the latest lawsuit mean for the hip-hop industry?

Diddy's legal case, according to reports, centers around allegations that range from federal sex trafficking to assault and racketeering. The details

age of 17 and was trafficked across state lines by Diddy's crew. She alleges that she was also physically and sexually abused by members of the group, including Diddy himself.

The hip-hop star was indicted on three counts, including sex trafficking by force, in September 2024. He has pleaded not guilty to all charges and his legal team has denied

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A Bike Sharing System Would Benefit Panthers' Health, Convenience

BY JOSEPH D'ANDREA

Many colleges and universities have bike sharing systems to encourage sustainable, convenient transportation, as well as physical activity; now it's Adelphi turn.

Adelphi's campus is very friendly to those on foot; every building is a walkable, 10-minute distance. But when you're in a rush or simply want to go to a spot in Garden City or a neighboring town—especially in the upcoming chilly months—do you really want to pay for an Uber every time you want to get a bite to eat?

There are currently several ways to get to and from Adelphi, with the university providing the Panther Express Shuttle to students from many local areas. Other options are also available near campus, such as the Nassau Inter-County Express shuttles, Long Island Rail Road station on Nassau Boulevard, in addition to other options for those commuting to and from the metro area, where they can access New York City subways and buses. However, a bicycle sharing program promotes healthier habits, reduces the need for automobiles on campus—or aids those who don't have access to a car—in turn reducing an overall carbon footprint.

Stony Brook University had their Wolf Ride Bike Share system put in place in 2011, which consists of 14 solar-powered bike stations and 98 total bicycles. Students, faculty, staff and

visitors can use the system's bicycles by unlocking them from their stations, riding and then docking them at another station on campus. The university has a transit service in place, too, but for

it isn't a brand new concept; plenty of other campuses utilize a shared-bike system, so why should Adelphi be left out?

Stony Brook's original bike share program started with 25 bicycles that



Introducing a bike sharing system to Adelphi would help students get around easier and improve their mental and physical health. Photo by Flickr

those who may want to take a quick solo ride, this is a more beneficial choice.

When Panthers were asked if a shared bike system on campus helped them get around better, 68% of the 34 polled agreed. However, when asked if they'd pay a small fee to use it, only 31% of the same number who participated said "yes." For an idea that may not have been previously considered by some, such a response isn't completely surprising, but if implemented, more students may warm up to the system. Again,

were purchased by the university and each bike had a unique lock and key assigned to it. "Selected students were issued a specific bicycle for the semester and were required to pay a \$15 semester fee and a \$15 bike, key and helmet deposit," reads Stony Brook's website. "Once payments were made, selected students would watch a short introductory/safety video, sign a waiver form and pick up their bike, key and helmet from the Environmental Stewardship Office."

Subscription rates (which applies

to all kinds of users) for bikes at Stony Brook are as follows: \$4 daily, \$14 weekly, \$28 monthly and \$84 annually. Additional charges apply to all trips longer than 60 minutes. To use the Dunkin' Donuts on Seventh Street here in Garden City (a roughly 6-minute drive from campus), in comparison, the cheapest Uber/Lyft option from Adelphi to the coffee shop would cost \$11.33/\$10.65, in addition to the time you have to wait for your driver to arrive.

The nonprofit Outride has a Riding for Focus program, which operates in more than 225 middle schools across the country, reported the upsides to bike-riding.

"Bicycling offers a bright spot at a time when youth mental and physical health continues to worsen. At baseline, youth who report riding more regularly also report higher levels of mental well-being," a 2022 PeopleForBikes article reads. "Students reported higher levels of well-being after participating in Riding for Focus than before participating... [and] were more likely to report spending fewer hours in front of screens after participating in Riding for Focus compared to before participating."

Of course, not every climate is preferable to ride around on a bike, but during the spring and first few weeks of fall, a bike sharing system would be greatly beneficial to Panthers looking to get around at a cheaper rate that comes along with health benefits as well. 🍷

The Impending TikTok Ban Crosses the Line

BY TOMMASO VACCARO

For years now, there has been concern that TikTok could pose national security risks. The FBI has raised this as early as 2020 and is pushing to ban it. ByteDance is TikTok's Chinese parent company. Why the concern? People are worried that TikTok may be collecting US citizens' data, especially their personal information, without their knowledge. The FBI has even suggested that the Chinese government could use it to control the software on millions of devices without the user's knowledge or permission.

TikTok has millions of users worldwide. Critics have raised concerns about the security of user data and links to the Chinese government. In March, there was a bill proposed in Congress that could ban TikTok, and the U.S. House of Representatives passed it. However, TikTok is not giving up without a fight.

Currently, Congress is moving forward with legislation to force ByteDance to sell the U.S. version of TikTok and possibly ban the platform from app stores. In a recent communication from the CEO of TikTok, Shou Chew, to its fans, TikTok stated that they are fighting what they consider an unconstitutional ban. TikTok reported that they have invested billions of dollars to make sure that user data is safe

and that the platform is free from any outside influence and manipulation.

People argue that TikTok should be allowed because of its impact on free-

dom of expression, businesses and young people, including voters. They also say that banning TikTok would be harmful to our rights to freedom of expression and wouldn't help social media problems at all. Some suggest that the government should focus on more important problems in our society rather than worrying about an app that so many people enjoy.



Congress is currently working to force the Chinese internet technology company ByteDance to sell the US version of TikTok and potentially ban it from app stores. Photo from Plann by Linktree

ing more and more videos. TikTok is trying to fight to keep their app alive. Recently, TikTok sent a message to their users to not support the bill.

TikTok is already banned in countries like Iran, Nepal, Afghanistan and Somalia. In March, Florida Governor Ron Desantis signed a contract to prevent kids in Florida aged 13 and

under from using TikTok. Fourteen and 15-year-olds in Florida will need consent from their parents. Most social media apps have an age requirement and it is something TikTok should be doing. But as we all know, it doesn't always work. Kids will lie about their age just to have access to the apps.

On Oct. 8, 2024, over a dozen states, including New York, filed a lawsuit against TikTok, saying that it is tricking the public about its safety and purposefully using algorithms to hook young people on it. They argue that TikTok has violated consumer protection laws and contributed to the mental health crisis in young people. I believe TikTok is fun, but it may be harmful and we don't know it. Lots of people enjoy it, but can China really access our personal information? Can all apps get our personal information?

Adults should be able to choose whether to continue using TikTok while being made aware of all the potential risks. Children on the other hand need protection. In my opinion, TikTok should not be banned but adults should be allowed to make an informed decision. It's time the public knows about what exactly TikTok and ByteDance does with our data. As responsible adults, we can choose for ourselves whether to continue using it or not. 🍷

In Support of Kamala Harris for President



Photo from The White House

BY JOSE GUERRERO

There are only two weeks left until the election. It's time to make a choice between Vice President Kamala Harris or former President Donald Trump. For those who are undecided, here are some reasons why I believe you should vote for Harris to be president.

A Younger & Stable Candidate

Despite Harris currently being 60 years old, she is the first candidate for president younger than senior citizen status in the past eight years. Then-presidential candidate Hillary Clinton was 69 years old in 2016. Trump, however, is currently 78 years old, and if he wins, he will be 82 years old by the time his term ends. We should respect our elders and let them retire and live out the rest of their lives in peace. This will avoid putting pressure on decisions for our economy, military, foreign policy and social issues.

Being president requires mental stability, something that Trump evidently lacks, as shown in the presidential debate against Harris. Ask yourself this: Do you really want a president who genuinely believes that people are eating cats and dogs?

The Supreme Court

In the past couple of years, the Supreme Court has made a lot of alarming decisions, such as overturning *Roe v. Wade*, granting immunity for presidents, and allowing criminal action against homeless people. All of these were decided purely by conservative justices.

This all happened because Donald Trump, in his time in office as president, put in three Supreme Court justices, giving the conservative bloc of the court a supermajority of six. The liberal bloc only has three, making it impossible for them to outvote the conservatives. To help combat this, President Joe Biden has proposed implementing three reforms: the removal of former presidential immunity, term limits for justices, and binding of the code of conduct for Supreme Court justices, the same as for federal justices.

Kamala Harris has said she supports these reforms. Depending on how the Democrats do in the election in both the House and the Senate, it's unlikely we could actually see these

reforms go through. However, this can only really happen if the current vice president wins the presidency.

Social Security and Medicare

One of Vice President Harris's promises is protecting and strengthening Medicare and Social Security, which have both been put in danger by Republicans and Trump. She plans to strengthen both programs by making billionaires and millionaires pay their taxes. "She will always fight to ensure that Americans can count on getting the benefits they earned," according to her official campaign website [Kamala Harris.com](https://www.kamalaharris.com).

Protecting Freedoms & Rights

Ever since *Roe v. Wade* was overturned, Harris has driven the current administration to defend reproductive rights and protect the privacy of patients and providers. This is her most important promise yet. Meanwhile, key Trump allies are making plans for Project 2025 to make it a full ban across the country. If he gets elected, whatever legislation protects reproductive rights will be gone.

Project 2025 and Trump

Project 2025 is an agenda created for Trump to go into effect on the first day in office if he wins. It was published by the Heritage Foundation, a right-wing think tank with a direct connection to Donald Trump. Though he claims he's not connected, at least 140 people who worked on Project 2025 worked with Trump during his time in office. The current president of the Foundation, Kevin Roberts, was on the transition team for Trump back in 2016. Roberts even described his role as "institutionalizing Trump."

Project 2025 contains a full ban on abortion access by reversing an FDA approval of Mifepristone, a drug used for medical abortion, and bringing back the Comstock Act. This 19th-century law bans abortion equipment from being sent through the U.S. postal service.

It also includes targeting communities through mass deportation and raids, ending birthright citizenship, separating families, and getting rid of the asylum system. Further, it violates the First Amendment by using federal police to target journalists, political opponents and protestors. It abuses executive power to limit voting rights, censors critical discussions in schools, such as academic discussions about race, gender and systemic oppression, and rolls back trans rights by requiring states to discriminate against transgender people.

How to Prevent This

Voting for Kamala Harris isn't just about politics. It's about the fate of our nation and the people. Just think of the people who will be affected by these policies. Many Republicans have realized how dangerous Project 2025 is, so they have endorsed Harris. When you cast your vote, just remember what is at stake.

Editor's Note: No matter which candidate you choose, don't forget to vote on Nov. 5. There are no classes that day to make that easier for you to do. 🗳️

A Former President's Third Quest to Triumph



Photo from PICRYL

BY ADAM SCHORR

It's that time of year again; the 60th quadrennial presidential election is underway. Millions are voting early; others are casting mail-in and absentee ballots unconventionally. And with both major candidates virtually tied in national polls and running on polarizing issues, 2024 is poised to be historic.

But one candidate, who defied conventional wisdom, is attempting a political comeback the likes of which we may or might never see. That candidate is Donald John Trump, the 45th President of the United States, who has my "complete and total endorsement," a phrase he coined in supporting fellow Republicans. So what qualifies the former president?

After unprecedentedly defeating Hillary Clinton in 2016, Trump assumed office as a political outsider. He redefined presidential norms while accomplishing a 50-year unemployment low, corporate tax reductions and tight immigration reform, such as the U.S.-Mexico border wall construction. He also made notable diplomatic strides, including the Middle East Abraham Accords and being the first sitting US president to enter North Korea.

As president, he influenced the Republican Party, cultivating an appreciative base towards his unorthodox approaches, including social media outreach and steadfast conservatism. But in 2020, his term reached a turning point. COVID-19 ravaged the world, killing millions; global protests sparked following George Floyd's murder; and America descended into turmoil. Then, after Joe Biden's November 2020 victory, Trump questioned the election's results, precipitating the Capitol riots of Jan. 6, 2021, which tarnished his reputation and became a talking point for Democrats.

Four years later, the man who got beat wanted to become a figure of feat. Undeterred, the former president launched his third consecutive White House run. He felt compelled to redeem his legacy, pursue his previous agenda, and unlike the Biden administration, achieve success. Moreover, he sees unfinished business with America, which he hopes to satisfy by "Making America Great Again." If victorious, he would become the second president since Grover Cleveland

to serve two non-consecutive terms.

Trump envisions himself as an agent of change in 2024, pursuing prior campaign strategies but with some differences and new pitches. He emphasizes his strong economic record, strict immigration policies and "America First" trade practices. In addition, he's targeting conservative minorities, working-class voters and rural areas while garnering significant support from certain voting blocs, including Blacks, Latinos and Hispanics. Even former Democrat-turned-Independents like Robert F. Kennedy Jr. and Tulsi Gabbard now roar like Republicans, despite some policy dissents. Regardless, it's a positive shift.

In distinguishing from Democratic opponent Kamala Harris, he portrays her as complicit in the current administration's failures, including the botched 2021 Afghanistan withdrawal, the border crisis and economic woes with high inflation and supply chain hurdles. Trump's campaign, however, seeks different tactics besides rallies, including events in traditionally Democratic states and retail politicking, which includes visiting local businesses, diners and churches, holding town hall meetings and facilitating roundtable discussions. New policies have also emerged like abolishing taxes on Social Security, tips and overtime, plus greatly expanding tariffs and requiring proof of citizenship, voter ID and paper-only ballots at the polls.

While Trump's campaign is fruitful, he confronts unique challenges. Four criminal cases have plagued him, with one conviction, and scrutiny from his presidency generated serious opposition. Trump's bid also provoked a split response, where supporters commend his resilience, especially following two assassination attempts on his life this year, and critics rebuke his contentious past while pondering his suitability, amplifying the divided atmosphere surrounding his candidacy.

With the campaign entering its final stretch, the stakes couldn't be higher. The outcome will chart a new course for America, but will it be for democracy or tyranny, peace or conflict, strength or weakness? To me, only one candidate epitomizes strength. One who's been despised and lied about, particularly by the media, for nine years, impeached twice, excessively sued, indicted four times, nearly killed twice, took an assassin's bullet to the ear, and they're still standing. That strikes me as extraordinary and many would likely concur.

Whether you tolerate his character, Donald Trump possesses firm solutions to the issues millions face. We must choose him and reject Kamala Harris to preserve our life, liberty and prosperity, as echoed by the Declaration of Independence.

Remember, through our elections, we, the people, are empowered to choose our leaders and shape our constitutional republic, all with the stroke of a pen or pencil. So no matter who you support, exercise that power wisely on Nov. 5 and vote your conscience. So let's do it, folks. Let's get out and vote. 🗳️

Women's Field Hockey Wins on Mental Health Awareness Night

BY KURANA DOOBAY

As players grabbed their field hockey sticks, on Oct. 15 they also donned different shades of blues and pink in their AU Athletics T-shirts, inspired by Morgan's Message, a nonprofit mental health awareness organization that primarily focuses on student athletes.

The organization's mission statement on their website reads that they aim to "amplify stories, resources and expertise to strengthen student-athlete mental health, build a community by and for athletes through peer-to-peer



The Morgan's Message logo includes a semicolon as a message of affirmation and solidarity against mental health challenges.

Photo by @adelphifh on Instagram

conversations and provide a platform for advocacy." To raise aware-

ness for mental health, the women's field hockey athletes sported their Morgan's Message T-shirts, with the organization's logo of a teal butterfly with a semicolon at its center.

Their website reads: "Our logo was derived by Morgan's artwork and inspired by her love of teal... the semicolon is used as a message of affirmation and solidarity against suicide, depression, addiction and other mental health challenges."

That night was also the 21st all-time meeting between the Adelphi Panthers and the American International College (AIC) Yellowjackets, with Adelphi leading the series 12-8. In the last 10 games against AIC, Adelphi is 9-1. Last time the two teams played was Oct. 10, 2023, during which Adelphi won by a score of 2-1.

As the game commenced, temperatures dipped down into their upper forties and low fifties. Shivering onlookers cheered for both Adelphi and AIC but there was still yet to be a goal made, even by halftime. By the end of the game, there were zeros across the board and the game was forced into overtime.

Coach Jessica Mulhern, who has been coaching field hockey at Adelphi for three years, said, "One thing to know is that it is not a very high-scoring game to begin with. One or two goals is a normal amount of goals scored in a game."

She continued, "Ten is a good amount of shots to have, and I think we had around 35 shots, which is just a crazy number... I have to give credit to our team that we were just not letting up. They were continuing to fight through and were going shot after shot, play after play."

Alexandra Nagy, a captain at midfield, number 6 on the field and a senior criminal justice major in the classroom, said, "I felt we dominated the entire game offensively but we struggled to break down their defense."

Mulhern seconded this. "For us it was difficult to score because they held so many people inside their circle and I think that's why we had such an insane game."

Another captain, number 29, Emiline Biggin, who plays forward, also spoke on teamwork, seeming ready for the challenge.

"We knew we had to play our game as a unit. We spoke as a team about causing corners if the initial shots were not there, which was something I was focused on," the graduate student in mental health counseling said. "I felt confident going into overtime. I feel like it is a time our team really shines and shows what we are made of."

When it was time to put someone in for the game-ending play, Mulhern knew who to turn to: Nagy.

"It is a really difficult stroke, but the way that Aly plays—she's so composed—she is just such a stellar player and athlete," the coach said. "We practice strokes once to twice a week and she is always very consistent with her strokes, so at that moment, I just knew it would be her to finish the game right now."

Nagy described the moment a bit differently. "I was definitely feeling nervous because I don't normally take them but I was so excited to get the goal and get the win with my team."

Overtime went six minutes in and it was a sudden victory.

At that point, many student onlookers had left, but both Nagy and Biggin, who describe their team as a "unit," were excited to celebrate.

"I'm so excited for my team to keep progressing as a unit," Nagy said.



Adelphi women's field hockey players wore custom pink shirts in support of Morgan's Message and mental health awareness.

Photo by @adelphifh on Instagram

"Each game presents a new opportunity for us to show our skills. We have such a strong, talented, hard working group of girls, I know we'll make it far this season and I can't wait to see it."

Number 5 Amanda Lee, a senior physical education major and center forward, said, "I'm looking forward to more wins and memories with my team and to cherish my last season playing field hockey." 🐾

Mitchell Archer of AU's Men's Golf Lights Up the Season

BY JOSEPH D'ANDREA & ABDULLAH AHMED

The Brown and Gold's men's golf team has spent the fall taking part in national-level games and tournaments, with freshman Mitchell Archer continuing to be a standout for the team.

Archer won his first collegiate tournament at the Franklin Pierce Fall Invitational in Townsend, Massachusetts, on Sept. 10, racking up an even 140 across 36 holes and finishing ahead of over 60 golfers. At the Granite State Opener in Concord, New Hampshire, he finished in fourth, leveraging his two-under in round two to finish within the top five.

The freshman said he has yet to decide on a major and is keeping an open mind about his academic interests. Hailing from Syracuse, New York, growing up, Archer played a variety of different sports including basketball, lacrosse, soccer and golf.

"I have played golf practically my whole life," Archer said in a video. "I started when I was about six and started taking it seriously and playing tourna-

ment golf when I was about 13 years old... I was always big into sports."

The Northeast-10 (NE-10) is a



Freshman Mitchell Archer helped the Adelphi's men's golf team take the third-place spot at the Panther Invitational on Oct. 10. Photo by James Stankiewicz/Adelphi Athletics

college athletic conference affiliated with the National Collegiate Athletic Association at the Division II level, with participating institutions located in the northeastern US: Connecticut,

Massachusetts, New Hampshire, New York and Vermont. Adelphi finished in second place at the NE-10 Champion-

ships held at Concord Country Club in New Hampshire on Oct. 7 and Oct. 8. The weekend saw the Panthers power through on their second day, shooting the best team score on the course.

Archer was crowned individual champion after leveraging a round two score of two-under 68 to force a three-hole playoff with Southern New Hampshire senior Jack Pepin, winning the playoff to be given official first-place status. The Panthers finished with a team score of 40-over 880, with the second round's combined score of two-under 278 securing them runner-up honors.

At the Panther Invitational at Meadow Brook Club in Jericho, New York, the gold team took third place in its third tournament the university hosted within the last calendar year. Division I Hofstra took the first place spot, with the Panthers falling just six strokes behind second-place Division II St. Thomas Aquinas College of Sparkill, New York.

Although the Panthers didn't take the top crown at the Post Eagles Fall invitational in Watertown, Connecticut, as a part of the Post Invitational Division II tournament, on Oct. 14 and Oct. 15, Archer stood out, bouncing back with a one-over 73 in round two to secure the team's seventh place finish. 🐾