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The Voice of the Students

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International Students Face Uncertainty in Second Trump Term

BY HUSSEIN ALI RIFATH, JOSEPH D'ANDREA & ARPAN JOSAN

The United States has a history of welcoming immigrants from all over the world and education has proven to be a tried-and-true path for millions looking to realize the American Dream. Recent political developments, however, have been a cause for concern to some of Adelphi's 600 international students, many of whom wish to stay in the country after graduation. They, along with the Dreamers—those who arrived in the United States as minors, grew up here, and call America home but lack a valid immigration status—face a future of uncertainty as they receive mixed messages from the new governing coalition in Washington.

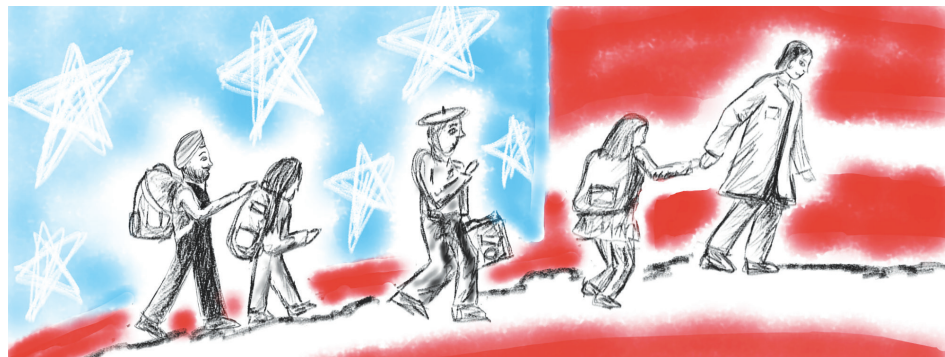
Most foreign-born students at Adelphi are considered international students. They represent a major part of the student body, making up 8% of all students; 4% of the undergraduate population and 15% of the graduate population. They represent 69 different countries, including Bangladesh, Pakistan, India, Vietnam and China. AU international students study a wide variety of subjects, including business, mathematics, computer science, and the physical and life sciences. The rest of the foreign-born students at Adelphi are considered domestic students. This includes those who either have valid long-term immigration status or hold US citizenship.

Dreamers, on the other hand, fall into a grey area. In 2012, the Obama Administra-

tion enacted Deferred Action for Childhood Arrivals (DACA), a Department of Homeland Security program allowing them to live, work and study in the United States without fear of deportation. DACA recipients are legally considered foreign nationals lacking valid immigration status, but their deep ties to the United States entitle them to be treated the

solution for Dreamers seeking legal status.

President Trump also attempted to implement a series of travel bans during his first term, which made it difficult for many international students from the Middle East and North Africa to enter the US, with many being detained and having their visas arbitrarily cancelled by the immigration agents



Adelphi's administrators said they will provide "the guidance, resources and support our students need to overcome challenges and achieve their goals" in the wake of potential immigration and deportation policies by the new Administration in the White House. Photo by Wikimedia Commons

same as domestic students for college admissions and financial aid purposes. Ongoing legal challenges to the program prevent new applications from being processed, but those who have already been granted DACA may renew their applications every four years. In President Donald Trump's first term he made several unsuccessful attempts to end the program. What he intends to do in his second is unclear as he has signaled a willingness to consider putting forward a compassionate

processing them. Trump has since vowed to reinstate similar travel bans in the future.

As students from affected groups prepare for an uncertain political environment under a second Trump Administration, the university has taken steps to ensure that they can continue to study at Adelphi.

International Services issued a winter travel guidance on Dec. 4, 2024, advising international students planning to travel outside the US during the winter intersession

to return no later than Jan. 20, 2025. These guidelines were offered as a precautionary measure for students whose entry into the US could otherwise be complicated by newly enacted travel bans or other immigration policies. Those who opted to move into their residence hall early were spared additional charges for housing during the intersession. At press time no bans had taken place.

"Adelphi welcomes students and scholars from around the globe—in all educational levels and across all academic schools," said Wendy Badala, MA '20, executive director of international services. "Whatever policy changes may arise, Adelphi remains steadfast in our commitment to providing the guidance, resources and support our students need to overcome challenges and achieve their goals. Together, we will continue to uphold our shared values of empathy, respect and collaboration. Should any updates to US immigration or re-entry policies arise, the Office of International Services will promptly share this information with our students and the broader university community."

Regarding students who may be DACA recipients, Badala said that protecting their rights and privacy is paramount. "The university does not voluntarily collect or disclose information about undocumented individuals or DACA recipients and has established procedures for responding to the release of information requested by all US Homeland Security agencies."

She added that International Ser-

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Innovation Center Promotes Collaboration and Belonging at Adelphi

BY KATELYN SCHWAB

Just inside the entrance to Adelphi University's library, the Innovation Center, a 2,000-square-foot facility, is making a big impact on campus. The space can hold up to 40 people and serves as a hub for collaboration where students and faculty come together to work on projects, share ideas and explore solutions. Students can stop by to do homework, meet friends or grab a coffee while brainstorming. Others might be working on cutting-edge technology, preparing for a group presentation, or participating in workshops that spark creativity and innovation.

The Innovation Center offers resources like 3D printers, augmented reality exhibits and an idea board where students can propose improvements in exchange for a cup of coffee. Christopher Storm, Adelphi's provost and executive vice president, said the purpose is to "build internal relationships with faculty and students across programs and foster collaboration."

Reopened in August 2024, the center is under the leadership of Lee Stemkoski, associate chair and a faculty member in Adelphi's Department of Mathematics and Computer Science. The reopening marks a shift from its original "outside-in" approach, which focused on addressing challenges faced by industry partners and nonprofits.

Storm noted that the initial model emphasized connecting external challenges to university classes through experiential learning.

"A big aspect of the programming was these experiential learning classes, and they did touch a number of faculty in different programs and many students actually benefited from those classes," he said.

Instead, the emphasis is now "inside out," Storm added, so the Innovation Center has chosen to focus on building connections within Adelphi first.

"We should start with what we have at Adelphi, build internal relationships with faculty and students across programs, and then bring external influences

into the academy," Storm said. "Coming out of COVID, it was just a good time to pause and think about the whole thing."

This shift to an "inside-out" approach has made the Innovation Center a central resource for fostering collaboration. For many, it is no longer just a space for academic projects but a commu-



Prof. Lee Stemkoski's photo captures the Innovation Center's idea board, a space where students share suggestions and requests for improvements.

nity space where students and faculty can connect and create ideas together.

"When I got here, I didn't feel like I belonged," said Junior Okene, who transferred to Adelphi in 2022 after a three-year break from school. "I didn't see familiar faces or places. The Innovation Center changed that. It's like a Grand Central Station for campus resources."

Okene, a junior, now works at the center, helping students connect with resources and navigate its offerings. "It feels great when I'm able to help someone figure out what they need or how they can use the space to make something happen," he said.

Okene's experience reflects what many students have expressed: that the Innovation Center isn't just a physical space. It's a welcoming environment that fosters meaningful connections.

"The library is supposed to be quiet, but the Innovation Center is a place where you can talk," said Tahir Peele, a senior and computer science major. "People feel

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A Word from the Editor

Happy new semester, Panthers!

We come back to campus with a lot to reflect on: a controversial new presidential administration; the Gaza cease-fire and hostage releases; the greater Los Angeles wildfires; the passing of one of the last century's greatest artists, David Lynch; and much more — small and big, global and personal. There's also quite a bit to anticipate with the spring semester beginning. For one, it can be the start of you exploring more interests as a student — in classes, clubs, with friends or however else you choose. Even if you don't actively have any New Year's resolutions, there's definitely this new feeling I'd say most of us feel with the change from 2024 to 2025.

The Delphian will continue to provide you with articles that come straight from the Adelphi student body. It's with this that I'd like to remind you that we'd love to hear what you have to say as Adelphi students. It's a great start to pick up a copy of the paper like you've just done, but if you'd like to make yourself heard either in a quote contribution, letter to the editor or a full-fledged article, we encourage you to do so. Our goal is to lift up students by giving them an outlet and highlight the sometimes-underrepresented parts of campus life.

Needless to say, there's a lot of uncertainty ahead of us. I'm confident that there will be a good deal of positives Americans will experience over the next few years. But we should always stay aware of what's happening and use our platforms to raise others' eyebrows.

Stay optimistic, Panthers, and thank you for reading! As always, our writers and editorial staff deserve a big thanks for making our paper informative and creative. Make sure to follow our Instagram, @the_delphian, for updates about the paper, and feel free to email me at delphian@adelphi.edu if you have any questions about joining our staff.

Joseph D'Andrea '25
Editor-in-Chief 🐾



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Innovation Center Inspires Collaboration and Belonging

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What to Know

Location: Swirbul Library, First Floor, Adelphi University

Reopened: August 2024

Director: Prof. Lee Stemkoski

Key Features:

- **Idea Board:** Sharing an idea in exchange for a cup of coffee and voting on others' suggestions with star stickers. Successful ideas have included 3D printers and charging stations.
- **Interactive AI Workshops:** Explore augmented reality, conversational chatbots and more.
- **Collaborative Space:** Movable walls and whiteboards create a welcoming environment for group work and brainstorming.

comfortable walking up to groups and starting conversations. It's inviting."

Acting major Alex Gaeta, a sophomore, highlighted how the center stands out on a campus often divided by major. "Adelphi is very segregated by major," they said. "This is one of the few places where you don't need to be a certain major to get access."

The center's size, while cozy, also contributes to its appeal. "It's like a café with friends," Okene said. "You can have one-on-one conversations and it feels personal."

At the heart of the Innovation Center's success is the idea board, a simple tool that allows students to share suggestions in exchange for coffee. Each week, dozens of sticky notes appear, with ideas ranging from small additions like charging stations to larger initiatives like campus scooters.

"I get about 50 new ideas a week," said Stemkoski, who is affectionately called "Stem" by students. "A lot of the things happening around the center started from ideas on the board. Students asked for 3D printers, so we got them. They asked for a charging station and we made it happen."

Junior Wallie Moid, a psychology and computer science double major, shared how impactful the idea board has been. "I suggested bringing back 3D printers and now they're here," they said. "It's amazing to see ideas turn into reality."

Even ideas that aren't immediately feasible are acknowledged. "We've had requests for things like free food and

campus-wide scooter systems," Stemkoski said. "While we can't fund those right now, I always bring them to the administration to see what's possible."

Among its many offerings, the center has introduced students to artificial intelligence through interactive exhibits and workshops.

"We've had a couple of presentations on AI," said Stemkoski. "There have been faculty workshops on AI, and we've even brought in external speakers. AI is a very hot topic."

Interactive displays have included conversational AI chatbots, augmented reality and holograms. "It's not just about showing off the technology," Stemkoski said. "It's about engaging students in meaningful conversations about how these tools can be used."

Faculty members have also embraced the Innovation Center as a model for collaborative learning. Melanie Bush, a sociology professor at Adelphi, uses the space to teach classes focused on community and justice. "It's warm and flexible," she said. "The setup makes it easy for students to share ideas and engage with one another. It's a model for what classrooms should be."

Most traditional classrooms, Bush explained, aren't designed for the kind of group work and experiential learning she emphasizes in her teaching. "The Innovation Center has moving walls and whiteboards in the middle," she said. "It's perfect for discussions and collaboration."

For Storm, the Innovation Center is

an example of Adelphi's commitment to addressing real-world challenges. "There are problems in the world that require input from multiple fields. The Innovation Center activates that kind of collaboration," he said.

In addition to its physical space, the center has become a key resource for academic growth. It frequently hosts workshops in partnership with the Office of Undergraduate Research, offering sessions on finding mentors and securing funding. These events often attract students who might not have otherwise considered research opportunities.

Despite its growing popularity, the Innovation Center faces challenges. Awareness remains a significant issue, as its location in the library—the first door on your right when you enter Swirbul—makes it easy to overlook. The space is nestled among other smaller areas, like the treadmill and McMillan viewing rooms, and it's right across from the librarian's desk.

"People walk right past it," Okene said. "There's no big sign to grab attention." Stemkoski acknowledged the need for better outreach. "We're applying for grants and fundraising to improve signage and expand what we can offer," he said.

As the Innovation Center evolves, its impact on campus life is undeniable. For students like Okene, the center is more than just a room. "This place gave me a sense of belonging," he said. "It's where I fit in."

The Innovation Center represents a bright future for Adelphi, where collaboration and community are at the forefront of its culture. 🐾

The Voice of Experience Resonates with Communications Students

BY HUSSEIN ALI RIFATH & JOSEPH D'ANDREA

About 50 students got first-hand advice from five Adelphi alumni who offered their professional experience in the communications field at the 11th Annual Media Career Expo on Dec. 3, 2024. The event, which was co-sponsored by the Communications Department and *The Delphian*, enlightened current students looking to network as they learned more about the job market they hope to enter after graduation.

The speaker panel, moderated by professor and *Delphian* faculty advisor Liza Burby, consisted of alumni working in the print, TV, film, web, marketing and publicity fields. Panelists spoke about their job search experiences and offered students tips to better navigate their futures, as well as what they've learned from their own search for employment. The event in Blodgett Hall also offered

qualifications or requirements that you might not be an exact match for," he said. "It can't hurt if you apply to these places because you don't know what doors that'll open for you."

Applying yourself after getting hired is equally as important. When a person proves their competence in an internship or part-time position, they become more likely to be selected when another job opportunity opens up, especially if they keep in touch with their employers. Franks got her new role at the Hockey Operations Office of the New York Islanders after interning for them during her junior year at Adelphi.

All panelists stressed the importance of networking. "Networking does not stop when you get your entry-level position," said Perez-LaSala. "It's a career-long endeavor."

Following the panel discussion, students got the chance to speak with these Panther graduates in a networking session. Audience member Tommaso Vaccaro, a



Panelists (from left): Janine Perez-LaSala '14, Alexandria Faith '15, Stephen Levine '14, Olivia Franks '20, '21 and Rebecca Farina Levine '14. Photo by Joseph D'Andrea

listeners the opportunity to network for future internships and entry-level positions. Panelists included Alexandria Faith '15, vice president and global marketing lead at Citi; Olivia Franks '20, '21, hockey operations office manager for the New York Islanders; Rebecca Farina Levine '14, a film and video producer; Stephen Levine '14, web content producer for News 12 Networks; and Janine Perez-LaSala '14, a freelance marketing and advertising specialist for Abrams Books.

One of the main topics of discussion was the difficulty of searching for jobs in today's market. In the ever-evolving professional world, expectations are high, even for those just starting out after college. Franks joked about how some hiring managers are searching for "an entry-level person with five years of experience."

Perez-LaSala emphasized the importance of having clear goals in mind and taking steps to acquire relevant professional experience. Inspired by her lifelong passion for literature, she set the long-term goal of joining the publishing industry during her sophomore year at Adelphi. She worked towards that end by completing two internships and working at a Barnes and Noble Bookstore.

Even then, she admitted, it wasn't always easy to get experience in her field of interest. "It can be really disheartening when you're throwing your resume and personalized cover letters into the void of the internet," she said.

Levine stressed that having courage and confidence during the job application process is key. "Don't back out if you see one thing in

sophomore sports management major, said he gained firsthand insight into the process of applying for jobs in communications.

"One thing that I learned today is that even if you get rejected for a higher position, the more years of experience you have, the better chance you can apply for a job," he said. "When you have more [experience] on your resume, there's a better chance of [landing] it. If you get rejected, it's not necessarily that you weren't good enough; it could just be that you weren't the right person at the time."

Vaccaro continued "It doesn't mean that you can't get the work somewhere else. It shouldn't discourage you. It feels like a bad thing, but it could be a good thing, too, because it can make you better."

Since 2013, the event has been successfully bringing together alumni, many of whom were once among the audience members, said Burby, who has been the organizer of all 11 expos.

"We have tried to focus on inviting alumni who have graduated within the past 10 years in order to give current students a more accurate view of the current job search process," she said. "Knowing that the panelists are often the people who benefited from attending previous expos just reinforces how important it is for Adelphi students to be mentored by those who understand their situation best. I'm always impressed by how generous our alumni are with their time and information, and based on the questions our current students asked during the Q&A sessions, I know it's resonating with them as well." 🍀

Race, Sex and Class in Jane Austen Returns for Spring 2025

BY ARPAN JOSAN

Students who enrolled in this semester's second offering of the course S/T: Race, Sex and Class in Jane Austen (Eng-290), may not have known that 2025 is the author's 250th birthday. Kelly Swartz, an associate professor of English, said the class was popular the last time she offered it in the fall of 2021 when the Netflix show "Bridgerton" had just been released. She said that this semester she can only guess that it filled up quickly due to students being intrigued by Austen's novels centering around marriage and romance. The course fulfills the humanities requirement and is designed to examine Jane Austen's novels and how race, sex and class connect to the 21st century.

Jane Austen was a British English novelist who wrote during the Regency era in England. She has written six completed novels: "Sense & Sensibility" (1811), "Pride & Prejudice" (1813), "Mansfield Park" (1814), "Emma" (1815), "Persuasion" (1817), and "Northanger Abbey" (1817). Her novels tend to explore women's dependence on marriage as a source of financial security or a way to gain social status and the limits placed on women during this time period. These limits can include employment, marriage and property ownership.

Swartz said she started the class because people often misunderstand Austen's role in these histories.

"When she is discussed, it is usually as the prim, marriage-obsessed, 'great-aunt Jane' canonical figure," she said. "Yet, she is a hilarious and at times viciously sarcastic writer, and she was deeply engaged in the political debates of her time."

Swartz said Austen's novels look closely into the building of race, sex and class that went on and is still ongoing under the British Empire. Jane Austen, a middle-class white woman who earned a living through her career as a writer and decided not to wed or have children, symbolizes the aspects of social hierarchies, she said.

Regarding the modern connection,

Swartz mentioned how she had read written works from scholars in her field on account of race-blind casting and the unhistorical storytelling of the racial differences in the "Bridgerton" series. The series, based on Julia Quinn's eight romance novels, is centered around eight siblings from noble families searching for love and is set in



Jane Austen wrote six novels during England's Regency era. Her work is the focus of a popular class this semester.

Photo by Wikimedia Commons

England roughly around 1795-1837 during the Regency era. This is around the same period when Austen was writing her novels. Students in this class will discuss these topics, leading to conversations regarding race, sex and class in Austen's writing.

Swartz also touched on the fact that students usually have a difficult time comprehending the language in Austen's novels due to the fact they were written in a different era.

"Jane Austen is a well-known name (and signifier), but I've found that students still find the language of her novels unfamiliar and difficult upon an initial read," she said. "That can lead classes to focus predominantly on comprehension rather than the complex relation between Austen's novelistic representations and their historical context. I thought that pairing the novels with modern adaptations would help us get to those important discussions about the novels themselves."

As for the future of this class Swartz hopes that it will become a permanent course. 🍀

Uncertainty for International Students

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vices continuously monitors issues related to immigration and regulatory changes that impact our university community. "When necessary, the International and Immigration Task Force activates a cross-campus response team to review student support resources and recommend strategies to eliminate obstacles to student success," she said.

President Trump and his allies have at times advocated for hardline immigration policies, but in other instances have discussed granting permanent residency to international students graduating from American universities, as well as expanding the amount of H-1B visas available for those looking to enter the workforce and stay here after graduation.

Badala emphasized that students should remain calm and avoid unnecessary fear or concern. As of press time, she said that there have been no reported issues among interna-

tional students who have returned to campus.

Adelphi international student Mariam Dzadzamia, a sophomore majoring in fine and studio arts, said she didn't travel home to her country Georgia for the holidays, so couldn't speak from personal experience about any border-crossing issues. But she did express some concerns.

"I believe that international students will face greater challenges in securing scholarships if their studies aren't deemed absolutely necessary," Dzadzamia said. "The criteria for studying abroad, especially for students relying on scholarships, may become more rigorous, requiring exceptional academic achievements. Additionally, cases where students have relatives abroad or other external plans tied to their studies could undergo stricter scrutiny. This heightened review process might impact the overall visa approval rate for international students." 🍀

Adelphi's Division of Student Affairs Supports Panthers

BY KARLA PENA

Whether you're new on campus or have heard about Adelphi's Division of Student Affairs and aren't quite sure what it does, the start of this semester is a good time to learn more about it. It consists of 11 departments that each provide a broad variety of services, programs and resources for students.

The office is run by Sentwali Bakari, vice president for Student Affairs and Diversity Equity Inclusion, who explained the goals of the office and how it's designed to help Adelphi students.

"Student Affairs complements Adelphi's mission by providing co-curricular learning experiences to enhance students' professional accomplishments," Bakari said. "The departments within Student Affairs are designed to foster students' leadership development, career readiness, global and multicultural understanding, holistic health and well-being, and promote an inclusive and welcoming campus environment in which all students are valued and affirmed."

Here are some of the offices students should know about and what services they each provide.

The Center for Health Services is located on the main floor of Waldo Hall and is where students can receive medical treatment from registered nurses and nurse practitioners. A few of the beneficial resources they provide include flu vaccinations, gynecological health, HIV/STI testing and sexual wellness products. Additionally, athletes, those looking to study abroad or participating in clinical courses, and student teachers can turn to the

Health Services Center to fulfill their medical clearance requirements. This department actively engages with the rest of the Panther community through the use of peer educators and guest speakers who promote integrating preventive health in our daily routines.

The Student Access Office for students with documented disabilities is in Room 314 of the University Center. It is the place to go for all accommodational needs for academics and housing. Students can



Sentwali Bakari (center) provides leadership and management to all the units in the Division of Student Affairs. Photo by Adelphi University

request sensible accommodations inside and outside the classroom. This makes it easier for those who seek assistance and support, and at no cost. To request a consideration for accommodational services, you may submit a Petition for Accommodations and a Consent for Release of Information, both of which can be found on Adelphi's website.

The Student Counseling Center staff knows that dealing with the daily stressors of life can be overwhelming for college

students. Not having enough support for our mental health can inhibit our academic and occupational performance, as well as decrease an individual's overall quality of life. This center offers a means of accessing this support for students who would like to receive clinical treatment by licensed professionals including psychiatrists, therapists, social workers and more. It can be found at Room 132 in the Nexus Building or Room 310 in the University Center.

Adelphi's CARE Team is for someone who is reluctant to go to the Student Access Center or is looking for accompanying support. Its case management services and referrals to affiliated partners of the university for mental health care and educational assistance give students a well-rounded experience. Along with offering informational and resourceful groups, the CARE Team is a reliable asset in improving student life and can be contacted at 516-877-3662

or at Room 307 in the Nexus Building.

The Interfaith Center carries out Adelphi's commitment to offering accessible and inclusive worship space for students involved in religious and spiritual practices. The Center provides Muslim, Christian (including Catholic and Protestants) and Jewish students a place to proudly and safely engage in their individual faiths among other like-minded individuals. It offers communal prayers and provides prayer rugs and service books, and meetings are held by religious clubs and associations outside prayer hours. The Interfaith Center is located in Room 303 in the University Center.

The Center for Career & Professional Development offers access to student-targeted recruitment platforms such as Handshake, as well as personal assistance in the interview process, obtaining jobs and increasing effective productivity. Adelphi also has partnerships with several organizations that seek to hire students, such as Northwell Health, Enterprise Holdings and Hive Diversity. To get in touch with the Center for Career & Professional Development, you can send an email to career counselor@adelphi.edu or visit them at the Nexus Building in Room 225.

Other departments include those for Residential Life and Housing, Student Conduct & Community Standards, the Center of Student Community & Engagement, and the Bias Response Team. More can be found about each of them on Adelphi's website.

The Division of Student Affairs' departments have a lot to offer and you can engage with any of them by simply visiting or contacting those you're interested in. 🐾

Winterizing Your Car: Steps for Staying Safe on the Road

BY KYLE ARJOONSINGH

Last winter, 23-year-old Yulvin Rodriguez from Jamaica, New York, found herself stranded on the Grand Central Parkway after her car spun out of control and collided with a guardrail.

"I didn't think it was that big of a deal driving during the winter," she said. "I'm a safe driver and had never been in an accident before... but that really did not matter."

While Rodriguez walked away with only minor injuries, her story is a cautionary tale. Preparing your car for the winter season isn't just about avoiding inconvenient breakdowns — it could save your life.

According to the U.S. Department of Transportation, icy and snowy roads cause nearly a quarter of all weather-related crashes each year, resulting in over 1,300 deaths and 116,000 injuries annually. Main issues contributing to these accidents include reduced visibility, slippery surfaces and drivers' failure to adjust their driving habits for winter conditions — such as speeding or not allowing enough braking distance.

"Road safety in winter is often overlooked by many drivers," said José Majuliaben, a 69-year-old retired mechanic from Bellerose, New York, through a Spanish inter-

preter. "Winter conditions are no joke; they need extra caution."

Take Care of Your Tires

Winter weather often arrives with little warning, and many drivers often wait until the last minute to prepare their vehicles. However, experts suggest taking a proactive approach.

"Winterizing your car should be part of your regular maintenance routine, ideally before the season begins," said Deopersaud Singh, a 37-year-old car collector from Jamaica, New York. "When temperatures dip, certain components of your car like tires become more vulnerable."

Tires are the first line of defense against winter's icy grip. According to the National Highway Traffic Safety Administration, properly inflated tires with adequate tread depth provide better traction on wet, snowy or icy roads. To ensure optimal performance, tires should be inflated to the pressure recommended by the vehicle manufacturer, which can be found on a sticker inside the driver's side door frame or in the owner's manual. Tread depth, which refers to the amount of groove remaining on the tire, is equally important. According to Singh, adequate tread depth is generally considered to be at least 2/32 of an inch. Tires with deeper treads are more effective

at channeling water, snow and slush away from the tire's surface, helping to maintain better grip and stability.

"If you live in an area where temperatures regularly drop below freezing...it's a good idea to switch to winter tires," said Singh. "They're made of a softer rubber and have deeper treads to grip snow and ice better."

According to Kelley Blue Book



Preparing your car for winter conditions—like checking your tires, battery and fluids—can make all the difference when trying to safely navigate icy roads.

the average cost for new tires is \$150 to \$300 per tire. Majuliaben suggested regularly checking tire pressure and replacing tires when the tread wears down to an eighth of an inch or less. A quick way to check the tread depth is by inserting a penny into the grooves. If you

can see the top of Abraham Lincoln's head, it's time to replace your tires.

Keep Up with the Battery

Cold temperatures can take a toll on your car's battery. "When it gets cold, the battery's chemical reactions slow down so it is hard for it to deliver power to your car," said Ernest Avellana-Thomas, a 28-year-old independent mechanic based in Queens Village, New York. "If you have an older battery, you're better off forgetting about it."

To avoid being stranded with a dead battery, Avellana-Thomas recommended having your battery tested before the winter season begins. Most auto parts stores do this for free and if your battery is more than three years old, consider replacing it to avoid trouble down the road.

Monitor Brakes and Fluids

In snowy or icy conditions, having effective brakes is essential for maintaining control of your car.

"The last thing you want is for your car to slide when you need to stop," said Singh. "Make sure your pads aren't too worn down, and don't forget about brake fluid... it should be at the right level."

According to Majuliaben, it's also important to check other vital fluids, such as antifreeze, windshield washer

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A Fridge Makeover Can Support Your Renewed Health Goals

BY WILLIAM CONBOY

Every New Year, there are certain resolutions that are most popular, one being to lose some of that pesky extra weight that may have been picked up during the holiday season. Unfortunately, the new habits often don't get off the ground and crash diets fail to bring lasting results. What can save our healthy eating goals and make them attainable?

Overhauling how your refrigerator looks and what it is stocked with might just help turn the ideal into reality, said Eleana Kaidanian, certified dietitian and nutritionist since 2012 who runs the private practice Long Island Nutritionist. Here are five steps to take.

1. Out with the Old

First, "get rid of all the garbage and the expired food," said Cynthia Braun, a veteran professional organizer of 22 years. That means starting with what you don't need, like all the suspicious leftovers and the mayonnaise you opened two summers ago to start on a clean plate.

2. Restock with Health in Mind

Kaidanian said if health is the goal it's important to be conscious of exactly what goes back in the fridge after everything has been cleared out. Today, there are so many diet fads that it's enough to make an honest health inquirer's head spin. However, according to Kaidanian, a good route to consider is keeping things simple with whole foods, those being foods in their most natural state. These could include nuts and seeds or unprepared proteins such as meat and fish, she said. Reducing the amount of pro-

cessed pre-made foods is beneficial no matter what diet goal someone is looking for.

Kaidanian said that more granular dietary decisions would come down to "the health goals of the individual." She emphasized that these can be different for everyone, but when it comes to weight loss she said achieving it can be done in ways other than simply calorie counting.

Ariana Paduano, a junior psychology student and resident at Adelphi, said that while she doesn't use her dorm minifridge often, stocking it with healthier snacks like fruits and yogurt is something she'd like to do. The foods we choose and whether they are in their natural state or not can have a significant effect on health and wellness, so aim for all natural as much as possible.

The foods that Kaidanian recommended include proteins like fish and dairy, fruits, vegetables, whole grains, along with nuts and seeds. No secret diet formula here.

3. Reorganize to Build Habits

How should all of this be put in the fridge so that it is both organized and supportive of a person's health goals? Braun said to use the space effectively, especially the drawers present in most large fridges. Consider using one for vegetables, one for fruit, and the last one for non-frozen meats. She added that the doors are for condiments and drinks. While she views organization as both a pursuit of being well ordered and aesthetics, in the fridge efficiency is the goal.

Braun said making an area for leftovers would be useful and that when going grocery shopping it's important to buy strictly what is needed and not to go into excess. This pairs nicely with

Kaidanian's emphasis on sticking to the all-natural essentials for health. In fact, adding to the organizing conversation, she said, "whatever is at eye-level is what you want to focus on."

Paduano agreed that "whatever is in the fridge in front of me I usually grab." Making sure that healthy snacks



A well-organized fridge stocked with fresh, whole foods and meal prep essentials can make sticking to your health goals easier and more sustainable. Photo by Rawpixel

and foods are easy to see and grab will make people more likely to consume those over junk food, Kaidanian said.

4. Prep Your Meals

Figuring out what to buy each week to minimize waste and clutter depends on meal prepping, said Kaidanian, meaning simply to plan out meals in advance. For some, this looks like having Tupperware for every day of the week in the fridge with all the meals made at the beginning of the week. For others, it may be as simple as having the ingredients to make several meals on hand and simply planning out what you will make

for each day. She said that it's important to have prepped meals at eye-level so they don't get forgotten and end up as waste.

Kaidanian considers meal prep essential to success but emphasized that "as a college student, it's very different from something like a family of six." Meal prep for a college student can be as simple as going down to the campus cafeteria and buying some meals in advance, she said.

"Meal prepping chicken or some type of protein would be good for me," Paduano said.

5. Maintain the Change

To maintain these new organizational habits, Braun often recommends "every other week, go through your refrigerator and throw out what's not good anymore and clean it up." Marking a reminder on your calendar can go a long way to making the habit more long term. Habits in general are hard to form. A 2009 study, "How are habits formed: Modeling habit formation in the real world," stated that it can take up to 66 days for a new behavior to become automatic.

On the dietary front Kaidanian said "making small short-term goals and having a midway goal and long-term goal can really help guide you." Rather than having one lofty weight-loss goal, starting off with a smaller one and building up to a larger one could help to maintain consistency.

"Working with a dietitian can help you come up with specific, measurable, attainable, realistic and time-oriented goals," she said. Seeing short-term results along the way can help to keep the motivation going in the weeks and months after New Years. 🐾

"A Complete Unknown" Pleases New and Old Dylan Fans

BY JOSEPH D'ANDREA

Starring Timothée Chalamet as Bob Dylan, "A Complete Unknown" tells the story of the musician's rise to fame in the early to mid-1960s. Beginning in a car on its way to New York City in 1961, the audience first sees Dylan as an outsider to the music-filled streets upon his arrival. As Dylan travels to meet his hero, Woody Guthrie (Scoot McNairy), in a hospital bed, he also encounters folk musician Pete Seeger (Edward Norton) who helps him break into the Greenwich Village folk scene. From here on, Dylan begins to develop both relationships with fellow musicians, friends and lovers, as well as his musical sound, which culminates in the climax, where we see Dylan reject the folk purists and embrace a more rock-and-roll approach.

To put it plainly, the film is a great introduction to the music of Bob Dylan, and I'm not going to pretend like it's anything more than that because that wouldn't be fair. Care and effort were put into making it accessible to those who've only heard "Like a Rolling Stone" and Chalamet does a really solid job as Dylan. So, if you're looking to take your first step into the wildly wide-ranging world of the self-described song-and-dance man, this is a nice starting point before you reach the crossroads of judgment. With that being said, I have some gripes.

I was rooting for this movie. I'm not generally pessimistic toward by-the-book biopics. I've been watching a bunch of Chalamet's interviews over the past month. The choice of having the actors perform songs live got my attention, and I thought James Mangold (who helmed the Johnny



Timothée Chalamet took on the role of musician Bob Dylan in "A Complete Unknown," which follows the artist's personal and musical evolution, beginning with his rise to popularity in the New York folk scene. Photo by FMT

Cash biopic "Walk the Line") was a good choice to direct. "A Complete Unknown" was everything I expected it to be yet also a bit of a letdown in its storytelling. Mangold and Chalamet successfully avoid portraying Dylan like any other subject given the tradi-

tional true-story treatment but, strangely, that is what ended up being the film's biggest pitfall for me. Yes, Dylan's an enigma, but he's still a person. The Dylan we see in the second half of the movie does not feel like a human being, but more like a fairly soulless vessel from which songs just happen to pour out. This is in contrast to the first half of the film, which I'd go as far as to say I loved.

The visit to Guthrie and the subsequent father-figure relationship Dylan developed with Seeger was touching. We learn more about others like fellow folk beauty Joan Baez (Monica Barbaro), but not nearly as much as I would've preferred, especially considering she's sidelined and reduced to person-who-Dylan-pissed-off in the latter half of the film. It's not Baez's movie, but maybe it should've leaned in that direction more. Or, in other words, I thought the love triangle with the music providing an outlet for both their artistry and feelings toward one another made for the most engaging parts. But, I digress, since that'd be a completely different movie and this film's story has always been one about Dylan musically subverting his audience (the original title was "Going Electric").

The 1965 portion, as opposed to the folk scene parts, which were much more genuine and filled with emotion, tended to feel less personal. Initially, I liked the choice of hard-cutting from "The Times They Are

a-Changin'" Dylan to roughly a full year later where his hair is frizzier and he's donning sunglasses that make him look both cool and secluded. Dylan is inherently mysterious and the movie makes note of this more than once. He explains his supposed traveling-circus past to his activist then-girlfriend Sylvie Russo (a name-swap of the real-life Suze Rotolo), played by Elle Fanning, and Baez (who calls him out), as well as to reporters (not represented here). But just because it's impossible to fully "understand" Dylan does not mean that he can't be humanized. Again, the first half of the movie does a good job of balancing the two: it's honest in showing how he's carelessly cold to his lovers and lets the songs speak for his soul. It's unlikely you'll remember more dialogue-driven scenes than you can count on one hand, but the performances are still playing in my head, particularly the earlier ones.

Where I find the film disappointing was the portrayal of Dylan famously (or infamously) plugging in at the 1965 Newport Folk Festival. It's seminal and deserves to be told on screen — just as his early years in West Village are. But for those who don't have prior knowledge as to why it was given such climactic treatment, I fear it gives off the impression that Dylan was simply giving a middle finger to the crowd who made him famous. Despite

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New Year, New You: How to Make the Most of 2025

BY TAYE JOHNSON

As we move through the first month of 2025, the air is filled with the universal sense of hope and the shared ambition for a fresh start. The New Year symbolizes a time of reflection and resolution, and it provides us all with a blank canvas to paint our aspirations and dreams. It's the perfect opportunity to leave behind what we no longer desire and embrace new possibilities. This year, let's make "New Year, New You" our collective mantra by committing to personal growth and fulfillment.

When reflecting on the past, I know not to dwell there. 2024 was undoubtedly a year filled with its own sets of triumphs and challenges, and just as I took moments to reflect on these experiences, you should, too. 2024 was a year of growth and change for me. I learned so much about myself and the world around me. I also learned that it is okay for me to advocate for myself; in fact, that was one of my most valuable lessons. As you think about what lessons you've learned, what strengths did you discover about yourself? Use these insights as a foundation for your journey in 2025, not as anchors to hold you back but as stepping stones to propel you forward.

Around this time of year, you will see the usual New Year resolutions that are often forgotten by February. But instead of that, I make sure to set meaningful and

achievable goals. Think about what truly matters to you — whether it's improving your health, learning a new skill, or dedicating more time to family and friends. Break your goals down into small, manageable steps and celebrate each victory, no matter how small. Remember: progress over perfection is the key. Embrace change with



Step into 2025 with determination and vision. Turn your aspirations into reality and embrace the journey to a better, more fulfilled you this New Year.

Photo by Freepik

open arms — it's the only constant in life!

Throughout the years, I've been the type of person who likes to stick to what I know. But this year, I'm going to challenge myself to step outside of my comfort zone and try something new, whether it's a hobby, a new cui-

sine or even a new workout routine.

I am grateful for the opportunity to live in a time when so many things are possible. The power of a positive mindset cannot be overstated. In 2025, make it a habit to focus on the good in your life. Start a gratitude journal, and each day, write down three things you are thankful for. This

simple practice can significantly shift your perspective and help you see the abundance in your life instead of what's lacking. For instance, when I am reflecting on my day, I write down three things that I am grateful for. This simple practice helps me shift my focus from what's wrong to what's right

in my life. It also reminds me that there is always something to be thankful for.

Another thing I noticed in our fast-paced world is that genuine connections are more important than ever. Strengthen your bonds with loved ones, and don't shy away from making new connections. As we get older and continue to develop as people throughout our college years, it's important to nurture our relationships and not let them go by the wayside. Whether through face-to-face catching up or text messages, taking time for self-care is fundamental to maintaining a healthy lifestyle. You cannot pour from an empty cup. Consider making self-care a priority.

Listen to your body, let yourself rest but also make sure to engage in activities that nourish your soul. Reading a book is one way of doing this, as well as simply taking a long bath or meditating. Find what works for you and make it a permanent part of your routine. Scheduling every day in one way or another shouldn't be a burden, but if it starts to feel that way, you can adjust — but don't erase it completely from your plan to better yourself.

This year is your canvas, and you have the ability to paint a year that reflects who you want to be and the life you wish to live. Here's to a transformative year ahead. May it be filled with growth, happiness and new adventures! 🍀

The Future of American Schools Could Be Impacted by Trump's Agenda to Dismantle the Department of Education

BY CAROLINE PYCHYNSKI

President Donald Trump vowed to eliminate the Department of Education (DOE) in a signature campaign promise made during his run for the presidency. This echoes rhetoric during his first presidency, when he proposed slashing billions from the department's budget. By dismantling the DOE, Trump hopes to grant greater autonomy to the individual state governments on the issue of education. Critics fear that his plan will cause more harm than good.

The DOE was established by former President Jimmy Carter in 1980 to promote equal access to education through programs such as Title I of the Elementary and Secondary Education Act, which supports funding schools that serve low-income communities.

Today, the Department's budget totals over \$238 million. Much of this funding is allocated to supporting children with disabilities, Pell Grants and other financial assistance programs for more than 12 million postsecondary students. According to the Washington Post, the DOE helps fund about 18,200 school districts whose total enrollment exceeds 50 million students. These services impact students across the nation, especially those with low household incomes.

One immediate concern that comes with eliminating the DOE is the barrier it could pose to students seeking higher education. Many rely on the Department's federal

student aid. Axing it without creating a meaningful replacement can make personal wealth a necessity for those who wish to access education and achieve success.

According to ABC News, "Trump's agenda for higher education includes creating a new, free university called the 'American Academy' and funding it by 'taxing, fining and suing' private universities." Trump



One of the most expansive in the country, the New York Department of Education in Albany is responsible for the supervision of 731 districts, 4,400 public schools and 372 charter schools, as well as the production and administration of state tests and Regents examinations. *Photo by Flickr*

also plans to change the education system by permitting prayers in public schools and granting parents a greater say on what students are taught. His ideal changes would also include cutting out "critical race theory, gender ideology or other inappropriate racial, sexual or political content."

Some members of the Adelphi community have found this agenda to be controversial. First-year nursing major Serena Ashton believes that the removal of the DOE is a step in the wrong direction.

"If this takes place, the level of ignorance and arrogance will soar in our nation [more than] it already has," she said. "As a teenager, I believe in the power

of education and the power of knowing. Without education, what would this mean for future jobs? Future careers?"

Lauren Rosenblum, director of Interdisciplinary Studies at Adelphi, said, "As a college professor, my concern is that eliminating the Department of Educa-

tion will increase inequalities and thereby reduce educational excellence of US students overall. For Adelphi students, that means that students will arrive at Adelphi with large educational deficits that are hard to make up at the college level."

"I believe that this imposes an educational cultural war," said first-year business major Hazel Agicha. "Reforming education does not mean taking away identities. The US has always been a mixing pot of cultures and a place where new ideologies are fostered. Imposing one's identity robs students of diversity."

Another concern that comes with eliminating the DOE is the loss of an executive department in the federal government that works to solve ongoing problems in our education system.

Supporters of eliminating the DOE argue that education should be left to the states, as they know what is best needed for their students. They believe that decentralizing education could foster adaptability by giving teachers and schools more control over education and support federalism. Additionally, supporters of the president-elect's agenda believe that it will save taxpayers a significant amount of money because about 8% of public education funding impacts K-12 education.

Critics of this idea believe that removing the DOE could lead to educational disparities and take away programs needed for low-income schools. What will actually happen remains to be seen. 🍀

Adelphi Athletics Celebrates University Staff with Employee Appreciation Night

BY MATTHEW WENZ

While campus was still quiet before the spring semester kicked off, the Adelphi University Athletic Department recognized the efforts of the university's faculty and staff, featuring a highly anticipated matchup between two of the best basketball teams in the NCAA East Region.

On Tuesday, Jan. 14, the women's and men's basketball programs held an Employee Appreciation Night in the Center for Recreation and Sports (CRS). Prior to tipoff, employees were treated to catering sponsored by Moe's Southwest Grill in the Campbell Lounge. Faculty and staff had the option of watching the games in Campbell with a livestream on FloSports or making their way downstairs for free admission to the double-header.



Faculty and staff enjoyed a pregame reception in the Campbell Lounges, sponsored by Moe's Southwest Grill. Photo by AU Athletics

"We are excited to add this event to our annual offerings in the hopes of reaching our Adelphi staff and engaging beyond the classroom," said John Curto, coordinator of Athletics Engagement and Special Events. "While this was the first of its kind, we are looking forward to seeing more faculty and staff at all of our upcoming events on campus."

About 35 members of the Adelphi faculty and staff from a variety of departments came out to support the 'Cats for both women's and men's games.

The Adelphi women's basketball program was fresh off a double overtime thriller against Southern New Hampshire University. The Panthers bested the Penmen by a score of 66-65, with senior guard Kaitlyn O'Connell pouring in a career high 30 points. Against the Pace Setters, head coach Sade Jackson '14 and company started the night with tight defense, causing three turnovers in the first quarter. Neither team was able to build an immediate lead, but Pace jumped out to a 23-15 advantage at the half.

Coming out of the halftime break, the visitors' lead grew to as many as 12 points. Adelphi struggled to get offensive production in the third quarter, and the

Setters never relinquished the lead. Pace held a 26-point lead late in the fourth, ending ultimately with a final score of 53-32. Sophomore guard Bella Asecncio led the Panthers offensively with eight points.

The Adelphi men's basketball team came into the night riding an 11-game winning streak and are receiving votes in the National Association of Basketball

Coaches national rankings poll. The Setter's came into the contest as a top-10 team in the country, ranking No. 7 in the same poll, shaping up for a battle of two heavyweights in the Northeast-10 Conference.

Head coach Dave Duke and his squad jumped out to an early 19-12 lead courtesy of a couple of three-point buckets from junior Mason Jackson and senior Andres Flugencio. It was clear that it would develop into quite a physical contest, with seven fouls called in the first 10 minutes of play. Midway through the first half the home team held onto an eight-point lead, with Pace looking to apply pressure in a full-court press. However, the Panthers continued to drain shots from all over the court while getting consecutive stops on defense from leading blocker in DII, senior forward Jarnell Rancy. At the half Adelphi held on to a 35-25 advantage.

Coming out of the halftime break, both teams struggled to find their footing offensively. After a series of turnovers, Adelphi scored on multiple fast-break opportunities forcing Pace to take a timeout. The Setters would not go down quietly as junior guard Jabari Nurse knocked down back-to-back threes to bring the visitors within striking distance. The CRS came to life when the Setters tried a full-court press and senior guard Matt Price found Rancy down the floor for a wide-open slam dunk. The next possession a Pace guard tried a reverse lay-up but the 6-foot, 8-inch Rancy added another block to his stat line.

The 'Cats held on to a 57-45 lead with just under four minutes left. Pace made one final push cutting the lead to eight at the two-minute mark. The visitors continued to press Adelphi, resulting in critical turnovers that allowed Pace to come within six points at 23 seconds. In the end it was Flugenico and junior guard Dayshaun Walton who each made two shots from the charity stripe that iced the game for the Brown and Gold in a 67-59 upset win. Fulgencio led the Panthers

with 16 points while adding three rebounds and an assist in the teams 12th straight win, the longest streak since the 2005-'06 season.

Looking ahead, Curto was excited to announce that on January 28, Athletics will be holding their annual Welcome Back Bash in another double-



Adelphi men's basketball team after upsetting the No. 7 team in the country.

Photo by Ethan Albin

header against Bentley University.

"We're going to be giving away beanie hats to the first 200 students in attendance between the two games," said Curto. "We will also have our corporate sponsor Baya Bar in attendance and they will be giving out free sample smoothies throughout the event."

Women are scheduled to tipoff at 5:30 pm, with the men to follow at 7:30 pm.

As the winter season continues, students are encouraged to attend home contests in the CRS. Admission is always free for students with a valid Adelphi ID. If a campus organization or club is looking to collaborate with Athletics, please reach out to John Curto at jourto@adelphi.edu.

Keep up-to-date with teams by visiting aupanthers.com for schedules and results for all teams. Make sure to follow @aupanthers on Instagram and X. 🐾

Winterizing Your Car

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fluid and engine oil. Make sure to top off fluids regularly and use winter-specific fluids when necessary, such as low-temperature windshield washer fluid, which helps prevent moisture from freezing in colder climates.

Visibility: See and Be Seen

Visibility is crucial for winter driving, especially when snow, sleet or fog obstructs the view. Majuliaben said, "Make sure your headlights, taillights and brake lights are working properly. Get rid of burned-out lights and clean your headlights often."

Additionally, ensure that your windshield wipers are in good condition and that you're using winter-grade wiper fluid. "Wiper blades become bad and less effective in the cold, so if they're more than six months old, replace them," said Singh.

Make the Investment

While winterizing your car

may require an upfront investment, it's a small price to pay for safety.

"Money comes and goes, a little bit of time and money spent on maintenance can make a big difference when it comes to keeping you safe," said Majuliaben. "When you prepare your car, you're preparing yourself for whatever winter may throw your way."

For Rodriguez, the experience of her accident was a wake-up call. "I never thought something like that would happen to me; it was traumatizing" she said. "[Now] I make sure my car is ready for winter. I don't take any chances."

By taking the time to properly maintain your vehicle, you can enjoy peace of mind knowing you're ready for the road ahead. After all, a little preparation can go a long way when it comes to protecting yourself and others this winter. 🐾

"A Complete Unknown" Review

Continued from page 5

the inclusion of several songs from 1965's "Bringing It All Back Home," including a partial "Subterranean Homesick Blues," the more climactic "Maggie's Farm," and Dylan working out lyrics to "It's Alright, Ma (I'm Only Bleeding)," the reason for that change in style could've been represented better. "Maggie's Farm" is scathing, yes — "Well, I try my best to be just like I am / But everybody wants you to be just like them." But I've always been under the impression that his personal rebellion was more so against the purists and journalists who were attaching a "voice of his generation" label to him, as opposed to the folk scene itself. I trust Mangold's thoughts are the same as mine but not enough is shown of the external pressures he felt to communicate the full story of why Dylan rebelled. I'm conscious that showing that sharp contrast represents the feeling of the controversy. But I think that, in the long run, shortcutting didn't help the case of displaying Dylan as

anything more than someone who rolled over on the other side of the bed one morning and decided to suddenly "go electric."

Regardless of all this, "A Complete Unknown" is very enjoyable for both Dylan fans and newbies alike, thanks to the great performances all around and the wonderful music. I see it for what it is: a gateway. Mangold, Chalamet and company deserve credit for pulling off a story that captures Dylan to a decent extent and puts his music on display in a respectful way. The Dylan fanbase is not easy to please and the fact that Chalamet won over many die-hards says a lot. This movie is a pregame to diving into Dylan's discography. Once you're fastened, check out D.A. Pennebaker's "Don't Look Back" — a firsthand documentation of Dylan's 1965 concert tour in England, which better highlights his humor — and 2007's "I'm Not There" if you want a more complex look at Dylan during the years the new film tackles. 🐾

Coming to Adelphi PAC this spring..



JUMAANE SMITH

GUEST ARTISTS

LARSON LEGACY CONCERT:
VERONICA MANSOUR
Saturday, January 25 • 3:00 p.m.

SINGSTRONG
A CAPPELLA FESTIVAL
Friday, January 31, *through*
Sunday, February 2 • *Various times*

JUMAANE SMITH:
LOUIS! LOUIS! LOUIS!
Friday, February 7 • 8:00 p.m.

JUPITER STRING QUARTET
Friday, February 28 • 8:00 p.m.

JIGJAM
Sunday, March 16 • 3:00 p.m.

RUCKUS EARLY MUSIC
Friday, March 28 • 7:30 p.m.

LESLIE UGGAMS
Sunday, April 6 • 3:00 p.m.

*THE WONDERFUL MUSIC
OF OZ*
Saturday, May 10 • 8:00 p.m.

DANCE

SPRING DANCE ADELPHI
Wednesday, April 23, *through*
Sunday, April 27 • *Various times*

DANCE SHOWCASE
Free Event
Friday, May 9 • 7:30 p.m.
Saturday, May 10 • 2:00 p.m.
and 7:30 p.m.

FREE STUDENT RUSH TICKETS

One hour before all performances, including guest artists, full-time Adelphi students are eligible to get a Rush ticket for free. Arrive prior to the performance with your Adelphi ID, get in the Rush line and receive one remaining unsold ticket. Subject to availability, not available for every performance. Cannot be reserved in advance. Rush tickets will stop being distributed 10 minutes before the start of the show, so get your tickets early.

MUSIC

ADELPHI'S BEST OF
BROADWAY
Sunday, March 9 • 4:00 p.m.

ADELPHI
SYMPHONY ORCHESTRA
Friday, April 11 • 7:30 p.m.

ADELPHI
HONORS RECITAL
Thursday, April 24 • 7:30 p.m.

ADELPHI
OPERA THEATRE
Free Event
Saturday, April 26 • 8:00 p.m.

ADELPHI
FLUTE ENSEMBLE
Free Event
Monday, April 28 • 7:30 p.m.

ADELPHI
IMPROVISATION ENSEMBLE
Free Event
Wednesday, April 30 • 7:30 p.m.

ADELPHI
CHAMBER ENSEMBLE
Free Event
Thursday, May 1 • 7:30 p.m.

ADELPHI
CHORALE
AT THE GARDEN CITY CATHEDRAL
Saturday, May 3 • 2:00 p.m.

ADELPHI
VOCAL ENSEMBLE
Sunday, May 4 • 4:00 p.m.

ADELPHI
GUITAR ENSEMBLE
Free Event
Monday, May 5 • 7:30 p.m.

ADELPHI
CONCERT BAND
Free Event
Tuesday, May 6 • 7:30 p.m.

ADELPHI
PERCUSSION ENSEMBLE
Wednesday, May 7 • 7:30 p.m.

ADELPHI
JAZZ ENSEMBLE
Friday, May 9 • 7:30 p.m.

THEATRE

THE SPITFIRE GRILL

Music and Book by James Valcq
Lyrics and Book by Fred Alley
Based on the film by Lee David Zlotoff

Wednesday, February 26, *through*
Sunday, March 2 • *Various times*

ATHENA
by Gracie Gardner

Wednesday, April 9, *through*
Sunday, April 13 • *Various times*

LESLIE UGGAMS



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Tickets Today!**

**ALL ADELPHI STUDENT TICKETS
ARE \$7 UNLESS OTHERWISE NOTED.**

(Discounts available for students,
Adelphi alumni and employees)

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Should you require a disability-related accommodation to participate in a University-sponsored virtual event or program, please contact the Student Access Office by phone at 516.877.3806 or email at sao@adelphi.edu. When possible, please allow for a reasonable time frame prior to the event with requests for American Sign Language (ASL) interpreters, Closed Captioning (CC) or Communication Access Realtime Translation (CART) services; we suggest a minimum of five business days.