



Adelphi Unity Dialogue Strives to Increase Understanding and Inclusion



President Riordan addressed the recent incidents and tensions on campus.
Photos provided by Noella Fiallo-Evans

BY BRYAN GRILLI

Earlier this month, there were some tense moments during Chalk Up day when groups of people clashed over expressing their views about Black Lives Matter. The tension once again came to a head when a group of students took a knee and raised their fists during the National Anthem at Midnight Madness, which led to racially charged messages on social media that shook the entire campus and caused some students anxiety about attending classes in the following days. In response, on Thursday, Oct. 27, members of the Adelphi community came together from 11 am-1:30 pm for much-needed dialogue in the University Center, Room 203 to begin to have conversations about the events and the repercussions. The event was sponsored by the Collaboration Project, Athletics Department, Student Affairs, Center for Student Involvement, the President's Office, the Provost's Office, the Center for African, Black and Caribbean Studies, the Title IX Office and the University Diversity.

President Christine R. Riordan briefly addressed the audience of more than 100 students, faculty and administrators, first reflecting on the strategic planning process and how one of the many goals was to make Adelphi into a model of diversity and inclusion.

"In many cases diversity is the easier part to achieve in being a model, but inclusion is more difficult because what it means to be inclusive doesn't mean everyone has to have the same opinions, thoughts or values, but it means we

respect, understand and take the time to listen to other people's perspectives," President Riordan stated.

The President also referenced the recent campus silent protest at Midnight Madness. "It's their right to have that kind of demonstration and as a university, we've always been about civic engagement and having conversations that raise awareness about important issues."

She stressed that the dialogue is an important step towards talking about how we can become a more inclusive university and truly be a model for others. She said: "The next time you begin to judge someone, ask yourself this: How would your life be different if you stopped making negative, judgmental



Perry Greene was one of the principle organizers of the Unity Dialogue.

assumptions about people you encounter? Let today be the day you look for the good in everyone you meet and respect their journey."

Perry Greene, vice president for Diversity and Inclusion, said that though similar events are occurring on other campuses, Adelphi wants to respond fairly and quickly. "This is not about agreeing with each other. It's about having the ability to talk to each other and listen and try to understand what our fellows are saying."

He then set the ground rules for the dialogue for the round-table, facilitator-led discussions. The rules of engagement were read out loud and everyone in attendance had to pledge to adhere to them: listen actively and respect others when they are talking; speak from your own experience instead of generalizing; remember this is shared dialogue and not a debate; feel free to tell a brief story to highlight the point you are making; do not engage in personal attacks or insults; be open to points of view; be conscious of body language and non-verbal responses; participate full and not in side discussions; and refrain from raising your voice.

The round-table discussions lasted until 1 pm and consisted of subjects such as what Black Lives and All Lives Matter mean to each student and also what steps Adelphi can take to improve on handling these kinds of issues in the future. The event then wrapped up with some students, faculty and administrators bringing up some key points they learned from their individual discussions to the entire

(Continued on Page 2)

2016 Election Creates Nationwide Tension that Extends to Students

BY DANIELLE MCDUGALL

The 2016 presidential election is upon us, Panthers. In just a week, Nov. 8, we should officially learn who has been elected as the next President of the United States. But until then this election has created anxiety and tension across the nation—and to a degree here among students. According to a recent "Huffington Post" study, 45 percent of Americans have engaged in heated debates about the election with friends, family or coworkers—and 10 percent have managed to have arguments with all three groups. Moreover, the American Psychological Association reports that 52 percent of Americans of both political parties are experiencing a profound amount of stress regarding this election and the implications of its outcome.

This impact is being felt on Adelphi's campus as well. Carol A. Lucas, director of Counseling and Support Services, said she is hearing about increased anxiety and even social aggression among students. "The remarkable inflammatory language, embittered rhetoric, provocative and scandalous rumors, media over-exposure, inundation of news coverage and existential concerns with the outcome of an election that feels like the stakes are so high, can significantly increase stress and worrisome anxiety," she said. "High levels of anxiety can impair communication and contribute to verbal conflict."

Will Darias, a sophomore English and philosophy double major, has experienced a number of debates lately, and said part of the anger comes from an absence of active listening. "The main issue is that oftentimes we are talking about different things," Darias said. "For example, when I attempt to discuss a specific policy proposal, and someone instead attacks that candidate's character, an argument will inevitably arise due to the fact that we are discussing different topics. Our statements fail to address one another's ideas."

(Continued on Page 3)

A Word from the Editor

Happy Halloween everyone! Just before the semester began, when we were making the production schedule for this year, I was very excited we'd be able to have an issue for Halloween because ordinarily our fourth issue is published sometime in the first or second week of November. I hope you take some time to eat some candy, dress up and enjoy the day. And make sure to check out our Halloween edition Roaming Reporter on page 4 to see how Adelphi students are celebrating today.

As you may recall, the last issue of The Delphian addressed some important issues of race and protest such as some Chalk Up incidents, the Midnight Madness demonstration and subsequent social media backlash and a letter we published written by the president and vice president of Black Students United. In response to those events and also others that have taken place on campus, the Adelphi administration scheduled an important dialogue titled: Adelphi United Dialogue and Storytelling Forum.

It was my pleasure to not only write about the event, but also actively participate in one of the round-table discussions, and I was personally very pleased with the administration's decision to hold such an event and the outcome of the discussions. Of course there is room for improvement. It would be nice to see more students get involved in the discussion and hopefully future events will be more publicized, and certainly The Delphian will be sure to play a role in getting that information out there.

The Adelphi administration was also quite busy in the past few weeks concerning other important matters such as student drug and alcohol abuse. Also, on Oct. 18, the first blood drive was held where members of the community gave back in efforts to save lives and make a difference.

Also in this issue, we are proud to include an election primer on page 5, which provides you with some biographical information and platform views of Donald Trump and Hillary Clinton. As I'm sure many of you are aware, perhaps mercifully, the big day is coming up on Nov. 8, so make sure to get out there and have your voice heard. No matter your viewpoints and beliefs, it's important to exercise that right we have here in the United States.

-Bryan Grilli
Editor-in-Chief

The Delphian

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Adelphi Unity Dialogue Strives for Inclusion

(Continued from Page 1)
room.

The reaction from students, faculty and administration seemed to be positive overall, despite their recognition that future dialogues could strive to be even more impactful.

"I think this was very enlightening and it shows that conversations like this, although they can be controversial, are capable of being had on this campus," said Mary Ellen Diaz, a junior sociology major. "I would love to see more diversity in the future, and not in the sense of race, but just more people from different organizations like sports teams, Greek life, clubs, commuters, residents, etc. We had a lot of people attend, but even more people to share their opinions would make it even better."

Esther Goodcuff, associate vice president of Student Affairs and one of the discussion facilitators, agreed this initial dialogue was successful in bringing the campus together. "I think it was a good discussion because we all brought a lot of our personal experiences to the table, which is what makes all of the philosophical concepts become real," she explained. "I think we could have had more difficult conversations that push the boundaries more in the



More than 100 attendees participated in the Unity Dialogue.

Photos provided by Noella Fiallo-Evans

future."

Goodcuff also mentioned something that struck her in particular was learning more of the level of hurt and disillusionment students feel about the response to the Midnight Madness protest. "It never occurred to me as an adult that students didn't see Adelphi as a microcosm of the bigger world. They see this as a place they can really feel protected and that somehow we are in that bubble, and I didn't realize that as I do now and I think

that makes me more sensitive to the ways students are feeling when they talk to each other and about one another."

Another student, Heidi Pena Ortiz, a junior psychology major in the Levermore Global Scholars program, who was involved in the Midnight Madness protest, mentioned how much of a toll all the hate speech had on her, but acknowledged that she, as well as the other members of her organizations, such as the Latino Student Association for which she's the president,

remain strong, unapologetic and stand behind everything they've done so far.

"This event [the dialogue] is the first of many feats we have to accomplish. Now that there's a conversation, people will start getting more comfortable talking about issues of race and social justice and then we can move forward with creating greater change," Pena Ortiz said. "When you stir the pot, there's going to be a reaction and that's what happened with Midnight Madness. This dialogue was a reaction Adelphi needed to make. It couldn't be avoided because an impact had already been made."

Greene said of the event, "I think it accomplished its purpose to bring diverse perspectives into dialogue as a means to gain greater understanding of the campus on issues such as race and protest."

Although they are still in the process of being developed, the event organizers made it clear they are planning to schedule additional events. These events will strive to bring even more students, faculty and administrators together as a means of understanding others and establishing Adelphi as a true model for diversity and inclusion.

2016 Election Creates Nationwide Tension that Extends to Students

(Continued from Page 1)

Janice Chuquitaype, a Spanish and social work double major in her sophomore year, hasn't been in any direct arguments, but observes heated exchanges on social media. "I've only heard of that stuff [debates about the election and social issues] in Facebook comments. I just don't engage in it because I don't want to offend anybody and I don't want to say the wrong thing."

A Panther who has participated in some disputes with family members, but hasn't observed any rifts in their relationships afterward, is junior neuroscience major Mon Marshall. "Upon first thought, I viewed it as a comedic reality show. But then I realized politics, especially choosing the leader of the country, is indeed not comedic or entertainment of any sort; this is serious stuff."

Marshall reasoned that the gravity of our decision, especially between the two most polarizing candidates in recent history—Hillary Clinton and Donald Trump—is a primary cause of such prevalent fights between loved ones and friends. The stakes simply feel far too high. It is for this reason that Chuquitaype is experiencing stress.

"I feel stressed about my options or lack thereof. The distressing thing for me about the choice between Trump and Clinton is that, of the two, the possibility of a Trump presidency instills a bit of fear in me," Chuquitaype said.

Her dilemma is in no way an anomaly. Margaret Gray, an associate professor in the Political Science Department, said that Trump as a phenomenon has been the catalyst for much of it. "This is the most polarizing candidate we've seen since [Republican Barry] Goldwater in 1964," she said. "Moreover, Trump's provocative campaign has propelled forward in parallel with erupting tensions over a number of socioeconomic and political discussions that the U.S. has been having. The country is polarized over many issues—immigration, Black Lives Matter, how to fix the economy—and Trump hasn't caused that. However, he has been a lightning rod for all of this [fevered debate] and more."

The fact that so many of these issues invoke a sense of personal investment makes communicating between party lines even more difficult, Gray added. In her Modern Presidency, class, she said she tries to foster healthy dialogue between students who hold differing beliefs, but has found that more conservative supporters are largely silent about their views.

"When you aren't comfortable expressing your opinion or when you experience backlash because of your views, you will experience stress," said Gray, who is also interim director of International Studies. "I try to foster productive, respectful disagreement so both sides can be heard, validated and then have their arguments

picked apart, but this year we're not seeing a lot of that. It's much more about emotion than dialogue."

It may well be possible that this degree of strife is to blame for Darías' skepticism that any of these issues will be constructively resolved following Nov. 8. "I see Trump's actions as irreversible," Darías said, "so we must continually work to address this culmination of tension that we are seeing manifest in our conversations. This is hardly an easy task, but it must be done in a constructive manner, if tension is to ever be relieved."

Lucas said that this anxiety about the election outcome can cause people to ruminate about the worse possible scenarios and get caught up in cycles of catastrophic thinking. "Most of what is happening is out of our personal control and worrying about things we can't control only creates more anxiety," she said.

However, she offered these constructive ways to help alleviate anxiety:

- Notice when thoughts are focusing on negative outcomes and rather than wrestling, let the thoughts come and go.
- Limit exposure to all forms of media. Find out what you need to know, then turn off the TV, put down the cell phone and walk away from the computer.
- Focus on what can be controlled in daily living right now.
- Spend time doing enjoyable activities, like volunteering.
- Avoid using coping strategies that may interfere with functioning (excessive use of alcohol, drugs, gambling, gaming, shopping, eating, etc.).
- Talk about your fears and worries with supportive friends, family, colleagues and mental health professionals.
- Take up yoga, meditation and other forms of mindfulness practice and get outdoors.

And despite how you may feel, there is one thing that is within your control: Vote on Nov. 8, not just for the President, but for the down ballot candidates who also influence our political system. Check your polling location and other voting information at Headcount.org. As much as you may raising your voice in debates amongst one another, your views hold infinitely more weight as soon as you cast a ballot.

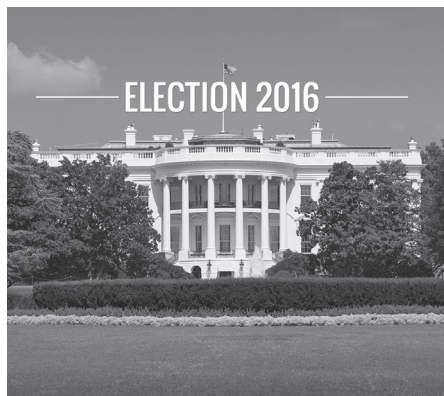


Photo provided by forbes.com

Save the Date: Third Annual Communications Career Expo

The Department of Communications and *The Delphian* are holding the Third Annual Communications Career Expo for communications and journalism students on Wednesday, Nov. 30 from 9:30 to 11:30 am in Room 109 in Blodgett Hall. Students will have a live platform with working representatives from print, digital and broadcast fields to talk about the media marketplace and learn more about breaking in as an intern or future employee.

Watch here and in your classes for more information. Since speakers from the advertising and book publishing world are also planning to attend, English majors will also find this event informative. For more information, contact *Delphian* advisor and senior adjunct professor Liza Burby at lburby@adelphi.edu.



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Roaming Reporter ASKS ABOUT HALLOWEEN COSTUMES, CANDY AND EVENTS By Lauren Redford

As Halloween quickly approaches, Adelphi students begin to plan their costumes and events for the spooky night. That is to say, if they haven't been thinking about it since last Halloween. The clubs and residence halls on campus are hosting numerous parties, contests and functions, which all students are welcome to attend. Listen as these Panthers share their game plans for a fun Halloween, the time of year when we can show our festivity through disturbing decorations, macabre makeup and alarming attire.



Joyce Nien
Freshman Biology Major
Costume: Cat
What I'm Doing: "I'm setting up for the haunted house at Chapman Hall."
Favorite Candy: Hershey's chocolate



Julianna Yee
Freshman Physics Major
Costume: A creepy old porcelain doll
What I'm Doing: "If I dress up, I might go to the SAB costume party."
Favorite Candy: Dark chocolate Kit Kats



Olivia Fohsz
Sophomore Dance Major
Costume: Sandy from Grease, her boyfriend will be Danny
What I'm Doing: "I'm going to all the Halloween events, because I planned them, and so I have to promote them!"
Favorite Candy: Starbursts



Kendell Mason-Francis
Senior Computer Management Information Systems Major
Costume: A dad
What I'm Doing: "Nothing on Halloween, because it's a Monday. But I'm going with friends to the Adelphi SAB costume party dressed as dads."
Favorite Candy: Kit Kats and Smarties



Brandon Buono
Sophomore Business Major
Costume: Jared Leto's Joker.
What I'm Doing: "Haunted halls, the SAB Halloween party, RSA costume contest, New Hall A costume party/contest, and on Halloween day making candy apples at Post Hall."
Favorite Candy: Snickers and sour straws

Panthers Stand Up to Alcohol & Drugs



Camille Pajor and Delisea Webster staff the "Good Decision Goody Bag" table in the University Center lobby. Photos provided by Alyssa Striano

BY ALYSSA STRIANO

Adelphi University hosted their version of Alcohol Awareness Week with interactive activities for students from Oct. 17-22. Over the course of the week, students were educated on the negative effects of alcohol and other drugs through campus-wide events. The events included obtaining "Good Decision Goody Bags," playing Alcohol Jeopardy and "drunk" driving a golf cart through a maze with stimulation goggles on.

"The purpose of Alcohol Awareness Week is to have others help us acknowledge, honor and be aware of how alcohol does impact college students," said Greta Tiberia, coordinator of the Substance Abuse Counseling and Prevention Programming at Adelphi. "It impacts our friends and our family and the people we love."

According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), 4 out of 10 college students in America engage in high-risk drinking. Over 1,800 college students die each year from incidents related to alcohol. Bringing to light the consequences of alcohol and drug abuse is not only an important topic within the Adelphi community, but across the country as well. Alcohol Awareness Week is an intercollegiate occasion that started in 1987. It is held annually to give students an understanding of the repercussions irresponsible behavior may bring.

To assure the movement would reach as many Adelphi students as possible, Tiberia said the types of events varied

to cover the range of interests students have and were designed to teach things they did not know concerning alcohol.

"I feel like people will assume that they know stuff about alcohol and drugs, but then when it comes down to it, you don't know for sure," said Valerie Susino, a sophomore Phi Sigma Sigma sister who helped host Alcohol Jeopardy. "I feel like this will help people in the future when they make decisions."

At Alcohol Jeopardy, participants chose a level from a screen that revealed a question relating to alcohol and drugs and tried to answer it. If correct, they received a prize. Information pamphlets were also available.

Along with the events, a wrecked car was placed on Levermore Lawn to demonstrate the possible outcome of drinking and driving. The powerful image opened the eyes of some students.

"I think it's an effective way to show students about drunk driving. It shows the scary reality of it," said freshman Leanna Tabora.

"I guess what I'd like as the take-away message is that just because something happens in our lives and we're coping with stress and anxiety, turning to either alcohol or marijuana or other drugs really will not help either the short run or the long run," said Tiberia. "If that's the coping technique you're using, I strongly suggest getting help in that area to find something more healthy in order to cope."

For more information, contact the Student Counseling Center in Room 310 in the UC or call 516-877-3769.



The crashed car on Levermore Lawn that promoted students to drive sober. Photos provided by Alyssa Striano

Blood Donation Gives Back in Big Ways

BY EMILY ELEFONTE

On Tuesday, Oct. 18, the New York Blood Center transformed Adelphi's UC Ballroom into a blood donation drive. The room was divided into a waiting section, donation stations and a fully equipped snack table for recovering donors. Students said the New York Blood Center volunteers were extremely welcoming, and they, the students, were eager to help and ready to donate. With most of the donation seats filled, a line of volunteers ready to contribute, and 45 pints already collected, the drive was reaching success in its first hour.

Committed to assisting the New York Blood Center reach their goal of 175 pints of blood by the end of the night, Adelphi students stepped up to the challenge of not only donating, but volunteering to help organize and run the event. For many like Summer Mandile, a sophomore member of Alpha Epsilon Phi, the event was a chance to help out and volunteer their time and efforts.

In between checking in on patients, Marian Haberman, account manager for the New York Blood Drive, took the time to emphasize the importance of donating blood. "With every pint of blood, or single donation, the donor is impacting the lives of three people, who may have

distinctly different medical conditions or circumstances," she said.

As students continued to file into the drive, it was evident that they were committed to doing their part in helping Adelphi make a difference in the lives of those who are medically in need. Matt Petrouskie, a sophomore economics major, revealed that he was there because "... blood is necessary and I'm doing what I can to help out."

Haberman also mentioned that nationally speaking, only 2 percent of the population donates blood. While considering this alarming statistic, it is important to acknowledge the fact that collections from high school and college-aged students significantly bump up the national average. "We collect between 23,000 and 30,000 pints a year from just high school and college students," Haberman stated.

Currently, Adelphi hosts the blood drive twice a year, strongly encouraging students who meet the requirements of 18 years or older and a weight minimum of 110 pounds, to participate in the life-saving event. However, the noticeably high statistics surrounding the collection of blood from college campuses are precisely the reason why Haberman is looking to partner with an on-campus organization to expand the blood drive to an event that occurs three times a year, rather than only twice.

Media Panel Has Big Impact

BY JAMI GLATTER

The GAMES Club held a "Why We Love Media" panel on Oct. 15 to examine a variety of social aspects in different forms of media and how it represents and impacts us as individuals. They collaborated with the Cyber-Security Club, the Social Work Action Gateway organization, the Gender and Sexuality Alliance, Caliber and the Psychology Club. Representing these organizations on the panel and leading the discussion were sophomores Jessica Campitiello, Emily Neff, Danielle McDougall and junior Liam Owens.

Although the event only drew 10 people, the general consensus afterwards was that the panel had been successful. One of the organizers, Campitiello, said, "The event went really well. The audience was super engaged and the discussion was very interesting."

It only took a few minutes for the small group to begin a dynamic discussion about the topics presented by the panel, including, but not limited to: social aspects, race, disability, gender and sexuality and realism. The panel gave their thoughts on each issue in relation to different types of media and then handed it over to the audience. The relaxed, casual atmosphere made it easier for people to share their opinions and observations, leading to a relevant, important conversation between the attendees and the panel.

Within the topics, the discussion turned to relatable examples, such as Adelphi Community Reads and New York Comic Con when talking about social aspects or bringing the video game series Grand Theft Auto and TV show "Supernatural" into the conversation about violence.

One notable moment among many was when an attendee brought up the upcoming Disney film "Moana" during the discussion on race. Almost everyone in the room began excitedly talking about how happy they were that there was finally a movie getting representation right, with Hawaiian actors voicing Hawaiian characters. This contrasted the previous lamentation over the prospective generalized casting in the upcoming film "Mulan" and the harmful representation of Latinx people in Grand Theft Auto.

To see how excited everyone got over correct representation in media is indicative of how much consumers want to see this and will respond positively to it.

Attendee sophomore Will Darias, said, "By talking about issues of representation we managed to have a significant conversation about what we want media to look like in the future... which I think will inevitably transform it."

The attendees came away with new insights. The smaller attendance made for a lively conversation that got people talking about issues close to them while also listening to and respecting others' views.

Election Primer: Where the Presidential Candidates Stand on the Issues

BY MATT SCHROH

The 2016 Presidential Election will come to a conclusion on Nov. 8 when U.S. voters head to the polls. If you haven't been following the Democrat and Republican candidates' backgrounds and positions, The Delphian has compiled basic information for you to consider.

Democrat Hillary Rodham Clinton

Hillary Rodham Clinton was born October 26, 1947 in Chicago. She graduated from Yale Law School in 1973 and moved to Arkansas with her husband, Bill Clinton, in 1975. From 1979 to 1981 and 1983 to 1992, she was the First Lady of Arkansas and from 1993 to 2001, when her husband served as President, she was First Lady. In 2000, Hillary Clinton ran for a seat in the United States Senate to represent New York and defeated Congressman Rick Lazio, and won reelection in 2006. Clinton announced her candidacy for the Democratic nomination for the 2008 presidential election. Though she came close, she was defeated by Illinois Senator Barack Obama, who went on to win the election and take Clinton on as his Secretary of State. When Obama won his reelection

campaign in 2012, Clinton opted to not return to her position, and was replaced with Massachusetts Senator and 2004 presidential candidate John Kerry. In the 2016 election, she was believed to be the definitive choice for the Democratic nomination, and this theory held up, though she faced some competition with Vermont Senator Bernie Sanders. Regardless of the results on Nov. 8, Hillary Clinton has made history as the first female U.S. Presidential candidate.

Clinton's Key Campaign Stances:

- On abortion, Clinton explains her stance that "personal health decisions should be made by a woman, her family and her faith, with the counsel of her doctor."
- On immigration, Clinton promises to "promote naturalization" and stresses that "immigration enforcement must be humane, targeted and effective."
- On healthcare, Clinton swears to "defend and expand the Affordable Care Act."
- On gun control, Clinton informs her stance to "expand background checks" and "take on the gun lobby."
- On LGBTQ rights, Clinton supports the Marriage Equality Act and protecting transgender rights.
- On minimum wage, Clinton ad-

vocates raising the rate to \$15 an hour. For more information about all the issues, visit www.hillaryclinton.com.

Republican Donald J. Trump

Donald J. Trump was born June 14, 1946 in Queen, NY. He graduated from Wharton School of Business at the University of Pennsylvania in 1968. His father, Fred Trump, owned a large New York real estate company, known as "Elizabeth Trump and Son," which Donald Trump renamed to "The Trump Organization" when he received ownership of it in 1971. Trump's major New York construction achievements include the Grand Hyatt Hotel in 1978, a building that would become the Trump Plaza in 1981, and the Trump Tower in 1983. Through the 1980s and 1990s, Trump spread his real estate through Atlantic City, New Jersey – with a new variety of casinos – and Palm Beach, FL, as well as throughout New York. Trump also owns a large amount of golf courses in the United States, as well as the Miss Universe contests from the 1990s into the 2000s. In 2003 Trump began production of a popular television show, "The Apprentice," which revolved around a business competition. He hosted the show until 2015. Though he was speculated to possibly run for presi-

dent in 2012, after switching party affiliation from Democrat to Republican in 2011 and being a harsh critic of Obama's presidency, he did not run until the 2016 election season, where he remained a frontrunner throughout.

Trump's Key Campaign Stances:

- On abortion, Trump describes himself as "pro-life, with exceptions."
- On immigration, Trump promises to "prioritize the jobs . . . of the American people" and "begin working on an impenetrable physical wall on the southern border."
- On healthcare, Trump wants to "repeal and replace Obamacare [the Affordable Care Act]."
- On gun control, Trump believes the nation must "defend the Second Amendment of our Constitution."
- On LGBTQ rights, Trump says he is for "traditional marriage between a man and woman" and currently says that LGBTQ rights should be determined by individual states.
- On minimum wage, Trump advocates leaving the federal minimum wage at \$7.25 an hour.

For more information about all the issues, visit www.trump.com.

"The Girl on the Train" Is Gripping

BY SHREYA SHAH

Paula Hawkins's novel "The Girl on the Train" was one of the best sellers of 2015. The story was told from the perspective of three unreliable female narrators whose lives are connected to each other through a murder. The storyline was a page-turner and its mysterious plot caught the eyes of filmmakers.

The movie version of "The Girl on the Train," directed by Tate Taylor and produced by Dreamworks and Reliance Entertainment, was released here on Oct. 7. The plot revolves around Rachel Watson, an alcoholic divorcee played by Emily Blunt. Rachel's character is marked by her fixation over her ex-husband Tom's life. In a departure from the book, which takes place in England, in the movie Rachel travels from Westchester to New York City daily. Her long commute on Metro-North allows her to observe people who live near and in her old house. While sipping alcohol from her water bottle, Rachel intently looks out of her train window to study the house she once lived in with Tom (Justin Theroux), who is now married to Anna (Rebecca Ferguson), the real estate broker he once had an affair with. They have a baby, Evie, and they seem to carry on living their lives contently.

Two doors down live Megan (Haley Bennett) and Scott (Luke Evans), a married couple Rachel believes are passionately in love. Megan reminds Rachel of what she thinks she once had with Tom. However, one day Rachel sees Megan kissing another man. Soon after that, Megan

disappears and Rachel cannot help but get herself involved in this situation, reaching out to Scott. Due to her own unstable condition, Rachel is not a very reliable witness or source. She is also presumed to be a suspect by the detective (Allison Janney) due to her alleged tendency to harass Tom and Anna when she is drunk. But, what about the man Megan was kissing? Who was he and did he have something to do with her disappearance?

Blunt manages to single-handedly carry the movie to the finish line. Her messy hair, smudged eyeliner and parched lips bring out a raw element to her authentic character. Though the actress is allowed to keep her British accent, the choice to set the movie in New York rather than the suburbs of London denies viewers the gloomy and overcast charm of England's suburbs, which would have made the movie more appealing. It would have also been able to express a sort of atmosphere that directly relates to the movie's plot.

It is hard not to compare this movie to "Gone Girl," another thriller with a woman as a strong lead character. Even though the former film revolves around an intoxicating tale of a marriage gone wrong, both movies have unreliable narrators, which in both cases makes the plot work. Discovering something new along with the character makes you feel more connected to the movie. The psychological suspense seems to work to the R-rated film's advantage and create a story that is full of climactic scenes. Whether or not you read the book, the movie manages to keep you at the edge of your seat until the very end.

Kevin James Returns to Living Rooms

BY KAITLYN RASIAK

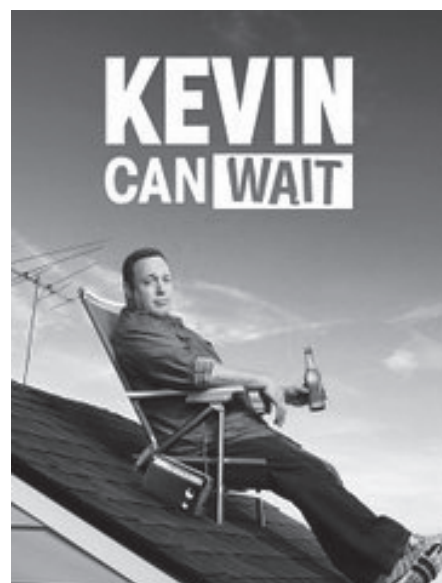


photo provided by IMDB.com

The "King of Queens" actor, Kevin James, returns to television and where better than back home? The Long Island native produces, writes and stars in his latest project "Kevin Can Wait," which is filmed in front of a live audience at Gold Coast Studios in Bethpage.

His new sitcom on CBS on Mondays at 8:30 pm, is about his character Kevin Gable who has just retired from the New York Police Department. Now that he's home, his first challenge besides him making plans with his cop friends to play "paint-kart" or "go-balls" he suggest as a name a mixture of paintball and go-kart racing, is one of his biggest challenges he ever faced: reconnecting in his

family when he wasn't able to because of work. His eldest daughter, Kendra, who is studying law and has been in a secret relationship for a year with a British computer science major, reveals that she is engaged. His other daughter, Sarah, has some anger management issues and has just been suspended for getting into a fight at school. And his youngest son, Jack, has been seeing the school therapist for his anxiety.

The show opens with Kevin enjoying his first day of retirement by sending his kids to school while he and his wife play with the Gyro Bowl, the anti-spill bowl. Later we see him drinking and making plans with his old police buddies to go paintballing and go-kart racing all at once.

When we think we've seen all the funny family shows that are out there, James makes his even better. With his witty comedy and his kind-hearted and perfectly timed jokes, as well as his co-star on-screen and actual brother, Gary Valentine.

His wife, Donna Gable, is played by Erinn Hayes who is most notable from her work as Dr. Lola Spratt on the Adult Swim comedy "Children's Hospital." Taylor Spreitler plays his eldest daughter Kendra Gable and is well known for her role as Mia McCormick on "Days of Our Lives" and Lennox Scanlon on "Melissa & Joey." Sara Gables, Kevin's youngest on-screen daughter is the eldest sister of Maggie Elizabeth Jones and Lillian Ellen Jones. She and sister Maggie Elizabeth played sisters in the paramount film "Identity Thief." Actor Ryan Cartwright plays Chale, Kendra's fiancé, is known for his recurring role on "Bones."

Accepting Our Terms at the End of the Election Year

BY BRIAN JENNINGS

Mercifully, the final Presidential debate of 2016 is over. After a third slightly more substantive, but still wholly upsetting conversation between the two candidates, one thing remains clear: Hillary Clinton represents everything our citizens have grown to detest about our government and Donald Trump stands as a monument to every ounce of ignorance and corruption human beings are capable of embodying. Up until the final debate, there was still a reason to enjoy this horrific perversion of our American political system, but now I realize that a historic amount of damage is about to be done. Public apathy has led us down a dark road, and now the principles of our democracy hang in the balance.

Arm yourself with information that challenges your previous perceptions, and dare yourself to question everything while always accepting nothing as a simple twist of fate.

The great sportswriter Red Smith is noted for saying, "Writing is easy; you just open a vein and bleed." Well, tonight I'm afraid I may hemorrhage every ounce of sincerity I have left in my brooding circulatory system. Many people must wonder, why bog oneself down with these slugs? Surely my time as a young man would be far better served doing something more popular or stimulating than chasing down two avaricious goons running for office, yet I feel this to be perhaps the most perilous hour in our electoral history. It behooves none to sit on the sidelines now. The home stretch is here. The fate of a nation is now on the table.

Elections are run by individuals bold enough, and perhaps ignorant enough, to believe themselves to be the highest source of valor and truth in our time. On the right, we have a man who consistently sets the stage for an America where he exists as the lone totem of authenticity capable of "draining the swamp," of evil insider banshee's like Hillary Clinton. To make matters worse, he openly entertains the idea that he may not go gently into that good night should he lose in November. It seems entirely possible that Donald Trump may never admit defeat, opening the door for a 19th-century freak-out amongst his staunchest supporters that would put the fabric of our democracy in peril. Trump now finds himself a doomed candidate and a public loser for the first time in his bom-

bast life, and in the mind of a conman, the only recourse in admitting defeat is to make winning seem like a statistical impossibility.

To those who believe Clinton to be no better than this orgiastic ape, I plead with you to see reason. I have long opposed the idea of Hillary Clinton becoming our President. The more time I spend watching her, the more she validates everything the American people believe her to be. She is a tactically dishonest person and is in certain cases directly responsible for all the broken promises and shallow dreams of the modern Democratic Party.

Recently, Clinton has come under fire after WikiLeaks distributed countless emails bringing into question the principles of not only the Democratic nominee, but also journalistic virtue. Many of these problems have been glossed over due to the general absurdity of Trump, but it is imperative that we genuinely weigh both sides of this stale, black and white cookie. We must ask ourselves why does a person who's every action seems driven towards becoming President continue to accept money from the leaders of corrupt foreign regimes and Wall Street wealth hoarders? Why do her aides not see the negative optics in badmouthing progressives and Bernie Sanders? Why does her campaign tactically deploy surrogates to badmouth those who speak negatively of the candidate on cable news networks?

There are many unfounded criticisms of Clinton, but like Trump, many of these demerits have little bearing on either's capability of running a nation. What must be questioned about Clinton is what also needs to be questioned about Trump, Julian Assange and the media as a whole. As the election draws near, we must frame our minds with the ability to question how people deploy their views as a betterment of society. Is it valid for Clinton to solicit influence from elitists in order to execute her vision of a better America? Is it ethical for Trump to raise questions about walls and profiling as a means of making America "safe?" Is it out of bounds for Assange to steal documents if he believes them to be a valuable public resource? Is it the media's job to frame certain candidates in the prism of bias when they believe one to be genuinely dangerous for our democracy?

As the election draws to a close, consider for yourself the vision you have for America. Students, after all, are the future of the nation, and for many students at Adelphi this election is the first time in which they have the power to affect the outcome. Arm yourself with information that challenges your previous perceptions, and dare yourself to question everything while always accepting nothing as a simple twist of fate. Our freedoms may very well be on the line. Only the people can fight to preserve it for all time.

COMING SOON!

16-17
SEASON

MARAT/SADE

Written by Peter Weiss

Tuesday, November 8 • 7:30 p.m.

Wednesday, November 9 • 6:30 p.m.

(post-show discussion)

Thursday, November 10 • 7:30 p.m.

Friday, November 11 • 7:30 p.m.

Saturday, November 12 • 2:00 p.m. and 7:30 p.m.

Sunday, November 13 • 2:00 p.m.

Olmsted Theatre

AU Students: \$5

JARROD SPECTOR: JUKEBOX LIFE

Friday, November 18 • 7:30 p.m.

Westermann Stage, Concert Hall

AU Students: \$10

TRIO SOLISTI

Saturday, November 19 • 8:00 p.m.

Westermann Stage, Concert Hall

AU Students: \$5

FALL DANCE ADELPHI: ASZURE BARTON

Wednesday, November 30 • 7:30 p.m.

Thursday, December 1 • 7:30 p.m.

Friday, December 2 • 7:30 p.m.

Saturday, December 3

2:00 p.m. and 7:30 p.m.

Sunday, December 4 • 2:00 p.m.

Olmsted Theatre

AU Students: \$5

ADELPHI JAZZ ENSEMBLE

Friday, December 9 • 7:30 p.m.

Westermann Stage, Concert Hall

AU Students: \$5

FRESHMAN SHOWCASE: THE SEUSSODYSSEY

Written by Don Zolidis

Thursday, December 8 • 7:30 p.m.

Friday, December 9 • 7:30 p.m.

Saturday, December 10

2:00 p.m. and 7:30 p.m.

Sunday, December 11 • 2:00 p.m.

Black Box Theatre

AU Students: \$5



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Former Stony Brook Seawolf Shines in New Role as a Panther

BY OLIVIA FRANKS

Transfer graduate student Melissa Rigo has definitely been an integral part of the Adelphi volleyball team's season so far, though things could have been much different for the former Stony Brook University Seawolf.

Originally, Rigo was going to be a graduate assistant for the Panther volleyball team but, she had a change of heart and decided to play one final season through an injury. The Long Island native said that she chose Adelphi to pursue her Master's degree over other local colleges.

"I loved this campus and I wanted an MBA program that is close to home," Rigo said.

As an undergraduate, she attended Division I Stony Brook University. As a starting outside hitter at Stony Brook, Rigo reached 1,000 kills as a junior – only the ninth player to reach that milestone in program history.

As a senior, Rigo decided not to play because of a shoulder injury from the spring of her sophomore year. "I didn't know if I would be able to play again with my shoulder," said Rigo.

Recently, the graduate found out that she was yet again facing more serious injuries.

"I have two stress fractures and two herniated discs," said Rigo. "I'm just focused on playing right now; my shoulder



Melissa Rigo with her fellow panther Katie Barry

Photo provided by Adelphi Athletics

is the least of my worries."

Despite her injury, Rigo currently leads the team with 307 kills and an average of 3.94 kills per set. She not only leads the team with these stats, but she's also in the top three for these categories in the Northeast-10.

Just three weeks into the season, Rigo was named NE-10 Player of the

Week. With less than a month left in the regular season, all eyes are on Rigo to see what else she can do for the team.

"She's been nothing but a positive influence on the team," said teammate and right-side hitter Katherine Ferris. "Her high caliber of play and experience has influenced the team in a very good way."

This fall is Rigo's last semester as

not only a volleyball player, but as a student too.

"I'll miss the people here," said Rigo. "All of the athletes hang out like a community. This team is different from other teams I've been on. We are more of a family here. If I need something someone will actually be there for me."

Currently, Rigo is studying for her CPA exam that she will take in a couple months. In December, she will graduate with her MBA.

"Finding time to study, do my work and sleep has been a lot to balance," said the outside hitter. She's managed to do all of these quite well in her first few months as a Panther.

The volleyball team is 14-8 over all and 5-3 in conference play. Last season, the team won the conference championship with a 14-0 conference record and 27-5 overall record. The Brown and Gold are hoping to fight their way back to another NE-10 Championship. This season they are currently undefeated at home with a 4-0 record. "My goal this season is to win the East Region in the NCAA tournament," said Rigo.

If the Panther continues with her impressive statistics, she will be well on her way. The volleyball team's next home game was Oct. 25.

Final Ride Series: Hitting the Court One Last Time

BY FALLON MCCARTHY

In this new series, we'll be interviewing seniors playing in their final year of eligibility in their respective sports. These Q & A's will be a chance for athletes to say good bye and to reflect on both their four years playing college athletics and on the sport they've dedicated so much time and effort to.

Sierra Crook is a four-year member of the Panther volleyball team. The Washington native has earned many accolades, including The Northeast-10 Libero of the Year in 2015. Crook stands at the top of the Adelphi all-time digs list, with 2124 currently, and is the first player in program history to break 2000 digs.

Q: How many years have you been playing volleyball?

A: I have been playing organized volleyball since I was 11, about 11 years then, but ever since I can remember I've been around the sport. Apparently I started asking my parents to throw balls to me so I could "dig" when I was two, but that's just what they tell me.

Q: What does volleyball mean to you?

A: Volleyball to me, not unlike other team sports, is so amazing in that it can bring together 14 individuals, with

completely different ideas, opinions, life experiences and talents, and unite them under the same goal of fighting for something bigger than themselves. That's why I love the sport so much; there is very little else that can bring together a group of people so well. Truly my absolute closest friends I have met through volleyball, as well as people that have taught me and impacted me the most in life, whether that be teammates or coaches. It is so much more to me than the sport itself, for what happens off the court in terms of relationship building and creating family is something really spectacular.

Q: How have you been molded as a person by this sport? How will that help you in the future?

A: Volleyball has molded me into the type of person who is about family on a mission over self. It has pushed me to work at something, not for myself or personal gain, but for those who might also benefit from my dedication and progress. It has been used to make me into the type of person who has awareness for and cares about the people around me. It has also been used to shape me into the kind of person who perseveres and believes in a process of becoming, trusting the journey even if it does not happen overnight. In the future, I believe these characteristics will be used to allow me to be about something greater than myself in life as a whole.

"The Northeast-10 Libero of the Year in 2015. Crook stands at the top of the Adelphi all-time digs list..."

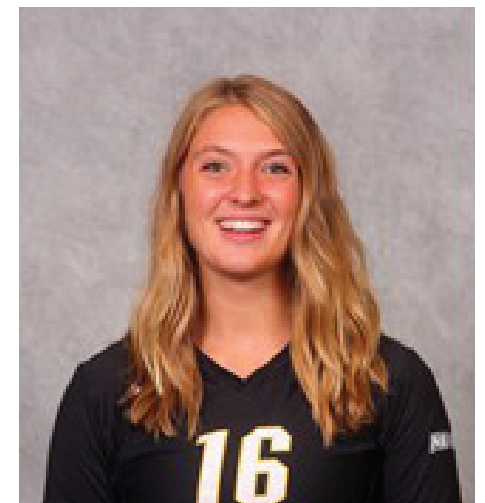
Q: In the many years you've been playing, what have you learned? About yourself? About others?

A: Volleyball has taught me how to celebrate others well; it has shown me how to see the talent of others, admire it, and embrace it for a greater purpose. It has taught me selflessness and humility, and that my own personal success is never truly just my own. It has taught me that in life there is freedom to fail, and actually even beauty in it, for both yourself and for others. Most importantly, though, I believe that volleyball has taught me that more than anything life is about people. When I look back on why I have played all these years, or what my favorite thing about volleyball is, it is never and will never be digs, serves, kills or even wins. Every time I reflect on it, it always comes down to the people I got to do all of it with, not anything that actually had to do with the physical aspects of the game itself. And in that, volleyball has taught me how to really love others well. That is something I do not think is talked about enough in sports, but they really teach a person a lot

about how to love the people in your life.

Q: How are you going to take these lessons and apply them once you've graduated?

A: Once I have graduated I am going to apply these lessons in the sense that the goal behind everything I do will be about unity and about people. I will strive to be other minded and remember that one learns more about herself and identity within a community and a family than anywhere else. And I will be able to apply the idea that united together a group of ordinary people can accomplish extraordinary things every day.



Volleyball player Sierra Crook

Photo provided by Adelphi Athletics