



Matt Jacobs Talks Unions at Adelphi's Annual Finkelstein Lecture

BY MATTHEW SCHROH

The annual Robert and Augusta P. Finkelstein Memorial Lecture Series was held on October 17 in the Adelphi Performing Arts Center. The featured speaker was Matt Jacobs, a former history teacher and vocal union proponent of the New York State United Teachers (NYSUT) where he serves as Nassau regional staff director. The annual lecture organized by the Ruth S. Ammon School of Education was started in 1981 by Augusta Finkelstein, an Adelphi alumnus of the class of 1928 and widow of Robert Finkelstein, industrialist and lifelong advocate of education.

Jacobs provided some interesting information to the nearly 100 in attendance, explaining the importance of unions following this year's Supreme Court case *Janus v. AFSCME*. Mark Janus sued his union in Illinois, Jacobs explained, because he disagreed with the union's political positions and didn't think he should have to pay union dues to support these positions.

"The problem with Janus' argument," Jacobs said, "is that he wasn't paying for the political positions of his union. Those are paid for by voluntary contributions of members, not by dues."

Regardless, Janus won the case, and the Supreme Court found that agen-



Matt Jacobs has been a vocal union proponent for decades, fighting what he feels is an attempt by the wealthy to take away their power.

cy/fair share fees are a violation of First Amendment rights to freedom of political affiliation. The loss of agency fees meant that people did not have to pay union dues to get the benefits that the union negotiated for them – medical coverage, working condition improvements, and, particularly important, raises. The people the union fought for could obtain all of these benefits and not have to pay their union a cent.

The effects of this were brutal in some unions. In Wisconsin and Michigan, Jacobs noted, the loss of fair share fees led to "thousands and thousands of members who wanted to get the benefits and pay nothing."

Jacobs stressed the importance that unions have had for the working-class of the country, especially in the 1950s, 1960s and early 1970s, when around 34 percent of private sector employees belonged to unions, and the public sector began unionizing as well. The American Dream flourished at this time, he said.

"Ordinary working-class families could buy a home, own a car, send their kids to college. In large parts that was happening because unions were negotiating contracts that gave them living wages that would allow them to taste that American Dream. It didn't make them rich, but it gave them a larger slice of the pie," Jacobs said.

But big businesses were unhappy with this model, especially with a high tax rate that took around 70 percent of the income of the wealthiest Americans. They fought against unions in a larger fight against public institutions, which they disliked because "if a public institution is doing something, like teaching students, [they're] not getting any slice of that." Well-organized groups in the 1970s,

groups that Jacobs admitted were "smart, patient and strategic, laid out a multi-decade plan to kill unions in order to kill public institutions."

It was in these interests that *Janus v. AFSCME* succeeded, and that unions are incredibly weakened, and soon, more than agency fees could be outlawed.

"As sure as I am standing here I promise you that within a short time the Supreme Court will rule that pay roles due deduction is unconstitutional," Jacobs predicted. Without it, unions will have to go member to member asking them to pay their dues instead of the current automatic process.

"A case was filed the day after *Janus* in Ohio to attack exclusivity bargaining rights," Jacobs said. These are the rights unions have to negotiate a contract for their members. If these rights are taken away, anyone will be able to try and negotiate their own contracts with the higher-ups, and it will be much more difficult for unions to guarantee everyone a fair contract. Tenure, which allows teachers to be fairly secure in their work, is also vulnerable.

"Cases have been filed in California and New York finding tenure unconstitutional," Jacobs said, adding that consid-

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First Trunk-or-Treat Event Puts a Fun Spin on Trick-or-Treating

BY MATTHEW SCHROH

While trick-or-treating on October 24, Adelphi students had their pick of candies surrounded by colorful, humorous decorations – only instead of visiting houses, they were going car trunk to car trunk.

The Trunk-or-Treat event is not an idea that originated at Adelphi but found its way here through the recommendation of the Commuter Student Organization (CSO), which was featured at the event with a candy-themed trunk. The idea is that, rather than decorating a house for Halloween and having trick-or-treaters ring the bell to receive candy, student organizations decorated a car trunk instead. Adelphi students swiped in and walked down the row of cars, picking whatever candy they liked from any of them.

Helen Kouridakis, vice president of the CSO, explained the inspiration for the idea. "Halloween was coming and I was talking to my boss. He mentioned this



The Commuter Student Organization (CSO) is largely responsible for the establishment of this event at Adelphi, and placed second in the decorations contest.

thing called 'trunk-or-treat' and we thought 'hey, maybe we should do this.'"

The event was a great chance for students to get candy and hot chocolate and hang around, bundled up in their coats, listening to classic Halloween music on a nice brisk Wednesday afternoon.

"The Adelphi community really came together," Kouridakis said.

This year's trunk-or-treat featured cars decorated by the CSO, the Student Activities Board, the Newman Club, CALIBER and the Future Teachers of America. Many are optimistic that trunk-or-treat could become an annual Halloween event, and that list of organizations involved could grow.

"They should definitely do this again," said CSO member Maia Jones.

"I really think it went well. I think our club support came out," said Christina Sullivan, Newman Club president. Students who swiped in received a ticket which they could give to the car they thought was the best decorated. The Newman Club and its Christmas-themed decorations won, while the CSO placed close second.

With a little luck, the trunk-or-treat experience will remain at Adelphi for years to come, and make it into Halloween tradition.

Students Unite for Panther Day of Service

BY ERIC GRAVES

Students, faculty and staff all participated in a neighborhood-wide community service event on September 28, the Panther Day of Service. There were 52 students and three professional staff members who served at nine different off-campus community services sites in the local community, ending in a total of 180 hours of service, according to Jason Spradley, assistant director for the University's Center of Student Involvement (CSI).

The projects ranged from volunteering at senior centers playing games, singing and interacting with the senior citizens, and gardening and beautification of local elementary schools, Theodore Roosevelt Sanctuary & Audubon Center and Cross Roads farm.

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A Word from the Editor

BOO, or should I say WHO is ready to read *The Delphian's* Issue three? Hi, everyone, I hope I didn't scare you. I would like to start off by saying welcome and thank you to our new writers on staff; we are glad to have you. Next, I would like to thank Professor Burby, our advisor, and Valerie, our productions artist, for their continuous dedication and hard work; it is not unnoticed. Now, let's look at what we have put together for issue three.

News We have some breaking news for you this issue starting with some community service from your Adelphi Panthers. Read about the student body giving back to the community on Adelphi's United Day of Caring. We would also like to announce our 5th Annual Media Career Expo and encourage all to attend to network and learn from alumni and others who are working in the field of media today. Adelphi does an excellent job of bringing in a variety of meaningful speakers to educate the student body and staff. Read about an annual event that was organized by the School of Education, which provided those in attendance with information regarding the winning of a Supreme Court case. News is spread by you, so grab a copy of *The Delphian*, read what has gone on around campus and beyond and start spreading the news.

Editorials This issue in editorials, we look at why your one vote can make a difference and have an impact on upcoming elections. Some may believe that because of the large country we live in that their vote doesn't matter; it does. That being said, on the politics end, look at some opinions regarding our country's foreign policy. Lastly in our editorial section, read about a controversy that occurred in the UFC following a recent fight.

Features Within features this issue, we have a variety of stories, including our Halloween section, with information about how to celebrate—whether with friends or as a couple—dress up your pet and even what to do if you share your birthday with this or any holiday. We also have articles about dealing with midterm stress, events held in honor of Breast Cancer Awareness month, dating advice and reviews. Read some great stories from the student body and see if any of their advice can benefit you.

Sports The fall sports regular season is coming to an end, but the Panthers are headed into playoff season. Read up on how each of the teams is finishing and where they will be placed going forward into postseason. Meanwhile, the 2018 men's and women's basketball season was welcomed by the university last week. Read about the different dance groups that performed, a recap of the men's and women's last season and all the prizes that were won; there were some cool ones. Make sure to try and get out to support what is left of home games for the fall sports and be sure to catch a basketball game throughout the remainder of the semester. Speaking of basketball, the women's basketball team has added a sport psychologist to their squad this year. Learn about some of the concepts the team has learned and focused on in mental preparation for their upcoming season. Lastly in our sports section, we have a sophomore volleyball player tell us her story and journey playing the sport she loves.

Happy reading, I mean Happy Halloween!

-Nicoletta Cuccio
Editor-in-Chief

The Delphian

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Save the Date for the 5th Annual Media Career Expo

The Delphian and the Department of Communications are holding the Fifth Annual Media Career Expo for communications, journalism, English and business students on Wednesday, November 28 from 10 am to noon in Blodgett Hall, Room 109. Students will have a live platform with working representatives from the print, TV, film, web, marketing and publicity fields to talk about the job marketplace and learn more about breaking in as an intern or future employee. All the speakers will be people who have graduated in the last 10 years, so they can give you a first-hand, up-to-date representation of the job market today. Watch this space for more information, including the names of the panelists.

Students Unite for Panther Day of Service

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"Students also helped with maintenance of historical artifacts at the African American Museum, worked with the children at Adelphi Early Learning Center, as well as worked with horses at HorseAbility and cleaned the stables for their annual haunted house," Spradley said. "Students were provided information about upcoming service events such as the on-campus fundraiser for the Special Olympics rUN-DEAD, Dorot Meals on Wheels and Bingo with Seniors for Sunday Service in the City."

Spradley and Arianna Livreri, also an assistant director for CSI, were responsible for this day of community service. They said the goal is to give back to the communities that surround Adelphi University, along with bringing a sense of school comradery to the students, staff and faculty while they're visiting various locations completing projects.

When asked how this day and so

many events are possible Livreri said, "For Panther Day of Service Jason and I reach out to existing partners and local sites asking if they need volunteers. As an Adelphi community, civic engagement is extremely important to us and we try and help out in any way."

A lot of effort is put into this day to make everything run smoothly and successfully. The events run throughout the day and the events are all unique in their own way. For instance, at the A. Holly Patterson Extended Care Facility in Uniondale, volunteers participated in bowling with the senior residents to help them get active and have some fun.

Hannah Mansi, a senior nursing major, attended the event. "I chose this location because of my love for older adults and how sad it makes me that they never get visitors," she said. "It means so much to me that for even a few hours I could go, spend time with them and make them smile."

Stories like this surfaced the en-

tire day at various events, with the consensus that the volunteers benefitted just as much as the people receiving aid.

Ashley Meers, who attended the Garden Care Center in Franklin Square, said, "As a nursing major, I picked to volunteer here because I know that some of these residents in long-term care don't have family or friends that visit them regularly. Doing something as small as getting them together and playing brain games with them put smiles on their faces. Seeing how happy this made them really showed me how small acts of kindness can really go a long way."

Livreri had the same outlook as the volunteers. "To me this day is important because not only are we helping the community, but it is an opportunity for students, staff and faculty to engage on a different level."

CSI plans to host this event again next September.

The Peer Education Program Spreads Awareness on Important Issues

BY MARIA GIOVANNA JUMPER

The Peer Education Program has been hosting a series of tabling events. In September their focus was suicide prevention and in October events have about breast cancer awareness. These tables have been run by the Health and Wellness Peer Educators with a distinct purpose. According to Natalie Madray, the graduate assistant for Health Promotion Department/Health Services Center, "Peer education is meant to encourage and inspire other students to be aware and strive to live healthier lives. These events are crucial to the health and wellbeing of our student body. By tabling on these essential topics, such as breast cancer, which we know affects many people, the Peer Educators help to raise awareness of these issues and offer support."

The September tables focused on suicide prevention and supporting those who suffer in silence. The Health and Well-



Sophomore nursing major Sophia Muratore working one of the Breast Cancer Awareness tables and selling paw prints.

ness Peer Educators used Project Semicolon, a nonprofit organization founded in 2013 that focuses on suicide prevention

to help spread their message. The Peer Educators used their tabling events to offer opportunities for advice and support and

sign the "project semicolon support list." They also had temporary semicolon tattoos, which quickly ran out. Madray said that the Peer Educators "are confident based on the many reviews and commentary that many people knew about the event and were happy to participate by signing the online suicide prevention pledge and getting a temporary tattoo." If anyone was unable to go to the events and wanted to join the support list that could be done by following this link: <https://health.adelphi.edu/peer-education/project-semicolon-support-list/>

Throughout October, the Health and Wellness Peer Educators have been raising awareness for breast cancer. These tabling events are in the UC lobby and have been titled "Paws for a Cause." They raise money to support the Adelphi N.Y. Statewide Breast Cancer Hotline & Support Program. Paw prints are being sold through October 30 for a dollar and can be posted anywhere to show your support.

Two Events This Month Highlight the Shinnecock Nation

BY COLETTE SIRABELLA AND TATSUYA HONDO

October 8 was a celebration of Indigenous People's Day and November is Native American Heritage Month. With this in mind, Adelphi's Garden City campus held two events this month that focused on Long Island's Shinnecock Indian Nation.

The first event was a lecture titled "Native Culture, Traditions and the American Historical Narrative: Teaching About the Shinnecock Nation of Long Island." It was held at the Center for Recreation and Sports (Campbell 2, 3) on October 17 from 1 to 2:30 pm and was sponsored by the Department of History, along with co-sponsors

The speakers representing the Shinnecock Nation were Cholena Smith and Janine Tinsley-Roe. Smith is an activist, scholar and teacher who received a bachelors in anthropology and sociology from the State University of New York at Stony Brook. Smith is committed to preserving

the culture of the Shinnecock. As the event flyer said, "Smith uses her academic skills, entwined with knowledge learned from family and community elders to preserve the culture of the Shinnecock Nation."

Tinsley-Roe is a Shinnecock and Unkechaug tribal member who also is the founder and executive director of the Shinnecock-Sewanaka Society Inc., based in Bellport (an organization established to provide a support system for Long Island's Native Americans, including the preservation of Shinnecock history). Tinsley-Roe earned a bachelors in organization management from St. Joseph's College in New York, and a masters in mental health from Long Island University.

The presentation included footage from the school in the Shinnecock Indian Nation where they teach students their language and culture. Smith emphasized Shinnecock land rights and spoke "historical trauma" for Native Americans. She also suggested changes in policy, like how Native Americans should be taught in public schools.

Smith and Tinsley-Roe also spoke about the Shinnecock Nation Cultural Center and Museum in Southampton, which has the Wikun Living History Village, a living museum with interactive services. They are unique for their displays of cultural materials and outdoor environments that are created to match the previous time period. The purpose is to help the community understand more about the Shinnecock.

Tinsley-Roe said, "The museum is a beautiful memorial to our history and should be supported by New York State education . . . mandates and more local governmental entities, as well as the general public."

Attendees at the October 17 lecture learned that the Shinnecock people were the first Long Islanders of the present-day Long Island region. Their tribal government is on one of two reservations on Long Island (Poospatuck Reservation and the Shinnecock Reservation). The Shinnecock Indian Nation earned federal recognition in 2010. According to the website native-american-indian-facts.com, the Shinnecock were reputable "sailors and fishermen" and the wampumpeag, produced by the Shinnecock, were regarded as "valuable and the tribe was known to be raided by other tribes looking to steal it."

A second event was held in the Ruth S. Harley University Center (2nd Floor Ballroom), on October 24 at 7 pm. It was sponsored by the Department of Anthropology along with co-sponsors. There was a screening of a 2013 documentary titled "Shinnecock," an independent film produced by Thom Hoffman, with consultation from Tinsley-Roe. The film is also part of Nassau and Suffolk County Libraries circulating collection. It's 59 minutes long and explores history from the point of view of those of which this history belongs, a rare opportunity for

SHINNECOCK

a FILM by THOM HOFFMAN



the public and those involved in higher institutes of education to view this film and understand the experiences of others.

According to Tinsley-Roe, "This film is a beginning of stories that need to be . . . heard by students and teachers and all of America." Tinsley-Roe said she hopes that the Adelphi community will take home the film's message and that Adelphi will host the opportunity for another screening of this documentary in the future.

The October 17 lecture was co-sponsored by the College of Arts and Sciences, Center for African, Black and Caribbean Studies, Collaboration Project, Political Science, Ruth S. Ammon School of Education and Swirbul Libraries. The October 24 event was co-sponsored by the departments of History, Sociology, Levermore Global Scholars, Center for African, Black and Caribbean Studies, as well as the College of Arts and Sciences, Office of Diversity and Inclusion, The Collaboration Project, University Libraries, United Nations Association-USA Chapter and the Anthropology Club.



The Unique Challenge of Celebrating a Holiday Birthday

BY SOFIA FAZAL

For many people, Halloween is just about costumes and candy, but since my birthday is on October 30, the competition to have my own special day has always been a challenge. Halloween always took over, and as I got into middle and high school, my friends were more interested in picking their costumes and taking online quizzes about which Halloween candy they were. This made me feel like my birthday was always overlooked, and to avoid any conflict, I always celebrated by birthday the week after Halloween. Even though I was okay with that because it was easier, it felt less exciting to celebrate that much later.

Children and adults who share their birthday with a holiday can often feel gyped as their day is shared with something else that their family and friends are celebrating, according to child psychologist Antonia Krimitsos Psy.D., of East Hills.

Even so, there are many things the birthday person can do to help ensure that their special day is celebrated in its own right.

Recognize the unique situation. It's important to recognize that your

birthday is likely celebrated a little differently compared to those with birthdays that aren't shared with a holiday. Robert Farrell, director of Adelphi's Postgraduate Psychotherapy Center, said, "Be confident [knowing] that it's not an ideal situation but that its [your] situation." This can take time, but coming to this conclusion makes celebrating much easier.

"The individual's emotional life, friendships and family relationships should be developed enough by adulthood, to the degree that adapting his/her expectations to the reality that the birthday overlaps with a holiday and that this will impact the celebration in one way or another, with no one to blame," Krimitsos said. "I think simply recognizing that and trying to put themselves in the position of celebrating yet another event (someone's birthday) during a season of holiday parties, office parties, school parties, holiday shows and family visits, is very difficult."

That's not to say that the birthday itself loses any importance. The birthday should still be celebrated and recognized, even though the celebration might occur in a different way.

Make time for yourself. The holidays are extremely busy and making time for yourself is important. During this time, we tend to prioritize others before

ourselves, which is the nature of the season. However, if you don't schedule time for yourself to celebrate before these obligations come into play, it's less likely that you'll prioritize yourself later on.

"If you have invested financially or taken time from work to engage in `me' time, you are more likely to say no or opt out of invitations, requests made by others," Krimitsos said.

Take the time a few weeks in advance to schedule a spa day or carve out some time to play your favorite sport so that you can dedicate that time to yourself.

Be confident. "Have a sense of self-worth. If your sense of worth isn't strong, it might be difficult for you and you might feel like you don't matter. Some people have difficulty tolerating the unique situation because it comes with guilt," Farrell said.

The confidence to celebrate your birthday and own it even though it falls on or near a holiday is important to have a more fulfilling celebration. Working through and accepting that guilt that you may feel is just as important as planning the celebration itself.

Be vocal. Often people will ask you what you want for your birthday and being direct might be hard or seem uncomfortable. But if that honesty doesn't come

into play, you might be celebrating in a way that you don't like. It is also a two-way street, Farrell said. "If you care about somebody, you should understand that is their special day. It is not another Christmas gift."

As the birthday person, you can be honest, but the person giving you the gift can also consider what it might be like to get a holiday-themed gift on their birthday.

Celebrate a half birthday. If you think your birthday is too difficult and possibly too hard to manage near the holiday, it might be a good idea to celebrate a half birthday. This way you're able to have a special day without all the added components of pleasing others, and it can be planned more to your liking.

What friends and family can do. If you have friends or family members who have holiday birthdays, there may be things you can do to make their birthday extra special.

1. Show some excitement for their upcoming birthday. Often people think that the holiday is taking over their birthday and it's important that you recognize that both are coming up. Even a simple text, asking them what they have planned or what they

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Agent Paranormal Attempts to Contact Adelphi Ghosts

BY MARIA GIOVANNA JUMPER

Did you miss the recent paranormal activity on campus? On October 2 the Student Activities Board held a unique event to kick off this "spooky" season: Agent Paranormal, which featured a paranormal activity hunt around campus. Paranormal Investigators Richard Nikodem and Dr. David DeProspero from the Rome Investigations of the Paranormal (RIP) came to campus to share their experiences with the supernatural and discover ghostly occupants on campus.

The night began with an explanation of the job of a paranormal investigator. Dr. DeProspero began by defining a ghost as, "A manifestation [of a person] here in this world after they have already passed over." He explained the different equipment used by investigators, which includes electrical and audiovisual tech, different types of cameras (infrared, full spectrum and regular) and other pieces of equipment that "help ghosts speak to people."

DeProspero, Nikodem and their 18-person crew investigate any home or business having a paranormal problem: when "something unexplained" has happened or people believe there are demons among them. DeProspero said that 90 percent of these investigations have something to do with divination (Ouija boards, tarot cards or other type of supernatural summoning). Maybe this will make you think twice before using a Ouija board, as the investigators warned



Students joined paranormal investigators around campus as they searched for paranormal activity at October 2 event.

you should never ask for anything evil or seek out summoning supernatural entities.

DeProspero and Nikodem described some of the cases they have faced. They played video clips of times unexplained voices appeared on video recordings. One example was in a 100-year-old church where one of their associates, Peter, began to feel a creepy vibe. He called out to ask if anyone was there and didn't hear an answer. Later in the video recording, you could distinctly hear

someone answer him saying, "No one."

The two paranormal investigators described many events like this including: hearing non-existent children running and laughing, a woman being scratched by her dead husband or hearing unexplained voices. To find out more about their experiences you can read their books: "If the Walls Start to Bleed" and "Armchair Paranormal."

The night progressed with a paranormal activity hunt around campus. Event attendees split into two groups and

went to different buildings to see what activity could be found, including Levermore, Blodgett, the Performing Arts Center, the Social Work Building, Earle Hall and the University Center. Throughout the night students got to use the investigators' equipment to try to contact ghosts. To some peoples' delight—but maybe to other's disappointment—there wasn't a lot of paranormal activity around Adelphi.

Even so, a few students said they were able to contact loved ones that have passed away. Senior Billy Bird said, "The event was so thrilling, especially being someone that has had doubts about communication with the other side. Surprisingly, I was the only one in our room who had a connection to a lost family member. It was surreal and amazing to feel as if a loved one was watching over me."

People who love supernatural TV shows and movies got to feel like their favorite characters as they walked around campus, and skeptics got to test their own ideas on if the supernatural exists or not. At times, while using radio frequencies in order to hear what the ghosts are saying, students' names were said in association with someone who had passed. Many felt the common signs of being in the presence of a ghost, feeling cold, having hairs stand on end and just getting an unsettling feeling in the pit of your stomach. The overall experience was very interesting and fun.

Scary and Tame Ways to Celebrate This Week

BY BRANDON RAM

Halloween week has arrived, and you know what that means: it's spooky season. There are numerous nearby events for anyone who wants to join in the festivities—with a mix of the scary and not-so-scary to meet all preferences.

Of course, Adelphi didn't wait for the official Halloween date to hold on-campus events. On October 17, there was a pumpkin paint party where students had fun decorating and painting pumpkins, and on October 18 there was a pumpkin carving party, so students could carve and then display their masterpieces. These were on campus, but there are other events within car distance for those who can't make it the on-campus events.

Gateway's Haunted Playhouse is at 215 South Country Road in Bellport is an event that includes free parking, food, drinks, souvenirs, games, candy and of course, scares (lots of those). Reviewed by Team Halloosh and receiving a score of 9.37, this event is well known for offering many scares and delivering a blast. In 2017, they received the award for Scariest Haunt in New York. With great shows and



impressive attractions, Gateway's Haunted Playhouse will be something you don't want to miss. General admission is \$30 online and \$35 at the door, while fast pass admission is \$40 online and \$45 at the door.

Now, we don't want to leave anyone out, because who would want to miss out on any Halloween festivities? That's right: no one. So, for those who are not ready for the thrills of Gateway's Haunted Playhouse, there is also the "Not So Scary

Kids Adventure at Gateway's Haunted Playhouse." This attraction has everything offered by the more intense Gateway's Haunted Playhouse, except mini versions for family fun and the little ones. Mini scares, mini pumpkins, mini monsters and mini fairies; all part of this thrill for the family. Have fun while screaming, giggling and most of all, creating memories with those you love. Tickets are \$15 each for children, adults and grandparents.

These tickets include the walk through, pumpkin bouncer, face painting, balloon creations, hay bale maze and coloring activities. Snacks, food and drink are all part of the purchase, but no outside food or drinks are permitted in the attraction.

No matter where you are, how old you are or what your definition of fun is, spooky season is not to be missed.

Midterm Stress Managed Best With Self-Care

BY TATSUYA HONDO

Self-care is the key to a healthier mental state, especially if you're dealing with stressful situations like midterms, according to Josh Altman, associate director of the Adelphi University Student Counseling Center.

"Self-care helps by improving and monitoring your self-support and realizing your potential," he said. "Finding the time to take care of yourself during midterms is encouraged since studying becomes more productive and the memory can retain what is studied."

A few examples of self-care can be eating a healthy meal, going to the gym, taking a walk or getting the right amount of sleep.



Students in the Honors College working hard studying for their midterms.

Christina DeBlasio, a senior anthropology and history major, said that throughout her career as a student she has learned that implementing better time-management skills has helped her achieve greater success.

Christina Lattanzio, a ju-

nior nursing major, had suggestions for her peers. "Start studying earlier; don't wait till the last minute in order to better manage midterm stress." Fabian Sealey, a senior physics student, said, "Although this exam is a big chunk of my grade, there's still a lot more that goes into me having success in a particular course. This takes the pressure off, so I can study more efficiently."

All three students maintained that preparation before exams helps to neutralize their stress.

For additional help with stress management, for midterms or other stressful situations, the Student Counseling Center offers four types of counseling: individual counseling, group counseling, couple's therapy and psychiatry.

"All students should have a place to go to and talk confidently about things on their mind," said Altman. "All of the staff have lots of experience and students should feel comfortable coming into the Student Counseling Center. Asking for help is not a sign of weakness, but that people who do best know how to ask for help."

The Student Counseling Center is located in the Ruth S. Harley University Center in Room 310 (Garden City campus). The center is free for all Adelphi students; this includes part time and full-time students. The center's website states that, "the center can provide you with the services and support to help you define and accomplish your personal, academic and professional goals". For more information, visit: <https://scc.adelphi.edu/>. You can find the frequently asked questions page at <https://scc.adelphi.edu/counseling-faq/>.

It's Not Your Imagination: The Holiday Creep Is Real

BY SHANNON O'DONNELL

Just a few weeks ago we were barely out of flip-flops when we walked into stores to see Halloween candy on the shelves. And now, sitting right next to the pumpkin-shaped Reese's Peanut Butter Cups, is Santa and assorted Christmas decorations. It's enough to make you feel that someone is trying to rush you along to the holidays before you're ready.

It's not a feeling most people appreciate. Andrew Kraus, a senior accounting major at SUNY Oneonta, said seeing Halloween decorations just two weeks into September annoyed him.

"I went into a retailer to get something for my dorm and to my surprise all of the college [back-to-school] stuff was already replaced with Halloween and fall decorations," Kraus said.

Regardless of how irritating you might find this situation, it's not by accident. In fact, it has its very own term: the "holiday creep." This marketing phenomenon is when merchants and retailers give a holiday an extended season, introducing products long before the actual calendar date, according to Consumer Reports. That makes Halloween and Christmas like marketing buddies.

"Another version of holiday creep is stores saying, 'Hey we have our Christmas stuff up, but we haven't even had Halloween yet,'" said Jason Goldberg, founder of RetailGeek, a blog about retail marketing.

Of course, it's all a marketing strategy to get you to shop, says Ann Fairhurst, a retail professor at the University of Tennessee, Knoxville. "When

Christmas displays generally go up before Thanksgiving, the retailer is trying to get a jump on consumer purchasing."

Lily Lev, a marketing professor at Adelphi University, said: "Some shoppers hate seeing Christmas merchandising and displays around Halloween and would have a negative response to a retailer who does this, even potentially thinking that they are being pressured. Others love the holidays so much that getting into the spirit early leaves them with a joyous feeling when in stores that do that."

From a retailer's perspective, many have no choice, no matter how they feel about it, as it's all part of the corporate directive.

"Corporate tells us when and how to put out our holiday decorations," said Daniel Handy, store manager at Bed Bath and Beyond in New Hyde Park. "They create planograms that show specifically how to arrange the items on which shelves. This year we won't have Christmas decorations until November 1."

Handy said there's a process of switching the store from fall items such as wreaths, turkeys and pumpkins to Christmas. "We spend the whole night before getting rid of our fall harvest collection to fill our shelves with ornaments, elves and everything else Christmas. It is a group effort; everyone leaves that night with glitter from head to toe," he said.

All that effort is directed at you, the consumer. So instead of getting annoyed by that snowman when you're looking for a Halloween costume, you could look at it as being thankful that the retailers are helping you get an early start on holiday shopping.

Pet-errific Costumes for Your Four-Legged Companions

BY BRIANNA SPINELLA

For many Halloween is an exciting day to for us humans to celebrate and dress up in costumes. But in recent years, it has become increasingly popular for people—especially millennials—to dress up their pets for Halloween as well. In fact, according to the National Retail Federation (NRF), 20 percent of Halloween celebrants will be putting their pets in costumes for the occasion, an increase from last year. The top-10 favorites are: pumpkin, hot dog, bumble bee, devil, cat, dog, lion, Star Wars character, super hero and ghost. It's not clear if pet owners are dressing up their cat as a dog and vice versa, but the NRF study indicated that for every \$3 spent on a child's costume, a dollar will be spent on a pet's costume, indicating that pet owners take these choices seriously.

That includes Caitlyn Nolan, a sophomore nursing student at Adelphi, who will be dressing her golden retriever as Simba from "The Lion King." She said her dog is very finicky and this is the only costume he would keep on.

Camila Iramain, who is also a sophomore nursing student, said, "I'd like to dress my cats up, but every time I do they always wiggle out of them. But if I could dress them up, I'd choose an angel and devil." She added that her cats are always fighting, but the little one instigates it, so she felt an angel and a devil would be a good fit.

As fun as we humans may think it is to costume a pet, the American Society



for the Prevention of Cruelty to Animals (ASPCA) suggests caution. According to Halloween safety tips on their website, it's okay to put a costume on your pet. Just make sure it's not restricting their hearing or movement, and that it doesn't have any

small of dangling pieces your pet can chew off and choke on. Also, as long as you're out showing off your pet, make sure their identification tags are visible in case they escape during the fun.

Matt Jacobs at the Finkelstein Lecture

(continued from page 1)

ering the makeup of the Supreme Court as a conservative majority, whose conservative members have a record of voting against unions, things are not looking great for these concepts.

Yet Jacobs is still optimistic, even viewing the Janus decision as a blessing in disguise. "With agency fee we got lazy," Jacobs explained. "We started treating members differently, we stopped engaging them, we stopped making them part of what we do. We took care of problems and members had very little to say about it one way or the other. People began to view unions as an insurance premium. But now, unions can engage their members."

The people seem to be behind unions as well, furthering the sense of hope. "Strike is a big thing," Jacobs said, while discussing the statewide walkouts by teachers that "forced their state legislatures to vote them significant raises," with little union help.

"Sixty percent of American like unions and 76 percent of young people think unions are good," Jacobs continued. "Massive resistance in Chicago in 2012 began in communities, with unions joining in, during widespread protest by teachers and families on the closing of 20 mostly-minority public schools in the South Side. Protests were so powerful that the president of the Chicago Teachers Union planned a run for mayor and was clearly ahead of [current mayor] Rahm Emanuel in the polls, and organizers shut down the public schools and the city of Chicago itself when 35,000 teachers and parents marched down and brought the city to a stop."

Gesturing to Chris Merz, the president of the Bellmore Faculty Organization who introduced him prior to the lecture, Jacobs concluded: "I come back to my point that I am optimistic, but I am not blindly, foolishly optimistic. There is work that has to be done. Chris can't do it all by himself. Unions and public institutions are very much hanging in the balance here, and what we do going forward—and that includes you—will determine whether public education thrives, prospers, improves and realizes its potential, or whether it is gradually diminished where it becomes merely a repository for the students that are not wanted by the private schools or the charter schools."

Students remained engaged in the lecture, answering Jacobs' questions and asking some of their own. It's clear that Matt Jacobs gave the invested guests a lot to think about for their future employment.

Delta Phi Epsilon Hosts Seventh 65 Roses Gala for a Cystic Fibrosis Cure

BY ALEXA COHEN

The sisters of Delta Phi Epsilon hosted their seventh annual 65 Roses Gala on Tuesday October 23 to raise money and awareness for the Cystic Fibrosis Foundation. With the support of members of the Adelphi and outside communities, Delta Phi Epsilon was able to raise \$6,000, which will be used to conduct research and provide treatment for patients with cystic fibrosis.

Cystic fibrosis (CF) is a genetic disease that causes mucus buildup in the lungs, pancreas and digestive and reproductive systems. This can lead to frequent lung infections, lung damage and can eventually lead to respiratory failure. Mucus in the digestive system can make it so that people diagnosed with CF are required to take medications before every meal so that they can absorb vital nutrients.

The name of the event, 65 Roses, can be traced back to the 1960s when a young boy who couldn't pronounce his disease called it "65 Roses." Even in the present children use the name 65 Roses to help them pronounce the disease.

The 65 Roses Gala was held from 7-10:30 pm and it was a night filled with music by AU Paws, food and many raffles. These included themed baskets made by the sisters, like Nama-slay (items that can be used for yoga), a Superbowl basket (bean-bag chair with chips, soda and a football) and a jewelry raffle.

Sisters decorated the University Center ballroom with roses and creative depictions of lungs. They also added unique stories about people with CF on each of the tables. Additionally, the event included speaker Caroline Burns, who spoke about her experience as a caregiver for her brother.

This event was both educational and humbling, and it was an honor to be able to host it at Adelphi, where students, families and alumni could come together to support a wonderful cause.

Maria Ciaccio, an Adelphi graduate from the class of 2018, said, "It was wonderful to be back on campus and to be able to once again join the sisters of Delta Phi Epsilon in raising money for cystic fibrosis. As an alumnus of not only Adelphi, but also Delta Phi Epsilon, it was great to once again be fundraising for and support-



From left, Philanthropy chairperson Sophia Walsh and vice president of Programming Alexa Cohen at the 65 Roses Gala.

(Photo credit Alexa Cohen)

ing the Cystic Fibrosis Foundation in their efforts to make CF stand for Cure Found."

The sisters of Delta Phi Epsilon would like to thank the community for their support

Date Night Ideas for You and Your Boo This Halloween

BY KERRI HAYMAN

Since Halloween is just days away, it's no surprise that people are getting an early start on their candy purchases at their local pharmacy and browsing through the aisles at Spirit Halloween for their next best costume. What adds even more fun to the holiday is being able to celebrate with a significant other. Whether you're coordinating a costume or planning a fun activity, Halloween offers a lot of opportunities for you to bond with your partner.

Couples' Costumes

Consider coordinating costumes that have a shared theme. Not only do couples' costumes make for spooktacular Instagram posts, they also give you an opportunity to plan this fun collaboration weeks in advance. And they don't have to break the bank.

Mariel DePalma of Baldwin and her girlfriend have a specific plan when choosing their costumes. "If we can get away with a costume based off clothes we already have or even a DIY piece we will go by that," she said. This year they're going as their favorite characters from the Marvel films, Tony Stark from "Iron Man" and Pepper.

Halloween enthusiast Amanda Hayman of Massapequa said about her costume plans with her boyfriend: "Since we're both into cosplaying, we try to make really fun costumes. We normally do couples costumes based on movies and TV shows we both watch."

Pairings that are trending this season include Joyce Byers and the Alphabet Wall from "Stranger Things" and Disney Pixar's characters from "The Incredibles." Looking for more cheesy, but cute collaborations? Nacho Cheese Chips and Oreo Cookie costumes will fit the bill just right. Check out the website POPSUGAR and their list at "Halloween Costumes for Couples 2018" for more costume inspiration



Go check out some pretty cool Jack-O-Lanterns in Old Westuury Gardens.

Local Attractions

Once you know what you're wearing, it's time to celebrate Halloween with your boo. For a more exhilarating experience, Bayville Scream Park, an

amusement park located in Bayville, has several haunted houses and other Halloween-themed attractions guaranteed to give you a good scare. Ticket prices vary by attraction. For more information, visit their website at www.bayvillescreampark.com.

For a less frightening experience, Rise of the Jack-O-Lanterns located at Old Westbury Gardens, is an annual event that is popular for its uniquely carved pump-



When Plans Conflict

Halloween offers a variety of activities that range from kid-friendly to R-rated experiences. Therefore, couples may differ in their preferences. How should a couple approach this conflict during Halloween season? According to psychologist Joanne Witkower, based in Rockville Centre, the ability to compromise with each other is essential for a relationship.

"We're making a choice of something that both of us can feel the holiday spirit, but also respect the fact that we're afraid of certain things or we don't like certain things," she said.

If one person prefers to go to a pumpkin patch and the other prefers a haunted house, perhaps choose a location that offers both experiences—or something entirely new.

First-Date Fears: What to Know Before You Reach That Appointment

BY JENNIFER POMEROY

First dates can be a daunting experience for nearly everyone who has ever been on one. Men and women alike often feel anxiety about "hitting it off" with their date, wondering how they'll be viewed, if they'll make ample conversation, and more importantly, if there will be a second date.

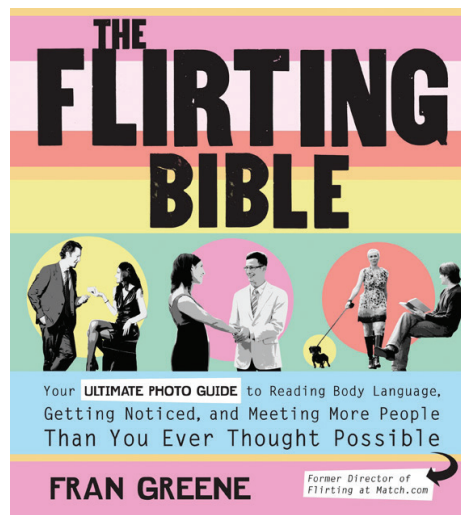
However, first dates shouldn't be a stressful evening filled with anxiety about finding your "perfect partner," but rather a fun, adventurous time to learn about someone new, according to Long Island dating and relationship coach Fran Greene.

Adopting her mantra can make all the difference in reducing first-date stress: "Remember that it's just a date. It's not an audition for marriage. It's not an interview, it's not paparazzi. It's only getting to know somebody," she said.

Of course actually acting on Greene's sage advice can be easier said than done.

"It's hard to relax when every date I go on is the same," said Anne Marie McNally, a 20-year-old pre-service teacher in Seaford who has gone on multiple first dates. "We go to a movie, but he never calls me back."

The choice of the date setting may be the problem, said Greene. "The perfect date enables you and your date to get to



Fran Greene advises daters that it's just a date, not an audition for marriage.

know one another and should be a shared activity that allows for conversation."

Instead of seeing a movie, she recommends that first dates occur in a setting that allows for active discussion, such as a restaurant, cafe, bowling alley or even a street fair.

No matter what activity you choose, it is important to "go with the flow of conversation," Greene said. "Be inquisitive and show interest, all while sharing about yourself. A successful date is not one-sided, but rather a balance of talking

and listening."

Anna Rogers, a happily engaged 25-year-old behavioral therapist in Massapequa Park laughed as she recalled her first date with her fiancé at The Cheesecake Factory. "We played what I call 'the question game.' I asked a question, then he did, until we learned a bunch about each other."

Greene, who is the author of "The Flirting Bible, Your Ultimate Photo Guide to Reading Body Language, Getting Noticed, and Meeting More People Than You Ever Thought Possible!" said that contrary to popular belief, there are no wrong questions to ask or "bad topics" to discuss on a first date. However, asking personal questions about finances, appearance and past relationships may be taboo. For example, some people, such as McNally, prefer that their date doesn't discuss politics, race or religion. However, Greene believes that today, these topics are more realistic and worth discussing. Allowing your date to gain insight into your political beliefs can save you from future tension or even serve as a mutual interest.

If you're unsure of what to say to interest your date, remember to discuss a topic that will allow them to open up about themselves, not something that feels like trickery or makes anyone feel uncomfortable.

"I'd rather my date dwell about their pet dog the whole time," Rogers said, "than ask me about my last boyfriend."

Greene said it's important to remember that there is no such thing as a perfect person, but there is a perfect person for you.

"Even if your date exceeds many of the qualifications you look for in a potential partner (such as career, appearance and religion), it does not mean that they are the person you are meant to continue seeing," she said. "It's perfectly okay to stop seeing each other."

Furthermore, Greene said that if your date is indeed not right for you, then it is necessary to tell the truth about your feelings as soon as they become evident to avoid creating a false impression for your date.

McNally referred to the same idea after reflecting on her most recent first date at the movies. "It's not fun to be led on. It's embarrassing, really."

Greene said that one thing everyone should remember, whether on the dating market like McNally or getting married like Rogers, is that if you ever get nervous before, during or after your date with anyone—someone new or your established partner, always remember Greene's golden advice: "It's just a date!"

Concert Review: Student Activities Board Introduces First Fall Frenzy

BY OLIVIA FRANKS

As part of Adelphi's Spirit Week-end this year, the Student Activities Board (SAB) kicked off the weekend with the school's first fall concert on Thursday, October 11. It featured artists including Luke Pell, Maggie Lindemann and London on da Track.

The concert was held in the Ruth S. Harley University Center Ballroom and was set up like a true concert with barricades, speakers and a company hired to do production and sound. The venue was ready for the 700 students that the room could hold, but only about 80 or so were in attendance. Tickets were \$10 each. Alumni were invited to buy tickets and guests were not allowed.

First up was Luke Pell who was known for being on "The Bachelorette." One would think that would draw in the female population at Adelphi, but apparently not. Pell is a country-style artist and he performed for approximately 50 minutes. His set included Gavin DeGraw's hit song "I Don't Want to Be" from the show "One Tree Hill." Pell knew how to interact with the crowd and lock eyes with his "Bachelorette" fans. Despite not knowing most of the songs he sang, he had Adelphi loving country for the night and commented how happy he and his band were to be performing at Adelphi.

Next up on stage was Maggie Lindemann, a pop singer who has one hit called "Pretty Girl." She rose to fame when it was remixed by DJ group Cheat Codes and she concluded her set with this song. Though a talented voice, the songs she chose were



"Bachelorette" favorite Luke Pell (top left) getting the crowd excited as he kicked off the night; "Pretty Girl" singer Maggie Lindemann (bottom left) engaging the crowd during her performance; and London on da Track (right) performing his set as the last act of the night. (Photo credit Olivia Franks)

quite depressing and didn't really amp up the crowd. It looked as if a few students left.

The last performer of Fall Frenzy was London on da Track. Many may not recognize his name, but he did not let us forget that he produced 16 platinum records because he mentioned it at least five times. London did hype up the crowd with some popular songs for which he put his own. It seemed that most of his set were not even his own songs. They were his "remixes," which really just sounded like the original version he played as he was DJing a house party. Nevertheless, everyone loved the music and that is the goal of

the concert.

Fall Frenzy should have attracted more students. Many said they were not interested in attending because they did not know the artists, but if you are an Adelphi student who wanted to be entertained in a unique way on a Thursday night, this was the place to be. Though SAB has some room for improvement when it comes to hiring artists that seem appealing on a slightly smaller scale, it was a great way to see artists that are up-and-coming. Fall Frenzy is definitely an event the Adelphi community could look forward to for the future and students should take advantage of.

Holiday Birthday

(continued from page 4)

want for their birthday can go a long way.

2. Do something nice for them on their birthday. If the birthday person chooses to celebrate their birthday a week or two after the holiday, it's still a good idea to do something small for them on the day of. Give them a call instead of simply dedicating a few posts on your Instagram story to their birthday or have some friends chip in and get some flowers delivered to their place.

3. Don't let a holiday celebration be a birthday celebration. When you meet up with the person, try to have their focal point be their birthday. Make some clear distinctions about the holiday celebration as well as the birthday celebration.

4. Try to avoid giving the person a holiday-themed gift. This might look like there is minimal effort put in the gift itself. They might feel like their birthday gift was an afterthought.

5. Avoid holiday-themed wrapping paper for the birthday gift. Once again, that separation is important. The birthday person shouldn't feel like a Christmas gift and birthday gift are on the same level during that time of year.

6. Finding your way to celebrate during the holiday or after takes time, and it's important to find that balance. My birthday being so close to Halloween has always been and always will be a conversation piece. Every year, as my birthday comes along, I realize it's about how I choose to approach it, as well as the little things my friends do to help my day feel extra special.

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Warmongering and Interventionism: America's Foreign Policy Woes

BY ROBERT REXHA

Earlier this month, "New York Times" opinion columnist Thomas Friedman, an outspoken critic of the Trump Administration, published an opinion piece titled, "Donald Trump vs the Jungle." I took interest in this piece when I first came across it in my Free Speech, Media Law and Democracy class, which is taught by Adelphi University professor Paul Thaler. It made me do some introspection about my beliefs, as well as thinking about current and historical events from the past 70 years.

Friedman believes the Trump Administration is reversing the progress the United States had made with its foreign policy for over 70 years. In his piece, he wrote, "[The international community was] crying over the fact that the America they had come to know and respect over the last 70 years had left the building."

Friedman is referring to President Trump's views on foreign policy, which was outlined during his speech to the United Nations. The President believes that America should focus on their domestic problems before we concern ourselves with problems that are worldwide; Trump's slogan "America First" helps illustrate this concept.

"Despite our flawed foreign policy, I believe the United States isn't an evil country."

My main criticism of this piece is that it leaves out an important perspective on America's international relationships, as it suggests that America's presence

over the last 70 years has been a net positive overall, pointing to examples such as Germany and Japan to prove his case.

Friedman argues that, "The key



pillars of this liberal world order, Kagan argued, were the conversion of Germany and Japan from aggressive dictatorships to pacifist democracies."

However, I believe that the proponents of war and interventionism overlook the consequences of American interventionism, such as America's regime change in Iran leading to the Ayatollah taking control of Iran and cracking down on human rights. Other examples include interventionism in Libya, when the United States invaded the country and killed dictator Muammar Gaddafi, and in Iraq where the United States also invaded Iraq and killed its dictator Saddam Hussein. From my perspective, these events haven't led to a safer America or even a safer world as the "War on Terrorism" is an endless one that has been going on for 17 years with millions of American and foreign lives taken with almost nothing to show for it.

The thesis of people critical of Trump's foreign policy is that his administration's reckless foreign policy is tearing apart American norms by embracing protectionism and isolationism. However, not acknowledged is that while America did build a solid reputation after World War II, Interventionism in Central America, Africa and the Middle East has had an impact in the way people view America as the policeman of the world.

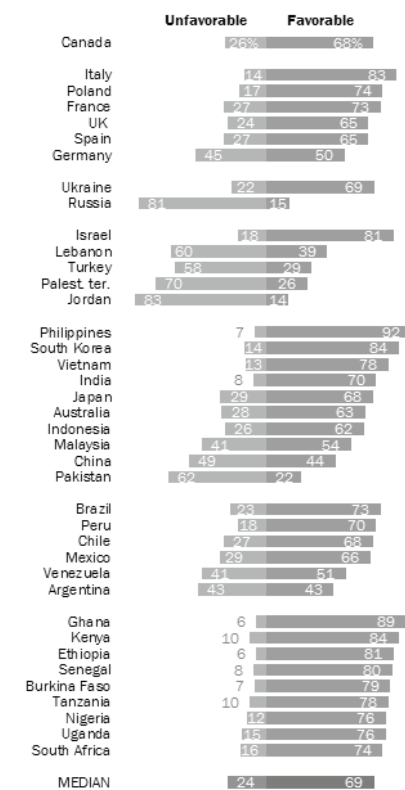
I don't believe that the sole impact of America's foreign policy woes can be blamed on the Trump Administration as other presidents, both Democrats and Republicans like the Bush and Obama Administrations, have increased our involvement in the Middle East. From my point of view, our excessive meddling and warmongering have angered many countries, especially in the Middle East. According to the Pew Research Center, "Elsewhere in the region [The Middle East], America's image is largely negative, with most Jordanians, Palestinians, Turks and Lebanese registering an unfavorable opinion [of America]."

I feel as though Trump's America nor Obama's America are to blame for America's foreign policy woes. The reason why America's reputation has gone down is because of leaders, such as Bill Kristol or Hillary Clinton, who are quick to advocate for war to end any form of conflict in other nations. This myopic and self-serving view of the world ignores the impact on the fallen soldiers and innocent civilians, as well as veterans who die from suicide and from the underfunded Veterans Affairs service.

Despite our flawed foreign policy, I believe the United States isn't an evil country. We've helped in spreading democratic and enlightenment values and were key in stopping the rise of Fascism and Communism during World War II and the

Mostly Favorable Ratings for U.S.

Views of the U.S.



Note: Median for 39 countries shown, excluding the U.S.

Source: Spring 2015 Global Attitudes survey, Q12a.

PEW RESEARCH CENTER

Cold War respectively. America leaving the world stage would mean that China and Russia would be the ones who controlled international conflicts and not respect enlightenment values or human rights like the United States does.

It is my belief that America's biggest mistake was straying away from the warnings of entanglement by former Presidents George Washington and Dwight D. Eisenhower's warning of a Military Industrial Complex inflicting our politics. If the endless war of terror isn't put to an end, then America is in serious trouble.

Honor or Money? Khabib's Controversial Actions and Why He Did It

BY CHRISTOPHER ALVAREZ

UFC 229 was one of the most wanted fights in UFC history, with \$17.2 million of overall revenue on the table for the UFC. On October 6 the two-weight world champion and Irish megastar, the "notorious" Conor McGregor, faced off against the undefeated Russian superstar and undisputed lightweight champion of the world, Khabib Nurmagomedov. This was expected to be the "craziest fight" in history, and as a result it had 20,000 screaming fans in attendance in the city of gambling, Las Vegas.

What made this fight so controversial, however, is what happened after the fight. It lasted three rounds and ended with McGregor tapping out to a submission hold from Khabib. During the fight, one of Conor's trainers yelled at Khabib, calling him a "Muslim rat" among other things. After the fight, Khabib responded

to the heckling by jumping at him from the cage and assaulting him. After the fact, UFC President Dana White said that Khabib could have come out as the better man and the champion, instead of jumping on top of the cage like a "monkey."

Some people think that Khabib did have a point. Later, he explained his actions in an interview by saying that he doesn't care about the money; McGregor was insulting his religion, his Russian nationality and his father. This is why, after Khabib gave him a thorough thrashing, he responded to McGregor's trainer by assaulting him, taking out his frustrations from McGregor's insults on them. While Khabib's actions went more than a bit overboard, they were not unwarranted.

This was similar to what happened with The Big Show and Rusev, two well-known WWE wrestlers, in a showing of Monday Night Raw in Sept. 29, 2014. Rusev was known as an anti-American Russian hero character that WWE had been playing around with for quite some



The moment when Khabib was declared the winner of the UFC fight.

time. Before almost every match, he and his partner Lana would make anti-American comments while praising Russian President Vladimir Putin. At one point, when Rusev was on the ring, he called out

the Big Show while a giant Russian flag was unfurled above them. The Big Show came out to respond, and when Rusev ran

(continued on to page 10)

Yes, Your Vote Really Does Matter

BY MATTHEW SCHROH

It's nearing Election Day, and it's not a big presidential contest, only the mid-terms, so you're likely to hear a lot more people asking the age-old American question: "Does my vote still count?"

It's a fair question. For instance, why should a Democrat in Utah bother to send money to Jenny Wilson in the Utah Senate Race? There is no statistic possibility at all that Mitt Romney will lose this red state. Why should a Republican in New York care about Chele Chiavacci Farley's policies or debate performances or whatever? Kirsten Gillibrand is a Democrat; she's a lock. And for that matter, why should we go out of our way to vote for Romney or Gillibrand when they're going to win anyway?

Another point to this discussion is shown with the Electoral College. Countless Americans cite this institution as a prime example why our votes do not matter, since the popular vote – the sheer number of Americans voting – does not decide the president. A lot of the time it really does seem like our vote doesn't have an impact.

But this could not be further from the truth. How did the South and the Frontier become so Republican? Republicans built up a voting block over years, encouraging new voters to turn a once reliably Democratic area into a Republican stronghold, something that could be changed. The same goes for the coasts, the Democratic strongholds. At one time, the Republicans easily held these areas, and even when the party became more conservative, it still easily carried the coasts during the Reagan years. Democrats hold these areas now, but, once again, with party policy change, this could also change.

The reasons why such massive parts of the country can switch from red to blue or blue to red is because of energized voters who get out there, volunteer for their preferred candidates, and, most importantly of all, vote.

The lamentation of the Electoral College is also a sign that you should vote. In 2016, for example, Trump's sweep of the Midwestern states of Michigan, Wisconsin and Pennsylvania is what catapulted him into the White House. Without these three states, Hillary Clinton would have been the victor. But while Democrats continue to dream about how much they would prefer Clinton in the White House and lambast the Electoral System as the institution that kept her away (since Clinton won the popular vote), they ignore the reality that the Electoral College itself is only as successful as it is because people vote.

Trump won Wisconsin, sure, but it was extremely close, and he only won it because many people who passionately supported him decided to vote and many who were lukewarm on Clinton decided not to. The average Wisconsinite Joe or Jane, therefore, played a detrimental role in deciding who would become the most



It may seem at times that your vote doesn't matter, but most of the institutions cited as "undemocratic" are often where democracy really makes its biggest impact.

powerful person in the world, and the same went for voters of Pennsylvania, Michigan, Minnesota, Virginia, North Carolina, Florida, Iowa and countless other close states, where more passionate voters on one side decided the whole state.

"But Hillary Clinton won New York by a million and a half votes!" I can hear you saying, either because you read a statistic you Googled or you're incredibly knowledgeable about election numbers. "How can a Republican convince themselves that their vote really matters here after looking at those numbers? And how can a Democrat convince themselves that their vote is needed when a million and a half other people can do all the work for them?"

Look, these are very partisan times, I get it. Reagan-Bush were victorious in California and New York, and Clinton-Gore won Louisiana and Montana. I'm not sure that these victories would happen if either duo ran today due to a very different political climate.

But if you want to change the political climate, there is an easy, completely free way to do it – vote! It's not completely impossible to see, in a decade, Beto O'Rourke winning over enough Texans to reject the party of Greg Abbott and Ted Cruz and grant O'Rourke the Lone Star state in an election. Nor is it completely unfeasible for Republicans to get enough Northern Californians passionate under someone like Ben Shapiro for another Bush-Dukakis-style close California election. A sway is possible even in New York – if, say, Donald Trump Jr. put up a fight for governor, it is not difficult whatsoever to imagine passionate Trump 2016 and Trump 2020 voters from upstate and the Island making sure they vote for his namesake, potentially creating a very close election.

These various scenarios prove that your vote does, indeed, have power, and if you don't believe my possibilities, then look no further than Cynthia Nixon's

campaign for the Democratic candidacy for governor, which only ended around a month ago. After a Democratic convention roundly handed the nomination to incumbent Andrew Cuomo, Nixon started a petition to allow herself a candidacy. Her petition needed 15,000 votes. Supporters gave her 65,000. Now, the race was called for Cuomo from the start, and by the time the nomination was voted, Cuomo had a bit over 400,000 votes more than Nixon. But Nixon, an actress and activist who had never stepped foot into the political foray, had still amassed over 500,000 votes.

You only need to see that to realize the power of your vote. If all the people who privately supported Nixon actually went out and voted for her over Cuomo, it isn't hard to imagine her winning.

And this brings us to the 2018 midterms. It seems that everything hangs in the balance – Democrats see this election as their chance to drive a wedge into the bigoted, dangerous agenda of Trump and the Republicans, while Republicans view it as a fight to stop the wild, unhinged Democrats from launching their mob politics onto the country. Regardless of your support, both parties have their eye on you. But even if you choose an independent candidate, a third-party candidate or even just writing in some other name – which New York allows you to do, and in my opinion is an underappreciated form of protest for if you do not like either candidate – it remains as important as it has since our founding that we are a democratic nation that depends on the people's right to vote.



Honor or Money? Khabib's Controversial Actions and Why He Did It

(continued from page 9)

away, The Big Show ripped down the flag. WWE had to issue an apology to the Russian people for the incident, stating that they apologize for any disrespect shown to the Russian flag.

McGregor, unlike The Big Show, didn't stop at insulting the Russian flag. He insulted Khabib's nationality, his religion and his father. For a man who has plenty of wealth, losing a champion's purse for the sake of avenging one's honor was considered a fair trade, hence why Khabib didn't care that he might not get paid when he acted in this way. Khabib, in the post-fight interview, apologized for his actions in front of the UFC and the entire city of Las Vegas, but he also talked about how he doesn't understand why people were going crazy over what he did, because McGregor had been insulting him for quite a while. Khabib's father taught him to treat people with respect, and here Conor was, firing off one insult after another.

Although we are protected by the First Amendment and are encouraged to speak up about what we feel or think, down to the point where we can even burn flags in public, there are points where the line can get crossed, and a person with true values should know how far they can go. Speaking one's mind about controversial topics is one thing using the gift of speech to bombard the other side with insults is another. The latter is not a dignified use of free speech, and what McGregor did would actually fall into the purview of hate speech. He was slandering Khabib and Khabib saw that as an attack on his honor.

The central point is that for people who hold values close to their heart, insulting those things will force them to respond. And in some cases, they will respond violently. For people like McGregor, trash-talking might not be that much of a thing, but for people like Khabib, who held family, religion and nation in a high place of honor, they won't hesitate to break protocol if those important things got insulted. The moral of the story is that words can break bones: yours or someone else's.

HAVE AN OPINION YOU WANT TO WRITE ABOUT?

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Training the Minds of Adelphi University's Women's Basketball

BY SHANNON O'DONNELL

The Adelphi women's basketball team first heard about sports psychologist Stuart Singer through head coach Missy Traversi. He's from her hometown, Attleboro, Mass., but she met Singer in a one-on-one session soon after she had stopped playing professional basketball for the Chicago Sky 10 years ago.

"I wish I had what this team at Adelphi has when I was playing on their level," Traversi said.

Although the Panthers haven't played a game yet, they're confident that Singer's role as team psychologist will be vital to their success. When adversity strikes, Traversi said her team will be better equipped to handle it thanks to Singer's influence. When faced with a bad perfor-



Head coach Missy Traversi
(Photo credit: Adelphi Athletics)

mance or practice, Singer is teaching the Adelphi players how to transfer the frustration and negative thoughts into something positive.

Alisha Aube, a transfer from NCAA Division I Butler University, is still getting a feel for her teammates. But she said Singer has already helped her make the transition.

"We have had a couple practices where we might not have been totally locked in and the girls have really adjusted well. I think Stu is really helping us with that," Aube said.

Singer is teaching the Adelphi players what the brain does when it is under stress and pressure. Aube said the team practices breathing and visualization exercises with Singer.

"We are always trying to be our best selves so that when we get into game situations or practice situations and we are down on ourselves, we can get back to that mindset," Aube said.

Singer said this can be accomplished in small group training, one-on-one individual sessions and team trainings. He has worked with a number of successful teams, such as the WNBA's Washington Mystics. He has also helped many teams achieve previously unattainable goals, such as helping Fordham University's women's basketball team win its first A-10 championships in 20 years.

To be able to afford to Skype with Singer once a week, the players devote about 90 percent of their fundraising ac-



Sports psychologist Stuart Singer during a video chat session with the AU women's basketball team. (Photo credit: AU Women's Basketball Instagram)

count toward paying for his services. Traversi said she thinks it's definitely worth it. "You have to train your mind like you train your body."

Singer said he loves working with the women's basketball team. "They are great. They are really willing to give in as much as they can. Sports psychology is work and they are definitely putting in the work."

Singer's passion for his profession all started when he was an athlete and his high school basketball coach gave them handouts about visualization. He

commented that he thought it was great, but he didn't know much about it. After graduating, Singer became a coach and a school counselor. After using all his counseling skills while coaching he realized then how powerful the mind is.

For now, Singer is only working with the women's basketball team at Adelphi. "His information is gold," Traversi said.

However, it is still too early to say whether Singer is truly helping the women's team. That will only be determined by their performance once the season begins.

Panther Podium: From the Court to the Sideline

BY CARA MCKENZIE

Welcome to the Panther Podium, a new series from Adelphi Athletics, where student-athletes are given a platform to share their experiences as a student and an athlete -- in their own words -- both in print, in Adelphi's student newspaper *The Delphian*, and online at aupanthers.com on the first Friday of each month. Cara McKenzie, women's volleyball sophomore middle blocker, reflects on what volleyball means to her and her time as a Panther thus far.

I fell in love with volleyball from the moment I picked up a ball. Everything about the sport brought and continues to bring me endless amounts of joy. The power, the grace, the speed, the elegance, and the unity of volleyball had me obsessed from the beginning. Volleyball gave me a purpose and is still a huge part of who I am.

I never thought anything could bring me as much joy as playing volleyball -- then, I starting coaching.

The first team I worked with was a club team of 17-year-old girls at Sport-time Volleyball Club. In all honesty, I was absolutely terrified my first day coaching a practice. I coached at small summer camps for little kids before but nothing to this

scale. I did not think I had enough knowledge to give these girls. The first couple practices all went the same way in that I barely spoke a word and sat there quietly observing while the head coach did all the talking. But there was a shift somewhere along the way, and as I got to know the girls and see them play, I became more confident. I started to be more vocal in giving instruction and established relationships with the girls.

This newfound confidence in coaching transferred over to my next coaching opportunity as the assistant coach for the New England High Performance International Youth team. I only spent one week with these girls but this experience truly changed my life. I learned so many things about myself that I had never known.

I learned that I love getting to know people and establishing genuine and meaningful relationships with them, I take on the emotions of other people as if they're my own, and I love sharing the sport with others just as much as I love playing. Through coaching, I've also learned the importance of treating athletes as people before players. Getting to know the girls I have coached has been the most rewarding part of the other side of the sport for me. Hearing their stories, seeing them



Middle blocker Cara McKenzie getting ready to attack the ball at the net.
(Photo credit: Adelphi Athletics)

grow and improve, and realizing I am a genuine influence in their lives makes coaching volleyball even better than it already is. I have met some incredible people and watching them experience the joy of playing and succeeding has been incredibly fulfilling for me. I plan to continue coaching for as long as I can. My best days are when I get to go from practice to coach-

ing because I get to do both of my favorite things in one day.

If you're an athlete that truly loves your sport then I highly recommend you get into coaching. Nothing compares to sharing the game you love with people who love the sport just as much as you do.

Midnight Madness Kicks Off AU Basketball Season

BY OLIVIA FRANKS

Adelphi held their annual Midnight Madness pep rally to kick off basketball season on Friday, October 19 in the Center for Recreation and Sport.

It started off with a performance from Adelphi cheerleading and the night continued with multiple games that students could participate in to win prizes. Prizes included an Amazon gift card, Adelphi Bookstore gift card, tickets to a Broadway show, a flat-screen smart TV and more. The games included shooting three-point shots, lay-ups and competing with peers at the same time.

There were also performances by AU SAPNA, Bhangra and Adelphi Dance Team; the last performance of the night was AU Evolution.

Sophomore Alyssa Sullivan, who is on AU Evolution performed for her second Midnight Madness. She said, "The Midnight Madness performance is definitely my favorite performance AU Evolution



Junior center Denzel Jenoure (left) running out onto the court as his name is called. The women's basketball team (right) "pie-ing" their coach in the face as part of one of the activities during Midnight Madness. (Photo credit: Kevin Norris/Adelphi Athletics)

does. It's so exciting to perform alongside everyone and in front of the whole school."

Both the men's and women's basketball teams were announced, and men's coach David Duke spoke about how he was looking forward to the season as he returns for his fifth year as head coach. Last year, men's basketball finished the season with a record of 11-18 and finished their

season with a loss to Stonehill College in the Northeast 10 Championship Quarterfinals.

Women's basketball head coach Missy Traversi will start her third year at the helm this season. The Panthers concluded their season last year also with a loss to Stonehill College in the NE10 Championship Quarterfinals. Their final

record was 14-16.

The women will start their season with a home game in the Center for Recreation and Sport on Saturday, November 10 at 11 am against New York Institute of Technology. The men's season will begin on Wednesday, November 14 in the Center for Recreation and Sport against Pace University at 7:30 pm.

Fall Sports Update: Keeping Up With AU Teams

BY OLIVIA FRANKS

As the fall sports season is starting to wind down, the Panthers are looking to the postseason. See how each sports team has done so far this fall and stay updated with their playoff chances.



The Adelphi men's soccer team in a huddle before a game. (Photo credit: Adelphi Athletics)

Men's Soccer

With just a few games left in the regular season, the Panthers lead the Northeast 10 conference with a record of 12-2-1 overall and 10-1 in conference play. Senior James Thristino leads the Panthers with 10 goals. Thristino also leads the Northeast 10 Conference in shots on goal (76) and assists (7). Junior goalkeeper Matt Apicella has 80 saves on the season ranking third in the NE10 and was just named Goalkeeper of the Week on October 15. Adelphi has outscored their opponents 33-16 and has an average of 2.2 goals per game while their opponents have a 1.07 average.

In the last two games of the season, Adelphi will go head-to-head against 11-2 LeMoyne who is second in the NE10. The Brown and Gold will also face American International College in their last game, who is sits fifth in the NE10 at 6-4. The NE10 Championship Quarterfinals will begin on Tuesday, October 30 and will

conclude on Sunday, November 4. With a great deal of success in the regular season so far, the Panthers have a good chance of bringing home the NE10 Championship. Their last NE10 Championship win was in 2016.

Women's Soccer

The women's soccer team also has just two games left in the regular season as they sit seventh in the NE10 with a record of 8-5-1. Freshman goalkeeper Sarah Hofmeier has had a breakout season as she leads the conference with a .891 save percentage and 0.63 goals against average. Junior forward Kerianne Scorce is also having an impressive season so far as she leads the team in shots (56) and goals (9) and ranks fifth in the conference in both categories. The Panthers will face American International College and Assumption College in the last two games of the season. The women's soccer Northeast 10 Championships will also start in Tuesday, October 30 and finish on Sunday, November 4.

Volleyball

The Panthers will complete the regular season on Saturday, November 3. Currently, the team is 20-5 and ranked second in the NE10 just behind New Haven, who has a record of 19-4. Junior transfer and outside hitter Sara Bisbe proved to be a great asset to the team. She's ranked third in the conference in kills per set with 3.43 and fifth in the conference in overall kills with 271. Additionally, Bisbe is first in the conference in service aces per set with 0.56. Her performance earned her NE10 Volleyball Player of the Week during the week of October 16. Sophomore middle blocker Cara McKenzie is ranked second in the conference for blocks per set (1.06). The Panthers next home game is today, Monday, October 29 against Wilmington University in the Center for Recreation and

Sport at 7 pm. The NE10 Championship Quarterfinals will start on Tuesday, November 6 and finish Saturday, November 10.

Women's Tennis

This season, women's tennis finished the regular season with a 9-3 record and finished the fall season only sitting behind Stonehill College in the NE10 standings. Senior Samantha Perri has proved to be a vital to the team this year as she is 11-0 on the season. She was named NE10 Player of the Week during the week of September 18 after her notable performance at the Intercollegiate Tennis Association (ITA) East Regionals. The regular season concluded on Sunday, October 14 with a 5-2 loss against Stonehill College. On Sunday, October 21, it was announced that they were seeded third for the NE10 Tournament and will face No. 6 Assumption College at 1 pm on Wednesday at the Adelphi tennis courts on the Garden City campus. The Panthers are looking for redemption from their 4-3 loss against As-



Tennis player Samantha Perri taking a swing during a match.

(Photo credit: Adelphi Athletics)

sumption during the regular season.

Cross Country

The Panthers have competed in four meets so far this season with the men and women finishing best at the Adelphi Panthers Cross Country Invitational and the University at Albany Cross Country Invitational. At the Adelphi Invite, the men finished fifth out of 16 teams and the women finished second out of 21 teams. At the UAlbany Invite, the men finished seventh out of 10 teams and the women finished third out of seven team. Last week, two Panthers, senior Sean Kildare and graduate student Amanda Ashe, were named NE10 Athletes of the Week. Ashe was the top finisher in Division II at the UAlbany Invite, which led the Panthers to the third-place finish at that meet. The conference championships are being held on Sunday, November 4 at Franklin Pierce University in New Hampshire.

Field Hockey

Last year, the Panthers finished the regular season with a 7-11 record and eighth in the NE10 and did not make the playoffs. The Brown and Gold have been on an incline this year with their record so far of 6-5 and they are ranked sixth in the conference. With seven games left in the regular season, the Panthers are going to face Pace University and Merrimack College, who are both ranked above them in the conference standings. These games could judge how well the Brown and Gold could finish in conference play and where they'll be seeded in the postseason. Sophomore midfielder Danielle Kempf leads the team with six goals and freshman goalkeeper Leah Savage is ranked third in the conference for her save percentage of .816. The Panthers' next home game is Wednesday, October 31 against Pace University at 6 pm on Motamed Field.