

The Delphian

September 26, 2022

The Voice of the Students

Volume 78, Issue 2

The Class of 2026 First-Year Experience Returns to In-Person

BY MITCH COHEN

Now that the fall 2022 semester is well underway at Adelphi, students are excited about what the 2022-'23 school year has to offer. This semester is significant because Adelphi has lifted many Covid restrictions, including making mask-wearing optional—unless a professor requires it in their classroom—and discontinuing the daily health screenings. That means that the class of 2026 will have the full college experience, such as having the in-person Welcome Weekend, which had been virtual for the past two years. From August 26-28, students participated in activities such as attending a Mets game and watching “Dr. Strange and the Multiverse of Madness” on the baseball field.

Not only does Welcome Weekend allow students to enjoy events, it also helps them to acclimate to campus life. Matthew Fields, a first-year nursing major, said that the event allowed him to get better situated at Adelphi. “It was great meeting classmates for the first time, knowing what I’d get myself into,” said Fields.

For many students, choosing their dream school is an exciting time. A factor that influences their decision is the campus location. Sakina Zaheer, a first-year computer science major, chose to attend Adelphi due its location within an hour commute to Manhattan.

“I feel that the college is not too far from the city because I love the city and I

love traveling and exploring places,” said Zaheer, who added that while she enjoys traveling to New York City, Adelphi’s suburban locale is less “chaotic.” “I’m not in the chaos and I’m not in the middle of it.”

online]. This adjustment was difficult for students because they couldn’t attend events in person.”

Although it’s still early in the semester, the class of 2026 has several things to



Students got to enjoy off-campus trips during Welcome Weekend, such as going to Dave & Busters restaurant. Photo provided by Center for Student Engagement

A major difference between this year and the previous two is having more in-person classes. Stephanie Lake, director of the criminal justice program and a faculty member in the Department of Sociology, believes students learn better in an in-person setting. “I think it’s incredibly beneficial to have students in the classroom,” said Lake.

While Zoom classes helped continue instruction, the downside during the last two years was a lack of in-person events. Lake, who advises Adelphi’s Criminal Justice club, said, “All of our events [had to move

look forward to. For example, they can get involved with campus life. Sirak Kahsai, a first-year computer science major, is excited about joining clubs at Adelphi. “I did sign up for the Environmental Action Coalition [and considered] Club Basketball and Ultimate Frisbee,” said Kahsai.

With more in-person events this year, student morale will increase because they have more opportunities to interact with one another. By doing so, they’ll create memories that will last a lifetime.

The Office of Undergraduate Research and Creative Works Presents Opportunities to Boost Alumni Success

BY NICOLAS RONTANINI

As fall 2022 kicked into high gear, so too were the university’s new initiatives this semester. From the new One-Stop Student Services Center, assisting with aspects like financial aid and billing, to the new Mindfulness Center, a space committed to the wellbeing of the campus community, Adelphi has been working to improve the lives of both students and alumni. The school has brought about ways to provide students with opportunities to enhance their success later, such as with the Office of Undergraduate Research and Creative Works (OURC).

This new office allows students to get involved through several research opportunities. These derive from the different colleges, schools and departments on campus, such as the Horace McDonell Fellowship offered to biology, physics and chemistry students and the Honors College Summer Fellowship for those enrolled in that program. Faculty and

departments also offer field, lab and studio research opportunities.

“Getting involved in Research and

skills,” said Eugenia Villa-Cuesta, director of the OURC, who is also an associate professor of biology. “Instead of learning



The main lobby of the new Office of Undergraduate Research and Creative Works. Photo by Nicolas Rontanini

Creative Works will provide you with opportunities to generate new knowledge, think critically and outside of the box and fine-tune your creative and collaborative

facts and content that others have discovered for you, doing research allows you to apply the knowledge and skills

Continued on page 4

As the Monkeypox Virus Emerges as Another Worldwide Health Crisis, Adelphi Responds

BY LARA CAMPANELLA

As the Covid-19 chaos continues to move from a crisis to an endemic, a new and unforeseen affliction has begun to strike the globe—one that has amassed a frenzy of worry since July 2022. The monkeypox virus, an ailment characterized by blistering skin and painful aches, is the new conversation topic of the year. While the CDC confirms that monkeypox is rare and low-risk, the emergence of this new, wide-scale infection has still caused panic in a world weary after more than two years of the Covid pandemic.



Monkeypox may be rare but is still a public health concern. Photo from News-Medical.net

Monkeypox is a zoonotic disease, meaning it is caused by germs that spread between animals and people. It was discovered in the Democratic Republic of the Congo in 1958, but its origins remain a mystery. Contrary to its name, scientists theorize that monkeypox arose from rodents, later becoming isolated in monkey populations. Following this discovery, the virus has posed minimal threat to the United States; but on July 15, the CDC confirmed a travel-associated outbreak, following a U.S. citizen’s trip to Nigeria. The next few months introduced a spate of infection around the world, hitting the US, United Kingdom, Australia, Europe and Canada. On July 23, 2022, the World Health Organization declared the outbreak a public health emergency of international scale.

As the infectious wave continues, Adelphi is taking a proactive stance to educate the campus community. On September 1, experts from Northwell Health Go-Health and Adelphi’s Health and Wellness team hosted an open webinar. The event detailed symptoms of the new contagion—

Continued on page 2

A Word from the Editor

Greetings, to Panthers old and new, and welcome to another new issue of Adelphi's award-winning newspaper, *The Delphian*. With this issue, we bring to you many stories covering topics facing the campus community.

In News, we bring you a story on one of the University's new initiatives, the Office of Undergraduate Research and Creative Works (OURC), including its benefit to students. Keeping up with the monkeypox outbreak, we cover the latest developments in the university's response. Being a first-year student in college can be stressful, and we talk with students about their experiences in a new environment. With President Joe Biden's new student debt relief plan, our writers cover students' views on the matter and the impact on the university.

Looking over to Features, we offer a student's non-spoiler review of the fourth season of "Stranger Things." If you've ever wondered about Garden City's history, our writers provide an in-depth look at the background and historical context. We also look into the experience and perspectives of graduate students at the university. With many different organizations on campus, we cover Students Beyond the Binary (SBB) and profile the coordinator of the Multicultural Center on campus, Robby Fahrenholtz. We also cover the Communications Department's audition/mixer for student filmmakers and actors. As we get closer to October, we highlight Public Safety officer Gerard Lennon, who is selling pink patches for breast cancer awareness. You still have time to catch senior Katie Farkas' art exhibit in Swirbul Library, which will be there through October 1.

In our Opinions section, our staff covers the New York law banning whipped cream chargers to those under 21 years of age. We see a student's viewpoint on the Biden administration's student debt relief plan. We also highlight movies to be released in the remaining months of 2022. In addition, our writers talk about the difference between handheld and typed out notes and the benefits and drawbacks of both.

Shifting over to Sports, we talk with Rebecca Fakas, coach of women's tennis about her perspectives on the upcoming season. We highlight freshman athlete Mirthe Karstens and her experiences on the field hockey team. Finally, we cover the men's soccer team, their feelings about their upcoming season and the changes to their roster.

All of this and more in *The Delphian's* third issue. As courses ramp up, I wish you all the best, and a Purr-fect semester! And if you want to join our editorial team, please reach out to delphian@adelphi.edu.

Nicolas Rontanini '22
Editor-in-Chief



TheDelphian

Editor-in-Chief
Nicolas Rontanini

News Editor
Joanna Reid

Features Editor
Bianca Viana

Assistant Features Editor
Lizz Panchyk

Opinions Editor
Nicolas Rontanini

Assistant Opinions Editor
Joseph D'Andrea

Sports Editor
Andrew Smith

Production Editor
Justin Kresse

Social Media Editor
Mylo Fisherman

Production Artists:
Sophia Martuscello
Malika Burieva

Staff Writers:
Malika Burieva
Lara Campanella
Sydney Cianciotto
Mitch Cohen
Kurana Doobay
Lilyen McCarthy

Delphian Advisor
Liza N. Burby

If you want to join the paper as a writer, photographer, designer, advertising manager or social media contributor, contact us at delphian@adelphi.edu.

Volume 78, Issue 2

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

HOW TO REACH US

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

LETTERS TO THE EDITOR

Letters must be less than 400 words and include the author's name and affiliation to Adelphi. Letters may be edited for the purposes of space and clarity. Send to delphian@adelphi.edu

ORIGINAL ART

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

ADVERTISING

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

FOLLOW US ON SOCIAL MEDIA

Website: www.thedelphianau.com

Twitter: @the_Delphian

Facebook: The Delphian

adelphi-delphian.blogspot.com

Instagram: @the_delphian

The Delphian Staff Have First-Place Finishes at PCLI Awards

BY THE DELPHIAN STAFF

The Delphian staff took home eight awards, including three first-place trophies and two scholarship winners at the annual ceremony of the Press Club of Long Island (PCLI), a local chapter of the Society of Professional Journalists. At the June 2 event, Katie Farkas won first place as the Best College Newspaper Reporter and Maxmillian Robinson took third place. Molly Amick won first place in the Opinions category and Nicolas Rontanini took second. Former staffer Maria Giovanna Jumper won first place in the Race & Diversity category.



At the PCLI awards from left: Nicolas Rontanini, Liza Burby, Katie Farkas and Maxmillian Robinson

In addition, the paper earned second place as the Best College Newspaper. This marks the tenth consecutive year of placing in this category. Robinson, a recent graduate who served as editor-in-chief this past school year, won the scholarship for College

Journalism, and Rontanini won the Disability Journalism Scholarship. Both were presented with trophies and \$1,000 checks by professional journalists at the event.

"I am very fortunate to win this scholarship," Robinson said. "All the hard work and determination has paid off in a way that feels so much more rewarding. Writing was never a strong suit of mine, yet I still made the most out of it enough to win. I am extremely thankful to everyone I've worked with inside the newsroom, mentors Liza Burby and Mark Grabowski, my parents and supportive family members. I will use this to motivate me to go further in my business, MillianMade, and my broadcasting career."

Rontanini, the paper's new editor-in-chief, said, "The scholarship is a tremendous honor, one I proudly accept. I have always dedicated myself to be at my best, doing what it is I'm passionate about. I'm immensely grateful for the honors I've received, and for everyone who helped to get to where I am now."

Liza Burby, who is faculty advisor for *The Delphian* and a senior adjunct professor in the Communications Department, also won awards: two first-place trophies, including for a Newsday article in which Adelphi was featured, "Job One: Career Centers Help Students Adapt to a Changing Work Environment," as well as two other awards for articles in Newsday.

To learn more about the PCLI and the awards program, visit www.pcli.org.

Adelphi Responds to Monkeypox

Continued from page 1

including rashes, blisters, fever, fatigue and headache—while confirming the university's plans.

In addition, K.C. Rondello, MD, a clinical associate professor in Adelphi's College of Nursing and Public Health, who is also a renowned disaster epidemiologist, spoke with *The Delphian*. "Many of the robust mitigation protocols that we developed to address the Covid-19 pandemic have prepared us well to confront a case of monkeypox on campus," he said.

Dr. Rondello reiterated the school's plans to practice recommendations by the CDC and state and local health departments.

Intimate skin-to-skin contact is the main "culprit" of monkeypox infection, through behaviors like hugging, kissing and sex. Dr. Rondello added, "Anyone can get monkeypox regardless of gender identity, birth sex or sex of sex partner(s)."

However, some populations are disproportionately affected—particularly gay and bisexual communities of men who have sex with men (MSM), making up 93 percent of monkeypox patients.

This statistic alarms some queer students, who fear the rise of newfound prejudices.

"I've already seen some horrible comments being made in reaction to the news," said sophomore Salvatore Jones. "While I think transparency and education is important with infectious diseases, I think there should have been more care in approaching

these subjects to the greater public."

Research on the virus suggests that being gay or gender-nonconforming has no bearing on one's vulnerability to the disease; rather, the emergence began in LBGT+ communities, subsequently spreading within this population.

The monkeypox vaccine is available to certain high-risk groups, including those recently exposed through sexual contact, and MSM individuals who have engaged with multiple sexual partners within a 14-day period. Especially for Adelphi students within these parameters, Dr. Rondello advised: "Those who experience signs or symptoms consistent with monkeypox, such as characteristic rashes or lesions, should contact Adelphi Health Services for a risk assessment. If a rash is present, individuals should cover their rashes and avoid close contact with anyone. If there is fever, chills or respiratory symptoms, they should isolate in their residence hall or home."

As executive director of University Health and Wellness, Nicole Gaudino is also working to prevent the monkeypox spread at Adelphi. She acknowledged that monkeypox "does not only affect those who are eligible for the vaccine or identified in high-risk groups," encouraging all students to self-screen for symptoms for the health of the campus community.

Students should keep their ears open to any new safety guidelines and recommended protocols as more information comes to light.

Student Debt and President Biden's Plan

BY MALIKA BURIEVA

The struggles of being a college student involve the payment of expensive tuition bills that many students can't afford. This is a direct cause of student debt when they take out loans. This problem has affected students of all colleges, including community and state colleges, public and private universities. Higher education is becoming too expensive for the average student. According to Experian, as of June 2022, the average American is \$39,381 deep in student loan debt. Even former college students who have long since graduated, on the path of obtaining jobs, promotions or higher positions, are



Kristen Capezza, Adelphi's vice president of enrollment management and university communications Photo from Adelphi website

still paying off their student loans. These include graduates who have chosen an entirely different path from what they majored or minored in.

On August 24, President Joe Biden and Vice President Kamala Harris announced the Biden-Harris Administration's Student Debt Relief Plan, in partnership with the U.S. Department of Education. The plan proposes \$10,000 of student loan forgiveness for federal student loan borrowers and \$20,000 for those who received a Pell Grant for college. To be eligible, single borrowers must meet income levels of under \$125,000, while married couples must meet an income of under \$250,000.

Some students nationally have deemed this plan as unfair due to the

“President Biden's legislation to reduce debt for millions of borrowers was groundbreaking and timely, especially given the pandemic-related financial stress facing so many of our students and families,” said Kristen Capezza.

income data being too high to be considered for relief, but others welcome it. At Adelphi, the administration and students both had responses to the creation of the debt-relief program.

“President Biden's legislation to reduce debt for millions of borrowers was groundbreaking and timely, especially given the pandemic-related financial stress facing so many of our students and families,” said Kristen Capezza, vice president of enrollment management and university communications. “We hope it will help many of today's graduates be able to more confidently pursue their goals of graduate and continuing education. However, this one-time measure does not address affordability and financial literacy in a sustainable ongoing fashion. For this reason, Adelphi remains committed to educating our students and families every year about responsible borrowing and maximizing return on investment.”

The Delphian reached out to students as well.

Iyana Baskerville, a senior English literature major in STEP for Adolescent Education, said, “I do have loans out so I definitely benefit from Biden's loan forgiveness. I can't speak for others but for me it will cover a significant amount of my debt, even if it's not all of it. I definitely think more needs to be done but for right now it's a step in the right direction.”

“I think that it's a really good idea, especially for me. My mom and I are paying for my schooling,” said Mariyam Majid, junior nursing major. “It's really hard, especially for middle-class families who work hard to pay for school. I think it's like a little weight off of your shoulders. If Biden actually goes with this plan and sticks with it, then it'll be of good help.”

Nicole Cecere, a junior who has a communications concentration in public relations and journalism, said, “It's relieving to me because I wanted to go to community college for the first two years and then I wanted to transfer to a private school just to save money. I always wanted to go to Adelphi. So, it makes me feel good about my decision because I'm going to get this money back. I didn't have to sacrifice two years of my Adelphi experience just for money.”

For Jessie Mosley, a junior communications major focused on media studies and a minor in human resources, the fact that the plan will reduce her loans by the time she graduates in 2024 is appealing. “This reduced loan will most likely help me purchase a home earlier than before. I think it is an amazing plan that I hope will help many students.”

The relief is given through the outstanding debt that the borrower has. For instance, if the borrower is eligible for debt relief of \$20,000 yet has a remaining balance of \$15,000, only \$15,000 will be given in relief. When receiving relief, some borrowers are not required to file anything. This is due to the fact that nearly 8 million borrowers may be eligible to receive relief automatically through income data having been filed and available in the system by the U.S. Department of Education.

If not, the Administration plans to release an application that is expected to be available in early October. After one

Continued on page 5

ADELPHI
UNIVERSITY
Performing Arts Center

PERFORMING ARTS CENTER UPCOMING EVENTS / FALL 2022

FREE STUDENT RUSH TICKETS

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

This Is Our Youth by Kenneth Lonergan

Wednesday, September 28 • 6:30 p.m. (*artist talkback*)

Thursday, September 29 • 7:30 p.m.

Friday, September 30 • 7:30 p.m.

Saturday, October 1 • 2:00 p.m. and 7:30 p.m.

Sunday, October 2 • 2:00 p.m.

Black Box Theatre

In meticulous, hilarious and agonizing detail, *This Is Our Youth* follows 48 hours of three very lost young souls in the big city at the dawn of the Reagan era: Warren Straub, a dejected 19-year-old who steals \$15,000 from his abusive lingerie-tycoon father; Dennis Ziegler, the charismatic domineering drug-dealing friend who helps him put the money to good use; and Jessica Goldman, the anxiously insightful young woman Warren yearns for.

Nobuntu

Wednesday, October 12 • 7:30 p.m.

Westermann Stage, Concert Hall

This female a cappella quintet from Zimbabwe has drawn international acclaim for its inventive performances that range from traditional Zimbabwean songs to Afro jazz to gospel. Nobuntu's concerts are performed with pure voices, augmented by minimalistic percussion, traditional instruments such as the mbira (thumb piano) and organic, authentic dance movements.

Anthony Rapp: *Without You*

Sunday, October 16 • 2:00 p.m.

Adelphi Students: \$15/\$10

Westermann Stage, Concert Hall

Anthony Rapp's *New York Times* bestselling memoir becomes a stunning one-man show about grief, hope and triumph. Backed by his band, Rapp movingly intertwines two stories: his experience as part of the original production of *RENT* and the shared grief when its composer (and 1982 Adelphi alum) Jonathan Larson died suddenly—and his beautiful relationship with his mother, who was battling cancer during this turbulent time.



Reserve Your Tickets Today!

ALL ADELPHI STUDENT TICKETS ARE \$7 UNLESS OTHERWISE NOTED.
(Discounts available for students, Adelphi alumni and employees.)

PAC.ADELPHI.EDU
516.877.4000 | GARDEN CITY, NY

The Americans with Disabilities Act (ADA) and Adelphi University require that all events be accessible. To request a reasonable accommodation, please contact the event host identified on the event webpage; please allow for a reasonable time frame. The event host, when necessary, will collaborate with the Student Access Office.



Student Poetry Corner

The Delphian has introduced this poetry section so students may submit their original poems to be considered for publication. Submit poems up to 250 words to delphian@adelphi.edu and elizabeth-panchyk@mail.adelphi.edu.

As I am coming up on my three-year anniversary of being out as trans I felt it fitting to showcase this poem I wrote about me not only discovering who I am but fully embracing myself. Being trans is hard some-times but over time I became the people I look up to in the trans community for others. If you like this poem you can see it performed as a song at the Fall Arts Festival on Wednesday, Oct. 12 around 1 pm in the courtyard area outside the UC.

Becoming Him

By Mylo Fisherman

She walked these halls not too long ago
A photo of a person I used to know
Becoming him was hard
But leaving her behind was harder

He looks in the mirror and she is the reflection
It's so hard to bear the mental misconception
Her physical quirks are always within him
the features of which make him grim

She is there when he picks out his clothes
Helping him make sure that no one knows
She is there when he puts on his binder
A little piece of fabric that serves as a reminder

She is there in the crimson river
The monthly disaster that makes him shiver
She makes things so tough
But he is so much tougher

He cut off her hair
A masculine sight that felt great to wear
He changed her name
Mylo being one he could proclaim

Despite his lack of testosterone
His strength and visibility shown
Past me would be proud
To see my pride so loud

He became the person he needed when he was younger
Becoming him was hard but adversity made him stronger

Digging into the History of Garden City

BY LIZZ PANCHYK

Like any other bustling town on Long Island, Garden City has centuries of history that deserve to be recognized. Long before there was Garden City, the entire area in the village where Adelphi is currently located was just grass. The Hempstead Plains, the largest prairie east of the Mississippi, stretched from Western Nassau all the way to Suffolk in central Long Island and included what is now New Hyde Park, Mineola, Garden City, Hempstead and Uniondale. This actually made for a great area for military camps because of the flat land and open space. Camp Winfield Scott (1862), marked by a sign at the corner of Washington Avenue and 11th Street, was the first of these. But the area would not stay undeveloped for long. In 1869, Alexander Turney Stewart (after whom Stewart Avenue is named) bought a big section of the Hempstead

train station, stores and schools were built as well. The Cathedral of Incarnation, an Episcopal church, was completed in 1885. It was funded by A.T. Stewart's widow, Cornelia, and contains the largest pipe organ on Long Island. The pointed steeple can be seen from Adelphi's campus. St. Paul's School, also funded by Cornelia, was built in 1884 and was a designated preparatory school for boys, which ran until the early 1990s. While both of these buildings still stand tall today, just a mere few minutes from campus, so do a lot of the original Victorian homes of the 19th century, such as the historical society building named A T Stewart Exchange, which is on Eleventh Street.

Though the Hempstead Plains were partly overtaken by the Village of Garden City, there was still plenty of flat open land to the east of the Village, and this was perfect for flying fields, which began in the area in 1909 and eventually turned

in 2002. The Long Island Motor Parkway, built in 1908, was the first modern highway built for the automobile. It was 45 miles long and charged tolls. The current Chamber of Commerce building on Seventh Street is a former toll parkway house. However, in 1938, the parkway was shut down and the sections within Garden City were abandoned.



Aerial view of Cherry Valley Country Club in 1936 Photo from National Archives

By the 1920s, Garden City was thriving and a decision was made by Adelphi College in Brooklyn to relocate there. The famous firm of McKim, Mead, and White, who had designed the original Penn Station in Manhattan, were called upon to design the three original Adelphi campus buildings. They also designed the original Garden City Hotel (which was later demolished and replaced by the current version).

In the early 20th century, Doubleday Publishing set up its headquarters in Garden City, and published editions of many of the most well known books of the day based from that location. Doubleday even had its own dedicated train station built called Country Life Press.

The Garden City we know today is a thriving place with restaurants and shopping, including the Roosevelt Field Mall (which replaced the airfield), the Cradle of Aviation, along with Nassau Community College and Adelphi, and much more that has been built over the past century on top of what used to be flat plains. Whatever the future holds for this beautiful place, it will likely still be built upon the historic foundations of its past.



Garden City Hotel, aerial view from 1924 Photo from National Archives

Plains to develop into a planned settlement and thus Garden City was born. Though he died in 1876, the community kept growing. Houses, hotels, a

into the world-famous Roosevelt Field where Charles Lindbergh took off. Garden City became the so-called Cradle of Aviation, and a museum by that name opened

Office of Undergraduate Research Helps Alumni Succeed

Continued from page 1
from your classes to discover new information yourself and advance your field.”
In addition to research, the OURC offers students the chance to interact with faculty members who will serve as their mentors. How this works is students will normally work on projects that fall within the domain of their advisor’s research and creative areas. In order to identify a potential advisor, check the research and artistic areas of various faculty members to find whose work matches your interests.
To aid students in this regard, the university website lists faculty interest, divided by department, with links to publications and research interests. It’s recommended to meet with your potential advisor in their office to discuss with them your interests and possible work opportu-

nities.
According to Villa-Cuesta, who is in the College of Arts and Sciences, “faculty are very motivated about what they do, and sharing that motivation with students is one of the pleasures of our job.”
The office is working on a webpage, designed to house information on what Adelphi currently offers, how to reach out to a possible research mentor or apply to the programs.
The OURC is still a new office; it only began this semester. If students are interested in undergraduate research or creative works, they can reach out to the office at ourc@adelphi.edu.
“We are working on growing our presence in our campus community,” Villa-Cuesta said. “So far, however, everyone seems to be excited about the office.”



Eugenia Villa-Cuesta, OURC director
Photo from Adelphi website

The Grad Student Experience at Adelphi with Felicity Masone

KURANA DOOBAY

“Work-oriented, hard-working and passionate.” Felicity Masone ‘21, a second-year graduate in the Speech-Language Pathology program at Adelphi uses these words to describe herself and her work ethic. Do you feel like these words also define you? Perhaps, as an undergraduate student you are looking to advance your education after receiving a Bachelor’s degree. Masone shared some of her experience, giving a bit of insight on what the graduate student experience is like and provided some advice, tips and tricks for anyone looking to stay at Adelphi to continue their education.

Graduate students make up close to 40 percent of the population at Adelphi with 2,269 students enrolled as of fall 2021. Of these, 1,294 were full-time and 975 were part-time. At Adelphi, many graduate programs are recognized as outstanding in their field and four are nationally recognized on the 2021 U.S. News & World Report Best Graduate Schools list: audiology, nursing, social work and communication sciences and disorders.

Not only is she pursuing a master’s degree at Adelphi, Masone also received her undergraduate degree here in communication sciences and disorders with a minor in psychology in 2021.

She said, “I chose Adelphi for grad school because I created such a home environment during my undergraduate experi-

ence, it only felt right to continue on.”

Masone also emphasized the importance of creating strong and valuable relationships. “I created great relationships with my peers and professors as well. I knew that these relationships would only strengthen within my grad school experience.”



Masone spending time on the Adelphi Flag Pole Lawn. Photo courtesy of Felicity Masone

The graduate school application process consisted of several things including personal statements, letters of recommendation, standardized tests, such as the GRE (Graduate Record Examination) and general application questions. A piece of

advice she gave was, “I found it easiest to create a Google Drive specific to the programs that I was applying to. This drive consisted of folders named after each school with a list of requirements and other important information.”

Coming into grad school can be a daunting experience. You may not know what to expect or how to prepare. It is a new environment where you are greeted with a more rigorous and differently structured school environment.

“Some expectations that I had coming into grad school was that I would be completely on my own when learning the material,” Masone said. “However, grad school has been the most accommodating learning experience for me, in which I have leaned on my professors and peers for support. The truth is, we learn as we go!”

The course load also felt different for Masone. “Some of the pros of grad school are that your classes are in the evening, once a week. However, the downside to that is that my classes are longer, lasting up to an hour and 50 minutes.”

This is similar to some undergraduate classes, especially during labs for science courses.

She added, “Another downside is that assignments and readings are due prior to class. The upside is that this has allowed me to improve on my time-management skills. I think the biggest challenges of grad school consist of time management and

organization.”

Masone said she overcomes these challenges by using a planner to stay on top of due dates and planning ahead. “Getting ahead in my classes has allowed me to remain organized and on top of my work,” she said.

Masone shared a piece of advice for everyone struggling in their undergrad years. “Be present and remain grateful. It is so easy to overlook your success or feel as though you always need to be ‘doing more.’ But the truth is, if you do not give yourself credit for what you are accomplishing in this very moment, then you will never feel fulfilled in the long run. Everyone is going at their own pace. Therefore, focusing on yourself and giving yourself credit for what you are accomplishing is critical to your success.”

Not only has her graduate school experience given her an opportunity to further her education academically, but along this journey, Masone also feels like her mental health has improved in comparison to her undergrad years. She said, “I keep a self-reflection journal that acts as a visual reminder for my accomplishments, big or small.”

To learn more about Adelphi’s graduate student application process, visit www.adelphi.edu/admissions/graduate. And if you ever see Felicity around, say hi!

AU Students Speak Out About New Debt-Relief Program

Continued from page 3
completes the application, they should expect relief in about four to six weeks.

Another program that stems from the Biden-Harris Student Debt Relief Plan is the Public Service Loan Forgiveness Program (PSLF). The PSLF program forgives the remaining balance of borrowers on federal student loans after 120 payments while working full-time public service occupations for federal, state, tribal or local government, including military or a qualifying non-profit. Temporary changes to the program will be ending on October 31, 2022. This will provide flexibility, making it easier to receive forgiveness by allowing borrowers to receive credit for

past repayment periods. Individuals that enroll on or after November 1, 2022, will not be eligible.

For current and future borrowers, the Biden-Harris Administration is instituting rules to make student loans more feasible. Borrowers are now required to pay no more than 5 percent of their discretionary income monthly on undergraduate loans compared to the previous 10 percent. The amount of income that is considered non-discretionary will be raised and it will be protected from repayment, which will guarantee no borrower earning under 225 percent of the federal poverty level (the annual equivalent of a \$15 minimum wage for a single borrower) will have to make a

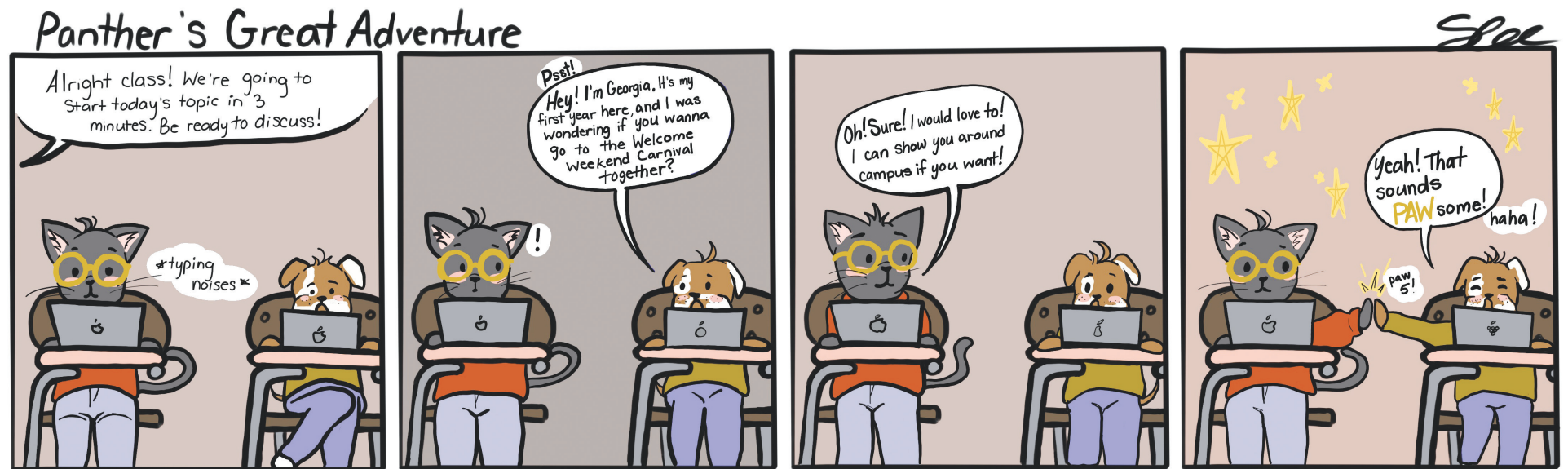
monthly payment. Loan balances after 10 years of payments will be pardoned as an alternative to 20 years for borrowers with loan balances of \$12,000 or less. Finally,

For current and future borrowers, the Biden-Harris Administration is instituting rules to make student loans more feasible.

the borrower’s unpaid monthly interest will be covered so no borrower’s loan bal-

ance will grow as long as they make their monthly payments, even when that monthly payment is zero due to low income.

The expenses of higher education are becoming unaffordable. This is a constant struggle seen yearly in the U.S. Student loan debt leads to poor financial decision-making and mental health issues such as depression, anxiety and suicide, according to the Network for Public Health Law. The Biden-Harris administration’s Student Debt Relief Plan will benefit past students, current students, and future students with the colossal accumulation of student loans.



“Stranger Things” Comes Back After Three Years

BY LIZZ PANCHYK

Most of you are probably familiar with the Netflix show “Stranger Things,” which initially started in 2016. In the 1980s, a group of kids by the names of Mike, Lucas, Dustin and Will, obsessed with the game Dungeons and Dragons, go on to find a mysterious girl named Eleven with superpowers and adopt her into their group. Eleven came from a lab where strange and abnormal testing occurred and this lab is actually based off Long Island’s very own Camp Hero based in Montauk. It is this lab that is one of the causes for the evil that begins to terrorize Hawkins. She must use these powers to destroy the demogorgons and other bad things that are taking over Hawkins, Indiana and save all of the friends she makes along the way. On Rotten Tomatoes, it is described as being a drama, sci-fi, horror and mystery thriller with a score of 91.

Season three came out on July 4, 2019 and the following season was starting to be filmed until it was cut short due to the pandemic. We waited three years for season four to come out, which was released in two volumes; one on May 27 with seven episodes, and the other on July 1 with the final two, the last one being over two hours long.

After all this time, the Duffer brothers, creators of “Stranger Things,” definitely did not disappoint. There has

been a lot of continuous hype surrounding both volumes and a buzz about the new characters. Theories have been spawning out from every social media platform about season five’s possibilities. Netflix even crashed due to the number of people watching Volume 2 as soon as it was released. This includes people of an expansive age-range who have been keeping

must-watch show, particularly in the age group of 17-29.

Since Will, Jonathan and Eleven have moved to California with Joyce at the end of season three, we learn that El is having an extremely difficult time adjusting to the new atmosphere in season four. Meanwhile, in Indiana, the rest of the band of friends have separated, trying

brings everyone back together and working closely alongside each other to try and stop it. New character Eddie Munson has an undeniable presence as he too plays a major role in fighting season four’s villain.

With both sad and happy endings to different storylines, “Stranger Things” left its fans shocked and surprised, and some even angry.

With many shows popping up on Netflix, this one really keeps everyone on the edge of their seat, waiting and anticipating. The graphics and acting are phenomenal and it’s no wonder why the show has gained such popularity over the years. Fans also get the pleasure of seeing their favorite characters grow up throughout the show, although there was a pretty big age gap between season three and season four because of the pandemic. Being that “Stranger Things” takes place in the 80s, it makes for a very nostalgic show for those who lived through that decade. It is relatable for all generations (besides the monsters) and it keeps us wanting more.

Season five will unfortunately be the last and will not come out until 2024. Until then, “Stranger Things” fans will be coming up with theories about how it will all end and waiting patiently to see who survives. But the Duffer brothers did confirm that the last season will involve Will’s character as the greater part of the storyline.



“Stranger Things” has become more and more popular since its debut in 2016, appearing on every screen.

up with the show, and those who started watching during the long days of the pandemic shutdown. It has long become a

to make some good of their lives while they had the chance. It seems that this new force of evil is the one thing that

The Meaning Behind Debut Organization Students Beyond the Binary

BY LIZZ PANCHYK

Students Beyond the Binary (SBB) is a new organization as of fall 2022 at Adelphi that was created by senior Mylo Fisherman. The purpose of this club is to create a safe space for transgender and gender non-conforming (TGNC) students and their allies on campus. As a community, they aid and educate our university

I saw that there was a need to create a second group focused on trans and gender non-conforming (TGNC) individuals as GSA did not have the capacity to touch upon a variety of TGNC topics while also touching upon a variety of LGB topics in the limited time we have in a semester,” said Fisherman, the club’s president. “My intent in creating this organization was to make the TGNC community have their

this topic as I am.”

It is currently a club of about 20 members and they meet weekly in the UC room 118/119 and on Zoom on Fridays from 2-3 pm. Their event time is Tuesdays from 7-8 pm (location TBD).

This community welcomes TGNC students with warm and accepting arms and allows all kinds of topics to be discussed in the comfort of their friends. Its ability to bring people together is one of the reasons why Fisherman created this organization.

“SBB for me is a place where I can stand firmly with my transness around others in a world where I have to either dilute it or hide it completely,” said sophomore Wynn Andersen who’s in charge of public relations at SBB. “I can be assured of myself and provide a space where there is stable support for trans people who are less assured of themselves.”

SBB kicked off their first event with a Toast to SBB. The club did fun activities together like coloring and bracelet making and also shared a bit about themselves and why they joined. They then toasted to the beginning of the club and for all they can do and accomplish together in the future as a group.

Fisherman said, “Being able to hear first-hand that I have made an impact on the students in SBB touches my heart in ways words can’t even describe.”

They also will be organizing other events and fundraisers like the Trans Santa Fundraiser in December. “Trans Santa is an amazing organization that raises

money to buy gifts for TGNC kids who are homeless, in the foster care system, or in unaccepting households or in unsafe conditions for Christmas,” Fisherman said. “We will be selling holiday treats in order to raise money for this organization

“As former president of the GSA, I saw that there was a need to create a second group focused on trans and gender non-conforming (TGNC) individuals as GSA did not have the capacity to touch upon a variety of TGNC topics while also touching upon a variety of LGB topics in the limited time we have in a semester.”

whose purpose I absolutely adore.”

Expanding our community on campus and raising awareness is very important, which is why new clubs are always being founded. If SBB interests you, you can check out their Instagram @adelphisbb or email them at sbb@adelphi.edu.



A toast to the fall kick-off of Students Beyond the Binary. Photo by Mena Sposito

on TGNC topics and issues and empower students to feel comfortable no matter their gender identity.

“As former president of the GSA,

voices heard on campus and to have a place where their issues will be brought up consistently and effortlessly by a group of individuals who are as passionate about

Communications Department Aids Student Actors and Filmmakers With Audition Mixer

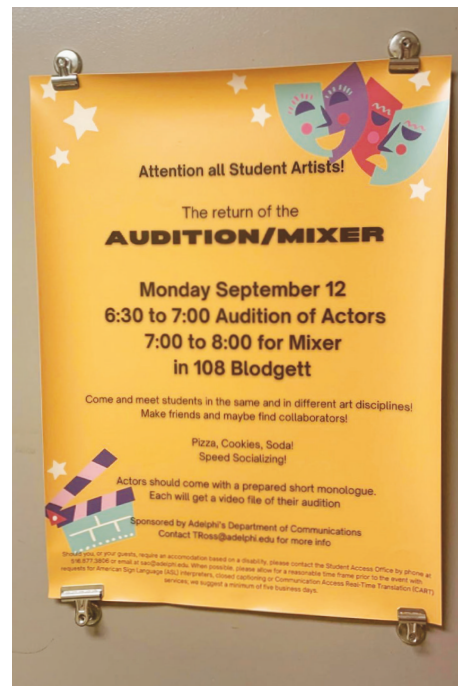
BY NICOLAS RONTANINI

For many students, finding someone to work with can be especially challenging, particularly for students studying film-related majors. As such, on Monday, September 12, the Adelphi Communications Department hosted an audition and mixer meant to introduce student filmmakers to actors and vice versa, with the goal of facilitating a working relationship for students to utilize when casting their films.

Starting at 6:30 pm in Blodgett Hall, room 108, the evening kicked off with student actors reading memorized monologues they had prepared ahead of time. Students stood in the front of the room and their performances were recorded by students in the department. This type of audition has been held by the Communications Department both in person and online. Though somewhat harder to schedule, having the event in person brings several benefits to the table.

“Students need to be up close and

personal with each other in a way that



The Communications Department advertises its mixer to students in Blodgett Hall. Photo by Nicolas Rontanini

Zoom can't provide,” said Terrance Ross, a professor in the department who helped set up the event. “There is more energy and more potential for energy when you are in person.”

“I think some of a college student’s best conversations and learning moments happen when they are talking together about art or projects or life, as well as when they get a chance to collaborate,” Ross said.

Many students who performed feel similarly, preferring an in-person environment to its online counterpart.

“It was very stress relieving to be up on my feet in person,” said Nicholas Amadio, a senior acting major, who performed a monologue from “Midsummer Night’s Dream.” “The Zoom performances just don’t give flavor, because you’re just in a chair all throughout the show, it just doesn’t feel physical.”

After the audition segment of the night, filmmakers and actors were encouraged to socialize with one another and share about their passions and projects they are working on. Because the pandemic shut down many of these interactions, this socialization proved important for students to discuss potential opportunities.

“I think some of a college student’s best conversations and learning moments happen when they are talking together about art or projects or life, as well as when they get a chance to collaborate,” Ross said.

Overall, both the mixer and audition help to serve student filmmakers and actors, by providing an additional resource for them to utilize.

Senior’s Exhibition in Swirbul Explores the Story Images Tell About Afghanistan

BY THE DELPHIAN STAFF

Senior Katie Farkas, an art major, has an exhibition until October 1 in Swirbul Library Gallery of her independent study/research project, “The Story Images Tell: Afghanistan in 2008.” She said it’s an exploration of images of conflict in the Middle East and who and what can influence the interpretation of these images.

“Historically, photography has been looked at as a primary source; it captures the reality of an event and its objective,” she said. “Photographers, publishing companies and social media all have a lot of influence on the content of the images and how they are read, which can drastically change the meaning of the image.”

Farkas said she wanted to experi-

ment with her own work after researching how images can be read by a viewer and who controls what images are shown, what context they are placed in, what captions and articles and images are paired together, and how that can change the meaning or intention of an image. The

“Historically, photography has been looked at as a primary source; it captures the reality of an event and its objective.”

pieces in her show are the result of that.

“I wanted to reflect on 2008 in Afghanistan, reflect on the hundreds of images I looked at, the news articles and headlines I’ve read through, and where I was during that year,” she said. “My

and the world that I grew up in.”

Farkas worked on this project with Hannah Allen, an associate professor of art and art history in the College of Arts and Sciences. Allen said, “Artists strive to make original artworks that are



Katie Farkas, Easter (2022) Digital Print, 11.5 x 15 inches. Courtesy of Katie Farkas



Senior Katie Farkas at her September 6 reception in Swirbul Library Gallery. Photo by Liza Burby

goal is to explore how images of the War on Terror intersected with my life and experiences in 2008. The War on Terror as a whole is, for me, intangible and confusing. It was in and out of the media spotlight throughout my entire childhood. The confusion of news and media as a child is what I aim to show in my pieces.”

Farkas added, “We are all stuck within a world of image overload and it’s extremely hard to make sense of it and even acknowledge it at all. My work reflects this struggle as an artist to create meaningful work that not only acknowledges but reacts to the world around me

personal and authentic while simultaneously reaching beyond the personal to address collective concerns. In fall 2021, I agreed to work with Katie on an independent study that focused on the history of photography, specifically iconic war photography. Her final exhibition beautifully demonstrates the relationship between art-making and research. The exhibition is thoughtful and engaging and her artwork successfully responds to works made by other artists and journalists.”

The show has been on display in Swirbul since August 29 and there was a reception on September 6.

Meet Robby Fahrenholtz: Coordinator for the New Multicultural Center

BY MYLO FISHERMAN

This summer, Robby Fahrenholtz (they/them) started in their position as the coordinator for the Multicultural Center for Student and Community Engagement. The main focus of their position is to create programs for LGBTQIA+ and first-generation students.

The Multicultural Center is located on the third floor of the UC. It serves as an inclusive centralized spot for students, staff and faculty to interact and collaborate. It's open for anyone to come in and study and is equipped with computers and a handful of different seating options (including bean bag chairs).

One thing that Fahrenholtz has already done in their role is host the LGBTQ+ First Year Empowerment Group. It is meeting for the first six weeks of the fall semester every Tuesday from 3-4 pm in the Multicultural Center. This group has been designed to bring together LGBTQ+ students who are in their first year at Adelphi, whether they are first-years or transfers from another institution. Each week allows for students to cover new topics related to the experiences of LGBTQ+ college students—both in general and the specifics of being LGBTQ+ at Adelphi. Additionally, these weekly meetings also serve as an opportunity to build connections with

other LGBTQ+ students as well as the many LGBTQ+ friendly resources on campus and in the community.

"The first-year empowerment group was very fun," said Andrew Cahn, a first-year environmental studies major. "I feel like I can talk about my very new experience with being non-binary in a judgment-free place."



Robby Fahrenholtz, the coordinator for the Multicultural Center for Student and Community Engagement, at the grand opening on September 8. Photo from UCorn

Ryan Mijumbi, a clinical psychology doctoral student, said, "Although I have respect and gratitude for my alma mater, getting to experience the Multicultural Center has affirmed for me that such a place should exist on all college campuses. For those who truly

cannot be persuaded by college banners of 'welcome' or promises of 'inclusivity,' having a physical space is emblematic of a true desire to foster belonging for all students."

The Multicultural Center had its grand opening on September 8. There are many different organizations on campus that hold focus on diversity and inclusion, five of which

there were so many students engaging in such a genuine way."

Alyssa Furline, a senior communications major and president of Feminist Alliance, said, "When I was a first-year student, the Multicultural Center was just an idea. Seeing it for the first time made me excited about its potential for students of all backgrounds and identities."

Furline also shared their thoughts on Fahrenholtz describing them as, "fun, down to earth and always takes time to communicate with us. As a student leader, I'm grateful to have them in our corner. Only time will tell if the Multicultural Center lives up to its mission. But for now, I think it's a step in the right direction."

Fahrenholtz is eager to take on this new role and is determined to have a positive impact on the Adelphi community as a whole. "I'm looking forward to educational opportunities," they said. "People do not get LGBTQ+ experiences in a regular classroom setting and that also applies to first-generation students as well."

You can visit Fahrenholtz in their office on the third floor of the UC in room 325, first door on the left by the elevator or you can reach them by email at rfahrenholtz@adelphi.edu.

Pink Patches Available to Raise Awareness for Breast Cancer

BY LIZZ PANCHYK

As we get closer to October, Breast Cancer Awareness month approaches and it is important that we understand any steps that we can take to spread awareness. At our university, this is the third year that pink patches will be distributed through the Pink Patch Program to those who donate to the cause.

"Pink Patch is a breast cancer fundraiser where various police and fire departments sell their pink uniform patches for breast cancer donations," said Sergeant Gerard Lennon of Public Safety and Transportation. "A big part is awareness to get the word out. I will post it on eCampus, the Insider, Public Safety Office



Adelphi University's Pink Patch that you can buy in October. Photo from Gerard Lennon

and the UC."

Last year they were featured on News 12 and in a local newspaper for raising \$5,000 for the New York State Breast Cancer Hotline and Services. This year, they hope to raise even more.

Because the pink patches have been selling so fast over the past few years, they have ordered 300 to be distributed, each for a donation of \$5 during this October and Lennon will be attending the table in the UC. Additionally, his office can be found on the first floor of the UC.

Adelphi has its own Breast Cancer Hotline and Program as well. They provide confidential counseling and assistance to students and host events year-round.

"The program is housed at Adelphi

University and brings in grant funds and donations to offset all expenses to ensure services can remain free for the community," said Nina Foley, a volunteer and hotline coordinator. "The Pink Patch Project is a wonderful fundraiser since it brings much needed funds to the program and creates awareness about our program on the Garden City campus at Adelphi."

Of his interest in the Pink Patch Program, Lennon said, "Breast cancer has hit my family hard and I have met many students who have affected family members."

And as a community on campus, we try to raise awareness anyway we can. So go get your Pink Patch in October before they're all gone.

Do You Want to Play a Game? Check Out the "Saw" Movies

BY MYLO FISHERMAN

It's officially fall, so that means the Halloween season has already begun, making it the perfect time to sit back and enjoy a classic horror movie. "Saw" is the first of a nine-movie franchise making it binge-worthy.

The first "Saw" movie came out in 2004, had a budget of \$1.2 million dollars and was shot in 18 days. For the resources director, James Wan, and screenplay writer, Leigh Whannel, had available to make this movie, it was beautifully shot and very immersive. It is, however, a rated-R movie for strong violence and language, so if that is something you are not okay with I do not recommend watch-

ing this movie.

For those of you who don't know about the "Saw" movies, the premise is that a mystery killer, given the nickname of Jigsaw, tests his victims' will to live in dangerous games that put the players through great pain in both the physical and emotional sense. If the players do not play the games according to the rules they will die.

Through a non-linear storyline, we learn about the lives of oncologist Dr. Lawrence Gordon and photographer Adam Stanheight. In the opening scene, these two wake up in a run-down bathroom chained to the wall on opposite sides of the room with the corpse of a presumed suicide victim lying between them. As the

two slowly begin to work together they realize they both have videotapes in their pocket. When the tapes are played, they

The first "Saw" movie came out in 2004, had a budget of \$1.2 million dollars and was shot in 18 days.

learn how to escape their game. Adam is urged to fight for his life to survive the game whereas Dr. Gordon is told to kill Adam by 6 o'clock or else his wife and daughter will be killed.

Without spoiling the ending,

although this movie came out 18 years ago, this is one you have to watch fully to the conclusion in order to understand the entire context of the plot. If you are in the middle of the movie and think you have a full picture of what is going on, no you don't. The ending of each "Saw" movie leaves you wanting more to try and get some kind of just resolution. Each movie takes the original movie premise and twists it on its head progressing the storyline while being introduced to more elaborate and gruesome games along the way.

In this horror franchise, there is also a ninth movie that revolves around a copycat killer and "Saw X" is due out next October.

Note-Taking Debate: Pencil vs. Keyboard

BY JOSEPH D'ANDREA

At one point or another, almost every student has known the feeling of having to massage their wrist after a lengthy note-taking session. Note-taking is a part of school that every student has to endure, and as the years have gone on, to some this practice has become simpler and more efficient by way of typing on a laptop. However, there are still those who continue to utilize conventional pen-and-paper note-taking. Like anything else, there are different preferences for different types of people, but the proven benefits and drawbacks for both sides may help in deciding which option is better for you as a student.

On the side defending the traditional hand-written method of taking notes, something that many current students need to admit to themselves is that they can become easily distracted. When a laptop is placed in front of a student's face during a lecture, there is a natural tendency to distract oneself by opening a new tab. This defense of pen-and-paper is not to criticize individual students who may fall into this habit of becoming disinterested while in class.

In 2019, an "Inside Higher Ed" article reported on The Canadian Journal for the Scholarship of Teaching and Learning's study titled "A Mixed Blessing? Students' and Instructors' Perspectives about Off-Task Technology Use in the Academic Classroom." Surveying 478 students and

36 instructors at the University of Waterloo, this study showed that students should not feel alone in feeling inattentive while in class, as it is a common issue.

"Students actually know and realize that the use of technology has a negative impact on people around them when used for off-task purposes like browsing the web," said Elena Neiterman, a Waterloo teaching fellow and one of the authors of the study. "[Students] also felt if they were too overwhelmed by the information ... they would get off the topic and go browse



Whether you use a pencil or keyboard to jot down notes in class, these are several advantages to each side.

or text somebody and take a mental break."

A similar article from the "Institute for the Future of Education," "Study Reveals the Advantages of Taking Notes by Hand," reads: "...several studies have reported that although writing on a computer saves time because it is a faster process, taking notes by hand improves students' memorization and word recognition. One of the advantages of handwritten notes is

that reading and writing on paper improves conceptual understanding."

In a poll sent out by *The Delphian*, 53 percent of students claimed that they preferred to type out their notes, while the remaining 47 percent indicated that they favored handwritten note-taking.

I personally side with the slight minority opinion, since I feel more aware of the notes I am taking. The same goes for when I read; I recall what I read to a higher extent when I am required to physically turn a page, instead of clicking an arrow. In some way, it can be an unexplained preference. However, I do believe that having to write out and structure sentences written with a pen and view words on a physical piece of paper makes your brain work harder and allows you to retain more information.

Taking notes on a laptop does have its upsides, though. In a vast lecture hall, some students may not be able to have an opportunity to ask questions during a lesson or may feel shy to begin with. By doing a quick Google search to clear up any confusion on a piece of information being taught, this at-your-fingertips resource is extremely helpful for all kinds of students. Additionally, the notes being typed out become immediately digitized in the form of a document, which prevents loss of any sheets of loose leaf—let alone an entire notebook or binder—containing lines and lines of lines of hand-written information.

Adelphi MBA student Peri Finkel-

stein, '22, brings to the forefront a significant advantage to digital note-taking—how it benefits impaired students. "Due to my physical disability, I am unable to take notes by hand. By using my laptop, I am able to excel in my academic efforts and take notes digitally," Finkelstein said.

For those who face a similar issue, this aspect of taking notes on a laptop is very helpful. Similarly, digital note-taking can also come in the form of speech-to-text programs, allowing students to look back on information they may have missed while in class, especially if they are unable to keep up along with a professor's pace of speaking.

Google, Microsoft, Apple or otherwise documents are also very easy to organize into digital folders. Sheets of paper can be scanned on a cell phone to create a PDF version of a physical page of notes, but this process takes much more time, and again, is not completely reliable if you were to have lost the sheet of paper at one point. With a laptop, tablet or even pocket-sized cell phone, all of which are easy to transport as opposed to several notebooks, these notes are portable and documents become much more accessible.

At the end of the day, this debate between hand-written or typed-out notes comes down to one primary variable—one's own discipline when opting to use a laptop. This dilemma affects both the student and instructor, as it can lead to an unengaging classroom atmosphere.

Student Debt Forgiveness Plan: Justifiable or Unfair?

BY JOSEPH D'ANDREA

The issue many Americans face in regards to student debt has always been a talked-about dilemma. The debate of whether or not to provide relief—at a significant scale, or at all—gained increased attention during the 2020 election cycle, as President Joe Biden promised to aid those who owe money from the student loans they took out, or are currently borrowing, from universities. On August 24, the White House announced their plan to relieve \$10,000 from qualifying borrowers, and this has caused a stir from economists, politicians and taxpayers.

To specify who exactly would be eligible for this relief proposal, this includes borrowers who earn less than \$125,000 a year, or if they are married, a salary below \$250,000. Additionally, Pell Grant (federal financial aid given to certain, usually impoverished students and not required to be repaid) recipients under the same parameters would be relieved of \$20,000. In an economy in which 43 million Americans are burdened with outstanding student debt, according to the Education Data Initiative, the Biden Administration's plan appears to be a critical assist to those in such a situation.

Despite the majority of Americans claiming they support the new initiative, there are still those—mostly on the conservative side of the aisle—who are opposed to this development. As mentioned, these opponents to Biden's plan are in the minority of public opinion. A Siena poll found that 56 percent of [New Yorker] respondents overall support the

plan while 33 percent of them oppose it, according to the survey of 803 adults across the state, as per the "New York Post." Still, these Americans are worth hearing out, as they raise some legitimate pointers when it comes to the economic state of America at the moment, as well as how those who have worked to pay off their student loans throughout the decades may feel, being that they did not receive such support when it was their turn to pay their due.

As someone who subscribes to a more conservative mindset politically and economically, it's always frustrating whenever opinions from those on "my side" are over exaggerated by such commentator's own doing, as these one-sided standpoints that may be featured in popular videos and articles can have the effect of discrediting my own, more reasonable perspective. I look past the party-line method of getting on board with politicians' opinions, and form my own. However, I do have my own issues with Biden's plan, from how college tuition will undoubtedly rise as a result, to how even those who did not attend college will have to contribute roughly \$2,000 to the initiative through taxes, studies say. Although I am aware that there are those who have paid off their student debt and are happy for students and graduates who are being supported by the current D.C. majority, there are still quite a few Americans who feel left in the dust.

Responsibility must be taken into account in complicated financial matters such as that to do with student debt relief; just as this load off those indebted may provide them with incentive to pursue routes they may

have been previously held back financially, consequences of one's own past decisions must be seriously taken into account by these lower-income Americans, too.

As reported by Student Loan Hero in April 2020: "When asked whether mass student loan forgiveness would be unfair to former borrowers, 46% of respondents agreed. Specifically, those who have already paid off their student debt were more likely to find it unfair than those who never had debt in



President Biden's student debt plan seeks to aid those who are working to pay off their student debt. Along with the support it has gained, there are also critics who claim there are defects to the proposal.

the first place (52% compared with 47%)."

Though technically being an outnumbered stance, that 46 percent represents millions of Americans who are opposed to their tax dollars being distributed to students who may not properly manage the break they'd be receiving.

Maxmillian Robinson '22 weighed in. "When I was a senior last school year, I worked four jobs during the duration of the year (including my Business MillianMade)," he said. "All jobs brought some sort of rev-

enue, but that alone isn't enough to cover the full cost. Thankfully I've been blessed enough to have financial aid granted by my university to help even out the payment. As far as the proposal, I believe it's a double standard. Yes, there are students who are hard-working and goal-oriented. They work at their jobs and go for what they want. There are also other people that don't work, but that's due to their choice not to work. Not choosing sides here, but I believe that there should not be shortcuts. Yes, if people or the government is willing to help, that's great, but everyone deserves a fair shot. That includes the 'workaholics' and the people 'looking for handouts.'"

A vocal point brought up by Republicans in Congress is how the Democrats' backing of Biden's relief plan is being pursued now in response to the branch's upcoming midterms. Even though this potential motivation may hold truth, at the end of the day, this party-on-party criticism proposes no alternative to the current issue at hand, which would be more useful, as opposed to indulging in yet another grudge match on Capitol Hill. Perhaps, those in Congress should work to create programs with the Department of Education that would prevent extreme loans from being taken out to begin with, for example, while assisting incoming students at the same time. I do not intend to seem as though I am blaming students who are gaining this extra padding—they have a heavy load, as proven by Robinson's experiences—but, I feel that students should be dealt with at a more personal level, instead of taking advice from politicians.

Are Politicians Getting too Whipped Up About the Whipped Cream Law?

BY JOANNA REID

In November 2021, New York State made it illegal for those under 21 to purchase whipped cream. This law was passed after it was realized teenagers were using the fumes of the chemicals to get high. This drug is also known as “whippets.” Now stores must ask for identification that proves one is at least 21 years old before selling whipped cream chargers to them. It was not until more recently that most of the public became aware of this law.

Recently, many right-leaning news sources have begun to report on this topic like Fox, “Independent” and the “New York Post.” Reporting on this outdated law may be being used as a distraction from important news like the ongoing investigations with Donald Trump, the Roe V. Wade ruling, gun violence and the Supreme Court’s plan to overturn Obergefell V. Hodges.

The law states, “an entity found in violation of selling whipped cream chargers to persons under 21 would be subject to a civil penalty of up to \$250 for an initial offense and up to \$500 for each subsequent offense.” The law was heavily influenced by New York State Senator,

Joseph P. Addabbo Jr, a Democrat.

According to “The Economic Times,” “4.6 percent of teens between 12 and 17 have misused the [whipped cream chargers] drug, compared to 5.6 percent of people older than 26.” Politicians are hoping to keep citizens safe with this law, but very few people have died from nitrous oxide overdoses.



Whipped cream chargers have gained media attention—and debate—since they became illegal to sell to people under 21.

Seemingly, there has been some confusion about this law. Many of the news sources mentioned above wrote misleading articles on the topic. It should be noted that disposable whipped cream has not been outlawed, but the charger cartridges that contain nitrous oxide for reusable whipped cream bottles cannot be sold to

those under 21 years old. Senator Addabbo cleared up the confusion, explaining, “Disposable cans such as Reddi-wip were never intended to be included.”

There are plenty of ways for people under 21 to get around the law because the chargers can be bought online through delivery services, like Amazon or eBay. It was stated that businesses will be held responsible for selling these chargers to under-21-year-olds. However, it is unclear who is supposed to ensure that New Yorkers are acting in accordance, especially when it comes to big companies that can be accessed from all over the country.

It seems there are mixed feelings about this legislation. Sophomore psychology major, Chris Franklin said, “I understand where they are coming from, but it feels kind of excessive. I do feel like there are laws that are more important to pass overall, but if this law helps [the greater good], then I suppose it’s worthwhile.”

Personally, I have never met someone who has used the aerosol chemical to get high. I have heard of other forms of inhalants, but I was not aware of whipped cream cans being used for this purpose until now. If people really want to use the aerosol as an inhalant, they will find a

way to do so. It would not be that difficult for those who are underage to ask someone 21 or over to simply buy whipped cream chargers for them.

Additionally, there are no laws in place prohibiting the sale of canned bug spray or cooking spray, which both typically contain aerosol as well. On top of this, nothing is stopping others from exchanging the whipped cream chargers with citizens under 21. Only the sale of these chargers are permitted.

It’s doubtful that this law is going to be changed anytime soon, or at least until Senator Addabbo is out of office. This could be awhile as there is no term limit for senators in New York. In my opinion, I think there are a lot more relevant issues that New York should be concerned about. New York’s elected officials could be dedicating their time to the rising monkeypox epidemic, decreasing homelessness or making decisions on energy sources that could impact climate change. Focusing on these issues could impact the lives of millions of people. If the government truly wants to protect and contribute to the future of youth and young adults, banning things like whipped cream chargers is not the way to do it.

Your Movie Schedule for the Rest of the Year

BY JUSTIN KRESSE

Going to the movies is always a fun time, especially with friends. This list of upcoming movies is perfect for anyone interested in having a blast, and there are even a few titles that are being released on streaming platforms, for those who’d rather enjoy their movies at home.

“**Spin Me Round**” This is a twisted comedy that has a plethora of great actors like Aubrey Plaza, Alison Brie, Debby Ryan, Fred Armisen and Alessandro Nivola. It follows a woman named Amber (Brie) who manages a restaurant. When she wins a trip to Italy to meet the owner of the restaurant chain (Nivola) and is met with the company’s educational immersion program, she finds a much more interesting experience than she was bargaining for. The film was released in theaters on August 19 but was simultaneously released on AMC+, so by the time you read this, AMC+ might be the only place to watch it.

“**Weird: The Al Yankovic Story**” Have you ever listened to the songs “Amish Paradise,” “Party in the CIA” or “White and Nerdy” and wondered what kind of person could create such marvelous pieces of art? Or maybe you’re a huge fan of the music biopics that have been popular recently and their commitment to historical accuracy? If you answered yes to either of those questions, you’re probably not going to like “Weird: The Al Yankovic Story,” a deliberately fabricated story about the famous parody musician and his exploits. However, I’ll be watching it solely for the fact that Daniel Radcliffe plays the titular music man—and my guess is that it should be absolutely hilarious. The movie was set

to premiere at the Toronto International Film Festival on September 8, but if you’re not up for a trip to Canada, it comes out on the free Roku Channel on November 4.

“**Don’t Worry Darling**” This drama was directed by Olivia Wilde and stars Harry Styles and Florence Pugh. It follows Alice (Pugh) and her husband Jack (Styles). Jack is working on a secret project for his shady company that owns the entire town. Alice’s curiosity eventually leads to problems with the community, and things only get stranger from there. It’s another film with several great actors including Chris Pine, Nick Kroll and Timothy Simons, but I know everyone will be showing up for Pugh and Styles. The film releases in theaters on September 23, and should be available on HBO Max 45 days later.

“**Halloween Ends**” The “Halloween” series has taken on something of a cult status for certain viewers. If you’re one of those people, then you’ll likely be interested in the thirteenth installment, which comes out right in time for Halloween on October 14 in theaters and on Peacock. The movie takes place four years after the previous film and once again shows Laurie (Jamie Lee Curtis) who has liberated herself from the fear and rage that used to haunt her. But, when a cascade of terror and violence returns to haunt her, she must finally face the evil head-on.

“**Black Adam**” Dwayne “The Rock” Johnson plays the title character in this DC Comics anti-hero film. His character is thrust into the modern day from his ancient country of Kandaq. He has to face the Justice Society of America, but must then work with them to fight an even bigger bad.

The film releases in theaters on October 21 and should be a fun watch with friends or family.

“**Black Panther: Wakanda Forever**” This follow-up to Marvel’s massively successful “Black Panther,” which starred the late Chadwick Boseman, is sure to be great. It follows the people of Wakanda as they deal with the loss of their king and the many forces threatening their way of life. Marvel has kept the details of this film under wraps, so it should be even more enjoyable to watch if you’re up to go out for its opening night on November 11. Of course,



There are quite a few exciting movies coming out between now and the end of the year so get your friends together and head down to the theater soon.

we all dearly miss Boseman and get to see how this new film will carry on the Black Panther name in his honor.

“**Avatar: The Way of Water**” Can you believe it’s been 13 years since James Cameron’s “Avatar” came out. I guess all good things take time to perfect? That’s the hope with “Avatar: The Way of Water,” which is set to release in theaters on De-

cember 16. This long-awaited sequel tells the story of the Sully family, who we saw in the first film, as they face many challenges in order to stay together. There are three other sequels planned for the “Avatar” franchise, but they won’t start coming out until 2024.

“**Puss in Boots: The Last Wish**” If you’re looking for a family movie to watch over winter break (yes, I know we just started the fall semester), then this would be a stellar pick. The film follows Puss in Boots (voiced by Antonio Banderas) and Kitty Softpaws (voiced by Salma Hayek) as they search for the mystical last wish to restore Puss in Boots’ nine lives. It’s set to be released in theaters on December 21.

“**Glass Onion: A Knives Out Mystery**” This is the final movie coming out this year that is well worth watching. It’s set to release on Netflix on December 23 and should be a heck of a mystery film if it’s anything like the original “Knives Out” movie. This time, however, detective Benoit Blanc (Daniel Craig) will be the only one returning, with a new supporting cast (Edward Norton, Janelle Monáe, Kathryn Hahn, Leslie Odom Jr. and many more) and a new mystery for Blanc to solve. It’s sure to have all the drama, suspense and intrigue of the first film.

“**Oppenheimer**” While it won’t be released until July 21, 2023, I had to include Christopher Nolan’s next film because I am so excited about it. The film is a biopic about Robert Oppenheimer, one of the men responsible for creating the atomic bomb, with Cillian Murphy set to play the titular character. With a fantastic supporting cast, I cannot wait for this newest Nolan movie to hit theaters next year.

A Word from the Coach: Reigning NE10 Coach of the Year Speaks on Women's Tennis Season

BY LILYEN MCCARTHY

Women's tennis, led by Coach Rebecca Fakas, started their season ranked second in the Northeast 10 Conference, receiving five first-place votes in the coaches' poll. Like last season, the Panthers worked to reach the conference championship match, keeping a watchful eye on top competitors like Franklin Pierce, Le Moyne and Southern New Hampshire University.



Rebecca Fakas, head coach of the men's and women's tennis teams
Photo from AU Athletics

"Our biggest challenge this season, like every season, is keeping a completely healthy roster for the condensed season we have," said Fakas, who was named the head coach of the Adelphi University men's and women's tennis programs in January 2020.

In past seasons, the tennis roster has consisted of five or six players, a very

small team in the case of even just one or two injuries. This fall season, nine athletes make up the roster, giving the team a little more leeway for injury, if needed. Players can be rotated around, some only competing in doubles, some only in singles, and others in both. Smaller rosters in the past have required players to do more work than with a larger roster.

Challenges outside of keeping a healthy roster lie in the games against top teams. These top teams include two of the teams listed above, Franklin Pierce and Southern New Hampshire, but also New Haven University. Other matchups are outside the conference yet within the region such as Queens College and Wilmington University.

About conference coaches holding the Panthers in such high regard, Fakas said, "All the coaches vote and the team itself has created a legacy. A high-ranked vote comes from the name we've created and respect we've gained from past years."

The Panthers add two new faces to the team this year, Katarina Liedbeck and Sanne Selmer Gilje from Sweden and Norway, respectively. Both are freshmen entering the team. The remaining players are all returners, most of them coming from the starting lineup of last season. With a successful and experienced squad returning, Coach Fakas expects a good season this fall.

If you would like to support the women's tennis team, the Panthers have three home matches left for the fall: October 1 against Southern New Hampshire, October 8 against Le Moyne and October 12 against New Haven. All games will take place at noon. These remaining home competitions are set against top teams in the conference.

Upcoming Panther Home Games

Come out and support the Brown & Gold athletes with these upcoming home games:

Field Hockey

9/27 - vs Southern Connecticut State University

10/19 - vs American International College

10/22 - vs Saint Michael's College

11/2 - vs Saint Thomas Aquinas College

11/9 - vs Pace University

Men's Soccer

9/28 - vs Bentley University

10/11 - vs University of New Haven

10/15 - vs The College of Saint Rose

10/22 - vs American International College

Men's Tennis

9/30 - vs Farmingdale State College

Women's Tennis

10/1 - vs Southern New Hampshire University

10/8 - vs Le Moyne College

10/12 - vs University of New Haven

ADELPHI
UNIVERSITY
Performing Arts Center

PERFORMING ARTS CENTER UPCOMING EVENTS / FALL 2022

FREE STUDENT RUSH TICKETS

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

This Is Our Youth

by Kenneth Lonergan

Wednesday, September 28 • 6:30 p.m. (artist talkback)

Thursday, September 29 • 7:30 p.m.

Friday, September 30 • 7:30 p.m.

Saturday, October 1 • 2:00 p.m. and 7:30 p.m.

Sunday, October 2 • 2:00 p.m.

Black Box Theatre

In meticulous, hilarious and agonizing detail, *This Is Our Youth* follows 48 hours of three very lost young souls in the big city at the dawn of the Reagan era: Warren Straub, a dejected 19-year-old who steals \$15,000 from his abusive lingerie-tycoon father; Dennis Ziegler, the charismatic domineering drug-dealing friend who helps him put the money to good use; and Jessica Goldman, the anxiously insightful young woman Warren yearns for.

Nobuntu

Wednesday, October 12 • 7:30 p.m.

Westermann Stage, Concert Hall

This female a cappella quintet from Zimbabwe has drawn international acclaim for its inventive performances that range from traditional Zimbabwean songs to Afro jazz to gospel. Nobuntu's concerts are performed with pure voices, augmented by minimalistic percussion, traditional instruments such as the mbira (thumb piano) and organic, authentic dance movements.

Anthony Rapp: *Without You*

Sunday, October 16 • 2:00 p.m.

Adelphi Students: \$15/\$10

Westermann Stage, Concert Hall

Anthony Rapp's *New York Times* bestselling memoir becomes a stunning one-man show about grief, hope and triumph. Backed by his band, Rapp movingly intertwines two stories: his experience as part of the original production of *RENT* and the shared grief when its composer (and 1982 Adelphi alum) Jonathan Larson died suddenly—and his beautiful relationship with his mother, who was battling cancer during this turbulent time.



Reserve Your Tickets Today!

ALL ADELPHI STUDENT TICKETS ARE \$7 UNLESS OTHERWISE NOTED. (Discounts available for students, Adelphi alumni and employees.)

PAC.ADELPHI.EDU
516.877.4000 | GARDEN CITY, NY

The Americans with Disabilities Act (ADA) and Adelphi University require that all events be accessible. To request a reasonable accommodation, please contact the event host identified on the event webpage; please allow for a reasonable time frame. The event host, when necessary, will collaborate with the Student Access Office.



Men's Soccer Eyes Another Successful Season

BY ANDREW SMITH

Men's soccer has begun their fall season with determination and great enthusiasm. The team opened up the season with two victories against Wilmington University and Post University and looks



Defender Benji Jones is in his third year at Adelphi. Photos on this page from AU Athletics

to carry this momentum throughout the season. Defenders Benji Jones, Andrew Watson, midfielder Filippo Peri and head coach Gary Book share their thoughts and comments on the season and what possibly lies ahead.

Jones is currently in his third year at Adelphi and majoring in business management. He commented on finally being able to play live games again after years of the pandemic. "I am looking forward to playing regular competitive games again this season; it is great to be back. We have a great group of players this year and I am looking forward to seeing how successful we can be and how far we can go," he said.

Jones also explained what game he has circled on the calendar. "I am looking forward to playing SNHU [Southern New Hampshire University] as they knocked us out in the play-offs last year to end our

season. So I think the team as a whole wants redemption and I can't wait for that fixture."

Midfielder Peri is currently in his fourth and final year at Adelphi. He's a graduate student who transferred to Adelphi his sophomore year as an under-

graduate. "My thoughts during practices, especially after a month of pre-season, are that we have a very good team," he said. "We have a big group and the level is extremely competitive. I believe we have all the elements to set our expectations as high as possible."

Peri added, "I honestly live the season game by game. For me every game has the same importance. Mostly in college soccer, where you have multiple games every week you always need to be all in every time you step onto the field."

He also reflected on his final soccer season at Adelphi. "I am very excited for the season ahead. It's going to be my final year and I am very proud to be leading such a great group of guys. For what I have seen so far we have good players on the field, that are also very good people off the field. In my experience, that is the very first element to build a successful

season."

First-year Watson, who is majoring in exercise science, explained what his thoughts are entering his first season as a college athlete. "I am looking forward to competing in one of the hardest conferences in the country, and hopefully winning a ring at the end of the season. The team is amazing, we all got so close so fast. They welcomed everyone and it made the transition so much easier."

Head coach Book, who is entering his fourth season, is enthusiastic about his current roster of very talented soccer players. "Our preseason involved a great deal of teaching and development and we are gradually seeing signs of more consistent performance on the field. But it is most certainly a work in progress. We are a tremendously deep team with a number of strong options at each position."

Book emphasized that each game will be difficult and tough. "Every game will be challenging because the conference is extremely competitive this season," he said. "In that respect, absolutely every game is key."

He explained how the team is preparing for the season. "The mentality of this season's team is based upon knowing that you need something from within from deep inside to work together positively for ultimate success. It is not enough for us to be prepared and organized. We are constantly striving for that extra element."

Book added, "As with all seasons we expect highs and lows. It is how we react to those lows that will dictate the success of our season. With a young and somewhat inexperienced team it can be more difficult to see the bigger picture with limited experience of the college game. From what we have seen so far, this squad is learning quickly and is already building a strong spirit of togetherness and mental resilience that will help as the season progresses."

Due to the pandemic, the men's soccer team has patiently waited to play and compete. With hard work and dedication, they're ready to play hard and make our school proud. We look forward to a successful season.



First-year Andrew Watson talking with his teammates during the pregame of a fixture.

First-Year Spotlight: Mirthe Karstens Feels "Adopted" by Field Hockey Team

BY LILYEN MCCARTHY

Adelphi Field Hockey began their season with a #9 ranking on the NFCA Division II Coaches Poll, just behind three other NE-10 schools: Assumption, Saint Anselm and Bentley. Freshman international student Mirthe Karstens joins the team this season coming across the Atlantic from Oss, Netherlands, to play for the Panthers.

Growing up and playing field hockey in the Netherlands, Karstens notes the multitude of differences between the game here in the states versus at home.

"The atmosphere around the game here is so different: the pregame warmup, the music, the bleachers," she said. "It's all so exciting."

She recalls games in the Netherlands being an hour and a half away at the farthest and receiving, at most, 20 minutes for warmups. The team never traveled together on a bus but in separate cars driven by parents. If they wanted music, they had to bring their own speaker. Her games never

had a starting lineup announced and players had to pay for all of their own gear.



Karstens playing in a game.

Photo from AU Athletics

Karstens speaks very highly of the sport and her team's family dynamic. "It felt like I was straight-up adopted. Everyone is super nice, and it felt like family,"

she said. "I can always talk to someone and there are always people around."

The Netherlands have a six-hour time difference with New York, making it more difficult for Karstens to keep in touch with family. With the season in session, she is extremely busy with classes, practice and spending time with her teammates, so there isn't much time to feel homesick.

"Of course, when you're in bed at night, the thoughts start creeping in and things get tough, but I just let all of my emotions out when they come and move on," Karstens said about dealing with homesickness.

Despite the time difference, she keeps in touch as much as possible, and her family can watch the games through NE10 Now digital streaming.

Aside from field hockey, Karstens loves life at Adelphi. She majors in environmental science and said she "really enjoys the beauty of campus," adding there are definitely pros and cons. One of the pros is the Starbucks in the University Cen-

ter. "It's definitely not good for my caffeine addiction, but if it's a part of my meal plan, why not?" she said.

Beyond trying to dress for air conditioning inside and the heat outside, something she is not used to doing at home, Karstens complains about America's thin toilet paper and loud toilets. She jokes about the toilets "sounding like an airplane taking off" after standing.

Karstens gladly ignores the toilet paper when considering how kind the Adelphi community has been and America in general. After nearly two months in the states, she is very happy with her leap of faith in choosing Adelphi and the move to Long Island.

"Not to be dramatic, but my parents kind of just left me here. I've been figuring it out ever since," she said.

If you are interested in being an active Panther and supporting field hockey, you can find the team's schedule at aupanthers.com.