2022 Commencement Returns to In-Person Events

BY LIZZ PANCHYK

As we progressed through another two semesters, received our booster shots and have finally been able to remove our masks and experience a more normal college life, Adelphi University recently announced their in-person graduation on May 23 at noon for the class of 2022, which will be hosted at the Nassau Live Center at the Nassau Veterans Memorial Coliseum in Uniondale, NY. It’s a relief to current seniors, after watching what the past two graduating classes had to go through.

“I was definitely concerned, especially as an out-of-state student who has family who wants to fly in,” said senior Colton Lake. “I’m relieved and excited with the current plan, but I do wish communication could have been more open with graduates. I do have lingering concerns about whether or not these plans will be able to happen. But I am remaining optimistic.”

Even though the graduation will not be held at Adelphi, this has been planned strategically, taking into consideration all the elements that could possibly become an issue by May 23.

“ar drinking research other venues in the area, as well as our own campus, the decision was based on a few factors: capacity of the space (so our graduations could have many guests), other contractual commitments for other venues and weather (outside venues),” said Kaitlyn Woods, senior associate director of special events and engagement.

While safety rules are subject to change, the current protocols are as follows: masks are recommended but not required; no proof of vaccination will be required; and students may choose the number of guests they wish to bring. Tickets can be purchased on MarchingOrder.

Should anything change with Covid numbers and restrictions, the university is prepared.

“As Adelphi has done in any situation, we would pivot our plans based on both safety and social distancing rules, is a class that is 99 percent female. The university focuses on our location close to New York City and strong staff mentorship.

Christopher Storm, provost and executive vice president, described recruiting efforts these numbers?

The top 10 majors (in order) at Adelphi as of this academic year are nursing, psychology, biology, computer science, exercise science, management, social work, finance, accounting and physical education. Out of these, only exercise science and physical education have a relatively even ratio of students with a split of 49 percent male to 51 percent female for the former, and 58 to 42 percent male-to-female in the latter. But the computer science program has 173 male students versus 43 female students. Nursing has 1,461 women compared to 238 men. Psychology is also a female-dominated field, with a 16 percent male-to-female ratio. In contrast, men dominate both finance and accounting. Finance has 68 percent male students versus 32 percent female and accounting has 69 percent to 31 percent. For an even greater discrepancy, the number 14 major, communication disorders, is a class that is 99 percent female.

So what is the university doing to balance these numbers?

“Enrollment in different majors at Adelphi tends to follow gender stereotypes seen in higher education for decades. Majors leading to careers of nurture like nursing, psychology, social work and communication disorders have a much higher female enrollment. Fields that have been seen as conventionally more masculine such as business and related majors, sports management and computer science, also have a higher male enrollment at Adelphi. The discrepancy seems striking, but the statistics for the top 20 majors for the 2021-2022 support these stereotypes. Males are more than 50 percent of enrollment for 8 out of the 20 majors, according to a report provided to The Delphian by the Office of Admissions. The top 10 majors (in order) at Adelphi as of this academic year are nursing, psychology, biology, computer science, exercise science, management, social work, finance, accounting and physical education. Out of these, only exercise science and physical education have a relatively even ratio of students with a split of 49 percent male to 51 percent female for the former, and 58 to 42 percent male-to-female in the latter. But the computer science program has 173 male students versus 43 female students. Nursing has 1,461 women compared to 238 men. Psychology is also a female-dominated field, with a 16 percent male-to-female ratio. In contrast, men dominate both finance and accounting. Finance has 68 percent male students versus 32 percent female and accounting has 69 percent to 31 percent. For an even greater discrepancy, the number 14 major, communication disorders, is a class that is 99 percent female.

So what is the university doing to balance these numbers?

Christopher Storm, provost and executive vice president, described recruiting students to Adelphi. “Recruitment as a whole is pretty consistent across the board,” he said. “The university focuses on our location close to New York City and strong staff mentorship. Staff also comes up with videos like ‘Why computer science at Adelphi?’ or ‘Why business at Adelphi?’ and so on.”

When it comes to recruiting specific demographics like major or gender, the strategies become more specific. Storm said the administration is proactive about the imbalances.

“Adelphi is aware of numbers nationally and regionally. We’re looking for opportunities to represent the underrepresented groups
A Word from the Editor

Happy May, everyone.
We MADE it! As you all are preparing for finals I wanted to emphasize that while it’s important to study and work hard, please don’t forget to prioritize your well being. Get some rest, go for a walk, even read a copy of the award-winning newspaper, The Delphian in its 10th installment. Inside, you will find many interesting stories, such as:

-A touching first-person story about soccer’s athlete Vladislav Stepanov and his experiences with the war in Ukraine, his homeland. Our annual campus-wide event called Take Back the Night, helping those to speak out against domestic violence. More than $500,000 was raised on Giving Day March 23. Other highlights in this issue are stories mentioning commencement of the 2022 class, how many majors at Adelphi seem to follow stereotypes when raised on Giving Day March 23. Other highlights in this issue are stories mentioning commencement of the 2022 class, how many majors at Adelphi seem to follow stereotypes when

-“Stranger Things” star Gaten Matarazzo stopped by Adelphi for a visit last month. Read about how the night went, in addition to learning more about magnificent student director Matthew Pezzulich and his story. If you haven’t yet had a chance to be on TikTok, hurry and follow Adelphi University while you’re at it. Read about how it originated and the interesting club on campus, Active Minds. Many religions have observances in the early spring, but look into

-“There are safety tips on Adelphi’s website for concerned students and faculty. Visit www.adelphi.edu/safety-transportation/resources/safety-tips/ for more information on how to stay safe on campus.”

-For anyone concerned about this event or is otherwise affected, there are resources available. Adelphi’s Student Counseling Center provides students with counseling and crisis intervention services. Their email is scc@adelphi.edu. For faculty, Adelphi has the Employee Assistance Program. The program provides faculty and staff with no-cost telehealth counseling through Cigna regardless of medical plan. The phone number is 877-622-4327 and the website is myCigna.com. There is an Interfaith Center for students and faculty seeking spiritual guidance and support. Their email is auinterfaith@adelphi.edu and their phone number is 516-877-3113.

-There is also the Office of Community Concerns and Resolutions. The office works with all members of Adelphi’s community to facilitate a comprehensive review and response to any University concerns. Their email is ocr@adelphi.edu and their phone number is 516-877-6864.

BY REMY WANG

On the morning of Sunday, April 17, there was a reported sexual assault in Earle Hall, which led to an arrest. The suspect was a guest at Adelphi and is not a student. The Department of Public Safety, Garden City Police Department and Nassau County Special Victims and Crime Scene unit were called to Earle Hall. These departments are still working together to investigate the incident. They are also focused on supporting the affected individual and protecting Adelphi’s campus community. An email reporting the sexual assault and arrest was sent out to the entire campus on Easter Sunday, April 17.

“The health and safety of our students and entire campus community is Adelphi University’s foremost priority. We continue to cooperate with the ongoing police investigation. Beyond the communications sent out to our community yesterday, we cannot comment any further at this time and refer questions to the police.”

-Staff Writers

Sydney Cee
Mitch Cohen
Joseph D’Andrea
Mylo Fisherman
Gerard Fiorenza III
Jamie Gesell
Eva Haishan
Lizz Panchyk
Lilyen McCarthy
Joanna Rea

Vladislav Stepanov
Andrew Smith
Remy Wang
Tingyi Wang

Delphian Advisor
Liza N. Burby

The Delphian

Reported Sexual Assault Case on Easter Sunday

BY REMY WANG

On the morning of Sunday, April 17, there was a reported sexual assault in Earle Hall, which led to an arrest. The suspect was a guest at Adelphi and is not a student. The Department of Public Safety, Garden City Police Department and Nassau County Special Victims and Crime Scene unit were called to Earle Hall. These departments are still working together to investigate the incident. They are also focused on supporting the affected individual and protecting Adelphi’s campus community. An email reporting the sexual assault and arrest was sent out to the entire campus on Easter Sunday, April 17.

“The health and safety of our students and entire campus community is Adelphi University’s foremost priority. We continue to cooperate with the ongoing police investigation. Beyond the communications sent out to our community yesterday, we cannot comment any further at this time and refer questions to the police.”

-Kaleb Gailiard, a sophomore at Adelphi, said the April 17 incident.

“I’m a hall attendant. I came back at around 4:05, 4:10 a.m. I was walking to [my] room and I guess the room it happened in, I passed that room. Some guy was passed out, low-key passed out in a trash can, and he said, ‘hi’ to me. And then I went to my room and then an hour and a half went by. I went out and there’s cops.”

-Although Gailiard was at Earle Hall when the police were present, he was not able to identify anyone involved in the reported sexual assault or arrest.

“I was home when it happened, but I got the email and my parents were really worried,” said senior Lena Maftei.

There are safety tips on Adelphi’s website for concerned students and faculty. Visit www.adelphi.edu/safety-transportation/resources/safety-tips/ for more information on how to stay safe on campus.

-For anyone concerned about this event or is otherwise affected, there are resources available. Adelphi’s Student Counseling Center provides students with counseling and crisis intervention services. Their email is scc@adelphi.edu. For faculty, Adelphi has the Employee Assistance Program. The program provides faculty and staff with no-cost telehealth counseling through Cigna regardless of medical plan. The phone number is 877-622-4327 and the website is myCigna.com. There is an Interfaith Center for students and faculty seeking spiritual guidance and support. Their email is auinterfaith@adelphi.edu and their phone number is 516-877-3113.

-There is also the Office of Community Concerns and Resolutions. The office works with all members of Adelphi’s community to facilitate a comprehensive review and response to any University concerns. Their email is ocr@adelphi.edu and their phone number is 516-877-6864.
BY MYLO FISHERMAN

Intellectual curiosity came to life in the presentations of Adelphi’s undergraduate and graduate students, spanning a multitude of disciplines from arts and humanities to natural science and social sciences at the Scholarship and Creative Works Conference known as Research Day on April 26. It was held from noon to 6 pm in the Ruth S. Harley University Center. This annual conference, in its nineteenth year, was a major success with over 70 faculty members and 400 students in attendance.

Dr. Raven Baxter, also known as Dr. Raven the Science Maven, an internationally acclaimed American educator and molecular biologist known for effortlessly merging science with pop culture. She gave an astounding speech about diversity in science, technology, engineering and mathematics (STEM) education. She spoke about how a majority of people know what they want to do from a young age. She spoke fondly about her experiences at space camp, saying that it was one of the fundamental moments in her childhood in relation to her career in science. It was one of the first times she was able to blend science and a sense of play, which is something she does to this day.

“The Delphian had the opportunity to speak with some of the presenters about their experience being able to present at the event. Anna Mouras and Camila Restrepo are currently working on research on false statements that occur in court due to individuals being non-native speakers. Mouras, an Adelphi alumna who majored in psychology and criminal justice, said, “It was definitely an honor to be given this platform to start my research journey and this experience further expanded my research interest in forensic psychology, which I am pursuing in grad school.”

Restrepo, a sophomore psychology major in the emerging scholars program, added, “Adelphi should continue providing opportunities like this. This is my first time doing something like this and it helps to get your name out there.”

Leena Rizzo, a senior nursing major, conducted research on nursing education during the pandemic. When asked about their opportunity to share their research they stated, “It was fun to be given the opportunity to collaborate with my advisor and conduct this research especially because it was something I was living through.”

“The research touched upon Zoom fatigue and the lack of lab time that nursing students faced during the pandemic and how it affected their overall education and readiness to show progress rather than final products.”

This is something that was demonstrated in a handful of presentations during the event. Many individuals were showcasing projects that were in the works and research projects with theorized results with data to be collected. This year the layout of the conference was altered. Heyl explained, “Combining the sessions allowed everyone to learn about all Adelphi has to offer and allowed everyone to be more actively engaged in the research.”

Giving Back: University Hosts Record-Breaking Annual Giving Day

BY JOANNA REID AND NICOLAS RONTANINI

Giving Day took place on March 23, allowing the Adelphi community to come together to support the organizations they believe in. Donations go toward new resources to further education for all Adelphi students. This year the university raised a record-breaking $503,218, an increase of 78 percent over last year, with a total of 1,719 donors.

In honor of Adelphi’s 125th anniversary, with the theme “A Landmark Year. A Landmark Day. A landmark year,” trustee emerita Helen Sullivan, BA ’79, challenged 500 members of the Adelphi community to donate $125 each. This goal was surpassed and Sullivan doubled these donations with $125,000. The donations will be going towards a new scholarship to support first-generation college students.

“Giving Day is a campus-wide event, so the success we had this year is thanks to the participation of the entire University community,” said Thomas Kline, vice president of advancement. “The students were enthusiastic, the alumni got involved, the faculty and staff helped to promote their campaigns, and everyone shared in the day’s achievements.”

The athletics program generated the highest amount of donations, raising $105,739. The men’s baseball team led most of those donations, earning over $30,000. Many members of the Adelphi community were inspired to donate to the sports teams they are or were a part of.

Senior Jaya Masci donated to the women’s golf team to support the program and her teammates.

“A lot of money goes into funding athletics. As golf is one of the smaller athletic programs on campus, these monetary donations benefit our team in helping fund equipment and other necessary gear, training and competitions,” she said.

The Women’s Leadership Fund (WLF) came in second, receiving a considerable amount, $49,036 with only 46 donors. WLF was able to raise so much due to support from their chair members and the Adelphi Board of Trustees generous donation of $25,000. This fund will support women’s leadership activities on campus into the future. Additionally, an anonymous donor gave $15,000 to support the Robert B. Williamson School of Business.

Among these organizations which have benefited greatly from Giving Day, the Bridges to Adelphi program exceeded their original goal of $10,000, raising a total of $14,845. The money raised will be used to provide free social events and purchase additional vocational assessments for students enrolled in the program. “This money is going to go to all different areas of our program,” said Amanda Ashe, social coordinator for the Bridges program. “We’re going to be able to give students these opportunities and enhance their experience at Bridges through these donations.”

The Delphian news

On April 20 the Adelphi Art Department hosted a reception for the opening of the Graphic Design Senior exhibition at the Adele and Herbert J. Klapper Art Gallery. The show itself ran from April 18 to 29. Pictured here are seniors Kayla Cary, Nicole Franco, Juliana Gazzello, Matthew Hamilton, Wuyang Li, Locke Reinhardt and Olivia Sasso, as well as their Professors Sophia Bilynsky, Erin Culon, Debra Drodvillo and Kellyann Monaghan.

“I felt like the purpose of Research Day is to showcase a variety of Adelphi students’ achievements from history and art to psychology and the sciences,” said Thomas Kline, vice president of advancement. “The students were enthusiastic, the alumni got involved, the faculty and staff helped to promote their campaigns, and everyone shared in the day’s achievements.”

“Our research was a part of the theme ‘A landmark year. A landmark day. A landmark year.’” Mouras said.

The event ended with a keynote speaker, Dr. Raven Baxter, also known as Dr. Raven the Science Maven, an internationally acclaimed American educator and molecular biologist known for effortlessly merging science with pop culture. She gave an astounding speech about diversity in science, technology, engineering and mathematics (STEM) education. She spoke about how a majority of people know what they want to do from a young age. She spoke fondly about her experiences at space camp, saying that it was one of the fundamental moments in her childhood in relation to her career in science. It was one of the first times she was able to blend science and a sense of play, which is something she does to this day.

“It’s important that any opportunity we get we approach head on as authentically ourselves.”
University Balances Gender Enrollment for Majors

Continued from page 1

BY KATIE FARKAS

In this column, The Delphian has been highlighting a different administrator in each issue so that students get to know them better. After graduating in 1981 with a bachelor's degree in business administration, with a concentration in marketing and taking almost 25 years away from Adelphi, Marc S. Strachan, current chair of Adelphi's Board of Trustees, said he never thought he would ever see the inside of the Adelphi board room, much less be the board chair, “but I am happy to sit in that chair today.”

Strachan came back to campus intermittently for fraternity and social events, but what really brought him back was his twenty-fifth-year anniversary. He said it was a revealing experience. “After that, Roy Schafel and others reached out to me and began to re-acquaint me with the university and some of the positive changes that had been occurring.”

He had the opportunity to speak with President Christine M. Riordan when he was recognized as a “Most Outstanding Alum” at the President’s Gala in 2017. The award recognizes Adelphi’s outstanding alum as voted by the university community, alumni and Board of Trustees. All of these things, Strachan said, “led me to be a part of the president’s advisory council. Then I was ultimately asked to join the board. As part of the board and key committees, it was clear to me that I had an opportunity to bring my different perspective to the board. After a couple of years, I was approached by my predecessor [former board chair Ronald B. Lee] and President Riordan to see if I might be interested in being a candidate. I thought about it, I was intimidated and ratified to be chair of the board.”

When talking about his role, Strachan mentioned that one of his goals as chair is to demystify the board so that the Adelphi community can get a better sense of who the members are and what they do.

“Their’s this great mystery that the board are these people behind closed doors,” he said. “Like they’ve got these [ceremonial] robes and make all these grandiose decisions. We do make a lot of very important decisions. But there are no robes and no smoky back rooms or secret handshakes. We are just really solid citizens who love and are concerned about the university.”

Some of the big decisions that Strachan has been involved in include the 2019 renewal of President Riordan’s contract and approving the multi-million dollar plans for the expansion and renovation of the Ruth S. Harley University Center, which reopened in 2021. Strachan added the volunteer board isn’t only made up of those people who are family of alums or just love the university. “I know it can be intimidating, but everyone can make an impact on our university and the interdependency of other people. The more you learn to not only have relationships but to nurture them, the better.”

While he was a student here, Strachan said that one of his favorite memories was Thursday nights. “When I was at Adelphi, the legal drinking age was 18, so we had a bar on campus. It was called The Rathskeller [in the lower level] at the University Center. On Thursday nights they used to have disco nights and that was so much fun.”

Strachan also reminisced about the campus radio station. “Ron [Ingram] on Thursday nights had the jazz spotlight hour from eight to 10. He would play some of the best jazz from some of the best jazz musicians. People would call in and they would have contests. That was just a fabulous time and many of us used to go up to the radio station just to hang out. We’d go up there and sit down and talk and we’d have a blast. That was Adelphi.”

Today Strachan is the father of three and a grandfather of one with another one on the way. His son lives in Florida and his twin daughters are both finishing their last semesters at Adelphi. Strachan also reminisced about the campus radio station. “Ron [Ingram] on Thursday nights had the jazz spotlight hour from eight to 10. He would play some of the best jazz from some of the best jazz musicians. People would call in and they would have contests. That was just a fabulous time and many of us used to go up to the radio station just to hang out. We’d go up there and sit down and talk and we’d have a blast. That was Adelphi.”

In his life outside of Adelphi, Strachan has had a 40-plus career as a marketing and advertising industry, almost half of that in advertising agencies and the other half in brand management companies.

“Most recently, I stepped out of those arenas and I went into executive and personal coaching; developing talent and helping people grow and develop their personal selves as well as their professional selves,” Strachan said. “Three years ago I became an executive coach and a personal coach and that’s been very, very good. I also serve as the chief marketing officer of the Agile Media Group, which is a leading out-of-home, data-driven, tech-enabled Out of Home media company. So I wear those two hats very comfortably. I love marketing, I love advertising. And I get the bug when I was at Adelphi.”

Strachan said that his college experience was extremely eye-opening. “I think that the combination of the degree, the book knowledge, coupled with the interpersonal skills, the leadership development skills, the social dynamic skills and the cultural skills had an unbelievable impact on my life in terms of how I grew as a young man.”

He said he came from an African American and Hispanic community in Bushwick, Brooklyn, which, from the sixties to eighties, “was a hodgepodge of cultures and a working-class community.”

When he came to Adelphi, “at this liberal arts college, I was meeting people from all over. I had an opportunity to travel domestically and then travel internationally and it opened up my mind. It opened up my opportunities and I found that even when I was ready to graduate and I was going on my intern’s views, I was way better prepared than most of my cohorts who hadn’t traveled or lived a full university life. That was a huge benefit for me. It allowed me to stand out from the herd.”

That’s why Strachan encourages college students to be curious and unafraid to fail. “We should all be open to being challenged. I think everybody’s perfect. The person who’s always perfect isn’t really perfect, they’re mediocre. In order to be great, you’ve got to fail a few times.”

Strachan added that relationships are critically important during and after your college career. “This includes the relationships in the university, from your dean, your department head, your classmates, to people in the bursar’s office. If you don’t have great relationships, you can’t get things done. We are people, we are social animals, we depend on the interdependency of other people. The more you learn to not only have relationships but to nurture them, the better.”

The last bit of advice Strachan had for students is: “One thing that we don’t teach enough in school today; that is critically important and that is taking care of your health on all levels, physical, mental and emotional. We don’t talk about it enough and we don’t teach people early enough how to deal with it. It catches up so quickly and [not taking care of your health] can manifest in so many different ways.”

Day in the Life: Marc S. Strachan, Chair of Adelphi’s Board of Trustees

Marc S. Strachan,
Chair of Adelphi’s Board of Trustees

Marc S. Strachan, Vice President for University Affairs and Dean of Students, was appointed chair of Adelphi’s Board of Trustees in 2021.

Strachan has had a 40-plus year career in the marketing and advertising industry, almost half of that in advertising agencies and the other half in brand management companies. He has played a leadership role on the executive teams of some of the nation’s leading out-of-home, data-driven, tech-enabled Out of Home media companies. He is a leading expert in the out-of-home advertising industry and has spoken on the topic at national and international events.

Outside of his professional life, Strachan is the father of three and a grandfather of one with another one on the way. His son lives in Florida and his twin daughters are both finishing their last semesters at Adelphi. Strachan also reminisced about the campus radio station. “Ron [Ingram] on Thursday nights had the jazz spotlight hour from eight to 10. He would play some of the best jazz from some of the best jazz musicians. People would call in and they would have contests. That was just a fabulous time and many of us used to go up to the radio station just to hang out. We’d go up there and sit down and talk and we’d have a blast. That was Adelphi.”

Today Strachan is the father of three and a grandfather of one with another one on the way. His son lives in Florida and his twin daughters are both finishing their last semester of graduate school. Strachan and his wife Almeza have been together for 38 years. He said they met in an elevator at an advertising agency and he laughed to say that, initially, she ignored him.

The last bit of advice Strachan had for students is: “One thing that we don’t teach enough in school today; that is critically important and that is taking care of your health on all levels, physical, mental and emotional. We don’t talk about it enough and we don’t teach people early enough how to deal with it. It catches up so quickly and [not taking care of your health] can manifest in so many different ways.”
Tik Tok: An Unlikely Platform Displays the Best of Campus Life

BY GERARD FIORENZA III

In our ever-changing world, reliance on social media has become an essential characteristic of our society. It can be utilized for communicating with friends and family, posting professional experience on LinkedIn for intended employment or for posting fan and creative content in the case of video. TikTok, the social media platform in which creators can post whatever types of content they please, has garnered much popularity in the past few years, as some users (specifically Charli D’Amelio and Addison Rae) have become wealthier than Fortune 500 executives. However, the app is also applicable to campus life, as in the case of our very own, Adelphi University. Some of our students have banded together to help operate Adelphi’s very own TikTok account.

The Adelphi TikTok page was created in early 2020, with its earliest post coming in October 2020, displaying our students. Whether it is spending time with friends in a new market already,” he said. “Get an

In June

The conversation then shifted into his acting career. Though he’s primarily known as Dustin, he started acting at the age of nine. Now at 19 he recalls moments from the very beginning to provide insight on his career.

“My first theater acting performance was called ‘Priscilla, Queen of the Desert,’” Matarazzo said. “As far as TV, I kinda forgot, but I was in season two of ‘The Blacklist’ and played Finn, a dude who was about to blow up a bridge.” He explained that actors can do a lot more on stage than in television due to the performance being live and that there is lots of space to perform on. For many production sets, filming is usually done in a smaller area, leaving you to exaggerate a scene more. However, for Dustin, Matarazzo doesn’t feel the need to exaggerate performances due to the directors creating the characters holding almost “identical” characteristics.

After a stint with the Broadway show “Les Misérables,” he picked up the role of Dustin, which cultivated his rise to fame. Matarazzo from completing his scenes from the Covid-19 screening questionnaire to then show it to a Public Safety employee. Some of the other content posted was Adelphi news and updates (such as that of our UC Renovation), a short clip encouraging students for Good Luck on their Finals, as well as a continuous series for the TikTok entitled Humans of Adelphi. The premise of the series is to often display students introducing themselves and giving information about themselves, such as what their field of study is and why they chose Adelphi.

Mariam Baalbaki was among those featured. A first-year history major, she explained how her favorite spot on campus was the library couches, which she claimed served as a “quiet and relaxing spot to study.” She also explained why she chose her major, citing that Adelphi has a “really great character of our society. It can be utilized and ways we can help our community when we’re able to do so.”

The students who are operating the account have done a tremendous job in highlighting the amazing students and professors who make Adelphi so special. We can’t wait to see the upcoming content they post.

The Delphian

of Adelphi’s “evening and weekend program—ingenious event in Salt Lake City, Utah in June.

Some of our students major, citing that Adelphi has a “really great

Adelphi senior Saira Amar, vice president of the Levermore Global Scholars Student Leadership Council, was the moderator of the event.

The actor spoke about how despite all his accomplishments, he’s dealt with a personal battle in his life. He said he lives with cleidocranial dysplasia (CCD), a bone condition that affects his teeth, skull, face, spine, collarbones and legs. He said this trait is usually hereditary, but he was the first in his family diagnosed with the condition. As a result, he’s had surgery to remove extra pairs of teeth, a characteristic of the diagnosis, plus adapted to a unique sense of flexibility due to not being born with collarbones.

However, Matarazzo said this has not prevented him from pursuing his goals. “I’m still 19 years old, so I’m still in the process of becoming an actor,” he said. “But I’m working hard every day to get where I want to be.” He explained that actors can do a lot more on stage than in television due to the performance being live and that there is lots of space to perform on. For many production sets, filming is usually done in a smaller area, leaving you to exaggerate a scene more. However, for Dustin, Matarazzo doesn’t feel the need to exaggerate performances due to the directors creating the characters holding almost “identical” characteristics.

After a stint with the Broadway show “Les Miserables,” he picked up the role of Dustin, which cultivated his rise to fame.

“[I]t meant so much more than anything else,” he said. “We started filming it [two weeks] after my thirteenth birthday, but that was all I was focused on. It defined my teenage life.”

According to Matarazzo, many actors dislike the idea of being defined by who they are on screen, but he embraces it. He’s watched the first two seasons of his Netflix series, labeling the pilot episode his favorite to film and be a part of, but the entire season three as his favorite to watch.

“[I]t gave us a driving force to be motivated to act and continue with the show,” he said. “We had so much fun.”

Actor Gaten Matarazzo (left) on the PAC stage with moderator Saira Amar, vice president of the Levermore Global Scholars Student Leadership Council. Photo by Claudia Papapietro

Unfortunately, things took a turn when the Covid-19 pandemic began.

“We started filming [season four] in March 2020,” he said. “Being [Joe] Quinn’s first day, the director told everyone there would be a two-week break, then turning to six months. I was trapped in my parents [New Jersey] basement, while finishing my senior year of high school.”

There was a long haul that prevented Matarazzo from completing his scenes from the beginning of the pandemic until six months later. Moreover, from April 2021 to July 2021 there were still staggered breaks in production. Matarazzo even picked up a job working as a food runner in a restaurant where avid fans of his show were able to notice the star, asking, “Gaten, is that you?”

He said it wasn’t enough to take the joy away from him coming back after the long hiatus to finish season three of the show. In opposition to the glitter and glamour, Matarazzo is a Mario kart fan alongside his brother Carmen, playing against their friends in competition. Though receiving praise among his peers for his exceptional play, he does not intend to turn professional at the game, he said. “I prefer single player due to the storylines and plot,” he said.

Matarazzo said that despite his successes in acting, he’s on a mission to exceed more. In addition to his prominent role on “Stranger Things,” he will now be starring in a new movie, “Honor Society,” set to be released at the end of the year, featuring Anjou Rice and Christopher Mintz-Passe.

“Who knows what happens after [Stranger Things]?” Matarazzo said. “What I can say is season four will be twice as long compared to the previous seasons, but it will pay off.”

Matarazzo knows what it’s like to start off unknown. He mentioned that there were times of peril, uncertainty and anguish, but in the end, he fought his way to the primetime role, making friends with all his cast members, including close friend Caleb McLaughlin who plays Lucas on the Netflix show.

Matarazzo took a moment to address the acting students in the audience. “You’re in a great market already,” he said. “Get an agent, say yes to everything, even if it sucks. There’s growing pains. It took two years for me to land an acting job, but if you pursue it, everything will work out.”

Bryanna Sile, assistant director of social media at Adelphi, said, “I couldn’t agree more [with Ana’s statement]. The account allows us to share information and aspects of Adelphi’s life in a fun, new way. It allows us to reach a larger audience and keep our community connected in new ways.”

Qamara Khan, another student who assists in operating the account, delved into the direction they would like to go, saying she would hope the account could be, “someplace for students to talk about campus and classes in a way that they’re comfortable and familiar with.”

“We want to continue sharing information and programs with students in a way that they want to see. We also want to continue to share videos that are relatable to our community and help them see that they’re not alone with how they’re feeling and ways we can help our community when we’re able to do so.”

The students who are operating the account have done a tremendous job in highlighting the amazing students and professors who make Adelphi so special. We can’t wait to see the upcoming content they post.
A Sit Down with Matthew Pezzulich: Adelphi Student and Director of “Antigone”

BY JAMIE GESELL

Matthew Pezzulich is a senior theater design technology major in the Honors College at Adelphi University, Pezzulich, who is from Franklin Square, NY, has participated in various theater events at AU, such as the Kennedy Center and American College Theater Festival. He recently directed “Antigone” on campus, which ran from March 29 to April 3 and is based on an Ancient Greek fictional tragedy by Sophocles. The folklore involving Oedipus and his children rooted in truth, feeling and catharsis says the character Antigone illegally burying her brother Polynices and dealing with the tyrant king, Creon. The Delphian recently spoke with Pezzulich about his work on this and other productions.

As a theater kid, he said he has been inspired by numerous musicians such as Stephen Sondheim, Kate Bush and Bjork. Music, in particular, has been a huge influence for him. He said whenever he starts a new project, he makes a related music playlist.

“Almost predominantly, I’d say the first thing I do when I start a project is to make a playlist of music that I feel fits either tonally, lyrically or somewhere in between,” he said.

After seeing Deaf West’s production of “Spring Awakening” in 2015, he developed an interest in directing. With his success in the Kennedy Center Festival, where he was a regional awardee for their directing intensive and invited to the national program, he made the decision to direct a whole production in January 2021. He then contacted the Theater Department and was given permission to fully direct “Antigone,” making it his first full director role.

There were many reasons why Pezzulich chose to direct “Antigone.” He said one was because of the theater history course he took in fall 2019 with Professor Brian Rose.

“When we read it, I remember I had such a difficult kind of understanding, not why she wanted to still bury her brother, because like, obviously, I understand that’s the way that you honor the dead. But why would she do that at this risk of her own life?”, he said.

He critically reflected on it, which fueled his interest in one day directing a play version. He also chose “Antigone” because of the pandemic. He explained it was during the shutdown that his grand- mother passed away, specifically in the last week of 2020. He had funeral proceedings for her with his whole family. During that process, it reminded him of Antigone. “I remember going like ‘oh, this is why Antigone did what she did,’” he said. Honoring the memory of his grandmother connected him to the plot of “Antigone.”

Pezzulich was awarded a summer research fellowship from the Honors College to do research for the show last year. The fellowship also allowed him to talk to many professionals in the theater industry about the direction the business was going and Covid’s influence over it. When it came to auditioning for the play, Pezzulich held them in a particular way.

“I asked specifically for a Greek monologue to be auditioned with and a poem that spoke to each individual auditioning as an artist,” he said.

When auditions were done, he sent his list to Maggie Lally, associate dean of the College of Arts and Sciences and a professor in the theater department. Pezzulich credits Lally as a big help for his show. “She was basically the representative for me in meetings and my advocate,” he said.

When eight actors were cast from the auditions, they and the rest of the production collaborated with the Dance Department. According to Pezzulich, junior dance student Claire Gaylor and her associate Ju- lia Lawton worked together to create much of the choreography for the play. Three dancers performed in the play alongside the actors, making it a total cast of 11.

There were challenges Pezzulich faced on the way, one of the biggest being a lack of time.

“Spring break was in the middle of our process so we wound up losing five days,” he said. Another challenge was keeping the play fun for the cast members. “Part of the challenge was to make the process fun so that it wasn’t like ‘Oh, God! I have to go perform and think about family members dying and I have to build up all of this intention to get out this performance.”

There was still a “general excitement” as he put it within the cast and crew to perform “Antigone.”

Pezzulich is extremely proud of how things turned out. He’s most proud of the attendance. He said there were around 45 people for each night of the performance. “Just the actual nature of people coming to it is something that makes me proud,” he said.

He also cites the hard work of his cast and crew. “I’m proud of the work everyone did and I’m proud of myself that I created the room for that to happen,” he said.

His favorite part of the play, he said, was the Creon-Hammon debate because, as he put it, “I like ’Paradise Lost’ and it feels very reminiscent of the God and Jesus debate in that book.”

After Adelphi, Pezzulich plans to pursue directing as a career, still using Ancient Greek plays as a resource. “There’s something about Ancient Greece that I don’t want to leave, especially just with how much I put into the past year. It feels weird walking away from that,” he said.

For anyone aspiring to be a director like Pezzulich, he advises them to keep a “level head and to “trust everyone in the room” because, as he said, “you have to give people the chance to rise to the occasion.”

To learn more about upcoming plays and performances on campus, visit www.adelphi.edu/pac.

EATAT: A Student Council That Helps Your Voice be Heard

BY JAMIE GESELL

There are many different ways students can express their voice here at Adelphi. Whether through clubs, fundraisers or other special events, they can share their opinion on something they hold dear. One particular way students can have their voice heard is through the Equitable Adelphi Action Team (EATAT). It’s a student-centered council that works closely with the Division of Student Affairs at Adelphi. They deal with issues such as diversity, equity and inclusion and propose courses of action that the school could take. EATAT is an integral council that contributes so much to the university community.

EATAT was formed in summer 2020 by Dr. Sentwali Bakari, vice president of student affairs at Adelphi.

“He is always looking for ways to hear the student voice and particularly at a time when there was a lot of national conversation and unrest around issues of racial justice,” said Anna Zinko, Adelphi administrator who is a part of EAAT. The death of George Floyd on May 25, 2020, for instance, was one such racial justice incident that fueled Bakari to create EAAT. The name Equitable Adelphi Action Team came from students who wanted not just a space to talk, but a place to take action and be “actionable.”

Robin Kim, one of the faculty members who greatly helps EAAT. Photo from Adelphi website

Students are the ones who actually make up the team, setting the priorities and agenda. Faculty members are there for support and to help guide the students in EAAT. There are approximately 10 to 30 students involved. In a typical meeting, students can bring up whatever is on their minds, be it about diversity, equity, inclusion or any other pressing matter. Lately, meetings have been focused on how to expand EAAT and get other students involved. Work on social media accounts on platforms such as Instagram have been discussed to help spread the word of EAAT.

“I am really excited we are moving forward with our plan to increase social media presence,” said EAAT advisor Robin Kim, associate director for the Center for Student and Community Engagement. “The current members on the team have shared their feedback on an Instagram handle as well as ideas for posts and stories to increase engagement and awareness for EAAT.”

One of the things EAAT has done for the Adelphi community deals with the Panther Pantry. Students in EAAT felt that the pantry wasn’t well known on campus and had ideas on further nutritional items that can be available in the pantry. After much work, they formed the Panther Pantry advisory board to help with the pantry. It includes students who utilize the pantry and faculty knowledgeable in areas of nutrition and health.

Another thing EAAT has done for Adelphi is help make diversity training required for student club executives. EAAT students felt that leaders of clubs needed to be exposed to diversity training and managed to change the policy to make executive boards of clubs and organizations attend diversity training.

In addition, EAAT has created a diversity pledge for the campus community. They plan to continue outreach and programming things around the pledge in future semesters.

If you want to join EAAT or visit one of their meetings, visit their website or contact rkim@adelphi.edu or azinko@adelphi.edu. For any student wanting to have their voice heard more, EAAT is a great place to do it.
Active Minds: A New Student Organization Breaks the Stigma Around Mental Health

BY MYLO FISHERMAN

Struggling with a mental illness is hard and having to deal with it alone on top of the societal stigma that surrounds it is even harder. Active Minds (AM) is one of Adelphi University’s newest clubs that promotes the awareness of mental health, breaking the stigma and silence surrounding it. The AM membership is a safe space and a community for people to openly express their concerns and emotions. Additionally, AM is a place anyone can go to for help and a sense of community.

The AM membership is currently about 10 students who have a dedicated passion for mental health change. This club’s events focus on ways to cope with stress and deal with negative emotions, including rock painting and stress ball making. They also had a yoga meeting and a friendship bracelet meeting. The Delphian asked a few eboard members of AM what their favorite types of meetings were about.

River Gorman, AM’s public relations manager and a first-year student, described Active Mind’s Drown Your Stress event, which took place on April 8. “[We] wrote down our biggest stressors and then we dumped them into a bucket of water. It was very therapeutic in a symbolic way to take control of stressful things in our lives.”

Ali Abbey, AM’s vice president and a junior mathematics major, described the “Science Behind Mental Health” meeting, which took place on March 4 and was a collaboration with the Psychology Club. “AM collaborated with the Psychology Club to discuss different hormones [serotonin, dopamine, etc.] that are in play with different mental health conditions and then we physically built the molecules out of craft supplies. It was fun to collaborate with another organization and it was really interesting building the molecules as actually seeing them in real life gave a new perspective on mental health.”

Some members have a very special connection to this organization as a whole. When asked why they joined AM, junior psychology major Sammie Amber answered that she has “a passion for mental health” and their “goal in life is to become a child psychologist.”

They added that they want to be in their life “be able to create a safe space for people to have support for their mental health.”

When asked the same question, junior psychology major Ren Blake stated that they joined AM because they “struggle a lot with mental health and this club was a place for social space where I can feel heard and supported in a place where I wouldn’t be judged.”

Julianne Farrell, the founder of the organization and a junior psychology major, said, “This organization means that I can create a place for me and the Adelphi community can have a safe space. Since I have struggled a lot [with mental health] it is important that I can create a space to support the mental health of others. For the future of this club I hope that we can create a long-lasting impact on the Adelphi community. I hope to continue to collaborate with other organizations as well as bring in guest speakers from the AM organization.”

To learn more about their organization you can email them at activeminds@adelphi.edu, follow their Instagram @active_minds_adelphi, and you can also join their MyAULife page, myaulife.adelphi.edu/organization/activeminds.

MAXMILLIAN ROBINSON

Note: Each year it’s a tradition that graduating Delphian staff write a final editorial about their time at Adelphi and this newspaper. Maxmillian Robinson is the editor-in-chief and this is his last issue at the helm.

It was August 2018, when I arrived on Adelphi University’s campus to reside here over the next four years. I announced the launch of my personal retail company, MillianMade, and was known for being an athlete back in high school. I wanted to carry that tradition into college, so in my first year, I became a member of the Adelphi club basketball team, in addition being the team manager of the men’s Adelphi Panthers division two basketball team.

In all honesty, writing was never my strong suit. In high school, I was the news anchor for the morning news announcements, but struggled with writing assignments in my English class. In my sophomore year at Adelphi, one day it occurred to me that I need to think longterm in order to fulfill one of my goals in life to be a sports broadcaster. On one hand, reporters are seen in front of the camera. On the flip side, they’re constantly taking notes, asking questions towards subjects and gaining information needed to deliver a great story. I was informed about an organization on campus called The Delphian newspaper, which produces articles for the student body. I decided I’ll give it a shot and see how I felt about it. After writing my first story, staffers and some people on campus were surprised how well the story was written. I was offered and accepted the sports editor position for the spring semester. I would continue to hold the role through the spring 2021. When I heard the role of editor-in-chief was open, I instantly went after it.

If you told me four years ago that I would become the head editor of an award-winning newspaper, I’d say that you’re crazy. What I learned from being here is that no matter what you do in life, don’t be afraid to try something new. Not only was I able to create memories on campus, being able to interview “Stranger Things” actor Gaten Matarazzo, I was also able to make memories off campus, landing an internship with YES Network, the television company for the New York Yankees baseball team. It allowed me to be on the field, around some of my favorite players for my favorite sports team. This all happened because I was willing to take a bold leap into something that was unique, yet turned out good on my behalf. Looking back, while the road was not always smooth, I can positively say that I will leave Garden City having no regrets or cause for remorse. I tried everything I possibly wanted to, did everything that I wanted to do, and worked as hard as I possibly could to achieve everything I wanted. Thank you to Professor Liza Burby, website editor Justin Kreese, my fellow editors Katie Farkas, Bianca Viana, Nicolas Rontanini, former editors in chief Maria, Jaclyn, Olivia and all the staff writers I’ve ever worked with. Without you, the paper would not be what it is today.

Max reflects on his college graduation with this picture from his preschool graduation.
An Grad Student with Multiple Leadership Identities

BY TINGYI WANG

Danlei Hu is an Adelphi graduate student, chairwoman of the CSSA and a successful business owner.

“I wanted to start a company because my first boyfriend wants to have a company. At that time, we were very popular in doing business simulation competitions, but my high school was worried that it would not be effective,” she said of her original intention of starting the company. “So, I registered specifically for the business of the company for the simulation competition.”

Hu is working hard for a management company and also has some good outstanding achievements.

From 2015 to 2017, her company adjusted its focus to organizing various business competitions. At that time, her company contracted the only student business competition in the Zhejiang area. In other words, all the students will participate in these competitions in her company.

The business competition is a group of four to six people, and there are several groups going to compete. They are simulated to build a company to operate and simulate the market economy for each group. The company with the highest market capitalization is the winner. Those students who come to participate in the competition are interested in business areas. Hu’s company has also trained many students who are now engaged in hotel management and business operations: “I think it makes a lot of sense,” she said.

In 2018, she turned the company’s business to event planning. Unlike the previous business, the current business, also Hangzhou Chuangyi Business Management Co., Ltd, is focused on planning events for others, and her company is not the organizer. Her company’s main customer base are students who want to become business majors. The company currently employs about 20 people and an annual income of about $50,000 to $60,000.

“The former chairwoman and secretary-general liked me very much after seeing my resume,” Hu said. “My resume is the strong part of my personality.”

Even with her demanding leadership roles, Hu manages to also excel in the classroom.

“She is a very good student. She participates well in class and engages in class discussions,” said Pavan Antony, a professor in the Ruth S. Ammon College of Education and Health Sciences. “She has met with me a few times to inquire about questions related to course work. During the last semester, she worked in groups with a few other students on group assignments where she participated actively.”

Hu studied in China before attending Adelphi. Because of Covid-19 she was taking classes online from her home in the Zhejiang province, Ningbo city, China, though she is back on campus now. She worked at a student association in high school and as a league brunch in college. Now after studying abroad, she is still working in the student association as the chairman. Another student might have been discouraged by these challenges, but Hu showed her resilience by being as involved as she could possibly be on campus even if she might not be there physically.

“When I started my business, I also had to prepare for China’s college entrance examination, and exam abroad. So, I only sleep four hours a day,” she said. “I had a miserable life when I started a business, but the achievements belong to me. I feel pretty good now because the company has also made money. I am satisfied with my life.”

After graduation in December 2022, Hu planned to apply for a PhD in special education in autism or education leadership.

“Real Housewives” Star Arrives in Support of Take Back the Night

BY MAXMILLIAN ROBINSON

On the stormy evening of April 14, Take Back the Night, which is Adelphi’s annual event dedicated to spreading awareness about domestic assault prevention, opened up with a poem called “The Strong Woman,” by a former professional basketball player, Shaq, and saw my daughter as well as my son.

“Mood swings, reckless driving and abandonment,” she said. “My ex threatened to kill me on several occasions by speeding through Rodeo Drive. He left me at the bar. Go with your gut. If you feel it, then it’s abuse.”

Armstrong also expressed isolation as a red flag, as her friends did everything they could to form healthy friend groups with other spouses, encouraging the couple to drop the tension and reunite.

“It was my birthday and we celebrated it,” she said. “My twenties are a time to figure out who you want to be, what you can and can’t accept, plus what friends you have. Formally and in business too.”

She added that this led to the disparaging relationship with her former husband (Russell). She said that in the beginning the partnership was “good” as she genuinely loved him. Down the road however, Armstrong pointed out several “red flags,” which ultimately led to her filing for divorce, such as jealousy.

Armstrong said, “[He] accused me of sleeping with the waiter [from a new restaurant] that I knew nothing about. He would go through my cellphone, old contacts and each person. He even accused me of sleeping with [former professional basketball player] Shaq, so I was forced to take a [polygraph] test. It was never enough”

The situation only became more complex once her now 16-year-old daughter Kennedy was born.

[“Russell] now had full control,” she said. “While I was running the garment district, he told me to quit and then ran me out of money.”

Armstrong also explained isolation as a red flag, as her friends did everything they could to form healthy friend groups with other spouses, encouraging the couple to drop the tension and reunite.

“It was my birthday and we celebrated in Vegas. That night, I went back to the hotel with Lisa [Vandenberg], went to Chippen- dales and was accused of cheating,” she said. “He then held me down, punched my eye and jaw.”

She received ocular reconstruction surgery for her bruises, yet still wanted to go back to the relationship, due to his swift change in character.

Eventually, Armstrong said, “He didn’t show up to divorce cus- tody; she said. “Later I found him [hanging from a rope] and saw my daughter as well saying ‘Did Daddy do something stupid again?’”

All of these signs led to a death that could’ve been avoided through calling the do- mestic abuse hotline and the boldness to walk away sooner. Armstrong urged everyone in attendance and for those who are reading this to be mindful of these characteristics.

“Mood swings, reckless driving and abandonment,” she said. “My ex threatened to kill me on several occasions by speed- ing through Rodeo Drive. He left me at the bar. Go with your gut. If you feel it, then it’s abuse.”

Aside from her high-profile lifestyle on television, Armstrong is an active member of her community. She visited five children’s shelters to help build a relationship with families involved in domestic abuse.

“Each kid made their own cover book and pics of beds were in each photo,” she said. “This is paradise because it felt like they never had a shelter, which Kennedy never did.”

Armstrong wishes time with her daughter was brought back so that Kennedy was protected better.

“Me and K’s lives were spared, but Gabby’s wasn’t,” she said. “My dream is that no child has to draw a bed and shelters are empty. Education is the most important. Say something if you see something wrong, so that these situations are prevented.”

The Take Back the Night event contin- ued after Armstrong left, with numerous indi- viduals in the Adelphi student body speaking out about their former relationship concerns.

This was followed by a campus-wide march around Adelphi, encouraging the stu- dents to speak out and to forever stop preven- tion. One comment from a participant stood out the most for its stunning power. “Stand up and fight! Cause we all have the right to be safe at night,” it read.

Another annual event, the clothesline project, took place that day from 10:30 am to 3 pm. This event, sponsored by the Criminal Justice Program, Criminal Justice Club and InterGreek Council, is a powerful visual display on campus to honor survivors as well as victims of intimate violence through hand- painted T-shirts on a clothesline.
A First-Generation American Explains the Holy Month of Ramadan & Eid

BY MALIKA BURIEVA

The holy month of Ramadan just recently took place, a month-long religious journey that consists of fasting and worship. Ramadan is observed by 1.8 billion Muslims this year, and this year, Ramadan fell during the month of April. According to the lunar Islamic calendar, Ramadan commences with the arrival of the crescent moon on April 1 and concludes on May 2. The act of fasting during Ramadan consists of withdrawing from any meal, drink or substance use for about 15 hours a day. Meals take place from Suhoor (pre-dawn) to Iftar (dusk). A fast is both open and broken through the consumption of a date and water. Before dawn Suhoor, a prayer (called Fajr) must be prayed. Before dusk Iftar, a prayer (called Maghrib) must be prayed.

At Adelphi, room O20 in the lower level of Earle Hall was open all month for fasting students, faculty and staff. They were encouraged to join the Suhoor meal and Iftar meal.

Ramadan does not only consist of fasting and worship. Other events are in play, like giving back to the less fortunate (the act of Sadaqah), reciting the holy book of Qur'an, practicing self-discipline and control, and encouraging unity are common practices. Ramadan is a month of forgiveness, goodness, respect and charity.

My family loves Ramadan. For all Muslims, it is a time of repentance and giving back. However, we do not fast as often as we should. We find ways to keep our bodies nourished through prayer, giving Sadaqah and inviting others for our annual Iftar dinner. Our background is Uzbek-Turkmens, my mother being Uzbek while my father is Turkmen, both being from the country of Uzbekistan located in Central Asia. For the longest time, it was under the Soviet Union, from 1921 to 1991. Communistism was the main ideology of the Soviet Union, Uzbekistan being a country that fell under this political ideology. Unfortunately, with communism, religion does not intersect well. With the majority of Central Asia identifying with Islam, Muslims who observed Ramadan had to practice in secret or not practice at all. After 30 years of Uzbekistan’s independence and the fall of the Soviet Union, my post-Soviet parents are just now attempting to revive their religious affiliation, along with myself, as their first-generation American daughter.

Saim Armar, a Pakistani-American senior at Adelphi majoring in international relations, shared her personal experiences of the holy month.

“I love Ramadan so much, but I personally always look forward to the month during the summer when there was no school,” she said. “This is the first year that I’m experiencing it during a semester. I’m graduating, so a lot of pressure has taken over. I’ve been struggling to juggle my schoolwork, work life and caffeine withdrawal. It’s been a struggle to fast, however, it’s about the [tenths] day and it’s been getting better. Sometimes, after I break my fast, though, it depends on how much energy I have. I go to the mosque, hang out with my friends, have ice cream with them or go to the bodega.”

The tenth day Armar referred to is the tenth day of Ramadan in which she felt as though she was getting used to the feeling of fasting again. Muslims all over the world have unfamiliarity when fasting, although it is a yearly occurrence. A balance of their work life, social life and spiritual life come into play during this time of year and they tend to juggle with it. Though, with time, their bodies become used to the feeling of a spiritual cleanse of their soul. After all, fasting is the act of bettering one’s self.

My overall experience with the holy month of Ramadan consisted of being at peace with myself, my family and others around me. I tend to be happier and more satisfied during this season knowing that it is a peaceful time where every Muslim in the world is bettering themselves.

Eid al-Fitr, which is on May 2, is the celebration that takes place after Ramadan. It is the grand feast that concludes the holy month with its last Iftar of the year taking place. It is a day of family and friends receiving gifts, feasting and overall happiness. It’s not to be confused with Eid al-Adha, which takes place in July 2022.

Eid Mubarak to all that are celebrating!

Career Search: How To Choose a Career That Isn’t Like Your Parents’ By MAXIMILLIAN ROBINSON

Like many seniors, Paritosh Kumar, an Adelphi criminal justice major, is worried about finding his first post-graduation job. In pursuit of obtaining a career as a lawyer, he has found some assistance from friends and received advice from other people in the field. Yet, the future still looks uncertain.

“My concerns about finding a job [to be honest] is the location where the job is and the salary,” Kumar said. “I have been applying on Indeed and other sites to get a job. Also, my friends gave me some connections if I ever need a lawyer job.”

He has sent his resume out to law offices, including one where his uncle works. While his ultimate goal is to become a successful lawyer, he is okay with taking entry-level positions, such as paralegal jobs to establish his portfolio.

Kumar isn’t the only one to feel this way. Millions across the country are in the process of graduating from their respective colleges and onto the real world stage. While this time may seem exciting, reality is about to hit. Many are about to graduate without a job and have minimal prior professional experience. With only a few weeks left until commencement, we spoke to experts on Adelphi’s campus who shared advice on landing a job or obtaining a better one.

They said to start with your resume. Laura Black, director of internships in the Robert B. Willumstad School of Business, had a lot to say about the appearance of resumes submitted to the hiring manager.

“It’s typically the first impression a company’s recruiter has of a candidate,” she said. “It is important that students have a professional and error-free resume.”

Furthermore, Black stated that a student’s resume should include the URL for their LinkedIn profile so business professionals can get a deeper sense of the candidate. A new grad’s resume is meant to highlight academic accomplishments, past internships and work experience, skills such as technical and language, plus community service involvement, but a LinkedIn profile can expand on that by giving the candidate the opportunity to give voice to their career goals.

“These help to tell the story of who a candidate is job often used as the basis for interview questions during the hiring process,” she said.

While LinkedIn is a business-related social networking site that contains a job board, experts suggest that you look into Handshake and Glassdoor, which are first and foremost job search sites. AlumniTracks is a networking platform that connects current Adelphi students with alumni, many of whom hold prestigious positions in the workforce.

Your resume is not the only thing that matters. Elaine Boylan of Adelphi’s Center for Career and Professional Development spoke to experts and job search connections. With 20 years of experience as a career counselor, she has worn many hats, including running the On-Campus Recruitment Program for the School of Business and College of Arts & Sciences, organizing employer panels for students to interact with industry insiders, coordinating the annual Job Expo, and teaching an internship prep course, initiatives that are designed to foster students’ knowledge of the workplace and the importance of networking.

“Up to 75 percent of opportunities are discovered through connections,” she said. “Thus, that is where our students need to devote their time.”

The pandemic has certainly affected this number due to the decrease in social interaction. Students in the last two years have not had as many opportunities to cultivate their professional networks. As working and learning that is now changing, due to the pandemic being more under control.

Boylan pointed out that since 2020 many people have decided to switch career tracks. When the Covid-19 outbreak started, many in the hospitality industry, such as hotel and cruise line staff, lost their jobs, spurring some to refocus on a more promising career path such as healthcare.

“No matter your field, a [solid] work ethic really counts,” she continued. “The little things, like responsive email replies, can indicate a commitment to success and underscore the idea that business protocol is primarily good manners and common sense.”

Hundreds of students have had internships or job opportunities with big name companies during their enrollment at Adelphi, some through the successful Jaggar Community Fellows Program, now in its thirteenth year. On the other hand, some students may have had one job at a small company or were president of an on-campus club where they developed leadership skills. In the event that a hiring manager receives both applications, students may wonder if recruiters factor reputation in the attention-getting company name or if the student’s presence on the company’s sight matters.

“Employers are focused on preferred skills rather than lists of work sites,” according to Jonathan Ivanoff, the associate director of Internships with the Career Center.

Boylan agreed. “Employers prefer that skills be demonstrable. The depth of experience and the competencies developed outweigh other factors.”

Knowing that having a good resume and networking are important to landing a good job, there are other things that a student can do to distinguish themselves from others in the job market, according to Black, who serves as Adelphi’s Career Center. Boylan maintained that attending career events, conferences, seminars and every class meeting makes an important difference in not only what you learn, but in how you are perceived.

“Students who are the most successful, by and large, are the ones who are engaged, the ones who show up,” she said. “When you show up, things happen. You meet and interact with new people, who then meet and interact with others. It’s a self-perpetuating cycle.”

She added that the idea of networking isn’t about gaining tons of followers on LinkedIn or Instagram, but about “cultivating relationships which may lead to opportunities down the road. People often talk about being in the right place at the right time. To be in that place, it’s essential that you engage regularly, rather than opting to sit at home behind a computer screen.”

Boylan said it also helps to show interest in others. “People in your network don’t necessarily have to be in your field,” she said. “They could be your neighbor, a person you see in class once a week, your mail delivery person. You may not find out about potential opportunities, or about who knows who, until you start being interested in other people. That’s when things start to happen.”

And there’s good news for seniors.

“Recent headlines announced the good news that companies would be hiring more 2022 grads than they did in 2021,” Ivanoff said. “Career hiring is picking up, and they’re looking for fresh new talent to add to their ranks, so the opportunities are certainly out there... if the student is ready.”

But students shouldn’t wait until they’re about to graduate to start focusing on the steps they need to take to look for a job. “The Center for Career and Professional Development and the Division of Student Affairs strongly encourages students to engage in the various career-building experiences (on/off campus employment, internships, leadership positions in clubs and organizations, etc.) available to them throughout their time at Adelphi University,” said Thomas J. Ward, Jr., assistant vice president for career development and strategic partnerships. “These experiences can help students develop skill sets and assist in clarifying their personal and professional interests.”

Students looking for career advice should visit Adelphi’s Center for Career and Professional Development, located in room 200 inside of the Nexus building. Here, you can receive free help on structuring your resume, including mock interview assistance.
Adapting to Covid-19 in Order to Maintain Friendships

BY JOSEPH D’ANDREA

The Covid-19 pandemic not only affected the health of the global community, but the relationships within them. To look on the bright side of matters, the pandemic emerged at a point in history in which the world as a whole was no stranger to virtual forms of communication, from something as interactive as social media, to a simple text message or email. Nonetheless, an adjustment was necessary in order to keep health risks in check, while attempting to remain intimate with friends in some sense—utilizing online platforms like social media.

As seen on a grand scale, online platforms that provided interaction such as Zoom took off during the height of the pandemic. Social networks as a whole, as well, saw a significant rise in screen time by users since 2020. An informational graph provided by Statista shows that the average daily time spent on social networks rose during the pandemic. From 2019 to 2020 alone, there was an increase of nine minutes per day by U.S. users, and the 65-minute average has remained consistent since then. An article in “The New Yorker” magazine from June 2021 titled “What Did Covid do to Friendship?” expressed how not only friendships, but communication as a whole was affected during the height of Covid-19’s presence.

“Good conversation,” the article reads, “is necessary glue for any friendship. But, given the attenuation of social engagements during quarantine, there often seemed to be less and less to say to one another. I’m reminded of a long-distance college boyfriend, with whom each subsequent phone call felt more and more like a chore, until we stopped talking altogether.”

The impact Covid-19 had on communication goes without saying, but the advantages of technology and social media worked in serving as a solution in some ways to overcome the social challenges brought upon by the pandemic.

In a poll put out by The Delphian to Adelphi students, 88 percent of participants agreed that they felt a difference in communication with friends during the pandemic. The results of the poll are highly reflective of the strain the pandemic put on friendships. For college students, this was especially the case, being that commuter students in particular felt both physically and emotionally disconnected from campus life. The importance of feeling a part of a community is crucial, and so this is where social media emerges in the big picture of the pandemic. Adapting to anything in life can be difficult, but college students at the very least felt an upper-hand since they are a part of a technology-centric generation.

In another poll posing a similar question, 68 percent of students claimed that social media helped them cope with the pandemic. Jacqueline Smiley, ’21, a sociology major with a minor in African Black and Caribbean studies, agreed with the majority opinion.

“I relied more heavily on social media,” said Smiley. “My friends were—and still are—constantly texting each other now, and we are missing out on certain details of each other’s lives that we would know or notice in person but can’t due to everything being virtual… I feel like technology was a great advantage. We had streaming parties through apps, and would FaceTime, text or call each other when we wanted to relax, but it isn’t the same as being in person.”

Going along the same lines, Kelly Andreuzzi, a junior and environmental science major, felt equally affected by the barriers set up by quarantine, but made the best out of the situation.

“It became difficult to socialize in general due to the compounding stressors of a global pandemic and a changing world,” she said. “During the pandemic, it was fun to play games with friends remotely. My club, the Environmental Action Coalition, would sometimes play online Pictionary together to pass the time… Virtual games really helped me work through the new barriers and challenges of the pandemic. It was a way to socialize and have fun… Being familiar with platforms [like Discord] made staying connected easier.”

From my personal experience, I endured the same challenges regarding communication that others faced, however, I differ in that I do not use social media. Although that may be the case, I was able to remain in touch with my friends through text messaging, and this aided greatly in preserving some friendships that may have fallen through as a result of a lack of in-person communication. I am grateful for the amount of technological availability that exists, and it surely made my time during the pandemic simpler to navigate socially.

The global pandemic created many obstacles for everyone of every age, but the fortunate presence of technology allowed for some relief to the stress of being separated from others in a time of uncertainty.

The Last Drop: When Those Who Help Need Help too

BY EVA HAISHUN

The healthcare system has been going through hard times even before the pandemic. Doctors and nurses have been working overtime, with night shifts and endless lines of patients. While medical professionals take care of others, no one looks after them. In fact, nurses and doctors frequently prioritize the health of their patients over their own well-being. This mentality takes a toll on the physical and mental health of the medical personnel. In modern times, when technological advances made it possible to cure diseases that were considered deadly in the past century, mental health is still being neglected as a crucial part of living. According to the National Alliance on Mental Health, common mental health conditions such as depression, generalized anxiety disorder, bipolar disorder and borderline personality disorder are frequently stigmatized, leading people to avoid seeking help. And the consequences of this mindset translate into the medical field as well.

The healthcare industry is one of the most stressful fields; doctors and nurses make life-and-death decisions, often when sleep-deprived. While in theory, medical professionals should be the most healthy people, that is far from true. The study on Chronic Disease Prevalence and Healthy Lifestyle Behaviors Among US Health Care Professionals done by Mayo Clinic demonstrates that while doctors have fewer instances of obesity and diabetes than the general public, in the past two decades, the rates of both obesity and diabetes have grown by 50 percent. In reality, they have to go through immense challenges that take a cost on physical health, which, in turn, affects mental health and can cause burnout and depression. Nurses interact with patients daily. They give bed baths, help them eat, get them out of bed, change bed sheets, administer their medicine, and most of the time, they need to do that for multiple patients at a time. But it is never purely physical labor: nurses form an emotional bond with a patient, even for a short period, and sometimes not only with patients. Nurses handle difficult conversations with a patient’s family and often have to know how to deal with the adverse reaction. They must take care of their physical and mental health to handle the stress of the job and help people, but it is a skill they have to learn on their own.

The Delphian nurses live through difficult moments with their patients daily.

Nursing is not only a high-pressure job but a stressful degree to get. It requires a lot of time to prepare for the classes and frequent testing. Students say they often take several challenging subjects while juggling part-time jobs and family responsibilities. Yet the challenges don’t stop students from pursuing a career in nursing. Gabriella Salce, a junior nursing student, said that there is a lot of stress she needs to handle, on top of studying and a part-time job...

She said, “The workload can be overwhelming at times. But then I think about the reasons for wanting to become a nurse, and I push through. I know that the stress will continue as a nurse, but I know that I will manage.”

Luckily for us, Salce and many other nurses continue to push through the hardships to help people, sometimes at the expense of their well-being. However, I believe that it should not be the case, and there are ways to help the ones who sacrifice so much to support people. In Salce’s case, neither school nor job provides training on stress management. The institutions are worried about educating the curriculum and have no time to help people navigate the stress of their future careers. It is integral to give nurses the appropriate education so they can manage their mental health well. Studies demonstrate that while workshops on stress management are practical, lack of implementation and supervision makes them inefficient. Nurses do one of the most important jobs—they take care of people’s lives. And there is very little done to help them manage their struggles. It is especially evident after the pandemic. In two years, the stress only increased, but nothing had changed. Now both schools and hospitals put nurses in charge of their well-being, which not many people are equipped to do. While the stress can finally happen over time, the change needs to start somewhere, and so far, it has not.
BY MITCH COHEN

In any rap song, one of the best elements is when an artist references something else. Whether it’s about an athlete or a fictional character, this helps the listener get a better understanding of the artist’s interests outside of music. With that said, one of the most popular references that rappers make is about the anime “Dragon Ball Z” (DBZ). Known for its memorable characters and fast-paced action scenes, DBZ has become culturally beloved in the United States, especially by those in the rap community.

Before discussing the lyrical references to DBZ, it’s important to learn about the show itself. “Dragon Ball Z” focuses on Goku, a Saiyan who goes to Earth. As he gets older, he learns martial arts from a hermit named Master Roshi and battles several villains throughout his journey such as Frieza and Majin Buu. As previously stated, “Dragon Ball Z” excelled at creating fast-paced fight scenes. During these moments, characters would not only fight with martial arts, but would also rely on energy called ki. By charging enough energy, characters were able to shoot incredibly powerful waves of energy from their hands. Some of the most famous attacks include Goku’s Kamehameha and Vegeta’s Galick Gun. Overall, DBZ’s likable characters and fast-paced action scenes made it incredibly popular amongst its fans. Some of them became hip hop’s biggest stars, such as rappers Jay Rock and rapper/producer Pierre Bourne.

Although rap music and Dragon Ball Z are two different entities, they have more in common than one might think. On the website Genius.com, there is a video called “A Look at Hop Hop’s love for Dragon Ball Z.” In the video, host Jacques Morales talks about how several rappers grew up watching DBZ. The video features Adult Swim creative director Jason Demarco, who described DBZ as “empowerment fantasy”. The show was so popular with minorities that kids would come up to Demarco and tell him how much they loved the show. “I get why a kid would want to watch that”, said Demarco. “There’s nothing wrong with a kid whose hero is a cartoon character [that encapsulates who they want to be]” he added.

As for rap songs themselves, they are filled with references to heroes, villains and plot points from the Dragon Ball universe. One of my favorite references comes from the Jay Rock song “Hood gone love it.” In this song, Jay Rock has a line that reads “whip like a fireball; call it Goku.” Here, Jay Rock is referencing the Kamehameha, which is Goku’s signature attack in the show. He is saying that his car is hot like a fireball, just like the projectile Goku shoots out of his hands. To switch gears, another song that references Dragon Ball Z is “Guillotine” by rapper and producer Pierre Bourne. In this song, Bourne has a line that says “Gohan on my cloud.” Similar to the previous artist, Bourne also references Goku. Unlike Jay Rock, Bourne references the Flying Nimbus. This is a cloud that Goku uses to get around when he doesn’t feel like flying. Bourne also references Gohan, who is Goku’s son.

BY MYLO FISHERMAN

While Disney capitalizes on LGBTQIA+ people during pride, they do not put action behind the community they profit from.

Chapek sent an email to Disney employees titled “Our Unwavering Commitment to the LGBTQ+ Community.” He was met with counter statements in the form of a letter from the LGBTQIA+ employees of Pixar and their allies.

The first claim that Chapek made in his email is that Disney has a long history of supporting the LGBTQIA+ Community. The Pixar letter states, “Disney Parks did not officially host Pride until 2019, in Paris alone.” They added, “Disney began capitalizing on Pride in 2018 with The Rainbow Mickey Collection (while de-emphasizing the terms like LGBTQ+ and not even featuring explicitly LGBTQIA+ pieces such as Pride flag pins until 2021).”

This shows how Disney executives feel fine profiting from the LGBTQIA+ community, but when it comes to actual support they take a step back.

The second claim Chapek made is that “corporate statements do very little to change outcomes or minds; instead, they are often weaponized by one side or the other to further divide and inflame.” Chapek added, “Simply put, they can be [counterproductive,] undermining more effective ways to achieve change.”

In the Pixar letter, they have stated multiple instances that prove the contrary. One of which occurred in 2016, when Disney addressed the controversial Religious Liberty Bell by telling Georgia: “We will plan to take our business elsewhere should any legislation allowing discriminatory practices be signed into state law.”

This statement had a direct effect on the legal outcome in Georgia, further dividing and inflaming the community. Chapek’s email is that Disney has a long history of working with LGBTQIA+ employees of Pixar and their allies.

We at Pixar have personally witnessed beautiful stories, full of diverse characters, come back from Disney corporate review shelves down to crumbs of what they once were,” the letter continues. “Nearly every moment of overtly gay affection is cut at Disney’s behest, regardless of when there is protest from both the creative teams and executive leadership at Pixar. Even if creating LGBTQIA+ content was the answer to fixing the discriminatory legislation in the world, we are being barred from creating it. Beyond the “inspiring content” that we aren’t even allowed to create, we require action.”

The Disney family spoke out and took action against Chapek’s handling of the “Don’t Say Gay” bill. Roy P. Disney is the grand-nephew of Walt Disney. At the HRC annual gala in March, he and his wife took the stage to announce that their family will be matching donations up to $500,000. He stated, “My wife, Sheri, and I have been members of HRC for over 20 years.”

Chapek stated that he had plans to discuss Disney’s opposition to the bill. In the Pixar letter, they have stated multiple instances that prove the contrary. One of which occurred in 2016, when Disney addressed the controversial Religious Liberty Bell by telling Georgia: “We will plan to take our business elsewhere should any legislation allowing discriminatory practices be signed into state law.”

This statement had a direct effect on the legal outcome in Georgia, further dividing and inflaming the community. Chapek’s email is that Disney has a long history of working with LGBTQIA+ employees of Pixar and their allies.

The Disney family spoke out and took action against Chapek’s handling of the “Don’t Say Gay” bill. Roy P. Disney is the grand-nephew of Walt Disney. At the HRC annual gala in March, he and his wife took the stage to announce that their family will be matching donations up to $500,000. He stated, “My wife, Sheri, and I have been members of HRC for over 20 years.”

The Delphian spoke with a few Adelphi students to get their take on the story. According to Brian Egan, a sophomore English major, “Companies and corporations are not obligated to comment on recent legislation. Nor should they. I don’t care about companies’ politics. I care whether or not I want to buy their product. Corporate statements and tweets are often times empty and meaningless.”

Kennie Cervantes, a sophomore computer science major, shared a differing opinion. “I feel as though Chapek’s response to this bill was completely performative.”

Chapek sent an email to Disney employees titled “Our Unwavering Commitment to the LGBTQ+ Community.” He was met with counter statements in the form of a letter from the LGBTQIA+ employees of Pixar and their allies.

According to the Pixar letter, this claim is far from the real experience Pixar employees had when attempting to create gay affection and get it approved by Disney executives.

“We at Pixar have personally witnessed beautiful stories, full of diverse characters, come back from Disney corporate reviews shelves down to crumbs of what they once were,” the letter continues. “Nearly every moment of overtly gay affection is cut at Disney’s behest, regardless of when there is protest from both the creative teams and executive leadership at Pixar. Even if creating LGBTQIA+ content was the answer to fixing the discriminatory legislation in the world, we are being barred from creating it. Beyond the “inspiring content” that we aren’t even allowed to create, we require action.”

The Disney family spoke out and took action against Chapek’s handling of the “Don’t Say Gay” bill. Roy P. Disney is the grand-nephew of Walt Disney. At the HRC annual gala in March, he and his wife took the stage to announce that their family will be matching donations up to $500,000. He stated, “My wife, Sheri, and I have been members of HRC for over 20 years.”

He added, “Equality matters deeply to us, especially because our child, Charlee, is transgender and a proud member of the LGBTQ+ community.”

The Delphian spoke with a few Adelphi students to get their take on the story. According to Brian Egan, a sophomore English major, “Companies and corporations are not obligated to comment on recent legislation. Nor should they. I don’t care about companies’ politics. I care whether or not I want to buy their product. Corporate statements and tweets are often times empty and meaningless.”

Kennie Cervantes, a sophomore computer science major, shared a differing opinion. “I feel as though Chapek’s response to this bill was completely performative.”

Cervantes echoed the voices of Pixar employees when he added that Chapek’s actions against the rainbow Mickey Collection was “an attempt to cover up his inactivity.”

A company as big as Disney should put action behind its words. Throwing money at an issue isn’t going to solve the problem as they said. If they really care about creating diverse stories, they should allow creators to create them instead of just saying that it is important.

If you have an opinion to share, email us at delphian@adelphi.edu.
A Year Returned: Athletes’ Lives Post-Pandemic

BY MAXMILLIAN ROBINSON

In fall 2020, the Adelphi Board of Directors along with the Center for Recreation and Sport (CRS) department, found that it was unsafe to return back to in-competition play on the Garden City campus. Therefore, prohibiting all fall sporting teams and their seasons to be canceled. The spring teams tried to continue on with a season, but the Covid-19 pandemic ravaged the fluidity of it to be run smoothly.

Today, our Panther fall sporting teams have completed a full season, in addition to all spring sports in arms length of season commencement. As a reflection of these events, our Panther athletes spoke out about the difference a year makes.

“2020 was very different,” said sophomore men’s soccer player Benji Jones. “Many of our fixtures were canceled and we didn’t play a single game for a year. Games are one of the best ways to learn and put everything you practiced into a real situation. Even normal things like showering after practice and wearing masks were new aspects that we had to get used to.”

The defenseman wasn’t alone in expressing his views on the vacant season of years past.

“It was mentally challenging compared to this year or any other year I have been an athlete,” said grad student and women’s lacrosse player Kailey Broderick. “Lacrosse has always been an escape for me, and last year was taken away nearly every other week due to Covid-19. I not only didn’t have the sport, but I did not have my coaches or teammates either, except through texts or FaceTimes.”

Time away from a loved one or hobby can be disappointing, especially when it’s least expected. Moreover, with all that time away, how do you build chemistry back to where it started? In addition, how did these athletes have the strength and discipline to continue training when no season was involved?

“I tried to stay positive,” said Kayla Hall, a grad student and women’s basketball player. “I took every practice seriously because you never knew when the season could get canceled again. Even after finding out there was no season, I didn’t let that get me down and I looked forward to the future.”

According to Broderick, staying mentally prepared was a challenge.

“It was all about constantly reminding yourself and others why we are here and how we are grateful to be here. A lot of training had to be done on our own time, especially during quarantines or simply when we were not in season. I felt that self-motivation led to team motivation, whereas in other years the team was always what motivated everyone,” she said.

Broderick also mentioned that she missed the excitement of scrimmages with her teammates and the “game-day mentality” that each player was accustomed to.

Not to say there are feelings of regret or remorse, but isolation amongst teammates and their sport causes those to reflect on what could have been.

“I learned a lot about working on myself and keeping my motivation high over the course of the year.” Jones said. “In addition, it just reinforced the love that I had for soccer as it made me appreciate playing with your friends, having regular competition and the daily socializing/banter that you have at practice and in the locker room.”

Broderick reflected that Coach Pat McCabe always told the players, “You’re only as strong as your weakest player.”

“I look back and think about how different a person I was [before Covid, during Covid] and now as restrictions are continually being lifted, and I see that I have changed a lot,” she said. “I learned that I used to be a lot more independent and private about my feelings. After going through such a mentally tough phase of my life, I learned how to open up and allow my teammates to build me up when I’m feeling down.”

Hall said what she missed the most were the fans in the stands.

In the midst of it all, these athletes continued to fight for what’s right, and that’s to compete at a high level for the Brown and Gold. Needless to say, these Panther athletes season had to be back, yet are now more conscious of the small things in life.

“I learned that life is short and to make the best of everything you have,” Hall said. “Never take anything for granted because you never know when it will be taken away from you.”

Panther Spotlight: Sophomore Renner Is Honored as Goalie of the Week

BY ANDREW SMITH

The Adelphi men’s lacrosse team finished the year with a 13-1 regular season record, with their first playoff game this Wednesday against #5 ranked Bentley. Every player has had a strong season so far. New transfer student Dylan Renner has fit right in with the team as goalie and has been an integral part of the successes they have enjoyed. He was awarded the title Northeast-10 Goalkeeper of the Week following strong performances against College of Saint Rose on March 29 and Assumption College on April 2nd. During these two starts, Renner averaged 3.43 goals against.

The sophomore grew up in Roslyn Heights and attended school in Minoa. Renner, the middle child, credits his brothers Colin and Tommy for being an integral part of why he began to play lacrosse. Growing up, Renner spent a lot of time playing lacrosse with Colin. However, he didn’t begin to play organized lacrosse until he was in the second grade.

Renner believes his siblings played an important impact in his athletic development. “I am the middle brother, so growing up we were always competing with each other for everything. Whether it be in sports or just anything in general we compete to be the best and I think it helps me on the lacrosse field.”

His brothers inspired him to pursue lacrosse and to be his best on the field, but he has other influences as well. Renner added, “My family and friends were always there along the way while growing up. Me and my best friends all played lacrosse together so it helped me grow my passion for the game.”

He said his friends supported each other during times and created a strong team environment for him.

He also looked to professional athletes to serve as inspirational figures in his own development. One of these is Tom Brady. Renner said, “His drive and leadership is unmatched and the biggest thing is he wins at all costs.”

Renner has only been a student at Adelphi for less than a year after attending Long Island University. He said he chose to transfer here “for its great teaching program and its historic lacrosse program.”

On why he feels AU is the place for him, he said, “After being here I already have gotten a great sense of that Panther pride. I love playing here and have amazing teammates who made me feel at home right away.”

After receiving his Northeast-10 Goalkeeper of the Week designation, Renner emphasized the great play and collaboration of his teammates. “I just want to thank my defense for helping me win this award. I could not have done it without them.”

About the current state of the team, Renner said, “So far we are having a great season being fourth in the country and beating two top-ranked teams. We still have a long way to go and we hope to win the NE-10 championship.”