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The Voice of the Students

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Wrongful Conviction Experts Highlight the Importance of the Fifth Amendment

BY JOANNA REID

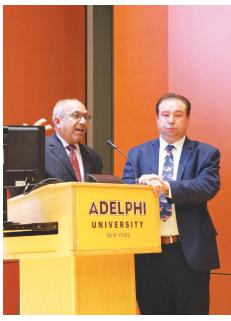
Adelphi's Criminal Justice Club and Artivism club got together on November 1 to hold an event called, "The Exonerated: False Confessions and Wrongful Conviction" with speakers Jefferey Deskovic and Oscar Michelen. Deskovic was wrongfully charged at age 17 for rape and murder and now he runs a foundation that helps spread awareness about wrongful convictions. Oscar Michelen is an accomplished lawyer and a law professor who has taken on several wrongful convictions cases.

The event was sponsored by the Jeffrey Deskovic Foundation for Justice and held in the Adelphi Room in the Nexus Building. It was held right before the midterm election to get young people to think about how they can use their vote to increase equality and eliminate wrongful convictions. About 40 people attended in person and over Zoom, as well as several people who streamed the event on Facebook.

Senior Charles Herman, president of the Criminal Justice Club,

said the event was crucial for AU students to attend because "the speakers demonstrated just how unequal and unjust our criminal justice system is.

"These accounts help our students



Oscar Michelen (left) and Jeffrey Deskovic (right) presenting in the Adelphi Room in the Nexus Building.

truly understand the barriers people face in the system, primarily those less privileged and without the resources, financial and otherwise, to fight for their innocence," Herman said. "It is up to us to fix this and I hope this event shone a light on these atrocities and perhaps some students will find internships and careers in nonprofits working to exonerate those wrongfully incarcerated."

Deskovic shared his experiences with wrongful conviction when he was mistakenly sentenced for the rape and murder of a young girl in 1990. Deskovic said he grew up in a small town where things like murders did not happen often, so when the incident happened, people were instilled with great fear.

He explained, "As a result of not really fitting in, the students in the high school told the police they might want to speak with me. I had an emotional reaction to the death of a classmate. The police thought that was some outward sign of my inner guilt. They used the good-cop-bad-cop technique. Continued on page 2

Six Alumni Return for 9th Annual Media Career Expo

BY THE DELPHIAN STAFF

When six alumni return to campus tomorrow night for the Ninth Annual Media Career Expo, they'll be sharing the steps they took while they were still Adelphi communications students to prepare for their current careers. In fact, one of them attended in 2021 and said it's the reason she has her current job. But to find out her story, students will have to attend this annual event put on by The Delphian and the Department of Communications.

The Expo, taking place Tuesday, November 15 from 5:30 to 7:30 pm in Blodgett 109, is for anyone interested in a potential career in magazines, newspapers, TV, film, web, marketing and publicity. It's a chance to learn about the job marketplace and how to break in as an intern or future employee. All the speakers graduated in the last 10 years, so they will share their first-hand, up-to-date representation of what it's like to look for a job today and what steps students can take now to shore up their resumes and gain new experiences.

The panelists include Alexandra Romero '22, an instructional media specialist at Columbia University's Columbia Video Network; Gabriel Flores '19, who works through the local 52 Union in NYC in the electric department as a lamp operator providing light for scenes; Victoria Chiesa '15, assistant managing editor for corporate communications at the United States Tennis Association; Mara Bush '14, who works at ABC Network News for the affiliate services department; Vinny Messana, '13, president and founder of the digital media company, Axcess Baseball; and Brett Spielberg '13, director of strategic communications and advancement at The Waldorf School of Garden City.

"We created this event because students are so often told there aren't any jobs in the communications fields or that they're hard to find. But the fact is we have successful graduates from our program so who better to come back to give our current students advice and encouragement?" said moderator Liza N. Burby, faculty advisor to The Delphian.

Bring your resume and dress in business casual. There will also be free pizza and soda. To register, email Prof. Burby at burby@adelphi.edu.

"Curious Incident" Stays True to the Original Novel While Made Accessible for All Audiences

BY JOANNA REID

The Theatre Department teamed up with Bridges to Adelphi from November 1 to 6 in the Performing Arts Center (PAC) to put on productions of the play "Curious Incident of the Dog in the Nighttime," adapted from the novel by Mark Haddon. They produced a "relaxed performance" for neurodivergent people and those who may experience sensory overload. The show stayed true to the book, while still being accommodating of all audience members.

"Curious Incident" tells the story of Christopher Boone, an autistic teenager who wants to uncover the mystery of who murdered the neighbor's dog. While the mystery unfolds, Christopher discovers a lot more: how to navigate life when things get difficult.

Before the show a sensory guide was handed out to allow guests to familiarize themselves with the area and explain where the exits were. A quiet room was also provided for audience members in the PAC Cafe if one needed to step out. Assistants from Bridges to Adelphi, the academic support program for students on the autism



From left to right: Jordan Boyatt, Katie Gozaloff, Alexis Favia (assistant director standing in for Peter Sansky-Trafianti in back row), Alyssa Infranco, Sarah Baileigh and Rafael Lyrio. Photo by Joanna Reid

spectrum, with neurological disorders or who are nonverbal, sat in on the show to help those who needed directions to the restroom or the quiet room.

The director Margaret Lally and Diana Damiatis-Kull, director of the Bridges to Adelphi program, worked closely to ensure that there were no

surprises for audience members. The show began with cast members introducing themselves and the characters they were portraying. Lally also warned the audience about the dog carcass prop used in the show. Additionally, music and sound effects were kept at a

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A Word from the Editor

As the end of the semester starts to rapidly come into view, *The Delphian* is here with our fourth issue to bring you the latest stories as you study for your exams.

Starting with News, if you haven't been able to see it, we highlight the latest PAC performance, "Curious Incident of the Dog in the Nighttime." We have our team covering the University's panel on wrongful convictions, and the importance of the Fifth Amendment, and don't miss our spotlight on the 9th Annual Media Career Expo, with Adelphi alums offering career advice and tips. This is an event we co-sponsor, so we hope to see you there. There will be free pizza and free professional advice, so two good reasons to attend starting at 5:30.

Our Features section brings you students' reviews of several recent movies, "Blonde" and "Elvis." For Taylor Swift fans on campus, we offer a student's perspective on the latest album "Midnights." We speak to the Prestigious Panthers named at Spirit weekend, and the students in charge of Panthers Against Sexual Abuse (PASA). Since it's coming around the corner, we cover Black Friday and what role inflation could play this year. We bring you a highlight of the GSA on campus, and the students that benefit from it. If you're looking for a place to unwind come finals, we speak about the new Mindfulness Center in the UC. In the interest of technological safety, we highlight the various online dangers students face, and the app that's risen in popularity, ""BeReal." We offer yet another showcase of student poetry and a review of "For Five Coffee."

The Opinions section offers you more perspectives from the student body, such as thoughts on the language requirement for BA students. We take a look at the different test formats available to students and their efficacy. We also offer students' thoughts on Black Friday deals and shopping.

For Sports, we speak to the coach of the basketball team and learn his story. We take a look at women's cross country and their success in their current season. Lastly, we speak to a senior on the bowling team about playing the sport of what she will miss upon graduation.

All these stories and more, come with Issue #4. As the semester begins to wind down, I want to wish everyone a strong finish, and happy and safe Thanksgiving. If you want to reach out to me or our staff, email us at delphian@adelphi.edu.

Nicolas Rontanini '22 Editor-in-Chief



The Delphian

Editor in Chief Nicolas Rontanini

> News Editor Joanna Reid

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Production Assistant Sophia Martuscello

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Sarah Alexander Gianna Campanaro Kenneth Cervantes Sydney Cianciotto Mitch Cohen Kurana Doobay Lilyen McCarthy Barton Murray Hussein Ali Rifath

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

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

HOW TO REACH US

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

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HAPPY
THANKSGIVING
FROM THE STAFF OF
THE DELPHIAN!

Experts Highlight the Importance of the Fifth Amendment

Continued from page 1

I began to look at the officer pretending to be my friend as a father figure."

Deskovic described that a police officer coerced him into taking a polygraph test, but was not dressed in uniform, never read him his Miranda Rights and did not explicitly state he was a cop. During the test, Deskovic did not understand a lot of the questions and was given several cups of coffee beforehand to make him nervous. These tests are often inaccurate, but he passed. Despite that, the police told him he failed and he would be better off confessing. He said the police lied to him telling him that he would be able to go home if he simply admitted to the crime.

"I was only concerned with my safety in the moment, so I made up a story based on the information, which they had given me that day," he recalled.

He was instead arrested and sentenced to 15 years in prison to life in prison. He was tried as an adult, despite only being a teenager.

Deskovic was acquitted for these crimes in 2006 at age 33. Afterwards he became a lawyer. He's now made it his mission to spread awareness and help people who were incarcerated for crimes they did not commit. He has presented a TedTalk on the topic and his foundation has exonerated 11 wrongfully convicted people and helped to pass legislation that prevents unfair sentencing.

Michelin presented a few wrongful conviction cases that he won. Most
notably he spoke about his client, David
McCallum who was 16 when he was
arrested for kidnapping and murder
of an 18 year old in 1985. There was
clear evidence that McCallum was
not the abductor, yet law enforcement
still targeted him. Another suspect was
interviewed, but both McCallum and
the other suspect claimed the other one
committed the crime. Police threatened
McCallum with physical violence in
order to get him to confess. His confession had few details about the crime,

but he was still arrested. Michelen was able to prove that the investigator in the case lied on the stand. After 28 years in prison, McCallum was freed because of Michelen's hard work. Unfortunately, shortly after McCallum died due to ink poisoning from a tattoo he got in prison. Had he not been convicted at all, McCallum may have been alive today.

Michelen mentioned that about one-third of all DNA exonerations prove that a suspect that pled guilty to a crime did not actually commit the crime. Both Michelen and Deskovic advocated for the use of the Fifth Amendment if one is ever being interrogated. Michelen believes just because one pleads the Fifth, does not necessarily mean they are guilty. He stated, "Our founding fathers, as troubled and sordid as their past might be, they care more about criminal justice than anything else. They wanted to make sure a person could never be forced to testify against themselves. The greatest protection of the innocent in the history of the world is our Fifth Amendment."

Carly Herman, a junior criminal justice major, said the event was insightful. "It was so important because it put a face to wrongful convictions. I feel like so many people assume that 'it would never happen to me'. However, wrongful convictions do occur in our criminal justice system and unfortunately, no one is immune."

Be sure to visit

The Delphian

website www.

thedelphianau.com
to see more stories.

Adelphi's Mindfulness Center Offers Comfort to Students

BY JOSEPH D'ANDREA

The stress that comes along with receiving a college education is something many students are all too familiar with. Fortunately for those attending Adelphi, the Mindfulness Center on the third floor of the University Center is focused on offering some relief. Newly opened this fall, the Center organizes meditation sessions that provide aid to students, focusing on taking a more introspective look at one's own self, which any student can benefit from.

Professor Cristina Zaccarini is on the executive board of the Mindfulness Center Council, and has given mindfulness workshops to faculty, staff and students since 2019.

"A lot of people think mindfulness is just meditation," she said, "but it's a whole way of life, and it changes the way we look at ourselves, and how we approach other people and the world. It's very complex. The Center is really exciting because we're committed to creating a compassionate, inclusive campus, where everyone feels accepted."

Although she is a part of Adelphi's History Department, teaching seminars and other courses rooted in history, this has not held Zaccarini back from pursuing the opportunities and benefits that mindfulness can provide to college students.

"I incorporate mindfulness into the history classes I teach. I look at the feelings of individuals as they have expressed them, and how we have observed our thoughts, and how that impacts us," she said.

One example is how the topic of slavery can act as a gateway to delving into the observation of human experience in history, which "encompasses a person's feelings, struggle for autonomy, and their compassion... It's about relating to them on a human level," Zaccarini said.



Adelphi's Mindfulness Center welcomes all students to learn more about themselves through meditation and other insightful practices.

She also recognized how teaching mindfulness is not a one-sided process on the part of the instructor. "I admire how open and amenable my students are to these ideas. It's such a pleasure for me to teach this generation because of their insightfulness and appreciation for engagement."

Working with the Bronx-based prison rehabilitation organization

Network Support Services, through Adelphi's The Mindful Resolution Project, Zaccarini sought to bring mindfulness to all aspects of the campus experience including outreach.

"My students interviewed incarcerated individuals who were also studying mindfulness, and mindfulness brought my students and these individuals together. Mindfulness is about compassion and empathy," she said.

These additional efforts go to show that mindfulness should not only be considered within a classroom, encouraging students to recognize the wide-ranging impacts that come along with understanding what it means to be mindful.

Anna Zinko, assistant vice president for Student Affairs, serves as the director of the Mindfulness Center, and chairs the Mindfulness Center Advisory Group.

"Students today are facing many challenges and juggling multiple responsibilities," Zinko said. "The Mindfulness Center provides a space for members of our community to unwind, unplug and center themselves amidst the business of their day-to-day lives. Mindfulness has many health benefits, and this center is an example of Adelphi's commitment to supporting the wellbeing of the community."

Commenting on how mindfulness relates to the current college-aged generation, Zinko acknowledged how changing times call for the adoption of new methods of teaching the subject.

"I think mindful practice spans generations. However, I do think that

different generations face different challenges in their search for mindfulness," she said. "Gen Z has never lived in a world without technology and while we know we can use technology to support mindfulness, for example with apps like Headspace, I think it also presents a challenge for people to really disconnect from the constant stream of information and messages we receive."

Zinko continued to identify the benefits of what Adelphi's Mindfulness Center provides, saying, "I think Gen Z and Millenials are highly engaged, self aware and social-justice-oriented, which are amazing qualities. It also means that these folks need to practice self-care to sustain themselves."

Even though the concept the center is based around is not a particularly new one, the Mindfulness Center is still working on growing since it is in its early stages of spreading the word of its presence. Attending their sessions to experience firsthand what is being offered is the best way to raise awareness.

Adelphi's Mindfulness Center currently offers two groups that explore both guided methods of meditation, as well as more internal, self-reflective practices, one on Tuesdays and the other on Wednesdays, both on the third floor of the University Center. Scheduling for next semester's meditations is presently being worked on. For more information on the center's events schedule, visit www.adelphi.edu/mindfulness/.

"Curious Incident" Reflects Original Story While Being Accessible to the Audience

Continued from page 1 lower volume and the house lights were kept on throughout the show to allow guests to see clearly. Another thing the department did to make the show more inclusive was tone down the violence and lighting as not to trigger anyone or give anyone sensory overload.

"During the relaxed performance we wanted to make sure we were being responsive to all different needs," Damilatis-Kull said. "In order to do so, I attended a previous showing and tried to take into account various sensory potential issues as well as content issues."

For this show, it was very important to have the lead role of Chistopher Boone be portrayed by someone who is neurodivergent because it's clear that he has autism. As a neurodivergent person himself, Rafael Lyrio, a junior acting major, was cast in the lead role.

Lyrio said he was honored to take on the role.

"I can understand Christopher's social awkwardness and how complex it is for him to navigate the neurotypical world," Lyrio said. "Playing Christopher is a dream come true. Christopher is brave, determined, feisty and honest. He never gives up, even when he becomes overwhelmed and overstimulated. His perseverance and determination is what I most admire about him."

The acting from the entire cast was phenomenal. Lyrio was able to display the discomfort that

production), but it's understandable why this was toned down for viewers who experience sensory overload.



Kimmarie Lynn, Rafael Lyrio, Sarah Baileigh, Jordan Boyatt, Nicholas Amodio, Alexis Favia and Alyssa Infranco rehearse for "Curious Incident." *Photo by Joanna Reid*

someone who has autism may feel, without making it stereotypical.

The story takes place in the United Kingdom, so it was confusing why the actors were expected to use American accents. This reviewer wishes that added lighting was used for the scene when Christopher's mother was revealed (like in the Broadway

Taking on this show was not easy, but Lally hopes audience members felt represented.

"I appreciate the support from Diana and Bridges and Aubrey Therrien and Epic Players (a neuro-inclusive theatre company in New York City) in telling this story with some authenticity, in addition to them sharing best practices for working with neurodivergent actors. I would like our community to be invested in inclusivity as well as accessibility for our growing neurodivergent community," Lally said. "Maybe people will leave with a better understanding of the gifts and challenges of the neurodivergent mind and maybe it will encourage a curiosity about ways they can be more inclusive in day-to-day encounters with neurodivergent people."

Damiatis-Kull agreed that not only did audience members gain representation and get to enjoy a show in a safe environment, but it also allowed others to learn more about the neurodiverse community.

"We hope that others can understand a unique perspective of Christopher and the world around him. We hope that the entire audience is able to enjoy this show, which is why we felt the need to create a relaxed performance," she said. "A relaxed performance is not just for the audience to feel more supported with sensory related needs, but also for the cast to understand how to navigate through various situations whether it's someone pacing in the back or perhaps someone calling out during the show because of their engrossment in the show."

Heartbreaking or Just Painful? "Blonde" Takes Viewers on a Nearly Three-Hour Emotional Journey

BY LIZZ PANCHYK

"Blonde" is a two-hour and 45-minute film about the life and career of Marilyn Monroe, based on a book by Joyce Carol Oates that is now out on Netflix. It's supposed to be more fictionalized and less of a documentary, similar to the new movie, "Elvis" with Austin Butler as Elvis Presley, also new this year. While it is a story of Monroe's life, the details may not be completely factual, though making implications of what her life might've been like. The movie is rated as NC-17, which is a fair rating, since a lot of the material was heavy and difficult to watch.

The beginning starts out with Norma Jean Baker as a child with her mother, who has some drinking and mental health issues. One night, after her mother had threatened her daughter's life, little Norma Jean ran to her aunt and uncle to help her. Her mother was put away to get help, and eventually she was put in an orphanage, still hoping her father would someday come back.

It flashes forward to when Norma Jean becomes Marilyn Monroe and starts modeling and acting. Monroe is played by the actress Ana de Armas, who depicts the starlett with a breathy voice and often at times unable to speak up for herself; a girl who is quite troubled. Although Monroe's on-stage characters were often portrayed as the "dumb blonde," she was actually quite intelligent as a real person. What makes this movie difficult to watch is how Monroe is portrayed as a sort of dazed woman, somewhat in her own world as if she was constantly acting like that woman in the movies.



Ana de Armas, who plays Norma Jean Baker (Marilyn Monroe) on Netflix's new movie "Blonde." *Image from Flickr*

The movie itself goes back and forth between color and black and white, and different frame sizing between scenes, which makes it slightly difficult to watch as everything keeps changing. Perhaps the film color is a play on happy and sad points in Marilyn Monroe's life? However, there is no way to tell why it was decided to be edited that way. It just makes it confusing for a viewer to follow. And the blurring effects hurt your eyes. There is also a lot of sudden loudness and silence throughout the nearly three-hour film, so do be aware of your sound.

But the scene where Monroe sits in the back of a car to be brought to the doctor perfectly reflects the imagery towards the beginning of the movie when she was being driven to be dropped off at the orphanage. The similarity between the two scenes is quite obvious and beautifully depicted—a perfect comparison of Norma Jean Baker and Marilyn Monroe.

What is cool is the reenactment of Monroe's original movies using Ana de Armas instead of using original movie clips. This includes "Some Like it Hot" and "Gentlemen Prefer Blondes," among others. It must've taken a lot of detail to recreate such infamous scenes, but nevertheless, it came out looking realistic; you may have to do a double take.

The exploration of Monroe's life focuses on her marriages, her film

career, her pregnancies and her constant longing to find her father as she never knew him. While the base of the facts are true, it's the in-betweens that aren't necessarily factual, but perhaps built on what's known about her life. And if you know anything about Marilyn Monroe's life, you'll be able to separate the facts from the fantasies.

"Blonde" is an emotional roller coaster where the audience closely watches the downfall of Monroe's life and how her mental health affects her and eventually leads to her demise. You may have sympathy towards her storyline, but you very well may be cringing throughout the rest of this depiction. A lot of it includes the sexualization of young Monroe, topics about abortion, and her struggle to differentiate Marilyn Monroe from Norma Jean Baker. While "Blonde" raises a lot of questions of her life and includes questionable editing and somewhat disturbing scenes, it is a fine portrayal of being a Hollywood actress in the 1950s and the not-so-glamorous aspects behind the gleaming smiles and shuttering cameras. But if you're eager for facts and not myths, do watch a documentary in lieu of this reimagination and save yourself from a traumatizing experience.

Panthers Against Sexual Abuse is Bringing Awareness to Long Island

BY MITCH COHEN

In today's society, it's important to address sexual abuse in an academic setting. According to womenshealth.gov, sexual assault on college campuses is a common problem that often goes unreported and as a result is more widespread. To combat this issue, Panthers Against Sexual Abuse (PASA) was established at Adelphi this semester. PASA's purpose is to educate students about sexual abuse while holding fundraisers to support survivors across the globe. Through this program, members will bring awareness to prevention, intervention and strategies for healing.

The club was founded by junior neuroscience major, Sofia Lauther. She said that during her middle school and high school years, she wanted to learn more about topics such as sexual abuse and consent. This led her to come up with the idea for PASA during her senior year of high school. Once she got to Adelphi, that's when the club became officially established.

"My purpose was to create a club where college students could go back and talk to high schoolers and middle schoolers about sexual abuse and what consent is," Lauther said.

With how easily this behavior goes unnoticed, this club will allow students to learn about what causes abusive behavior. For example, one thing that PASA members will be learning about is Erin's Law, which as of July 2019 had been passed in 37 states, including New York. PASAs faculty advisor

Tracy Stopler, an adjunct nutrition professor at Adelphi, stated that Erin's Law was created to protect children from sexual abuse. "Erin was a young girl who was sexually abused and actually fought to get a law passed to protect children," Stopler said.

Before speaking to high school and middle school students, PASA members need to be trained in explaining sexual abuse in a kid-friendly way. According to Stopler, the reason why PASA members are receiving training is that they need to learn how to communicate with students of different ages and educational backgrounds. "The education needs to change to the level, the appropriateness of the age of the listener," Stopler said.

The organization that is training the club is called Safe Center Long Island, which is located in Bethpage. The purpose of these training sessions is to facilitate conversations with students in kindergarten through eighth grade. According to Safe Center assistant director Lorraine DiFiglia, members of PASA will be trained to present a NYS-mandated workshop called "Safety Rules," which focuses on teaching students how to respond in abusive situations.

"This workshop teaches students to be proactive and never to keep abuse a secret," said DiFiglia.

Safe Center Long Island was created in 2014 by merging two organizations, the Nassau County Coalition Against Domestic Violence (CADV) and the Coalition Against Child Abuse and Neglect (CCAN). This allows them to help victims of both domes-

tic and child abuse. According to their website, Safe Center Long Island's mission is "to protect, assist and empower victims of family violence and sexual assault while challenging and changing social systems that tolerate and perpetuate abuse."



Logo for PASA (Panthers Against Sexual Abuse) Created by Kevin Guzman

At this time, PASA's training with Safe Center Long Island has just begun, as they've had an introductory meeting to review presentation slides. One aspect of this meeting that resonated with Lauther was how they made sexual abuse easy for a younger student to understand, such as discussing what parts a bathing suit covers.

"I feel that took a lot of creativity from them because it's an important topic for kids to learn about," said Lauther. Another aspect of Safe Center Long Island that resonated with her was how they discussed violence in the home. She learned that when children grow up in these violent circumstances, they don't know what a healthy living environment looks like. "Being a kid in a violent household, you don't know what's healthy

and what's unhealthy," she added.

Due to the importance of the subject matter, it's essential for PASA to spread as much awareness as possible. Lauther said that so far at Adelphi they're only going to be doing events and fundraisers. For example, on November 3, PASA held a tabling event that allowed students to get insight as to what the club is all about. While it's unclear where the fundraiser money will specifically go at this time, Stopler said that the funds from the events will go to charities that focus on child sexual abuse.

In terms of reception from the Adelphi community, the club has gotten mostly positive responses despite being relatively new. One goal that Lauther has with PASA is to promote the club to a wider audience.

"Since we just started this semester, people don't really know about us at all," Lauther said. For those who are aware of PASA, they have praised the work that the club has done. Some groups that know about PASA include Phi Mu, The South Asian Student Association and close friends of club members.

PASA is an important club not only for the Adelphi community, but for the wider Long Island community as well. With Adelphi, PASA's fundraising efforts will allow more students to learn about their cause. PASA will be able to educate people beyond the AU campus about the dangers of sexual abuse and how to report it.

To learn more about Panthers Against Sexual Abuse, contact them on Instagram at @adelphipasa.

An Extended Black Friday Can Put Less Pressure on Your Wallet

BY LIZZ PANCHYK

With Black Friday fast approaching, deals and steals are bombarding our computer screens and lighting up our phones. Most associate Black Friday with having to quickly enter a store, scoop up as much as we can, accidentally spend more than we had planned and escape the store without getting trampled. More recently, however, many retailers have resorted to utilizing a more online format of shopping with deals starting way before Black Friday, following through the weekend to Cyber Monday. Although it brings some convenience it does also lead to costly shipping prices and even heightened expenses. Some orders even become delayed due to the overwhelming demand and retailers not being able to keep up. It is for reasons such as these that the Black Friday shopping period is now becoming extended.

During 2020, many resorted to online shopping which, with the influx of orders, caused shipping delays, supply chain shortages and busy schedules for delivery workers. Because of this, retailers have introduced their sales earlier than in prior years. You will be able to do your early Black Friday shopping, your late Black Friday shopping and everything in between.

"At a broad level, an increasingly large percent of sales are shifting from in-person to online sales," said Zachary Johnson, an associate professor of marketing in the Robert B. Willumstad School of Business. "Marketing online has certain advantages for retailers, which can include the ability to adjust promotions in real-time based on the response from consumers."

Is online shopping a good thing? Ultimately, it calls for a safer shopping experience, and who wouldn't want to shop in the comfort of their own house? Ordering online can be beneficial, but sometimes waiting for that shipping notification is a real pain. Hopefully, however, now that our shopping deals are becoming more spread out, these issues from the past couple years will begin to subside, or so we can only hope.

Sophomore Madison Castelli said,

"I'm planning on shopping online mainly because the crowds are overwhelming and I feel that online you can really find what you want a lot quicker."

Inflation may be contributing to the decision as well this holiday season. According to the Bureau of Labor Statistics, as of June, the Consumer Price Index for All Urban Consumers increased to a whopping 9.1 percent. Everywhere we turn we notice the cost of items increasing from diners to grocery stores, and maybe more importantly, our gas. This is why we often wait for sales, money off coupons or free shipping codes so we don't have to pay full price for items that are now more than they once were.

Luckily, the internet allows us to find coupons or codes to use which, in the end, help us save some money. But for stores' own websites, we can expect to see many great sales throughout the month of November—with some that even began in late October.

However, don't let sales fool you or influence you. According to

finder.com, Americans are expected to spend roughly \$51 billion this year just from shopping sales.

"In the past few years, many companies have reduced the overall discounts they've given," Johnson said. "I would suggest that students seek out deals on things that they need rather than just focusing on deals. A product that is discounted by 80 percent is only a good deal if it's something that you actually want."

In general, it is never a bad idea to have your Christmas shopping done slightly early. So while the deals are there, take your chances and start shopping while prices are temporarily lowered. Enjoy this newly "spread out" Black Friday and use it to your advantage.

If you want to preview which stores have started their Black Friday sales, check out this website: https://blackfriday.com/. But if you decide to shop in person, be aware of your surroundings, be practical and be safe. Happy shopping!

For Five Coffee: The Newest Four-out-of-Five-Star Coffee Spot

BY KENNETH CERVANTES

It's no doubt that almost every Long Islander runs on coffee. The most sublime part of every morning is standing in line at your favorite coffee shop and taking in the aroma of those lightly caramelized beans with a hint of nuttiness. If you're ever craving that rejuvenating daily dose of caffeine, forget about Starbucks; For Five Coffee Roasters in Garden City is the place to go.

A former HSBC Bank has now been transformed into the newest spot for the coffee chain, For Five Coffee Roasters. Originally opening up with their Manhasset franchise in 2017, For Five Coffee Roasters unveiled their Garden City shop in August. It's their largest expansion yet, and also the furthest east on Long Island.

You can find this new location on Seventh Street, the heart of Garden City abundant with the most opulent cafés, markets and boutiques.

As you step inside, you're immediately welcomed by dulcet tunes from indie artists and a modern Bohemian chic aesthetic.

The decor is perfect for any selfie-taker. The large neon sign at the entrance illuminates the room with a pink undertone. Take a seat on the comfy brown leather couches next to marble coffee tables and bookshelves adorned with porcelain figurines. Pots of greenery add a pop of color to the beige walls. Seating is seldom an issue with tables and booths that can accommodate up to eight. There's even an option for outdoor seating.

As you order at the front counter, your barista greets you with an inviting smile. Unfamiliar with coffee terminology or need a quick description of one of the menu items? No need to fret; the staff will gladly explain to you and even provide their personal recommendations. The menu contains a plethora of dishes of various cultures and tastes. For breakfast you can indulge in the sweetness of a mermaid açaí bowl (\$18.95) with blended açaí berries, bananas, blueberries, coconut shreds and quinoa puffs, or you can have something savory like a Mediterranean omelet (\$19.95) cooked to perfection with egg whites, roasted red peppers, spinach and creamy feta cheese. For lunch, you can feast

on a Japanese chicken sandwich (\$21.95) topped with crispy bacon, sliced avocado, Japanese kewpie mayo and a sweet coleslaw, or opt for something classic like a tuna sandwich (\$18.95). You can even find a wide array of pastries at the front counter ranging from cookies to brownies to croissants. The menu is also accommodating for those with dietary restrictions such as gluten-free, dairy-free, nut allergy, vegetarian and vegan.

But it's the coffee that puts this place on the map. For Five Coffee Roasters utilizes more than 18 blends from coffee beans around the world, including Ethiopia and Colombia. Best friends-turned business partners Stefanos Vouvoudakis and Tom Tsiplakos even added their Greek roots to the menu. One of their most popular drinks is "The Freddo" (\$6), a beloved Greek beverage crafted by blending a shot of espresso with sugar and ice, which creates an airy foam. The foam is then poured over ice and a cappuccino base. While The Freddo is typically savored on hotter, sunnier days, you're certain to enjoy it any time of the year. The foam is so sweet and

fluffy, you'd swear you're drinking a cloud.

On a scale of one to five, with one being the worst, For Five Coffee Roasters in Garden City deserves a solid four stars. From the menu to the staff to the overall ambiance, this place is perfect for any coffee connoisseur. The only caveats are the wait time and the pricing is a bit high for the many students' budgets. Because this venue is so new, many a coffee drinker will be queueing for almost 20 minutes to place their order, despite the baristas' speedy brewing skills. The breakfast and lunch items also cost a pretty penny; \$18.95 for some falafel? At least the luxurious flavors compensate for these outrageous prices. But what else can you expect when you're in a town as bougie as Garden City?

If you ever want that morning cup of Joe or are looking to delight in some upscale café foods, you can visit For Five Coffee Roasters from Saturdays to Thursdays from 7 am to 8:30 pm or on Fridays from 7 am to 10 pm. They are located at 147 Seventh St. in Garden City and you can call them at 516-271-9100. You can also catch up with them on Instagram at @forfive.

PANTHER'S GREAT ADVENTURE









SHINING A



BY KURANA DOOBAY

October 12-16, 2022, marked the dates of the 6th Annual Spirit Weekend hosted by Adelphi. What's a Spirit Weekend without some school spirit?! This year, Adelphi's Spirit Court was made up of Brei Snyder, Caio Gomes, Carmilia Moise, Reilly Fortune, Gabriel Silva, Christina Korotki and Mylo Fishemran, along with the four Prestigious Panthers.

The Prestigious Panther award is one of the greatest honors an Adelphi student could hope to achieve during their time here. To be considered, a student must possess qualities of dedication, commitment, pride, passion, leadership and tons of school spirit all while keeping their grades in check.

This year, the four students recognized included seniors Kelly Andruezzi, Miguel Velasquez, Jende Uy and Jonay Jackson. For these Panthers, being at Adelphi is so much more than simply being a student; it has become a part of their identity. They are mentors, role models, leaders, and at the end of the day, our friends.

Here is a look at what makes each of these Panthers special, and why they truly deserve the title Prestigious Panther.

Kelly Andreuzzi: Brown and Gold... and Green

Kelly Andreuzzi, a senior environmental science major with a minor in ethics, law and justice in the 4+1 Program for a masters in environmental studies, said, "I think of myself as a very passionate person. I have a few interests that I hold close to my heart, which I remain committed to."

One of these is the reason they chose Adelphi. "Even before college I knew I wanted to be in an environmental program. Throughout high school, I had an interest in fighting climate change and making a career out of it."

Here at Adelphi, Andreuzzi has been actively contributing to the fight against climate change through serving as president of the Environmental Action Coalition (EAC). The organization works to promote education, sustainability and environmental equity for all through participating in a variety of volunteer opportunities and engaging in community action on Long Island.

Andreuzzi said, "I am extremely proud of the work I have done with the NY Renews and the Long Island Progressive Coalition and the Environmental Action Coalition. I am proud to be a part of such amazing communities that take action to promote climate justice in our community, in New York State and beyond. Through these organizations, I have helped support climate and environmental justice legislation that supports renewable energy, green jobs, reducing waste and pollutants and dedicating funding to disadvantaged communities."

In this way, Andreuzzi has been spreading their influence outside of Adelphi into the neighboring communities and New York State as a whole. Andreuzzi is completely committed to their fight against climate change and refuses to give up. They said, "For me, the promise of one day making the world a better, sustainable, more just place keeps me

motivated to keep going. I have always tried to leave every space with a positive impact."

Andreuzzi is fairly busy on campus; besides being president of EAC they are also a research assistant for Susan Kilgore (assistant professor of Environmental Studies and Sciences), director of finances for the Feminist Alliance, a Peer Assistant Leader, a first-year community action program leader, a member of the Gender and Sexuality Alliance, a member of Students Beyond the Binary and a volunteer for the community garden and Panther Pantry.

As a result of their involvement, Andreuzzi shared "Adelphi is a community that has helped me feel not only accepted but welcomed. As a queer person it can sometimes be difficult to find a place where I feel welcomed unconditionally. I am happy to call Adelphi a home."

While Andreuzzi makes it all look easy, they also find themselves encountering struggles outside of their academic and social life.

"A personal struggle of mine has been with anxiety and depression," they said. "I am happy to be in a better place now, mainly thanks to my amazing support systems that include my close family and friends."

While they spend so much time contributing and committing to the Adelphi community, when they take time for themselves, they shared, "One thing I do to take care of myself is to devote a destressing



Andreuzzi's favorite picture of themself.

Photo by Kelly Andreuzzi

hour before bed. As an introvert, I need a bit of alone time to recharge after the day."

To fellow students, Andreuzzi shared, "My biggest piece of advice is to find a life passion. It does not have to be something specific; it can be as simple as trying to be positive every day. Find that passion and commit to it, love it and never lose it."

After graduating in 2023, Andreuzzi has even greater goals to leave their impact on the planet. They said, "Ideally, my career goal would be in a position where I am writing environmental policy bills or managing the environmental policy for an area or region." Adelphi is only a small place compared to all the other places where Andreuzzi will make a difference, so go pay a visit to them at the next EAC event.

Miguel Velasquez:
A Leader Making Leaders
Miguel Velasquez's leadership quali-

ties are almost contagious. "I had a lot of people make a massive difference in my experience, so I've been inspired to do the same for other people," he said. They were



Miguel Velasquez performing at Greek Sing 2021. Photo by Miguel Velasquez

passed down to him and now he is actively working on passing them down to others.

Velasquez, a senior history major in the STEP Program also enrolled in the Levermore Global Scholars Program, defines himself as ambitious, supportive and grateful. "I set a lot of goals for myself and I know a lot of things are possible if I work towards them and learn about how I can get there," he said. "I have dedicated a lot of time towards supporting other students through the different leadership roles I took on at Adelphi."

Velasquez is involved in several clubs and organizations including being a resident assistant in Waldo Hall, as well as a brother of the Pi Lambda Phi fraternity and a member of The Future Teachers Association. He also holds the position of president of the InterGreek Council that oversees all Greek organizations on campus and is the vice president of finance for the Student Activities Board. He is also a peer assistant leader, a student worker for the Center for Student and Community Engagement and a social media intern for the @applyadelphi Instagram page. He was also recently elected as senior class president for the class of 2023.

Velasquez's main goals are selfless; they all surround the desire to help and support others. "Whether it was helping a resident with learning about how to adapt in a new environment far from home or teaching one of my PAL mentees how to register for classes, I have tried to support many students through different things they navigate in their experience," he said. "I am also someone who has dedicated a lot of time to different communities on campus and try my best to support various programs, campus initiatives and events my peers work hard to put together."

Velazquez never fails to include everyone, no matter who they are or how different they are from him. His desire to help others has been inspired by those who have helped in.

"I am grateful because I recognize that it takes a village," he said. "My parents have worked hard to get their kids through college, and I would not be here without them. I have many friends and chosen family who guided me and I learned so much from them. I am grateful for all the people I met here, how they contributed to my growth and my expe-

rience. I would not be where I am or be the person I am without the mentors I have had in terms of other students and staff at AU."

With all of his achievements, Velasquez never fails to remember where his family came from, and he takes great pride in his roots. He shared, "My parents came to America with the goal of providing for their kids, and I am one step closer to being able to take care of them. I am so grateful for what they have worked so hard to give me, and when I graduate, it will prove that their sacrifices have been worth it."

He has not only made his parents proud through his efforts and achievements, but Velasquez is incredibly proud of his parents, particularly his mother. He said, "My mom is the biggest inspiration and drive to push through. She is the strongest person I know and I think of her when things get tough for me. I think about what she's been through and how she didn't give up for her kids, so it drives me to get through things."

Velasquez himself has served as a role model and mentor at Adelphi, and he hopes to continue to have a positive impact on those around him, even after his time here is up. When he graduates in 2023, Velasquez said, "I want to be a high school history teacher and work with neurodivergent students."

Everywhere he goes, and in everything he does, Miguel Velasquez is a leader leaving a legacy. But at the end of the day, he said with a laugh, "Napping is also very important to me!"

Jende Uy: A Golden Ball of Sunshine Jende Uy, senior biology major



Jende Uy with her Prestigious Panther award in October. Photo by Jende Uy

on the pre-med track with a minor in forensic anthropology, defines herself as "positive, active and radiant."

"Positivity is contagious so I always try to be that person for people," she said. "I am always on the go or moving around either to a meeting, practice or just because I want to. I believe that I am radiant because I like to spread positivity and I have been told that that positivity radiates out of me."

Uy, who is an out-of-state student from Redlands, California, came to college at the age of 16 as she was homeschooled in high school and had the chance to graduate

Continued on page 7

THE 2022 PRESTIGIOUS PANTHERS

Continued from page 6 early. She said she chose Adelphi because, "of the leadership and community service."

Uy can be seen running all around campus, from place to place throughout the day. She is a member of the National Residence Hall Honorary and Omicron Delta Kappa Leadership Society, the vice president of Gamma Beta Phi National Community Service Honor Society, lobby chair of the Student Activities Board, a student supervisor at Campus Recreation, a peer assistant leader, a first-year community action program leader, as well as a member of Women's Club Soccer and Club Volleyball—definitely living up to the way she describes herself as "active."

Uy is easily able to find balance in all she does because she genuinely loves being a part of the Adelphi community. "Because I chose to do and be part of things that I enjoy, I see all of it as my social and personal life," she said. "I always say, 'Do what you love and love what you do,' which is why I enjoy being part of everything I am involved in. I balance everything by reminding myself of why I do it and how much joy I get from it."

And for her, it paid off! When Uy received the honor of Prestigious Panther, she said, "It felt like all my hard work finally paid off. It felt as if everything that I have worked on and for this university has shown. It felt great to finally have something to show my parents what I have accomplished during my time here away from them."

In doing so, not only has she made her family and the Adelphi community proud of her, but she is rightfully proud of herself. "I can truly say that I am most proud of myself; proud of where I am today, who I am, and how I have grown, not only since

my freshman year, but also as a human. I have learned so much from being a first-generation American and a young, out-of-state student from California," she said.

When she graduates in 2023, Uy will be continuing her education at Adelphi in the 4+1 masters program and then move on to medical school.

Through her positive attitude, Jende Uy radiates a type of light that makes the California sunshine she grew up in look dull.

Jonay Jackson: Putting Her Best *Paw* Forward

Prestigious Panther Jonay Jackson believes that "you truly never know what can happen until you try. I never would have known that any of this could be possible



Jonay Jackson flashing a smile.

Photo by Jonay Jackson

had I not put my boldest foot forward." Regarding her time as a Panther, one could say she has put her best paw forward.

Jackson, a senior business management major from Brooklyn, said, "I came

from an enormous high school with over 6,000 students. Having had that experience, I knew I needed a change going into college. I actively sought out a small university where I could stand out, feel seen and experience true community."

And that she did. She proudly said, "I have learned that positively impacting others, whether 100 people, 10 people or even just one person, is one of the most fulfilling things a person can do."

Jackson is currently involved in the Panther Pantry as a volunteer coordinator. She is also a Willumstad Leadership Scholar, a resident assistant in Residence Hall A, a member of National Residence Hall Honorary and the Beta Gamma Sigma International Business Honor Society, as well as an ambassador for the Greenwood Project, a nonprofit organization dedicated to advancing black and brown students with the financial service industry.

Jackson said, "With every involvement on and off campus, I strive to positively impact others in meaningful and memorable ways."

Along with the Prestigious Panther award, Jackson has also been recognized with other honors, including at the Spring 2022 Adelphi Film Festival with the Best Editing Award and at the Spring 2022 Brown & Gold Awards with the Emerging Leader Award and the President's Student Leadership Award.

Despite her array of achievements, Jackson shared that she sometimes has a hard time believing in herself and finds herself falling victim to imposter syndrome. Even when she was up on stage in front of her peers about to receive her Prestigious Panther plaque, she said, "I had already pre-determined that I wouldn't be a Prestigious Panther, even before any of the names were called. I realized that whether I became a Prestigious Panther or not, I had come far. I felt humbled to even be associated with such inspiring individuals. It was incredible to have been given this honor, along with an opportunity to inspire other students to achieve greatness."

She also recalled, "Fun fact, I was at a dinner with Dr. Christine Riordan the night before the Carnival!"

Jackson is greatly inspired and motivated by her mother. "My mom is my greatest motivator," she said. "She has worked incredibly hard to get to where she is now and to provide me with the life I live today. I have always been inspired by her resilience, her drive and her kindness. She has taught me the value of putting love and intention behind everything you do."

Jackson herself reflects these character traits and strong values.

To other students, Jackson advised, "Get involved early and try something new. As someone who came to Adelphi during the pandemic, it was difficult to integrate myself into the community at first. I'm naturally an introvert, so I had to push myself out of my comfort zone. I attended events, I joined clubs, and said 'yes' to every opportunity that presented itself to me, even if it felt intimidating."

Adelphi will have Jackson for an extra year as she will be staying to pursue an MBA, with a specialization in finance. After graduating, she hopes to work at asset management firm Janus Henderson Investors in Denver, Colorado.

Until then, she'll continue to put her best foot – paw – forward.

Cyber Attacks: Students Are More at Risk Than They Think

BY SARAH ALEXANDER

Amelia, a sophomore psychology major at Adelphi, spent the week in a panic, unable to access her Instagram account as she received notifications that someone was changing her email and then her password. When she regained access five days later, on October 3, she found she had lost followers and the hacker had DM'd close to 40 people from her account.

Amelia, who asked that her name be withheld, is not alone in falling victim to a hacker. CyberTalk.org, an organization that provides cyber security news and insights for executives, states that 2021 saw a 50 percent uptick in cyber attacks in comparison to 2020. According to financial services company Allianz, the increase in cyber attacks can be attributed to the shift towards remote work and virtual conferencing and the increased availability of digital data. As an increasing number of people work from home, they inevitably transfer data from business to personal devices making themselves more susceptible to cyber attacks.

Anthony Buonaspina, a cyber security expert at LI Tech Advisor in Babylon, agreed cyberattacks are on the rise and has gone down the "dark side" of hacking himself to better know how to

prevent hackers. That's how he learned to be wary of QR codes like those on parking meters and even on restaurant menus. "Hackers can hack these QR codes redirecting you for an instant to a website that cleans your information before bringing you to the correct venue," he said.

But the biggest threat to college students, Buonaspina said, are phishing emails. Hackers can send out a million emails hoping that 4 percent will successfully infiltrate a system and spread malware. His claim is corroborated by CyberTalk.org, which claims that "over 84% of all cyber-attacks were distributed via email in 2021...a drastic rise from 2019, when 'only' 64% of all cyber-attacks were sent via email."

Cyber security expert Shaun Pleick-hardt of Falcon Cyber Security located in Port Jefferson, called these phishing emails "social engineering attacks." He said that by tricking people to perform an action—follow a link, enter credit card details, give away personal information, download a file or open an attachment—the hacker can infiltrate their computer network and wreak havoc.

Hacking is a lucrative enterprise, Buonaspina added, earning these criminals billions of dollars a year. "They have buildings overseas that are dedicated just to hackers," he said. "It's what they do...attacking the United States, trying to infiltrate people's bank accounts and steal their identities."

Buonaspina said he worries for college students like Amelia because they lack awareness of simple security measures, and offered this advice:

- Never shop online with a debit card as they draw money directly from your account. If a hacker steals from your account, it will be almost impossible to get your money back.
- Add two-step identification, also known as multi-factor identification, to every account, be it your Amazon, bank or email account. This way you validate your identity on more than one device making it harder for hackers to infiltrate. Multifactor identification will ward off 99 percent of the problem, Buonaspina said.
- Look at your digital footprint. Google your email address and delete any unnecessary information online about yourself. Hackers will use whatever they can find about you to spoof you, and the more information they have the more believable their scam will be.

Both Buonaspina and Pleickhardt believe the number one way of combat-

ing hackers is through awareness training. Educate yourself on what a phishing attempt looks like and what a scam phone call sounds like. "When in doubt, assume it's a fake hack," said Buonaspina.

Pleickhardt added, "Be careful of everything. Don't open email attachments from people you don't know. Be careful of social media. Be careful of clicking links in ads and downloading games, mobile games or games on the computer. Just be careful."

Amelia was hacked and locked out of her Instagram account for almost a week after replying to what she thought was an old high school friend's DM. Had she been aware of some common security threats and taken some simple precautions she may have avoided days of worry and embarrassment.

If you suspect you may have been hacked or have any other computer problem, contact Adelphi's IT department located in Hagedorn Hall of Enterprise LL. You can email the helpdesk@ adelphi.edu or call 516-877-3340. They are available to help you solve any computer issue during the following hours: Monday-Thursday, 7:30 am – 10 pm; Friday, 7:30 am – 6 pm; Saturday, 9 am – 6 pm and Sunday, 10 am – 6 pm.

The New App BeReal Gives Users a Refreshing Reality Check

BY BARTON MURRAY

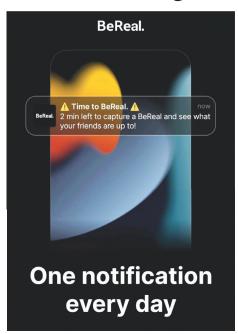
BeReal is a rapidly growing social media platform that took on relevancy over this past summer. The platform launched in 2020 but first gained its widespread popularity and rise to fame in early 2022. It has amassed over 50 million users since then.

The way BeReal works is you make your personal account through your phone number. Once you're all set up you can add friends through your contacts, mutual friends as well as through search. Then once a day BeReal will send you its infamous "Time to BeReal" notification. This is what makes up the main concept of the "anti-Instagram" application—which refers to how with BeReal you're unable to concoct a special post to make your life seem more fun or amazing. In order to meet the app's goal you're expected to post a front and back photo within two minutes of receiving the notification. However, there "seems to be a bit of wiggle room in there socially."

I have been a BeReal user for the past month and have absolutely loved the experience. It was quite a

long time coming for me to delete Instagram and Facebook. However in the past week BeReal has caused me to do so as a bit of a trial run. I find that seeing everyone else basically doing the same things helps my anxiety or fear of missing out because you realize you're not missing out on anything. With most posts on other platforms being very manufactured, I've found BeReal to be a breath of fresh air and much easier to fit in and be myself on. With Facebook losing popularity in most Gen Z's, and mental health issues rising from social media mainly stemming from sites like Instagram, I could really see BeReal taking off even more in the next year.

BeReal was featured in an excellent skit in the October season premiere of "Saturday Night Live" starring Miles Teller and Mikey Day. In the skit the two enter a bank to attempt to rob it; however once they ask for money all the bank patrons and employees receive their BeReal notification. Once that comes through Teller demands an explanation and after a large but quick summary Teller's character makes a very comical decision. This was truly one of the funniest SNL skits I had



Is it time to BeReal? This rapidly growing app is helping participants to find out.

seen in a long time and it's cool they had included BeReal as a topic.

Personally, I very much enjoy being a BeReal user. I find the app has accomplished its goal of being a social media platform that forces users to be much more authentic with what they post. In the past two weeks of my sabbatical from the old platforms I've found myself much more mindful and it has given me the power to not measure myself to others quite as often. My biggest issue using Instagram is that most posts feel manufactured to have others look more interesting or that their lives are better. Seeing that friends and colleagues are all mostly doing the same fruitless activities on the day to day almost helps you feel more like you're not alone in this journey through life to get to where you may wish to be.

Of course, there is a small down-side to BeReal, mainly just a minor bug. Occasionally when you make your daily post it won't upload for hours even if you have a good internet connection. I expect the programmers to fix them as I've already seen multiple issues that have been corrected in a short period of time. Overall, my grade of BeReal on a scholastic scale would be an A. The app is very fun to be a part of and I don't find it offers the same potential negative effects towards mental health that other apps unfortunately do.

New Biopic on Elvis Presley Takes Care of Business Beautifully

BY GIANNA CAMPANARO

Baz Luhrman can best be credited for his theatrically extravagant and detailed films such as "Moulin Rouge" and "The Great Gatsby," which was the last and most previous project he worked on before his latest, "Elvis," released in theaters in June. Luhrman's "Elvis" upholds an entrancing and almost hypnotizing quality that sucks you right into the film.

Cinematography wise, the transitions are flawless. They move the scenes along in such a smooth and satisfying way, without being choppy or abrupt. Especially within the 10-year time jump that shows an array of different stills all at once. The way the transitions move in such an effortless fashion showcases the blend of time. The visuals are artistic in design and theatrical in production. They accentuate Luhrman's specified style in a theatrical manner. This technique can also be attributed to his 2001 film "Moulin Rouge," which is currently in revival on Broadway.

Luhrman's decade of dedication can be noted in every small and insignificant detail. Costumes – crafted by his wife and designer, Catherine Martin – were precisely replicated to keep the story consistent, capturing the historical essence of the person portrayed. This is especially credible in the designs made for Elvis and Priscilla, referenced from past photographs and home videos.

This photographic history pushes forward within the objects nestled between the small nooks and crannies of the set designs. There is a notable photo of Presley sitting in the kitchen of one of his family's old apartments, where Wonder bread and Saltine Crackers appear in the background. These same objects and details were also placed within the scenery of the movie, showcasing where he and his family are in their kitchen apartment. This can also be recognized in the depiction of Sun Records and Graceland, the set of the studio and home exact replicas to the originals in equipment, furniture and architectural design.



Austin Butler as Elvis in the new film "Elvis." Photo from Wikimedia Commons

This detail-oriented quality is compelling in nature, leaving a viewer drawn into the picture and driven to rewatch it over and over again as a means to pick up on every little thing they missed the previous time they watched it. There is so much to absorb, especially within a

quick recap of a 10-year period where multiple stills are presented in one shot. It's strenuous, trying to take in everything at once. It is truly something that needs to be dissected and peeled like an onion to uncover every single layer.

After dedicating 10 years to absorbing everything Luhrman needed to know about Presley, the new film adapted with the portrayal of Austin Butler as the King of Rock n' Roll, an actor who was not typically recognized for any highly credible roles. He was mostly known as a childhood star in uninspiring performances, eventually breaking away and starring on other prematurely canceled series. Butler was committed to this role, just as Baz was to create this film. He spent two years obsessing over Elvis, working with a vocal coach to mirror and replicate Elvis's accent and vocals, as well as his mannerisms. Before this, Butler did not have any previous experience with singing and performing in front of large audiences. Baz set the stage for Butler, crafting the set into a working concert, where Butler performed an entire set for extras without the word "cut" ever breaking the air.

With this very natural and uplifting environment, Butler was able to experience what Elvis had while performing, truly capturing the essence of Presley; it becomes impossible to define the difference between the real man and the one portraying him, especially when they are seen side by side or in transition. Because of this, you may not even realize that Butler is not lip-syncing over Presley in the beginning. Instead, Butler's true trained voice was recorded and utilized since Presley's earlier track quality was not sustainable for Luhrman's

live concert craftsmanship. As for the later performances, Butler sang over Presley's tracks. A sense of deception takes over as two voices blend into one.

As for the other cast members, Luhrman mostly focused on Australian representation, but was more specific when casting American actors,

Luhrman's "Elvis"
upholds an entrancing
and almost hypnotizing
quality that sucks you
right into the film.

Butler and Tom Hanks. The latter's accent for Colonel Tom Parker can be seen as overdramatic, but this exaggeration built up an intentional sense of annoyance and distaste.

Overall, the characters were cast perfectly, even the supporting roles carried by Olivia DeJone as Priscilla Presley and Dacre Montgomery as Steve Binder. The resemblance is uncanny between Helen Thomson as Glady Presley and Kevin Harrison Jr. as B.B. King— who look nothing like them in real life. The makeup team painted a true picture of the story with such precision.

The film is approximately two hours and 39 minutes long and is rated PG-13 for adult-like material, revolving around the suggestion of sexual content, alcoholism, drug abuse and smoking. It is already out of cinemas, but can be accessed on demand, HBO Max, and is still being televised on cable. It is also available on DVD.

A New Favorite Taylor Swift Album, "Midnights"

BY LILYEN MCCARTHY

Taylor Swift fans, better known as "Swifties," took over all social media spaces after Swift's announcement of her tenth studio album, "Midnights," during the 2022 MTV Video Music Awards. All Swifties have grown with Swift through her eras of music, and Midnights added a tenth era for the artist, not including the two rerecordings she has done. The newest album was announced as a concept album, each song themed around one of the "13 sleepless nights" Swift has had throughout her life.

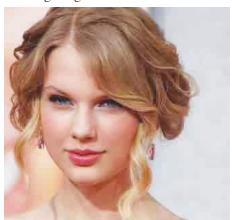
I have been an avid Taylor Swift fan since I was in sixth grade. This was in 2014, the year her album "1989" was released. Before college, it was among my favorite albums, including "Fearless" and "Speak Now." Since then my interests shifted to "Reputation" and "Lover and Red (Taylor's Version)." Any Swiftie understands that my most recent top three favorite albums explain my obsession for the new "Midnights" album.

Along with millions of Swifties around the world, I stayed up until midnight on October 21 to stream "Midnights" as soon as Swift released it. As much as I tried not to form an opinion after one listen, I sat there in bed falling in love with the album as each song played. "Lavender Haze" was very similar to the upbeat, fun feeling from Swift's "Lover" album, while "Vigilante S***" brought more of the serious and powerful energy seen in the "Reputation" album.

After the notification from Spotify that I was in the top one percent of streamers for "Midnights," I listened through the album enough times to decide on my favorite songs, and the songs I considered "skips." My favorite songs from this album are "Vigilante S***," "Lavender Haze" and "Maroon," and the sounds of each of the songs are similar to the sounds of each of my favorite albums. The only song I might consider a skip is "Midnight Rain" simply because I do not enjoy the audio distortion done to certain lyrics. I, along with many other fans, was underwhelmed with "Snow on the Beach," which was supposed to feature Lana Del Ray but seemed less like

a feature and more of a background singer.

"Midnights" as a new era for Taylor Swift would add a very sound and beat-driven type of music to her discography. Her previous music has seen country, pop, indie/alternative and hints of a few other genres. The new album brought Swift back to pop after her alternative run in her albums, "Folklore" and "evermore." Each song in "Midnights" has a distinct and different sound, bringing in unique audios and sound effects. Swift experiments with a sound similar to R&B music in a couple songs, which I thoroughly enjoyed despite not being a huge fan of other similar music.



Taylor Swift, artist of "Midnights"

The album saw huge success, breaking various records in the Billboard Hot 100 and other charts. Swift is the first artist to ever occupy the entire Billboard Hot 100 top ten. She beat Drake in the first album to ever hit so many top-10 songs and the first to sell more than one million copies in a single week since her own album "Reputation." Out of 22 albums in history that have sold one million copies in a week, she has five of them, including her latest. This list of accomplishments doesn't even put a dent in the amount of accolades "Midnights" earned in just its first week.

Now Swifties await award shows and her newly announced "The Eras" tour, which I have already spent four hours in line virtually just to register for the Verified Fans presale on Ticketmaster.

Student Poetry Corner

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

I've always been interested in paradoxes. One particular paradox that's always caught my attention on a personal level was the dilemma of the Ship of Theseus. Briefly, the paradox poses the scenario: If you take a ship apart piece by piece, but replace each individual part, you will end up with a ship that had the same structure as the original but with entirely new parts. Is this ship the same ship, and if not, at what point did this ship lose its "sameness?" I like to think of this paradox in terms of human behavior; we, as humans, develop ourselves as we grow, and sometimes drastically change depending on our communities, our interests and our chosen families. In my experience, every person I've engaged in a conversation with, no matter how brief, has affected how I behave moving forward in some

But before I can notice the blood flow, They take a piece of their own heart and plug the hole.

capacity. My personality has changed a lot from how I used to be as a child; sometimes, I compare my current self to an old car with a brand new paint job. One day, I was reading old diary entries and looking at photographs from when I was young. But then I wondered: how could I even be the same person as that little boy I saw in the photos? I, and so many others, feel like a ship of Theseus myself: have my new parts fundamentally changed who I am, or am I still the same introverted, goofy, closeted spirit, but with those traits warped?

The Heart of Theseus

By Matthew Van Praagh Senior Statistics Major and Computer Science Minor

Friends come,
Friends leave.
They mold me
mash me
change me
reshape me
transform me
Piece by piece
Then vanish like sailors once docked.

Each shrinks down to an infinitesimally small size,

Enters through the pores of my cheek, Travels down the long, winding road that is my anatomy, Until reaching my heart.

Reaching for the chambers,

They tug and tug,

Tug and tug,

Tug and tug,

Until pulling a piece out.

But before I can notice the blood flow,

They take a piece of their own heart

and plug the hole.

They plug and plug,

Plug and plug,

Plug and plug.

Everyone I've ever met
has had this effect on me,
Tugging and plugging on my weary
heart;
So I ask:
At what point did my heart
start becoming theirs,
and stop becoming my own?
And is my heart an original, comprised
of its own parts,
or simply a hollow replica of what
once was?

Gender & Sexuality Alliance: Fostering a Community for LGBTQIA+ Students

BY MYLO FISHERMAN

The Gender & Sexuality Alliance (GSA) aims to support members of the LGBTQIA+ community on campus. GSA provides a safe space and community for all students regardless of their romantic orientation, sexual orientation or gender identity. GSA also works alongside the Adelphi Pride Committee to advocate for a safer, more accepting university community and work to educate all who wish to learn more about the LGBTQIA+ community. *The Delphian* interviewed a few members about what the club means to them.

Sammie Amber, GSA's event coordinator and a senior psychology major, said, "This organization means a lot to me because I never have had a safe place to be myself, and knowing I have an organiza-

tion and amazing friends who love and care about me is all I could ever need."

According to Justin-Tony Vidal, a GSA member and first-year computer science major, the reason why they joined GSA was that they "wanted to build a network of queer friends at Adelphi and be more comfortable with myself." They added, "To me, GSA is a safe place where I can just relax and de-stress with other fellow queer people."

The GSA membership currently consists of about 30 students who enjoy the comfort and security that GSA provides them to just exist as queer people. This semester you can attend GSA meetings on Mondays from 1-2 pm.

Luis Merino, a GSA member and junior political science major, explained that GSA's GAYme Nights are his favorite meetings to attend. "It is a great opportunity for both Eboard members and members to communicate and understand one another."

In addition to GSA meetings, there's also a handful of events you can attend before the end of this semester. On Tuesday, November 15 from 6-7 pm in the UC room 113, GSA will be collaborating with the Artivism club for a button and T-shirt making event. On Wednesday, November 30 from 11 am -2 pm in the UC Lobby, GSA will be giving out red ribbons, stickers, bracelets and pins to support world AIDS day and selling candy bags to collect money to donate to Black Aids Institute. Finally, on Tuesday, December 6 from 6-7 pm in Campbell Lounge 2 in the Center for Recreation and Sports, you can paint tree coasters to destress before finals.

"We're excited about these events, which will allow people to express themselves in unique ways," said River Gorman, GSA's secretary and sophomore psychology major.

GSA President Ren Blake said they are honored to have been voted in their current role. "It means so much to me and made me realize how far I have come since coming out. I love meeting queer people and allies. I will always be grateful to my fellow Eboard, GSA members and those who came before us."

They added, "We are here, we are queer and we are not going to disappear!"

To learn more about their organization, email them at gsa@adelphi. edu, follow their Instagram @adelphigsa and join their MyAULife page, https://myaulife.adelphi.edu/organization/gsa, to get weekly update emails.

Whether They're (a) Multiple Choice or (b) Essays, Test Formats Can Impact Your Score

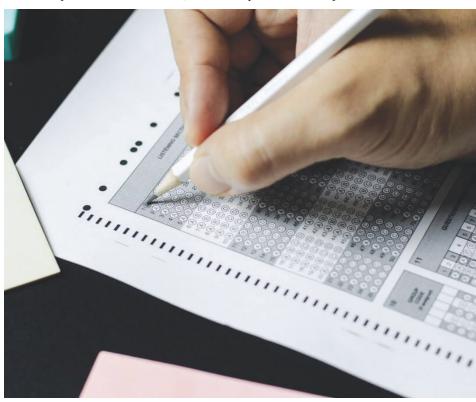
BY JOSEPH D'ANDREA

Each student has their own preferred method of both test-taking and studying. Preparation for exams can come in the form of informational recap videos, good-old-fashioned flashcards, or otherwise, and different courses' exam questions can consist of multiple choice, short answer, essay responses, and so on. There's no denying that a one-size-fits-all is rare among students, in either regard. However, even though some methods of evaluation may suit certain students' preferences more than others, we should not dismiss how there are some test formats that can benefit students' skill sets as a whole.

As an elementary, middle, or even high school level student, many can relate to the experience of choosing the correct answer on a test by way of process of elimination. Knocking out choices that were surely not correct, and circling the only remaining one, whether you fully understood what the chosen answer meant, is fairly common. For this reason, I think that educators should encourage students to truly grasp the material they learn and get tested on in a more effective way.

Short answer and essay questions require students to understand the material they are being tested on in a more intensive and cognizant way. They are important to college students more than any other age group, as these young adults will be using the information they're being tested on in their future careers, in practical and complex ways. EdSurge, an outlet that focuses on the ever-changing aspects of education through research

of advancing technology, demographic shifts and more, published an article in 2018 titled "Should Professors (a) Use Multiple Choice Tests or (b) Avoid As mentioned earlier, students nevertheless have their own preferences when it comes to being tested. In a poll put out to Adelphi students that asked



By definition, test taking shows how well a student knows the information that was taught. But what helps them more in the long-term, written assessments or multiple choice questions?

Them At All Costs?" It includes this information: "Multiple-choice questions don't belong in college. They're often ineffective as a teaching tool, they're easy for students to cheat, and they can exacerbate test anxiety... [Giving] 'more authentic' assignments, like project-based work and other things that students would be more likely to see in a professional environment."

whether they would rather take four multiple choice tests or write two essays in a semester's worth of a class, 56 percent chose the former, while the remaining 44 percent preferred the latter.

This is not to say that every test put on a student's desk should make them feel as though they're about to write a novel, nor is it to say that multiple choice or fill-in-the-blank

questions should be completely eliminated. Those types of questions can function in their own right—such as the involvement of problem-solving—but the fact remains that students will retain the information they are made to write out in a structured, coherent manner, to a greater degree, which also prepares them to write longer-from writing assignments in the process.

When simply asked which test format students preferred, 38 percent of AU respondents chose multiple choice, with 23 percent giving their vote to written assessments. Interestingly enough, another 38 percent chose multiple choice as their preferred type of exam, but with the acknowledgment of written assessments' benefits.

"I do prefer multiple choice," said freshman economics major Troy Cofie, "but short answers can help with bumping up the grade instead of the 'absolutism' of multiple choice grading."

Going along with the majority opinion, sophomore communications major Jamie Gesell said, "I find multiple-choice tests easier because you have at least a 25 percent chance of getting it right. With essays you have to come up with the answer all on your own. Multiple choice tests give you a list of options to choose from and a good chance of getting it right."

Although this debate is directed more towards those in college, I still believe that written-out-answer-based tests should be used in young adolescents' classes too, gradually preparing them for what is to come after they graduate high school, both in college and professional settings.

Black Friday, Best Friday!

BY KURANA DOOBAY

As Americans, on the third Thursday of November each year, we dedicate an entire day to being thankful for the people we love and the things we appreciate most in our lives. We all love our families, friends and pets. We are all grateful for our access to clean drinking water, having comfortable housing and the privilege to be receiving a higher education. And of course, even if we don't want to outright admit it, we are thankful for our access to the internet.

We say Happy Thanksgiving, and then eat the best meal we'll have all year.

Just a few short hours after the big turkey dinners, it's time to use the fuel of our meal for doorbuster deals and 25 percent, 50 percent, even 80 percent off sales from our favorite brick and mortar stores. I'm talking about Black Friday, of course!

Buying more things on Black Friday only gives me more things to be thankful for through the rest of the year, that way, the thankful-ness of Thanksgiving doesn't have to end there. Also, it's just fun! There's a kind of thrill in the stuffy air of a mall on the morning of Black Friday that is unmatched; even the crispness of a new winter's breeze doesn't match up.

Yes, I'm this passionate about shopping. I will never have enough lip glosses or too many cardigans. As long as there are things to buy, I'll be there to buy them. I'll take any chance to spend money, because after all, it's mine! That's the great thing about being an adult. Nobody can tell me what to do with the money I make. Black Friday provides a kind of environment that only people who enjoy shopping can appreciate. It is truly a rush. I mean, it could be worse... I could be spending thousands of dollars on gambling or something, but I'm just buying three sweaters to get a pair of sweatpants for free, or two new tubes of my favorite mascara to get a free lip-gloss, or 50 percent off a cute throw blanket when I buy a set of Christmas themed sheets...

those are things I absolutely need.



Don't let the unifying spirit of Thanksgiving stop you from being a little selfish this Black Friday. Image from Public Domain Pictures

And sure, I could get good deals during other major shopping holidays. I could take advantage of the Memorial Day beginning of summer sales and the Labor Day end of summer sales, or even the random President's Day discounts, and trust me, I do. So why

would I miss out on Black Friday? It's almost like I'm my own Santa Claus.

I know Black Friday isn't a real holiday; it's simply the day after Thanksgiving dedicated to taking a trip to the mall with a million other people who are practically fighting with you to get the last pair of jeans in your size, but it's so deeply embedded into our capitalist society, and it isn't going anywhere. So really, it would be absolutely foolish of me to not take advantage of some savings. It's a capitalist holiday, but this isn't about capitalism, this is about me.

Retail therapy is the best therapy. I'll never register for a 9 am class because I could never tolerate being up that early, but I will surely be seeing you at the mall right when the doors open for Black Friday early-bird specials! I'll be right behind everyone else who falls into the glorious trap of getting a free tote bag with a purchase of \$75 (while supplies last). Although, with inflation, I might just have to spend a bit more.

The Unavoidable: Adelphi's Foreign Language Requirement for BA Students

BY HUSSEIN ALI RIFATH

We all have our motivations for going to college: American culture holds it as a rite of passage to adulthood and discourages students from doing without it. We see college as a natural next step after high school; one of the numerous boxes to check in a long to-do list that governs life. After all, many of us have professional goals that require us to have college degrees, and so completing a college education is a sort of prerequisite to achieving our hopes and dreams. Every college journey comes with a broad range of general education requirements to contemplate, and students pursuing a Bachelor of Arts degree (BA) are asked to take four semesters worth of a foreign language before graduation. But they're the only major asked to fulfill this obligation.

For much of our college careers, we'll find ourselves sorting through

course catalogs to see which classes will satisfy our various distribution requirements and learning goals. These general education courses will come to define much of our college experience, and the idea that only BA students have to fulfill a mandatory foreign language requirement frustrates some of them. That is because some students have no interest in studying a foreign language and feel that the status quo unfairly places the burden of doing so on their backs; they feel that it punishes them for their choice of major. The university website only gives them two lines of consolation. "The language requirement is part of Adelphi's mission to prepare students to be informed and culturally sensitive citizens. Knowledge of more than one language and familiarity with more than one culture will become increasingly important in the world of the 21st century for professionals in every field."

For BA students, this ironically comes as a slap to the face. The university emphasizes the importance of foreign language and culture competency for "professionals in every field," yet it only asks them to fulfill a foreign language requirement. The reason for this is as inexplicable as it is left unexplained, and BA students are left thinking that other students must already be "informed and culturally sensitive citizens" and that they, due to some inherent deficiency determined by the university, are not.

Perhaps some relief can be found in how this policy is hardly unique to Adelphi. Most BA programs in the United States ask their students to fulfill some sort of foreign language requirement, and their schools don't ask Bachelor of Science students to do the same.

To many students, the X that sits next to the language require-

support throughout the years."

his favorite moments during his

career as an Adelphi Panther.

The coach also reflected on

"My two favorite memories

ment field on their degree audit looks cold and unyielding, much like the steel bars of a jail cell; there will be no escaping it. Registering for foreign language courses will bring them a feeling of sheer resignation.

Much of this has to do with general student apathy toward the languages currently offered at Adelphi. I find myself in the same boat and intend to study a language that interests me at another school, with the intention of having the credits count towards my own foreign language requirement.

That, unfortunately, is not a viable solution for all students. There is room for the university to introduce new foreign language courses as part of the Momentum 2 plan. I think I speak for many students in emphasizing that this would bring me personal pleasure if it came to fruition.

SPORTS

Coach Duke Prepares for Upcoming Season and the Challenges That Await

BY ANDREW SMITH

The winter sports season is almost upon us. Adelphi athletes have been fine-tuning their skills and mindset and some have even begun playing in preseason or scrimmage games. David Duke, head coach of men's basketball, is preparing his team for another successful season.

Duke is entering his ninth season at Adelphi. He has coached for eight seasons since the 2020-2021 season was canceled due to the Covid-19 pandemic. Before becoming a Panther, Duke began his professional career at Hofstra University as a graduate assistant for two seasons. He was then promoted to assistant coach, a position which he held for 10 years. Following his time there, Duke worked at Fordham University where he was the associate head coach for four years.

Duke credited his education on how he gained the valuable background knowledge he needed to be a successful coach. "I went to SUNY Albany. I learned from being around the game, reading books, speaking with coaches and watching a lot of games," he said.

The AU coach reflected on what important figure played a role in his

development as a coach. He said it was Jay Wright, who was the head coach of Villanova University from 2001-2022, who was responsible for giving him his first coaching opportunity.

In addition, family played a pow-

are walking out to the CRS [Cen-BASKETBALL

Duke speaking with his players and coaching staff before a match. Photo by AU Athletics

erful role in Duke's professional career.

"My family has been incredibly supportive," he said. "They have always been a sounding board, and I know I can always count on them. I appreciate all the love and

ter for Recreation and Sports] court before competing for our twentieth win and seeing the CRS packed. It was a 'sold out' game, T-shirts were handed out at the door. It was a great college basketball atmosphere.

Regarding this season, Duke said there are eight new team members and he has high expectations for them academically.

"We had the highest team GPA in the NE10 Conference for men's basketball and expect us to continue to thrive academically," he said. "My expectations from this perspective are to get better and more experienced every day, while competing with maximum effort every time we step on the court."

In addition to their academic ranking, the men's basketball team has demonstrated that they are just as committed in the classroom as they are on the court.

"The offseason depends if it is preseason or postseason and the amount of experience on the roster," Duke said. "We have a lot of new student athletes this year so we spent a lot of time this preseason working on the fundamentals of the program's offensive and defensive philosophies."

Lastly, Duke wanted to share some thoughts with the student body. "It would be great to have the Adelphi community come out to the CRS for our games. We have terrific fans and it takes us to another level when the CRS is rocking. I hope to see everybody there."

9th Annual Media Career Expo Tomorrow

Learn how to break into the media job market at this free event sponsored by The Delphian and the Department of Communications.

Our speakers are all Adelphi graduates who work in the print, TV, film, web, marketing and publicity fields. They'll discuss how they got their big breaks and tips for navigating the job search process. This is also a great opportunity to network for internships and your own career.

Contact the Communications Department or email Liza Burby at burby@adelphi.edu with any questions.

Tuesday, November 15 • Blodgett Hall Room 109 • 5:30 - 7:30 PM (Pizza Served)

Bowlers Continues to "Strike" Success

BY ANDREW SMITH

Women's bowling continues to compete at a high level and has high hopes once again for the current season. Kristen Derr, a senior exercise science major who has been a member of this team for the past three years, is playing a major role in their hopes to reach regionals and win a championship.



Derr celebrating with her teammates during a match. Photo by AU Athletics

The Sunbury, Pennsylvania resident reflected on how her family played a role in her love for the game. "My family has owned a bowling center since I was two, and ever since then, they have influenced my love for the sport. My dad was also my coach," she said.

Having her father as a coach growing

atch. Photo by AU Athletics

look up to her because of how humble

she is and how strong her mental game

up allowed Derr to always be surrounded

by the game she came to love. She said he

served as a strong role model and gave her

inspiration to continue to play the game.

McEwan, who is currently a competitor

on the Professional Women's Bowling

Another role model is Danielle

Association (PWBA) and a member of the

U.S. National Team. Derr said McEwan's

personality inspired her to be her best. "I

is. She is also my favorite bowler."

Derr also reflected on what her favorite memory has been during her time as an Adelphi Panther. She was selected to the East Coast Conference (ECC)

All-Tournament Team in 2021—an honor-

able distinction and one she is proud of. She said she was able to accomplish this remarkable goal through hard work and the support of her family and coaches.

Derr also addressed the current season and the state of the bowling team. "This season holds a lot of promise. We are a strong, united team that can compete with the top teams in the nation. I would say it's going to be a dark horse season," she said. "We've started slow but you've only seen a glimpse of our potential. We need to keep ourselves focused and remember what our long-term goal is: winning ECCS and making it to NCAA regionals."

Recently, Derr was named Panther of the Week. Every week, Adelphi Athletics spotlights two athletes who have worked hard and deserve recognition for their dedication to their team. She commented on her reaction when she found out. "I am very honored and grateful to have been recognized by the school as athlete of the week. It really was a surprise and I am very honored to have been recognized."

Head Coach Dennis Kearney also shared his thoughts on how important Derr is to the roster and the role she plays. "Kristen is a fierce competitor. Athletes like her come along every few years that are essentially a game changer on the lanes during competition. Kristen's bowling IQ is second to none and I expect a huge year from her as she starts her senior season. Kristen is the type of teammate that can lift the team up with one

clutch strike in the tenth frame as well."

Kearney added, "She shows the tenacity and willingness to want to be the best at all times, which translates to being the ultimate competitive athlete. Kristen has been a pleasure to coach on and off the lanes and I expect big things from her beyond Adelphi University."



Senior Kristen Derr was recently named Panther of the Week. *Photo by AU Athletics*

Women's bowling continues to play well and compete this season, since they have the talent and drive to make it happen. Meanwhile, Derr will continue to play a major role in the team's success as a whole.

Women's Cross-Country Achieves Most Successful Season Since 2012

BY LILYEN MCCARTHY

The women's cross-country team has seen some team success and a few individual successes as well this season. The team placed first at the fifth annual Panthers XC invite and second at the Adelphi Short Course Race. Individually, Isabel and Katherine Marsh placed 11th and 17th, respectively at the Paul Short invite. Isabel Marsh has also been named NE10 Player of the Week once this season.

in top spots over the weekend: Katherine Marsh (3rd), Isabel Marsh (11th), Grace Minikel (12th) and Rachel Tucci (13th). Katherine Marsh earned First Team All-Conference accolades, and Isabel Marshi, Minikel and Tucci earned Third Team All-Conference recognition.

"The team is super close. We consider ourselves a family. We are always there for each other whether it be at practice or in our everyday life," said sophomore Maggie Hannan.

The women's and men's teams are



Sophomore Maggie Hannan during a meet. Photo by AU Athletics

Most recently, the team placed second at the Northeast-10 Championship on November 6. Four Panthers placed

also very close, training and working out together every day, offering words of encouragement in passing and remain-



Women's cross-country after winning first place at the Panthers XC Invite. Photo by AU Athletics

ing friends outside of athletics. Before every meet, the team huddles with the coaches to gather motivation for the race ahead. The women's team hugs each other before the race begins and wears matching ribbons in their hair.

Senior Rachel Tucci commented on the team this season. "The team dynamic this year is definitely different than in the past, in a good way. The ladies on our team show up every day ready to work hard. We have fun while also getting the hard work in." Looking toward the East Region championship, the team is hoping to build off the work they have put in over the summer and fall semester to find further success in these postseason meets.

Hannan said, "Each meet, we have continued to grow and develop off of our strong season start. By doing so, we have been able to achieve personal bests, learn how to race strategically and develop more as runners."