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 Jeffrey 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 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.”

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

“When 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 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 Damatis-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 lower volume and the lights were kept dim to make it easier for students.

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

(Continued on page 3)
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 inacurate, 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. Michelen 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.
The Delphian

The story takes place in the

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.

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, but 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.

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

“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 American accents. This reviewer noticed that the producer was on stage the entire time and making sure the actors were on cue. Although he 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.

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“Curious Incident” reflects original story while being accessible to the audience

The acting from the entire cast was phenomenal. Lyrio was able to display the discomfort that someone who has autism may feel, without making it stereotypical.

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

BY LIZZ PANCYK

“The movie is rated as NC-17, which is a fair rating, since a lot of the material may not be completely factual, though making implications of what her life might’ve been like. 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 itself goes back and forth between scenes, which makes it slightly difficult to watch as everything keeps changing. Perhaps the film color is a play on happy and sad times 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 the same endings and silence throughout the nearly three-hour film, so do be aware of your sound.”

The exploration of Monroe’s life focuses on her marriage, her film career, her pregnancies and her constant longing to find her father as she never knew who 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 starlet 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

“My purpose was to create a world as if she was constantly acting like that woman in the movies. 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 reimagined and saving 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, the club wanted to create a club to help students 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. PASA’s faculty advisor Tracy Stolper, 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,” Stolper 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 Stolper, 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,” Stolper 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 domestic 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.”

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, Stolper 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 @adelphiausa.
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, and 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.

Over the weekend, many resorted to online shopping which, with the influx of orders, caused shipping delays, supply chain issues, 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, “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 is calling your name.”

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 acai bowl ($18.95) with blended acai 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 cole-slaw, 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.

“Fortunately, the internet allows us to shop in-person to online sales,” said Zachary Tsiplakos, “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.”

“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 you 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 earlier. 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!
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, Ciao Gornos, Carmilla Moise, Reilly Fortune, Gabriel Silva, Christina Kowcki, 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 Andreuzzi, 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 Renew 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 depressing 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 qualities 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 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 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.”

Velasquez 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 experience. 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 I drive 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 every thing 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 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 radiate 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
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 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 clears your information before bringing you to the correct venue,” he said.

But the biggest threat to college students, Buonaspina said, is phishing emails. Hackers can send out a million emails hoping that 4 percent will succeed. “Hackers can send out a million emails. Hackers can send out a million emails. Hackers can send out a million emails. Hackers can send out a million emails.”

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 become 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.”

Jackson herself reflects these character traits and strong values. To other students, Jackson advised, “Get involved. 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 introverted, 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 Jarvis Henderson Investors in Denver, Colorado. Until then, she'll continue to put her best paw forward.
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 BeRe- al 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 seem more fun or amazing. In order to meet the app’s goal you’re expected 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 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 more 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 downside 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 GIANNIA 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 specialized 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.

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, especially 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 overdrampatic, 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 Gladys 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 subject 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 music, and Midnights added a tenth era for the artist, not including the two recordings 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 era’s 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.

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 awards 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 elizabethpanych@gmail.com.

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, 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 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 photo? 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?

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 organization 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 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 Antivisim 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.

BY MATT VAN PRAAGH

The Heart of Theseus

By Matthew Van Praagh

Senior Statistics Major and Computer Science Minor

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?
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 a form of informational recap videos, 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, 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 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.”

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 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 Colie, “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.

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?

Those are things I absolutely need.

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…

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 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 requirement 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.

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 credits 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 powerful 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 support throughout the years.”

The coach also reflected on his favorite moments during his career as an Adelphi Panther.

“My two favorite memories are walking out to the CRS [Centre] for Recreation and Sports] court before competing for our twelfth 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.”

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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)
Women’s bowling 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.

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 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. Another role model is Danielle McEwan, who is currently a competitor on the Professional Women’s Bowling Association (PWBA) and a member of the U.S. National Team. Derr said McEwan’s personality inspired her to be her best. “I look up to her because of how humble she is and how strong her mental game 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 honorable 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, unified 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.”

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 since this season.

The sun was setting and the team was starting to cool down. They were all wearing matching ribbons in their hair. Each person was smiling as they talked about the team and how they were performing.

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 in top spots over the weekend: Katherine Marsh (3rd), Isabel Marsh (11th), Grace Minikel (12th) and Rachel Tucci (15th). Katherine Marsh earned First Team All-Conference accolades, and Isabel Marsh, 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 also very close, training and working out together every day, offering words of encouragement in passing and remaining 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 dynamics 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.”