Adelphi Sport Management Program Welcomes Athletes Helping Athletes

BY ANDREW SMITH

The Adelphi Sport Management Program welcomed Athletes Helping Athletes for a three-day conference Jan. 4-6 in the University Center. Athletes Helping Athletes (AHA) is a program that provides high school students with the tools they need to teach elementary school students about sportsmanship and other important lessons learned through sports. During each day of the conference, high school students from all across Long Island visited the Adelphi campus and worked with AU students, faculty and other special guests. The high school athletes that participated in the conference spend time with elementary students, give presentations, discuss their life experiences and how being an athlete shaped them into the person they are today.

Warren Breining, the executive director of AHA, was present at the conference and served as the leader and coordinator of the day's events. Breining, an Adelphi alumni, graduated in 1974 with a bachelor's degree in social work. He elaborated on the purpose of this conference and what it means to him. “These high school students will be given training on how to help elementary school students. This will help them grow as leaders and as mentors.”

Breining was joined by several powerful guests who led different activities and breakout sessions, which were visited by the high school students throughout the day. Each focused on a specific topic that was meant to motivate and encourage the students.

One breakout session focused on the importance of sportsmanship. During this activity, the high school students were encouraged to step out of their comfort zone and form small groups with students who they had never met. This was the first step in becoming more confident and improving communication skills. The groups were assigned to discuss a given scenario and how to handle it and then share their responses with the entire room. Some of these scenarios were how to handle a teammate or opponent who was “trash-talking” during a match or how to settle an argument with a friend during a friendly competition. The groups played out these scenarios and participated in continued on page 2

Larry Hardesty (left), a current 98.7 ESPN radio host, speaks with high school athletes at the conference. Photo by Greg Boarisi from AU Sport Management

Camille Pajor ’09, ’16 Shares Her Experiences of Working With Ukrainian Refugees

BY JOSEPH D’ANDREA

On Dec. 1, 2022, Adelphi alumni Camille Pajor spoke to Dr. Martin Haas’ Postmodern Condition class regarding her experiences working with Ukrainian refugees on the Ukrainian-Polish border. “Clearly the Russian invasion of Ukraine is a defining event of the past year,” Dr. Haas said in regards to Pajor’s work in the region, “and the personal experience of an AU alumni working with Ukrainian refugees on the Polish-Ukrainian border was invaluable.”

Early in her life, Pajor, ’09, MBA ’16, was exposed to the importance of freedom—both her parents are Polish refugees who left their communist-led country for New York in 1981. They did not only seek economic opportunities, but were also attracted by the fact that they would have more of an ability to freely express their opinions, as well as not having to worry about being drafted into conflicts they didn’t agree with. To add to her familiarity with Eastern Europeans, her husband is a refugee from the Soviet Union who moved to the U.S. when he was five.

By the time Pajor was a senior in high school, she had become knowledgeable about the ever-changing dynamics of Eastern European politics. Once she was studying at and living in Adelphi’s Earle Hall, Pajor decided to apply for the Peace Corps, a U.S. government agency whose initiative is providing assistance to other countries through the work of volunteers. Pajor was designated to participate or even be an audience member. A past headline of the festival was continued on page 2

Adelphi alum Camille Pajor visited Dr. Martin Haas’ Postmodern Condition class in December to speak about her experiences relating to the ongoing Eastern European tensions. Photo by Joseph D’Andrea

The Performing Arts Center Debuts Their Line-Up of Spring Shows

BY JOANNA REID

Now that the spring semester is underway, it’s time to check out the exciting new season of shows at the Performing Arts Center (PAC).

To kick off the season, in February, the SingStrong A Cappella Festival returns. The festival will hold classes and competitions to raise money for different causes from Feb. 3-5. Five concerts will be held and the Adelphi community has the opportunity to participate or even be an audience member. A past headline of the festival was...
A Word from the Editor

Welcome back everyone! I’m super excited to be named editor-in-chief for 2023! I would like to thank our most recent editor-in-chief, Nicolás Rontanini, who just graduated, and Professor Liza Burby for giving me this opportunity and for helping me with my first issue in this role. I’m incredibly grateful for all their guidance throughout the fall semester and continuing over the break.

I have a long history with The Delphian and with Adelphi University in general; both of my parents attended Adelphi and met as writers for this newspaper at the news desk of the original Delphian office in the UC, room 307. My mom, Caren Prommersberger ’91, was a sophomore at the time, and my dad, Richard Panchyk ’92, was a freshman. My mom was editor of features in 1990-’91 and my dad was assistant news editor in spring of 1989, managing editor of news in spring of 1990, then the following two semesters he was editor-in-chief. My dad had a radio show at Adelphi’s WBAU with his friend starting in fall of 1990 called “Beyond the Beatles: From Wings to the Wilburys.” The show ran until the station went off air in 1995, and he appeared in a few episodes after he graduated. My mom also worked for the Oracle yearbook, the office being across The Delphian, for which she was editor-in-chief from 1989-’91. After graduating from Adelphi, they both went off to grad school, my mom at UNC (’93) and my dad at UMass (’94). They have been married for almost 29 years and friends for longer. My parents still keep in touch with fellow Delphian members from their time, and there’s even have a brick placed outside of the UC that states “Delphian Editorial Board 1985-1993,” containing initials of all the hard-working editors of that period, including my parents: RP and CP.

My passion runs deep for this paper. I am a proud legacy of these two and I can’t wait to continue my work on The Delphian. We have some great articles in this issue, and I’d like to thank all our writers for contributing over this winter break. I wish everyone a very good start to their spring classes and I hope you enjoy issue number six.

Liza Panchyk ’24
Editor-in-Chief

Alumni Shares Experience in Eastern Europe

Continued from page 1
by the Peace Corps to serve in Ukraine from 2009 to 2011, during which time she taught English as a foreign language to those at the elementary to high school levels.

“It was really amazing to have the opportunity to do grassroots work in a space where I had a lot of authorship and ability to impact what was happening,” Pajor said. “The Peace Corps taught me about needs assessment and rigorously trained us in the Ukrainian language.”

Not only did Pajor work in a more personal space with those who sought to learn English—which would ultimately benefit these future refugees who sought to emigrate to the United States—she also became involved with other volunteers in counter-human-trafficking projects.

Speaking on this, Pajor said: “I was able to develop a nationwide project in which we collaborated with the United Nations. The campaign was about promoting a hotline that the UN still has to this day, which helps victims who have been trafficked, and also people who are looking to migrate or work abroad, and how they can do that safely.”

“There are a lot of misconceptions about human trafficking,” she continued, “but it typically concerns people taking advantage of others somewhere.

Continued on page 3

Athletes Helping Athletes Returns to Campus

Taylor gave the athletes words of encouragement and advice, stressing the importance of loving what you do. Taylor, an active alumnus at Texas Tech University, often returns to the college campus to speak to current collegiate athletes. He said he truly enjoys helping people and wants to inspire the next generation.

Another motivational speaker was Larry Hardesty, who is a current employee of ESPN, Radio and current co-host of “ESPN NY Tonight with Hardesty and Damer.” Hardesty’s exercise was focused on bullying and how to combat it. He spoke on the importance of empowering youth and minimizing retaliation. Hardesty does not want the individual to be afraid and scared. Instead, he encouraged students to reach out to a trusted adult, whether that be a parent, coach or even former teacher.

In addition, Hardesty also shared a personal reflection on what working with AHA has meant to him. He said as a father, working with high school students helped him better understand and relate to his son who is currently in high school. In addition, Hardesty also shared career advice. He stressed the importance of versatility and how in the current world you must be familiar with all aspects of the career you aspire to be.

Both undergraduate and graduate athletes were inspired by the stories of the athletes and were motivated to pursue their dreams.

Continued on page 3
Continued from page 2
along the way in the victims’ migration journey, as opposed to someone jumping out of the bushes and putting you in a truck... Essentially we’re talking about taking away someone’s free will, removing them from their community, and forcing them to work for free.”

The efforts she and the team she worked with aided in raising awareness about human trafficking and they did so partially through seminars—created in several languages to allow for more accessibility—which were shared with the UN.

Regarding the ongoing Russo-Ukrainian War, which began in 2014, Pajor currently works with Oxfam International, a nonprofit organization whose primary work for an international organization. As a result of this circumstance, word of mouth is an important part of allowing the work of those willing to help to be efficient.

“If you have lived through so much intensity, and so many things are out of your control already,” Pajor said on the matter, “regardless of who you are, it’s not always easy to ask for help... It’s very important to be able to connect with people personally-[in order to make them feel comfortable].”

For groups of motivated individuals like Pajor, the incentive to provide aid for those in Eastern Europe has never been more prominent than now, and this current conflict goes to show that in times of misfortune, there will always be those who feel obligated to lend a helping hand.

“To me, it’s mind-blowing, because I had seen so many war movies growing up and heard about all of these conflicts, and there’s been a lot of war in my lifetime, but it’s never been so personal for me,” Pajor said.

Pajor Shares Her Experiences Working With Refugees from Ukraine

Continued from page 1
ents will work together to perform Broadway numbers from contemporary musicals. Popular musicals like “Rent,” “School of Rock,” “The Prom” and “Next to Normal” will all be featured. Other performances in March will be The Step Crew and Imani Winds.

April will start with the play “Men on Boats,” put together by Adelphi’s theater students. The show is based on a 1868 novel by a man led by a captain with one arm. It will be directed by Lauren DeLeon who also directed Adelphi’s production of “Rose Meant to Wither” and has

Performing Arts Center Spring Show Line-Up

BY HEMISH NAIDO

On Oct. 6, 2022, President Joseph Biden officially announced that he would pardon all individuals in the United States who have been prosecuted and convicted of marijuana possession strictly under federal law. When asked, some at Adelphi shared their own responses to these changes.

Stephanie Lake, a director of both sociology and the criminal justice program at Adelphi’s College of Arts and Sciences, said, “What is known is that societal-level shifts in attitudes in the US has led to increased usage among all age groups, both in states that have decriminalized possession and those that have not. As students of criminal justice can tell you, informal sanctions (including peer group, family and societal attitudes and disapproval) serve to better influence individual behavior than formal ones (e.g., law and fear of punishment).”

She added that laws criminalizing marijuana seem to have had little effect in halting the popularity of cannabis. At the same time, the ramifications of prosecuting those for simple marijuana possession has led to instability in the lives of these individuals, and a lack of focus on how to truly solve the issue.

“Much more will have to be done at the executive and legislative levels to address the devastation left in the wake of the decades-long failure many refer to as ‘The War on Drugs,’” Lake said. “By finally injecting some level of sanity (and proportionality) to the issue of social harm wrought by substances like marijuana, billions spent hunting down and warehousing individuals convicted of possessing or using a substance most Americans believe should be decriminalized can be redirected to science-guided research and programs that have shown far more success in abuse prevention and intervention.”

In fact, the stigmatization of marijuana due to drug laws has even disrupted the lives of some students. Alisha Horne, a senior studio arts major at Adelphi who has Crohn’s disease, shared: “Chronic pain had been my best friend for five years. I was caught with weed in my dorm. The consequence of that was I was relieved of my status of being an RA. I was mandated to do six months of therapy for my ‘drug addiction’ where, in reality, I was having a mental health crisis. This persecution made me feel criminalized and shunned. The next semester I actually didn’t dorm because I did not feel comfortable. I used that time to try and get accommodations and Adelphi still refused.”

Horne’s experience echoes the sentiment shared by Lake, that using laws as a means to restrict marijuana usage only ignores the possibilities of exploring other, more fruitful treatments.

Sentwali Bakari, vice president for student affairs, clarified that AU’s strict drug and alcohol policy will remain static even after President Biden’s pardons, in accordance with standing federal guidelines.

“Applicable Federal law still dance with standing federal laws,” he said. “We need to work in accordance with those rules to make sure we are providing a safe environment for our students.”

Bakari said for these reasons, Adelphi’s policy regarding drugs has not changed and continues to cover the unlawful manufacture, distribution, dispensing, possession or improper use of any illicit or prescription drugs.

“Our Code of Conduct also includes intoxication, regardless of substance, anywhere on Adelphi’s campuses or at any Adelphi activities,” he said, adding that the university has an Office of University Health and Wellness for those that need a more personalized approach to mental health treatment.

INHALING MARIJUANA...for years, the DEA has made marijuana seem to have had little effect in halting the popularity of cannabis. At the same time, the ramifications of prosecuting those for simple marijuana possession has led to instability in the lives of these individuals, and a lack of focus on how to truly solve the issue.

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 acciones y de la sociedad, como la criminalización de la marihuana. La ley además de que las consecuencias de la criminalización de la marihuana son negativas a nivel individual, también afectan a la comunidad en general. Algunas personas que han sido arrestadas por posesión de marihuana han sufrido consecuencias tan graves como el pérdida de empleo, el ostracismo, la pérdida de derechos civiles y el deterioro de la salud mental. Es importante que se tomen medidas para reducir la criminalización de la marihuana y promover un enfoque más centrado en la salud y el bienestar de las personas involucradas.
Fall Film Festival Brings Students’ Works to the Big Screen

BY JOSEPH D’ANDREA

On Dec. 13, Adelphi’s Communications Department held its annual Fall Film Festival, featuring over 70 short films of students. Ranging from fictional horror and comedy films to documentaries, the festival, which began in 1970 and takes place each semester, displayed the diverse talents of Adelphi’s students, with some walking away with awards.

Professor Joan Stein Schimke, an organizer and speaker for the event, has been teaching courses in the Communications Department for 18 years, including Film and Video Production, Writing the Short Screenplay, Film Aesthetics and Film History. The festival provides the students a venue to share their work with friends, classmates and the larger Adelphi community, Stein Schimke said. “There is nothing like having your film screened in front of an audience. There is something magical about the shared experience of watching a film in a room full of people, whether it’s hearing the crowd laugh together at comedic moments, or gasp in surprise or anticipation.”

For students, the festival not only allows them an opportunity to showcase an idea of their own, but also gives them the experience of working with a team, an essential aspect of making films. “The festival also inspires the students to collaborate on film and video projects, and challenges them to produce fun and meaningful work,” Stein Schimke continued. “We really try to foster that creative collaboration and create an environment where the students can develop friendships and working relationships that last well after they graduate from Adelphi.”

Speaking on the selection process for the festival itself, Stein Schimke said, “The first panel is usually composed of professors from the department and sometimes other departments and they choose from the films submitted to the festival to determine which ones will get in.”

In regards to the accolades given out after the screening, she continued, “For the second panel, we like to bring in alumni who have either had films in the festival or are working in the field. [They come] to the festival to watch the films and give out awards.” The awards given out at this past Fall Festival included Best Editing awarded to Olivia Reid and Bethany Goodwin for “Take Two: Reclaiming Queer Adolescence in Adulthood,” Best Documentary to Peter Fudge for “The Last Farm in Queens,” Audience Choice to Jade McClintock-Dorley’s “Huggies,” and Jonathan Bauman and Emilia Matrarese took home Best Narrative for their film “Sunday.”

McClintock-Dorley, a senior communications major and “Huggies” writer, director and editor, spoke on the positive response her film received by the audience, who were laughing along with the short film as it was screened.

“Going into the Fall Film Festival, I was really excited to see everyone’s submissions because I know our department is very talented, and I heard a lot of buzz about the amazing stories people put into the festival, so I was very excited to see it all on the big screen,” said McClintock-Dorley. “I didn’t expect the turnout to be so massive. When the audience is silent, there’s no way for me to know if they like or hate the film until after the festival, so I was really happy the audience had a positive reaction to my film and some of the others.”

Reid, a sophomore communications major concentrating in digital production and cinema studies with a minor in graphic design, said that he joined the Communication Department because he wanted to learn how to turn his imagination into reality. “Working with friends and colleagues like Emmy [Matrarese], Noah and Nina makes all the difference when you are trying to convey a message through film,” he said. “If I had to make all of my films on my own, they would not achieve the quality, standards or appeal that I strive to achieve.”

“For me personally, the experience of working with departments to create and showcase short-form video content was awesome,” she said. “I can’t imagine anything better than being able to share my work with friends and colleagues, it was truly a once-in-a-lifetime opportunity.”

Sawma said the six students met weekly throughout the semester. It was so much fun and I could not have done it without my amazing actors and brilliant director of photography, Jonathan Bauman. Because directing is my long-term dream, it was truly riveting to get a taste of what my future career holds. Film is all about teamwork and that fact was abundantly evident while filming. The actors were extremely cooperative and creative and John always brought wonderful ideas to the table. Though the days of filming were long and tiring, it was overall a great experience and I cannot wait to do it again.”

Sawma responded optimistically, but realistically, saying, “After graduation, I see myself working in some sort of writer’s room until I can make my way up to where I want to be. I do not plan on ever stopping no matter how high I climb the ladder. I will enjoy the fruits of my labor but I do not see myself stopping at any one profession, if that makes sense. Whether I start on a television set, writers’ room or as a director’s intern, I plan on succeeding in the notoriously difficult film industry.”

A Meal for Me, A Meal for You Serves Second Helping

BY KURANA DOOBAY

Not only do meal swipes put a strain on the wallets of college students, but a strain on the rising issue of food insecurity. At the end of the semester, some students are left with more meal swipes than they need, while others are left with little to none. Those wasted meal swipes could be used to feed others in need, and when Joe Sawma noticed the severity of this issue, he decided to take it into his own hands.

In the fall 2021 semester, Sawma, a sophomore international student from Lebanon, created an initiative called “A Meal for Me, A Meal for You.” Through the program, students with extra meal swipes would purchase non-perishable food items at spots on campus—such as The Market or In Post Hall—that they could drop off in marked boxes placed at these locations, later to be donated to the Panther Pantry. Toward the end of the fall 2022 semester, when Sawma still felt like there was more to be done, he decided to revamp the program.

“I contacted my past two project mates Jamie Gesell and Ethan Perez and told them about relaunching my initiative,” Sawma said. “They were really excited to combine efforts again and they were passionate about getting similar, if not better results since last year.”

To spread more awareness on the program, Sawma said the students met a couple of times to discuss how they would go about the initiative step by step. “I decided roles based on each person’s personal skills and strengths, which allowed us to create a great team ready to support each other,” he said. They got to work, preparing collection boxes, creating and spreading flyers, as well as using the power of social media to be sure the program would promote itself.

Gesell, a sophomore who helped jumpstart the program with Sawma last year, said, “I helped promote the project by posting it on other social media Continued on page 5
The University’s Career Center Provides Keys to Employment Success

BY HUSSEIN ALI RIFATH

Many students at Adelphi intend to enter the workforce directly after completing their college education. That incentivizes them to progressively build their resume as they go through college as doing so would allow them to distinguish themselves as promising job candidates.

However, it can be overwhelming to choose between the many different activities offered on campus. Students are not in this alone: Adelphi’s Career and Professional Development Center, located in room 225 of the Nexus building, assists students and alumni in looking and applying for employment or other extracurricular opportunities.

It offers one-on-one assistance for resume writing and interview preparation and hosts professional development events geared towards networking and providing Panther’s exposure to various career fields.

Gina Fries, an assistant director at the Center, teaches Adelphi’s one-credit Internship Preparation Seminar. The class meets an hour a week and is not intended to have a heavy workload. Jonathan Ivanoff, an associate director at the Center, explained: “In the 10 years plus that we have been teaching this, it seems that one hour has been enough to cover all the material. Because it is graded on a pass-fail basis, students who earn a 70 percent or higher on the course receive full credit; students who earn 90 percent or higher in the course will automatically qualify for a paid summer internship through Adelphi’s Jaggar Community Fellows program.”

The Center also provides one-on-one assistance to help students determine their strengths and next steps. “We go through a certain number of [professional] assessments,” said Ivanoff. “We take the Myers Briggs Personality Assessment and we do a skills assessment of competency. We provide interview prep. We go through a lot of foundational work to get the student to know how to look for opportunities, know what to look for in a position, know how to prepare for interviews, know how to apply, how to be competitive for a position, and things to be aware of once they get the job.”

When Hashir Zahoor-ur-Rahman, a first-year computer science major, needed help with updating his resume for a job application, he visited the Career Center. “It helped me a lot, and I ended up getting the job. Pretty successful when you think about it.”

He said his session took 45 minutes and left a positive impression; he plans on visiting the Career Center again, and shared this advice: “The first thing you should do is visit the Career Center because they can help you a lot. The resume that they are going to write is something way better than what you may be able to come up with. Honestly speaking, we are still students and we require experience. They are experienced professionals in the office, and it’s their job to help us out; their work would be way better. Ask for help whenever you get the chance . . . If you feel like you’re shy, I would suggest you look for an online session.”

Zohra Raja, a first-year biology major, also enjoyed working with the Career Center. “They are very passionate about guiding their students step-by-step through every turn. You will send them a resume and they will send you a revised version. They will give you advice on revising it, and they will tell you to send it to them again until you perfect it. That is a lot of dedication and time that they give you.”

Raja stressed that she felt a strong personal connection with her career counselor. “It was a very personalized experience. They wanted to understand where I was coming from and why exactly I was making the choices that I was trying to make, and wanted to guide me through that. There were so many people that were so encouraging.”

The Center now also offers students the opportunity to participate in Kaplan’s new Career Core program. “Think of Kaplan Career Core as a complement to what we already have in Career Services,” said Thomas Ward, assistant vice president at the Center.

The program consists of two components: asynchronous modules and optional live coaching sessions held over Zoom. Each module can take between 30 to 50 minutes to complete because it is left up to the student to determine how many practice exercises they wish to complete. “It depends on the student and what the student wants to get out of it,” explained Fries. The asynchronous component of the program can be completed in less than a semester.

The program’s live coaching sessions are held on weekday evenings by Kaplan’s career coaches. Their small class sizes (sessions have a maximum of 25 slots) allow participants to interact one-on-one with these experts, many of whom are experienced in their targeted fields. “We promote the sessions weekly on the same channel. We will reach out to the program at any time; admissions are open to all AU students to access.”

Students interested can contact a career counselor at the Center to add them to the program at any time; admissions are open to all AU students to access.

The Future Is Female

BY Aarsha Raghaven (senior psychology major)

This poem was inspired by Rupi Kaur to reflect on the sacrifices that women have made in the past, including the women in our families, to advance our rights that we have the privilege of having today. Not everything has been perfect. There is much room for improvement and advancement of women’s rights. Another topic that I wanted to reflect on was a woman’s general tendency to nurture, love and encourage others. This nurturing love, often viewed as a weakness, is very essential and more of what we need to see in society. The world also often feels divided, and there are many who still don’t see there is inequality between the genders. That is why it is important that we come together to support the rights of women, including the right to an education and many other necessities. I wanted to end this poem by saying that the future is female because when women are educated and given the strength/encouragement to achieve their dreams, they create opportunities not only for themselves, but to make the world better for everyone.

We have walked on the shoulders of the women of our lineage who have suffered through countless hardships so that we as women can continue to achieve our dreams and work for our futures. We believe in the rights they fought for and injustices encountered are a constant reminder that the world needs to come together to encourage love and positivity. And equality. The same love. The women in our lives. Have given us for generations The future is female.

A Meal for Me, a Meal for You: Year Two

Continued from page 4

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 elizabethpanchlyk@mail.adelphi.edu.

The Delphian

The Delphian’s website online at thedelphianau.com

Be sure to check out The Delphian’s website online at thedelphianau.com for more stories

Student Poetry

Corner

BEHAVIORAL

FEATURES

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Can the New AI Program ChatGPT Assist in Plagiarism?

BY LIZZ PANCHYK

A new AI program called ChatGPT (Generative Pre-trained Transformer) was launched by OpenAI in November 2022. This is an interactive bot that converses with users and can write entire stories, resumes, recipes and even construct code with just a simple prompt. It is free to use through chat.openai.com without an account. It is not directly connected to the internet, so all of the answers it comes up with are directly from the bot. The responses are also not automated, so answers will not be repeated or worded the exact same when asked the same question more than once. According to chatgptonline.net, “ChatGPT is an advanced AI chatbot trained by OpenAI, which interacts in a conversational way. The dialogue format makes it possible for ChatGPT to answer follow-up questions, admit its mistakes, challenge incorrect premises and reject inappropriate requests.” When I asked ChatGPT what it is, I received the response: “I am an AI assistant trained to assist users with a variety of tasks and answer questions to the best of my ability. I was developed by OpenAI, a research organization focused on advancing artificial intelligence in a responsible manner.”

While ChatGPT’s intentions are innocent, the AI itself has been causing issues in schools. There is worry that instead of essays and other written assignments being created by the student, they will instead be written by ChatGPT. And since the AI comes up with a different response every time, there is no way to know whether or not it was written by a human or the bot. The one way for schools to immediately prevent the usage of this chatbot to directly block, ban and prohibit it through the school, which a lot of schools already have been doing. Besides school, this can also be an issue for journalists. In news writing, any form of plagiarism is taken very seriously and is strictly prohibited. But is ChatGPT considered plagiarism? It may not be taking words from the internet, but it also comes up with responses that aren’t your words. This could make current writing more difficult as there will be constant questioning surrounding the chat bot.

Princeton actually built an app that detects any AI plagiarism called GPTZero. This will help to weed out any possible academic-related plagiarism in the school. Meanwhile, OpenAI is working on a way to prevent plagiarism, or what they call “Algiarism.” According to Alex Hern’s article in “The Guardian,” “Now, the bot’s makers, San Francisco-based OpenAI, are trying to counter the risk by ‘watermarking’ the bot’s output and making plagiarism easier to spot.” This digital watermark could help counter any plagiarism that may occur when not innocently using ChatGPT.

This bot overall could be fun to play around with. You can discover a new recipe or just entertain yourself for a while with its human-like responses. What is interesting is that this course was an experiment, although in an attempt to be useful, actually has a cut-off year. It is unable to provide information about events past 2021. So it can give you general information, but nothing up to date, like the knowledge of our current president is.

The OpenAI website does however list its limitations on ChatGPT followed by examples. They are open to feedback on this new system and encourage people to use it to both learn and recognize its faults.

My Performing Stand-Up Comedy Experience

BY MITCH COHEN

Throughout my life, one of my favorite things to do has been making people laugh. For example, I enjoy performing impressions of characters like Stewie Griffin from “Family Guy.” When creating my schedule for the fall 2022 semester, I was interested in taking a class called Performing Stand-Up Comedy because I love the idea of performing for an audience. This class appealed to me because it allows students to create and perform stand-up routines. Towards the end of the semester, on Dec. 11, 2022, my classmates and I performed our stand-up routines at the Westside Comedy Club in Manhattan.

Professor Lauren Buscemi, who started teaching the class in 2018, took it when she attended Adelphi. “I always loved comedy, but I never thought about performing it,” said Buscemi. “Once presented with the opportunity, I realized it was really fun.”

A highlight of the course was watching videos of famous comedians’ sets. While not every comedian appealed to me, it was fascinating viewing each performance because of how different their styles of humor were. One comedian we studied was Tig Notaro. Despite not being a fan of Notaro’s style of humor, watching her gave me a better idea of how comedians perform because through the videos, I learned about the importance of comedic timing and stage presence. Another part of the class I enjoyed was creating my routine.

For the final show, each student created their own stand-up set and performed it. With my set, I wrote about being in a marching band. I reflected on the positive and negative aspects of being in a marching band, including dealing with constructive feedback. In addition to writing my set, I rehearsed it. Initially, I thought stand-up comedians improvised their routines. In actuality, stand-up requires lots of memorization, as each comedian only has five minutes to perform during the final performance. While this time limit heightened my anxiety, my previous performance experience helped alleviate my nerves.

On Dec. 11, 2022, Prof. Lauren Buscemi’s Performing Stand-Up Comedy class performed at the Westside Comedy Club in New York City. The audience is pointing in the back row. Picture taken by Mike Bryk

Before my performance at Westside, I had years of performing experience under my belt, having played bass drum four in my high school marching band. At this time, my bandmates and I performed at football games and competitions in New Jersey and Pennsylvania. Having been involved in performing arts in the past, I had more confidence on stage. However, several other students didn’t share the same performing experience as me.

Max Mehr, a sophomore graphic design major, had little experience being on stage before performing at Westside Comedy Club. “I remember I was in a talent show when I was about 11 or 12, but that was really about it,” said Mehr. Like me, Buscemi also had experienced performing before the show at Westside. “I performed at Gotham Comedy Club, Broadway Comedy Club and some smaller clubs too,” she said.

Ultimately, stand-up comedy is an impressive skill because it allows people to create funny anecdotes based on their personal lives and popular culture.
Madison Graham Continues to Play a Crucial Role for Women’s Basketball

BY ANDREW SMITH

The women’s basketball season is well underway and the team is playing hard every night on the court. Madison Graham, a junior sports management major, is playing a crucial role on the team, leading them through a long and challenging season.

Graham has been a member of the team since her freshman year and credited her family for contributing to her success as a collegiate athlete. “My family has played a huge role in my career. Growing up, my older cousins all played and basketball was a big sport in my family so I naturally grew a love for it,” she said.

Graham highlighted the role her father played in her love for the game of basketball. “My dad also played basketball when he was younger, so it was always something we could do or talk about together. My family members are my biggest supporters and I wouldn’t be in this position without them.”

In addition to her family, Graham said there are professional athletes who she has looked up to as role models, emphasizing the importance of Diana Tuarasi in her athletic life and development. Tuarasi played Division I basketball at the University of Connecticut and is now a member of the WNBA team Phoenix Mercury and the all-time leading scorer in WNBA history who also led the United States to five gold medals in the Olympics.

Graham reflected on the time she has spent on the Panther team so far and what memories still remain with her today. “There are a lot of moments that come to mind but I would say my favorite team memories are all the moments in the locker room after a great win or bus rides to and from away games,” she said. “These are the moments we all get to really connect and make everything worth it.”

Graham also shared her thoughts on the current season and how the team is performing. “I think this team is really special and we can really make a run this year. We have had our ups and downs but the season is still young and the greatest teams are the ones that can overcome adversity together,” she said. “We have a great coaching staff and a great group of girls, so I’m really excited to see what the rest of the season has in store for us.”

The importance of in-season conditioning also plays a role during a long winter season, which is from mid-October to March. Graham said the players practice Monday-Saturday from 7-9 am and lift Monday, Wednesday and Friday from 9-10 right after practice.

“With games this schedule changes a little every week,” she said. “On game days we will shoot around that morning and we usually don’t practice the day after games to give our bodies the appropriate rest.”

Graham added, “In-season training and conditioning is different from off-season in the sense that most practices are spent playing against our scout team so we can practice against the opposing teams’ plays. Conditioning is usually a little lighter to keep wear and tear on our bodies to a minimum. But most conditioning is mixed into fall court drills at practice and through our strength and conditioning coach, Keith Ferrara.”

Madison Graham and the women’s basketball team is continuing to put in the hard work on and off the court in order to compete for a championship. The team is poised to go on a strong run during the winter.

Softball Looks to Continue Success from Last Season

BY ANDREW SMITH

Adelphi softball (AUSB) had a very successful season last spring. The team made an appearance in the College World Series and competed to the very end of the bracket. Following a strong offseason, the team looks to repeat their success and go even further this season.

Senior Claire Fon, who recently won NE10 Pitcher of the Year and D2CCA Pitcher of the Year, shared her thoughts on the 2023 season. “I am very excited for this upcoming season. We have some amazing talent on this team and I have no doubt we can be just as successful this year as we were last year. Our coaches have prepared us well and we have many goals to achieve this year.”

Sophomore outfielder Courtney Murphy expressed her expecta-
Coming This Spring to Adelphi PAC...

GUEST ARTISTS

SINGSTRONG A CAPPELLA FESTIVAL
Friday, February 3 - Sunday, February 5
Ticket prices vary, so visit newyork.singstrong.org for more information.

NEW MUSIC XVI: YARN/WIRE
Friday, February 17 • 7:30 p.m.

IMANI WINDS
Friday, March 10 • 7:30 p.m.

THE STEPCREW
Saturday, March 11 • 7:30 p.m.

SARA DAVIS BUECHNER, PIANO
Friday, April 14 • 7:30 p.m.

ISAAC MIZRAHI
Saturday, April 22 • 8:00 p.m.
Adelphi Students: $10

JERRY HERMAN: THE BROADWAY LEGACY CONCERT
Saturday, May 13 • 8:00 p.m.

DANCE

SPRING DANCE ADELPHI
Wednesday, April 26, through Sunday, April 30 • Various times

DANCE SHOWCASE
Friday, May 12 • 7:30 p.m. and Saturday, May 13 • 2:00 p.m.

MUSIC

ADELPHI’S BEST OF BROADWAY
Sunday, March 26 • 4:00 p.m.

ADELPHI SYMPHONY ORCHESTRA
Friday, April 21 • 7:30 p.m.

ADELPHI OPERA THEATRE
Saturday, April 29 • 7:30 p.m.

ADELPHI PERCUSSION ENSEMBLE
Wednesday, May 3 • 7:30 p.m.

ADELPHI CHAMBER ENSEMBLE
Thursday, May 4 • 7:30 p.m.

ADELPHI JAZZ ENSEMBLE
Friday, May 5 • 7:30 p.m.

ADELPHI CHORALE and VOCAL ENSEMBLE
Sunday, May 7 • 4:00 p.m.

ADELPHI CONCERT BAND
Tuesday, May 9 • 7:30 p.m.

ADELPHI IMPROVISATION ENSEMBLE and GUITAR ENSEMBLE
Wednesday, May 10 • 7:30 p.m.

THEATRE

MELANCHOLY PLAY
by Sarah Ruhl
Tuesday, February 28, through Sunday, March 5 • Various times

MEN ON BOATS
by Jaclyn Backhaus
Tuesday, April 11, through Sunday, April 16 • Various times

VANITIES
by Jack Heifner
Tuesday, May 2, through Sunday, May 7 • Various times

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

Reserve Your Tickets Today!

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

ISAAC MIZRAHI

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