

The Delphian

March 27, 2023

The Voice of the Students

Volume 78, Issue 9

SEE INSIDE: Annual April Fool's *The Defiler* Section

As Anti-Trans Bills Pass Anxiety Escalates in AU Trans and Gender Non-Conforming Community

BY LIZZ PANCHYK

In 1933 Nazis burned the largest collection of gender-affirming literature at one of the first institutes studying sexuality. Ninety years later in March 2023, Nazis marched in Ohio to protest a drag queen story hour, said Mena Sposito, '10, advisor to Adelphi's Students Beyond the Binary (SBB) club. Sposito said that anti-trans ideology is not new, but it is dangerous, and since Kentucky's government passed "one of the worst anti-trans bills our country has ever seen as of March 17, 2023, allies are needed to speak up now and be louder than the hate."

The sweeping Kentucky Senate Bill 150 is one of 483 anti-trans bills introduced this year in 46 states and 16 that have already passed. And that threat is causing anxiety among Adelphi's LGBTQIA+ community who are worried about their safety and their access to hormone replacement therapy (HRT) and surgeries. Sposito said that they've experienced an increase in students reaching out for support since last year in response to the bills.

"Some students are afraid to come

out to family members or start transitioning and be cut off or kicked out by their families. Other students worry about returning home to their red states and losing access to gender-affirming care,"



Students at Adelphi's Pride march on May 5, 2022. New anti-trans bills put focus on the need for more public events. Photo by Mena Sposito

Sposito said. "Attacks on trans rights directly affect the safety, mental health and wellbeing of trans students and there is a lack of education and understanding among cisgender students (and teach-

ers) as to how this is affecting their peers and how they can help. Violence against trans folks has also risen drastically with these anti-trans bills, which also affects our students negatively."

Sophomore Wynn Andersen said, "All we want is to live, to have friends, careers and happiness. The violent rage that transphobes feel at the prospect of transgender life and happiness

is utterly vile. To see such evil being spoken openly, and then brushed away by everyone around me is crushing."

Sposito, the videographer for University Communications and Marketing, said they have been an advocate for trans rights in the state since they came out as trans in 2007 as a student at Adelphi. "The anti-trans bills make me feel angry, scared, overwhelmed, stressed and sometimes hopeless," they said. "It is terrifying to be trans and live in the US. Most of these bills were introduced under the guise of 'protecting children' even though they are working against the recommendations of every major medical and psychological association in the US."

The Kentucky bill originated as an act to protect teachers who misgendered students and quickly erupted into a threatening bill for trans youth. It is being called the "worst anti-trans bill" because of its appalling contents. It is directed at schools and allows teachers to misgender students by using incorrect pronouns and includes a ban on gender-affirming medical care for trans youth. Schools will not be allowed to discuss sexual orientation

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Fight for Women's Empowerment in India Is Focus of LGS Event

BY JOANNA REID

On National Women's Day and the Hindu holiday, Holi, Wednesday, March 8, Dr. Ranjana Kumari spoke about her first-hand experiences with activism for women's rights and shared her knowledge on gender equality. She was invited to speak about the fight for women's empowerment in India by Levermore Global Scholars (LGS) and the students as a part of the Bhise Global Learning Experience (who studied abroad in India). About 30 people were in attendance.

Kumari is the director for the Centre for Social Research and a chairperson for Women Power Connect, two nonprofit organizations in India. She is also the author of several books, one of which is, "Brides Are Not For Burning: Dowry Victims in India," about married women who were driven to suicide. Kumari also helped to pass the Women's Reservation Bill in India, which gave women a third of seats in the lower house of Parliament.

Katie Laatikainen, who hosted the lecture and led the Bhise Global Learning Experience, stated, "The LGS program was pleased to be able to sponsor

the lecture by Ranjana Kumari who has fought for decades to improve the position of women in India. Through the support of the Bhise Global Learning Initiative, we were able to invite Ms. Kumari to visit Adelphi at the intersection of two holidays, the Indian holiday of Holi, which focuses on the triumph



Dr. Ranjana Kumari presents her lecture in the Ruth S. Harley University Center on Holi.

of good over evil, and International Women's day. We were fortunate to get a

global perspective on the ongoing fight for gender and women's equality."

Amanda Franstedt, a senior finance major who traveled with the Bhise Global Learning Experience and was at the event, felt that Dr. Kumari's lecture was beneficial. "I had already met Dr. Ranjana Kumari briefly in India and knew of her impact from the Centre for Social Research in New Delhi. Her perspective of looking at all women as strong as opposed to oppressed under patriarchal standards is also something that stuck with me."

Kumari began her talk, which took place in the Ruth S. Harley University Center, by explaining that Women Power Connect is the first lobby organization to work with Parliament in India. It also works with 1,600 organizations from all over the world.

"Slowly women have come together in India and fought against many kinds of discrimination, inequality, oppression and also different forms of exploitation women have gone through," she said, adding that women from all over India, all a part of the Centre for Social Research, worked to organize groups of women from all parts of society.

"Unless we are able to mobilize them [women] and bring them into understanding the discrimination it's very difficult to change society," she said.

Soon Women Power Connect began focusing on expanding education to women. Education for all in India became a fundamental right in 2009 under the Right to Children to Free and Compulsory Education Act. Since the 1970s, access to education in India has expanded significantly.

Kumari believes it's important to recognize intersectionality when it comes to discrimination. "You cannot say these are the women; it's a cross section of women," she said. She explained that women who are from marginalized communities are more likely to face exploitation and violence than those who are educated or wealthy. "It's important to include women from all different backgrounds and ask how we can really extend our hand of support towards them."

After Kumari completed her doctorate in political science at Jawaharlal Nehru University, she focused on women's leadership. She pushed to get women in policy making. She knew

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A Word from the Editor

I hope everyone enjoyed their spring break! We’ve now reached past the midpoint of the semester - scary thought! However, now that it is spring, we can begin to enjoy the lovely weather along with the extended daylight.

As you may notice, this issue contains our fun April Fools’ edition, *The Defiler*. All the articles in this section are definitely absolutely true, no doubt about it!

In our regular edition of *The Delphian*, you will find coverage of the event Fighting for Women’s Empowerment where Dr. Rajana Kumari gave first-hand experiences about fighting for women’s rights in India. We have also covered the many anti-trans bills that are increasingly being passed this year and what you can do to stop it. In Features, we have included a spotlight on Liv Reid, a sophomore communications major whose film was recently featured at the Fall Film Festival, and an article about studying abroad where students share the overseas experiences they’ve had and how you can plan your own trip.

Our Opinions include albums turning 50 this year, a review of the TV show “The Last of Us,” pros and cons of using technology in the classroom, and a retrospective on Covid and how it affected college life. Finally check out our Sports where we’ve spotlighted both senior Katherine Marsh from the track team and junior Lindsey Hibbs from the softball team, along with the coverage of what the baseball team has in store for the spring.

Take note of our word search as you dive deep into our fun “articles” in *The Defiler*. Don’t be fooled! We hope you don’t enjoy this issue!

All jokes aside, we hope you enjoy this issue of both real and foolish articles that should hopefully give you a laugh. Good luck to everyone as we close out March and begin a new month of challenges. The end is near!

Lizz Panchyk '24
Editor-in-Chief



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Trans Day of Visibility Event on March 31 Aims to Connect Community

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or gender identity at any age, and sexually transmitted diseases and sexuality will not be discussed until sixth grade, where students are required to get parental consent. Districts will also not allow trans kids to use the bathroom of their own gender identities (“at a minimum”).

In response, Mylo Fisherman, a senior in the Scholar Teacher Education Program (STEP) said, “As varieties of the ‘don’t say gay’ bill that originated in Florida emerged across the nation and became increasingly worse in others, I became scared and frustrated. I’m scared that my dream job feels no longer viable as I would just be labeled as a ‘groomer’ who wants to ‘indoctrinate’ children and I’m frustrated that as I sit through my STEP classes I feel like I am the only one with this heavy thought on my mind that my job is not secured solely based on my gender and sexuality.”

Fisherman added, “I can’t imagine a future classroom where I would have to deadname my students or out

them to their parents before they are ready and safe to do so. Furthermore, I can’t imagine going into a field where this would be a commonplace practice. We already teach about gender and sexuality in elementary school. It is only seen as a ‘problem’ when the gender and sexuality is something other than cisgender and heterosexual.”

The Kentucky bill also forces doctors to create a timeline to cut off treatment for children currently receiving hormone therapy or puberty blockers and prohibits transgender youth from getting access to the medical care they require. The “goal” of this is to stop the transition from occurring or ever happening.

“As someone who has not yet started hormone replacement therapy, these bills have pushed me to rush my decision into starting hormones because who knows if I will have access to this treatment in a year, a month or even a week from now?” said Fisherman.

Supporting Adelphi students through these challenging and painful developments is a focus for Sposito and SBB, a club founded in September 2022 as a safe space for all members of the trans, nonbinary and gender-nonconforming communities and their allies.

“Doing what I can to help other trans people helps me deal with all the negativity that comes from these bills,” Sposito said. “Whether it’s through mutual aid, making phone calls for resources, or just spend-

ing time with the students of SBB, connecting with my community has brought me the most joy.”

To that end, since March 31 is International Transgender Day of Visibility, SBB and the Center for Student and Community Engagement (SCE) will be co-hosting an event titled Trans Day of Visibility: Crafts, Culture, and Community from 4-6 pm in the University Center rooms 113/114/115. All community members are encouraged to attend, regardless of their identity. Members of the Adelphi community who identify as Trans and Gender Non-Conforming (TGNC) will be acting as a human library to share their unique experiences in conversations while attendees enjoy making custom pins and keychains.

Also, on April 20 from 3-4 pm, the SCE is holding an LGBTQIA+ Legislation Listening Session.

Sposito said it’s more important than ever for trans folks at Adelphi to have access to community and equally important that cisgender folks show up and learn how to be allies on campus and in their everyday lives.

“I am fortunate to live in NYS and have access to gender-affirming care but many trans lawyers and activists have warned federal bans on HRT could be next,” Sposito said. “For trans people who aren’t governed by these bills we still have to deal with the emotional toll of being told we are not worthy of protections or autonomy. The constant news

of politicians and media calling for our ‘eradication’ from society is draining. The lie that all trans people are ‘groomers’ or perverse fails to see us as whole human beings and instead sexualizes our existence, even though being trans is not about sexuality but about gender identity and expression. I have friends who are fleeing their home states and others who are making plans to leave the country.”

But students are pushing back to make sure these laws aren’t passed in New York and other states. Andersen said, “Voting. Protesting. Trans people are a small percentage of the population, but we speak. We need people to hear us and to carry our voices. Socially, make transphobia unacceptable in your day to day. Listen to people, engage in local politics and activism. Our strength is in community.”

Sposito added, “Talk to the people in your life that vote for politicians who support anti-trans bills and educate them on how these bills harm trans people. Direct them to trans people telling trans stories, like journalist Imara Jones, whose investigative podcast, ‘The Anti-trans Hate Machine’ has tracked the organizations funding these bills. Debunk the lies and narratives being pushed by these bills. Vote, especially in local elections. Even if you live in an accepting town/state, contact all your representatives and tell them to do everything in their power to support trans people.”

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

Olivia Reid Documents Queer Experiences in Debut Film

BY KENNETH CERVANTES

To sophomore communications major Olivia Reid “take two” is a double entendre. Being a filmmaker who is taking a second look at life, the phrase sparked the premise for her debut film: “Take Two: Reclaiming Queer Adolescence in Adulthood.”

The 19-year-old Jamaica, Queens native is taking Adelphi University’s Communications Department by storm with her documentary, which chronicles the experiences of four Adelphi students who identify as LGBTQIA+.

Making videos since she was 12 years old, Reid’s passion for filmmaking allows her to capture people and moments she holds dear. “At first I wanted to be a YouTuber, so I would make random videos with my cousins,” Reid said. “In high school, I started vlogging behind the scenes of all the plays I was in. From there, I began to take [filmmaking] more seriously.”

To expand her videography skillset, Reid took Video I with professor Joan Schimke during the fall 2022 semester. One of Reid’s assignments was to create a five-minute documentary on a topic of choice. Initially, she struggled to develop a concept for her video, searching around Google for potential ideas.

It wasn’t until Reid viewed a video on TikTok about “second queer adolescence” that she gained inspiration for her documentary. Many members of the LGBTQIA+ community try to relive their teenage years in their adulthood. According to a study conducted by Yale University, 83 percent of people who identify as lesbian, gay or bisexual conceal their sexual identity within their lifetime. As a result, queer adults try to reach developmental milestones such as their first kiss and romantic relationship.

After she selected this topic for her documentary, Reid spent a month interviewing four fellow LGBTQIA+ Adelphi students. Shooting with a Sony α6500 camera and editing with Adobe Premiere Pro, she documented anecdotes from each of her cast members, including topics such

as sexual exploration and coming out.

“Being part of this film helped me become more transparent about my transgender identity,” said Sal Jones, a senior music education major who starred in the film. “I hope I can parallel my story with others just like me.”

Schimke was impressed with Reid’s ability to capture stories like the one Jones shared. “Olivia has the willingness to probe deeply into her subject matter,” said Schimke. “The people she interviews are able to reach a level of openness and honesty, creating meaningful and thought-provoking work.”



Olivia Reid’s debut film “Take Two: Reclaiming Queer Adolescence in Adulthood” was featured in the ViewFinders Film Festival last month.

Photo courtesy of Olivia Reid

Astonished with Reid’s final cut, Schimke encouraged her to submit “Take Two” to Adelphi’s Fall Film Festival, which took place on Dec. 13, 2022, in the Olmsted Theater. Reid never showed her work in front of a large audience and was reluctant to enter the festival.

“I’m very critical of my own work,” she said. “Truthfully, I didn’t realize the impact my film would have on viewers because I was so focused on perfecting the technical details.”

At the conclusion of the festival, many queer attendees applauded Reid, and her documentary was awarded “Best Editing.”

The conversation surrounding Reid’s film didn’t stop after the Fall Film Festival. Two months later, professor Peggy Cassidy, department chairperson, selected Reid’s documentary to be one of four films featured in the ViewFinders Film Festival. Sponsored by the Office of Diversity, Equity, Inclusion and Belonging, and the Office of Advancement and External Relations, this festival focused on social justice.

Reid and two of her cast members sat on a panel during the festival, which took place on Feb. 23. When Cassidy asked her about her experience on set, Reid said, “It was an honor to sit down with the cast and be able to converse in such a raw and poignant way.”

Post-production, Reid has been more candid about her sexual orientation. Being raised in a strict, religious household with two Jamaican parents, Reid struggled to express her sexuality. She forced herself to dress femininely and only like boys as a child but didn’t feel comfortable in her own skin.

Reid began to deny her attraction toward women in her high school years. Leaning into her attraction toward men, she feared being ostracized by her friends and losing her parents. “My grandma started to become suspicious that I was gay,” Reid said. “She said she wanted ‘the old me’ back, and that moment stuck with me.”

Reid had time to introspect and affirm her bisexuality during the Covid-19 pandemic. When she started her first year of college in August 2021, she saw this new chapter as an opportunity to be open with herself and others. “I wrestle with my queer identity at home, but Adelphi has given me the outlet to be myself loudly,” she said. A friend to many queer students on campus, Reid defines herself as bold, optimistic and unshaken.

Sharpening her craft, Reid plans to take on new videography skills such as color grading and narratives. Her message to queer folks who are struggling with their identity is simple: to keep fighting but also find the time to rest. “Life is a journey, and it’s okay if you need a second take,” Reid said with a smile.

Student Poetry Corner

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

I think that a lot of us unconsciously build a wall up in our heads. It’s how we cope, and it’s like a built-in barrier for us. Of course, we have different walls with different people, meaning we don’t act the same way with friends that we do with family or teachers. We build the wall up, holding in part of our true selves until we finally feel comfortable enough to let it out. For me personally, I’ve always built walls in my mind. I present myself as a quiet person, demure and outspoken. The wall begins to break down when I get more comfortable, and it may take hours, days or months. But the wall should break. Because I want to feel like I can be myself, my whole self, and let my true personality present itself, even if it’s not everything someone else may have imagined. Being yourself and feeling like yourself is the greatest possible thing you can do and the best possible feeling. It’s okay to let your walls down.

The Girl Behind the Wall By Lizz Panchyk Junior Communications Major

What is a wall but a divider between two spaces?

A place where an entrance is blocked; forbidden.

She doesn’t see it that way, although she doesn’t know what lies beneath that wall.

She doesn’t know the invisible hands that grasp in hoping she feels them.

She doesn’t hear the slow knocking or hear the subtle whispers saying: get me out.

But what she really didn’t realize was that this wall was not a physical wall, no.

It was a wall she unknowingly built in her head

to protect her

to make her stronger

to make her “normal.”

And the wall, tired of standing tall, began to tumble down.

It cracked with every fleeting grasp, crumbled with every pounding knock, and shook with every hushed whisper.

And with this, the wall that was supposed to protect her, make her stronger

and make her “normal,”

Actually held her back from her true potential.

There came a time when the wall was no more, and what was once locked was set free.

The girl behind the wall crawled out of the debris, uncaring, for no wall could hold her back any longer.

And so she, now a girl without a wall, became someone she’d never seen before.

She became herself.

Dr. Kumari Speaks at LGS Women’s Empowerment Event

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if women could get in these positions, change would be more likely to come.

“And to our surprise in 1993, we got a law changed... and this was the Constitutional amendment, which is called [the] 33% reservation bill.” This law expects at least 33 percent of seats in the lower house of Parliament be filled by women. “Now 1.8 million have gotten into elected positions [at the local level].”

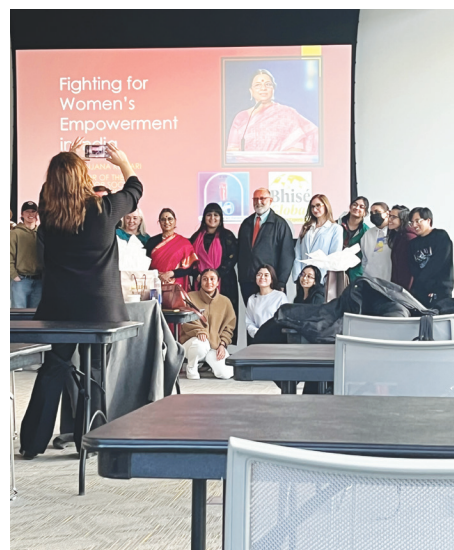
However, Kumari said the law has yet to be passed and applied to the upper house of Parliament as well, so she discussed her experience at attempting to pass the same bill.

“We all worked hard to draft the bill. We went across the country, organized regional, local, national conferences to get the real sense of what

women want. The bill was drafted and presented to the Parliament. This was the only bill ever in the history of Parliament, which was torn [by the officials working in the Parliament],” she said.

Kumari recalled sitting in the lobby of the Parliament house with other women, wearing black in protest. “We see all that drama inside the Parliament, and it of course it so happens that the bill could not be passed.”

Kumari concluded by telling the audience that, “patriarchy is not only an Indian system. Women have to engage men in conversations and question who has given them the right to oppress women? When you engage yourself in dialogue things start changing. We have to believe in change... things will change and are changing now.”



Dr. Ranjana Kumari presented to both political science and international relations students who had travelled to India.

Take Your Education Overseas: The Benefits of Study Abroad

BY SARAH ALEXANDER

You don't need to be an international relations major to benefit from studying abroad. As Adelphi students Melody Yeung, Nina Wakely, Gina Kurian and Dianne Doytchinov can attest, studying overseas is transformational.

Shannon Harrison, the director of Adelphi's Study Abroad Program, has been helping students access this opportunity since 2015. Previously she worked at the Institute of International Education and has had many international experiences herself, spending time in Venezuela, Mexico, Spain, Peru and Japan. "When you study abroad you are completely removed from your comfort zone," Harrison said, "and you need to operate in an environment that is very different from what you're used to."

The value of the experience, she said, is that it requires you to reflect on your own life and your own culture

you may take for granted. We grow up without questioning our own cultural handbook, so when taken out of our cultural context, we are forced to rethink the values we took for granted. "Study abroad provides empathy and an understanding that is so critical for just being able to communicate and live with other people," Harrison said. She believes this cultural understanding and empathy to be a pathway toward global peace.

Impressions of Kenya

Adelphi works closely with several programs to provide a wide range of opportunities in many countries. Melody Yeung is a senior nursing major who spent most of this past January at The Caroline School in Wangige, Kenya. This rural school has 150 students from kindergarten to eighth grade, as well as a mini farm with rabbits, duck, chickens and a vegetable garden. As a nursing student, she delivered lessons about the importance of hygiene.

"I feel like going into the trip I came back a totally different person because I realized how little they have and how grateful they are for what they

was not available. "I want to become a nurse," Yeung said, "and this experience really helped me because I feel like it made me more compassionate towards



Melody Yeung with students of The Caroline School in Wangige, Kenya during her January trip abroad. Photo by Stephanie Pomerantz

have," said Yeung. On one occasion she planned a lesson that required the students to draw a picture with crayons, assuming that, like American students, every child would have a set. Yeung was surprised to find the school had only two sets of crayons to be shared by all 150 students. She had to eke out the small supply by breaking crayons in half and passing the bits around.

Another contrast that took Yeung by surprise was the children's hospitality. They were excited to welcome her—holding her hand and giving hugs even though she was a stranger. Sun-

other people."

Italian Education Lessons

Yeung was not the only Adelphi student abroad in January. Nina Wakely and Gina Kurian, both in Adelphi's Scholar Teacher Education Program (STEP), spent three weeks in Italy exploring the differences between the Italian and American educational systems as part of a course called "Following the Footsteps of Italian Educational Thinkers." Like Yeung, they too created a series of interactive lesson plans and delivered these in a nursery, elementary, middle and high school in Florence.

Both Wakely and Kurian were amazed by the children's enthusiasm for learning. Italian children seem to view education far more positively than American students and experience less pressure from state standards and testing. Kurian recalled the eagerness with which the high school students from Liceo Scientifico toured them through the "National Archaeological Museum" to learn about Italian history. Seeing the students' enthusiasm for learning reinforced Wakely's confidence in her decision to be a teacher.

Wakely was also surprised by the laid-back culture. During the last few days of the trip she and her fellow Adelphians tried to go back to their favorite panini place three times, only to find it closed every time. When they asked the shop owner next door, he said the owner didn't feel like working because it was raining and business would be slow.

"In Italy they are so much more relaxed and happier, and in a way appreciate life more," Wakely said. "Like they take in those moments of life that often in the US that I feel like we miss because we are so focused on money and business."

Kurian agreed. "They understand the value of time and making meaningful moments rather than rushing through things just to check it off the list."

In addition to teaching in Florence, the students had a chance to travel around Italy—seeing the Colosseum in Rome, the streets of Naples and the leaning tower in Pisa. They took a cook-

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Want to study abroad?

Students have the option to study abroad for a year, semester or on short-term programs, including one- to three-week faculty-led programs. To find a program that's right for you, visit study-abroad.adelphi.edu for a full list of the current programs available. In addition, here are five steps from Shannon Harrison, the director of Adelphi's Study Abroad Program, to get you started:

1. Plan Ahead. At least one semester before you plan to study abroad, contact the Center for International Education and attend a group advisement session. Contact the Center for International Education in Post Hall, 200 or at cic@adelphi.edu; 516-877-3487; study-abroad.adelphi.edu.

2. Understand Your Limitations. Make sure you have a good understanding of your degree audit. Know what courses your major requires and if you may be limited to a program that offers those courses. Also be aware of any financial limitations you may have. Adelphi does its best to make study abroad accessible to everyone.

- Students who study abroad for a full semester can keep their Adelphi scholarships during that time.
- The Center for International Education has a new initiative making faculty-led programs more financially accessible to all students and will not offer any programs that cost more than \$5,000 in program fees.
- The Gilman Scholarship is a great opportunity for students who have a Pell grant.
- Many study abroad programs have scholarships that students are able to apply for, such as the Frederick Douglass Global Fellowship.
- There are lots of different program options for lots of different budgets. Students with limited funds can also consider studying in smaller cities and in regions that tend to be less expensive.

3. Acquire Your Course Equivalencies. Set up an appointment with your academic advisor and the Center for International Education to make certain the credit from the courses you plan to take abroad will transfer back to Adelphi.

4. Apply. Visit study-abroad.adelphi.edu to apply. You must fill out Adelphi's online study abroad application, as well as the application for the program you choose. Don't hesitate to reach out to the Center for International Education to help you through this process.

5. Begin the Logistics. Once you have been accepted to a program, start preparing to travel. Make sure you obtain:

- A visa
- International health insurance
- An international cell phone plan
- Money in the local currency
- Appropriate clothing for the climate you will be in

Then get prepared to have an experience of a lifetime!



Dianne Doytchinov at Sydney Bridge

burned in the strong African sun and exhausted by the draining heat, Yeung marveled at how the children exuded energy and optimism, running around all day with hardly a drink of water.

During the trip Yeung also witnessed Kenyan wildlife when she visited a giraffe center and an elephant orphanage and joined a safari where she saw lions, rhinos, buffalo, hippos, monkeys and ostriches.

But a trip to one of Wangigi's health clinics saddened her. Understaffed and under-resourced the clinic could hardly serve the needs of its patients adequately, many of whom had to wait long hours in the hot sun to be seen. Lacking health insurance, many patients could not afford the treatments prescribed and found they had made the trip for nothing. Others learned the treatment they needed

TheDefiler

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The Fake Voice of the Students

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Adelphi Plans to Build High Line Across Campus

BY JUSTIN KRESSE

Adelphi has decided to install a High Line across campus, stretching from the beautiful garden outside of Alumnae Hall and Harvey Hall all the way to the softball field just off of South Avenue. It's all part of the Momentum 2 strategic plan.

This new pathway should allow students to cut across campus in significantly less time while enjoying a beautiful view of our lawns and gardens. It's in keeping with the fact that Adelphi is registered with the American Public Gardens Association as an arboretum that includes nearly 70 different types of trees and shrubs. Now students will get a new view of Nexus from above and a great vista of both the baseball field and softball fields for optimal observation during games. However, Adelphi clarified that it will not be responsible for users of this new pathway who get hit by fly balls.

One clarification that the university wanted to make is that like the High Line in New York City that many of us are familiar with, you will need a timed

online ticket to access this beautiful new pathway. Acquiring a ticket will be as easy as opening the AU2GO app and navigating to a new "High Line" tab, which will allow users to sched-

could potentially be implemented in the future, depending on the upkeep costs.

Momentum 2 has not quite reached its goal yet in terms of donations, so if you or someone you know would be



Adelphi is planning to build a High Line like the one in the city spanning between this garden area outside Harvey Hall and the softball field. Photo by Justin Kresse

ule their visit. There are no current plans to charge for these tickets, but the university did clarify that payment

interested in this new Adelphi High Line, they should be advised to donate to the campaign to make it a reality.

Public Safety Responds to Reporting by Adding 313.5 More Parking Spaces

BY LIZZ PANCHYK

On February 13, *The Delphian* published an article titled "Despite Available Spaces Parking Woes Return With the Spring Term" in which the Adelphi community learned that parking has been a huge issue for students this semester. You arrive at 10 am? Sorry, there are no good spots. Then you have to drive over speed bump after speed bump just to park in the most inconvenient space, far from where you are required to be for class.

Not to mention that these spaces over by Post Hall tend to be tight, and people tend to park, let's say, "not within the lines." To avoid this, you'd have to park well behind the dorm buildings where the spots are plenty or in either of the two parking garages, but it's just as inconvenient, as no matter how much room there potentially is, people still do not know how to park.

Public safety took one look at this article and decided it's time for a change. After all, being a Long Island campus means there are many commuter students coming from all over the place. Who needs to waste time trying to find a parking spot when there's

already traffic for us commuters? After determining that a major part of the lack of adequate parking is that some in the Adelphi community simply don't know how to park properly, the university has decided to add another 313.5 very specially designed parking spaces for those of us with parking difficulties. These spaces will be extra wide at 11 feet by 21 feet to adapt to those who struggle to park within the lines. There will also be special laser guides to assist you as you park, allowing for faster, more reliable parking. This will be particularly helpful for those who prefer to back into spaces. The half spot is for any motorcycle that needs to be parked somewhere.

These spaces will be added over the summer in between the University Center and Levermore where there will be another entrance added from South Avenue. To accommodate these extra wide spaces, there will also be an extension of parking lot 2 (UC parking) to meet the parking behind Woodruff Hall. This additional and close parking will hopefully help to maintain commuter parking issues by giving students more parking options. And more parking options allows students to park as close or as far as they

want, depending on where their class is and whether or not they are late.

Of course this means getting rid of some of the lovely green spaces on campus. But not to worry! Public Safety has a plan for that too as each new parking section will have its very own mini herb gardens. Take some time to smell the oregano as you head to class knowing that your parking job is perfect!

Looking for a parking space takes up a lot of time, so thank you to Public Safety for making this happen. We as a student body look forward to the semester of fall 2023 with more parking and less woes.

You definitely shouldn't check out *The Delphian's* website at thedelphianau.com to see the *real* news.

Increase in University Wildlife Warrants New Approach

BY JUSTIN KRESSE

You may have recently noticed that there has been a substantial increase in the number of wildlife seen on the Garden City campus. We of course are used to the cute bunnies hopping about along with the squirrels. But the bird population living on and near campus has started to alarm Public Safety. And a bird feeder outside Earle Hall may be the culprit. Though no one knows which faculty or staff member installed it, students on their way to and from the building have increasingly become worried that this is a gateway to making the birds feel too comfortable on campus and potentially take over.

Though they had no specific comments, it was clear that Public Safety is also worried that the animals on campus have grown tired of sharing this space with us humans as recently a truck was seen to be guarding the feeder. Perhaps, Adelphi's commitment to preserving the beautiful natural environment on this campus has backfired and made it so that all the animals



The Adelphi faculty have been seen feeding the birds on campus despite the significant threat they pose to humanity. The birds were using this feeder before the picture was taken, but did not want photographic evidence of their deeds, and they could not be reached for further comment.

Photo by Justin Kresse

now feel confident enough to mount an all-out attack against the humans?

Though there has been no direct violence as of yet, large swarms of

Continued on page 7

Haunted Halls? The Ghost of Blodgett 124

BY LIZZ PANCHYK

If you’ve ever been in Blodgett Hall, you might know the stories of the ghost of Blodgett 124. This spooky spirit likes to play tricks while classes are in session by flickering the lights, creaking the door open and then slamming it shut. Last semester it was Feature Writing that was intruded by this ghost, and this semester it is the class Free Speech, Media Law, and Democracy that is being haunted.

This ghost is surmised to be a communications professor from the mid 1900s who used to teach in that very room. He simply cannot accept that his classroom is being used to this day, so instead he causes major disruptions throughout class times to make his point known. He particularly fools around during the longer class periods, running at two and a half hours, simply because it allows him to make more distractions and catch students’ and professors’ attention. He is like the Peeves of

Adelphi University, toying with students who dare have a class in that room.



Ghost of Blodgett 124 sneaks the door open while class is in session.
Photo by Lizz Panchyk

In the fall semester, this ghost

thought it was particularly good fun to mess with the temperature so that no class period could pass without several degree changes both up and down the thermometer. Students alternately complained of being too warm and then freezing. The windows seemed nailed shut. If the professor opened the door to adjust the temperature in the room, that seemed to be an open invitation to the ghost to then mess with the door. Said Liza Burby, who was teaching at the time, “I really couldn’t win. In time I thought it best to go along with the game. After all, I had a class to teach.”

It does make sense for Blodgett to be more active in terms of spirits since it is one of the first three buildings built on our campus. Since the building has been here since 1928, it’s only appropriate for it to be haunted. No joke; be aware when you enter 124, because you will be disturbing someone else’s classroom. And this flying friend will make it known.

Hopefully not an evil spirit, you still don’t want to be on their bad side.

It’s never a good idea to mess around with “that kind of stuff.” And if you do, you might find yourself attracting the spirits themselves along with that kind of energy. I would seriously advise anyone who dares mess with the ghost of Blodgett to carry some salt to class. Ghosts notoriously don’t like salt, and it acts as a barrier that they cannot cross. I feel as though any class that occurs in Blodgett 124 should carry some salt on them, and this will also help prevent you from getting possessed. Because if it’s one thing no one wants, it’s getting possessed by a professor. Then you might have the sudden urge to hand out assignments and give homework. No one wants that.

As long as you prepare for the Casper of Adelphi when entering 124, you should be okay. Doors may creak and lights may flicker, you might even feel a cold spot once in a while. But not to worry, because if you leave this little mischievous floating friend alone, he too will leave you alone.

The Eras Tour Comes to the CRS in April

BY LILYEN MCCARTHY

Taylor Swift kicked off her Eras Tour on Friday, March 17 in Glendale, Arizona. Swift’s fans are taking over social media platforms across the board with video content about the shows and specifically various concert outfits. Swift’s tour travels from the southwestern part of the country toward Florida as March transitions to April. However, since there was so much controversy over ticket sales initially, and so many fans got shut out of the chance to see her perform live across the country, Swift has quietly added another concert to her lineup. This newspaper can be the first to report that Adelphi’s annual spring concert will have a special star. Taylor Swift plans to take a detour between her Texas and Florida shows to perform right in the Center of Recreation of Sports on April 7.

Swift said, “New York will always have a special place in my heart and I want to do my best to help

out the surrounding community.”
The concert’s start time

year’s spring concert received positive reviews after Flo Rida came



Couldn’t get tickets to the show? Catch Taylor Swift at the CRS where she will put on a special show for just us Panthers!

is 7 pm and will last for up to two and a half hours.

Student response to this unexpected tour stop is mixed. Last

to campus for a performance.

Senior psychology student Brenna Valsted said, “I don’t know. I’m not a huge Taylor Swift fan, and last year will

be hard to beat. We got on stage with Flo Rida and it was my 21st birthday.”

While other students also have positive reviews, they are much more excited for Swift’s AU performance.

“Don’t get me wrong. I’m one of the people that beat Ticketmaster and got Taylor Swift tickets for one of her regular shows, but I will not miss her during the spring concert. Cancel all my plans for April 7,” said Sammy Meehan, senior biochemistry major.

Chatter has started around campus about which albums Swift will choose to perform and what kind of costumes students wish to wear to the performance. In usual Taylor Swift fashion, most of the concert details are unknown and left up to fan theories.

The only guarantee is one of the most popular female artists in history will be performing on our campus for the first time and it’s not an event to miss. Information about how to actually get tickets was not available at press time.

Dusty Baker to Take the Reins of Adelphi Baseball

BY ANDREW SMITH

In a shocking move, Dusty Baker has announced that he will be stepping down as manager of the Houston Astros and will be joining the Adelphi baseball team. After capturing his first World Series as a manager last fall, Baker has decided that he has had enough with the Major Leagues.

Baker has been with the Astros throughout Spring Training but has expressed his interest for a new and exciting challenge. “I have accomplished what I set out to do. Preparing with the guys this spring just has not

felt the same after winning the Fall Classic,” he said. “I want to take on one final challenge and finish my professional career on the collegiate level.”

Throughout his managerial career, Baker has spent time with the San Francisco Giants, Chicago Cubs, Cincinnati Reds, Washington Nationals and Houston Astros. Baker, also a former player, was an outfielder for the Atlanta Braves, Los Angeles Dodgers (where he won the 1981 World Series), San Francisco Giants and Oakland Athletics.

Baker has notified Adelphi Athletics that he is interested in becoming an Adelphi Panther. Baker will

be joining a very strong program that has 17 NCAA Division II championships and four NE10 Presidents’ Cup.

A staff member expressed their excitement about Baker joining the baseball coaching staff. “To have a guy like Dusty in the building is amazing. His experience both as a player and a manager on the major league level will give us a strong edge against the competition.”

The players also showed their excitement about playing under a former Major League manager. Senior Nick Lopez stated, “Having Dusty in the dugout will be very

important to our development as a team. Dusty has seen it all through his long major league career. I cannot wait to get out there with him.”

Junior outfielder Joey Pasqua added, “Baker is going to bring so much experience and knowledge about the sport. I am so excited to see what we can accomplish with him at the helm.”

Be sure to come out and give Dusty a warm Adelphi welcome when he takes the diamond with our Panthers!

AU Athletics Announces Men's and Women's Hockey Program to Debut in 2024 Due to Local Popularity

BY ANDREW SMITH

Due to the popularity of hockey locally, Adelphi will be adding two more teams to their extensive lineup of athletic teams. A men's and women's hockey team will be taking the ice in fall of 2024. In fact, the home rink for both teams will be right here on campus. Construction will begin in the coming weeks in the new basement of Woodruff Hall below the current swimming pool. This project has been kept secret for many years due to the intense planning and structural changes that had to be completed to the building. All of the changes have been finally approved by the state and we will soon be seeing the construction beginning in a matter of days.

Daniel Bedard and Greg Bouris

will be leading the charge and serve as the founders of the two new athletic teams. Professor Bouris worked for the NHL and then New York Islanders and Florida Panthers and Professor Bedard is a Canadian who has played pro hockey in Sweden before playing with the New York Islanders as a practice goalie back in the 1989-96. Overall they have over 40 years of experience in the hockey world and cannot wait to bring their knowledge to our athletic department.

In addition, Professor Bedard's family connection to Connor Bedard, the world's number one prospect for the 2023 NHL draft, will be attending Adelphi to play his collegiate eligibility for his first year until he is able to make the leap to the best professional league in the world, the NHL. This in itself should draw a huge crowd

to all of our home games and fill all the stadiums at the away games.

The men's team will have an incredible coaching staff with legendary New York Islander Bob Nystrom as the head coach and NHL Hall of Famer Pat Lafontaine.

Bedard explained, "These two local hockey heroes have been promoting the success on Long Island for years and are happy to help make the Adelphi Hockey Program an immediate success."

During the inaugural season, Adelphi will be participating in a local road trip in addition to league play, which will involve all of the local schools (Divisions I-III) and then will host each local team later in the season. This will be a great opportunity for our students to travel to local schools to cheer and support each other and

then pack the house when we welcome our rivals to Garden City.

Both the men's and women's team will be playing in the ECAC Division I Conference during their inaugural season.

Also, all students will have the opportunity to use the new ice rink that will be available for students and faculty throughout the year. Students and faculty will be given the opportunity to take skating lessons and also participate in recreational classes.

Paws the Panther will also be joining the fun and will be learning how to ice skate and will be present at all home games to cheer on our wonderful players!

Be sure to keep an eye out for updates on tryout and practice dates!

George Santos Set to Become Head of the Political Science Department

BY JOANNA REID

Long Island Congressman George Santos has been all over the news lately and now he has claimed he will be taking over as the head of Adelphi's Political Science Department. Despite the fact that no political science staff members have announced their departure, Santos issued a public statement recently. "I am excited to be taking over as the chair. I feel as though I'm overqualified for this job and have been preparing for it for 36 years," said the 34-year-old. "I'm happy to share my wisdom with students who are soon to go out in the workforce."

As of this writing the administration and staff have not confirmed this announcement.

Unfortunately, some students seem a little bit concerned with this surprising news. "After all the news that has come out about Santos I'm worried that he will influence students to make poor decisions. But if this is what it takes for him to resign from Congress, I guess

it's in the best interest for Americans'," stated an anonymous sophomore.

Santos plans to lead a few of his

own classes at Adelphi as well. He will be teaching a criminology course and even plans to use his own alleged crimes



George Santos was elected in 2022 to represent New York's 3rd Congressional district.

as examples to show that the justice system is unfair and many criminals slip under the radar. "I actually used to be the president of Adelphi, so I'm excited to be returning to a school that has treated me so well," Santos said.

Not only will Santos be the chair of the Political Science Department, he also plans to get involved in the university's Theatre Department. As Santos has stated in the news, he was a producer of "Spiderman Turn-Off the Dark" on Broadway and now he will be staging a full production of the show with Adelphi's theater students. The show is expected to run in the Black Box Theatre from May 1- 5. However, a quick check by this newspaper reporter into the Performing Arts Center schedule did not yield any proof of this. Perhaps it's a show that is under wraps?

Santos' cannot wait to join the Adelphi community. "I look forward to teaching students everything I know and how they too can cheat the system and become an elected official," he said.

Increase in Wildlife on Campus Warrants New Safety Approach



This bunny was spotted at night on campus on the lookout for possible human targets.

They may be furry and cute but they can still pull a punch.

Continued from page 5

birds have been seen recently around campus performing surveillance to presumably determine the best opportunity for a preliminary attack.

As of yet, neither Public Safety nor any other administrators have made an attempt to dissuade the winged population from retaliation against us. They said it's not yet time for a "fight or flight" response.

If you are interested in championing a movement about the wildlife of on campus, we ask that you email us at delphian@adelphi.edu, and hopefully, we can preserve the future of this amazing campus that we all love so much.



As wildlife increases on campus, so does the amount of people wearing Converse, which allows for ultimate protection against crawling creatures. Photo by Lizz Panchyk

Study Abroad Experiences Provide Students With Lifetime Memories

Continued from page 4

ing class in Tuscany and made pasta from scratch, mixing flour and eggs into a dough before putting it through a pasta machine. Pompeii, Venice and Milan were also on the itinerary.

“It was the best time of my life,” Wakely said. The Colosseum, Pantheon and Trevi Fountain— “that stuff I learned about in history in high school, I was like wow this is something I used to read about in a textbook and now I’m seeing it in front of my eyes...it’s truly breathtaking.”

By coincidence they visited the Vatican on the day of Pope Benedict’s funeral and experienced history being made.

Both students said the experience made them more independent, confident and well-rounded, and it changed the way they think about their chosen profession. Kurian said she will be a more relaxed teacher, as she now understands that quality teaching is more important than accomplishing the whole lesson plan before the end of the period.

“Just taking a deep dive into such an unfamiliar situation,” Wakely said, “and immersing myself in a new culture with new faces, new people, was amazing because...one day when I am a teacher, I’ll have my own classroom. I’ll be dealing with so many different cultures and such diversity in my classroom, so to put myself in this place that had a different culture from what I’m used to was so cool.”

Kurian said that it was very interesting to see a different world view. “You can read so many books to learn about other ways of living, but until you fully immerse yourself in a different culture, it’s lacking.”

Wakely added, “Things I learned freshman year I don’t remember. I don’t remember those exact lectures or papers I wrote, but what I learned and saw on this trip is something that I will remember forever.”

Both Kurian and Wakely’s trip to

Italy and Yeung’s experience in Kenya were part of faculty-led programs that

House. But to Doytchinov the real value of the trip was not the tourism, but the



During a cooking class in Tuscany, Gina Kurian (left), Nina Wakely (middle) and Amanda Pincus (right) sample the food they were making from scratch. Photo by Dylan Clarke

Adelphi Majors Word Search

Y J A A X Z I B D P M Y Q S G P H O C A L W E M L
A E E V D X O U S E G S N S W B L S G T O T H W L
W C J B C V L Y D O X O W J D V U Z I V A K W Y W
A T H Q N J C I L G I T U H B V B X T L N D V S D
C R C I M H C O D T M S Y W R D V Q A H G Y G S I
M A H F O I P L A E N G I N E E R I N G T N Q F K
Z V Y L N O X C K Q H P A L H O Q I O P F P E I Y
M F O E R Q I M V N U R S I N G W B D M Q O E N V
Y G S H E N B N V Z B U Y S A O O J Z F B X H A M
Y B T L U Y H P O S O L I H P S A S I D P U V N A
S N R M K A N M O U P P N G Q K I I Z X X Y K C T
A W M P D Y F V G Z A R S T D B K Q E O Z S D E H
C O O C X S Y D B Y V I N C E L U C N J A H T G E
C I R Q J P O B V R C D G L A R Y S E H B G I Q M
D R S Q D Z D X H O P J L K Q R L E I K N H B S A
H H G U C L Z X D T T K B Q P M G R E N X C R O T
T M E Z M W A Z R S P J J Y C V C Q W M E S M J I
Y G O L O I B C M I S Z S U D F G A V S T S B A C
T C P Q M L M E I H K M V D G F W T D E Y M S Y S
S B S F A F L C U T O G I D P F E H F P R V Z R J
Z Q X T E D P N T M I Z G Y X E M X I U T Z E T Y
T D O G U J D E C W T L J V M R L S V X F M B S M
K T Q R E W Z I O B Q X O S I P B A E K B I J R D
B C T L D U M C H Z U V I P S P L D W J P K F D I
S U X G S Y J S I C A V S Q U Y U J I I E K R U B

Anthropology	Art	Biology
Business	Communication	Engineering
English	Finance	History
Law	Mathematics	Medicine
Music	Nursing	Philosophy
Political	Psychology	Science

Harrison said will be offered in 2024.

Fall in Australia

While faculty-led trips are incredible, they can be exhausting from cramming so much into a short time. If you are looking for a more relaxed experience, you could try to study abroad for a semester. Dianne Doytchinov, a biology major and pre-med student at Adelphi, spent all the fall 2022 semester at the University of the Sunshine Coast in Queensland, Australia.

At first Doytchinov was nervous about the kangaroos that roamed freely on the university campus, but once she realized they were harmless she found them docile and entertaining—they chased birds. Doytchinov took marine biology, human anatomy and genetics. As part of her course work she went on a two-day whale watching trip to Hervey Bay, to record the behavior of migrating hump backs.

She struggled with homesickness for only the first few days before finding a great group of friends with whom she quickly became close. Soon after she arrived, she needed a place to stay and a girl from her class offered to put her up even though she was still virtually a stranger.

“Here [in America] we are pushed to be good on our own...never ask for help,” Doytchinov said, “which is not necessarily a healthy thing. Over there I know I can depend on my friends, and if I ask them to help me with something, I know they will support me in whatever way they can, without that feeling that you are infringing on the boundaries of the friendship.” In the U.S., she said, she often feels guilty for asking a friend for help, afraid she is an inconvenience—not so in Australia. Her new friends continually assured her she was no bother, because a friend is a friend.

Doytchinov also got a chance to tour Australia, snorkeling in Cairns, watching the “Phantom of the Opera” in Melbourne, and celebrating the New Year with fireworks at the Sydney Opera

time she spent with her new friends immersing herself in Australian culture.

“When you let go of the tourist mindset, you are more focused on spending valuable time with the people you meet rather than, ‘I went to this place, I took a photo with the thing everyone takes a photo with,’ because after I got close to my friends, they would take me to ‘their’ spots, the sites they think people should see. And you would get a local’s experience rather than just the regular tourist experience.”

Because she went for an entire semester, she had the chance to “put down roots.” Her daily schedule included going to classes, then coming home and cooking before working on her assignments, often ending the day with watching a movie with her friends. By immersing herself for a longer period of time she was able to get a true picture of how many Australians live.

Recalling camping out in September under a canopy of brilliant stars, Doytchinov said she felt a sense of freedom there she had never experienced before. She is still “in shock” at Australia’s beauty—its beaches, sunsets, animals and vivid-colored birds.

Like the other students who studied abroad, Doytchinov said she gained confidence and independence through the experience. When you have to plan things for yourself, shop, cook and budget for yourself it affords you a “big sense of independence.”

Confidence and independence are universally acknowledged as two key benefits of study abroad. Harrison believes this is why a trip overseas is so transformational. “Even a very simple, short-term study abroad experience...just having that feeling of being outside your comfort zone where everything is different and having to navigate, would give anybody in any profession a step up,” she said.

advises: “If you have the opportunity and resources to study abroad....Do it! It’s worth it!”

Tune Your Ear to These Seven Albums From 1973

BY JOSEPH D'ANDREA

Good music can be the sound of the summer, but great music lasts decades.

Before my rock bias kicks in, here's a disclaimer: In the early 1970s, rock music remained very popular, partially due to the previous decade's introduction of the plethora of routes that could be taken in the genre—folk rock, progressive rock, pop rock, soft rock and the list goes on. With many 1960s musicians expanding the possibilities of the medium technically and lyrically, such a progressive approach led to those influenced by ambition to release some of their best work.

It's for this reason that many albums on this list are by rock artists, but this is not to say that musicians and bands of other genres did not also create great music in 1973. Stevie Wonder's "Innervisions" offered a taste of what was to come with his peak only three years later with "Songs in the Key of Life" and Marvin Gaye's soulful "Let's Get It On" incorporated some game-changing funk.

As much as I love the two aforementioned motown-rooted artists, there are still a few albums by others that stand out even more. Here are seven albums turning 50 this year that are worth a listen.

#7 "On the Third Day" by Electric Light Orchestra When speaking about this album's lead single "Showdown," John Lennon referred to ELO as being the "son of Beatles." The band's initial goal was to pick up where the Fab Four left off, and with this album, they developed their sound to the fullest by this point in their career. Their first two albums have a good share of genre-mixing, but nothing to the extent that "On the Third Day" has to offer (and they only improved as time went on, as proven by their 1977 masterpiece "Out of the Blue"). As led by master musician Jeff Lynne, the album's mixture of different sounds—from the usage of the synthesizer to violins to classic rock

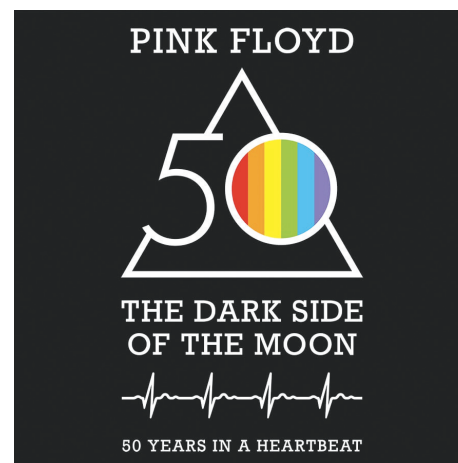
and roll guitar—still feels fresh to this day. My favorite track: "Showdown."

#6 "Quadrophenia" by The Who In what I believe to be their second best album behind 1971's "Who's Next," this is The Who's second album-long rock opera, featuring dark themes communicated through the band's signature collaborative sound. Especially prominent are frontman Roger Daltrey's shrieks of independence and Keith Moon's unrelenting drumming (both of which say a lot considering I didn't even mention top-contender-for-best-bassist-ever John Entwistle). My favorite track: "The Real Me."

#5 "Countdown to Ecstasy" by Steely Dan From my second favorite band ever is the last album the group released before becoming studio hermits. The obvious standout track on this album is one of the group's most popular songs, "My Old School," which is undoubtedly one of their best. But the album is also comprised of what are otherwise some of the most underrated songs in their entire catalog. The album kicks off with a bang with "Bodhisattva," a song that features some of the best drumming and guitar work in their discography. And it wraps up with two songs that are unlike anything else the band's co-founders Donald Fagen and Walter Becker ever wrote, "Pearl of the Quarter," which is a uncharacteristically straightforward love song, and "King of the World," a song revolving around a man who's "reading last year's papers" in a world he no longer recognizes. The latter song is similar to some of their others storywise, but the instrumentation (especially in the last half of the song) is something you won't find on any other album of theirs. My favorite track: "King of the World."

#4 "Abandoned Luncheonette" by Daryl Hall and John Oates This is what I consider to be the pop duo's best album, and unfortunately it is one that's practically never talked about beyond its hit single "She's Gone." From the imagery in the title track to the soulfulness of "Had I Known You

Better Then," the album is filled with songs not quite synonymous with what they became known for in the 1980s, but nevertheless includes their most comforting instrumentals and lyrics. Full of its share of acoustic guitars and saxophones, there are more interesting sounds on the album that the duo takes a stab at as well, such as the orchestral elements in "Lady Rain." My favorite track: "Las Vegas Turn-around (The Stewardess Song)."



Among the many great albums turning 50 in 2023 is Pink Floyd's "The Dark Side of the Moon." The graphic shows their team's official reworking of one of the most recognizable and iconic album covers, in commemoration of the anniversary.

#3 "Goodbye Yellow Brick Road" by Elton John It seems that Elton John decided to fire on all cylinders in 1973, releasing two albums that combine to make up a total of 31 songs. "Goodbye Yellow Brick Road" includes some of his best-written songs, from "Candle in the Wind" to this album's closing track "Harmony," while throwing in a handful of energetic songs, most well-known being "Saturday Night's Alright (For Fighting)." His other album from the same year, "Don't Shoot Me I'm Only the Piano Player," is a solid release as well, but there's so little that misses on this double album—even the "filler-sounding" songs—which easily makes it the crowning achievement of his long career, in my opinion. My favorite track: "Funeral for

a Friend/Love Lies Bleeding."

#2 "The Dark Side of the Moon" by Pink Floyd There's no shame in enjoying one of the greatest albums of all time from a song writing, lyrical and production standpoint simply because it's popular. In their most collaborative-sounding work alongside 1975's "Wish You Were Here," its status is thanks to the songwriting of Roger Waters (primarily), David Gilmour's powerful guitar solos and Richard Wright and Nick Mason's contributions on the keyboard and drums, respectively, which fill out the songs and add even more layers to the already introspective and emotional songs. My favorite track: "Time."

#1 "Band on the Run" by Paul McCartney and Wings Despite the fact that today many including myself would call 1972's "RAM" Paul McCartney's best solo album, at the time of its release, the former Beatle wasn't hitting the mark commercially or critically. The natural leader that he was, he and his wife Linda (who he collaborated with heavily on RAM) created a group called Wings. Their first album is mostly forgettable, but with their third effort in the form of "Band on the Run," McCartney proved to the critics and doubters that he still had some of his best songs in the tank. As is the norm, the most popular songs including the title track, "Jet" and "Let Me Roll It," are considered to be great for a reason, but the beautiful harmonies and sax of "Bluebird" and the all-timer bassline heard in "Mrs. Vanderbilt" are also worth just as much recognition. To me, this is not only the best Wings album, but the second best album McCartney (with or without Wings) has put out since the breakup of the Beatles in 1969. My favorite track: "Nineteen Hundred and Eighty Five."

This year, I encourage everyone to look back on some of the best music from 1973 by opening their streaming app and their ears to these great albums. But don't let this small list limit your idea of what's out there to be heard—push yourself to discover something that's old, but new to you.

Why You Should Press Play on Season One of "The Last of Us"

BY JOSEPH D'ANDREA

Immediately after its series premiere on January 15, the popularity of HBO's "The Last of Us" was contagious. But unlike some characters in the TV-MA-rated show, viewers weren't anxious for a cure anytime soon.

Based on the video game of the same name, "The Last of Us" stars Pedro Pascal and Bella Ramsey as lead protagonists Joel and Ellie as they navigate their way through a post-apocalyptic world full of not only "infected," but individuals and groups—big and small—trying to survive, many of whom are unafraid to use lethal force. Joel has become hardened from the tragedy he's endured, and he's on a mission to protect 14-year-old Ellie, the

only character we've met thus far who's

immune to the pandemic-inducing infec-



Bella Ramsey (left) and Pedro Pascal (right) star in HBO's "The Last of Us," which follows their characters as they make their way through a world roaming with infected creatures.

tion that's caused society to collapse.

Even for someone as extremely open-minded as me when it comes to film, television and music, my first thought when hearing about the show was: oh, a zombie show? I don't have anything against media about the undead, but my logic was that of: what else can be done with a concept revolving around infected people that audiences haven't seen a thousand times over already?

But, by request of my friends who had played the game and enjoyed the first few episodes that were released at the time, I was turned onto the show. I took a chance and came out the other side enjoying the season as a whole.

Fans were quick to deem "The

Continued on page 10

The Pros and Cons of Classroom Technology

BY MITCH COHEN

As technology has become more advanced, its usage has significantly increased. From smartphones that allow people to surf the web to video games with life-like graphics, technology has become more commonplace in today's society.

In academic settings, several pieces of technology have been implemented to make learning and teaching much easier. While technology such as computers allows for a more engaging learning environment, factors such as easily distracted students and needing devices to save work make me ambivalent about how technology is implemented in the classroom.

Ever since I started grade school, technology has played a significant role in my academic career. During my time in kindergarten, I remember going to the computer lab to learn how to use a desktop computer. In grade school, I was amazed by how versatile computers were, as they allowed students to do schoolwork and play and watch educational games and videos. Since my family had a PC, we had access to programs including Microsoft Word and Microsoft PowerPoint. These two programs were incredibly useful for working on papers and presentations, which were the majority of assignments I worked on during my early academic career.

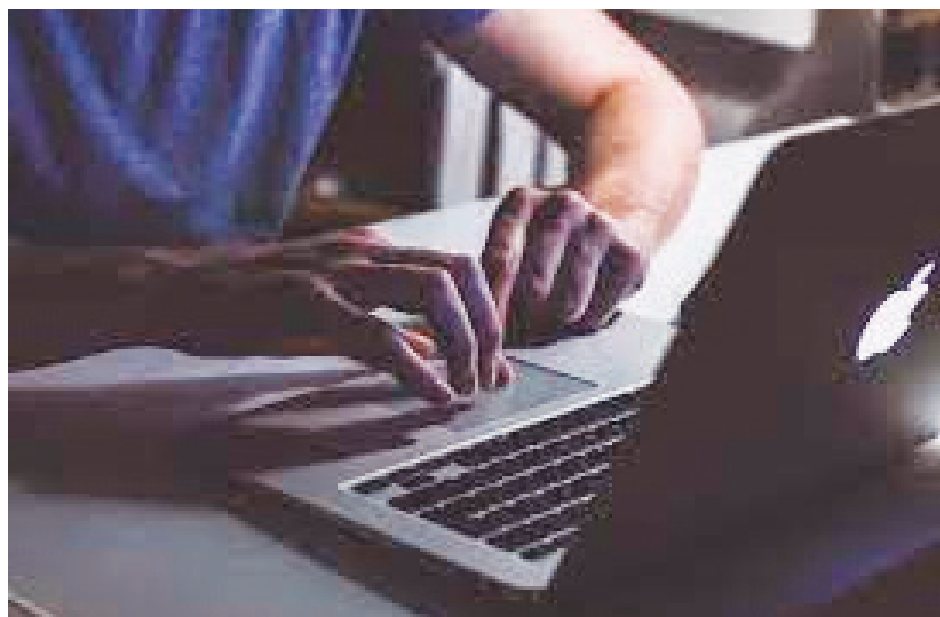
Unfortunately, the biggest problem I had with using computers as a kid was that they required flash drives to save data. Nowadays, saving work is easier due to the Google Suite saving work automatically.

One person who enjoys using the Google Suite to work on assignments is Alexa Amato, a senior history major and Future Teachers Association president. Since Google Suite programs can be purchased on an iPhone, it allows Amato to work on assignments when not using her MacBook. "If I need to do something quickly on my phone," she said, "I can check my drive in order to add something to a PowerPoint."

In contrast, Microsoft Office requires each project to be manually saved with a flash drive, which

could be difficult if the device got lost. But despite this easier ability to save data, using academic software has pros and cons of its own.

During the Covid-19 pandemic, both students and professors flocked to a program called Zoom. The purpose was to continue instruction asynchronously to prevent the spread of Covid. One of the strongest aspects about Zoom was how it allowed students to attend classes in any environment.



MacBooks are a classroom technology that many students utilize, but its benefits are not equal as some learners can become distracted and others might not have access.

Merin Michael, a senior mathematics major and the vice president of the Future Teachers Association, enjoyed using Zoom because it allowed her to take calls anywhere. "During the pandemic, I wasn't always at home," Michael said. "If I was at my family's house, I would still be able to go to class no matter where I was."

From my perspective, I felt ambivalent about using Zoom because while it allowed classes to continue virtually, my biggest issue with the platform was how easy it was to become distracted. Since Zoom classes took place at home, I had a difficult time paying attention in a room where my phone and Playstation were within arm's reach. To solve this issue, I put my phone in another room to have an easier time concentrating on class.

With both asynchronous and

in-person instruction, laptops are both reliable and problematic. As for their reliability, they allow students to accomplish tasks in any location. For example, if I'm hungry while studying, I can bring my laptop to the University Center and grab a snack. They also give students another option for note-taking. While I use paper and pencil for taking notes, other students prefer using a laptop.

"I can take notes [on my laptop].

It's much faster than handwriting my notes," said Michael. Combine this with the automatic saving of Google Suite, and it allows students to not have to worry about misplacing assignments.

While laptops can be a very useful tool, my biggest issue with them is how distracting they can be during class time. From my experience, I have been in classes where someone is distracted by their laptop, leading the professor to stop the lesson to tell the student to pay attention.

"[The responsibility falls] a lot more on the teacher to make sure everyone is actually doing the work that they're assigned and not playing games," Amato stated.

Ultimately, while I enjoy using my laptop for working on assignments, I prefer using paper and pencil for note taking because I

have an easier time concentrating when writing physical notes.

From an educator's perspective, there are several pros and cons when it comes to incorporating technology into an academic setting. For example, technology allows educators to create interactive lessons. "They can incorporate different fun learning platforms such as Kahoot to get students more engaged with the lesson," said Amato.

During my high school years, my teachers used Kahoot to help me and my classmates to prepare for exams. What made the program fun was how students could create their own nicknames during review sessions, which increased engagement with the platform. Similar to Amato, Michael also believes that classroom technology increases engagement. "As far as pros go, I think it makes the learning process a lot more engaging and it provides students with a more interactive experience," she said.

Unfortunately, the idea of edutainment can lead students to become easily distracted as well. "There is [an] added stressor of ensuring that each student stays on task when they are trusted with technology," Amato added.

On top of getting distracted, another con of classroom technology is that some students don't have access to certain resources, which could cause them to fall behind in both their homework and classwork. "If [a student didn't have access to technology], it could make [them] feel excluded or embarrassed," said Michael.

To prevent exclusion, some schools are giving students technology to use. Currently, Michael is observing at a high school where each student receives their own iPad for the school year. "It's great because all students have equal access to success in regards to being able to possess technological resources," she added.

Classroom technologies have always been a double-edged sword for me, as a helpful educational tool that can also cause me to get distracted. Regardless, it seems that classroom technology is here to stay, as it has made learning and teaching much easier.

You Should Press Play on "The Last of Us"

Continued from page 9

Last of Us" as being the gold standard of video game adaptations after only the first two episodes. But don't let the low bar set by the multitude of shows and movies that have failed their video game source material convince you of the fact that the show is only well-received because of that. Make no mistake, "The Last of Us" has a lot of substance.

What the show does best is that it doesn't focus much on the infected themselves. Of course, they are the reason for the chaos that has unfolded over nearly two decades, but they rarely feel as though

they're the most pressing "villains" in each episode. Instead, we're typically on our toes due to the possibility of another armed survivor being around the corner as opposed to a blood-thirsty creature (or in the case of episode eight, a bit of both).

The story is more so one of what people are capable of and what they may resort to in desperate times. Selfishness, community, attachment and perseverance: it's because of these main themes that the show feels infinitely more like a western than a horror series (most evident in episode four), and that works to its benefit, as it doesn't have to rely on scares.

Instead, its strengths lie in the emotion of the story, which allows the dramatic scenes to never feel out of place since they're where the meat of the story lies. The show focuses on intimate moments between characters (look to the opening of the season finale), and though the zombie-like element may technically be considered the "draw" of the show, the infected always feel like a backdrop to the human drama at hand.

In regard to the two main characters, there's more to them than simply being survivors. Joel often commits questionable acts, with the season finale

depicting the strongest case for our questioning of how much we should sympathize with him. But for the times when we may feel uncomfortable taking Joel's side, Ellie always seems to be there to remind us of a reason to remain invested in the story since she's facing struggles of both survival and discovering who she is as a person at the same time (remember, she's still teen-aged).

Season one of "The Last of Us" is currently streaming on HBO Max, and the show has already been renewed for a second season.

A Personal Reflection on the 2020 Pandemic and How It Changed Me

BY LIZZ PANCHYK

As time goes on, we begin to leave the past behind. What is unreal is that Covid started its initial lockdown this month three years ago. Three years ago, I was a senior in high school, looking forward to all the wonderful things ahead of me. I had just celebrated my 18th birthday, and was accepted by Adelphi University, which I committed to just a few weeks after. I had a senior trip to Disney World I couldn't wait for, and my high school's senior dance and boat trip—not to mention graduation itself.

March 11, 2020 was the day we were told that school would be closed for two weeks. Little did I know that this would be my last day as a senior, my last day of high school. I did not yet know how much this pandemic would affect my life, and everyone else's.

The graduates of 2020, no matter what age, lost a lot. There was only so much that could be done for us when everyone was so unsure of what the world was going through. For me, that meant the loss of two major high school trip opportunities and a whole graduation. I lost friendships, patience and hope. I know some people lost way more.

The pandemic and lockdown feels like a fever dream. Dalgona coffee was popular, TikToks were everywhere and people started to enjoy the outdoors a lot more (especially if they were stuck in the

house with their family). In a way, the pandemic led us all to be the people we are today. I know how much it affected me, and the friends I had at the time. That forced space between you and others can do a lot, whether good or bad. I know I spent a lot of time on FaceTime and Zoom with groups of friends. We'd play online

ful self. It was a simple lifestyle where I was in and out, with barely any time to socialize at all. Spring semester of 2021 I was completely online, and although the UC had finally been completed, I was not on campus enough to enjoy it.

I do regret not spending more time on campus, as it has become a second home

right being that I missed out on so much. Although I didn't get the full opportunity to experience my first year at college in a non-pandemic world, I do not regret the experience I had. Everyone's experiences were different, especially those of different class years, but I know it molded me into the person I am and into the senior that I almost am.

In spring of 2022, we were finally able to take off our masks and truly see each other. What a strange world to be living in that we barely saw each other's faces.

Starting my first year during the height of Covid has allowed me to be grateful for all the people and things in my life that I have now. Even for the little things, like having in-person classes. I complain about having to drive to school five days a week, but I know that two years ago, not only was that not the case, but I didn't have that opportunity. Now, being on campus, I truly get to be ON campus—with friends, new and old, with community, with friendly, familiar faces and classrooms full of knowledge. I truly do believe everything happens for a reason, and everyone I've met along the way were the people I was meant to meet.

Three years felt like a hundred, but here I am, a junior, reflecting back on a monumental moment in the world, one that I wrote about continuously in the news section of this very paper. And here we are, at our best attempts to keep healthy, keep going and finally take control of our own lives.



March 29, 2020 was when I committed to Adelphi, assuming I'd start that fall in person.

games like Sims or Jackbox all night long.

The time I started at Adelphi was a strange time; no in-person orientation over the summer, and only one of my classes took place in a classroom. I was barely on campus, and the University Center (UC) was not yet refurbished to its new and beauti-

ful self. Being a first-year at a time where everything in the world was so weird and unknown was a very strange experience. But in a way it allowed me to open up to the right people along the way. I was able to grow each semester, and now, being so close to being a senior, it doesn't feel quite

SPORTS

2023 NE10 Indoor Female Track Athlete of the Year Didn't Always Want to Run

BY LILYEN MCCARTHY

Track race days entail a lot of nerves. Hours of practice go into a few minutes or even seconds depending on the event. There are no do-overs, no makeups for a missed shot or bad pass. It all comes down to that moment, waiting for the gun to go off.

Senior management major Katherine Marsh has made herself a force to be reckoned with in the collegiate running community. The mid-distance runner from East Meadow, New York continues to break Adelphi program records and accumulate conference and NCAA accolades. Once Marsh's career comes to an end, her name will be remembered, at the very least in the record books, for years to come. If you asked her four years ago, however, running collegiate track was not in her plans.

"I didn't want to run in college, and I wasn't looking to get recruited. Isabel [Marsh's sister] and I didn't know if we wanted to run, but we wanted to stay local," said Marsh. The sisters' high school coach put them in touch with Adelphi's track and field head coach, Katie Rees, and the latter made the girls' doubts disappear.

Rees is in her ninth year of head coaching for Adelphi's track and cross-country program. She describes Katherine as a hard-working athlete. "You can coach form and events, but you can't coach the ability to push yourself to get better. Katherine pushes herself

to improve every practice, and that's her X-factor. She doesn't give up."

Marsh currently holds the record for the outdoor 800-meter event, outdoor 4 x 800, indoor 800-meter, indoor mile, indoor 1,500-meter and the indoor distance medley relay. The runner broke the 800-meter indoor program record a few weeks ago. Compared to past races, she said a big

Indoor Female Track Athlete of the Year.

Senior teammate Lauren Toland has known Marsh since their freshman year in 2019. She refers to her as a leader by example and not just a phenomenal athlete who loves to take naps, but a great teammate as well.

"While Katherine and her sister Isabel are definitely in a league of

tant to join. The prospect of 10-mile runs and competing at 3.1 miles instead of two was intimidating, and confidence has been a weakness since the start of her career.

"Once I got into it, I started falling in love with it again," said Marsh.

Running with her sister has helped keep her motivated since the beginning of their running career in seventh grade. Marsh described having her sister by her side like "having a built-in training partner always pushing each other to the best of our abilities."

Coach Rees also commented on Marsh's confidence and coaching her through the mental struggle. "Her confidence was low when she first got here, not trusting her own athleticism like she should have. Throughout the years, she has gotten better and has become a better athlete because of it."

Having completed most of her career and learned to trust herself, Marsh would give her younger self and any other tentative athletes a piece of advice. "Trust your abilities. I didn't trust myself to run in college, thinking I wasn't strong or fast enough," Marsh said. "As long as you have that determination, discipline and willpower, it will all work out."

Stepping onto the line, all of the nerves from the day's build up goes away. Teammates are cheering. Coach is giving a few last pieces of advice. The gun goes off. May the best runner win.



Senior Katherine Marsh is described as a strong leader and even better teammate.

Photo by AU Athletics

difference was early focus and "kicking" (moving from a distance-pace closer to a sprint) earlier than she usually would.

Her most recent achievement was placing tenth overall in her first ever NCAA Indoor Track and Field Championship, just days after being named NE10

their own, you wouldn't know it by the way they carry themselves," said Toland. "Katherine is by far one of the most humble people I've ever met."

During her transition from middle school track to East Meadow High School's team, Marsh remembered being very hesi-

Hibbs Continues to Dominate on the Mound

BY ANDREW SMITH

In recent years, Adelphi's softball team has created a remarkable reputation on the diamond. This success was highlighted by an appearance in the Division II Softball Championship last spring. A major piece to this success has been starting pitcher Lindsey Hibbs, who has been a force on the mound during her time as a Panther.

Born in Ontario, Canada, Hibbs transferred to Adelphi during her first year from Onondaga Community College. Hibbs, a sport management major and psychology minor, is now entering her third season on the team.

The current junior credited her family for her athletic development. "My family played a huge role in my athletic development because they gave me so many opportunities growing up to succeed," she said. "In Canada we don't have school teams, only travel, and because of this, my parents didn't hesitate to put me into showcase tournaments or camps to help me get recognized and gain more experience."

Hibbs gave a shout-out to her siblings. "I have two older brothers who both played baseball, one currently still playing for his college team, who pushes me to be better every day."

However, there was no one as impactful as her parents. "None of this, however, would have been possible without my dad because he has

always been the one person to believe in me even when I didn't and without that type of love, support and motivation from both my parents I can say full-heartedly that I wouldn't be where I am today. They are truly my biggest fans."

Hibbs explained the challenges that the softball team experienced during their long playoff run. Numerous times during their playoff run, the Panthers rallied from deficits as underdogs late in games to push them over the top. "If you have the heart in a sport that is so physically and mentally draining you can face any challenge but it takes a lot of grit to persevere through adversity and let me tell you, we have it. I can't tell you how many times we made comebacks and upsets but it's because we never gave up. We were right there in every single game. All the parents by the end of the season were calling us the 'comeback kids' or the 'cardiac cats.'"

Hibbs was dominant on the bump in 2022. She qualified for NFCA Second Team All-American, NFCA First Team All-Region, CoSIDA Academic All-District, NE10 All-Championship First Team and qualified for academic honor roll numerous times.

In addition, the ace pitcher also led the NE10 Conference with 301 total strikeouts, which set an Adelphi record. Hibbs has already carried this success into this season with a 20 strikeout perfect game against UNC Pembroke on Feb. 22.

Hibbs stated, "I am empowered and

inspired by my coaches and teammates. Individual accolades are not possible without my team and coaches. AU softball



Junior Lindsey Hibbs is entering her third season on the team with high expectations.

Photo by AU Athletics

has such a supportive environment where everyone wants to see each other succeed."

Following a very remarkable 2022 Season, Hibbs noted that with success comes major challenges. "Coming back after having a successful season last year there is going to be a lot of pressure to either maintain or surpass those standards and that was a hard barrier to overcome because before

last year we were the underdogs."

Hibbs also explained what she wanted to focus on in the offseason. "This offseason I focused a lot on the mental aspect of my sport. By the end of the season last year, it was a true test of the mentally strong and although my team was right up there with the rest of our competition I found personally it was something I struggled with."

Hibbs continued, "Everything starts from your thoughts and if you let your thoughts decide how you feel that is how you are going to feel so learning how to control my thoughts and therefore my mindset has been a true game changer for me. You truly don't know how mentally taxing sports are until the winning run is on third, there's two outs, and the girl up to bat is 3 for 3."

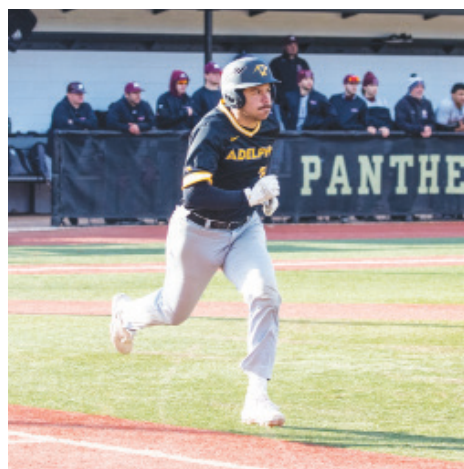
Hibbs also recalled how her first career start was one of her most memorable days of her collegiate career. "After I was told I was starting a game, one of our alumni, Ally Muller, a senior at the time, brought me aside and told me how happy and proud she was of me. As a freshman transfer, I struggled to find my fit on the team and it was Ally that made me feel like I truly belonged. She told me how hard she knew I worked and she knew I was going to kill it."

Be sure to support our Panthers as they look to make another incredible postseason run once again this spring.

The Importance of Building Early Momentum in a Long Season

BY ANDREW SMITH

The college baseball season is well underway. Our Panthers have been on the diamond for just over a month. Often the baseball season contains many ups and downs and momentum can change fairly quickly in such a long and grueling season.



Right fielder and graduate student Tim Feliz is excited about the direction the team is going after taking down a nationally ranked competitor. *Photo by AU Athletics*

Adelphi began their season in Myrtle Beach, South Carolina for the Northeast Challenge. This opening trip did not go as planned as the Panthers dropped three out of the four games.

Sophomore pitcher Jordan Falco reflected on the opening road

trip. "I thought Myrtle Beach was a little bit of a wake-up call for us. We were a little behind since it was our first set of games but we definitely didn't play up to our potential."

The Panthers were able to pick up their first win of the season on the third game of this trip against the College of Staten Island. The Panthers were led by catcher Alec Maag and shortstop Jack Wishner who both tallied two hits.

As athletes, it is important to not allow early struggles distract you during a long season. Right fielder and graduate student Tim Feliz explained how important it is to stay focused and stay the course. "The seasons are long but always identifying and remembering what the end goal is is what gets us through a long season," he said. "All of the hard work and time we've put into preparing for this season is what motivates us to keep going as well as hoisting up a trophy at the end of it."

Falco noted, "During this long season I think keeping a level head is the most important thing. Don't get too down on the losses and don't get too high on the wins. There will be both highs and lows during the season, that's just the way it is."

Anthony Cipri, who is a senior playing in his fourth season on the team, explained, "The schedule is built so that a loss can be forgotten very quickly. It seems like you always have

a chance to redeem yourselves."

The Panthers became re-energized when they hosted nationally ranked Molloy University the following week during the home opener. Adelphi took two out of three and won their first series of the year. The Panthers took the first game of the series by a score of 8-4 thanks to two strong performances by Feliz and Cipri. Feliz tallied two hits and scored twice, including the game-winning run. Cipri registered three hits and one brought in one run. Adelphi was down by four runs early but never gave up and managed to score eight consecutive runs to win.

Adelphi carried the momentum and won the following day to clinch the series victory by a score of 5-3. Falco was credited as the winning pitcher in this game after tossing five innings with five strikeouts and only surrendering two runs.

Cipri reflected on how quickly their performance turned around. "I thought that we struggled during the Myrtle trip offensively as a unit but we pulled it together a little during the Molloy series."

Falco added, "Molloy being somewhat of a rival really got us back on track and we showed what we are capable of doing to any team in the country."

Feliz reflected, "I am so proud of every guy on our team for our performance against Molloy. Being

able to take down a nationally ranked team after a slow start is just what we needed in order to get back on track."

Feliz continued, "The season



Sophomore Jordan Falco was the winning pitcher in the series deciding game against Molloy. *Photo by AU Athletics*

is long, but always identifying and remembering what the end goal is is what gets us through a long season. All of the hard work and time we've put into preparing for this season is what motivates us to keep going as well as hoisting up a trophy at the end of it."

Come out and support our Panthers at William J. Bonomo Memorial Field as they continue to build their momentum and take on the challenges that await.