

The Delphian

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The Voice of the Students

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Adaptability Is the Theme of Sixth Annual Women's Leadership Conference

BY LIZZ PANCHYK & JOANNA REID

Saturday, March 25 marked the Sixth Annual Women's Leadership Conference.

The theme of this year's event, held in the University Center, was "Defining Leadership for Our Lives, Our Careers and Our Communities." In addition to a kick-off session, "Shift Happens: Navigating Change" moderated by President Christine M. Riordan, there were six different breakout panels all designed to help empower the 160 current Adelphi students and 200 local high schoolers, alumni and industry leaders in attendance. The breakout sessions were followed by a networking session, dinner and keynote address with actress Diane Guerrero.

Among the sponsors of the event was the University's Student Government Association who has sponsored it every year since it started in 2018. Sophomore Joe Sawma, SGA's parliamentarian, said, "The event was really successful. It was really worked through and a lot of effort was put into it which showed. I liked the guest speaker too and I felt she was very real and spoke her truth casually."

One of the breakout sessions was "Ethical Leadership: The Increasing

Importance of Doing the Right Thing," moderated by Pawneet Abramowski '08, founder and principal of PARC Solutions LLC. The panelists included, Adelphi Board of Trustees member Kevin Goodman, '00, MBA '03, global director of Member and Customer Enablement at

Policy Trust. The panelists discussed the difficulty of making the moral choice in the workforce. It was explained that the moral choice may not always be the obvious choice and sometimes one might have to stick up for what is right even if it's not in the best interest of the company



Members of the Student Government Association, who helped to sponsor the event, pose with actress Diane Guerrero. From left: Kevin Carratu, Ana Martinez, Guerrero, Dilpreet Kaur, Eileen He, Joe Sawma and Michael Scandiffo. Photo by Erica Burns Photography

LinkedIn; MaryAnne Hyland, PhD, dean of the Robert B. Willumstad School of Business; and Khadijah Tribble, founder and chief strategy officer of Marijuana

they work for. Tribble said, "Do the right thing, even when it doesn't feel good."

The panelists highlighted the

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Honors College Dean Rudolph Crushes it on "Jeopardy!"

BY JUSTIN KRESSE

If the contestant on the popular TV game show "Jeopardy!" on March 27 looked familiar, that's because she is Adelphi Honors College Associate Dean Nicole Rudolph. And she did more than just appear: SHE WON!

Rudolph watches the show almost every night alongside her family, she said. She shared that her son was the one who encouraged her to take the Anytime Test on the website so she would "stop yelling answers at the television every night." After a lengthy review process, she was part of the 0.5 percent selected to go on the show. She was scheduled during Adelphi's fall break in October. However, a brush with Covid almost caused her to miss out. Luckily, she said, they were able to be flexible in their scheduling and allowed her to tape at the beginning of January instead.



Dean Rudolph pictured with Ken Jennings. Photo courtesy of Jeopardy Productions.

The episode with Rudolph aired on Monday, March 27. She competed alongside contestants Kevin Manning from Kansas City, Missouri and Tamara Ghattas from Chicago. The categories were tough, but she led the game with \$16,800 when Final Jeopardy rolled around. The question – "The name of this pungent gaseous compound is ultimately derived from the top god of the ancient Egyptians" – was tough, but Rudolph bet zero dollars and was able to secure the win.

This of course meant that she would be on the next episode of "Jeopardy!," airing on March 28. In this episode, Rudolph played against Lisa Sriken from New York City and Mara Lasko from Washington, DC. Rudolph was winning going into the final once again; however she wasn't as lucky this time, with Sriken winning the game by

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Songs Among the Stars: Adelphi Musicians Perform at the Cradle of Aviation Museum

BY JOSEPH D'ANDREA

On March 23, the Cradle of Aviation Museum in Garden City hosted their annual Music and Astronomy Night during which Adelphi students performed both rehearsed original songs and improvised pieces in the museum's planetarium.

Adelphi has collaborated with the museum for this event over the past eight years. Music and Astronomy Night pairs eight short astronomy-based movies with live music performed by Adelphi students. Kerri Kiker, the museum's planetarium education coordinator, said it's a chance for the museum to show off the "incredible visuals of the planetarium and for Adelphi to showcase the incredible talent of their students."

She added: "Music and Astronomy is my favorite event. Every year, the students from Adelphi choose music to highlight and express the themes of the movies created. I am amazed at the work they put in and the way the movies take on a whole

new life when the music is added."

This year's ensemble included Martin Barron (guitar/percussion), Brooke Beck (voice), Mary Brophy

Ramirez (voice/percussion), and Tyler Wilkens (guitar/percussion). Also taking part in the performance was Sidney Marquez Boquiren, the chair of



Adelphi students performed songs in front of roughly 100 audience members who later participated in the music-filled night themselves. Photo by Rod Leonhard

(voice), Melissa Casey (voice), Momi Perkins (voice/percussion), Sabrina

Adelphi's Music Department and the

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A Word from the Editor

Hello all, and hello spring weather! I hope everyone is enjoying the lovely weather as we begin to enter the final stretch of the semester. Time has just been flying!

I'd first like to address the shooting that took place on March 27 in an elementary school in Nashville. Six were killed, three of those being young students. Gun violence has been an increasing issue in the United States and the news is filled with horrible cases just like these. We keep all those affected families in our prayers and we hope for an end to school violence. School should never be a scary place to be or to send your kids.

In this issue, we have covered so many on- and off-campus events, starting with our Women's Leadership Conference, which has been occurring annually for six years. It included a dinner and keynote speaker Diane Guerrero, a well-known actress who brought inspiration to the intergenerational audience in the UC Ballroom.

In News, we've also covered Dean Nicole Rudolph's "Jeopardy!" appearance and some of our fellow Adelphi students who performed at Music and Astronomy Night hosted by the Cradle of Aviation.

As April is the month we celebrate Earth Day, it's important to note that Adelphi has provided 18 electric vehicle (EV) charging stations on campus. If you have an EV and didn't know, definitely use them to your advantage! And while you're at it, do something good for the planet, whether that be recycling, walking more or using a metal straw!

In Opinions, students explain their preferred payment methods followed by delving deep into the usage of college electives and how they could be useful for future careers.

Sports includes check-ins of both women's and men's lacrosse, and men's tennis as they shape up in their spring seasons.

We hope you enjoy issue number 10 and wish you the best of luck on all you're accomplishing!

If you want to write for our last issue of the semester, coming up soon, please contact me at delphian@adelphi.edu.

Lizz Panchyk '24
Editor-in-Chief



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Improvisation Ensemble Performs Songs Among the Stars

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director of Improvisation Ensemble.

"I love the opportunity to improvise music to go along with the film," Boquiren said, "and to have an audience to appreciate and enjoy the interaction of the two. I also very much enjoyed just sitting back and listening to members of the Improvisation Ensemble perform. [This event was unique because it] is the only collaboration we do as a department that involves the interaction of music and film—and performed in a planetarium! It is always such a fun event!"

"I also have to mention the huge contribution of Sidney Boquiren," Kiker said. "He is the very best partner to have on this event. He is enthusiastic and has a passion for the event. He gives time and support to the students. Sidney is one of the main reasons

Music and Astronomy has grown and thrived over the past eight years."

Barron, a first year and music performance major concentrating in classical guitar, spoke about the experience. "I was playing the maracas during the first half and improvising on various percussion instruments dur-

own way. That's the beauty about it."

Barron continued: "To be a performer is my ultimate goal. I like to create melodies and write lyrics, and I already have a few things in the works. I just need to find the perfect group to put it all together. A strong part of me believes I have

it was really exciting performing and improvising to the constantly-changing universe all around us."

Speaking to the crowd of roughly 100, Kiker noted that next year, Long Island will be very close to the path of the shadow of the moon, known as the path of totality, which will result in a 95 percent solar eclipse.

Singing a cover of "Barro Tal Vez," by Argentinian composer Luis Alberto Spinetta, and also improvising in the second half of the show with the group, was Perkins, who is studying vocal performance with a concentration in jazz studies and composition.

"My main instrument is voice and my secondary instrument is piano," Perkins said. "The improv ensemble is not obligatory for me, but I chose to be part of it because I think that as a musician, improvising makes you a better artist and more adaptable. I think that performing in a planetarium is really unique, and all the images behind us made the moment really magical. Also, I personally have a deep connection with space—I wanted to study astrophysics before being a musician—so feeling the energy of the space was incredible."

Music and Astronomy will be back at the Cradle of Aviation Museum at the beginning of April in 2024 and Improvisation Ensemble (MUO 280) is offered to all students during the spring semester. Reading knowledge of notated music is not required.



Adelphi's Improvisation Ensemble, headed by Music Department Chair Sidney Boquiren, performs at the Cradle of Aviation in Garden City. Photo by Rod Leonhard

ing the second half," he said. "I think what I enjoyed most about performing at the Cradle of Aviation was having the audience interact with us. I believe everyone in the audience that night was a performer. They were part of our improv ensemble, playing along with us. They reacted to what was shown on the screen just as we did but in their

already found them here at Adelphi."

As the planetarium's visuals displayed what a solar eclipse looks like from space and on Earth, junior Brophy performed the first song, "Moonlight in Vermont," along with the other musicians' backing. "The planetarium took you to another world," said the music education major, "and

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

University's Commitment to Sustainability Includes 18 EV Charging Stations

BY TAYE JOHNSON

In January, Adelphi University was ranked in The Princeton Review as a “Green College” for its 2023 edition—making the list of environmentally responsible colleges and universities across the country. Among the initiatives are the 20-plus year status as an organic campus and registered arboretum; the renovation of the Ruth S. Harley University Center for which environmentally friendly methods were used whenever possible, including the use of reclaimed or biomass materials and energy-efficient lighting; and sustainable dining practices, including suppliers that are local or regional, and water bottle filling stations across campus.

Further, as the university continues to increase its sustainability efforts throughout campus, the electric vehicle (EV) charging stations for electric and hybrid vehicles are a clear example of the steps taken toward a greener campus. There are 18 free EV stations, six installed in the Nexus Building garage in 2017 and 12 in the Motamed Field garage (four installed in 2010 and the rest in 2018). According to Robert J.

Shipley '05, assistant vice president for the Facilities Management Department, although the stations are available for students and staff, the wider community can also use them. The stations can be accessed by the public using the intercoms at the main gates to call Public Safety to let them in.

“We have two systems on campus. The Motamed stations are on the ChargePoint network, and the Nexus are EV Connect. EV users can register through the company’s websites,” Shipley said.

Both companies have an extensive network of over 1,000 stations across the US. Each EV user can manage everything they need through the company’s apps. The apps are available for iOS and Android and allow students to stay aware of their vehicle’s charging status. The “held for” feature can be helpful. ChargePoint has a feature that holds the station for users after they unplug it, just in case they aren’t done charging. This feature protects users from accidentally unplugging someone else’s car if they’re still using the EV station. ChargePoint highlights how to switch off the “held for feature.” To inform ChargePoint that you’re done charging and that it’s

really you unplugging yourself, tap your card at the station before you unplug. That way, the station will simply end your session without holding the station for you, and the next driver in line will receive a notification so they can plug in and start charging. EV Connect allows users to keep track of their favorite locations. This feature is an easy way to store your frequently used charging stations.

The Delphian reached out to current Adelphi EV users to see how they feel about the experience. Cindy Maguire, professor of communications for the College of Arts and Sciences, said, “My partner and I have two cars and one is a Tesla 3. I’ve used the EV stations off and on for three years. I like the ones under the sports field. They are easy to get to and park with enough space that the car doesn’t get unintended dents from people opening their car doors!”

Maguire said that she appreciates that the university has added more chargers over the years, but said that more are needed. “Sometimes the chargers are not working. That said, I’ve had success contacting the charger help phone number and getting the issue resolved. The stalls near the Nexus

center are too small and a bit awkward to park and charge in so I usually do not use them.”

The push to invest in EV stations on campus is part of Adelphi’s new five-year strategic plan, *Momentum 2*. Goal 3, Smart Growth and Infrastructure, further commits the university to sustainability goals by dedicating efforts that support an environmentally friendly and fuel-efficient environment. Shipley said, “EV charging further Adelphi’s commitment to sustainability and promoting a clean environment.”

Shipley said that he would like to add more stations in the future but nothing has been planned as of now.

Regarding public use of the stations, which could lead to someone using a station for an entire day, making that one less EV station for students and staff, Shipley said, “That’s part of the policy updates that we are working on. We are almost at 100 percent capacity as of now so we may consider making them private and restricting use to AU staff and students only.”

To learn more about this program, students can contact Facilities Management at 516-877-3970.

Women’s Leadership Conference Emphasizes Skills for Empowerment

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importance of balancing leadership and personal life as well. “I was really enjoying Khadijah Tribble’s comments, especially about authenticity and the

ing one’s whole self to work—not hiding that you’re a mother—is the best way to approach this stage in your career.

West advised the audience to “share all parts of yourself in your workplace. Be

“Find out who you are, believe in who you are and stick with who you are,” she said.

As a leader, it is also important to not be afraid to ask questions. If you don’t ask, you won’t get. “You need to ask, especially as a woman,” Cunningham said. A sign of a true leader is knowing your weaknesses and knowing you have them. Some other characteristics that Rosado gave were being realistic, having composure, being respectful, collaborative and empowering, and looking at the bigger picture. Adams added being empathetic, to understand that everyone’s life is different.

They also said that a huge part of going into careers is networking and finding mentors who you aspire to be and someone who can be a champion for you. It doesn’t matter who your mentors are, as long as they share your values, you trust them and you see yourself working with them, they said. It’s important to find people who are willing to spend time with you, “remember the impression you’re leaving on people,” Cunningham said. It’s okay to let people find you instead of looking for someone specific.

In “Access to Opportunity: Advancing Women’s Leadership by Opening New Doors,” the emphasis was on under-represented groups who are attaining leadership positions in the corporate world. Panelists were Anita D’Amico, PhD ‘84, vice president of Cross-Portfolio Solutions and Strategy, Synopsys Software Integrity Group; Emily Ladau ’13, Adelphi Board of Trustee member and author of “Demystifying Disability: What to Know, What to Say, and How to Be an Ally;” Mara Johnston, managing principal of Keystone Global; and moderator Deborah Viola ‘84, MBA, PhD, vice president, Office of Research and Grants Administration, Westchester Medical Center.

Ladau encouraged the audience that

in order to advance they should “flip the script” they’ve been taught, that what you need to know has to happen in the classroom. “I think that we need to be flipping the script on what we’re looking at as skill set development. It doesn’t always need to happen inside of a classroom,” she said. “For me, I learned so much from being an English major that I was then able to take and apply to social media as a communicator. I just want to challenge the notion that you can’t find your passion by doing things that you enjoy outside of an academic setting. Because for me, that was where I found my passion. I found it through engaging on social media. I found it through communicating with other people in the disability community.”

Following this session, first-time



Adelphi students were among the audience attending the “Finding Your Leadership Style” afternoon hybrid breakout session. Photo by Erica Burns Photography

balance between personal and professional social media and allowing yourself to be a fun person who also shows up as a professional,” said Norah Curran, a junior interdisciplinary studies major.

In the “Leadership and Parenting: Mothers Know Best” session, panelists Adelphi’s Kristen Capezza, MBA ‘12, vice president of enrollment management and university communications, and Chotsani Williams West, MA ‘07, executive director of Diversity, Equity, Inclusion and Belonging; Andrea Bombino, founder and career coach for Andrea Bombino Coaching and Consulting; and moderator Maria Collin Goodman, co-founder of Mama’s Got Mojo, all spoke movingly about the struggles of balancing their careers with motherhood, but emphasized that bring-

transparent and ask for what you need.” Capezza echoed that statement, adding, “Don’t hide the core of who you are.”

In the second session of breakouts, “The Finding Your Leadership Style: What Kind of a Leader Are You?” panel consisted of Chaka Adams, vice president of marketing for Jovia Financial Credit Union; Sharon Cunningham ‘90, managing director of Morgan Stanley, The Cunningham Group; and Jennifer Rosado, chief customer officer of JOOR. It was moderated by Maureen Evers-Wilcox, managing partner of KPMG. This focus was on women who can take the reins and lead in the workplace. Cunningham said that leadership is more of an art than a science, but any leader should have confidence, a willingness to engage and an openness to fail.



Members of *The Delphian* from left: Liza N. Burby, faculty advisor, Kurana Doobay, writer, Elizabeth Panchyk, editor-in-chief, and Joanna Reid, news editor.

conference attendee Augustina Gentile, a senior English major, said: “As someone who’s interested in English, business and computer science and STEM fields, seeing how women have worked in all

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From Shyness to Stardom: My Experience as a Budding Performer

BY KENNETH CERVANTES
DIONISIO

I would never call myself a theater kid. The number of musicals I've seen are enough to count on one hand and spontaneously breaking out into song and dance doesn't sound appealing. So how did I wind up performing for Adelphi's Best of Broadway?

Best of Broadway, affectionately shortened to "BoB," is a bi-annual production held each semester during which students perform musical numbers from a particular Broadway era or composer. Open to students from all academic disciplines, many aspiring performers will partake in Best of Broadway to showcase their talents and build camaraderie among fellow musical theater lovers.

Early in the fall 2022 semester, sophomore communications major Julia Lund asked me to see her performance. Though I seldom see theater productions, I agreed with a smile.

Being serenaded with songs like "Summertime" from "Porgy and Bess," "If I Were a Bell" from "Guys and Dolls" and other mellifluous tunes from Broadway's Golden Age inspired me to get on stage and sing.

Lund is always helping to recruit new BoB members, so she helped me prepare for auditions as soon as we returned from winter break. "Best of Broadway is the perfect opportunity for students who love music, but don't have anything music-related in their academics," said Lund.

I'm generally confident in my musical abilities. During high school, I sang in a chorus of over 200 students, leading the tenors with ease. However, during audition night, surrounded by seasoned performers, I shuddered as my name was called to perform my song in front of everyone in the room.

I auditioned with the song "She Used to Be Mine" from the musical "Waitress." Since the song is about reflecting on a previous version of yourself and coming to terms with the

bleakness of life, I thought this was the perfect metaphor for someone coming back to music after a three-year hiatus.

There was only one problem: the song was intended for a female voice. Because the audition required that we

Our director, KT Thomas, started going over the logistics of our show; the theme for this semester was Contemporary. "Keeping a link to Adelphi was important, so I included songs from alumni Jonathan Larson's 'Rent' and 'Tick Tick Boom'

self with a brain freeze from a Slurpee.

I had my doubts; oftentimes I'd study Ryan McCartan and Jamie Muscato, two Broadway stars whose renditions I'd use to better my own performance. But when I sang during rehearsal in front of Thomas and the cast with live accompaniment, I felt this weight lifted off my shoulders when they applauded my performance. I knew I was taking my role in the right direction.

Playing Jason "J.D." Dean came with extensive (and sugary) research. Ignoring the fact my character is based on a pistol-wielding, ex-girlfriend stalking, sociopath who attempts to blow up his high school, I enjoyed immersing myself in the 7-Eleven Slurpee culture. Vanilla dream was my favorite flavor.

Every Tuesday and Thursday evening, I'd come to rehearsal excited to drone on about my avidness for 7-Eleven. As part of the ensemble, I'd learn lively choreography to songs like "Magic Foot" from "The 25th Annual Putnam County Spelling Bee" and "My Junk" from "Spring Awakening."

What brought the show together was the addition of monologues from each cast member, which isn't something found in a typical BoB show. Tying into the "Adelphi U Support Group," each of us portrayed a specific psychological problem. And because of my voracious Slurpee cravings, I wildly divulged my addiction to all things 7-Eleven.

Come March 23, the day of the show, I felt all of my nervousness dissipate, despite being a normally anxious person. I had the support from my family and friends who were in the audience. Eagerly waiting for my cue, I stood up with full confidence and belted my song as loudly and energetically as possible. Making my way backstage at the end of the show, I basked in every last bit of applause and even shed a tear. I had never felt more accomplished in my life.

Already reminiscing on my Broadway days from this semester, maybe I'm a theater kid at heart.



Back row (from left): Mario Mannarino, Rafael Lyrio, Brooke Beck, Kennie Cervantes, Ruby Haberman, Athena Miller, Melissa Casey, KT Thomas, Darius Jones. Front row (from left): Sal Jones, Julia Lund, Grace Simone, Audrey Santosus, Mary Brophy

Photo courtesy of Heather Lund

came in with sheet music for the accompanist, I transposed the notes down four semitones on a website (of questionable reputability). To my chagrin, my audition went completely awry as my song was played in the wrong key at the wrong tempo. Luckily, I was able to redo my audition with the karaoke track.

Despite my second attempt, I ran to my bedroom in tears as soon as I arrived home. I immediately texted all my friends with the notion that performing wasn't meant for me.

Coming into the Performing Arts Center the following day, I was welcomed with open arms. The cast were thrilled to see me and commended my perseverance.

to add a personal touch to the legacy he has left behind here," said Thomas.

We spent the first few hours reviewing the opening ensemble number "Avenue Q Theme," which we parodied as "Adelphi U Theme." Our show's plotline chronicled the cast's chaotic lives as they sat through a support group, inspired by our second ensemble number, "Life Support" from "Rent."

The next week, Thomas started to assign solos. I hadn't expected one because of how my audition went, but I was ecstatic to find out that I would be singing "Freeze Your Brain," a song from "Heathers: The Musical" about escaping the dreadful world and numbing your-

ASIA's Nowruz Tabling Event Honors the Spring New Year

BY MALIKA BURIEVA

On March 20 New York welcomed the first day of spring. To many, it is another change of season. For those of cultures in the Middle East, South Asia and Central Asia, it's a celebration as they welcome a holiday known as "spring new year," also known as Persian spring new year. In short, it is called Nowruz.

Nowruz's origins are from Zoroastrianism, the oldest religion to have ever formed. This holiday welcomes the first day of spring, the fresh start of a new season and a new year following the solar hijri calendar with "Nowruz" translating to "new day" in Persian. A Nowruz Haft-Sin is a table set up to welcome the spring new year. It is a Persian tradition and "Haft-Sin" literally translates to "seven s's" because all of the items

displayed on the table start with the letter "s" and it is essential to welcome the new year with these items. They all have their symbolic meaning and value.

On Wednesday, March 22, a new club on campus, Asian Students Intercultural Alliance (ASIA), set up a Nowruz Haft-Sin Tabling event at the lobby of the University Center to educate people about a holiday that many are not familiar with. The Haft-Sin consisted of items such as the sabzeh (wheat, barley or lentil sprouts), symbolizing rebirth and growth; seer (garlic), symbolizing medicine and health; seeb (apple), symbolizing beauty and health; serkeh (vinegar), symbolizing age and patience; sekkeh (coins), symbolizing wealth and prosperity; and the sonbol (hyacinth flower), symbolizing spring and the renewal of nature. Each passerby painted eggs (similar to



ASIA's Nowruz Tabling Event at the UC lobby. From left: Jenna Steinberg, Malika Burieva, Kennie Cervantes and Yasmeen Syedda-Hansley.

that for Easter) another significant part of the holiday symbolizing fertility and new beginnings. In exchange for participating and expressing interest, the passersby received sweets symbolizing happiness and joy. This reporter, of Central Asian descent, tabled the entirety of the event as vice president of ASIA, along with Kennie Cervantes, president, Jenna Steinberg, public relations manager, and Yasmeen Syedda-Hansley, secretary candidate.

Nowruz is a holiday of joyous occasion after months of cold hibernation. It is the heart of the east. Nowruz has always had an important impact on this reporter's upbringing as an American-Central Asian learning to appreciate spring in a cultural light. It is not simply the changing of seasons, but a season of forgiveness, hope and family. Nowruz Mubarak to all that celebrate!

Natalia Prado Champions Commitment to Groundbreaking Wildlife Research

BY HUSSEIN ALI RIFATH

For Natalia Prado, a professor in the Biology Department, studying wildlife has been a lifelong concern. It all started when she paid a visit to the Bronx Zoo during her first week in the United States.

“I came from Colombia when I was three years old. That was a culture shock: Columbia to the United States. I was on a farm one day and then on concrete the next; that’s literally how it felt. And so, my mom took us to the zoo to cheer me up; I loved animals,” she recalled.

She soon found herself standing there in awe at the sight of an Asian elephant. This experience was one of many that would later inspire her to embark on a career in animal physiology.

During her undergraduate years, Prado initially intended to become a veterinarian. Her work as a veterinary technician at New York University’s Animal Research Hospital, however, brought her to the world of research.

“My job was to be loaned out to researchers who didn’t have students. I got exposed to a lot of research and really, I think, started to appreciate research and the research process,” she said.

Prado first began teaching at George Mason University in Virginia while pursuing graduate studies there. After completing her doctoral and postdoctoral research at the Smithsonian Conservation Biology Institute in Virginia, Prado began teaching at Adelphi during the 2021 school year in hopes of striking a balance between her work and family lives.

“As a Hispanic woman, you have family obligations outside of your immediate family,” she said. “I’m expected to take Grandma to the hospital. I’m expected to babysit my nieces. I have obligations. I wanted to find a place that was going to be family-friendly and that would see me as a whole individual; a place where I wouldn’t have to check my soul at the door because I walked into work. I wanted to know that I’d be accepted, valued, appreciated and really be able to make a difference for students and for the conservation community that I’m working with. I feel very supported at Adelphi.”

Her favorite experience at Adelphi thus far has been working with her research students. “I’ve just been really pleasantly surprised with the quality of students at Adelphi,” she said. “The undergrad stu-

dents are doing graduate level types of data wrangling, analysis and writing because they’re that good. I can give them more, and don’t have to dumb things down. Watching them build their confidence, skills



Dr. Natalia Prado (center) pictured with some of her research students: (from left) Gabriela Castillo, MS student; Mary Kearney, senior undergraduate; Jennifer Ingenito, MS student; and Aaron Comerford, junior undergraduate.

and competence: that’s so beautiful.”

While most research on animals is done for the benefit of humans, Prado and her team are more concerned with the condition of our wildlife.

“Our research projects are really interesting, especially because they’re about animal conservation. This work can make a difference because we’re working with endangered species, which have a clear impact on the world,” said Aaron Comerford, a junior in the Honors College.

To that end, they have been hard at work studying a diverse range of animals. Senior Mary Kearney, for example, is investigating social stressors to kiwi birds. “I didn’t expect the amount of work that it is,” she said.

Much of the challenge lies in the in-depth statistical analysis her work requires. “Listen, I took statistics in a three-week winter class... I didn’t know statistics. I’ve learned so much more from Dr. Prado than I ever did taking a class,” Kearney said. “Just reach out to her; she’s available all week, 24/7. You can anytime ask her for help and she will always be helping. She’s been great.”

One of the team’s larger projects has been in response to a reproductive crisis in African elephants. They are studying the African elephant genome in an effort to find genetic mutations that affect prolactin production. “Prolactin is a hormone that’s involved with the elephants’ reproductive cycle,” said Ashley Bermudez, a senior in the Honors College.

“We’re using a bioinformatics

approach, which is kind of like computational biology. We’re looking particularly into elephants that are hyperprolactinemic (which means that they have high prolactin) because they happen to have an issue

with reproducing,” said Jennifer Ingenito, a graduate student. “We’re trying to find what’s called SNPs—single nucleotide polymorphisms—between them in an effort to obtain more information as to why they’re having these reproductive problems, and if the two are correlated. There hasn’t been too much research into this approach, especially with elephants. There’s just not a lot of information on this as a whole other than what Dr. Prado and her research team does.”

Prado has helped her team over-

come the challenges of entering such novel research with understudied endangered species. There often isn’t a lot of background information to go on, so this research takes a certain amount of faith.

“She’s already done this type of work herself,” said junior Linda Cesark. “A lot of her research has been uncharted territory, so she really takes us under her wing. It’s not that she holds our hand or anything, but she’ll check our work right away and make sure it’s good. Even though we don’t really know what we’re expecting, she’s always there to help us, check us and lead the way. It’s really interesting to see how the work that I’m doing can be published and help further other experiments and research.”

Said Ingenito, “It takes guts to do what she does, because as a biologist, you want more research to work off of and she doesn’t have that. She’s coming up with all this from scratch.”

Prado encourages anyone interested in pursuing similar work to reach out. “Anyone can do science, and science isn’t just for someone with a PhD or someone in some ivory tower, it’s for all of us. And we can all participate and make contributions,” she said.

“If you’re interested in any type of animal, there’s probably a project Dr. Prado knows about that she can get you on,” added Kearney.

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.

Notebooks and to-do lists are some of my best “friends” in terms of organization. The second line of this poem came to my mind while I was in the middle of some personal planning. This is how my writing process usually is. I think of a word or phrase, conceptualize a theme, and then write and arrange relevant lines around the initial word/phrase. This poem, like many of my other poems, has become a personal maxim. It is my hope that my readers will also use it for self-reflection purposes. May we not just plan but dare to reach the heights we dream of.

My Deepest Fear

By Candice Garwood
(Freshman International Studies Major)

My deepest fear
is my mind becoming a graveyard
of dreams & “Here lies”
a battered box
of crinkled plans & notes
blueprints & outlines
of indefinite scopes

Meticulously dressed
and locked away
never granted the sight
of the light of day.

Candice Garwood (@c.g._
writes on Instagram)

Panther's Great Adventure



Cash, Debit, Credit or App? AU Students Reveal Their Preferred Payment Methods

BY MITCH COHEN

Throughout my life, one skill that I learned was managing my money responsibly. Initially, I was afraid of spending money in one sitting, but over time, my fears were alleviated thanks to having multiple payment methods. Two methods of payment I use are cash and a debit card and by having these options, it taught me to save my money and utilize other forms of currency when I run low. But what are the preferred methods of payment used by other students at Adelphi University?

Whenever the term “payment method” cash usually comes to mind. What makes cash such an effective payment method is that it’s easy to understand. Unlike credit cards, which can expire after a certain date, cash never expires.

Harrison Borod, a sophomore communications major, uses cash as his preferred method of payment due to its accessibility. “I prefer using cash because I’m a hands-on kind of guy. I run out of cash really easily, so I’m not opposed to using a card.”

Despite the convenience of dollar bills, the downside is that without careful budgeting at some point you’ll have to replenish it either by using the ATM or going to the bank. That’s

when the debit or credit card comes in handy. As for the functions of these cards, debit cards hold the money from one’s bank account, and the funds are instantly taken out when spent. With

keep track of her funds. “I prefer just using my debit card because I know how much is in my balance and I don’t have to pay it off later,” she said.

In my opinion, the ability to



Cash, debit cards and mobile banking are all payment methods used by Adelphi students.

credit cards, the money spent is charged to a bill that people need to pay. For me, using a debit card is my preferred payment method because I have extra funds and don’t need to worry about paying high-interest credit card bills.

Graduate psychology major Annabelle Poyck uses a debit card as her main method of payment so she can

check my balance is incredibly helpful because when I am low on funds, I can open up the TD Bank app and check to see how much money is in my accounts. On top of that, there are also several mobile apps that allow people to transfer money from the app directly into their accounts as well.

In recent years, mobile banking

has become increasingly popular. With this innovation, transferring and depositing money is much easier thanks to apps like Venmo and Apple Pay. The mobile banking app I use is Venmo, as it is the most accessible banking app. By using the app, I not only can pay people virtually, but can also receive money from friends and family and transfer it into my account.

Sophomore history major Matt Gomez mainly uses mobile banking apps to pay for things. “I use Apple Pay because I’ve misplaced a couple cards in the past.”

One student who prefers using cash and card over mobile banking apps is freshman history and education major Adriana Barbieri who primarily uses these methods because of how accessible they are to use. “I like to pay in cash or by card because it’s just easier that way since I always carry those.”

Ultimately, while mobile banking apps like Venmo are incredibly useful for depositing money, students like Barbieri would rather use cash or card due to them physically having the money in their pockets.

At the end of the day, all these methods serve the same purpose, which is to allow students to manage money effectively.

Are “Irrelevant” College Electives Worth the Time and Effort?

BY JOSEPH D’ANDREA

For some, the idea of willingly registering for a class outside your comfort zone may not be given the time of day, but just because a course isn’t necessarily in the same vein as one’s major, doesn’t mean it can’t service your skill set in other ways,

Throughout high school, you’ve most likely either thought or heard other students ask “when am I ever going to use this?” dozens of times over. When starting college, another feeling many students have is one of relief for not having to worry about taking, say, an arbitrary algebra course when they’re a journalism major.

Once those gen eds are out of the way, focusing on one’s minor becomes even more important. Even if an elective may not seem “valuable” on its surface, there’s still a good amount that could be learned from pushing your academic safe-spaces.

It’s never a bad thing to compliment your resume with a diverse list of competencies. Even if you’re dead set on your major and what your career will look like once graduating, there are still new perspectives that can be gained from a class that’s not directly related to your area of study.

For some students, they may consider taking an elective related to an already-existing interest of theirs, of which they are not pursuing professionally. In my case, I am a history

major, but also very passionate about film. I know from firsthand experience that a lot can be learned from films of different time periods (either made decades ago or a modern period piece), countries, languages, as well as from whoever is behind the camera.

either of which I hope to take in an upcoming semester—can have the ability to teach me more about context and perspective, which are extremely significant to someone in my field of study.

Another case for students with certain interests is that a student-



Sometimes, going outside the box can lead to even more opportunities. Taking an elective is a risk for some, but can also be surprisingly helpful in many ways.

Beyond documentaries, narrative films can also provide a lot of knowledge about a certain era, and can often be as insightful and informative as a traditional primary source found on the shelves of a library. For me, a “History in Film” or “History of Film” class—

organized club may not exist for such an interest, so an elective may be able to scratch that itch.

In “Pros and Cons of Taking a ‘Pointless’ Elective,” Stanford University’s Dr. Michael W. Kirst writes: “By taking a course outside of your major

you have the chance to learn about a new subject, and you’re also getting a taste of that culture. Who knows? You could end up making a lasting friendship from an elective class who you would’ve otherwise never met, or find that you can apply skills learned from an elective class to your current major.”

Even going beyond becoming friends, there could be a potential colleague in a classroom that I would’ve never imagined myself in, who could teach me about their own, likely different college experience, and fill me in on information about the job scene, internships or anything else that I may have never come across due to being restricted to my “history bubble.” Similarly, you may very well end up in a class with a professor who could give all sorts of advice and open your mind to new topics.

Further, with many students working part-time jobs in addition to the stress that being a full-time student comes with, electives that offer less demanding workloads could relieve some of the pressure that goes along with a 300- or 400-level course. As a result, this can alleviate some anxiety, but also teach you more about whatever it is that interests you in the process.

In order to deepen what you have to offer as both an employee and person as a whole, consider taking one or more electives that may make you aware of something interesting and new to you.

Women's Lacrosse Wants Revenge for Last Season's Semifinal Defeat

BY LILYEN MCCARTHY

“There isn't one day where I don't walk onto the field without the feeling of getting revenge from last season,” said senior midfielder Kerrin Heuser.



Senior midfielder Kerrin Heuser has revenge on the mind this season. Photo by AU Athletics

Last season, Adelphi women's lacrosse went 18-3. Their only losses came from an overtime defeat in the regular season, a loss in the conference tournament semifinals, and

their season-ending loss against the University of Indianapolis in the NCAA Championship semifinals.

In the 2023 NE10 Women's Lacrosse Coaches' Poll, Adelphi ranked first with 11 first-place votes. As of April

3, Adelphi ranks ninth in the Intercollegiate Women's Lacrosse Coaches Association, which includes the 25 top Division II teams in the nation. AU holds a winning record for this season.

Heuser has been with the Panthers since 2021 after transferring from Stony Brook University in 2020. She started in every match-up last season except for one and is hungry for the national title after falling in the semi-finals last season. Heuser was awarded NE10 Defensive Player of the Week at the end of March.

“I am extremely grateful to have been given NE10 Defensive Player of the Week, but this wouldn't be possible without my team,” said the Hicksville native. “This past week, we faced some really good competition who did not allow the games to be easy against them.”

Out of just over 100 women's D2 lacrosse programs, the NE10 conference has seven teams ranked in the top 25, with one more receiving votes. Every week, Adelphi faces top competition, constantly defending their high ranking.

“Not one game will be easy moving forward, but I have no doubt that we will keep on doing what we do best, being the hardest workers on the field and showing up every game no matter who the opponent is,” said Heuser.

The Panther's toughest upcoming competition lies with their match-ups against Le Moyne College and Bentley University, Bentley being the

team's senior day. Even so, no contest can be taken for granted, as the team saw last year in both the conference and NCAA tournaments.



Kerrin Heuser was recently awarded NE10 Defensive Player of the Week.

Photo by AU Athletics

“I have no doubt in the world that we will be there [NCAA finals] again this year and take what we know we can get and finish what we started.”

Even With Wrong Answer Dean Rudolph Wins by Appearing on “Jeopardy!”

Continued from page 1

correctly guessing the Port Authority in response to the question: “This public agency runs the USA's busiest bus terminal, opened in 1950 for commuters awed by its polished steel and stone.”

Still, Rudolph was very happy with her time on the show. She said, “I wanted to show students that there is no shame in giving the wrong answer or even in asking the wrong question! If I can do it in front of 3.5 million people and live to tell the tale, I would hope that [students] feel comfortable in the much smaller and supportive setting of our classrooms.”

Resident Assistant Miguel Velasquez set up an event in the Waldo Hall's common area on March 27 to watch the episode air. Julia Smith, a senior in the Honors College, attended the event and said that having a “Jeopardy!” watch party “to honor one of our deans will stick

out in my memory as a collective way our student body has been proud to know and study under an amazing professor.”



Students gathered in the Waldo Hall lounge on March 27 to watch Adelphi Honors College Associate Dean Nicole Rudolph compete on “Jeopardy!” Photo by Julia Smith

While they were having fun watching on campus, however, Rudolph was happy to be at home watching the

show with her family like usual—the only exception being of course that this time they all were pretty familiar with at least one contestant.

Throughout the process, Rudolph said, going on “Jeopardy!” was actually less stressful than she expected it to be. She said all the contestants were extremely supportive of each other, and she even made friends with another contestant who lives on Long Island in Roslyn Heights. She mentioned that Ken Jennings, who was the host for the episodes she competed on, “wears a hoodie and Vans just like the rest of us when he's not in a suit.”

Rudolph has worked at Adelphi since 2009. She joined the honors college as academic director in 2018 and became associate dean in 2021.

Keynote Speaker Guerrero Offers Advice at Leadership Conference

Continued from page 3

of those fields and has been especially fruitful for me to learn about, especially as I'm a senior in graduating and about to start my own career. It was great to see the advice for breaking into these fields and building up a career and the steps I could take to pursue success in the future. I feel inspired and determined.”

After a networking session in the UC there was an awards dinner. Students who won awards included Student Government Association award winners Jonay Jackson and Julia Smith; the Women's Giving Circle “Cour-

age to Inspire, Strength to Empower” essay contest winners Prachi Shah and Jeanne Zamor; and Adelphi Women's Leadership High School award winners Alexa Cuvilly and Gianna Cedrone.

The evening ended with a keynote address moderated by West with Diane Guerrero, an American actress who has starred in the TV shows “Orange is the New Black” and “Jane the Virgin,” and as the voice of Isabela Madrigal in the movie “Encanto.” Guerrero made a point of saying, “I can't cut my wings before I learn to fly.” She discussed the importance of being yourself, purely for yourself and no

one else and how women can make it far in life. “We are honest with ourselves, we are adaptable and inclusive, open to learning and we fight our own egos. Egos are something within all of us that make up a huge part of our life. But egos can also take control of us and make us into people who we are not. This is why we try to fight them.”

In an interview after her speech, when asked if fighting with her ego is a battle that can be won, Guerrero said, “Absolutely, I win it every time I do something scary. I do it every time I choose to express my joy and the love for life.”



Actress, author and immigration activist Diane Guerrero at the Keynote

Photo by Erica Burns Photography

Men's Lacrosse Dominant in the First Half of the Season

BY ANDREW SMITH

Men's lacrosse has begun their season with an impressive start. The Panthers have been on an amazing run during the start of the season and have demonstrated dominance on both sides of the game.



Logan Tucker had an impressive streak where he tallied 14 goals across three games.

Photos by AU Athletics

The team opened their season in Florida for two important games in February. The Panthers defeated both Palm Beach Atlantic University and Lynn University by scores of 21-10 and 15-6 respectively. Junior business major Eamon Hall described

the importance of the early road trip.

"The most impactful moment of the season so far has to be our trip to Florida. It was early in the year and it was a real come together type of moment for us," he said. "We were stuck together for five days, so lots of bonding and trust went into that trip."

Hall played a crucial role in these games by tallying three goals and three assists against Palm Beach Atlantic University and one goal and three assists against Lynn University.

Junior midfielder Logan Tucker, who is studying business management, also expressed the importance of the Florida trip and what role it played. "It really brought us closer as a group and there was an instant feeling of togetherness."

The Panthers kept building on this early momentum and rallied off seven consecutive wins during the first month of play. Tucker reflected the experience and what lessons could be learned. "Throughout the first month of the season, I have learned how much this group cares about one another and how badly everyone wants to be great."

Tucker has been a dominant force by tallying 14 goals across three games against Southern New Hampshire University, Saint Anselm College and The College of Saint Rose.

In relation to the successful start,

Hall said, "It's always important to start a season on the right foot. A win streak is kind of the last thing we think about honestly, we just want to go out every game and try and do our best to win the game."

Tucker added, "I think getting these wins under our belt are important in order to achieve our goals, however we aren't looking to win the big games in March and April. We want to be winning in May. These games along the way help us figure out what works and what doesn't, and also helps us improve day in and day out."

Players believe momentum plays a large role over the course of the season and can dictate the ebbs and flows the team endures. "I think we can carry this momentum by just playing our game," Tucker explained. "We know what we are capable of and if we give 100 percent every time we go out there the momentum will carry itself."

In addition, Hall stressed the importance of his philosophy: "Just staying loose and taking one game at a time. Not making the moment bigger than it is. Also just being able to have fun and joke around with one another has played a huge part," he said. "I feel like so far we are where we expected to be. We're still trying to play a complete game, where the offense and defense play as a whole for 60 minutes. In a way I am happy because we want to

save our best lacrosse for the end of the season and peak at the end of the year."

Tucker, who is a transfer student, also thanked his teammates and the Adelphi community for welcoming him with open arms. "I just wanted to share how grateful I



Junior Eamon Hall was dominant during the Florida trip by tallying four goals and six assists across two games.

am for all of my teammates. As a first-year transfer they accepted me into their family right away, and that's what this is a family. I couldn't be more appreciative and thankful for the opportunity to play here at Adelphi."

Be sure to come out to Motamed Field and make it loud as we cheer on our Panthers.

Men's Tennis Ready to Put Slump Behind Them

BY ANDREW SMITH

Men's tennis began the 2023 season with a slow start. The Panthers dropped three consecutive games at one point. However, they did not succumb to the lows and have continued to claw back.



Men's tennis has battled through adversity all season and is ready to put the slumps behind them. Photo by AU Athletics

First-year Viktor Hockl, a management major, reflected on the challenges they faced earlier and how they have been responding. "We had a tough start to the season losing to very strong opponents while not showing our best level ourselves," he said. "But we kept fighting and working hard and at the start of the conference we had an important win."

Hockl continued, "Since then, we are on a three-match winning streak. I am a freshman, and it is my first season with the team, and I was really surprised by the high

level and the competitiveness of the league."

Hockl is an international student from Enns, Austria. He participated on the under eighteen (U18) Austrian National Team and was a semifinalist in the Austrian Championship.

He's learned that putting losses

behind you is very important especially when going through a difficult stretch of the season. "You have a new chance every other weekend to win your match. If you lose this week, you might win the next match, so we have to keep working and believe in ourselves," Hockl said.

However, the momentum can shift in your favor fairly quickly during the course of a long season. A turning point was the trip to Saint Michael's College, Hockl said. "They are a solid team in our conference and play on rare courts

that give them a huge home advantage. We fought hard, stayed focused and put in an amazing team effort."

This win gave the Panthers much-needed confidence and has helped them move past the early struggles.

Hockl also brought up the importance of defeating Southern New Hampshire University, the reigning finalists in the conference. "We played at home and many people came to cheer for us. We were extremely motivated and managed to beat them 5:2. Individually and as a team, the win helped us to believe in ourselves and showed us how good we actually are."

Momentum can also shift on match days. The team plays three doubles then six singles. "To get the momentum and also to carry the momentum on from the last match it is very important to win the doubles point (you need to win 2 doubles)," Hockl said. "If we do so, it is much easier to go into the singles matches and we have the momentum on our side."

Hockl also discussed what matchups of the upcoming schedule stood out to him and what he is looking forward to. "As a team, we are really looking forward to our game with Le Moyne. They are the reigning champions and we lost to them last year in the semi-finals of the playoffs. Personally, I always want to compete with the best teams out there," he said. "In addition, it is going to be senior's day and maybe (if the weather is good), our first match outside on campus this season. To get a win would be unbelievable."

Despite the constant ups and downs that a team endures throughout the sea-



Viktor Hockl stressed the importance of bouncing back after a loss.

Photo by AU Athletics

son, one goal will always remain the same, Hockl said. "Our ultimate goal would be to win the conference and I think if we work hard as a team and believe in ourselves, we definitely have the ability to do so. Come out and support our Panthers on the tennis court!"

SEE INSIDE:
Find out who
competed on
"Jeopardy!" and
more.