

The Delphian

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The Voice of the Students

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Students Will Take to the Performing Arts Center Stage This Fall

BY JOANNA REID

If you're looking for entertainment this fall, look no further than Adelphi's Performing Arts Center (PAC). The PAC was named one of the 35 Best University Performing Arts Centers in the United States by Clickiticket.com and now has a variety of exciting new shows lined up for this season, with discounted tickets available for Adelphi students, alumni, faculty and staff.

PAC executive director Blyth Daylong said that he's looking forward to bringing another exciting season of dance, music and theatre performances. "Our music students will be bringing the music of Broadway to the Westermann Stage of the Concert Hall. Our

present a variety of genres of music, including the world premiere of a piece written by faculty member Sidney Boquiren, a celebration of the music of Stephen Sondheim by a singer known for her beautiful interpretations of his music, and a special holiday celebration featuring several Broadway stars.

"Thanks to the generosity of Mary Jane and Thomas Poole, our Poole Family Broadway Series continues to bring some of the most talented Broadway performers right here to Garden City," Daylong said.

Adelphi will hold its annual Larson Legacy Concert with the 2022 Jonathan Larson grant recipient. This year's concert will feature playwright and composer, Christie Baugher. Baugher's work has been put on

is about the lives of F. Scott Fitzgerald and Zelda Fitzgerald and is set to a score reminiscent of 1920s jazz. A concert reading of the musical will be held at Adelphi on Sept. 9.

From Sept. 27-Oct. 1, Emily Lyon brings "A Taste of Shakespeare" to the PAC. Lyon is a seasoned director with experience directing multiple Shakespeare plays. She'll stage shortened versions of three different Shakespeare plays in only one hour including "The (Tiny) Tempest," "One Twelfth-Night" and "Midsummer: Tedious & Brief."

On Sept. 30 the PAC will host "The Princeton Singers: Inspirations" conducted by composer Steven Samtez. The choir has been making music for nearly 40 years and has performed various styles of music. According to their website, their show has been described as "a look at how living artists engage with works by masters of the past."

On Oct. 22, "Best of Broadway" returns. Adelphi's talented students, and a part of the Department of Music, will perform numbers from various Broadway and off-Broadway musicals. The show incorporates both classical and contemporary showtune from shows like "Funny Girl," "Wicked" and "In The Heights."

Next up in October will be Philip Edward Fisher: "The Romantic Piano" on the 27th. Fisher has performed at Adelphi in the past and he will be back playing songs from famous classical composers such as Chopin, Liszt and Rachmaninoff.

There are even more shows to look forward to in November, especially for theater fans. First up is "Mr. Burns, A Post-Electric Play." The dark-humored play is written by Anne Washburn and features music by Michael Freidman ("Bloody Bloody Andrew Jackson"). It centers around a group of survivors who recently shared an apoca-

lyptic event. In order to take their mind off things they try to act out a Simpsons episode from memory, which leads to bigger things. The play will run from Nov. 1-5.

Then there is no better day to see Tony Award nominee Melissa Errico sing some of Stephen Sondheim's brilliant discography than on a Sunday, in this case, Nov. 12. She'll be accompanied by music director Billy Stritch and a jazz trio.



Adelphi's Dance Department will showcase both ballet and modern dance in November.

Photo by Peter Frutkoff

As usual, students of Adelphi's Dance Department will showcase dance numbers in the style of ballet and modern dance. This will take place Nov. 15-19.

The season will finish with "A Slightly Wicked Holiday Show" on Dec. 17. The show will feature Alli Mauzey, who is currently starring in Broadway's "Kimberly Akimbo," Dee Roscioli, who was last seen on Broadway in "The Cher Show," and Sam Gravite who has recently played Fiyero in "Wicked." Together they will sing timeless holiday classics, as well as beloved Broadway hits.

For more information and a full list of shows and dates visit www.adelphi.edu/pac 🐾



Adelphi students were the stars of the Best of Broadway in fall 2022 and they'll take to the stage again in October. Photo by Peter Frutkoff

theatre students will be telling a tale of how an episode of "The Simpsons" becomes folklore in an apocalyptic future. And our dance students will be presenting a dance by acclaimed choreographer Doug Varone," he said.

In addition, Daylong said that world-renowned guest artists will take the stage to

in venues all over New York City and her musical entitled "The Fitzgeralds of St. Paul" was selected to take part in the 2020 Pacific Playwrights Festival. "The Fitzgeralds of St. Paul," to be directed by Danny Mefford ("Dear Evan Hansen," "Kimberly Akimbo" and "Bloody Bloody Andrew Jackson"),

New Laundry Fees Have Some Panther Residents in a Spin Cycle

BY MALIKA BURIEVA

The new school year began with an untidy load of confusion for residential students faced with a \$4 laundry fee. Earlier this month, Adelphi Residential Life announced via email that starting this semester a load of laundry will cost \$2 to wash and \$2 to dry in newly installed eco-friendly washers and dryers. Student complaints are bubbling to the surface.

Each semester, students will receive reloadable and preloaded \$50 Smart Cards. The machines accept the CleanPay Mobile App allowing students to add funds to their Smart Card, view machine availability, get alerts when the cycle is complete, and view tutorials for Smart Card machine usage.

"For about the last eight years, our

residence hall laundry machines were coinless and free of charge," said Guy Seneque, director of the Office of Residential Life and Housing. "Adelphi's contract with our previous vendor had expired, and some of our machines were in need of replacement. Our returning residents may recall that we had some machines out of service last semester."

The sudden change highlights the issue of access for students on a budget. Seneque said, "Laundry needs are very individual, so it would depend on how frequently a student needs to do laundry. If they wash and dry one load a week over a 15-week semester, they would spend \$60 total, \$50 of which is funded by Adelphi. In addition, some weeks are shortened due to holidays like Thanksgiving. The \$50 credit covers 12.5 wash/dry cycles over the 15-week semester."

Alternatives like home laundry or local pickup and delivery services are encouraged.

Even so, junior computer science major and Waldo Hall resident Chris Sciortino, said, "I live here on campus, but my home is about an hour away. After hearing about the prices for washing and drying laundry, I decided it was best for me to head home when I have time and do laundry there. As college students, we're all on a budget and this expense seems to be a hefty one that some students have no choice but to pay for. It feels wrong."

Earle Hall resident and junior psychology major Alexandra Campbell initiated a petition on change.org titled, "Make Laundry Free for All Resident Students at Adelphi University."

"Adding a price to do laundry, which

was previously free, is a shock," Campbell said. "However, for it to be \$4 to do a complete load is absurd. It is not the fault of the residents that the machines were already half broken when we entered the building, but it is the responsibility of the university to do routine maintenance on them to make sure they work."

In response to learning about the petition, Seneque said, "Adelphi supports our students who choose to peacefully make their voices heard."

It's important to note that the Panther Pantry offers vital resources like food and toiletries for financially challenged students. Additionally, the Adelphi Student Emergency Fund assists enrolled students facing immediate financial hardships due to emergencies. 🐾

A Word from the Editor

Welcome back, everyone! I hope you all had a relaxing summer vacation. As you may have noticed, we have a new look for the new school year. Thank you to our production editor, Justin Kresse, for creating this fun design.

Whether it's your first semester or you're returning for another, I'm glad to be back writing to all of you — and as I'm writing this, I have one more vacation to look forward to before I have to face the reality that I am now a senior.

It was a summer for news. If you haven't heard already, *The Delphian* and three of its editors/writers won awards at the PCLI ceremony in June. I'd like to once again congratulate my hard-working team on this effort. You can also take a peek at what's coming up in the PAC this semester and find out five tips for first-generation students. And then there's the laundry fee issue that has some students concerned.

Alongside our back-to-school items in Features, you will also find our editors' "What I Did This Summer" stories and learn what a busy summer it's been for us. To read more about what editors did this summer, go to thedelphianau.com.

This lengthy summer has given us a lot of entertainment. I'm sure most of you have heard of "Barbenheimer," where people did a double feature of these two brand new movies that came to theaters the same day. In Opinions, you will find a review of both "Barbie" and "Oppenheimer."

And to wrap up our first issue, the Sports section has highlighted the upcoming soccer season for our Panthers and spotlighted senior and field hockey player Kylie Peregoy. Good luck to everyone starting up in the fall season.

Read more in this page-turner first issue and check online as well. Thank you to all our new editors and returning writers for taking the time this summer to put out an exceptional first issue. Have a great first week of classes!

Lizz Panchyk '24
Editor-in-Chief 🐾



The Delphian

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Five Tips for First-Gens Entering Adelphi

BY KENNIE DIONÍSIO

When incoming first-year student Katelyn Corbett received her acceptance letter to Adelphi University, she was ecstatic to commit to her top school. In preparation for her first year, Corbett regularly visits campus and connects with other Adelphi students in her graduating class. But despite remaining positive amidst this transition, she still feels burdened by tuition costs and lack of family support.

Corbett is a first-generation student, meaning she is the first individual in her immediate family to pursue a college degree — and it has been her lifelong dream to do so. She's not alone. Of the approximately two-thirds of undergraduate students who reported their parents' highest degree, one-third are considered first generation (one or both parents didn't complete a four-year or above college or university degree), according to data provided by Adelphi's Institutional Research and Strategic Analytics Department.

Steering through college as a first-generation student is never easy. We are faced with the task of picking up the pieces from generations before us, even if it means navigating higher education independently. Adelphi supports first-generation students through a range of programs and resources including the Mentoring Program, College Science Advancement Program, which supports underrepresented groups in STEM with workshops and research opportunities, and the Hispanic Community Partnership Program.

But it also helps first-years and transfer students to gain helpful insights from fellow first-generation students so that college doesn't have to be such a daunting task for us.

1. Find your niche and own it. No

matter which walk of life you come from, we all stumble into college wondering how we can make our mark on the world. It is completely normal to be a teenager or a twenty-something and not have it all figured out, but identifying your interests is the first step to a transformative college experience.

Senior Jolisa John-Lynch switched her major three times before ultimately deciding to pursue health sciences. "I was yo-yoing between nursing and social work, but neither of those fields was making me happy," said John-Lynch. "At the end of the day I like to help people, so I took some health science classes and saw how versatile the field is."

Being a voice for all marginalized groups, John-Lynch noticed the mistreatment of Black patients in medicine and wanted to bridge the gap. Her advocacy for the Black community does not stop in the classroom. Climbing up the executive board ranks since her first year, she now presides over Adelphi's student-run Black Students United.

Your involvement in your college community is a direct reflection of who you are. The differences you will make start with your individuality.

2. Take advantage of every opportunity. Talk to that professor during their office hours. Join that club or rush that fraternity/sorority. Secure that interview for that internship you have always wanted. Apply for that scholarship. Allow yourself to gracefully make mistakes and get pummeled by rejection — because nothing hurts more than the regret of a missed opportunity.

As you will learn throughout your college career, the number of people you talk to and the risk in the chances you take will proportionately affect the size of your network. Adelphi offers ample encourage-

ment for its first-generation population. In recent months, Adelphi established a chapter of Alpha Alpha Alpha. Affectionately called "Tri-Alpha" by its members, this honor society founded at Moravian University in 2018 is exclusively for first-generation students. As of spring 2023, Adelphi's Eta Xi chapter boasts 23 members.

Robby Fahrenholtz, coordinator of the Multicultural Center, also came up with the First-Gen Fridays initiative, sponsored by the Center for Student and Community Engagement. "I know when I was in college, physically going to the bursar's office to talk about my bill or financial aid was the last thing I wanted to do," said Fahrenholtz. "I wanted to get first-gen students in the room with different people from across campus who are here to make students' lives easier."

Covering a wide range of topics such as applying for financial aid and practicing self-care, these informal workshops are meant to lighten the responsibilities of a first-generation student.

3. Avoid comparing yourself to other students. It can be easy to fall into the impostor syndrome trap as a first-generation student. That awful, quiet fear that your success is a fluke can lower your grades and increase your chances of dropping out. Since we first-gens don't receive much emotional, financial and informational support it can feel as though the college atmosphere can eat us alive.

You might look at others who are graduating early or winning awards and be hard on yourself. But how did it feel the last time you compared yourself to someone else? Probably miserable. Instead, expend your energy into practicing self-gratitude. Realize that the road to success looks different for you, and as a first-generation student, you are destined

to achieve big things. You belong here.

4. Seek mentorship. While independence is something we all strive for, having a mentor can alter the trajectory of your college career. A good mentor will help you measure and reach your goals while also cheering you on.

A prime example of mentorship at Adelphi University comes from the Peer Assistant Leader (PAL) program. Every incoming first-year student is paired with an upperclassman based on academic major or common interests. This select group of student leaders not only facilitates Adelphi's three-day summer orientation, but also serves as year-round peer mentors to groups of over 40 students each.

Sophomore computer science major Onkar Dhillon has lengthy experience with mentorship. Starting as a dedicated member of his high school robotics team, Dhillon is eager to both teach and learn. Upon starting his Adelphi career, it has been his goal to become a better leader.

"Exuding leadership is crucial for first-generation students because it can foster a community of empowerment," said Dhillon. "Under my mentorship in the PAL program, I was pushed to break out of my shell." Now a PAL himself, Dhillon aspires to use his knowledge for students who are anxious about starting college.

5. Embrace the journey. Going to college is a once-in-a-lifetime opportunity. Live it. You'll be collecting your diploma in the blink of an eye. Although every first-generation student has their struggles, overcoming them is what makes the experience worthwhile. Take every moment in — the good and the bad. Surely one day, you will be reminiscing about your time at Adelphi. 🐾

What *The Delphian* Staff Did This Summer

BY THE DELPHIAN STAFF

Remember those essays you had to write the first day of school back in your elementary days? We thought it would be fun to show you how each of our editors for The Delphian spent their summer. Write to tell us your story and we might publish it on our website at www.thedelphianau.com.

Lizz Panchyk – Editor in Chief

While I was particularly busy this summer, I got the chance to experience many new things and explore new places. In addition to three family trips, I also went to Florida with my friend and she graciously took me to Disney World, my first time being there. Although it was hot and humid, and oftentimes monsooning, I'm so glad I got to go, especially to see Magic Kingdom. The one downfall was waiting 12 hours in the airport for our plane that was delayed several times, but at least we got home.



Lizz Panchyk at Magic Kingdom

I also had the opportunity to expand my skills as a journalist as I got to work at University Communications of Adelphi. I work closely with editor Ela Schwartz, chief communications officer Bobbie Dell'Aquilo and media assistant Ana Rodriguez, alongside Joe D'Andrea, where we trained together. You will find my byline and stories published on the Adelphi website, as well as Adelphi Headlines, which is sent through email. I covered the spring Film Festival, a new journal published through open access, and of course, *The Delphian's* string of awards won at the Press Club of Long Island event on June 15, among many more.

While I work remotely, I still get a taste of working as a writer, contributing ideas to meetings, conducting interviews and learning new skills and about new people. I'm excited to continue working here throughout the fall semester and I'm very grateful to be given this opportunity.

The perfect balance between work and relaxation, this summer was extremely fulfilling and has prepared me as I enter my senior year.

Joanna Reid – News Editor

I had an eventful summer full of politics, traveling and theater.

I went back to my home in Maryland where I interned for Congressman Jamie

Raskin (D-MD 8th District). I spent lots of time canvassing and phone banking. However, I think my favorite part was getting to meet Raskin and take pictures of him in an Independence Day Parade. Raskin had speakers present to the interns each week, which allowed me to learn more about issues I'm passionate about. Representative Alexandria Ocasio-Cortez (D-NY 14th District) even presented to us over Zoom.



Joanna Reid meets actor Andy Mientus after the "Tick Tick... Boom!" at Bucks County Playhouse.

I also did a good amount of traveling (mostly to see theater). I visited Pennsylvania to see a production of Jonathan Larson's "Tick Tick... Boom!" at Bucks County Playhouse. It was a lovely production that was truly an ode to Larson. Afterward, I got the chance to meet one of my favorite performers, Andy Mientus, who portrayed Jon in the show. Then in Washington, DC, I saw "Rent" in concert, "Beetlejuice," "1776," "Moulin Rouge" and an improv show. Then, of course I could not stay away from Broadway for an entire summer, so I visited New York a few times. One of the highlights of my summer was getting to attend opening night of "Back To The Future The Musical." I saw many of the celebrities involved with the original movie, including Michael J. Fox, Huey Lewis and Steven Spielberg. I had a great night!

As I'm writing this I will be leaving for England with my family. Because I enjoyed London so much through Adelphi's study abroad program in 2022, I wanted to go back. I am planning to see lots of shows on the West End before classes start at Adelphi.

Joe D'Andrea – Opinions Editor

I live less than 30 minutes from campus, so most of my summer was spent in the same neck of the woods. I've been working at the Cradle of Aviation, also in Garden City, for about a year and continued doing so during the summer. I was also able to get some great experience in classrooms, teaching drone classes to middle schoolers, giving tours and showing off the museum's portable planetarium at libraries and schools from Rockville Centre to Queens.

Last semester, I added a journalism minor to my degree. (I'm a history major in STEP.) Along with my work at the Cradle, I have been freelancing for a weekly publisher, Blank Slate Media, based on Long Island's North Shore, in which I report on school and town board

meetings. The most exciting event I've had the chance to cover since I began in January was the Northwell Health Annual Cancer Survivors Day in June, in which I was able to have a sit-down interview with Billy Joel's original saxophonist, Richie Canata — a dream come true for me.

On top of those two jobs, I began interning for Adelphi's Communications Department in June, mostly writing about notable students and faculty, featured on the university's website. Those in the department who have guided me as I learned more about the process of online journalism have been extremely open-minded and helpful, and I'm very thankful to them for taking me in.

My brother and I were also able to stop by a few museums this summer, including the New York Historical Society in the city and the American Airpower Museum in Farmingdale (yes, looking at old stuff is fun to me).

I'm excited to continue as *The Delphian's* opinions editor as I enter my junior year and know our well-decorated staff will continue to do some great work.



Joe D'Andrea visited museums like the NY Historical Society in Central Park West this summer.

Kennie Dionísio – Features Editor

Lights, camera, Kennie? My college career has been a journey. Distancing myself from my original computer science major four years later, I now call myself a tech geek turned neighborhood social media manager.

The word "internship" can be quite daunting, especially when your academic and work experience don't particularly line up with each other. But I bit the bullet when applying to the Jaggar Community Fellowship Program. This position allows Adelphi students to work in the nonprofit sector, and when I received my acceptance letter, I was overjoyed. My placement was at North Shore TV (NSTV), a multi award-winning public access TV station in Lake Success, NY. Throughout the summer, I've had the opportunity to learn the ins and outs of TV production.

Acquiring knowledge of how to operate cameras, microphones and teleprompters was a very enriching experience. I even had the chance to fiddle around with Adobe Premiere Pro and Canva to create some stunning video footage and graphics. My heart lies

in social media and I've had the privilege of managing NSTV's Instagram account.

The most gratifying experience of my internship was getting to meet a wide variety of people. From parenting coaches to Long Island's greatest entrepreneurs to candidates in the 2023 congressional race, my network grows each day I film a show.



Kennie Dionísio operates camera equipment at his Jaggar Community Fellowship Program.

Photography by Erica Burns

As my time at Adelphi slowly winds down, I'm happy to say I've found my niche in the media industry.

Kurana Doobay – Features Editor

My summer was spent filled with friends, family, fun and festivities!

It started off with my sister; as the textbook definition of a theater kid, she had a lead role in her middle school production of "Moana." So, the day after I moved back home to South Richmond Hill, NY, I had a fun time starting off the summer with going to her shows every night and celebrating her talent.

Then, one of my cousins in New Jersey had a baby shower, so I spent a weekend over there. A lot of it was like a mini family reunion style event. I was able to see family I haven't seen in years as well as meet so many family members I never had before — Indo-Caribbean families are giant. I learned a lifetime of information about my family in my home country, Guyana, just in that one weekend.

Probably one of the most exciting things is that one of my closest friends got married. As Hindus, weddings in our religion last an entire week, so every day from May 31 to June 5 was jam-packed with festivities. It was filled with tons of getting all dressed up, singing and dancing, enjoying delicious food, and so much more, as well as participating in religious ceremonies and coming together in prayer. Sticking to the theme of romance, I also helped one of my best friend's boyfriends propose to her — and she said yes! It was an incredible experience planning the surprise, decorating the venue and witnessing the entire event unfold.

I also went back to work at my summer job. All through the past three summers, I have been working at Bright Kids Daycare, a childcare center in Jamaica,

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What *The Delphian* Staff Did This Summer

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Queens, where I grew up. Over the summer, the center hosts a summer camp program for children aged 3-5 and working with those little ones is always one of my favorite parts of the year. Sometimes, they even teach me more about life than I do them.

While my summer was amazing, I am extremely excited to be going into my senior year and I cannot wait for all of the memories I will be making with my friends here at Adelphi.



Kurana Doobay, second from left in the back row, poses with her family at a friend's wedding.

Andy Smith – Sports Editor

This summer I was fortunate enough to wear two “hats.” During the weekday mornings, I was a student worker for the Adelphi Communications Department, and during the weeknights and weekends, I was a waiter at Atria Senior Living.

In my role with University Communications, I worked with the production team. This side of the department is responsible

for getting projects from beginning to end on time. The production team opens jobs through the online workflow systems such as Contently, Active Campaign and Footprints, reviews client changes, and even list management for email distribution through Active Campaign. Working in this capacity taught me valuable skills that will help me in the present and my future career.

I worked closely with several individuals in University Communications, and it was a pleasure getting to know them and learning from them. This was an incredible experience, and I highly recommend that students always look around campus for career-building opportunities.

I am also entering my second year of working for Atria Senior Living and have nothing but positive experiences to talk about. The elderly are often forgotten in



Andy Smith worked remotely for University Communications and Marketing on production projects.

society and deemed unimportant. Each day, I enjoyed listening to stories about their past and the wisdom they shared with me.

This semester I am looking forward to reporting on our great athletic teams and more importantly, cheering on all our student athletes.

Lilyen McCarthy – Sports Editor

“What didn’t I do this summer?” is the real question!

Starting off with a bang, I went to night one of Metlife during the Eras Tour for Taylor Swift. All of my childhood (and current) dreams came true, as my best friend and I screamed to every song from the back row of the stadium. I went to two baseball games, one at Citi Field and the other at Yankee Stadium. My favorite team, the St. Louis Cardinals, lost the night I saw them play the Mets, but I still had a blast.

My favorite job this summer had to be my internship with the “Long Island Press.” I wrote articles about restaurants, the South Fork wind farm and covered two big stories. When Attorney General Letitia James made an announcement at the Hempstead Planned Parenthood, I was there to cover the press conference. The day after the Gilgo Beach serial killer suspect was arrested, I was assigned to go to his house and interview Massapequa locals and neighbors. You can find any of my stories by searching up my name and the “Long Island Press” or “Dan’s Papers.”

Since the middle of March, I had been helping prepare social media and various administrative work for the Summer

Pre-College program on campus. I was the social activities coordinator for the program, which meant I lived on campus with the high school students for the duration of the three-week program in July. Outside of those two positions, I also worked as a server at Red Lobster and coached the Nike volleyball and basketball camps here at the Center for Recreation and Sports.

When I wasn’t working, I was trying my best to have a fun summer as well. I played beach volleyball every Tuesday, went to the Empire State Fair and attended a career fair with the New York Red Bulls!

As I enter into my sixth semester at Adelphi, I am excited for my third season with the volleyball team, my first year as a Resident Assistant in Waldo Hall and of course, being Assistant Sports Editor for the paper. A busy summer prepared me for an even busier year, and I can’t wait to see what happens next. 🐾

Read more about what our editors did this summer at thedelphianau.com and tell us your story.

Six Back-to-School Items for Panthers

BY ENNIE CONNER

A new semester always brings new challenges. Whether you are living on campus or commuting every day, you’ll need some new products to help you learn and work effectively. Here are some epic essentials for your year.



1. HEYHOUSE Closet Organizers
\$13.99 for six on Amazon

These super-useful closet organizers are great for maximizing your wardrobe space. If you live in one of the Adelphi dorms, you’ll definitely want some of these. These closet organizers save space by letting you hang your clothes vertically.



2. Portable Charger with Wall Outlet
\$49.99 on Amazon

Portable chargers are always useful to have on hand. This version has four charging ports and comes with a wall outlet so that you can plug your laptop in.



3. Three-tier Rolling Utility Cart
\$16.99 at Walmart

With this three-tier cart, you’ll be able to save space and keep what you need, where you need it. This cart also comes with detachable hooks, wheels that brake, and a handle for easy pull-push action. Plus, it’s super cute.



4. Big Capacity Pencil Pen Case
\$9.69 at Walmart

This case is extremely useful. It’s the perfect size for most bags and backpacks. It may seem small, but it’s got a nice handle strap, plenty of space inside, and – So. Many. Pockets. It comes in eight different colors and is extremely durable.



5. Rubbermaid Takealongs 40-piece Food Storage Set
\$13.74 at Walmart

Have food that you want to take back home or store? This 40-piece Tupperware set is great for keeping, storing and transporting food. The bigger ones can hold

absolutely anything else that you need, such as toiletries and other essentials.



6. Laptop Case
\$17.99 on Amazon

If you are ever worried that your laptop is going to get damaged when you’re carrying it around, you should probably get a laptop case. This particular case is thick and water-resistant, and has pockets for other supplies. It is a great size to fit in your regular backpack, and works for most laptop models.

These affordable essentials can help you get through the challenges you face this semester. Good luck in the new school year, Panthers! 🐾

This Barbie is a Journalist - A Perfectly Pink Review

BY LIZZ PANCHYK

Barbie was a huge part of my childhood and I have to say that this movie was everything I needed as a 21-year-old girl entering the real world. Directed by Greta Gerwig, “Barbie” depicts the perfect “Barbie Land” where water doesn’t exist, Barbies walk in heels, not on their heels, and Ken is, well, just Ken.

I was a little hesitant when I first discovered that this movie was being made, but the casting and scripting was just phenomenal, better than I could have imagined.

Full of pink and Barbies of every kind, stereotypical Barbie (Margot Robbie) begins to question the real world — outside of the comfort of her Barbie Dreamhouse. Ken (Ryan Gosling) follows her and together, they discover the real world (California), which happens to be the complete opposite of everything they once knew to be true. They go from a matriarchal society to a patriarchy, a direct slap in the face to Barbie.

While Ken initially takes a liking to the patriarchy, he realizes that it’s not everything he thought it would be, and Barbie realizes her life is more than she could ever imagine it could be. One of the points the movie makes is how patriarchy can affect both men and women and turn us against each other, when there’s

more to life than just power. While Ken realizes he is enough, Barbie realizes who she wants to be. With an homage to Ruth Handler, inventor of the “Barbie” brand, stereotypical Barbie takes the wheel and creates her own destiny.



My all-pink outfit to see the “Barbie” movie at my local theater.

As I watched Barbie truly be anything she could be, it reminded me that I, too, could be anything that I wanted to be, but each one of us is required to take a journey to get there. While it may not be through outer space or fields of

flowers, it’s a necessary journey to take.

The most beautiful thing was watching how many groups of older ladies or older couples walked into the theater in their pink outfits to watch this movie about the doll that has been influencing young children since the invention of “Barbie” back in 1959. Gerwig has touched the hearts of many with this beautiful film.

As I watched this movie with my mom, who also grew up with Barbies, I noticed the theme of motherhood that soundly brought the movie together. Sitting next to her and laughing and crying and pointing out all of the fun references healed my childhood in a way I couldn’t have imagined. One scene in particular reminded me of why childhood is so special, and it was definitely my breaking point as I was holding in sobs surrounded by a theater of people.

Already surpassing the \$1.16 billion mark worldwide—making Gerwig the first solo female director to achieve this benchmark—this popular movie has taken the reins. The music was perfect, and I have been singing “I’m Just Ken” ever since I saw it.

A spectacular and sparkling movie that I could rewatch again and again, “Barbie,” rated PG-13, is a beautiful unity between motherhood and childhood and a perfect concoction of emotion and comedy. 🌸

Student Poetry Corner

The Delphian 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 originally shared “Note to a Star” at an awards ceremony. I wanted to send the message that in the midst of all the brilliant people with whom we interact, our brilliance is just as valid and certainly unique. “Note to a Star” is a mini ode to individuality and to greatness, within each individual and within the collective. As we embark on a new semester, I hope this piece will serve as a reminder that we are all inherently stars.

Note to a Star

By Candice Garwood,
Sophomore international studies major

You are amongst stars but you
are one in a million...

no other shines just like you within
this stunning constellation.

Yet on the surface one may not see
the grandeur of who you truly are-

beyond your illumination that guides
the paths of those both near and far-

small but vibrant,

bold and triumphant...

You make a statement from the inside-

a celestial being in which pure magic resides...

and though there are others of your kind

only you can give off YOUR light -

acknowledge how you gleam
& conquer the night.

Fellow star,

you have every right to live and thrive

in this space as you do

there is absolutely no one who
can fill this space like you.

**See more articles
on our website
thedelphianau.com**

Students Weigh in with Resignation and Outrage About the Increased MTA Fares

BY KURANA DOOBAY

Starting August 20, MTA fare increases went into effect across NYC subways, buses and commuter railroads, the first since before the covid pandemic, but one that adds 4% to the usual fare. And student commuters and those who otherwise need to get to and from the city aren’t happy about it.

According to MTA.info, the MTA’s official website, the fare changes for New York City Transit are as follows:

- The base fare for subway, local buses and Paratransit increased from \$2.75 to \$2.90.
- The 7-Day Unlimited Ride pass increased from \$33 to \$34, and the 30-Day Unlimited Ride pass went from \$127 to \$132.
- The fare for students, seniors and Paratransit customers increased from \$1.35 to \$1.45.
- The Express Bus base fare went from \$62 to \$64.

The LIRR and Metro-North monthly and weekly tickets increased by up to 4.5% across both railroads. The discount for traveling off-peak was standardized to 26% across both railroads. (Until now, Metro-North’s discount was 25% and LIRR’s 27.5%.) This led to slightly higher increases of 6-7% on LIRR off-peak tickets and slightly lower increases of 2-3% on Metro-North off-peak tickets

Adelphi students are either

resigned to the increased fares or are so outraged one suggested, “I’ll just be jumping the turnstile.”

Geetika Sewani, a senior biology major and commuter student, lives in the Long Island area. Although she drives to Adelphi, she utilizes public transport to get into the city where she takes trips with her family. Of the fare increase she said, “It’s unfair to the majority of the public.”

Ryan Hughes, a senior political science and economics double major, was not at all surprised about the price increases. “Truthfully, I’m surprised it took them this long to raise it. But where does the money go? I take the N and W, and those trains are older versions, not to mention the unbearably hot stations in Manhattan all throughout the summer. I’m not particularly bothered by the increase, I just hope to see how the money makes improvements.”

Jenna Masci, a senior criminal justice major with a Spanish minor, is a Connecticut native who utilizes the MTA to explore New York City while in the area for school — similar to most out-of-state students.

“I think the fare increases will negatively affect the community as a whole and will decrease people’s ability and likelihood to travel throughout the city. I think the price increases will also cause a decline in revenue for small businesses,” Masci said. “It will surely have a larger impact on the lower/working class, as they are the ones who will be

hurt the most by the increased prices.”

Finn Wirbel, a senior English major who recently transferred, had a strong response. “I think that it’s the city taking blatant advantage of the reliance that we have on accessible public transport. Especially since I have seen so many people hop [jump the turnstile], anyway. There’s so much funding the city puts into other things that could be used to literally make the public transport fees completely free.”

Wirbel is an Ohio native who utilizes NYC public transit as he doesn’t bring a car to school in New York. Therefore, public transportation is especially important to him. To those in charge of the price hikes, he demanded, “Stop spending money on anti-homeless architecture if you people need that much money. It is simply blatant disrespect of NYC citizens.”

Felice Hagerman, a senior majoring in biology, said, “I live in Pennsylvania, and I’m just glad we don’t have to deal with that there. One thing I am so grateful for is that I am able to bring my car on campus.”

With these price hikes, maybe, we should take Hagerman’s lead and all pack up, move out to Philly and invest in a car. Although with that, we’ll have to struggle with gas prices—so maybe we just can’t win.

For more information on fare changes, you can visit the MTA’s official website, mta.info. 🌸

“Oppenheimer” Reveals a Man Troubled by His Own Creation

BY JOSEPH D’ANDREA

Christopher Nolan’s historical drama “Oppenheimer” is a massive undertaking that is considerate, in-depth and further proof that Nolan can create as captivating a film as his more visually stunning work (“Interstellar,” “Inception”) with a movie whose three-hour runtime is mostly made up of middle-aged scientists and government officials talking in small rooms.

Focusing on the life of J. Robert Oppenheimer, the director of the Manhattan Project, which developed the first nuclear bombs during the height of WWII, the movie is Nolan’s second stab at a story from this time period — the other being my personal favorite, “Dunkirk.” Despite the fact that I’m a history major, I don’t feel that it’s the reason I love his takes on World War II; when Nolan’s stories are more straightforward and less mind-bending, they can be just as engaging.

The film stars Cillian Murphy as the title character, Emily Blunt as his wife, Robert Downey Jr. as Oppenheimer’s political foil Lewis Strauss, Matt Damon as General Leslie Groves (another overseer of the project), and is padded by an extensive list by even more A-listers including Florence Pugh, Kenneth Branagh and Rami Malek.

With the exception of “Tenet” —

which was too much Nolan for me to enjoy — Nolan has had a solid track record dating back to his late ‘90s debut “Following” and “Oppenheimer” has run up the ranks as one his very best efforts to date.

It’s clear that Nolan genuinely cared about the story he tells with “Oppenheimer.” The extraordinarily tense scenes make you feel like someone is grabbing you by the shoulders and shaking you, but you can’t react because you’re paralyzed with fear, leaving you with the same dead-eyed expression Murphy often has while portraying the multi-layered physicist.

“Oppenheimer” movie proves to be possibly the best directing job Nolan has ever done and his writing moves the story along at a constant pace. It remembers to be relatively simple considering the amount of context surrounding the story, yet is still able to catch you off guard with the help of the creative visuals that left a memorable mark in my mind.

The movie is uninterested in portraying historical figures through a biased lens, including the title character himself. The choice to challenge viewers with complex moral questions is the basis of what makes Nolan’s latest stand out from so many other historical movies.

What really separates it is that it doesn’t expect answers to the dilemmas it presents, making you feel as

internally conflicted as the “father of the atomic bomb” does throughout the film. It’s a complicated movie that speaks for itself, leaving you free to judge the characters in any way you wish. This



Universal Pictures’ “Oppenheimer” has grossed over \$600 million worldwide as of August.

Photo by Universal Pictures

makes for an infinitely more interesting movie than if Nolan had explicitly chosen sides on behalf of the audience.

The editing and pacing of the film is the only aspect that I feel mixed on. The to-the-point, grounded feel of the scenes that seem to bleed into one another are very effective during the second half of the movie, which is when the most stressful scenes take center stage. But the first 90 minutes could’ve flowed better if Nolan built up to what the whole movie ultimately feels like: one continuous scene (with the exception of the testing of the hydrogen bomb).

At the same time, leaving us with no time to digest what we’re watching fits well with the theme of a ticking clock and Oppenheimer not being given a moment of relief for nearly the entire three hours. It depends on how you feel about the editing style, but I don’t think it affects the movie too negatively in the long run. After all, for a movie with such a long runtime, it never dragged for a single second.

“Oppenheimer” is currently in the middle of its theatrical run in wide release. It has been beaten out in summer popularity only by “Barbie,” leading movie industry writers to bill this the season of Barbenheimer. (See the related review on page 5.) 🐾

What’s Going On? AI Technology Influences the Writers’ and Actors’ Strike

BY TAYE JOHNSON

Over the past three months, Hollywood writers have been on strike after contract negotiations came to a halt on May 2.

The strike began when the Writers Guild of America (WGA) was renegotiating their contracts with Hollywood studios. The groundbreaking decision to strike hasn’t occurred in over 15 years. What does the WGA want? They’re mainly asking for an increase in wages, healthy working conditions and regulation against AI. The Hollywood studios are represented by the Alliance of Motion Picture and Television Producers (AMPTP), which comprises 350 leading studios and streaming services providers such as Apple, Disney and Netflix. The previous WGA strike in 2007 and 2008 reportedly lasted over 100 days and caused a loss of almost \$2.1 billion for California.

Coincidentally, Hollywood actors also went on strike in July 2023. This unprecedented event made history as the first time that the WGA and Screen Actors Guild–American Federation of Television and Radio Artists (SAG-AFTRA) were on strike simultaneously since 1960.

The solidarity between WGA and SAG-AFTRA is centered around wages. Hollywood writers and actors receive residuals for their work, but due to streaming services, the percentage they currently receive is not sustainable for a living wage. Most notably, union members have shared pictures and videos of their residual checks on social media.

Some checks were as low as 3 cents.

Can anyone survive as a writer or actor in Hollywood?

I don’t think so. I’ve been paying attention to what has happened in the industry since the looming conversation about the strike began earlier this year. With the rise of AI technology and the countless

has prompted another discussion about the use and pay distribution of one’s work. To highlight the WGA stance on AI-generated scripts, the union released a statement on their Twitter account: “The WGA’s proposal to regulate the use of material produced using artificial intelligence or similar technologies ensures the Companies

studios “wanted background performers to be able to be scanned, get one day’s pay, and their companies should own that scan, their image, their likeness and should be able to use it for the rest of eternity on any project they want, with no consent and no compensation.”

That sounds like a bad deal. The thought of Hollywood studios having to pay a one-time, flat-rate payment to actors for unlimited access to replicate their image with AI sounds extreme and cheap.

I understand the purpose of the WGA and SAG-AFTRA strikes. Technology is a tool that has helped transform multiple industries over the past 20-plus years, but I don’t believe it is okay to displace workers or minimize workers earning potential in favor of the studio’s profits.

The WGA and SAG-AFTRA aren’t the only ones concerned about AI’s impact. A recent artificial intelligence survey by the International Thriller Writers organization surveyed participants about their opinions about AI in publishing. The key results state that 93.4% of authors feel the publishing industry should have a code of conduct regarding the use of AI, 85.7% prefer their name and works be excluded from AI training, and 76.1% expect AI to negatively impact author incomes within the next 10 years.

The leading trend towards increasing technological advancements would better serve society when we can understand the implications and impact that it will have on future generations. 🐾



SAG-AFTRA and WGA unite in solidarity for the 2023 writers’ and actors’ strike. Photo courtesy of Genie Music

layoffs, I’m mindful of how the economy is changing. Although increased wages and improved working conditions have been cited as a need for WGA and SAG-AFTRA, there’s also a desire to regulate AI technology in the proposed contract negotiations.

The quest to prevent AI technology from eliminating writers’ and actors’ jobs

can’t use AI to undermine writers’ working standards including compensation, residuals, separated rights, and credits.”

Similarly, SAG-AFTRA publicly released a proposal that they received from AMPTP. In AMPTP’s proposal SAG-AFTRA’s chief negotiator Duncan Crabtree-Ireland stated that Hollywood

Despite Disappointing Season, Men's Soccer Is Prepared for Their Next Goals

BY ANDREW SMITH

The Adelphi men's soccer began the 2022 season with a promising start. The Panthers only lost one match during the majority of the first half of the season. Unfortunately, the team hit a roadblock and dropped two consecutive games to the College of Saint Rose and Le Moyne College. Despite the two losses, the Panthers rebounded and eventually reached the second round of the National Collegiate Athletic Association (NCAA) tournament. Sadly, their season ended with a loss to the University of Charleston. Even so, there were victories to celebrate and reflect on as they enter the fall 2023 season.

Among these were the accomplishments of graduate student Daniel De La Heras who was the backbone of the team in 2022. He cracked the top 10 in single-season shutout leaders in school history with seven clean sheets and was a positive contributor to their successful start of the season by posting a winning result in nine out of his first 10 starts. De La Heras, who is studying applied mathematics and data sciences and is entering his fifth season on the team, reflected on the season ending. "Last season had a bittersweet taste. The

start was perfect; we had great victories against strong teams and even achieved a national ranking. We faced a major setback halfway through the season after losing two important games against serious opponents," he said. "However, we managed to overcome this and qualified for the conference playoff semifinals and the second round of the NCAA tournament."



Graduate student Daniel De La Heras was the backbone of the team in 2022 and plans to continue to lead men's soccer in 2023. Photo by AU Athletics

The goalkeeper added, "The 4-0 loss against Charleston in the Nationals was very upsetting. We believed we were ready to go all the way, but the defeat against a fantastic team like Charleston or Franklin Pierce taught us what is

necessary to challenge for the National Championship. On a more personal level, this season helped develop my character and turned me into a leader on the field."

Last season, Benjamin Jones, now a rising senior, was a staple of the lineup by registering 17 starts on defense. He stated, "We had some great team performances throughout the season, but unfortunately the results didn't go our way in the important games, and this is something we're looking to rectify this year."

The offseason always presents an excellent opportunity to do more than reflect on past games. It gives the athletes a chance to put those ideas into action. De La Heras said, "During the offseason, I mainly worked on my footwork. In Coach Gary Book's system, this is necessary and highly important as a goalkeeper. The offseason truly helps get to know all your teammates and build the chemistry necessary to succeed in our system."

Jones added that in the off-season, they worked on tactics and chemistry throughout the team, learning to adapt and play with different personnel on the field. "I have worked on my own game individually and areas in which I can improve, as well as general strength and fitness work to make myself the

best version possible," he said.

The Panthers begin their 2023 campaign in Springfield, Massachusetts, against Wilmington University (Delaware) on August 31 and Post University and September 2 for the American International College Tournament [AIC].



Rising senior Benjamin Jones hopes to rectify disappointing losses suffered last season. Photo by AU Athletics

"We are a young team, but we have much character, and fingers crossed we can walk away with a trophy at the end of this year," Jones added.

You can support the Panthers for the home opener at Motamed Field on September 9 as they welcome the Dominican University of New York. 🐾

Peregoy Eyes Title Defense in Her Senior Year

BY ANDREW SMITH

Adelphi field hockey accomplished an incredible feat last season. They captured their first-ever Northeast-10 (NE10) championship by defeating Pace University by a score of two to one and went on to qualify for the National College Athletic Association (NCAA) tournament.

Rising senior Kylie Peregoy expressed her emotions after the championship run. "Last season was such a memorable time. Winning an NE10 championship was the highlight, but all the wins and losses in between contributed to it being so memorable," she said.

Peregoy, who tallied the game-winning assist in the championship game, stated, "I remember looking at the clock with about 13 seconds left. I turned to my friend Fran Manzella on the field and yelled, 'Oh my god, we did it!' It was such an amazing, yet surreal feeling. Something we have worked so hard for was finally there!"

She added, "Holding up that trophy with my teammates was something I will never forget. Running over to my parents and giving them a big hug made me feel accomplished. I was extremely proud of my team, and it was a day I will never forget. I still get chills thinking about it today."

Peregoy, from Medford, NY, and a graduate of Patchogue-Medford High School, credits her family as a vital role in her athletic development. "From my mom encouraging me to start playing field hockey in third grade to fund-

ing my travel seasons and taking me to all my tournaments to get recruited, I could not be where I am today."

In addition to the team accomplishments, Peregoy also received numerous individual awards last season. The defender was named the National Field Hockey Coaches Association (NFCA) Defensive Player of the Week twice, NE10 Player of



Peregoy, number 12, expressed the importance of improving on conditioning during the off-season. Photo by AU Athletics

the Week twice, and led all NCAA II with 10 defensive saves. She was also named to the NE10 All-Championship Team.

Peregoy set a high bar for Panthers on the field and in the classroom. The nursing major received Academic distinction awards in the

fall and spring semesters of 2022.

Peregoy also acknowledged first-year head coach Jess Mulhern while reflecting on the past season. "We had to adjust to having Coach Mulhern as our new coach. We adjusted fairly well, as reflected by our NE10 championship. Coach Mulhern's dedication to us as a team and the team's

dedication to the game came together

to create a historical season that I am so proud to be a part of," she said.

Despite the season ending in an NCAA tournament loss, Peregoy acknowledged the many takeaways they could learn and grow from. "After this

season, a big lesson I learned was to stay positive. Being positive is contagious and often leads to great success on and off the field," she said. "During the off-season, we focused a lot on skill work and conditioning—two things we must master before the fall. We like to save the fall for mostly technical stuff and gameplay."

Staying accountable is another priority, both individually and as a team, she said. "It is something my team thrives off and something that will always improve."

When asked what professional athlete she looks up to, Peregoy expressed her admiration for American Paralympian track and field athlete and motivational speaker Noelle Lambert, who suffered a traumatic injury that resulted in an above-the-knee leg amputation. "Now, watching her compete at the Olympic level shows the grit and determination she had to continue being an athlete. When I have a bad practice or game, I think about Noelle and how she overcame her personal struggle. It pushes me to work harder and makes me realize how lucky I am to be here playing field hockey at the collegiate level," she explained.

When looking at the upcoming season, Peregoy said, "I am incredibly excited for my senior season. We have a title to defend, and I do not doubt my teammates that we won't keep that title in our name for the second straight year."

Be sure to come out and cheer on field hockey at the home opener on September 1 as they welcome Newberry College and look to defend their title. 🐾



Coming this Fall to Adelphi PAC...

GUEST ARTISTS

LARSON LEGACY
CONCERT:
CHRISTIE BAUGHER
Saturday, September 9 • 3:00 p.m.

THE PRINCETON SINGERS:
INSPIRATIONS
Saturday, September 30 • 4:00 p.m.

PHILIP EDWARD FISHER:
THE ROMANTIC PIANO
Friday, October 27 • 7:30 p.m.

DUBLIN GUITAR QUARTET
Friday, November 3 • 7:30 p.m.

MELISSA ERRICO:
SONDHEIM SUBLIME
Sunday, November 12 • 3:00 p.m.

*A SLIGHTLY WICKED
HOLIDAY SHOW*
Sunday, December 17 • 3:00 p.m.

STEVEN SAMETZ
Artistic Director,
The Princeton Singers

MELISSA ERRICO:
Suddenly Sondheim



DANCE

FALL DANCE ADELPHI
Wednesday, November 15 *through*
Sunday, November 19 • *Various times*

DANCE SHOWCASE
Friday, December 8 • 7:00 p.m.
Saturday, December 9 • 2:00 p.m.

MUSIC

*SONGS OF MEMORY AND
MERRY-MAKING*
Friday, September 22 • 7:30 p.m.

ADELPHI'S
BEST OF BROADWAY
Sunday, October 22 • 4:00 p.m.

ADELPHI
SYMPHONY ORCHESTRA
Friday, November 10 • 7:30 p.m.

ADELPHI
OPERA THEATRE
Saturday, November 18 • 7:30 p.m.

ADELPHI
CONCERT BAND
Tuesday, December 5 • 7:30 p.m.

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

ADELPHI
JAZZ ENSEMBLE
Friday, December 8 • 7:30 p.m.



ADELPHI
CHORALE and
ADELPHI
VOCAL ENSEMBLE
Sunday, December 10 • 4:00 p.m.

ADELPHI
WORLD MUSIC
ENSEMBLE and
ADELPHI
GUITAR ENSEMBLE
Wednesday, December 13 • 7:30 p.m.

THEATRE

*A TASTE OF
SHAKESPEARE*
by Emily Lyon
Wednesday, September 27, *through*
Sunday, October 1 • *Various times*

*MR. BURNS, A POST-
ELECTRIC PLAY*
by Anne Washburn
Wednesday, November 1, *through*
Sunday, November 5 • *Various times*

FIRST-YEAR SHOWCASE
Friday, December 8, *through*
Sunday, December 10 • *Various times*

FREE STUDENT RUSH TICKETS

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

**Reserve Your
Tickets Today!**

**ALL ADELPHI STUDENT TICKETS
ARE \$7 UNLESS OTHERWISE NOTED.**

(Discounts available for students,
Adelphi alumni and employees)

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Should you require a disability-related accommodation to participate in a University-sponsored virtual event or program, please contact the Student Access Office by phone at 516.877.3806 or email at sao@adelphi.edu. When possible, please allow for a reasonable time frame prior to the event with requests for American Sign Language (ASL) interpreters, Closed Captioning (CC) or Communication Access Realtime Translation (CART) services; we suggest a minimum of five business days.