

## Student Athletic Advisory Committee Provides Athletes with Necessary Platform

BY ANDREW SMITH

Student athletes have to balance many responsibilities at once. They must remain in top shape for their sport, manage their coursework and potentially keep a job. The last thing they should be concerned about is their experience on the campus and their relationship with the National College Athletic Association (NCAA). To solve these issues, some athletes have taken the initiative to lead the Student Athletic Advisory Committee (SAAC). This organization is designed to improve the overall student athlete experience at Adelphi.

The organization is led by two co-presidents, Andrew Delaney and Sanne Gilje. Delaney is a graduate student on the men's basketball team pursuing an MBA in finance, and Gilje is a sophomore physics major on the women's tennis team.

Gilje reflected on why she decided to take a leadership position in this organization. "I felt encouraged to run for the SAAC position after I attended the DII SAAC Super Region Convention in Pittsburgh as a SAAC representative this spring. Listening to all the great ideas from the other representatives across the region inspired me to try to better the student athlete experience at Adelphi University, too, by taking on a more active role in SAAC."

Delaney added, "I enjoy leading SAAC because I believe we have a unique community of athletes here at Adelphi that are passionate about bringing that community together to support the great

initiatives SAAC comes up with."

While their leadership is just getting started, they have already begun to organize several service events in the local community, such as a Pumpkin Patch event at the Unitarian Universalist Congrega-



**Student athletes pictured at a SAAC Meeting where they voted on NCAA Division II legislation. Photo from @Adelphi\_saacc**

tion of Central Nassau in Garden City, and led a donation to families in need through a partnership with Island Harvest.

Another event they planned was dedicated to Morgan's Message, the nonprofit organization that promotes mental health awareness in athletes. Adelphi Athletics has been a proud supporter of this orga-

nization as they have games dedicated to this issue. In addition, many of the training gear athletes wear have the organization's logo, which helps further spread mental health awareness on campus. SAAC held a dodgeball tournament dedicated to this

organization on Nov. 7 to commemorate NCAA Civic Engagement Day.

In addition, the organization is made up of four different subcommittees: Community Service; Publicity; Health and Wellness; and Diversity and Inclusion. Each committee works together to present ideas at the meetings to support the

betterment of the athletic community.

The organization meets once a month to discuss a wide range of topics that are brought up by these subcommittees. These range from event planning regarding the dodgeball tournament, updates on the teams, welcoming a guest speaker or even a discussion with Adelphi Dining.

Another component of what this organization does relies on NCAA voting legislation that is up for decision at the time. Student athlete representatives can vote on newly proposed legislation to ensure they have the best possible college experience.

"Recently, we voted on whether softball should be allowed to play more practice games than they are currently allowed to," Gilje said. "This affects the student athletes as the total exercise load can become heavier. At the same time, many athletes would also appreciate the extra practice of playing more matches against other teams."

Delaney also mentioned that students can follow their organization's Instagram page @adelphi\_saac to keep updated with their events and to see our athletes participate in fun interview segments called, "The Panther Pulse."

Non-athletes can interact with this organization by going to games here on campus and supporting their fellow peers. Delaney said, "It's always a fun time, and we usually hold giveaways, raffles, T-shirt throws and halftime performances at the games that they can engage in." 🐾

## An Itchy Investigation: Facilities Handles Concern of Flea Infestation in Alumnae Hall

BY LIZZ PANCHYK & ANDREW SMITH

At the end of August, the Office of Facilities Management received a notification from a staff member in Alumnae Hall who reported bites that were consistent with flea bites. After a thorough search to determine the cause, the lower level of Alumnae was found to be the main source of the issue as well as two rooms on the main floor that had minimal activity, leaving Harvey Hall unaffected.

Robert Shipley, the assistant vice president for Facilities Management, said, "The affected rooms were immediately closed off to prevent further spread, and we brought in our exterminating contractor, who has been treating the build-

ing regularly since the end of August."

He continued, "After conducting targeted treatments in the affected areas and placing monitor traps to catch active insects, our contractors have been inspecting the building twice weekly. Out of an abundance of caution, we asked occupants of affected offices in Alumnae Hall not to come in for several days.

"There is no cause for concern," Shipley said. "Fleas do not transmit disease, and other than the discomfort from the bites, are harmless."

He stressed the treatments used to eradicate the issue were not harmful to humans nor the environment.

Despite numerous attempts by this newspaper to contact faculty, staff

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**Robert Shipley, vice president of Facilities Management, said that there is no cause for concern in Alumnae or Harvey Halls as the situation is being closely monitored. Photo by Justin Kresse**

## A Word from the Editor

As the sun sets earlier and the sky gets darker, students begin to prepare for finals. Finals will be in a month. Can anyone believe that? It seems that with every semester, classes come to a close sooner than we expect. It's especially nostalgic for me as a senior to be nearly completed with my last fall semester. I'm not ready for it to be over. And on the flip side, I'm sure many of you will agree that the stress has been nonstop all fall long. We're counting the weeks!

Hopefully everyone is registered for the spring with all the classes they need/wanted (fingers crossed!) We have a lot of great articles for this issue starting in News. Please feel free to stop by our 10th Annual Media Career Expo on November 14! There will be five great panelists, who were Adelphi students just a short time ago. Grab some pizza and network with these hardworking alumni.

Thanksgiving is coming up, and what's a big part of the holiday? You guessed it, the food! Features editor Kennie Dionisio served up a delicious recipe in features for some sweet potato pie. You can't go wrong with pie at Thanksgiving!

Opinions hold important topics for students, including commuting versus dorming, being away from home and the struggle of juggling classes and jobs. And if you're planning on going to the city, take a trip to the Met and find your favorite artists.

And lastly, we have highlighted winter teams and athletes as we head into a new season of sports. Good luck to those finishing their season and to all those starting.

I hope you enjoy Issue 4 and I wish you all the best of luck on your studies as we ease into the final stretch of the semester. Have a happy and safe Thanksgiving break, no matter where it takes place!

Lizz Panchyk '24  
Editor-in-Chief 🐾



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Liza N. Burby

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Earle Hall Media Center  
One South Avenue  
Garden City, NY 11530

**HOW TO REACH US**  
Main Office: 516-877-6935  
E-mail: delphian@adelphi.edu

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**If you want to join the paper as a writer, photographer, designer, advertising manager or social media contributor, contact us at delphian@adelphi.edu.**

## A Flea Investigation

Continued from page 1

and students in Alumnae Hall, no one would agree to have their names published. These individuals said they were either not directly affected by the situation or felt uncomfortable sharing the information they were aware of.

ShIPLEY recommended that if a student, faculty or staff member were to see any signs or have any problems regarding this issue, they should submit a work order request as soon as possible via the AU2Go app or on eCampus portal. 🐾

**ADELPHI**  
UNIVERSITY

Get job search tricks from recent college graduates who have all landed their dream jobs. This event is sponsored by the Department of Communications and *The Delphian*.

### 10th Annual Media Career Expo

Learn how to break into the media job market at this free event sponsored by The Delphian and the Department of Communications.

Our speakers are all Adelphi graduates who work in the print, TV, film, web, marketing and publicity fields. They'll discuss how they got their big breaks and tips for navigating the job search process. This is also a great opportunity to network for internships and your own career. Panelists include **Gabrielle Deonath '18**, who works at a UX (user experience) writer for University of Phoenix; **Olivia Franks '20, '21**, hockey operations office manager for the New York Islanders; **Chelsea Lombardo '19**, a producer of CNBC's "The Exchange & Power Lunch" live shows; **Kevin Padilla '16**, associate director of technology and communications at the Waldorf School; and **Maxmillian Robinson '22**, a member of the New York Football Giants event staff team.

Contact the Communications Department or email Liza Burby at [burby@adelphi.edu](mailto:burby@adelphi.edu) with any questions.

**Date: Tuesday, November 14**

**Location: Blodgett Hall, Room 109**

**Time: 5:30 pm – 7:30 pm (pizza served)**

Should you, or your guests, require an accommodation based on a disability, or need to request an ASL interpreter, please contact the Student Access Office by phone at 516.877.3145 or email at [sao@adelphi.edu](mailto:sao@adelphi.edu). Please allow for a reasonable time frame prior to the event; we suggest a minimum of five business days.

Adelphi University | One South Avenue, Garden City, NY 11530 | 516.877.4905

## 10th Annual Media Career Expo

BY THE DELPHIAN STAFF

To get job search tricks from recent college graduates who have all landed their dream jobs, Adelphi students can attend the 10th Annual Media Career Expo on Tuesday, Nov. 14 from 5:30-7:30 pm in Blodgett Hall room 109. The free event, which is hosted by *The Delphian* and the Department of Communications, will consist of a panel of five alumni who all work in communications-related fields and who graduated from Adelphi within the past 10 years.

The panel will feature Gabrielle Deonath '18, who works at a UX (user experience) writer for University of Phoenix; Olivia Franks '20, '21, hockey operations office manager for the New York Islanders; Chelsea Lombardo '19, a producer of CNBC's "The Exchange & Power Lunch" live shows; Kevin Padilla '16, associate director of technology and communications at the Waldorf School; and Maxmillian Robinson '22, a member of the New York Football Giants event staff team.

The panelists will aim to debunk the myth that there are no jobs in the communications field and will give advice to the students about finding and maintaining a professional experience.

"The purpose of this event has always been for current students to hear from professionals who were recently in their position and are wondering how they are going to get a job in their field after graduation," said Liza N. Burby, faculty advisor to *The Delphian* and a senior adjunct professor in the Communications Department, who created the event a decade ago.

"Over the years our alumni have generously shared their experiences, expertise and

contacts with our students. I think there's value in learning about the career steps that these alumni took while they were still at Adelphi, like getting internships, as well as what their job search process was," said Burby. "That's why we always ask them to tell the students what about their career path surprised them as well as what disappointed them, but that they learned from. Our students need to hear that the search may not be linear, but that all experience is something they can benefit from."

Lizz Panchyk, editor-in-chief of *The Delphian*, said, "I went to the Media Career Expo last year and learned a lot from our pan-



**Panelists from the 9th Annual Media Career Expo in 2022. Photo by Nicolas Rontanini**

elists. It's interesting to hear their reflections on their time as Adelphi students and what they're doing now. This year, three of our panelists are former editors-in-chief! As the current editor-in-chief, I'm excited to go and network with our alumni and I recommend anyone interested in media to go as well."

Though students don't need to pre-register to attend, it is suggested that you email [burby@adelphi.edu](mailto:burby@adelphi.edu). Pizza and soda will be served. 🐾

## ROAMING REPORTER

BY HUSSEIN ALI RIFATH

College life is different for everyone. We've all come here with unique backgrounds and experiences, which makes each of our Adelphi journeys different. For this issue's Roaming Reporter, we wanted to investigate what students across campus wished they knew about college life before coming here. Their relatable responses give us a window into the concerns of other students on this campus, which can serve to ground our anxieties. Things may be difficult at times, but we're not alone. The truth is, we're all united in our quest to seek an education here, and in all the struggles that come with it.



**Benjamin Acevedo, First-year**

"I wish I knew how to budget more efficiently, for food and transportation so I won't be broke. If it's not a need, then don't get it. And if it's a want, make sure you can actually afford it—if you can't buy it twice, then you can't afford it."



**Kyle Blumenberg, Junior**

"One thing I wish that I knew about college life is just the amount of people there were going to be. There's so many diverse personalities and cultures. I wouldn't say that it's intimidating, but I would say that it's a lot to adjust. At the same time, I'm embracing the change, little by little."

**James Diana '23 (Cashier at The Market)**

"I wish I knew that getting a job after graduating is not guaranteed, and, in fact, is not likely. The Career Center,



**James Diana '23**

sometimes they can't help you, and it's a bummer. That's all I can really say about that. You have to figure it out on your own and find a job yourself, and it's probably not going to be the one you were hoping to get when you first came to Adelphi. That's at least how I feel."

**Aleena Arreola, First-year**

"I expected the teaching style to be different. I expected to come and be taught more, and for teachers to go step-by-step. I have to go after class and teach myself everything again because I didn't retain it—the lessons went so fast. They teach as if we know it already, but we don't know. We're paying to learn this stuff."

**Kaylee Pluchino, First-year**

"I have to say that 8 am in college feels a lot earlier than 8 am in high school, and that we'll be doing a lot of studying." 🐾



**Aleena Arreola (left) and Kaylee Pluchino (right)**

## Introducing Adelphi's Prestigious Panthers and Spirit Court of 2023

BY LIZZ PANCHYK

Adelphi celebrated its seventh annual Spirit Weekend on Oct. 15. Among the many activities held, one that has become a beloved tradition in itself is the naming of the Prestigious Panthers and Spirit Court.

Although the events have changed over the past seven years, the principle of Spirit Weekend has stayed the same: recognizing and celebrating students who represent the best of Adelphi in terms of academic excellence, creativity, global awareness, community involvement and Panther pride.

"I believe applying for and competing for the Prestigious Panther Award help students develop essential career readiness skills such as self-presentation,

with a minor in Spanish and human resource management. She is also the public relations officer for Levermore Global Scholars and a member of Omicron Delta Kappa and HerCampus.

**Lucia Lu**, a biology major who is a resident assistant, chemistry lab teacher's assistant and Global Medical Brigades public relations officer.

The Spirit Court of 2023 is: **Kennie Dionisio**, a computer science major with a minor in communications. He is president of the Class of 2024, co-features editor of The Delphian, Jaggar Community Fellows intern at North Shore TV, Peer Assistant Leader, Commuter Assistant and president of the Asian Students Intercultural Alliance, among other activities.

**Callum Ferguson**, an ethics and



**Spirit Court and Prestigious Panthers at Spirit Weekend from left: Adam Ayrosa, Amanda Pincus, Lucia Lu, Michelle Sarker, Jolisa John-Lynch, President Christine Riordan, Callum Ferguson, Khamkay Inthavong, Kennie Dionisio, Melissa Garber and Sophie Breslow.**

communication and prioritization," said R. Sentwali Bakari, PhD, vice president for student affairs. "It can also encourage students to reflect on their experiences and articulate the impact of their leadership experience on campus and within the greater community."

After postponements due to rain—and much anticipation—the Prestigious Panthers and Spirit Court were finally announced on Oct. 15. The Prestigious Panthers are:

**Adam Ayrosa**, a biology major in the Joint Degree Program with SUNY Upstate Norton College of Medicine and a member of the Adelphi Honors College. He is on the executive board of the Honors College and Biology Club, respectively, an Honors College Biology Summer Research Fellow, peer academic tutor in the Center for Academic Support and Enrichment, and a member of the Tri-Beta Biological Honor Society.

**Sophie Breslow**, a social work major and in the Tri Delta sorority, a Bridges to Adelphi peer mentor, National Society of Collegiate Scholars inductee, and a member of Gamma Beta Phi National Honor Society.

**Khamkay Inthavong**, a management and international studies major

public policy major and Levermore Global Scholar. He is a recipient of the 2023 Bhise Global Learning India Study Trip and a resident assistant.

**Melissa Garber**, a psychology major in the Honors College with a minor in theater tech and design. Her activities include serving as vice president of Psi Chi International Honor Society, event coordinator of the Psychology Club, and Peer Assistant Leader.

**Jolisa John-Lynch**, a health science major with a minor in African, Black and Caribbean studies. She is president of Black Students United, a Peer Assistant Leader, Commuter Assistant, assistant in the Office of Residential Life and Housing and a volunteer for Panther Pantry.

**Amanda Pincus**, a psychology major in the Scholar Teacher Education Program (STEP) and a minor in child and family studies. She is president of the Panhellenic Council, president of the Omicron Delta Kappa and a National Residence Hall Honorary.

**Michelle Sarker**, a health sciences major with a minor in marketing. She is president of the South Asian Student Association, a Peer Assistant Leader, Commuter Assistant, a First-

*Continued on page 4*

## Club Basketball Led by Recent Graduate

BY ANDREW SMITH

Campus Recreation offers several great experiences for our students. These offerings range from a gym with many unique activities, outdoor fields and the ability to play on a competitive team with their peers. Club sports are an excellent opportunity for students to continue the sport of their choice and still play in a live setting and make new friends along the way. Our Club Basketball Team is led by an Adelphi graduate Paul Bevinetto who hopes to keep carrying on the legacy that he enjoyed.

Bevinetto graduated in May 2023 with a bachelor's degree in sport management and a minor in psychology. He now works for the New York Mets as a ticket sales representative. While at Adelphi, Bevinetto was an active student in campus recreation. He served as vice president of the Club Basketball Team in 2023 and was even the first-ever club sports assistant. In this role, he was in charge of all club sports on campus and worked closely with graduate assistants and the Director of Campus Recreation.

Bevinetto took the job as head coach in August 2023 because he "wanted to be a part of the team that has given me so much as my college career went on. I want to be able to give back to the team, as well as campus recreation, in any way I can," he said.

When reflecting on his goals as a coach, Bevinetto said, "By being the coach, I feel I can also educate and mentor some of the kids on this

team, as I was during my journey with the team as a player. I hope to help this team win multiple games, help every player become a better man and player, and help elevate this team to reach the NCCBA championship."

Blake Pomerantz, a junior sport management major who is entering his second season on the team, expressed why he joined the team and what has encouraged him to stick with it. "I joined club basketball because I saw how everyone treated one another like family. I wanted to get involved more on campus by doing something I have enjoyed doing my whole life," he said.

Coach Bevinetto centers his practices on the team's struggles in their previous game. For example, if the Panthers got beat on the free throw line, he would take time in practice to clean up those mistakes. "I always want my players to be able to run and be exhausted at the end of practice. It lets me know that I am making them work hard and that they are earning their playing time as well as increasing their potential," he said.

Generally, the schedule consists of league games that are played here on campus and at visiting schools. This season, the Panthers will travel to Fairfield, Sacred Heart and Wesleyan for some of the marquee matchups of the season. The Panthers have been holding scrimmages against Hofstra and Columbia to prepare for their season opener on Nov. 9 against Iona in the Center for Recreation and Sport (CRS).

The scheduling process is quite

different from that of a varsity team. In club sports, the e-board or the coach has to contact other schools person-



**Head Coach Paul Bevinetto was an active member in Campus Recreation as a student and hopes to continue to grow and promote it.** Photo by Paul Bevinetto

ally to set up a match or a scrimmage. This can be a challenging process but is well worth the effort when stu-

dents can continue to play the sport they love and make new friends.

"In my opinion, students should be inclined to participate in club sports as it helps students connect with others around them and provides them with a sense of community and belonging, allowing them to make new friends and connections," Bevinetto said.

"I've met multiple people who I consider my close friends and I always look forward to having a great time during practices and games. I put all my trust and hope in my teammates, as we've already had a successful start to the season," Pomerantz added.

Student leaders are not always found in the classroom. Recreational sports can bring out the best in someone and can encourage them to take on a leadership position they might have never been interested in.

"Being a part of club sports helps students mature and grow as they learn how to be a team player, become a leader, and other essentials that are needed in both personal and professional lives," Bevinetto said. "We are resilient, hardworking, and we will always put up a fight and make you work to beat us."

Keep an eye out for home games and cheer on your fellow peers at the CRS and also follow their Instagram page @auclubbasketball for schedule and team updates. 🐾

## Kennie's Kitchen: Caramel Sweet Potato Pie

BY KENNIE DIONISIO

Life is always sweet with a classic, timeless dessert. This month make your Thanksgiving spread even sweeter with a sweet potato pie with a caramel twist. As someone who's made this dish



**Classic but elevated, the addition of caramel sauce to your sweet potato pie filling can enhance its sweetness.**

every Thanksgiving for five years, it's certainly a dish to wow all your family and friends this holiday season.

**Yield:** 1 pie (8 servings)

**Prep Time:** 45 minutes

**Cook Time:** 50 minutes

**Cooling Time:** 2 hours

**Total Time:** 3 hours, 35 minutes

**Ingredients:**

1 9" deep dish pie shell

Parchment paper

Pie weights, dry beans, or uncooked rice

3 medium sweet potatoes

½ cup granulated sugar

1 tsp. vanilla extract

1 tsp. cinnamon

1 tsp. ground nutmeg

1 tsp. ground ginger powder

½ tsp. kosher salt

2 eggs

2 tbsp. unsalted butter

¾ cup of brown butter caramel sauce

**Blind Baking the Crust**

Preheat your oven to 425°

F with the rack in the middle.

Line the bottom of the pie shell with parchment paper and fill it with pie weights.

Bake the crust for 12-15 minutes, or until the edges are golden brown.

Remove the parchment paper and pie weights and return the crust to the oven for another 5 minutes, or until the bottom is dry.

**Making the Pie Filling**

Reduce oven temperature to 350° F.

Line a baking sheet with parchment paper. Using a fork, poke holes into the sweet potatoes. Arrange them on the baking sheet and bake for 40 minutes,

or until soft when pierced with a fork.

Remove from the oven and peel back the skin from the sweet potatoes. Scoop out the insides and transfer to a large bowl.

Using a handheld mixer, combine softened unsalted butter and sugar with the sweet potatoes until mixture is smooth.

Mix in cinnamon, nutmeg, ginger, and salt.

On your mixer's lowest setting, gently combine eggs and caramel sauce in a separate bowl.

Pour sweet potato filling into the pie shell and drizzle caramel sauce on top. Use a spatula to gently smooth the mixture together.

Bake at 350° F until the filling is set. Cover the edges of the pie with aluminum foil while baking.

Cool for 2 hours and serve. 🐾

## Prestigious Panthers and Spirit Court 2023

*Continued from page 3*

Year Community Action Program leader, a member of Gamma Beta Phi and a Levermore Global Scholar.

"Serving as a Prestigious Panther is about fostering a culture of open dialogue and improvement," said Intha-

vong. "It means being a beacon to those who aren't seen or represented as much and providing an outlet where every voice can be heard and where we can work together to better our campus."

Ferguson said, "Spirit Court to me means representing my com-

munities and encouraging others to do what they desire."

Bakari said both recognitions are important because they validate students' leadership development and commitment to being involved and engaged in the vitality of campus life. "It acknowledges

their contributions to the campus community, which elevates their visibility, reputation and academic and professional success, thus making them exceptional representatives of Adelphi University and the clubs, organizations and diverse communities they represent." 🐾

## Experimental, Eccentric “Mr. Burns” Shines

BY JOANNA REID

Adelphi’s Theatre Department put on another successful show when “Mr. Burns, a Post-Electric Play” ran from Nov. 1 to 5 in the Olmstead Theatre. “Mr. Burns” was directed by Aileen Wen Mcgroody and written by Anne Washburn with music composed by Michael Friedman. This production was different from any of the shows this reporter has seen at Adelphi before.

This time, the creative team chose to utilize every part of the Olmstead. Instead of entering through the typical main doors, audience members were expected to come in through an alternate entrance, what is usually considered backstage.

As soon as I entered, I was immersed in the dark post-apocalyptic world where the show is set. Actors could be seen gathered around a makeshift fire pit, as well as actors in velvety capes pacing around, shining flashlights as if they were searching for someone. Chairs for the audience were huddled around the sort of camp site. Being so close to the actors with no idea what was going to happen put me on edge, making me feel like I was living in this dystopian world too.

Between Acts 1 and 2, audience members were expected to move their seats to create more space for the actors, which is not something I was expecting. Then again, the entire show was unpredictable. While Act 1 essentially sets up the plot, having the characters begin to recall moments from “The Simpsons.” Act 2 is far-

And the lighting design was done by Nic Vincent. I was mesmerized by the large projection at the end of Act 1 that illuminated the darkness. Although the set was fairly minimal, it worked well and made sense for people who were try-



Act 2 of Mr. Burns from left: Mary Elizabeth Walker, Isaiah Faircloth, Nayajoy Dean and Alyssa Infranco. Photo By Peter Frutkoff

ing to recover from a catastrophic event.

Act 2 is basically one long scene of a bunch of actors pretending to put on a theatrical production involving “The Simpsons.” It was meta to watch theater students act as if they were putting on a show. They rushed back and forth, grabbing costumes and props. According to the cast, this wasn’t something that was really cho-

jection on it stating “70 years later.” The audience was still sitting in the backstage area. Then the curtain revealed the actors in the typical seating area of the Olmstead. In a way, it was the audience members who were actually the ones on

stage and the actors were in the audience.

Act 3 was my favorite part because this is where the bulk of Friedman’s score came into play. Many of the actors got to showcase their additional talents with Nayajoy Dean-Colbert and Mel Rhodes on guitar, Grace Lardner on trombone and Giavanna Keddy on violin. I expected nothing less than a wild score from Friedman and that’s exactly what I was met with.

At heart “Mr. Burns” is really about the impact of how pop culture and art can allow people to find a sense of community and belonging. “The Simpsons” is something almost everyone has heard of even if they have never seen an episode. Something so widespread is able to give the characters comfort in a time of fear and later it gives the group inspiration to create art of their own.

On top of this, the characters seem to be reckoning with capitalism. Even in this post apocalyptic future, they are still expected to pay for the rights to put on their show that involves “The Simpsons.” The evil character from the TV show, Mr. Burns, is seemingly always out to get Bart. Mr. Burns follows the characters throughout the play and is sort of a physical representation of capitalism. Act 3 furthers this idea by having a giant puppet of Mr. Burns literally looming over the characters. It’s almost like the characters are unable to escape capitalism until they’re dead.

The entire cast and creative team did a phenomenal job putting on this show. I hope to see Adelphi’s Theatre Departure stage more shows that are as experimental and as eccentric as “Mr. Burns, a Post Electric Play” in the near future. 🐾

## 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](mailto:delphian@adelphi.edu) and [elizabethpanchyk@mail.adelphi.edu](mailto:elizabethpanchyk@mail.adelphi.edu).

**Not good enough.**  
By Arib Khan

I wrote this poem thinking I was writing about failure. A failure that was inevitable. But instead I just ended up writing a poem about excuses. It has always been easier to say that something is impossible. I wrote a poem on why we feel the need to come up with excuses. And how comforting it is to tell ourselves that we were just never enough.

I’m just not good enough.  
Not good enough.  
Not good enough.  
Not good enough.  
Not smart enough.  
Not strong enough.  
Not big enough.  
Not clever enough.  
Not good enough.  
But I didn’t catch a cold.  
My car didn’t break down and  
I didn’t get into a  
wreck. I didn’t get  
robbed or shot or stabbed or  
beat up or mugged.  
My phone didn’t  
die, I didn’t  
lose connection.  
The phone lines didn’t  
break and fall and  
splinter onto the  
curb.  
A hurricane didn’t pass by,  
or an earthquake or  
tornado,  
wrecking me and you and  
our tiny lives and  
tiny homes and tiny  
bedrooms.  
The Mojave didn’t  
eat LA in a coat of  
dust and spit  
Hollywood into the  
Pacific.  
Godzilla didn’t come  
and no meteors crashed.  
The Messiah wasn’t found and  
God didn’t send any  
new books or  
prophets or angels or  
revelations.  
Nor a flood nor a swarm of  
locusts.  
There were no frogs in our  
water.  
Worse than all of that,  
we were  
too late.  
Took too  
long.  
Waited.  
Waited for nothing.  
For  
nothing.  
Not smart enough, or  
not strong enough, or  
not big enough, or  
not clever enough.  
Not good enough,  
is just what we say,  
so we never  
have to think  
about what  
could have been.



Cast members from left: Nayajoy Dean-Colbert, Sarah Baileigh, Grace Lardner and Giavanna Keddy. Photo By Peter Frutkoff

ther in the future where the characters have formed their own theater group.

The production’s scenic design and lighting design was some of the best I’ve seen executed at Adelphi thus far. The scenic design was worked on by John McDermott and Danielle Pecchioli.

reographed. It’s ironic and not easy to act as if you’re acting; however, this is something the cast had no trouble with.

Act 3 was a fever dream. When I re-entered the transformed Olmstead Theatre after intermission, chairs were directly in front of the curtain with a pro-

## Finding Spanish Culture in Latino Student Association

BY KIMMY RAMIREZ

Are you an Adelphi student who's looking for a Latin experience, activities and events? The Latino Student Association (LSA) might be an option if you are a student with any Latino background or maybe you're just interested in the culture. The club aims to be an all-inclusive community where all students are welcome.

The LSA is exclusively run and organized by students for students with many events being planned throughout the fall and spring semesters.

LSA's faculty advisor Sandra Castro, associate dean of sociology in the College of Professional and Continuing Studies, said, "There are great leaders that are really thinking about how to bring Latino students together, but not just Latino students. So if you go to a meeting you'll see all different types of students from different ethnic and racial backgrounds."

The club has an active Instagram page @adelphi\_lsa where they post their events such as hosting panels, bringing in speakers, field trips and fundraisers. In September, LSA hosted Raíces de los Países, which was an afternoon of trivia about Latin America. They've also hosted Como se Dice at which members compared the different words of the same meaning between Latin American countries. Additionally, they've held the Heritage of Hispanic Dances at which members discussed and practiced dances from Latin America.

Students who are a part of the club can also find opportunities to also join the eBoard since every year students graduate and there will be a need for someone else to take over empty roles.

Castro said, "Being on an eBoard is



The Latino Student Association celebrates Hispanic Heritage Month by throwing a kickoff party. Every year they hold a theme. This year's theme was Brazil. Photo by Ana Rodriguez



Latino Student Association hosts its first meeting of the semester. Four members won \$25 Amazon gift cards for having the most points from a Kahoot. Photo by Tonantzin Martinez

a really interesting experience for students especially if they plan to go to graduate school or even into the workforce."

Vice-president Anna Varveris said, "I've been a part of LSA since my freshman fall semester. It was the first club I joined and one of the only ones I have stuck with throughout my undergraduate years."

*"I always wanted to connect more with the Latino community outside of my home and background."*

She said she joined for the sense of close community and familiarity as she is a first-generation Latina college student.

"I did not know what to expect when I first came to Adelphi," Varveris said. "Before college I was one of the very few Latinas in my entire grade. I always wanted to connect more with the Latino community outside of my home and background."

Varveris added that her appointment to vice president marks a true growth in her college career. She has found a welcoming community that feels like a family for all Adelphi students.

The Latino Student Association club meets Tuesday from 6 to 7 pm in PAC 216. 🐾

## Kura: Eat Sushi with Robots?

BY JULIA LUND

Kura Revolving Sushi Bar opened its first location in Carle Place, New York this summer. This is the first in the three planned New York locations, including Flushing, and Lake Grove. Kura has over 500 locations worldwide and only 52 in the United States.

Situated right across from the Roosevelt Field Mall, the restaurant is tucked into a quaint plaza with ample parking and outside waiting areas. This helps as the new restaurant is buzzing; current wait times are between 30 and 80 minutes.

But it's worth the wait. Kura combines authentic Japanese cuisine with innovative service. It feels straight out of an 80s sci-fi film. Sushi, protected by sterile covers, whizzes by your table on a conveyor belt with easy access for selection. It's just like personal tableside service, but without human interaction. The futuristic delivery system allows you to easily grab the food right off the belt and eat it immediately. No need for a server to wait on your table.

Additionally, each table has a tablet which allows for personal delivery of any menu item directly to the table. The food comes out on a separate conveyor belt and stops right at your table. The tablet announces its anticipated arrival with a bell tone and a written announcement of what food is on its



Kura serves up innovative service. Photo by Julia Lund

way. You can order items that are not going around on the carousel or those that you missed grabbing the first time around. Additionally, you can read the ingredients for each menu item and edit the number of items that you receive.

The restaurant has a large range of offerings, from sushi rolls to ramen. Kura has three types of sushi: nigiri, which is rice with raw fish on top; hand rolls, which is sushi that can be eaten by hand; and gunkan, which is cubes of sushi wrapped in seaweed and topped with seafood. Kura also offers a wide range of seafood, including exotic flavors like eel and octopus, and more common options like salmon and shrimp.

"I really liked how it was so easy to try multiple kinds of sushi," said junior music major Julia Gill. "The portions were small so you could order many different rolls. I liked how they had classic rolls that you would expect from a traditional sushi place, but also fun untraditional rolls like the popcorn shrimp."

Not a sushi fan? No problem. They offer other selections like miso soup,

udon, ramen, and various sides. They also have a selection of soft drinks and alcoholic choices that are delivered by a friendly robot who alerts you of their presence by playing a little tone on its way to your table. This singing robot is the only visitor you will have at your table as the restaurant is completely human-free except for the hostess, there are no human waiters unless requested.

This restaurant is very accommodating to customers on a budget. Each plate costs only \$3.75. Each serving comes with three pieces of sushi, so the low price allows you to try as many menu items as you please. Additionally, if you have 15 or more plates you get a secret prize.

This is a great place to grab a bite with some friends or have a date with a significant other as there are very few interruptions and opportunities for outside interactions. It's an introvert's dream.

Kura is open from 10:30 am - 10 pm at 47 Old Country Rd., in Carle Place. Visit Kurasushi.com for more information. 🐾

## “Killers of the Flower Moon” Another Late-Career Triumph for Scorsese

BY JOSEPH D'ANDREA

For a director turning 81 this month, Martin Scorsese continues to prove that he has plenty of gas left in the tank with his new film, “Killers of the Flower Moon.”

Starring frequent Scorsese collaborators Robert De Niro and Leonardo DiCaprio, as well as standout Lily Gladstone as the central indigenous figure, the film centers on the true story of the FBI-investigated murders that took place in the Osage nation in Oklahoma during the early half of the twentieth century.

Based on David Grann’s 2017 book of the same name, “Killers” is very matter-of-fact in many ways but is anything but flat and always feels distinctly Scorsese. It’s not that Scorsese has a flashy style but the audience can always tell he’s behind the camera because of his awareness of multiple perspectives in history and concentration on the relationships between those on screen. He cares so deeply about telling the stories of the characters in this film and focuses so intimately on their stories. The layered, brutally honest drama takes center stage and the overwhelming runtime feels wholly necessary, as it did in Scorsese’s previous narrative feature, 2019’s “The Irishman.”

As an outsider looking in on the Osage nation, the audience questions the characters’ morals from the opening scene until the credits roll. When the film ends, viewers aren’t left empty after watching these slimeballs get away with their crimes. Instead, through the tremendous agency Scorsese gives to the

natives, the audience truly feels connected to the victims. And that’s the goal in the end: We can’t give these natives back what they lost but we can give them back their voice. History can’t be changed but viewers can at least look at the situation in the most human way possible, on both sides.

DiCaprio, as fresh-out-of-the-Army

say he wasn’t responsible for what he did). In “Django Unchained,” DiCaprio is certainly intimidating but Quentin Tarantino’s touch made Calvin Candie a bit too cartoonish and theatrical to get a true feeling of how far into a realistic villainous role DiCaprio can go. Here, he gives one of his best performances to date, constantly making the audience



**November is Native American Heritage Month and a great way to learn more about the history of Indigenous peoples in America is by watching Lily Gladstone (second from left) in “Killers of the Flower Moon.”** Photo from Paramount Pictures

Ernest Burkhart, went to a place I’ve never seen him go. He plays Burkhart as someone who feels displaced in his own body to the point of feeling like a puppet at times (not to

uncomfortable with how he’s simultaneously lost in his ways but also fully content in his actions (which is admittedly debatable in some respects, especially after the ending).

The greedy two-faced rancher, William “King” Hale, played by De Niro, feels off from the start and is just as believable. Scorsese takes his time to reveal Hale’s manipulation and while we may not have ever completely trusted Hale without blinking twice, we feel convinced to a certain degree of how he has “benefitted” the lives of the Osage.

One of the most difficult parts to pull off was the balance of focusing on the white Burkhart and Hale, while not taking away from the Osage themselves. And even though the movie becomes increasingly focused on DiCaprio’s Ernest and less so on Gladstone’s Mollie — at least directly — we’re always conscious of where our sympathy should lie. By having a structure that flows at a fairly consistent pace, the quick outbursts of violence are even more jarring and hard-hitting. This choice can be a gamble when the movie is already as long as it is, but Scorsese knows that he needs to take all the time necessary to say what needs to be said.

As anyone else should after watching “Killers,” I’m just grateful I got to see another monumental film of Marty’s on the big screen. With the new releases of only a few select filmmakers including him, it always feels like a different, special experience compared to anything else that comes out now. Keep working, Marty!

“Killers of the Flower Moon” is currently showing exclusively in theaters and is planned to land on Apple TV+ by the end of the year. 🍷

## “Ahsoka” Highlighted by Cast, but Story Falls Short

BY ANDREW SMITH

“Ahsoka” just wrapped up last month on Disney+ and left me disappointed and wanting more. The series relied on nostalgia, which drove it forward but often felt quite predictable.

In this eight-episode TV-14 science fiction adventure series set in a galaxy far, far, away, Rosario Dawson stars as Ahsoka Tano, who is now much older than we previously saw her.

This new series continues plot lines from previous projects. It faced a challenging situation in continuing the existing plot lines and translating many of them to live-action for the first time since the main inspiration “Star Wars Rebels” was an animated show. Director Dave Filoni, who co-created “Rebels,” did an excellent job bringing these fan favorites into a new setting that naturally progressed their story.

Joining Dawson is co-star Natasha Liu Bordizzo, who turns in a tremendous performance playing Sabine Wren. Bordizzo captures her character’s curiosity and tenacity, which has been portrayed in previous projects.

Mary Elizabeth Winstead was cast as New Republic General Hera Syndulla. While Syndulla was a central character in “Rebels,” she took the back seat in this new project and was only featured in the show’s first few episodes.

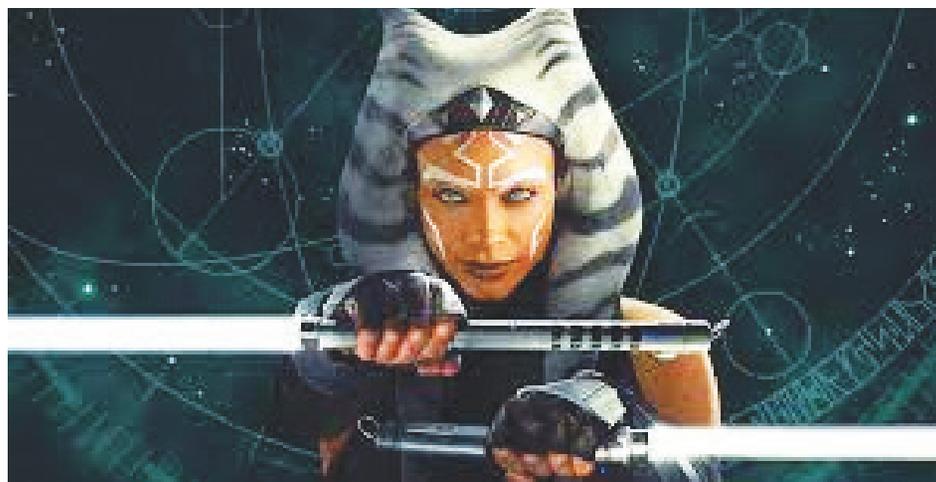
In addition, this series saw the return of two fan-favorite droids, Huyang and Chopper. Both David Tennant

and Filoni returned to voice their respective droids, which was a nice touch.

The story begins after “Rebels” when Wren longs to find her friend Ezra Bridger, who was stranded in the Unknown Regions of the Galaxy. Bridger sacrificed himself by sending one of the show’s main antagonists, Grand Admiral Thrawn, and himself to these regions, which was seen as an incredibly heroic moment as his

and eventually the map to find them.

As with most “Star Wars” projects, the villains steal the spotlight, and this series is no exception. The late Ray Stevenson made his debut in the world of George Lucas and delivered the standout performance. Playing a mercenary, Stevenson portrays an older man who has seen the rise and fall of two galactic powers and is searching for a larger power in the galaxy. Stevenson’s



**Rosario Dawson stars as the lead in this eight-episode science fiction series.** Photo by Disney

fate was unknown to the audience. Would Bridger finally make it home? This question puzzled fans for half a decade.

However, while Wren looks for her friend, the Imperial Remnant is just as committed to finding their former leader in this distant location. Throughout the show, the two sides raced to find clues

character, Baylan Skoll, who has never been seen before in the “Star Wars” universe, outwits the heroes at many points and is very strong with the force, as a turned Jedi.

Skip the next four paragraphs to avoid spoilers!

“Ahsoka” does not truly pick up until the Imperial Remnant locates where Thrawn

and Bridger are. The pace fires up and the viewer can begin to feel the angst and dread of what Thrawn will do when he is saved.

Lars Mikkelsen returns as Thrawn and portrays him just as well as he did in animated form. While the character looks a bit unsettling in live action, Mikkelsen delivers a terrifying performance of the former Imperial General who is ready to return home from his exile.

Bridger, the other individual waiting for his allies to rescue him, is played by Eman Esfandi. Out of the new cast, Esfandi performs best at bringing his animated counterpart to live action. The casting felt so organic and Ezra appeared just as he did under a decade ago in animation.

The jaw-dropping moment was seeing the return of Hayden Christensen as Anakin Skywalker. Christensen was given one episode and it was truly the best. The chemistry between Dawson and Christensen was excellent, and this episode honored the fans who have been loyal to this franchise for a long time.

“Ahsoka” relied on nostalgia to keep fans watching but unfortunately fell short. The ending left me wanting more from a story perspective and the story felt very cliché. I look forward to seeing where the story will go in future projects but I hope Disney begins to take more risks with “Star Wars” and not rely on the past to move their story forward. Hopefully, the writers will expand the story to include new places and events that “Star Wars” fans never witnessed. 🍷

## Finding a Balance Between Work and School

BY ANDREW SMITH

Most college students often feel they are moving at a 65 mph pace in a 40 mph speed zone. They go from class to an extracurricular activity, to work and repeat this process almost five times a week, continuing into the weekend. They ask themselves, “How can I complete this internship and maintain a job at the same time while managing a full course load as well?”

This can be stressful but there are several ways to make this demanding schedule into a simple routine.

The first lesson I learned from juggling multiple responsibilities was maintaining a schedule and routine. Yes, a schedule can make you feel trapped in a repetitive cycle, but structure is vital to success.

Junior marketing and biology major Katherine Reinhard also expressed the importance of keeping a schedule.

“Having a physical written copy of the assignments you need to complete, upcoming tests and projects and meetings you may have not only holds you accountable but also allows you to ensure nothing is overlooked,” she said.

Due to the ease of technology, students rely on their phones, computers or tablets to create calendar reminders. However, some students may find it easier to have an old-fashioned calendar tacked to the wall with written reminders.

I currently have two jobs; one on campus during the weekdays in the Communications and Marketing Office and a job closer to home on the weekends. I like creating what’s almost a weekly baseline to keep myself organized and less stressed. By planning your day, you will realize you have more time on your hands. Using your time wisely is critical to college success and time efficiency will help

students reach their greatest potential.

Senior sport management major and business minor Christopher Velaoras stressed how keeping a weekly planner helps his own routine.

“I definitely recommend that students write out an outline schedule for the week in a planner on Sunday night,” he said. “You know you have some assignments or tests that



**Katherine Reinhard, pictured at her lifeguard job, stressed the importance of keeping a schedule to not fall behind on her responsibilities.** Photo provided by Katherine Reinhard

will remain consistent as well as days you may have to work that week, so ensure you work your other responsibilities around those times.”

Another little trick I found very helpful was to keep Post-it notes handy. Little things often come up throughout your day on campus that are important, but they might slip your mind. Our workloads are overwhelming, and as a result, we are often preoccupied, which

can cause us to forget the small details. For tech-savvy students, written Post-it notes may not be ideal. I suggest sending yourself a quick email to remind you of an upcoming assignment or deadline.

Junior psychology major Jessica Diaz said, “My suggestions for college students juggling school and work would include knowing your limits, making reminders and setting boundaries. It’s easy to want to do everything under the sun, but it’s eventually more beneficial to acknowledge your responsibilities and the weight they hold so that your goals, whether academic, career-related or personal, are met.”

Another factor to consider is burnout. College students can become overwhelmed and buried with work, especially around midterms and finals. For some students, seeing the light at the end of the tunnel is difficult. They need to find ways to refocus and see the potential rewards for their hard work.

Keeping up with work deadlines and assignments is essential, but remember to enjoy the moment as an Adelphi Panther. Find time to call your friends after work or meet up with them after class. Give yourself something meaningful to look forward to that will fill your soul and heart.

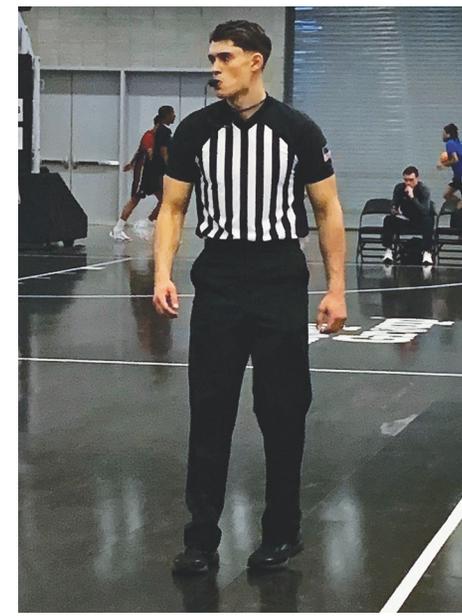
Velaoras said, “I also believe in ensuring you take care of yourself personally; get enough rest, get a good workout in, go spend some time with family and friends.”

Reinhard, who works for Skudin Swim as a lifeguard, emphasized, “The motivating force behind me during these stressful times is the idea that where I am now is preparing me for my future. The completed tests, projects and assignments are all small steps toward my goals.”

“Knowing my family and friends genuinely feel pride and excitement when I achieve a goal or accomplish-

ment is one of my biggest motivators and only inspires me to continue forward,” Diaz said. “Keep in mind, above all, school always comes first, right after your well-being, that is.”

Velaoras works as a referee for high school basketball, the National Junior College Association (JUCO) and the National College Athletic Association (NCAA).



**Christopher Velaoras, who serves as a basketball referee, keeps himself motivated by focusing on the future and his career goals.** Photo provided by Christopher Velaoras

“The motivating force behind me during these stressful times in college was to be truly what career I am striving for,” he said. “I have so much passion toward my goals that it drives me to go all in.”

If students feel they have a purpose, they will be more driven to achieve their goals. With the right frame of mind, you will be able to find that extra drive to keep you motivated even when you feel like giving up. 🐾

## The “Sex Lives of College Girls:” The Best, Worst TV Show

BY BRODEN MCCUNE

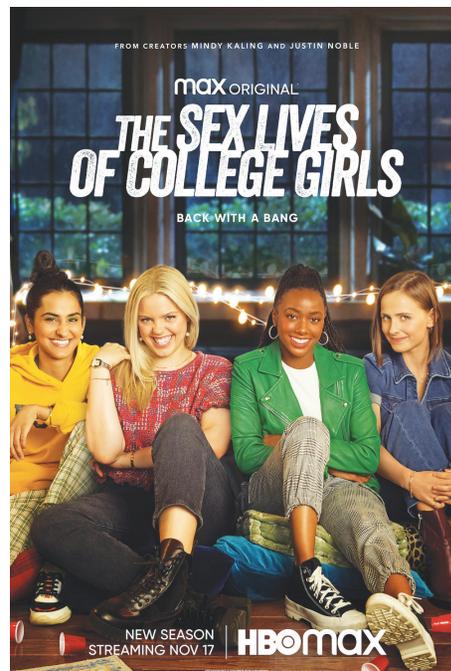
Every week, my friends and I huddle around a 32-inch screen in our dorm room to watch what we call the best, worst show streaming now: “The Sex Lives of College Girls.” The HBO Max show is the pinnacle of crappy teenage drama, and as the title proclaims, it almost entirely revolves around sex.

With that being said, it feels like the plot always stays strong. Positive and negative views are expressed throughout the show, specifically surrounding, you guessed it, sex. It’s an easy show to watch, as this nonstop drama keeps any viewer roped in, especially my friends and I, all of whom fit the “College Girls” moniker. A fictional, seemingly prestigious university named Essex College serves as the backdrop for this series, and it draws inspiration from a lot of different Ivy League and other high-ranking schools, with its geographical location in rural Vermont (alluding to Dartmouth in

Northern New Hampshire), and classical backdrop, with tall and traditional architecture. However, this inspired setting allows the writers to formulate loads of plot drama, for better or worse.

The main characters are juxtaposed with each other in the most basic of senses though. One, Kimberly Finkle, is a small-town girl whose family is too poor to pay for her schooling, while her roommate, Leighton Murray, is a rich legacy student who struggles with more internalized problems. The other two roommates are Whitney Chase (daughter of a famed senator and star soccer player) and Bela Malhotra, a hopeful Indian-American student looking to break down barriers in comedy. Don’t worry, they all come with their fair share of drama.

As the two seasons progress, the four main characters seem to run into conflict that seems, well, very real for college-aged women. Discrimination, assault, mental health conflicts, relationships and many more issues. In fact, the



**“The Sex Lives of College Girls,” a show so good it’s bad.** Photo from IMDb

high note of this show is the amount of drama that happens. It keeps the viewer easily engaged, as there’s always a new plot point or some twist going on.

But, in all honesty, the intense amount of conflict is where the writers tend to hit a roadblock. This show is very obviously written by a team that was in college years (and years) ago. Even five years ago, the landscape of college was completely different, with the constant change in technology and social issues that seem to evolve every day. Now, are these issues and changes addressed? Sure. Are they addressed well? Probably not.

Mindy Kaling seems to be the mastermind behind this series and you can see her fingerprints all over it. Some jokes are even recycled from past projects, and even down to the basic characters, the writing gets lazy. Looking at even just a synopsis for this show would raise red flags for some viewers

*Continued on page 11*

## The Pros and Cons of Dorming and Commuting

BY ARPAN JOSAN

One of the hardest decisions when starting college is deciding whether you want to dorm or commute. Whichever one you choose comes with its own challenges and rewards.

Most students attending Adelphi are commuters, which is either because the cost of living on campus is too expensive or they do not want to be away from family. When we think about the pros for commuters, we think of how you'll always have the comfort of your own room. Since living on campus means having a roommate, you won't always have the level of privacy when compared to your at-home room, where you also always have access to home-cooked meals.

By commuting, you'll have a familiar place to go back to after a long day on campus.

"Commuting to college has allowed me to keep my job and allows me to see my parents every day," said Annie Ngai, a freshman nursing major.

With the amount someone has to pay for tuition, dorming is an added cost, in which case, continuing to livestaying at home makes college a lot more affordable.

Along with the positives of com-

muting, there are also some downsides. By being a commuter, it can be harder to make friends and get involved in campus life. Depending on your preferred mode of transportation, it can be exhausting to deal with always going back and forth for a long period.

"I have to wake up early to drive to school and the traffic sometimes makes me late," Ngai said.

Especially when you factor in bad weather, that can make your commute even longer. Even if some people stay at home because they want to be close to their families, others can view their families as distractions and might not enjoy living with them. This would make it difficult to study or get any work done. Scheduling is also another negative factor: a morning class might force you to wake up earlier than usual to be on time.

On the other hand, living on campus makes being involved with university life much more convenient. You don't need to worry about traveling a long distance because all your classes are right next door. Ultimately, you'll have a much easier time managing your classes and won't have to worry about traffic or the train schedule.

"When dorming, you get to live with

all your friends, time management is easier and you get to be independent," said Jay Gallagher, a freshman psychology major also minoring in criminal justice.

By being on campus all day, finding a friend group won't be as hard since you

***"By being on campus all day, finding a friend group won't be as hard since you have a roommate as well as other students who live in your dorm hall."***

have a roommate as well as other students who live in your dorm hall. Being away from home also means that you get new experiences and can see what it's like living without your parents.

Entering a new environment

can be exciting but adjusting to it can be challenging at first, especially for students coming from other states or countries. It can be difficult to navigate your new surroundings.

"The dryer in Waldo doesn't work and if you live far away, you can't really go home that much," Gallagher said. "And if you have pets, you have to leave them, too."

Homesickness is just one negative aspect of dorming, and dealing with noisy roommates is another. You sometimes have to handle loud noises even late at night due to other people in your hall. Being in a dorm also means getting sick a lot. With that many people living in a hall, any sickness could spread rapidly. Since you are sharing a bathroom with plenty of others, you have to trust that they do their part to make sure it's clean. It might not always be the most comfortable experience when trying to shower or use the bathroom.

Whether you dorm or commute, there are various pros and cons of both. Whatever choice you decide to go with, be sure to make the most out of your college experience! 🍀

## Navigating the Warmth of Campus When Your Heart's in Your Hometown

BY SKYLAR DORR

As campus gradually gets a little colder and the leaves begin to drift to the ground, students are learning to unwrap the gift of finding a second home when their hearts ache for the warmth of the one they left behind.

With the holidays mere weeks away, feelings of separation from home and family are only growing. According to Adelphi's student demographics, about 26% are from out-of-state and roughly 22% are from other countries. With home being hours or even days away for some students, it's hard not to feel a sense of isolation, especially in an unfamiliar place. So how can students combat these feelings and make the most of their holidays here at Adelphi?

Adelphi's Center for Student and Community Engagement offers over 90 different clubs and programs. With such diversity in interests, it would be very difficult for a person not to find a club that holds similar values and ideals to their own.

Junior nursing major Emma Pappas is from San Jose, California. When she felt homesick and lonely during her freshman year, she found comfort through Adelphi's Greek Club and made a handful of like-minded friends.

"Clubs are a great way to find people who you have similar values to," Pappas said. "It really helps me see that there are other people of my culture that are in proximity to me."

Most of the clubs offered at Adel-

phi are free and not only help students connect with relatable-minded peers, but also help cultivate leadership and teamwork skills that will be carried for the rest of some students' lives.

Fraternity and sorority life at Adelphi is also something worth getting involved in as a means to cope with being away from home. They are made up of 21 chapters that provide a perfect foundation for some long-lasting friendships, and also allows students to network with alumni, which can help in navigating life after college.

***"Clubs are a great way to find people who you have similar values to," Pappas said. "It really helps me see that there are other people of my culture that are in proximity to me."***

Kiera Noble, a junior and member of Delta Phi Epsilon, said that the various events her sorority holds help make her daily life more exciting, especially when

she's missing her family back in Vermont.

"One of the reasons I decided to join Greek Life was to get to know more people on campus and be able to see familiar places anywhere I went," Noble said. "I'm so glad I did because I have a much busier social life now, which keeps me content when I'm missing home."

Although it is a strong option, it is not a necessity to joining any sort of club or program to feel less alone during the holidays may not work for everyone. As someone who dorms here and is often away from family, I found that partaking in hobbies that I always enjoyed at home is what helped me the most when navigating feelings of isolation. I've always been a bit more reserved, so clubs and Greek Life weren't for me. When I found myself missing the comfort of my family during the holidays, I was able to find solace in doing things that I had always liked. I re-read many old books that I brought and the consistency of continuing my old hobbies made me feel closer to home despite being far away.

If the holiday blues persist well past the holidays, Adelphi's Student Counseling Center is a free confidential service for students who find themselves struggling with their mental health. As long as you're enrolled in at least one credit, you are entitled to those free services.

Scott Zotto, director of the Student Counseling Center, said that simply doing something familiar can help with feelings of loneliness during the holidays, such as watching your favorite TV show or getting in touch with fam-

ily and friends as often as possible.

"Anytime a student can do anything that brings them moments of comfort and joy, even if it's for 10 seconds or 10 hours, is worth indulging in," Zotto said. "You can push back a little bit and do the things that you enjoy, which counteracts and replaces some of that sadness and that loneliness."

Strong feelings of isolation and a lack of belonging may make it difficult to counteract that sadness alone. In that case, it might be beneficial to contact the Student Counseling Center to find solace in the empathetic ear of someone who will listen and help navigate those negative and confusing feelings.

The combination of counseling, programs and clubs that Adelphi offers to students helps to weave a supportive and welcoming community that can help bridge the emotional gap when students are missing the comfort of home during the holiday season. By being open to these new experiences, students can discover a second home where cherished memories are created and the holiday spirit thrives, helping them to truly savor the magic of their college years. 🍀

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## Are Teaching Styles Important for Student's Success?

BY TAYE JOHNSON

Have you ever wondered if, in an ideal world, you were able to pick your classes based on a specific teaching style? Well, I have.

In a previous semester, I took a statistics course that was decent enough to inspire me to take a higher-level math course. My professor was that good. As someone who wasn't keen on mathematics at that time, that is the greatest compliment I can give any math professor. My experience in that class made me wonder why I enjoyed it so much despite my reservations about the subject. Was it my professor's personality? Or was it because of the way they taught the class?

I think the latter contributed to how I felt. There are many different teaching styles that educators in their classes, with some being formal or informal. Educators who follow the formal authority teaching style focus on what the content is about. This teaching style is considered teacher-centered. Some may argue that this method is not about getting to know

students and communicating with them in a way that helps build trust and professional relationships among their peers.

As I reflect on my experiences throughout university, some professors

***“If a professor can make you feel like they care about what they are teaching and make it relevant to your life outside of class, then they are doing a good job.”***

followed this approach. It felt like they wanted to be heard and seen as a knowledgeable resource. On the other hand,

informal teaching is more of a laid-back approach. This teaching style does not mean that educators who choose to use it in their classrooms are lazy. In fact, informal teaching is student-centered. The curriculum implements opportunities for students to contribute through group discussions, questionnaires and real-time feedback on weekly lessons. Informal teaching is more than just having students feel like their voices are heard — it is also about the types of activities.

Online web tools have become popular in education. This is attributed to gamification, the process of applying game-like mechanics, engagement techniques and motivational design elements to any kind of non-gaming environment. The days of only using pen and paper to administer a quiz are becoming obsolete. Informal teaching gives educators different ways to be creative with the instructional design of their curriculums. Since there are online education tools that have different interfaces to support customization, this can play into how the structure of the course is created.

There is also the option to use these tools to revamp weekly assignments and to create collaborative student projects.

My statistics professor was the type of person who was knowledgeable but knew when to take a step back and listen. They observed more than they spoke. The concept of people-watching was something they did well. The impression that I got was they made me realize that being in a classroom wasn't about what was being taught, it was about feeling like I was a part of the process of learning. That type of learning experience was not something that I had experienced before that semester. When I moved along throughout my studies, that experience left a positive impression of how a professor's teaching style can influence how I learn the material.

If a professor can make you feel like they care about what they are teaching and make it relevant to your life outside of class, then they are doing a good job. In my opinion, that is what makes the learning experience unique and memorable. 🌟

## The Chaos in the House of Representatives

BY TROY COFIE

After 23 days of Kevin McCarthy being ousted as the Speaker of the House, we finally have a Speaker named Mike Johnson, a Republican representative from Louisiana.

A relatively unknown figure in the public eyes, Johnson has been noted for his support of overturning the 2020 election and restrictions on LGBTQ+ topics in institutions that receive federal funding. The speaker is at complete odds with some moderate Republicans and most Democrats' beliefs on those issues and these stark differences between the many factions in Congress are making it difficult for our government to function.

Before McCarthy was voted out of his speakership position, the government almost shut down because of budget disagreements between far-right Republicans affiliated with the Freedom Caucus and Kevin McCarthy. The far-right Republicans were making demands that should be implemented in the budget bill that wouldn't even get passed with the Senate-controlled Democrats. House Democrats simply watched the internal turmoil of the Republican party. Teetering a few hours away from a government shutdown, McCarthy, the Democrats and moderate Republicans were able to pass the budget bill.

Republican Matt Gaetz from Florida pushed a resolution to remove McCarthy as Speaker for not including all of the demands of the Freedom Caucus. Eight Republicans and over 200 Democrats voted to oust McCarthy as Speaker.

Afterward, the House Republicans went through four nominations with 12 Republicans vying for the Speakership position. The first to win was Steve Scalise from Louisiana but he withdrew on

Oct. 12 after not receiving enough votes.

The second nomination was Jim Jordan from Ohio who even had support from the former president, Donald Trump. Jim Jordan ran three times in a row but lost every time with more Republicans not voting for him each time.

The third nomination was

have no interest in passing any significant legislation. Many of the House Democrats are allowing the Republicans to engage in self-destructive behavior while moderate Republicans simply want to govern. Political analysts suspect Gaetz will use his infamy in the House to run for governor of Florida in 2026.

American politics has taken a



**It took 21 days until the House of Representatives elected a new Speaker of the House on Oct. 25.** Photo from Flickr.com

Tom Emmer from Minnesota who ran but faced stiff opposition from far-right politicians, causing him to drop out of the race.

Finally, Johnson was able to win the fourth nomination and become the Speaker of the House.

Pettiness and quarrels over identity are driving current House debates. Instead of focusing on issues that need to be addressed, many far-right politicians

problematic turn these past few years, with each year becoming more dysfunctional, especially with the difficulty of self-serving politicians not working with others. Many countries are observing what is happening in the U.S., questioning their relationship with our country and whether we can be reliable during these divisive times.

Especially now with global tensions at a new high with the Israel-Hamas war

and the continued invasion of Ukraine, the U.S. needs to act as fast as possible. The aid that Ukraine needs to continue defending itself is now being stalled by Mike Johnson to score “political points” against the Democrats for not voting for his standalone bill to aid in Israel's defense funding, while simultaneously cutting funding for the IRS in the same bill. It's a nonstarter for the Democrats in the House and the Senate, causing more headaches for everyone involved.

All of us don't have to agree on every policy matter or ideological query. However, dialogue and tolerance for one another are important values for a functioning democracy and government. Without this, as we can see, legislation can erupt into a toxic environment, promoting petty squabbles and vitriol attacks instead of shrewd negotiations and law-making. Bills are purposely made where they won't be passed or will be stalled for politicians to score “points” against each other. In other words, politics is seen as a game instead of a duty that is upheld. Some politicians are taking certain actions that would only benefit themselves instead of their constituents.

In October, Democratic Senator John Fetterman of Pennsylvania stated on “The Late Show with Stephen Colbert” that “America is not sending their best and brightest to represent them in Congress.” Whether you like Fetterman or not, he brings an important message to all of us: voting matters. Who we vote into office is crucial for the gears of government to keep rolling. Even if a representative represents a district, they still can affect the country with their choices. Voting matters if we want problems to be solved in our country because if we don't, unqualified people will keep being in power and dictate our lives. 🌟

## 5 Reasons Why You Should Go to the Met Museum

BY MARIAM DZADZAMIA

New York is a city for people of all different interests but there are some sights that everyone should see. Case and point: the Metropolitan Museum of Art.

Those who are not interested in art



In day or night, the Met's beauty shines. Photo by Mariam Dzadzamia

may think that the Met is not worth their time but this is where they're mistaken. Here are five reasons why you should add this historic site to your must-see list.

1. It is the largest museum in the United States of America. The museum's

collection houses more than 2 million pieces of art, which means there's definitely a lot to see. If you decide to take in everything, a week might not be enough. In the museum, it is possible to listen to the information about the works while looking at them by using headphones, which will make your visit to the palace of art more productive.

*New York is a city for people of all different interests but there are some sights that everyone should see. Case and point: the Metropolitan Museum of Art.*

2. Museum collections cover many art fields and eras. Although the collections in the museum often change and one story is replaced by another on the wall, it is always possible to see the most legendary paintings among them. The museum's 19 departments house the works of artists who made world art history such as Pablo Picasso, Vincent van Gogh, Claude Monet, Gustav Klimt, Paul Gauguin, Caravaggio, Johannes Vermeer and many others. In the museum, you will find works for people interested in all eras, be it the Bronze Age, Renaissance, Baroque or Modern art. There are also exhibitions for those interested



A continuous painting by Thomas Hart Benton fills up a huge room in the Met. Photo provided by Mariam Dzadzamia

in installations, jewelry or sculpture.

3. Cheap date night. The standard entrance fee to the museum is \$30. While every dollar is worth what you get inside, the museum offers New Yorkers an amazing opportunity to visit the Metropolitan Museum of Art for just \$1. Every Friday and Saturday from 5 to 9 pm you can take advantage of this opportunity.

4. Various additional events. Wouldn't you think that visiting the Met can be limited only to the adventure of walking in the galleries? Well, every week additional activ-

ities take place: musical evenings, lectures and educational workshops are planned for people of all ages, like dancing, singing, learning, observing and a labyrinth of art. Where else can you find such diversity?

5. Convenient location. This can be considered a benefit that makes the Met a must-see and the best area to spend a real evening in New York. It is located at 1000 5th Ave, New York, alongside Central Park.

If you're a student living in New York, you shouldn't miss the chance to step into the center of the art world. 🐾

## The "Sex Lives of College Girls": The Best, Worst TV Show"

Continued from page 8

who pay attention to small details, especially in writing, the biggest one being the fact that one of the main characters is an exact reflection of Kaling in col-

*"Overall, the show is, as my friends and I like to call it, the best, worst TV you can find."*

lege. Bela, a woman of Indian heritage, faces extreme hurdles and hoops to jump over and through while trying to establish herself as a comedy writer. Sounds a lot like... comedy writer and a woman of Indian heritage, Kaling. Not to say that the themes explored by any of the characters are negative in any sense. They are all very real conflicts that are facing female college students across the country, but so many of them seem like a shell of what they could

be. They seem stereotypical, and like vast generalizations of a social group squeezed into one character, who ends up seeming more like a caricature.

As more plot points arise and the series goes on, a viewer can see these characters evolve slightly, and maybe even be a model for what women watching the show could be. There are times when the show shines, but so many opportunities that seem to fail. Viewers can expect to draw a connection to some of the characters, but get caught up in the constant plot movement, and never really find themselves fully involved in one storyline. Overall, the show is, as my friends and I like to call it, the best, worst TV you can find. Relatable, but poorly written content never stops coming out of this script, and side characters never stop being introduced and disappearing. If you are looking for an easy, non-stop, and stupidly funny show to binge-watch on Max, you may have just found your next best (and worst) choice. 🐾

ADELPHI  
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Get job search tricks from recent college graduates who have all landed their dream jobs. This event is sponsored by the Department of Communications and The Delphian.

### 10<sup>th</sup> Annual Media Career Expo

Learn how to break into the media job market at this free event sponsored by The Delphian and the Department of Communications.

Our speakers are all Adelphi graduates who work in the print, TV, film, web, marketing and publicity fields. They'll discuss how they got their big breaks and tips for navigating the job search process. This is also a great opportunity to network for internships and your own career. Panelists include **Gabrielle Deonath '18**, who works at a UX (user experience) writer for University of Phoenix; **Olivia Franks '20, '21**, hockey operations office manager for the New York Islanders; **Chelsea Lombardo '19**, a producer of CNBC's "The Exchange & Power Lunch" live shows; **Kevin Padilla '16**, associate director of technology and communications at the Waldorf School; and **Maxmillian Robinson '22**, a member of the New York Football Giants event staff team.

Contact the Communications Department or email Liza Burby at [burby@adelphi.edu](mailto:burby@adelphi.edu) with any questions.

**Date: Tuesday, November 14**

**Location: Blodget Hall, Room 109**

**Time: 5:30 pm – 7:30 pm (pizza served)**

Should you, or your guests, require an accommodation based on a disability, or need to request an ASL interpreter, please contact the Student Access Office by phone at 516.877.3145 or email at [saoo@adelphi.edu](mailto:saoo@adelphi.edu). Please allow for a reasonable time frame prior to the event; we suggest a minimum of five business days.

Adelphi University | One South Avenue, Garden City, NY 11530 | 516.877.4905

## Women's Swimming and Diving Ready to Build on Momentum

BY ANDREW SMITH

Women's swimming and diving took significant steps forward last season. The entire team improved their numbers across the board and had some memorable moments along the way. The Panthers performed strongly against the College of Staten Island and Mount St. Mary College, winning by scores of 125-96 and 58-26, respectively.

Junior English major Shannon Pepe stressed the importance of critical moments where the entire team could rally around one another. Special times like these created a sense of unity and a "family out of individuals," said Pepe, a Kellenberg graduate who participated in eight meets for the Panthers in 2022-'23 with a season-high four personal bests at the Eastern College Athletic Conference (ECACs) Winter Championships.

One of these memories occurred in the opening meet of the season when men's swimmer Connor Singer broke the 100 breaststroke school record. This circumstance was able to bring the team closer together and served as a building point on the season.

Delaney Noel, a junior computer science major, also reflected on key moments last season and how they can build off those as they head into the young season. Noel explained, "Both our taper meets, ECACs and NE10s, had a 60% rate of lifetime best swims."

Noel, who comes from Dubuque, Iowa, is entering her third season on the team. She has received academic distinctions for several semesters and swam three personal bests at last season's NE10 Conference Championship.

Performances like these allow

the team to see how high the "highs" can be and how they can reach those consistently if they all pull together.

When talking about what she learned from the last season, Noel said, "The most important lesson I learned last year was not taking my eye off the ball. Sometimes, you want to go a bit easier, but Coach [Marc Danin] always



**Delaney Noel took the offseason to focus on the mental aspects of the game to build discipline as a distance swimmer.** Photo by AU Athletics

had the heat on me and I appreciate that. He could see the prize even when I didn't; he deserves much credit."

Noel also mentioned that last winter the team went to train in Puerto Rico and described the trip as a great bonding experience.

Both athletes reflected on the importance of focusing on the mental side of

their game during the offseason. Pepe said, "My main focus during the offseason was catching up on a lot of sleep. Not having to wake up for morning practices that begin as early as 5:30 was definitely awesome, but not swimming consistently was not.

"It left a window of opportunity to get out of shape. In the offseason, I definitely was not in the pool as much,

discipline during my long races, and I'm grateful I took time to focus on it. I have this new attitude and drive. I'm always thinking 'one more' and pushing myself past my limits, and I'm happy to see it already making an impact on my swims."

Another storyline the new season brings is that the women's swimming and diving team enters with seven first-year students. "We gained a lot of strong and fast rookies, which I think gave our team more confidence and made us want to work harder to get faster times," Pepe said.

Noel added, "The numbers are the most obvious thing. We just possess more power and depth to compete with, and with that, there's a lot more encouragement on the sidelines."

The Panther swim team is looking forward to many key matches on the calendar. Noel mentioned the meet when Southern Connecticut State University comes to Garden City on Jan. 20. "They're the biggest and the baddest in the region, and I love how we are becoming a thorn in their side," she said.

Pepe discussed the ECAC at the mid-season point on Dec. 1 to 3. "Last season, almost everyone on the team, myself included, swam lifetime best times, and I am excited to swim in it again because I have a strong feeling that it will happen again."

Both players also gave shoutouts to their head coach, Danin, who they love competing for. "I'm extremely grateful for Coach Marc, who has poured his heart and soul into this team, as well as my fellow teammates who keep my love of swimming alive," Noel said.

Pepe added, "With the amazing training tactics from Coach Marc, other teams aren't going to know what hit them." 🐾

## Maura Carney Ready to Flip the Script for Women's Basketball

BY ANDREW SMITH

Basketball season is just around the corner, and both our men's and women's teams are fine-tuning their techniques as they prepare to hit the hardwood in just a few days. The women's team had a disappointing 2022 and finished with a record of 10-16, falling to Southern Connecticut State University in the opening round of the NE10 Championship in a close 66-72 game. One of the returning players is Maura Carney, who is entering her third season on the team and is ready to flip the script in 2023.

Carney is from the Garden State and attended Jackson Liberty High School. During her high school career, she left as the first and only girl to top 1,000 points and became the all-time leading scorer in school history. In addition, in 2019-'20, she placed in the top 10 in total three-pointers made in New Jersey.

Family was always at the center of her athletic development. She comes from a large one where she was the youngest of four children. Carney described her family as strong role models through their emphasis on work ethic and determination, which had a strong influence on her life.

Carney reflected on a favorite childhood memory. "One of my favorite memories is playing basketball outside with my brother until it was completely dark out; we did this a lot. My parents were begging for us to come inside for dinner, but we couldn't stop playing," she said.

When looking at what athletes serve as inspiration, Carney emphasized professional and collegiate women's basketball players who are becoming prominent figures in the sports world. Collegiate athletes like Caitlin Clark and Paige Bueckers and professionals like Sabrina Ionescu and Haley Jones are to name a few. "I look up to all these players. They play with so much confidence, and as a player, I am trying to emulate that."

Many reasons went into her decision to become a Panther. "The minute I stepped on campus, I felt a connection to the school. I find the campus absolutely beautiful, as well as the surrounding neighborhood."

She also explained how the distance between Garden City and Jackson, New Jersey was the perfect distance and provided her the opportunity to be in a new environment but also not far from home.

When looking back on her first two

years, the communications major's favorite memory is traveling with her teammates. During the season, AU athletic teams take trips across the country to compete in



**Maura Carney explained a favorite memory of her time at Adelphi was bonding and spending time with her teammates.** Photo by AU Athletics

conference games and even tournaments. This season, the women's basketball team will be taking stops in many different locations in the northeast, such as Vermont,

Massachusetts and New Hampshire.

"Sometimes traveling can be exhausting, bus rides are long, you miss class, and it's the cold winter, but our team really bonds during that time," Carney said. "When I look back in a few years at my time at Adelphi, what will always stand out to me is the friends I made and the laughs we shared."

While 2022 was disappointing, the players are ready to put the mistakes in the rearview mirror. "We knew where we needed to improve after last season and came in this year conquering those weaknesses," said Carney. "Everyone put in a lot of hard work over the summer in order to be a successful team from top to bottom. This year is a new year, and we are ready to see what it has in store. We have some new talent and the team is blending together really well. I am excited to see what this year has in store and just super excited to learn and grow together as a team."

Come out and support our Panthers as they open the season with a two-game homestand beginning on Nov. 15 and 18 as they welcome American International College and Mercy University, respectively. 🐾