

The Delphian

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The Voice of the Students

Volume 79, Issue 6

SEE INSIDE: SPECIAL VALENTINE'S DAY ISSUE!

The PAC Brings Back Beloved Favorites for Spring Season

BY JOANNA REID

This spring Adelphi's Performing Arts Center (PAC) will bring back beloved favorites, as well as present exciting new shows. Get ready for a season filled with music, dance and plays.

The season began with the Sing Strong A Cappella Festival from Feb. 2-4. This is the eighth year that Adelphi held the Festival. It consisted of classes, competitions and concerts showcasing various styles of music and over 20 a cappella groups. Headliners included the five-time Grammy award-winners The Swingles, The Trills and Kid Beyond.

Also in February, The National R&B Music Society brings 70s bands to the PAC. Blug Magic, Black Ivory and The Legendary Blue-Notes featuring "Sugar Bear" will all perform their hits in celebra-

tion of Black History Month.

Next up, on Feb. 16, Imani Winds returns to the PAC. Winds is a Grammy nominated wind quintet made up of Brandon Patrick

George on flute, Toyin Spellman-Diaz on oboe, Mark Dover on clarinet, Kevin Newton on the French horn and Monica Ellis on bassoon. This time the band will

present music by Latin composers such as Villa-Lobos, Piazzolla and Paquito D'Rivera to name a few.

Then, from Feb. 28-Mar. 3, Adelphi's theatre students will stage a production of "The Moors," a play written by Jen Silverman that resembles the works of the Bronte sisters. The play is a comedy that revolves around two sisters who chase love and status, but they face danger when a governess comes to town.

Adelphi's Best of Broadway is back in March. Talented students will once again sing Broadway hits, ranging from golden age to contemporary musical theatre. But this time, Best of Broadway will have a theme of royalty with songs from musicals like "Cinderella," "Six" and "Camelot." If you're not lucky enough to catch this performance in person, the show will also be live-streamed.

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Adelphi's Symphony Orchestra will be directed by Stefano Miceli and will perform in the Concert Hall on April 19 at 7:30 pm. Photo by Riley Oberting

Keeping the "Art" in Artificial Intelligence

BY SKYLAR DORR

You've probably either learned about or heard of the artists who have made history and whose work has spoken to thousands of people: Picasso, Warhol, Da Vinci, DALL-E, Rembrandt; the list goes on and on.

If DALL-E doesn't sound very familiar, it's not because the history books forgot about him. DALL-E is one of many Artificial Intelligence (AI) platforms that have emerged in recent years. DALL-E specifically is linked to Chat-GPT, another AI platform that is now steadily on the rise. In the aforementioned platform, you input a prompt such as "a vase of roses on a table with a gingham tablecloth in a watercolor art style" and this image generator will give you exactly that. No hard work has to be done, no purchasing of watercolors is required and no canvas is necessary. Just one carefully worded command is all you need to receive exactly what you asked for on a silver platter, or in this case, a gingham tablecloth. Why bother doing it yourself when you can tell a robot to visualize an idea in 10 seconds? Why bother hiring someone else to do it?

With the steady rise of AI art, it is becoming entirely possible that it can eventually end up putting human artists out of work. However, there is

also the possibility that by embracing this new form of technology, it can become a complementary tool to help artists get their ideas in order.

So are these AI image generation platforms a friend or a foe of the art world?

Job Displacement in the Art World

The idea of job displacement specifically being an issue that arises from the introduction of new technology isn't as much of a foreign concept as one would think.

"I'd have to go throughout all design history to talk about innovation after innovation that replaced a particular discipline in the design and creative field," said David Pierce, an assistant professor of Art and Art History and program lead for the graphic design department at Adelphi University.

Pierce said that for example when the desktop computer was introduced, it replaced typographers because individuals were no longer needed to set type.

It is likely that the introduction of AI can be just another version of the introduction of the desktop computer; history essentially repeating itself.

"But to me, this feels a little different," Pierce said, "I could put in a prompt and it would generate an image, and I think that's different than some element of the creative process being replaced."

With AI image generators, absolutely no physical work on the individual's part is required. It can take an idea and visualize it, mimic art style and include or exclude any elements the user wishes all at the price of a sentence or two. While that can sound like an incredible luxury, the element of accessibility and simplicity is what sets it apart from other technological advancements.

"I hope that AI doesn't take away from working artists and designers' field, particularly in the professional illustration field or the professional design field, which can be

threatening," said Kellyann Monaghan, chair and professor in the Art and Art History Department at Adelphi.

Taking "Art Thief" to the Extreme

As AI image generators are really in their early stages of commercial use, it hasn't yet stolen any jobs in a noticeable fashion; however these platforms are stealing something much more significant: artists' work. These images aren't just appearing from thin air as some would like to believe. According to the Center for Art Law, image generators work by taking a prompt and then

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One of these images is a famous piece of history; "Portrait of a Man Riding Horseback" (1740) by George Stubbs. The other is a completely fabricated piece of artwork made using Bing Image Creator. Are you able to tell the difference between a historical work of art and something created by AI? You'll find the correct answer on page 2.



A Word from the Editor

Welcome back, everyone! Although we started in the dreary weather of gray January, we have lots to look forward to this semester. And before we know it, another semester will come to a close. I'm especially intimidated because this is my last semester at Adelphi—and as editor-in-chief. I don't want to get too sentimental yet, but there's so much to think about besides graduation. Whether you're also graduating or you're just starting a new semester, I wish you luck getting through the ups and downs it can bring. Remember to breathe, focus and carve out some time for yourself! Balance is super important when it comes to being a student.

I'd also like to welcome back our amazing staff, Joanna Reid and Hussein Rifath on News, Kennie Dionisio and Kurana Doobay on Features, Joseph D'Andrea on Opinions and Andrew Smith and Lilyen McCarthy on sports. Thank you to Justin Kresse, Malika Burieva, Gabrielle Jaipersaud and Professor Liza Burby for all your incredible assistance as well.

This is our first issue of the semester and we have much to offer! Read up on the Student Film Festival that took place at the end of last semester and what's coming up in the PAC. In Features, pay special attention to our Valentine's spread if you're looking for date or gift ideas—or just want ways to take care of you. Find out how to be successful on and off campus in Opinions, especially as you begin your job search. And check out our season in Sports along with some behind the scenes of the Athletics Department. So much to catch up on!

I hope you enjoy reading issue number six as you all settle back into the new semester. Let's make it a great one! All the best from me to you from start to finish. And Happy Valentine's Day!

Lizz Panchyk '24
Editor-in-Chief



The Delphian

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PAC Spring Season

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And if that wasn't enough, get excited for April 6. Broadway and New York Cabaret performers take the stage alongside the North Shore Symphony Orchestra for "Country Jukebox: Kenny, Dolly & Friends." Enjoy an ode to country music legends like Tammy Wynette, George Jones, Carrie Underwood and more.

Also in April look forward to various entertaining student productions. Theatre students will put on "Lost Time" directed by Shoshanah Tarkow (April 10-14). Spring Dance Adelphi will dance in the style of modern and ballet (April 17-21), and the Adelphi Symphony Orchestra will feature student soloists from the graduating class of 2024 (April 19).

To close out the season, Broadway superstar Betty Buckley ("1776," "Cats," "Mystery of Edwin Drood") will sing a variety of music styles from pop-rock to showtunes. Buckley is to be joined by highly acclaimed music director and pianist, Christian Jacob. Buckley will make her PAC debut telling stories through song.

Blyth Daylong, director of the Performing Arts Center, is looking forward to another great season. "We're excited to be bringing such an eclectic group of performers to continue to entertain our students, faculty, staff, alumni and the local community."

For more information, tickets, and a full list of shows visit: www.adelphi.edu/pac/

AI Could be an Artist's Collaborator

Continued from page 1

scanning huge datasets of various images that are labeled into a set of categories in order to become a new unique piece of art. However, these datasets include pieces of copyrighted work by human artists who have not given the platform permission to take elements away from their work and most don't even have any knowledge that their art is being taken in the first place.

"The biggest concern by artists now is honestly getting their images used and them getting no credit or anything," said Justin Kresse, a senior graphic design major at Adelphi.

While the image that is produced is not identical to the images the AI scans, it is common to find that they have incorporated or even straight-up copied elements of other artists' work. "I've seen a few images where you can actually see the original signature by the former artists," said Monaghan.

Using AI Responsibly

It's not only AI that is taking work from others and passing it off as its own, but the students using these platforms have already begun to follow suit. Monaghan explained that in their department, there have already been a handful of cases where faculty have become concerned that students have been generating their projects with AI. But with AI image generators being on the rise, the department has had to adapt to make sure that the issue of plagiarism is nipped in the bud.

"A way we have discussed to solve that problem is that students have to show the stages of their work and the process," said Monaghan, "They can't just show a final digital art piece."

Adobe Firefly, DALL-E, Bing Image Creator and Midjourney are AI art platforms that are only continuing to grow and adapt. And it seems like they're here to stay with the popularity that has begun to surround them in recent years.

It begs the question: Since AI isn't going anywhere, is there a way to instead embrace these platforms rather than fear them? Stephen Williamsen, a senior studio art major, believes that AI can be used as a tool to help rather than to hurt.

"It's like a lightbox. You can use a lightbox as a tool. You can use it to trace your own work, to apply patterns; it's got good applications," said Williamsen. He also noted that AI can be used to upscale the quality of a reference image, something that would be incredibly helpful in his profession.

AI can produce images quicker than a human—and sometimes better. But it is important to remember that there are qualities that humans have that AI cannot even come close to replicating. To stay relevant in an age where technology is expanding rapidly, Pierce recommended studying the history of design so that you can always understand visuals' underlying history and metaphors that can't easily be put into words.

"The physicality of things I think is going to make a comeback," said Pierce. "AI isn't going to easily make a new painting or a new drawing or an illustration used in a design that had some level of the hand."

He also warned students to not

outright ignore the issue of AI, because it's not going anywhere anytime soon.

A Potential Tool

AI has the potential to be an amazing tool for collaboration. It can help give people ideas for what to do with their next art project and it provides tools that aid in setting a piece of artwork apart from all of the others out there. However, it must be exercised with caution, or else your artwork can no longer be called completely "yours."

"I think it can be good in moderation," said Williamsen, "but I also think you need to recognize that if you're using it past a certain point you are taking away from what is your work."

But even the work that is done without the use of AI runs a risk of being taken and used in someone else's generated image, without an artist's permission or knowledge. There's no escaping it, so students must work just a little bit harder in order to set themselves apart from this system of data and code. AI may be quicker, but its creations are still dependent on a human producing a prompt to get the image generation going.

"What they will always say in the industry is 'we're looking for creatives that have good ideas,'" said Pierce. More than technical ability, more than speed and accuracy, ideas are the currency of the creative. Don't be deterred by this new technology, because we humans have one thing that AI doesn't: a fresh, bright mind.

Answer to sidebar on page 1: The image on the right is generated by AI.

Fall Film Festival Debuts Students' Incredible Work

BY LIZZ PANCHYK

You may have noticed the colorful Barbie posters that were designed by junior Josh Brafman and were hanging all around campus last semester. They were promoting the student fall film festival that took place on Dec. 12, 2023. This festival, which occurs each semester, allows for students to show off their semester-long work and talent and also gives them an opportunity to win an award.

the Olmsted Theater. Professor Joan Stein Schimke and Associate Professor John Drew acted as speakers and hosts for the night. Stein Schimke said, "The festivals provide an opportunity for the students to share their films with a wider audience on a large screen. There's nothing like hearing the audience respond, whether it's through laughter, or surprise or even sadness."

Jade McClinton Dorley '23, who was a communications major during her time at Adelphi, switched from

viewed accepted students and pushed the event through social media.

"It was actually really nice to just sit back and watch the movies," she said. While it was a change, it was one she embraced on a successful night. Plus, she even starred in senior Nina Berntzen's film called "A Scene From Volver."

While there were many films, there were also many winners of various categories. The winners are as follows: Best Cinematography, "The Light-house - Hark!" by Brian Bucalo and Christopher Holt. Best Actor, Peter Sansky-Traficanti. Best Actress, Emily Kelliher. Best Director, Nina Berntzen. Best Editing, "Perception" by Christian Hoereth. Best Documentary, "The Twilight of the Humanities" by Sarah Alexander. Best Comedy, "Spider-Bum" by James Canell. First place, "Overdue" by Landon Ohanian. Second place, "Bilingual" by Malika Burieva. Audience Choice, "Spider-Bum" by James Canell.

First place "Overdue" by junior Ohanian revolved around someone who had forgotten to return library books that were now due, receiving threats from library workers and being stalked until he gave the books back. Ohanian was initially inspired to create this dark comedy when he himself forgot to return an overdue library book. Throughout the film, the audience couldn't stop laughing.

"The idea that I could make

a project with such talented people while having an amazing time and being rewarded for that experience fills me with so much joy," he said.

Ohanian had a great time not only working with his friends but creating something that could be shared and enjoyed by so many people.

"Almost every film I saw I thought could be the best one shown and I'm glad Adelphi has created this avenue for creators to do the work," he said.



Student filmmakers line the stage following the screening of their short films last semester in the Olmsted Theatre. Photo by Lizz Panchyk

Ranging from comedies to documentaries, this festival had it all. Students and staff of the Communications Department, along with family and friends, attended the event held in

having her films on the big screen to helping run the festival. She had the pleasure of helping Jack Furtaido, the technical assistant, run the event and record it. She also inter-



Landon Ohanian '25 starring in his first-place short film "Overdue."

If you haven't already, consider submitting your film to the spring film festival when the time comes so that you too can experience this.

"I really felt an increased energy this year and I hope the excitement continues to feed and inspire our students to create more work," Stein Schimke said. 🐾

"How to Dance in Ohio" Holds Space for Autistic People on Broadway

BY JOANNA REID

Editor's Note: While it's the editorial policy of this newspaper to use person first language, the producers of this play emphasized that they want any press coverage to use identity first language. We've chosen to honor that request in our headline and review.

"How to Dance in Ohio" is a new musical that opened on Broadway in December that is shattering stereotypes about people who identify as neurodivergent. The show is based on the documentary of the same name, which follows autistic adults who attend group counseling. Their counselor, Dr. Amigo suggests a formal dance to help the group further their social skills. We watch as these seven autistic adults balance their excitement and worry, while also trying to navigate a world that is built for neurotypical people. Meanwhile, parents and Dr. Amigo question whether or not it's time for them to take a step back and give their young adults some independence.

It's rare to see authentic representation on Broadway, but surprisingly each autistic character is portrayed by an autistic actor, including understudies. The characters were deep, each having their own interests, desires

and conflicts. Drew is concerned with where he plans to go to college. Tommy sets his sights on getting his driver's license. Remy enjoys cosplay-ing on social media. Mel is coming



After the show, senior Lydia Barrow (also right) and other fans met the actors and expressed what the show meant to them. Photo by Joanna Reid

to terms with the fact that maybe some people will never understand the way their mind works. Caroline is thrilled to have her very first boy-

friend. Marideth gets anxious in social situations and would much rather have her head in a book. And Jessica hopes to capture Tommy's attention. Each character is incredibly diverse.

You would think it would be difficult to balance a plot that focuses on all of these different characters without becoming too convoluted. However, "How to Dance in Ohio" was perfectly nuanced. Despite the fact that Dr. Amigo's character was there to guide the autistic characters, he was still flawed. This is especially important because not only did his mistakes further the plot and create an interesting storyline, but they also removed the ability for him to have a savior complex. This allowed the autistic characters to be seen as capable and dignified, erasing stereotypes of autistic people that are found in the media far too often.

Lydia Darrow, a senior political science major who attended the play, said, "It was wonderful to see autistic people portrayed in a positive light as opposed to films like 'Rain Man' that depict autistic people as unfeeling."

The show successfully displays positive autistic representation, while still exhibiting some of the hardships of what it's like to be neurodivergent.

"I don't relate to one character in particular, but Drew definitely

stood out to me the most," said Darrow, who is also part of the Bridges to Adelphi program, which offers support to neurodivergent students. "I resonated with his desire to be more



than just the 'if they can do it so can you' poster child, as well as how he understands math more than people, even if I have gotten better at communication throughout my life."

Not only can autistic representation be found in this musical, but several of the characters are transgender and non-binary. This heightens

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Student Poetry Corner

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

I wrote this poem two hours before midnight on New Year's Eve. This year I made one simple resolution: Throw away your inhibitions. As someone who's spent too much time caring about what other people think about me, I've decided that I'm just tired of pleasing people. There are so many things I've wanted to do but never actually got around to completing because I've had too many people tell me I can't. I want to travel the world. I want to write a book. I want to make my craft known to other people.

I'm in my last semester here at Adelphi, almost 22 years old. I might as well get a taste of what the world is like before it hits me in the face, come graduation. Maturing is realizing that there is nothing worse than the regret of a missed opportunity. As we turn the page on a new year, remember that only you are your biggest obstacle. Do the impossible.

longing
By Kennie Dionisio

i've missed the feeling of
the sun on my skin.
the december air left me cold
and blanched with regret.
come january, i want
to touch the sky
without my gloves of skepticism.
i want to feel the breeze on my chest
without my jacket of restriction.
i want to cross city lines,
watching uptown and down-
town blur together.
i want to stand where the
flowers meet the sea
and inhale the horizon
until i turn into foam.
i want to paint myself with
the colors of the stars
and the twilight beam-
ing behind them.
as the seconds pass,
i vanish in the moment
between past and present.
i can only wait to become
whole again.

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Forecasting Five Style Trends of 2024

BY KENNIE DIONISIO

As we enter month two of 2024, the world of personal style is a blank canvas waiting for a fresh wave of trends. With an eclectic mix of influences from social media to pop culture to looks you can find parading down a New York City street, here are five potential trends that we predict will make an appearance this year.

Some Like it Cropped

Crop it like it's hot this year. Although the cold weather may seem long, your outerwear doesn't have to be, especially for the men.

While scrolling through Instagram Reels, you can find fashion influencer and pop artist Ivan Fergon slicing away at his collection of shirts. Though cutting up a perfectly good shirt might seem counterintuitive, Fergon does so with the utmost style and swagger. His message is simple: "Genderless fashion is hot."

And if you recall the 2023 Grammys, you'll remember Harry Styles donning a cropped blazer with a sequin tank top. A symbol of male androgyny, Styles' fashion choices have a heavy influence on the fashion climate. Sequins, colorful cardigans and extremely high-waisted pants are just a few of the trends he's popularized.

Sophomore communications major Isaak Brickner avidly collects vintage clothing and is always on the lookout for what's trending. "I see this being a trend because of how freeing it is," said Brickner. "It allows whoever to express themselves however they want and allows people to finally break out of that binary definition of what they can wear."

So this year, expect to see more cropped T-shirts, button-downs, jackets and more worn



Animal print? Check! Wear your favorite prints this year in any form: jacket, pants, shoes.

by all genders and body types.

The Return of Adidas Superstars?

Does a white shoe with three black stripes sound familiar? The newest trending shoe might not be a Converse or chunky white FILA.

TikTok user @ktrivs dubbed 2024 as "the 2016 of this decade" and what better way to bring some nostalgia this year than reviving the iconic Adidas

Superstars? Initially trending eight years ago on Tumblr, Adidas Superstars were deemed the #1 sneaker of 2016 according to a Quartz article. And if many a TikTok user can agree that this year is bound to match the cheerful, upbeat vibes of 2016, it only makes sense to revive its most popular shoe.

(And if Adidas Superstars start flying off the shelves again, don't forget to save your bomber jacket and skinny jeans.)
Zebras, and Giraffes and Leopards, Oh My!

Sometimes fashion is all about unleashing your wild side, literally. Ever since "Vogue" declared a "leopard print revival" on New Year's Day, fashionistas like "Legally Blonde" actress Selma Blair have been roaring about the feline pattern. Sporting a leopard print blazer while walking her dog, a look like this is trendsetter-ready.

Surely, animal prints are a bold statement. It's likely that some other mammalian friends could be brought back to life. Zebras. Giraffes. Tigers. It's possible that your closet might start to look like a zoo.

Bows Upon Bows

We already saw the rise of pink with Barbie in the summer of 2023. And if you've heard the buzz about "Mean Girls" early this January, on Wednesdays we wear pink. But lately, the color pink has crept its way into a silky ribbon tied up in a bow.

The coquette aesthetic is exploding all over TikTok's For You page. Embodying youth, elegance and



Cropped for men is in! Take inspo from artists Harry Styles and Shawn Mendes or take a trip back to the 80s and figure out how this style can work for you!

hyperfemininity, TikTok has been wrapped up in pastel pink recently. The signature accessory to this trend? Bows. Hair, makeup, dresses and even nails can't escape the power behind the pink ribbon.

Junior psychology major Jenna Steinberg was found wearing a pink-bowed jacket on a night out with her friends. "I just find them cute," said Steinberg. "Noth-

ing says girlhood like a pink bow." This year, bows will serve as a juxtaposition to their masculine counterpart, mustaches, just a decade ago.



Junior Jenna Steinberg with a leather jacket with two pink bows.

Don't Clutch Your Pearls. Layer Them.

We've seen all the recent jewelry trends come to life. Mixed metals, chunky plastics and chokers were the perfect neck accessories. Some who enjoy elevating their look may layer a few chains. But what about layering pearls? The legacy of Vivienne Westwood lives on.

Pearls are a versatile accessory associated with sophistication and elegance. By layering various lengths, sizes and types of pearls, there are many dynamic and personalized looks one can create. Whether it's a chic cascade of delicate strands or a bold mix of pearls and other materials, the artful layering of pearls adds a modern twist to this timeless accessory. ✨

Attention All History Majors!

Are you interested in sharing your thoughts about anything history-related with other history students and having a resume booster?

Send your writing piece in and we will compile them in what will become the first issue of the Adelphi History Student Newsletter.

Please send any questions and/or submissions to josephdandrea@mail.adelphi.edu.

DJ's International Buffet's Delicious Comeback

BY KIMMY RAMIREZ

For around five months DJ's International Buffet was closed to the public for unspecified reasons but is now back open and ready for everyone to come inside and have a taste of what they have to offer. DJ's International Buffet is located in Garden City on Stewart Ave.

When entering DJ's International Buffet you're greeted with a small foyer with railings and a path in the center. On the right is a constructed area filled with water where customers are encouraged to make a wish.

Opening up the second set of doors past the foyer leads you to the restaurant and you are greeted with staff who are quick to ask how many are in your party and sit you down. The price of entry differs from what time you plan to eat. The fee of an adult is \$15.99 during lunch, \$22.99 for brunch, \$26.99 for dinner on weekdays, and \$33.99 for dinner on weekends. Children from 2-10 years old are priced differently multiplying their age with \$1.25-

\$2.25 to get the final price. Drinks are \$2.49 each but refills are free. Additionally, if it's your birthday you can get 50% off with an ID.

The service is attentive as they frequently check up on your table to ask about refills and to clear your plate. The buffet is well lit and there are a few windows for natural light. It's also very clean and the messes are swiftly cleaned.

The buffet offers a vast variety of food options and all are prepared fresh. Crab legs are in high demand; before the waiter places the tray down, customers form a line to get their hands on a few legs. The waiter serves them and counts exactly two legs, though some lucky few get three. There are tons of other seafood options. DJ's International Buffet offers shrimp, oysters, sea snails, clams, salmon, sushi and crawfish.

If you're not feeling the sea critter options, they have plenty of meat options like pepper steak, pork, dumplings, chicken, duck, frog legs and ribs. Vegetables are also up for grabs to pair with those

juicy cuts of meat. They're all fresh and crunchy. The green beans are particularly delicious, perfectly sautéed and still have that snap.

Another food section houses options for children. This area contains options that are mostly fried and are probably a picky eater's dream, such as pizza, mozzarella sticks, popcorn shrimp, chicken tenders and French fries.

The dessert and fruit section supplies very thin slices of chocolate or vanilla cake, cookies, ice cream, strawberries, watermelon, honeydew, cantaloupe, pudding, Jello, oranges and even more items.

There's ample parking but the lot is shared with other establishments. Watch the signs that indicate the spots that belong to which establishments.

If you are looking for an all-you-can-eat buffet with excellent service, great food options, ambiance and price then DJ's International Buffet might be the place for you. It's at 1100 Stewart Ave., in Garden City. 🍷

The "One Piece" Live Action is Definitely Worth the Watch

BY JULIETTE VALDEZ

Since 1999, the "One Piece" anime has been winning the hearts of fans worldwide with its perfect balance of light-hearted absurdity, controversial topics, lovable characters and an adventurous plotline. Finally, in August 2023 a live-action version was released on Netflix. With only eight episodes and an unfamiliar cast, many of you may be wondering is it really worth watching?

Starring Ickai Godoy as Monkey D. Luffy, Mackenyu as Roronoa Zoro, Emily Rudd as Nami, Jacob Romero Gibson as Usopp and Taz Skylar as Sanji, the live-action attracted immediate attention. Despite these adaptations having a bad rap, high expectations were raised because the original creator of One Piece, Eiichiro Oda, picked the cast himself. In addition, Marc Jobst, director of hits like "The Witcher" and "Daredevil," was also at the head of the operation.

Fans of "One Piece" will recognize the first season as the plotline of the "East Blue Saga," which is a narrative spread across 95 chapters of the manga and 44 episodes of the anime. While it seems daunting to experience so much content in only eight, one-hour episodes, the quickened pace was refreshing in contrast to the anime where five minutes could span several episodes. The series cut out a lot of unnecessary fillers and reconstructed the narrative to flow smoothly between arcs.

"One Piece" is also known for its

goofy character designs and many were worried that it would be too unrealistic or cringy. On the contrary, the portrayal of the live-action characters managed to create a satisfying balance between realistic and their goofy charms. Black Leg Sanji and villain Buggy the Clown were impressive examples of this. Sanji, played by Taz Skylar, who is known to be a charming yet perverted young chef, retained his princely personality without the overdramatics and comedic nosebleeds. As for Buggy, played by Jeff Ward, who is a clown-themed pirate known for his role as a comedic foil, maintained his humor in unfortunate situations, but became a more intimidating character with less cringy theatrics.

In fact, all of the live-action actors on the Strawhat crew were incredible representations of the anime characters. The beauty of an adaptation is that they don't have to be exactly the same in the retelling. Creative liberty was taken in their characters, and it was definitely for the better.

Rudd captured Nami's initial hatred of piracy and cold-hearted exterior before she joined the crew and opened up. Gibson embodied Usopp's cowardly bravery as he tends to avoid dangerous situations, but he always comes through when it counts. They were very true to their characters. On the other hand, while Mackenyu portrayed Zoro's loyalty and strength, his demeanor was much more serious than the East Blue Saga in the animated version. And Godoy embodied Luffy's heart and childish innocence.

However, as he was commonly known for seeking adventure and making friends, the live action depicted him as someone trying to build a better image for pirates. He claims many times throughout the series that he is a "good pirate," although manga and anime Luffy couldn't care less about being seen as good as long as he has his friends and an unlimited meat supply. I think that this change in mindset only adds to his childish charms and naivety that many have come to love.

It was also remarkable to see the special effects used in the series. Luffy's Gum Gum devil fruit power, which allows his body to stretch like rubber, and Buggy's Chop Chop power, which allows his body parts to detach and reattach without consequence, were employed wonderfully with the advanced capabilities of modern technology. The sea beast in Luffy's backstory is not a real creature, yet you could almost imagine it is by the immense amount of detail placed in the CGI creation. In addition, Along, a shark man played by McKinley Belcher III, and his other fishmen companions truly embody the realistic versions of their animated counterparts.

Overall, the series was brilliantly done from the casting of the characters to the CGI to the ability to condense so much content into a freely flowing story. Fans of the "One Piece" manga and anime, as well as those new to the franchise, should definitely get the chance to experience this incredible adaptation. 🍷

"How to Dance in Ohio" on Broadway

Continued from page 3

the individualism of the characters, making them more realistic and showing that all kinds of people are autistic. Intersectional representation is always needed on Broadway.

Psychology major Chris Franklin, a junior who identifies as neurodivergent and gay, said they felt seen as well. "It was nice for the [LGBTQ+] characters to be played by actual autistic/queer actors because a lot of times it felt more genuine and was a better form of representation."

The show's accessibility team worked hard to create an inclusive environment inside the Belasco Theatre. Headphones were offered, which could be plugged directly into the show's audio, canceling out noise from other audience members that one may find overstimulating. Two sensory spaces were also created that could be accessed at any time, along with a map inside Playbills that located these areas. Additionally, at the top of the show actors told the audience what they could expect so there were no surprises.



The show's sensory room offers a quiet space where audience members can take a break from the show if needed. There is a monitor so that one doesn't miss any of the show if they have to step out. Photo by Joanna Reid

"I went to the sensory room for a few minutes during the intermission," Darrow said. "It wasn't as expansive as the Bridges sensory room [at Adelphi], but still pretty cool. It's a great place to decompress if the show or atmosphere is too overwhelming."

Darrow continued: "As a person with autism, I really loved the show, especially because the main characters were all played by autistic actors. My favorite part of the show was when the characters responded to the article and asserted to Mr. Amigo that their input was necessary."

"How to Dance in Ohio" is expected to close Feb. 11, but this is a show you don't want to miss. 🍷

It's Not Just for Couples Anymore: How to Enjoy Valentine's Day Being Single

BY KURANA DOOBAY

Although February 14 can feel like an occasion just meant for couples, there are plenty of reasons why you should celebrate all by yourself. Single shouldn't mean miserable. You are holding yourself back by isolating yourself and commiserating about being single on Valentine's Day. Take the holiday of love as a day to show yourself some of that love you pour into everyone and everything else. All you need is whatever makes you feel happy, loved, excited and confident. The place where that should come from is inside yourself!

Buy yourself a gift! Maybe not a car or a diamond ring, but perhaps you've been eyeing a new pair of cute shoes and have kept making excuses for why you shouldn't get them. Make Valentine's Day the day. Everyone else is going on dates with their partners, but who needs a partner when you have a new pair of cute shoes? Besides, you're the best person to receive a gift from, because you know exactly what you like best.

If you have single friends, plan a date night with them. You can go out or stay in, do something lavish

or something simple, make it a big party or something casual. Being in the company of people who are going

a partner is not all that matters. Also, celebrating with your friends extends beyond Valentine's Day. Sometimes,



Whether or not you have a partner, love always deserves to be celebrated on Valentine's Day!

through the same thing as you will help you to realize that you aren't truly alone. You can even make it a tradition among yourselves. People love you and people love your company—having

close friendships can be so much more intimate than a romantic relationship.

Perhaps you want to spend the day by yourself. Make some fun plans. It does not have to be something

extravagant or expensive. Something as simple as getting a haircut, going thrift shopping, redecorating your room or even seeing a movie on your own can be fun and fulfilling. Having plans will take your mind off of being single and help you shift your focus to something exciting you've planned for yourself. It gives you something to look forward to, rather than dread.

Remember those Valentine's you passed out to your friends in elementary school? Most drugstores have some really cute designs and you can get some of your favorite candy to go along with them. Don't forget to get a bag just for you, too. Make some of those this year and hand them out around campus. There are so many other people who feel just like you; you might just make someone's day. Seeing everyone smile and say "thank you" will remind you that Valentine's Day is not always about showing love to your significant other, but spreading love all around you!

At the end of the day, you aren't missing out on anything if you are single on Valentine's Day. If anything, someone is missing out on you! Stop being your worst enemy and start being your best friend. 💜

Ballin' *with your boo* on a Budget: Five Ways to Celebrate at Home Without Breaking the Bank

BY KURANA DOOBAY

As college students, perhaps going out to a five-star restaurant, buying a piece of jewelry that costs an arm and a leg, or taking an extravagant trip with your partner is not the most realistic. And since it's winter in NYC, you can't hit the beach, take a trip to an amusement park or go on a picnic. But still, your options aren't completely limited. Here are five budget-friendly ways to celebrate Valentine's Day with your partner that are inexpensive, but not cheap.

1. Cook a meal together.

First, find a recipe you both like. You can look for some easy ideas on Google, scroll through recipes on Pinterest or recreate a family recipe you both enjoy. It can be something as simple as a box of mac and cheese or it can be as fancy as a steak with garlic mashed potatoes.

Then, take a trip to the grocery store to gather all the ingredients you need; or you might even have the ingredients sitting in your refrigerator at home. Get out the pots and pans, the measuring cups and all the spoons you need. And you're ready to get to work! Cooking a meal together can enrich your relationship as it's an activity where you're working together for the best end product possible. And it beats waiting for at least half an

hour for your meal at a restaurant.

When you're all done cooking, set the table and light some candles to *set the ambience* and enjoy the meal you've made together. Even if it isn't the most delicious meal you've ever had, it's guaranteed to be an amazing experience, because you did it together!

2. Have a paint night.

Maybe you aren't Picasso or Da Vinci, but a paint night is a great stay-at-home date as it does not require many materials and is not the most strenuous.

First, take a quick trip to an arts and crafts store near you and gather up all the materials you need: some canvases, some paintbrushes and of course, some paint. Many arts and crafts stores also have wide assortments of paint-by-number kits that might be a bit of an easier option. When you get home, set yourselves up with a few cups of water and lots of napkins/paper towels so that you don't get paint everywhere. Maybe you want to paint the same thing or you can paint something as a surprise for your partner.

Then, give each other your paintings! Now, even if you aren't the most artistically talented, your partner is sure to appreciate the effort you put into their painting and they are sure to cherish it.

3. Arrange a photoshoot.

On Instagram, Twitter and

Snapchat, you are sure to see photos of other couples. Just like you, everyone loves showing their partner off. But you and your partner are obviously the most beautiful, so take photos of and with each other that you can post to show each other off on Valentine's Day. Or... you might want to take some photos to keep all for yourselves *wink, wink*. It's all up to you!

Set up a corner of one of your rooms as a backdrop with some flowers, balloons, confetti, LED lights or whatever else your heart desires. Nowadays, with your smartphone camera quality, an at-home photoshoot can totally look just as good as a professional.

4. Show each other your favorite movie.

With all of the available streaming services, your favorite childhood movie, the movie you can watch a million times and never get sick of, or even your favorite YouTube video can be available on your TV at home. Showing someone your favorite movie is actually quite intimate as you are showing them an important part of your personality. If you aren't in the mood for a movie, you can even start a show with your partner!

Afterwards, it'll be "our show" for the two of you and then you have something to look forward to doing together until the show is finished! You can light some candles all around, get a pizza delivered or

gather all of your favorite snacks, and get yourselves all comfy on the couch or in bed. Even if you don't finish the movies all in one sitting *wink, wink* you have all night to try again!

5. Create a spa night.

A spa night is a perfect way to spoil your partner in the most peaceful way. At this point of the semester, we all need some spoiling. Before though, make sure you've visited Target and picked up some face and eye masks, yummy smelling body butters and lotions, and maybe even some nice robes for the two of you.

Make sure the room is cleared of clutter and light some candles—specifically lavender, jasmine or sandalwood scented for the aromatherapy aspect. Put some music on in the background to set the mood. Paint the face masks on each other and massage each other with the lotions. Close your eyes and relax together... or get busy *wink, wink*.

These low-cost dates don't have to be limited to Valentine's Day. You can make them a monthly or even weekly tradition. At the end of the day, the best thing about any date is being with the person you love. No matter what you do on Feb. 14, the greatest gift you have is your partner, and the greatest date is all the time you get to spend with them. 💜

2024 Valentine's Gift Guide

BY LIZZ PANCHYK

Valentine's day is near and it's time to pick out some gifts! Whether you're celebrating with an SO, a Galentine or on your own, be a sweetheart and check out this list to get some ideas for this gift giving season.



I Keep a Picture in My Wallet

What's cuter than having a picture of your SO on you at all times? At Etsy, you can personally customize this aluminum card the way you want—any picture that you choose and you can add engravings. It's currently listed at \$15, but you can find other sellers as well.



Got a Galentine?

Charms are a cute addition. Whether it's on a necklace, a bracelet or keep it in your pocket. Know that you're one half of someone else's heart. The set is \$10 at PuraVida, where many other charms can be found as well.



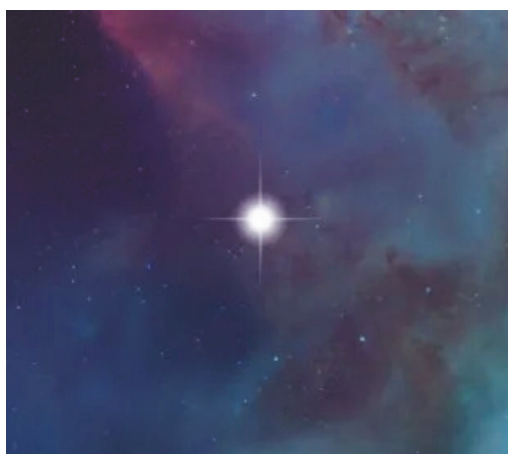
Walk in the Right Direction

I'm biased as all I wear are Converse, but they may make someone else very happy. Look at the cute, but subtle design. How can anyone resist? They can be found on converse.com for \$75 in the Valentine's collection.



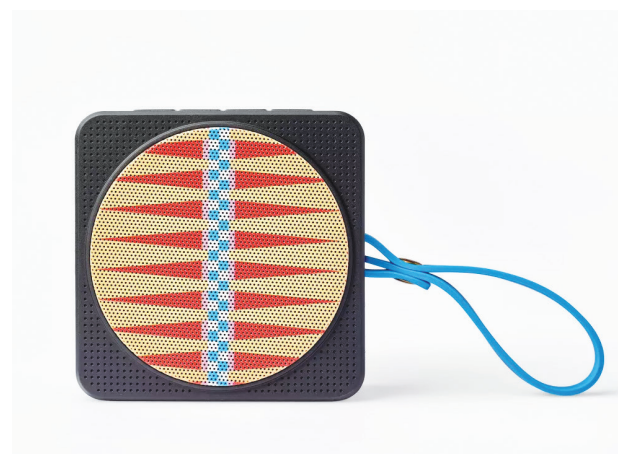
Chocolate is a Must

How can anyone go wrong with chocolate? Get a box for someone you love or get one for yourself. And if you're feeling sweet, you can share. Lindt has boxes available for \$18.



You're a Star

Want to name a star after yourself or someone else? Well, you can! Based on the area of residence, you will be able to name your visible star for \$65 at starregistration.net. Not a lot of people can say they have stars named after them. So shine bright!



Let Me Hear You

Bluetooth speakers are great, but even better on the go. Get this pocket-sized speaker for the music lovers at Target for \$20.



It's Barbie and It's Ken

Still on the Barbie hype? Get these matching pins to gift to each other for \$14 each. Little-shopofpins.com has many more options to explore to decorate your clothes, walls and backpacks!

Feeling More Like DIY?

Sometimes the best gifts are the ones you make yourself. Warm someone's heart by making cute newspaper flowers you can tie into a bouquet, one that never goes bad. And the best part: it's free! Tutorials can be found on YouTube or Pinterest. Check out our website for an image.

Or try the art of bracelet making. Making bracelets is timeless. It's easy, fun and a memorable gift and keepsake for years to come. It's also a great addition to any gift as it adds that fresh "I made this special for you" aspect to it. When in doubt, DIY. Supplies can be found at any craft store!



Favorite Cupid Day Candies



Everyone knows that Valentine's Day and candy go hand-in-hand. Did you know that 58 million pounds of chocolate are bought throughout the week of Valentine's? According to candystore.com, America will be dishing out nearly \$1.7 billion on candy for February 14 this year. Candystore.com also ranks the top candies by state. What's a New Yorker's top candy for the holiday? Heart-shaped boxes of chocolates are the most popular Valentine's Day candy in New York with over 72,000 pounds sold. Conversation hearts are in second place and cinnamon bears in third. Take a look at the map to see what's popular in your home state. You can also see their interactive map at candystore.com.

Despite Dead Points and Long Runtime, Drake Pulls Off Yet Another Great Album

BY JAMES GOLDBERG

With the long wait for Drake to release a new album, and with a delay in the release, we finally got it. On Oct. 6, 2023, Toronto superstar rapper Drake released his latest album "For All the Dogs" at midnight. It was originally scheduled for release on Sept. 22. The postponement was due to Drake deciding to complete his album and cancel his remaining "All a Blur" tour dates in order to do so. I had tickets to his tour's closing show in Columbus, Ohio on Oct. 9 and hope that Drake will follow through on his promise to complete all tour dates. Follow-up reviews to this album's songs will include reviews of live performances, too.

For Drake fans, this 23-track album, as predicted, did not disappoint. For others, the range of styles he has incorporated may (or may not) have something for everyone. The songs clearly express Drake's thoughts on women and wealth but also offer looks into his mind about choices and struggles he has endured. The songs

touch on a variety of themes.

"For All The Dogs" did not disappoint me. The hype around the album was high due to the postponement of the original release date, making the excitement well deserved. The album definitely resembles a part of Drake that we saw more commonly on his earlier albums. At a total time of one hour and 25 minutes, the album could've been shorter so one can listen to it without having distractions pop up and get tired of listening to the same artist. His album with my preferred runtime of more around the one hour mark is "Honestly, Nevermind." I did enjoy the album but found it difficult to sit and listen through as there were many "dead parts" to the album where it is just the beat lacking lyrics or a hard, catchy melody.

Aubrey "Drake" Graham starts off the album with "Virginia Beach," opening references to a past Drake partner, and how he was told that he could have treated her better. He (no surprise) does not take that sort of accusation lightly and exclaims "that's crazy" in response. The song continues with argumenta-

tive lyrics between them. I found Drake's voice and the beat on this song to be almost soothing.

A surprise on track #5, "Daylight" is that Drake's son Adonis was featured toward the end of



Drake released another hit album, "For All the Dogs." Photo from Spotify

the song. Mentioned in "TSU" when Drake says, "I got like 4 on the wrist, and an adorable kid." While his child may be adorable at 6 years old, I do not feel that Adonis belonged on the song. He doesn't have the same musical tal-

ent that Drake possesses. While not head over heels with Adonis's feature, this was definitely the right album for him to be featured on if Drake wanted it to happen.

Drake has featured artist Yeat on Track #7. This is the kind of song that was needed on the album. It gets you up and moving: perfect for occasions where you need high energy music. Also featured is 21 Savage teaming up with Drake again since they had their album together almost a year ago. 21 Savage did a great job picking up and carrying the song he was featured on since Drake didn't perform his best on this track. The beat doesn't change between Drake and 21 Savage's parts, though credit goes to 21 Savage's voice here.

Drake, at 36 years old, has grown in popularity to be a stand-out rapper who has built an empire making the best of his talents and smart approach to producing relatable music. With his "For All the Dogs" album, he has captured an audience who can relate to life experiences through his music. 🐾

Should the Final be the End-All of Your GPA?

BY ANDREW SMITH

Throughout the challenging road of a class, students hit several road-blocks along the way. This can be a complex paper, an in-depth midterm or even countless assignments. After completing these, one more component of the course is lingering at the finish line: the final exam or project.

More often than not, this can be worth up to 40% of the course grade and cumulates everything the student has learned, meaning all your hard work over the semester might only be worth a little over half of the entire grade. Did you waste all of your energy on those minuscule assignments and being an active learner and participant in the classroom knowing that this single exam will strongly influence your grade at a much higher percentage?

Instead, college classes should be designed to benefit students who have worked hard the entire semester. For example, a student could have excelled in the course but had a bad day on the final exam and could see their grade drop from an A to a B+. This is not an argument on what is fair or not. Instead, the debate should be focused on the student's work over three months,

not one day or a single project.

Nicole Cecere, a senior communications major, reflected on her initial reactions when she first read a syllabus and saw how much the



College students endure a difficult semester only to have a final exam lingering that is worth a large percentage of their final grade.

Photo by Pexels

final exam or project was worth.

"I felt stressed when I read a syllabus that stated that the final exam was worth a good portion of the final grade," she said. "I am not a good test taker so having so much weight on one test brought me

a lot of stress. I would be worrying about the final exam throughout the whole semester rather than focusing on one assignment at a time."

As a result, this caused Cecere to feel pressure to "get almost perfection" on the other assignments to cover herself for the final exam.

While Cecere disagrees with the final exam or project being worth a large portion of the grade, she would rather be assigned a final project if she had to pick one.

"I would 100% choose a final project over a final exam," she said. "As a communications major, I feel I can showcase myself creatively, which allows me to best display my levels of understanding of the course material."

A final project allows students to showcase all of the knowledge they have learned throughout the course and show that they genuinely paid attention in class and kept up with course readings. While it may still be challenging to know that the final project will be graded heavily, it gives students ample time to put their best effort into it.

However, where should the weight go if the final exam or project did not significantly affect the course grade? Cecere believes that participa-

tion should be given consideration.

"I think active class participation is the most important component in a classroom. This could be biased because of the types of classes I take, however, the way a professor is able to notice if someone is actively listening or taking notes should be key to knowing if they take their course and course material seriously.

"Someone could be an interactive student and pay extreme attention but end up being sick on the day of the final exam," Cecere continued. "These students shouldn't be punished for having an off day or having something that isn't particularly good to be the key component to their grade."

Participation shows that the student is genuinely invested in the course and that they are not just going to class for the sake of it, showing their dedication over three months. However, as Cecere expresses, if students are not feeling well and struggle to take exams, they can see their grades plummet because of one bad day.

Students should be graded on their performance in the big picture and not have to worry about one exam or project hurting their grade in what may have been an otherwise productive semester. 🐾

Why LinkedIn is the Best Way to Sell Yourself to an Employer

BY JOSEPH D'ANDREA

With so much being moved to an online setting in the 21st century, it has allowed for much more convenience, especially regarding communication. However, with this convenience comes the removal of a crucial aspect of growing your network as someone seeking work at the moment or down the line: personal interactions.

Yes, email can save time and effort, but the one-dimensional nature of it strips any chance for a real connection to be made. (I often add an exclamation mark to the end of sentences to seem more human.) But to say that an online conversation is more dull than submitting a paper resume isn't accurate. As someone looking for a job, your efforts shouldn't stop at a simple reach-out to a potential employer. There is much more that you can do to prove your worth and that's what LinkedIn is for.

So, no, everything being digital isn't completely a bad thing—in fact, more good than bad has come from this change—but you need to learn how to take advantage of the platforms available to you.

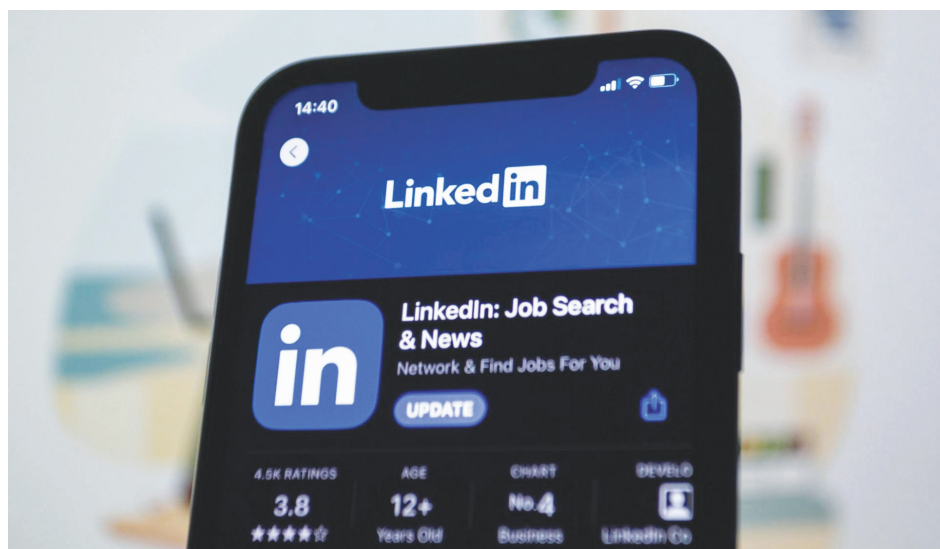
LinkedIn is like the resume-maker of the future. Except, we're already living in that future. And yet, some people still don't have an account of their own.

Unlike a resume that simply shows your education, GPA, work experience and possibly even

volunteer work and other projects (as well as other "skills"), LinkedIn can bring your profile to life.

Data and analytics reporting website Demandsage noted that "LinkedIn has 15 times more content impressions than job postings" in a 2024 statistic

attach samples of work that prove your worth. Whether it's an article you wrote or was written about you, videos, photos, a website, miscellaneous PDFs or PowerPoints—the list goes on. The interactive nature of the platform makes an employer's view-



Apps like LinkedIn can enhance your value as an employee by allowing you to customize how you appear to possible employers. *Photo from Pexels*

report of the company that has attracted over a billion users worldwide. Since LinkedIn offers more varied possibilities to its users, it makes sense that companies seek out the website when looking for future employees.

One type of additional feature users can take advantage of to highlight their talents is the "add media" tab. Not only can you explain your role at a previous job but you can

ing of your profile more engaging and well-rounded. They can get a greater sense of the actual work that you did, while being able to view the actual assets, as opposed to a one-sentence statement on a sheet of paper.

Additionally, LinkedIn provides the opportunity to "connect" with many different people, from coworkers to friends, family, peers and supervisors, but also individuals you may

never have met before. For example, I'm a history major interested in doing research on early twentieth-century American history in the future, which I explicitly mention on my profile. One day I opened the app to see that a coordinator from the National Archives in New York "connected" with me. Not only that, but I noticed that she had also connected with my current coworkers previously, which is most likely how she found me. This grapevine of people on LinkedIn can be extremely helpful in creating relationships with those who may be able to guide you in the right direction and possibly offer you a job.

It's important to acknowledge that there still needs to be a unified standard of some sort, though. Just because LinkedIn is extremely helpful and can make your worth pop off the page, it's understandable that not everyone is able to make an account, whether it's an issue of lack of internet access or tech-savviness. Additionally, an argument can be made that a flashy profile may look more appealing than that of someone who may be more qualified but less active on the app; just because you're good at using the app and marketing yourself doesn't inherently make you a better candidate.

Even so, it doesn't hurt to have a LinkedIn page—it's easy to create, use and update and is a simple way to get your name out there. 🐾

The Benefits of Using Note-Taking Tools to Get Organized

BY TAYE JOHNSON

At the beginning of the semester, it can be overwhelming to see just how much you have to keep track of between assignment due dates, exams and chapter notes.

Have you ever written something down, come back to it later and not understood what you had originally written? That was my life before I discovered the benefits of using digital tools to help keep myself more organized and understand my handwriting. As a college student, I like using digital tools to make my college experience more enjoyable. Don't get me wrong, I love to jot down my notes using pen and paper, but sometimes, it's great to utilize technology to help streamline my assignments and notes.

I have been using quite a few digital tools over the years, and I can honestly say that each one has made my life a lot easier. I used to be one of those people who would write down everything on paper, but then I would lose it or forget where I put it. With applications such as Miro and Notion, you can easily organize your notes by subject or topic so that you never lose

track of them. They are two digital tools that I couldn't live without.

Why do I enjoy Miro and Notion? Well, I'm big on noticing the aesthetics of websites and mobile apps. Miro

to how email providers have a certain bandwidth threshold that, if gone over, requires you to pay for more storage.) I'm also a fan of how both Miro and Notion allow their users to



Using online programs throughout the semester can help with organization, visualizing information and note-taking. Photo from Pexels

and Notion are user-friendly and allow their users to have the option to enable accessibility features. Another main perk for both is that they are free to download depending on how much storage you use. (This is similar

collaborate with others. I think that this is important because it lets people work together on projects without having to be in the same room, especially helpful for group projects.

Miro and Notion have many simi-

lar features but also some differences. The main difference between these two is how their users adopt them. Miro is more of a visual tool that allows its users to create diagrams, charts and other visual representations of data and has a feature called "boards," which are similar to the boards in Trello. You can use these boards to organize your projects into different categories. Miro also has a feature called "stickies," which allows you to add notes or comments to any part of your project.

Notion, on the other hand, is a text-based tool that allows its users to create documents, spreadsheets and other types of files. It also has a feature called "pages," which is similar to the Google Docs pages. You can use these pages to organize your projects by emojis. Notion also has a public link feature, which allows you to share a link to a presentation and is particularly handy during midterms and finals.

I can understand that sometimes it is hard to get back into the rhythm of things once the semester has begun. These tools have helped me stay organized and focused throughout college, and I hope they will do the same for you. 🐾

SPORTS

Behind the Scenes With AU Athletics: The People Who Run Equipment and Business Logistics

BY LILYEN MCCARTHY

Visitors to the Center for Recreation and Sports (CRS) are likely there to watch one of the Adelphi Athletics teams in action. At the pool, Adelphi swim and dive could be hosting a meet. On the court, women's volleyball, women's basketball or men's basketball might be hosting a game. Out on Mota-



Kristen Shine, assistant director for business operations, arranges teams' travel plans, among other tasks.

med Field, field hockey, women's/men's soccer or women's/men's

lacrosse might be hosting a match. There's also the tennis courts, home to our men's and women's tennis.

You've seen our athletes in action during their regular season or many in home field advantage during their respective post-seasons. Coaches lead their teams to the playoffs, and athletes bring home the hardware.

What about the activities no one is watching? There's a lot that goes into Adelphi's Athletic Department that our Panther fans don't realize. In this first in a series of Behind the Scenes is a look at the Assistant Director for Business Operations, Kristen Shine. She arranges the teams' travel plans, oversees the department and team budgets and oversees the equipment room. She also handles financial paperwork including credit card statements and expense reimbursements, serving as the liaison between the Athletic Department and the Finance/Budget Office. Finally, Shine serves as team administrator for men's and women's golf.

Her favorite part of her job is connecting with student athletes each semester.

"I take pride in being able to help provide the best student athlete experience that they have throughout their years here and as a future alumni when they look back," Shine said. "It is fulfilling to watch

each student grow into their own and achieve so many great things throughout their time here."

She connects directly with the athletes on destination tournaments/games where the teams are away for a longer period of time. She attended the women's volleyball preseason



Equipment manager Eugene Marquardt played basketball for Adelphi from 1988-'92.

tournament in Michigan last fall.

"You're really able to get to know the players, who they are, why they chose Adelphi, how they

are doing in their academics and so on, which is special," Shine said. "Our athletes also love to stop in [to Shine's office], which is also a nice time to connect."

Another very important cog in the Athletic Department wheelhouse is Eugene Marquardt, the equipment manager. Marquardt oversees equipment ordering/distribution for all athletic teams, including jerseys, shoes/cleats and practice uniforms. He also oversees the athlete's laundry loops. The equipment room employees collect athletes' laundry loops and wash/dry the clothes on them for next day's activities.

Marquardt is an Adelphi basketball alum himself, having competed from 1988-'92. His wife, Renee '92, actually wrote for the sports section of *The Delphian*.

"My favorite part of the job is interacting with the coaching staff and athletes," Marquardt said. "My biggest thrills are seeing them [student athletes] prepare on a daily basis and attending their games."

Marquardt and Shine are just two important pieces to the Adelphi Athletic Administration puzzle. Without them, our Panthers wouldn't be able to perform as well on the court or field.

Follow along with our future issues to read more Behind the Scenes with Adelphi Athletics. 🐾

Swimming and Diving Are Prepared for a Final Lap

BY ANDREW SMITH

The swimming and diving team has entered the final stretch of the season. The NE10 Championships on Feb. 15-18 in Worcester, Massachusetts, quickly approaches as the team fine-tunes their techniques and approach.

Cooper Rivers, a junior who has been on the team for three years, reflected on how they've grown over the course of this season. "Our team has gotten astronomically better this year than it has been the last few years. I love everyone on the team, and I'm happy to have everyone here."

A significant reason why the team has improved is due to the hard work each individual put into their skills in the offseason. Rivers, a biology major, said, "I just focused on staying in shape and making sure that I was getting a good enough workout in."

Eric Slavin, a first-year finance major, also discussed his offseason focus and how he set himself up for success in his debut season. "In the offseason, I trained my endurance and strength by going to the gym four to five times a week after realizing that was a problem in my swimming I can work on."

The swimming and diving team has had a great season so far and their performances at the Eastern Col-

lege Athletic Conference (ECAC) put them on notice. Over the course of the meet, the Panthers set 10 new records. Rivers set a new record in the 400 IM, and Slavin set records in three competitions (200 Free Relay, 400



Eric Slavin emphasized the chemistry within the team and how it has been at the foundation the entire season. Photo by AU Athletics

Medley Relay and 200 Medley Relay).

"I was able to accomplish this achievement by putting trust in my teammates and their abilities to go the times necessary to break the record. The mindset for that race was to just put everything we had into it and go the best time we could to show that our training has been worth it," Rivers said.

Slavin said they accomplished

this feat by working together not just as a team but as a family. "The chemistry and belief in one another are unmatched, and that helped us achieve the school records and the best time in the conference. There was no gameplan

other than to give it everything you have; we gave the best effort possible and came out victorious," he said.

When a team has this much success at a single event, it can serve as a significant turning point and building block for the stretch run. "I think our turning point was after ECAC, after a meet, we did not taper for; we swam exceptionally while being exhausted

and dead from months of training," Slavin said. "That showed us that if we work even harder, while we're tapered, we're going to do great things for the program." [Note: Tapering refers to the practice of reducing your training as a swimmer approaches a competition.]

"ECAC was a big turning point because it showed everyone on the team how their training is helping them drop in their best events, and they are dropping to times that they originally didn't think would have been possible at this time during the season," Rivers said.

The final test that awaits our Panthers is the mid-February conference championship.

"The most important factor for my teammates and me that we are working on in preparation for the NE 10 championships is the mental factor," Slavin said. "We just have to stay calm, humble and confident. We can't walk in there cocky and arrogant and expect it to go our way. We have to stick with the training and be prepared."

Rivers emphasized the importance of keeping the current work ethic and putting trust in their head coach, Marc Danin, and one another like they have done all season.

Come and support our Panthers as they enter the final stretch of the season. 🐾

Track and Field Eyes Challenges Ahead

BY ANDREW SMITH

The track and field season is underway. The Panthers already began to build a strong foundation for the long season ahead when they competed at the Art Kadish Elm City Challenge on Dec. 8 and the Crimson Gold Invite on Dec. 9. As they prepare for the long journey to the NE10 Championship that awaits, players Matthew Wenz and Andre Francis shared their thoughts about what's to come.

Wenz, a junior communications major, is competing in his third season. He is a multi-competitor, earned a bronze medal in decathlon and finished



Matthew Wenz, a junior multi-competitor, expressed his excitement for what awaits the team at the NE10 Conference Championship.

Photo by AU Athletics

seventh in heptathlon at the 2022 NE10 Indoor Championships. When discussing his preparation, Wenz said: "A major focal point for me this offseason was building speed and working on my start/first half of the race. I split my time on the track and in the weight room this summer. It's been a long six months since our last meet during outdoor season so I'm still waiting to showcase what I've been working on, but that time will come soon enough."

Francis is a junior and is also competing in his third season. The exercise science major competed in the shot put, discus throw and hammer throw at the 2022 NE10 Outdoor Championships and placed fourth in the hammer throw at The College of New Jersey (TCNJ) Invitational in 2022.

"A major focus for me this past offseason was not 'trying' to perform. It sounds funny, but that's just another way of keeping the focus on executing rather than trying to force a personal best every time I throw," Francis said. "This has been vital in improving my performance at meets and being more consistent than I was in prior years. This was not only a major focal point for me, but my teammates as well. We learned how to perform such a high-energy and explosive event with patience and intent."

While the Panthers have only begun to compete, spirits are high as the team is starting to showcase their

hard work in the offseason. Francis said, "Even though we are only two weeks into the indoor season, it has definitely been off to an excellent start. It is a good indicator of how the season is going to go."

"There's been a lot of work put in during the offseason and people are eager to showcase that work," said Wenz.

Throughout a long season, momentum ends up playing a significant factor in team morale as they experience several ups and downs. Wenz reflected on this and explained the importance of focusing on the end goal.

"Keeping a competitive mindset for me comes naturally," he said. "I'm very focused on what's going on right now and I try not to dwell on past meets/results or look too far ahead. Things like that often cause distractions. Taking the season one meet at a time, one event at a time is super important."

Added Francis, "Personally, I am constantly reminding myself that whatever I am going through will make my achievements that much better. I also try to remind myself that at the end of the season I don't want to be able to look back and say I could have done more."

All of the preparation throughout the season comes down to the NE10 Championships on Feb. 16-17. Wenz explained how said these two days are "underlined and circled" on his calendar.

"The goal of our season is always to peak for the NE-10 Conference Championship Meet, so that is the immediate goal. Anything before that is only preparation," said Francis.



Andre Francis, a junior thrower, competed in the shot put, discus throw and hammer throw in the 2022 NE10 Championships.

Photo by AU Athletics

Wenz added, "I'm really excited to see what this group can do, we've become a very well-rounded team over the last year/year and a half and I think that we can make a run that people aren't expecting. We've trusted the process and the program, it's time to show up and do some damage."

Be sure to cheer on our Panthers as they compete throughout the tri-state area over the next few months. 🐾

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THE R&B SOUNDS OF THE 70s featuring BLUE MAGIC, BLACK IVORY and THE LEGENDARY BLUE NOTES

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IMANI WINDS

Friday, February 16 • 7:30 p.m.

HUB NEW MUSIC: "to hear the things we cannot see"

Friday, March 1 • 7:30 p.m.

COUNTRY JUKEBOX: KENNY, DOLLY & FRIENDS

Saturday, April 6 • 8:00 p.m.

GREATER NASSAU CHORUS

Saturday, May 4 • 4:00 p.m.

BETTY BUCKLEY

Saturday, May 11 • 8:00 p.m.

DANCE

SPRING DANCE ADELPHI

Wednesday, April 14 through Sunday, April 21 • Various times

DANCE SHOWCASE

Free Event

Friday, May 10 • 7:00 p.m.

Saturday, May 11 • 2:00 p.m.

MUSIC

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Saturday, April 27 • 8:00 p.m.

ADELPHI FLUTE ENSEMBLE and ADELPHI GUITAR ENSEMBLE

Free Event

Wednesday, May 1 • 6:00 p.m.

ADELPHI CHAMBER ENSEMBLE

Free Event

Thursday, May 2 • 7:30 p.m.

ADELPHI JAZZ ENSEMBLE

Friday, May 3 • 7:30 p.m.

ADELPHI CHORALE

Saturday, May 4 • 4:30 p.m.

(OFF CAMPUS)

Visit Adelphi PAC website for details.

ADELPHI IMPROVISATION ENSEMBLE

Free Event

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ADELPHI CONCERT BAND

Free Event

Tuesday, May 7 • 7:30 p.m.

ADELPHI PERCUSSION ENSEMBLE

Free Event

Wednesday, May 8 • 7:30 p.m.

THEATRE

THE MOORS

by Jen Silverman

Wednesday, February 28, through Sunday, March 3 • Various times

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by Megan Lohne

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BETTY BUCKLEY

THE LEGENDARY BLUE NOTES:
The R&B Sounds of The 70s

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