

As the War in the Middle East Continues Some at AU Say They're Experiencing Hate Speech

BY ARPAN JOSAN, HUSSEIN ALI RIFATH & JOANNA REID

Since the Oct. 7, 2023 Hamas-led attack on Israel, both Muslim and Jewish Adelphi community members have expressed concerns about Islamophobic and antisemitic hate speech. During the Fall Arts Festival's popular Chalk Up event on Oct. 11, 2023 students were reported to have poured water on Palestine flags drawn in chalk on campus sidewalks and added the word "terrorist." Some students and a professor have shared with *The Delphian* that they had hate speech directed at them by other students.

In February, Adelphi's Chabad group hosted an Israel Defense Forces (IDF) soldier to speak on campus and a newly formed Students for Justice in Palestine (SJP) protested



SJP eBoard and members hosted a protest outside the CRS when an IDF soldier spoke there in February. Photo by Ian Escobar

outside the Center for Recreation and Sports (CRS) where the event was held. Members of both student groups shared that they were on the receiving end of hateful comments.

SJP founder Hayaa Beig said, "Students and professors that are visibly Arab or South Asian have been called names such as 'terrorist' on campus. They've been told: 'That's why we bomb people like you' and other horrible statements of hate and prejudice."

The club's faculty advisor Sarah Eltabib, senior lecturer in the College of Arts and Sciences, recalled a similar experience with a student who overheard her in a hallway about coordinating the delivery of aid to Gaza with the Egyptian government. "A student passed by and said: 'Let them die—what're

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Swirbul Library Holds Solar Eclipse Viewing Event

BY JOANNA REID

Hundreds of people all over campus viewed the total (partial from New York) solar eclipse that made its way through much of North America on Monday, April 8. The Swirbul Library held a viewing event in front of the library from 2:30 to 4 pm, offering the special glasses needed to safely view the eclipse as available; however many brought their own.

Both students and staff could be seen staring up at the sky as the sun hid behind the moon, making the moon look smaller and smaller and the sky darker. Staff from the Science Department also brought a telescope for whomever wanted to get a closer look. And even Paws, the school mascot, made an appearance at the event.

People joined their friends on the quad and some classes sat outside together to watch the eclipse. First-year student Benjamin Calabrese explained that since the eclipse took place during his class his professor opted to have class outside instead and viewing the

eclipse substituted as his class for the day. Others were just happy that class was canceled on such a momentous occasion, as the next total solar eclipse that will be viewable from the United States won't take place until 2044. As for those who still had to attend class, some were given a break just to observe the eclipse.

Junior Meg Weissman, a film and acting major, expressed that they were excited to see the eclipse and they were fascinated by it. They were especially excited because it was their first time ever experiencing an eclipse.

"I've never seen it before. I would want to see it again someday in the next few years... I'm going to be 44 [by the time the next eclipse occurs] then."

Psychology major Alanna Holmes, also a junior, said, "The eclipse was a rare astronomical occurrence that was cool to see. It was also nice to see just how many people came out to see it."

Thanks to the eclipse, people all throughout the Adelphi community were brought together. 🐾



Students gathered outside Swirbul Library on April 8 to watch the solar eclipse. Photo by Justin Kresse

7th Annual Women's Leadership Conference Dares Us to Be Extraordinary

BY LIZZ PANCHYK AND JOANNA REID

March 9 marked the 7th annual Women's Leadership Conference at Adelphi University. The theme was "The Era of Embracing Change: Dare to Be Extraordinary." This conference welcomed men and women, students and high schoolers to attend workshops and roundtable discussions, network and be inspired by two remarkable keynote speakers.

The day included many other opportunities, such as professional headshots. It was also the debut of the Career Closet, an opportunity to donate dry-cleaned professional clothes, which are then offered to Adelphi students and faculty to use in professional situations. The Career Closet was taking donations during the conference but accepts donations year-round. (Contact engage@adelphi.edu for the most up-to-date information and drop-off locations.)

The first event of the afternoon was keynote speaker Kendra Bracken-Ferguson, founder and CEO of Brain-trust and author of "The Beauty of Success: Start, Grow and Accelerate Your Brand." She is also one of 100 Black women to ever raise more than \$1 million in investments for a first company.

Throughout the day, there were six different panels, each with a networking session to follow. One of them was "The Power of Women in Philanthropy: Leading for Impact." The discussion was led by

Marian Conway, executive director of the New York Community Bank Foundation; the panelists were Alissa Desmarais, Mari



Kendra Bracken-Ferguson encouraged attendees to have their own brain trust. Photo from Erica Burns Photography

Eva Mendes and Carrie Wen '17. Philanthropy is a strategic long-term approach that all three panelists are currently taking part in. They shared that it can assist in what you believe in, and requires resilience, networking, engaging with the right people and passion. Desmarais said that a big way that philanthropy can be spread is through social media, because it is how we spread awareness to others. "There's a way for you to make a difference," she said.

In "Leading Inclusively: Building Diverse and Equitable Workplaces," Cassandra Alvarez '09 introduced panelists Alex Gilbert, Channing Martin and

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A Word from the Editor

Hey, everyone! Both rain and shine, *The Delphian* always comes out. We are nearly at the final stretch of the semester, which is a scary thought. The spring semester always goes faster than the fall one, in my opinion. While it's been a busy semester, it's been a great semester. One month left, roughly, until some of us (me included) say our final goodbyes. But don't fret! We have one more issue after this one to hold you over.

This time around, we have covered many topics. The annual Women's Leadership Conference was a big success this year and you can read all about it in News. In Features, consider taking the class Healing and the Arts and also learn how to handle your stress. These topics can even be intersected.

Politics have been a revolving topic because of it being election year, so let's hear some opinions about it. Also, check out our spring athlete spotlight in Sports.

In this issue we have also reported on a major ongoing occurrence having to do with hateful speech on campus. As Sentwali Bakari, Adelphi's vice president for Student Affairs and Diversity, Equity, Inclusion & Belonging, said in the article that starts on page one, any form of hate is not tolerated on Adelphi's campus. It is important to be informed of what students have been reporting, as well as university efforts to ensure an open dialogue so we can have more of an awareness of these issues.

As we move toward graduation and our final issue of the year, if you or someone you know is interested in being a part of *The Delphian* for the 2024-2025 school year, please email me at elizabethpanchyk@mail.adelphi.edu! We'd love to have you on our team, whether you want to write, take photos or attend important events. Your interest is always welcome.

Thank you for reading Issue #8. Our next and final issue to close the semester will be extra special. I'll see you in the next one!

Lizz Panchyk '24
Editor-in-Chief



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Women's Leadership Conference Dares Us to Be Extraordinary

Q&A With Jennifer Hyman

Following her keynote, *Delphian* editors sat with Jennifer Hyman, co-founder and CEO of Rent the Runway, for an interview to ask for her advice and experiences aimed at AU students.

Q. What is the most important advice you received when you were in college and getting work experience?

A. "I don't think that I got enough advice in college. But the advice that I would give to a college student is to focus less on the industry that you're going into, and more on what you will functionally be doing every single day. Try to marry what you do every day with interests that you might have outside of work."

Q. Who was a female influence that inspired you to work towards your career?

A. "My grandmother, my mother's mother, was someone who went to college and graduated school way before that was commonplace for women. It was particularly interesting because she came from a very poor family and still found that striving for education extremely important. And she also worked her entire life, while being married and raising a family which was also very uncommon at the time. And I always feel that had my grandmother been born in a different generation that she would have achieved unbelievable things."

Q. What challenges do you think are specific to today's college women and what advice do you have for them to counter that?

A. "One challenge is that we live our lives on our phones and immersed in social media, which has two effects. One is there's a difference between the lives people lead on social media and reality, so there's a confusion on what is reality and what is not reality. The second is that it makes you feel that you may have closeness to people when you don't in real life.

"Social media is not a substitute for

personal human connection. I think that one of the issues with being a college student today is how difficult it is to kind of disconnect yourself from your phone, disconnect yourself from social media, and invest the time you're here in building as many authentic connections and relationships with friends as humanly possible. Because this community of people will be a huge part of your life for many decades to come."

Q. What did you expect the outcome would be when you founded Rent the Runway? What has been an unexpected aspect of its success?

A. "I think that my expectation at the time was I was doing something that I was passionate about, I loved and I thought was fun. And that has continued every day for the last 15 years. Fundamentally I think that's how everyone should choose their career. We spend so much of our lives at work, you fundamentally need to feel joy every day and I feel that you end up being the best at the very things that you are most passionate about. So there's a higher probability of success if you also choose something for your career that you love."

Q. What are you most proud of about having created a business that makes designer fashion more accessible to women?

A. "It's really a privilege that something that I started has showed up at all of these incredible personal moments in the lives of millions of women throughout the country and whenever I see a woman toting around a Rent the Runway garment bag, I just feel so proud that we've created an experience that hopefully has changed even just her day."

Q. What advice would you give to women who want to start their own business?
"Do it."

—Lizz Panchyk and Joanna Reid

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Jovi Stevenson '95. Their emphasis was on fostering workspaces that practice operational equity not just in hiring, "but in a workplace culture conversation and strategy and tying into your business to your revenue," Martin said.

see new perspectives. Sultan described how she initially planned to go into law, but she found a passion in mental health work. Because she did not have a mentor at the time, she had to make a big decision all by herself. "Sometimes you have to be your own guiding light," she said.



Jennifer Hyman describes her passion for Rent the Runway, which she co-founded 15 years ago and heads as CEO. Photo from Erica Burns Photography

Another panel during the second breakout session was entitled "Breaking Barriers: Success Stories of Women of Color." The panel was moderated by Humera Qazi '93 who was joined by Bita Sultan Mir '01, Irene Quarshie '98 and Jennifer Rosado. These women highlighted how they embraced their culture because it was often the thing that set them apart from others. Rosado discussed how difficult it was to straddle two worlds as her mentors often did not look like her, though she added that finding a mentor who differed from her helped her to

Another panel, "Tech Trailblazers: Leading in the AI Age" focused on the changing technology. Panelists Linda Chan MBA, Kevin Goodman '00, MBA '02 and Kees Leune PhD '07, explained the importance of using AI to assist employees and students in beneficial ways. Their message was that although AI can't take away basic artistic humanity, it has skills that the average human doesn't, like efficiency and speed. Chan, who is vice president of Information Technology Amphenol, said that students should be fluent in the

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Some at AU Experiencing Hate Speech Over War in Middle East

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you doing? Don't waste your time. Don't send anything to them, let them die.' I turned around and they walked away. I was on the phone preoccupied with something more important, so I just let it go," she said.

Though both the speaker event and the protest were monitored by administrators and Public Safety, senior Bradley Greissman, who is Jewish, said he experienced antisemitism when he left the IDF soldier event and ran into the SJP protest. Calling the group " Hamas supporters," he said, "As we were leaving, we had to pass the protest. Two of the girls in the protest flipped me off and one guy screamed in my face '---- you'."

The administration said that there have not been direct reports of any of these incidents. However, Sentwali Bakari, Adelphi's vice president for Student Affairs and Diversity, Equity, Inclusion & Belonging, said that any form of hate is not tolerated on Adelphi's campus. "Hate speech — including antisemitic or Islamophobic speech — threats and intimidation are not condoned on Adelphi's campuses.

"We recognize members of our community may be dealing with hurtful and insensitive speech, particularly in the face of polarizing views on global and political situations. My office, Public Safety and other university offices have met with our Muslim and Jewish student groups, and our Provost [Christopher Storm] has encouraged concerned faculty to reach out to him regarding issues they are facing," Bakari said. "We have worked to be responsive when anyone in our community has raised questions or concerns. We will continue to listen to every member of our community and seek to make our campuses a safe and respectful place that fosters civil exchange of differing viewpoints."

An Evolving Situation

Beig, a first-year ethics and public policy major, said that seven Adelphi students and their advisor Eltabib formed SJP earlier this semester because "many students and professors felt that their views surrounding this tragedy weren't being adequately heard."

Alina Hassan, the vice president, explained why the SJP eBoard and members hosted the protest.

"We need Adelphi to take a stand and refuse to be complicit in genocide," said Hassan, a sophomore computer science major. "The accusation that students protesting and members of SJP are ' Hamas' supporters simply for advocating to stop a genocide, and for our Palestinian brothers and sisters to enjoy the right to self-determination and justice, is contrary to our resistance movement. We stand for liberation and freedom globally. Such accusations, which deflect from the core issue, insultingly delegitimize our movement. The notion that advocating for humanity and justice for Black and Brown people necessitates harming privileged individuals is baseless."

When reached, Chabad members declined to be quoted in this newspaper. Their director Rabbi Yankel Lipsker said they didn't want to be identified due to fear for their safety.

"The Chabad group believed it was important to give students an opportunity to hear a first-hand account of the conflict that was not filtered through media platforms.

They wanted to give students the opportunity to ask questions (even challenging ones), learn from the presentation and engage in dialogue," Rabbi Lipsker said. "That was the goal of the event. Students who attended did that. Other students preferred to protest and that was their right—provided they did not prevent those who wished to hear the speaker from doing so. We continue to believe that the ability to have conversations like these is a necessary first step toward peace and coexistence."



In February, Adelphi's Chabad group hosted Sam Fried, an IDF soldier, in the Campbell Lounge. Photo provided by Rabbi Yankel Lipsker

Rabbi Lipsker added, "The bottom line is that the university needs groups that bring unity, harmony and love, not groups that bring discord and hate. Chabad is committed to continuing to be a home for Jewish students and a source of Jewish pride and positive programming for our whole campus community."

Greissman explained why he wanted to hear the soldier speak. "It was really important to hear the perspective from someone who actually served in the IDF. I think that Chabad did the right thing by inviting him to campus."

Lydia Darrow, a senior, said that while she hasn't personally experienced antisemitism since the war began, she knows of people on campus who have.

"However, we can't address antisemitism without recognizing that Islamophobia has increased as well. We must stand in solidarity with each other," Darrow said. "I'm not active in Chabad, so I didn't realize that they had brought an IDF soldier on campus until I saw SJP protesting. As a progressive Jew who supports Israel's right to exist and condemns the Oct. 7 Hamas massacre that killed 1,200 Israelis and took 253 hostage, I also condemn Israel's war crimes against Gaza, which have killed over 30,000 people, including more than 13,000 children, and left the region on the brink of famine."

University Measures

In response to whether or not the university has addressed the war in the Middle East adequately on campus, Bakari said: "The situation in the Middle East is a constantly evolving and highly polarizing issue that is constantly in the headlines. The communications we've shared are focused on ensuring that our community members know about the programming and resources available to them. It is not the university's intention to silence personal views by issuing a stance but rather it is our focus to ensure community members feel knowledgeable about the resources available to them. There are groups and offices on cam-

pus where open discussion is encouraged."

Both Jewish and Muslim students on campus have expressed anger and fear but as of presstime *The Delphian* staff could not find reports of related clubs meeting with one another. In fact, Joseph DeGearo, assistant vice president of Student Affairs and dean of students, said he has reached out to both Chabad and SJP to facilitate a dialogue and to date neither group has taken him up on it.

"One of the things that I've noticed,

encouraged to attend the Truth, Racial Healing & Transformation (TRHT) effort spearheaded by Chotsani Williams West, executive director of Diversity, Equity, Inclusion, and Belonging. The effort promotes inclusive and community-based healing activities and policy designs that seek to change community narratives and broaden the understanding of diverse experiences among people. However, West said that the external events since Oct. 7 shouldn't be conflated with this larger initiative.

"I would say that the healing circles are a way to bridge multiple gaps. I'm sorry that that experience [the Chalk Up event] is something that is still fresh in our minds. I think that the healing circles contribute to a longer, threaded-through conversation around the importance of history and our lived experiences," she said. "The circles are a way to discuss how we have felt about experiences, our encounters and how we've engaged the world."

Michael Hoffner, coordinator of the Mindfulness Center & Interfaith Cen-

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A New Course Suggests "Let's Talk About It"

Citing the conflict in the Middle East as an example of the difficulty in having complex conversations on college campuses across the country, Peggy Cassidy is offering a new Fall 2024 course "Let's talk about it: Interpersonal communication, free speech, and campus conversations." It will focus on how to develop communication skills to have civil discussions.

"The national polarization of civic discourse is so toxic that as a nation we need to learn how to have civil conversations with people, even when we disagree," Cassidy, chair of the Communications Department, said via email. "And then recent world events have highlighted the importance of understanding First Amendment protections (and limits), and the concept of academic freedom and the way universities handle the difficult challenge of allowing and encouraging the freest possible expression of ideas while also managing the inevitable tension that it brings.

"Universities can, and should, be models to American society of how difficult conversations can happen in a civil and productive way," she added.

The class will be a hybrid on Mondays and Wednesdays from 11-11:50 am for all majors and has no prerequisites. Students will develop and present an interactive session in the Adelphi Free Speech Symposium in late October.

—Arpan Josan

which I find challenging, is that sometimes when groups have such strongly held beliefs, they find it very difficult to make room for hearing or trying to understand a position that might be different from theirs. I think these two groups and others with conflicts can be supported by understanding that this kind of challenge has to be understood as a process and not an event. There's no switch or button or magic that will change things quickly," DeGearo said. "I stand ready to sit with any member of those groups, either individually or together. My desire would be to help them find some sort of understanding. But I also value students' ability to explore these kinds of conflicts. There is growth and development that comes out of conflict."

Various departments and organizations on campus have been addressing communications around the situation in the Middle East.

According to International Services, there are currently 19 Adelphi students who are from the region most closely impacted by the war: one from Lebanon, three from Iran, two from Saudi Arabia, five from Turkey and eight from Georgia (which is in Europe, but occasionally included in definitions of the Middle East). When asked by *The Delphian* specifically how the needs of these international students are being addressed, the executive director of International Services, Wendy Badala, said: "International Services is dedicated to supporting the needs of our students. We understand the significant hardships caused by wars and military conflicts, natural disasters, political and/or financial crises that affect the international student community. . . . We also collaborate with campus partners to connect students with appropriate services and resources through referral, collaboration and consultation with institutional partners such as, Academic Advisors, Academic Services, Care Team, Student Counseling Center and the Interfaith Center."

In March, students and faculty were

Healing and the Arts Class Offers Self Healing and Enlightenment

BY LIZZ PANCHYK

Adelphi offers a range of classes and with registration for the next semester occurring, now is the perfect time to add some variety into your schedule. One class that students can take is Healing and the Arts, taught by Professor Danny Costello.

This arts class, while listed as a nursing class, is available to all majors. According to the course summary, “This course examines the role of the arts both as historical chroniclers and social commentators about healing and healing systems. The therapeutic use of music, dance, art and drama to diagnose and heal is also explored. Examples are drawn from folk art and from contemporary art forms.”

This welcoming class allows students to open their minds further for themselves. According to Costello, it helps us better understand our minds and our hearts in a way that is loving. “It’s unique in the sense that it gives people a chance to know that they can control their life and their minds,” Costello said.

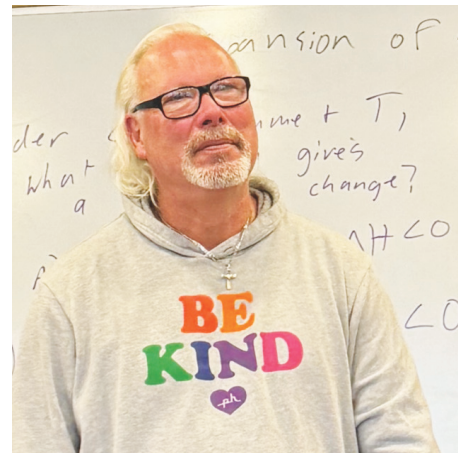
Costello attended Marist College

for his BA in social work and then went to Columbia University to continue that journey in social work. He’s worked at a Veterans Administration hospital as well as started his own private practice as a psychotherapist. Five years ago, he was given the opportunity to take over this class as an adjunct professor. Since then he has been driven to integrate more energetic healing opportunities into Adelphi’s curriculum.

“I have been getting many requests to implement a part two to Healing and the Arts,” he said. “I have presented the idea of a class called ‘The Art of True Wellness’ to the executive staff and the School of Nursing and am awaiting further support and discussion as to its place in the healthcare and SELF-care modernization prompted by the president’s Momentum 2 action plan. This wonderful addition will address the growing popularity of the mindfulness protocol already begun at Adelphi by several forward thinking professors and healthcare providers.”

Junior Madison Castelli, who took the class in spring 2022, said, “We

had a bunch of different guest speakers come in and do different things with us like art therapy, reiki, aura reading and crystal therapy. We also



Take Healing and the Arts with Professor Danny Costello next semester and learn more about your energy and journey of the self.

found our animal totems and went outside to do meditation in nature.”

When asked what students can take away from this class, Costello said,

“themselves, the higher self, the part of them that is always loving and always has joy. And they can choose that, once they get used to the energy of it.”

Healing and the Arts is being offered for two different times next semester, fall 2024: Friday, noon to 2:30 pm and 2:30 pm to 5 pm. This is a great opportunity to take so that you may learn more about your spiritual and self healing.

“My biggest takeaway would probably be just how many different ways there are to heal and how important it is to find inner healing before going to help others find theirs,” Castelli said.

Costello added, “[Students] should take this class because it will help them and everybody else around them by raising their vibration and becoming more self loving. Overall I truly think that Adelphi is a great place for this curriculum because of its focus on diversity tolerance and the gifts of support given by our wonderful staff. The beauty of the campus is also a perfect place to teach the tools that unlock joy in its most evident expression.” 🌸

Supervising Stress During the School Year

BY SKYLAR DORR

With the rush of near-end-of-semester responsibilities and finals on the horizon, it’s common to find that the class workload is increasing substantially as professors begin to prepare their students for what’s to come. Naturally, you may find that as the number of assignments increases, so does your stress level.

When left unchecked stress can be debilitating and make it difficult to manage not only academics, but other aspects of life as well. This is why it’s paramount for students to figure out how to manage their stress in a

way that works best for them.

There are various different triggers for stress, all depending on the type of person you are and how you handle pressure.

“It is important to learn how stress fits into your life,” said Scott Zotto, director of Adelphi’s Student Counseling Center (SCC). “For example, on a scale of zero to 10 where zero is stress-free and 10 is a panic attack, ask yourself what number represents your stress level at any given time.”

Zotto added that taking the time out to figure out how stress is affecting you personally aids immensely in beginning to manage it in a way that works best for you.

Adelphi offers a ton of activities that allow students to participate and take their minds off things that are making them feel pressured and overwhelmed. Emma Pappas, a junior nursing major, actively attends the spin class that Adelphi offers and attributes that to being able to keep her stress levels somewhat stationary.

“It’s a great way to increase your endorphins and decrease stress,” said Pappas. “Not only are you working out but you’re listening to music and sharing a common space with other people.”

This class is just one of many, so if you’re curious and in desperate need of an activity to help get your mind off homework, visit MyAULife for a list of upcoming events being held at Adelphi.

Another way to cope with academic strain is to seek social support whenever possible. Margarita Rodriguez, a junior psychology major, found that one of the best ways she is able to handle her stress is simply to seek comfort with others who are sharing similar experiences. “I think it’s always really important to have

a good support system, and my support system is my friends,” said Rodriguez.

Having other people around who are able to be a source of calm and comfort in a time when anxiety and stress are high is a great way to make sure that classes aren’t having too much of a negative impact. “Some stress motivates us to make changes, to accomplish goals, and to connect with our feelings for other people,” said Zotto. “Stress becomes an



Students are often stressed from the beginning to the end of the semester.

issue when it interferes with our ability to live, laugh, love and learn.”

People who don’t consider themselves social butterflies and have little interest in outside activities may find that the presence of others doesn’t help much when trying to decompress. This is why it is also beneficial to develop stress-coping mechanisms that are not reliant on other people.

“To not be super overwhelmed, I write out lists for myself detailing which tasks I will complete over the week,” said Jenna Giakoumis, a sophomore communications major. “I usually try to give myself a time buffer so I can

postpone a task if life gets in the way.”

Something as simple as making a list of what needs to be done can help immensely in managing stress in a more organized fashion, and is also something that can be completed alone.

Stress is an inevitable part of the human experience, so it can be difficult to tell when normal everyday stress turns into being burnt out and overwhelmed.

According to Zotto, the key word to figure out when it’s all too much is “unmanageable.” “We will ask students if what they’re experiencing is overwhelming and unable to be contained,” he said. “That’s when counseling can truly be helpful.”

Adelphi’s SCC is easily accessible and available to provide support. The free, confidential service is available to students who are enrolled in at least one credit.

“Our team of licensed mental health practitioners work with students living with a range of mental health issues,” said Zotto. From something as simple as testing anxiety to more intensive long-term care work, the SCC is a great place to seek mental health care when nothing else seems to be working.

If the homework is beginning to take its toll, it might be worthwhile to sit and evaluate how the stress is impacting you. Instead of trying to push past your breaking point, develop some healthy coping mechanisms that alleviate some of that profound pressure. You can seek support from friends, from counselors or do it on your own. Regardless of how the stress gets dealt with, it should be managed before it becomes too unbearable. It might just save your mental health and also your GPA. 🌸

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I Don't Want to Study My Field Anymore! What Do I Do After Graduation?

BY LIZZ PANCHYK

College is a place to find the classes you like and give yourself the opportunity to experience new things. Sometimes majors get changed, sometimes they stay the same. What's great about college is that you do have that freedom to change your major or concentration or add on a minor to expand your field of study. You're not just tied down to one thing.

If you're a first-year student, you have plenty of time to figure things out. You may want to start out by taking all your general education classes first and seeing if there's a specific class subject that you're drawn to. The best piece of advice to keep in your back pocket would be: Don't study something just because you know you're good at it. We can be good at many different things in life; that doesn't always mean we enjoy it or that it's how we want to spend the rest of our lives. You may be really good at science, but don't pressure yourself into becoming a chemistry major just because you know you can do it. Find what you enjoy, and that will help be a proper guide to your future career path. Just because you commit to one field of study doesn't mean it can't change.

If you're in the middle of college,

you may be overwhelmed with responsibilities, work and the thought of your future. Perhaps there are multiple things you want to do and you want to keep your options open. You have time to add on a second major or a minor. This gives you that variety you may crave to study more and expand your knowledge. This will end up benefiting you, because your resume will say that you studied a multitude of subjects, making you more marketable and desirable for a future job.

"I would recommend that students think about what transferable skills they have, skills that they can leverage no matter the setting they are in," said Maria Casey, associate director of alumni and graduate student career services for the Center of Career and Professional Development. "This way, a potential employer can see beyond a student's major and picture how the student can contribute to that particular team/industry."

Seniors may have a harder time with this because graduation is right around the corner, and perhaps they only discovered they want to do something else far too late. Do not fret! You didn't learn all those skills for nothing. Many people end up changing their path of career later on in life. Even if you feel lost right now, you can find numerous ways to make up for it. You could even try a

couple of jobs and then go back to school for your master's. There are also online schools that allow you to receive a master's degree through online courses that you may have not gotten a chance to take before. Your early twenties are all about searching for the right things that make you most happy and content. This may involve activities outside of school, side hobbies and even jobs. And sometimes you don't even have to search, sometimes the right things will find you.

You could be a nursing major and end up in business. You could be a business major and end up working in film. There's no limit to what you can do, and if it's something you enjoy doing, you will find a way to make it work for yourself.

"Students can prepare for their careers by seeking the advice of mentors, professors and the team at the Center for Career and Professional Development," Casey said. "Our goal is to provide students with the tools needed to plan the path, talk through the bumps along the way and cheer you on as you go."

Don't be afraid to make an appointment with a career counselor to discuss your concerns or hesitations. That's what they're there for! 🍀

Student Poetry Corner

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

I wrote this poem after seeing the extreme stress and pressure the women around me are constantly under and how when we slip up, wander too far, or show how we are being affected it is seen as weak. Our emotions prove to us that our stress and the weights we carry haven't broken us. They show us just how strong we truly are.

The Weeping Willow

By Madison Castelli
(junior psychology major)

Weeping willow.
That's what she is known as.
It must be a sad existence.
To encompass such beauty,
though still having the pleasure
of being acknowledged as a morose force
watching over all those who stand
under her tears.

As the tree stands in view of all,
she holds up branches of
leaves and flowers,
letting them turn towards the sun.
The warmth is a solace,
as the shade of dirt was too cold,
too moist.
That is until they turn back
towards the ground.
Towards the dirt and roots
who lay waiting.
Towards where she came from,
even though she never truly left.
She can't understand.
Was the weight of the branches too heavy?
Or were the branches just afraid of
how far up they were climbing?
Did they experience that familiar,
bone-chilling fear of going
too far from your roots?
Knowing that what goes up
must come down?
Knowing
that it would hurt much more
to fall from higher up.
It is much simpler to let yourself droop,
to weep.
Allow yourself to go towards the roots,
and everything else buried
alongside them.
The flowers not yet bloomed,
the corpses in their wooden coffins,
the memories and breaths
both had and not.
There is so much beauty
when looking back.
Sometimes you just need to let one weep
to see it.

Hate Speech Over War in Middle East

Continued from page 3

ter, also offered a place for students to be heard during this controversial time.

"I am aware that there have been disrespectful and hurtful remarks made to members of the Adelphi community during this time. It is heartbreaking to know that people have had to experience this," he said. "I believe the best way we can help minimize this is to actively work to cultivate and promote peace and deepen our bonds as a community. We also want to make sure our responses center around healing, support and reconciliation."

Abdin Chande, an associate history

professor and the Muslim chaplain in the Interfaith Center, offered ways students can feel more comfortable speaking up.

"Educators, counselors and interfaith leaders can all assist students to feel safe and to create a safe environment for them to be able to speak about their concerns without fearing any backlash," he said. "This is where the administration has experience and can help as it has offices that deal with such matters as diversity and inclusivity that can be deployed to allow students to address their issues."

Bakari added that any community member who feels unsafe, discriminated

against or threatened should contact Adelphi's offices of Community Concerns and Resolution (OCCR) and/or Public Safety to make a formal report to make administrators aware and that they can take immediate action.

"We will support you through the process. The University's Code of Conduct prohibits all members of the university community from engaging in conduct resulting in or leading to endangerment, threatening behavior, harassment or discrimination. All reported incidents that necessitate a conduct investigation are acted on immediately," Bakari said. 🍀

7th Annual Women's Leadership Conference

Continued from page 2

technology as it can be a big help with job recruitment on websites like LinkedIn.

The panel "Career Revolution: Embracing Your Path" was an inspiration to the many young people in the room. College is all about finding not only what you're good at, but what you enjoy doing, and these panelists, Barbara Boschert '13, MBA '14, Cynthia Pong, JD and Erika Stehl, MSW '94, reassured the audience that not knowing is okay. They said that as long as you find something you're passionate about and take up as many skills as possible, your future will be locked. But the biggest reminder during this panel was that it's not just okay, but normal to switch career paths.

At the "Empowering Leadership: Building Allies and Mentors" panel June Collison '81, Sharon Cunningham '90 and Eu'nice R. McCoy '14 were all asked what

leadership meant to them. Collison said it was about setting an example for others. "It's about taking risks; leadership is not always comfortable," Cunningham said. And to McCoy it was about empathy, trust and authenticity; giving others a reason to follow you. Collison also mentioned the importance of leading with love.

During dinner, the Student Government Association (SGA) and the Women's Giving Circle recognized Adelphi students and other members of the community at an awards ceremony. They are: SGA winners Sloane Somerstein, who won the SGA Faculty and Staff Award, and Amita Radakichenane and Monjot Kaur. Women's Giving Circle Award winners were Victoria Rodriguez, who received the third annual Women's Giving Circle Endowed Scholarship; and Alyssa Rashid, winner of the 11th Annual Women's Giving Circle "Courage to Inspire, Strength to Empower" under-

graduate essay contest; and Jonay Jackson, winner of the 11th Annual Women's Giving Circle "Courage to Inspire, Strength to Empower" graduate essay contest.

Following this was the closing keynote, moderated by Anna Zinko, assistant vice president for student affairs. She interviewed Jennifer Hyman, co-founder and CEO of Rent the Runway, who spoke about her business, the endless cycle of fast fashion and how to find balance in all aspects of life.

Women and men come to this conference to learn and meet amazing people. "It is a space to uplift women in the workplace, amplify their voices and celebrate triumphs," said Jonay Jackson, a graduate student. "Attendees will walk away feeling not only inspired, but deeply empowered." 🍀

Could Trump Be Considered Unfit for Office if Re-elected?

BY JOSEPH D'ANDREA

As the months continue to dwindle down until our country's next Election Day, it becomes harder to accept that the final debate stage will more than likely look the same as it did in 2020. For some, the problems rest in the candidates themselves, based on whatever (reasonable or outlandish) reasons they come up with, and for others, they just want to see some fresh faces. Some view this "part two" as a lack of progress, proof that we may need age cutoffs for politicians, or evidence that the American people should be more involved in the decisions that impact their lives.

The frontrunner in the Republican race is, yes, former president Donald J. Trump, a man currently in the midst of a storm of trials: obstructing an official proceeding, conspiracy to defraud the United States, and inciting or assisting an insurrection, all brought to the table by the House January 6 Committee; New York grand jury prosecution for falsifying business records, of which a trial is scheduled to begin on April 15; a classified documents case where the Justice Department indicted Trump in Miami federal court for a number of counts under the Espionage Act among other accusations relating to false statements, obstruction of justice, and more.

There are also several civil lawsuits that Trump is facing, including a New York civil investigation of fraud within the Trump Organization, for which Trump was found liable in February 2024, ordering him to pay a penalty exceeding \$450 million, and "barr[ing] Mr. Trump for three years from serving in top roles at any New York company, including

portions of his own Trump Organization," as per the New York Times.

These are not even all the counts that Trump is accused of, and their prominence in the media raises many troubling questions, one of the biggest



Former President Donald J. Trump has shown no sign of stepping away from the political scene, despite his growing legal battles. Photo from Flickr

being: Is Trump even fit for office?

Sections 3 and 4 of the 25th Amendment to the U.S. Constitution outlines the procedure for when a president declares himself or is declared "unable to discharge the powers and duties of his office." As is the case with a good deal of the Constitution, interpreting the language is how conclusions are made,

and these views of what exactly is being said can change over time. To most, these specific sections appear to refer to if the president was ill in some way, such as in a coma. However, a case can be made that it goes beyond physical health.

To briefly deal in hypotheticals, even if Trump were innocent of everything major that he's been prosecuted for, and you as a voter would be more right-leaning, would you want to have someone in the Oval Office who would be constantly sidetracked from his duties as president?

As a history student, I'm constantly cross-referencing past events with the

present. The current situation with the former president makes me think of President Gerald Ford's pardoning of his predecessor, Richard Nixon, only about a month after Nixon's resignation in 1974. A president can only pardon an individual for federal crimes, for which Nixon had been under fire as he neared the end of his time in the White House—obstruction of justice, abuse of power. Ford decided to absolve Nixon of his actions following the infamous Watergate scandal, partly justifying it as being for the benefit of the nation.

At this time, Ford's approval rating dropped but there were not many consequences of this decision despite its fairly controversial nature; there weren't massive riots or anything of the sort. However, I think that the long-term effects of this pardon has created a sense of power abuse within D.C., making certain politicians think they can get away with much more than they should.

In today's toxic political culture, it'd be near impossible to imagine our sitting president pardoning Trump if he is to be convicted of anything that would allow President Joe Biden to do so. But that doesn't change the fact that the damage has been done, and though most may now think of the time of Nixon as a bygone era, his attitude within the White House during his presidency reflects the egotism of Trump.

To take a step back is to realize just how much the political scene has worsened. This isn't to say corruption or power-hungry individuals are new to this country, but the fact that the leader in the Republican race is someone who has been disgraced in the eyes of many U.S. citizens is troubling. 🍀

Google's AI Issues: The Challenges and Solutions

BY TAYE JOHNSON

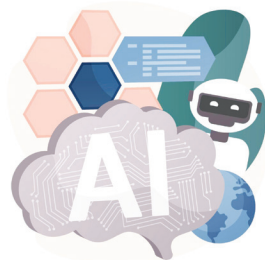
Google is raising concerns about how it is creating AI tools—but it's not for what you may think.

Artificial Intelligence (AI) has revolutionized the world that we live in. Companies such as Google are developing AI products to compete in a growing market. However, like any emerging technology, AI has its own set of challenges and limitations. In recent years, Google has had to grapple with some of these AI issues, which has sparked debates and criticism.

One of the major concerns related to Google's AI tools, such as Chatbot and their image generator, Gemini, is its potential for bias. The information that is used to create AI models is at the forefront of what we see as an output. The source of the data can lead to promoting bias and perpetuating discrimination. Recently, Google faced backlash when its image recognition software misclassified images of Black people as gorillas—a clear example of biased training data. These incidents raised questions about the fairness and inclusivity of Google's AI algorithms.

To address this issue, Google has

implemented several strategies. One of them is diversifying the data used for training AI models. By including more diverse and representative datasets, Google aims to minimize the inherent biases in its AI algorithms. Additionally, the company has established strict ethical guidelines for AI



Google's AI tools have continued to raise concerns, but there is more that can be done to improve the public's perception. Photo from Freepik

development, ensuring that fairness, transparency and accountability are prioritized throughout the process.

Another significant concern with Google's AI is privacy and data security. AI algorithms require large amounts of

information to test their performance. However, this reliance on data raises the question of how entities like Google are using the information. To address these concerns, Google has implemented stringent privacy protocols. The company follows strict data protection laws, such as the General Data Protection Regulation (GDPR), which ensures that individuals have control over their data. Google also implements advanced encryption techniques to secure user data and employs differential privacy methods to anonymize data while preserving its utility for AI research.

Additionally, Google has been proactive in addressing AI's ethical implications. In 2019, the company established an Ethics and Safety Board tasked with providing guidance and governance in the development and deployment of AI systems. This board is composed of experts from various fields, including technology, ethics and social sciences, ensuring a multidisciplinary approach to addressing ethical concerns.

Moreover, Google is actively engaged in promoting AI transparency. The company has been at the forefront

of research and development in explainable AI, which aims to make AI systems more interpretable and understandable to humans. By increasing transparency, Google seeks to build trust with users and stakeholders, addressing concerns related to the black-box nature of AI algorithms.

Despite these proactive measures, Google's AI issues are not devoid of ongoing challenges. The complexity of AI systems and the rapidly evolving nature of the technology make it challenging to stay ahead of potential biases and ethical dilemmas. Google continues to invest in research, development and collaboration with experts to tackle these challenges head-on.

I think Google faces significant challenges in developing and deploying AI technology responsibly. Bias, privacy concerns and ethical implications are some of the key issues that Google has encountered. However, the company has expressed a commitment to addressing these challenges through diversifying training data, implementing privacy protocols, establishing ethics boards and promoting AI transparency. 🍀

Does It Really Matter How Old Our Politicians Are?

BY TROY COFIE

We have all heard complaints of politicians being too old. From President Joe Biden's cognitive and physical abilities being constantly questioned to former President Donald Trump's cognitive health being called into question, to our legislators having "hiccups," as one might put it, when it comes to their cognitive functions. The most recent cases are with Senate Minority Leader Mitch McConnell, 82, freezing up for 30 seconds when asked a question, and late California Senator Dianne Feinstein's cognition being questioned by her colleagues and staffers when she held that position.

It doesn't stop there, with the average age of representatives being 57 years old and senators being 64. This begs the question: Does the age of our politicians actually matter at the end of the day?

It's difficult to say. To have older politicians in the Capitol isn't necessarily a bad thing but it remains a massive concern. The issue isn't just about the cognitive health of our politicians. I think that makes the situation an individual problem and can result in stereotypes about old people being senile. Rather, I think it's how society at large can lead to older people being in power more than middle-aged and younger people.

A clear example of this comes from the U.S. Census Bureau: "older Americans" will tend to vote at higher rates than younger Americans. This was the case during the 2016 election and

the 2020 election, where "those age 65 and older" were overrepresented in the 2020 election, according to the Bureau. Furthermore, older Americans tend to be more financially secure and are wealthier than younger generations. Americans who are 70 or older hold 30% of the U.S. wealth are 65 or older Americans who



Senate Minority Leader Mitch McConnell of Kentucky, 82, will not run for the position again after 17 years as the Republican leader. Photo from Flickr

mostly own homes. Economic security is key for political participation since lower-income Americans suffer from chronic diseases, poverty and premature death, all of which prevents them from extensive political participation compared to higher-income Americans.

Younger people feel that they don't have the support and aren't as informed as they hope when it comes to the political process. This is more evident when it comes to younger people who don't have a college background and/or are a person of color. I emphasize this because I feel we need a better under-

standing of political behavior across age groups, which might lead to older politicians being entrenched in power.

Gerontocracy, the rule of older people, is more of a pressing issue, not the loss of abilities that come with age. Without younger people in politi-

cal office or simply involved in politics, this allows more timely issues that have garnered more attention in recent years, like climate change, to fall off some politicians' desks. Governments and political organizations around the world have structures that favor a "culture of seniority" rather than a culture that engages with all people from age groups, specifically with age limits to get into certain positions and no term limits.

The depth of a country's democracy plays a role in whether a country will elect younger people. In countries with proportional representation, an electoral system where many representatives are elected from one district based on the proportion of votes, citizens tend to elect more young people into office. Tuft University Center for Information and Research on Civic Learning and Engagement reports that there has been an increasing rate of 18- to 25-year-old people running for office in the past 10 years. Overall, the general political system has to be accommodated for younger people to participate in politics and civic culture in general. Term limits, as well as how electoral systems and other reforms, have to be considered to allow young people into office.

If you're an Adelphi student and ever thought of running for office, don't be afraid to—at least if you're eligible. Go for it and make the changes that you think need to happen, even if others may tell you that you don't have the experience to do so. 🍀

How to Evaluate a Work of Art

BY MARIAM DZADZAMIA

It is important to know how to evaluate the artwork while visiting the museum. Works of art, specifically paintings, can be distinguished by several criteria. Basically, these are the genre, medium and era in which the work was created.

When looking at different genres, it is first important to know what the genre serves. For example, Cubism is a revolutionary new approach to representing reality invented around 1907. Also, we should not miss the main representatives of this sequence. For example, the world recognized Pablo Picasso as the father of Cubism, but with him, Paul Cézanne also started to see existing objects in a cubic perspective and offered us a lot of experimental works.

From Claude Monet's unfinished painting "Impression, Sunrise" one of the outstanding trends of all time was born: Impressionism. It can be considered a genre where the shade of feelings is best reflected. Thanks to him, character presentation is very effective. Claude Monet also conducted a similar experiment many times, when he painted exactly the same place several times in a year. At first glance, the illogical palette of colors combined with a momentary impression gives great importance to the moments in which the painting was created. All works of

Impressionism are a kind of color change.

One of the most important components distinguishing a painting is the medium, that is, the material with which

flexibility of its thickness allows us to better define the relief level on the work. We can also mix more pigments with oil. Interesting facts about pigment:



"Waterlines" by Claude Monet in MOMA Photo by Mariam Dzadzamia

the work is made. Currently, the most popular are oil and acrylic paints. Natural dyes have been used since ancient times. The possibilities of this medium are truly endless. It can be used to represent all genres of painting. It's hard-drying ability allows the artist to work longer and in detail on the painting, and the

1. In DACH countries, Germany (D), Austria (A), and Switzerland (CH), paintings with orange color mixed in were more expensive, because the import of this pigment was expensive.

2. One of the brown tones of Eugene Delacroix's painting "Liberty Leads the People" has a pigment

that contains a powdered mummy.

It is impossible to make an informational circle when comparing or observing a painting without knowing in which era it was painted. Along with the change of history and the passage of time, the ideology and style of artists approached their work. The Renaissance is essentially a revival of classical philosophy in the Middle Ages, which permeated all spheres. This period is the rise of the classics.

This is followed by the more refined Baroque period, which was characterized by a high level of focus on intricate detail, high-contrast elements, and an elevation of spatial perspective.

Today we are in the era of modern art where there is a boom in experimentation. It is up to us how we set boundaries or how we do without them. It can be said that it is a corridor of colors and ideas that overwhelms everyone who approaches it.

Despite all this, in order to get a full impression of the work, we should not forget the importance of having information about the artists. In the end, these people, their personal lives, their experiences and their personalities give us the most important information about the work. And the most important thing?

Don't forget that all this will make sense when the love of art and respect for it awakens in you. 🍀

Panther Spotlight: Lignelli Prepared for Final Performance

BY ANDREW SMITH

Angela Lignelli has been a part of the Adelphi softball team since her first year on campus, serving as catcher. As the senior prepares for her final season as a Panther, she and her teammates are coming off a dominant 47-8 record and qualifying for the NCAA Division II Championship last season. Even though the team's bid for a national championship fell short, they have their eyes set on 2024.

"Entering this season, I feel very



Angela Lignelli was an excellent situational hitter as she brought in 14 runs on just 12 hits last season.

Photo by AU Athletics

prepared and excited. Coach [Carla Campagna] does a great job preparing us at practice for every possible scenario we would see in a game," Lignelli said. "We scout a lot and study the other teams we're

playing this year, so I feel like we've put ourselves in a great position to succeed."

The backstop started in 37 games last season and led the team with 302 putouts, with a season-high 18 at UNC Pembroke. No stage was too bright for Lignelli throughout her career. Last season she brought in 14 runs (RBIs) on 12 hits. She tallied two hits, brought in two runs in the East Super Regional against Wilmington in 2022, and even tallied a base hit on the national level against Seton Hill at the NCAA Division II Championship during the same season. In 2021, Lignelli also registered three hits at the NCAA East Region Tournament.

After defeating St. Thomas Aquinas College and Bentley University, the Panthers fell to Wilmington University in a best-of-three series in the East Super Regional to conclude their 2023 campaign.

"I think we learned a lot from last season," Lignelli said. "We had a great year, but falling short in the super-regional fueled us for this season. We worked on a lot of little things and know what to expect for this year."

When looking back on her favorite memory as a Panther, Lignelli discussed the historic season the softball team had in 2022, when they made an appearance in the College World Series—and she was named NE10 Defensive Player of the Year.

"My favorite memory at Adelphi is going to Colorado my sophomore year to play in the World Series," she said. "All of our hard work paid off that year, and we had so much fun with each other and competing on the field."

Lignelli was just as successful on the diamond as she was in the classroom. Lignelli, who is an accounting major, was named to the NE10 Academic Honor Roll List every semester,

including two where she was given Academic Excellence distinction.

As she reflects on the beginnings of her athletic career, Lignelli, who is from Carlstadt, New Jersey, credits her family. "My family has played a huge role in my athletic career. They have invested so much of their time taking me to practices, games and lessons over the last 10-plus years," she said. "My

was a very team-oriented player with a strong, winning mentality," she said.

While the AU softball season is still very young, there are many lessons to be learned. The senior currently has an incredible .375 AVG (batting average), .385 OBP (on-base percentage) and .583 SLG (slugging percentage) across the first 30 games of the season. Lignelli has tallied nine total hits with four of them being



Angela Lignelli started 37 games as catcher and led the team with 302 putouts last season. *Photo by AU Athletics*

dad crosses the GW bridge three to four times a week during the season to make sure he comes to every game, so I'm very blessed to have my parents' support."

The professional athlete who served as her role model is the New York Yankees shortstop Derek Jeter who led the Yankees to five championships and eventually was inducted into the Baseball Hall of Fame. "Growing up, I was a huge Derek Jeter fan. I loved how he handled himself on and off the field and his style of play. He

for extra-bases. In addition, the backstop has brought in four runs and scored three.

Lignelli said, "I am really excited for this season. I am very grateful for the girls I've played with in my last four years. The senior class are some of my closest friends, and we all want to play for each other and the rest of the team, of course, for our final season."

Be sure to come out and support Lignelli and her fellow senior classmates as they look to have another remarkable season. 🐾

Senior Athletes Headline Their Final Season



Senior Joe Pellegrino has been swinging a hot bat as he holds a team high .387 AVG and team high in home runs (5) and RBI (22).

Senior Lindsey Hibbs was named NE10 Pitcher of the Week for the second time this season. Hibbs currently has a 1.50 ERA and 0.90 WHIP across 111 2/3 innings with 128 strikeouts.



Senior Dylan Renner was named NE10 Goalkeeper of the Week for the third time this season. Renner recently set a career-high 21 total saves against Assumption and currently has the highest save percentage (.640) in the division.

Senior Kelly-Ann McGrath has been leading the way for women's lacrosse as she leads the team in both goals (29) as they currently sit with a dominant 9-1 overall record and perfect 5-0 conference record.



All photos from AU Athletics