

2024 Bhisé Global Learning Experience Gave Students New Perspectives in India

BY LIZZ PANCHYK

Eight Adelphi students were given the opportunity to go abroad during winter intersession for the Bhisé Global Learning Experience. Started by Bharat Bhisé, MBA '78, the program, in conjunction with Levermore Global Scholars (LGS), was established to further promote a global mindset at the university by providing students with an all-expenses-paid study tour to India. This was only the second group to participate; the first took the trip in January 2023.

The eight students were Kelvin Abraham, Lila Ariste, Joacim Carhed, Carolina Chaves, Alexander Lee, Khamkay Inthavong, Michelle Sarker and Anna Varveris. The faculty who attended were associate professor Rakesh Gupta, Thomas Kline, vice president of University Advancement and External Relations, and associate professor Chrisann Newransky.

This year, the Bhisé Global Learning Experience was open to both LGS students and non-LGS students. LGS

is an Adelphi program that challenges students to examine and address complex

global issues such as climate change, *Continued on page 6*



Adelphi students and faculty gain new experiences on the 2024 Bhisé Global Learning Experience to India. Photo from Adelphi Instagram

LGBTQIA+ Students Are Uneasy in Wake of Recent News Headlines

BY JOANNA REID & KENNIE DIONISIO

Nex Benedict, 16, a nonbinary student, died on Feb. 8, one day after a physical altercation with three other students in their high school girls' bathroom in Oklahoma. On Feb. 22, Nassau County Executive Bruce Blakeman signed an executive order that prohibits girls' and women's teams with transgender athletes from competing at public facilities throughout the county. As both incidents make national and local headlines, many LGBTQIA+ Adelphi students are feeling frightened and vulnerable.

Robby Fahrenholtz, coordinator of the university's Multicultural Center, said though they have not personally heard about any student reporting feeling unsafe specifically related to these events, "we have had some trans and gender non-conforming students tell staff about incidents like faculty not respecting their name and pronouns or isolated incidents of them being made to feel unsafe by individuals in the past."

In response to the news that made national headlines, Sentwali Bakari, Adelphi's vice president of Diversity, Equity, Inclusion and Belonging (DEIB) and student affairs, said, "Adelphi University is shocked and saddened over the recent violent and senseless death of Nex Benedict, a non-binary teenager from Oklahoma. We recognize this news may cause anxiety and concerns for our LGBTQIA+ students and want to emphasize that Adelphi is committed to taking all the steps necessary to continue to provide a safe and welcoming campus environment."

He said that Adelphi's Public Safety officers are SAFE Zone trained (committed to creating LGBTQIA+-inclusive environments through awareness and allyship) and have annual Title IX training. They also maintain an open-door policy, where members of the Adelphi community can meet with officers to address any safety concerns.

"As one of Campus Pride's 5-star rated and best campuses for inclusivity and support of the LGBTQIA+ population in America, Adelphi will continue to engage with our community members about how we can make *Continued on page 3*

CABCS' "New York's Caribbean State of Mind" Lecture Links Music With History

BY JOSEPH D'ANDREA

Micah Oelze's lecture on Caribbean movers who channeled their activism through music was presented to a full house of students, faculty and administrators in the University Center Ballroom on Wednesday, Feb. 21. When he's not in front of a class of Adelphi students as an assistant professor, Oelze is a professional guitarist, specializing in music originating in Latin America, in line with his specific area of study.

Sponsored by the John Hope Franklin Distinguished Lecture, the Center for African, Black and Caribbean Studies (CABCS) and the Center for Academic Support and Enrichment, the presentation of "New York's Caribbean State of Mind: Music, Migration, Race and the Making of Empire" blended performance with a traditional lecture.

"Dr. John Hope Franklin, a renowned Black historian, educator and social activist believed that history could be utilized to understand ourselves and others and to improve society," said Carolyn Springer, director of African, Black and Caribbean Studies. "Dr. Micah Oelze was selected to give the 2024 John Hope Distinguished Lecture because

of his expertise in Latin American and Caribbean history and his scholarship, which focuses on historical events that shape culture and how music and other arts can spur social and political change."

Oelze explained that in the late 19th century many newly freed Caribbean Blacks were searching for work away from their existing homes that had trauma associated with them. They brought richly honest, experience-influenced music along their journey and once they settled down in New York City. Focusing on this connection between music and history, Oelze engaged with audience members, going beyond simply educating about history and actively bringing the past to life.

"My aim is to keep finding different ways to make students of color—especially those from the Caribbean—feel like they belong on campus, helping them recognize that they are the critical players making Adelphi a strong university with community and mental health," Oelze said. "And, obviously, they are the ones improving our local soundscape."

He continued: "Using the guitar and singing are my favorite ways to teach, so it was a gift to have the chance to bring that to the university. I was thankful to have so many of my student schol-

ars—past and present—in attendance. It meant so much to have their support."

Among other historical anecdotes, Oelze discussed the history of banana workers in Costa Rica, tracing back to



Professor Micah Oelze performed a series of songs rooted in Caribbean history during his lecture in the University Center Ballroom.

Photo by Joseph D'Andrea

the 1920s when the United Fruit Company in the U.S. hired Black Caribbean workers. One figure Oelze mentioned was Jamaican political activist Marcus Garvey and his vision of a unified Black

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A Word from the Editor

Hey, everyone! We've already entered into midterm season as the semester flies ahead before our very eyes. Yet spring is in the air, warmer temperatures are coming and longer days are ahead of us, hopefully willing to keep us moving, especially as spring break is around the corner.

The year is still fresh, yet there are still many challenges the world has already faced and is currently facing. What's important is to be there for one another, to communicate with others and help each other in any way possible. As a campus, we should support each other in both good times and bad, and never be afraid to reach out for help.

There is a lot going on this semester, but we as students are for sure staying busy this semester. There's always lots of events going on to attend (check Joe's article on page 1) when you're not in classes or working or studying (check out Kennie's article on balancing college life on page 7). Never be afraid to try something different if you think you'll enjoy it. Eight students recently came back from the Bhise Experience abroad in India and were able to experience and learn a new culture. You can read about it on page 1! Spring also means a new season of sports, so check in on our Panthers on page 8.

I'd also like to congratulate Malika Burieva on graduating in December 2023! She did a beautiful job with social media last semester and I'm wishing her all the best as she heads into her career. Read her senior reflection on page 5. Thank you, Malika, for your commitment to *The Delphian*.

Thank you all for picking up the paper and please enjoy reading issue #7. I hope you enjoy your spring break. Stay safe and have fun!

Lizz Panchyk '24
Editor-in-Chief 🐾



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Volume 79, Issue 7

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When it Comes to Parking Early Classes—and Luck—Hit the Spot

BY LIZZ PANCHYK

Parking on any campus can be particularly difficult. Luckily, at Adelphi, parking stickers are free and available through Public Safety. At times, though, it is hard to find a convenient spot.

In addition to nine parking lots, Adelphi has two parking garages: one by Nexus and the other by Motamed Field. The school is very centrally located, making it a popular commuter school. Only about 20% of students live on campus. Residents are allowed cars as well, so some parking spots stay occupied, particularly at parking lots four, six and seven (all of which are located near the residential halls). That's a lot of parked cars.

The most central parking area is lot two, which is located near the University Center. This is a particularly convenient place to park because it is

at the first entrance of the university when you turn from Cherry Valley to South Avenue. If you get there early enough, or at a time when classes let out, you can find a parking spot without having to circle around the campus.

Second-year Nikta Keypour, who tries to park close to the UC, said, "It's really a first-come, first-serve situation so it's easier if you have earlier classes; 8-9 am it'll be very easy to find parking everywhere, but good luck after that."

The fall semester was particularly difficult to find parking at this location in the morning. However, once noon hit, the crowded lots began to let up. The very first row when you turn into the lot tends to open up first.

However, the parking lot that is almost always filled to capacity is lot one by Nexus building. According to Joseph Goodrich, assistant director of transpor-

tation and parking, this lot reaches full capacity by 9 am most weekdays. It's small with only about 100 spots and even with the parking garage for more than 200 cars, spots are snatched up fast.

Goodrich said that while there are about 1,400 first-year students for 2023-'24, "we have not observed a significant increase in parking issues as first-year enrollment has also increased."

This is not only because of the variation of class times, but also the additional off campus parking located at the Garden City pool.

Finding a good spot isn't always the end result, as you may find yourself circling around waiting for someone to pull out. Proximity is important, especially for students rushing to get to class on time.

While central parking is desired, it comes down to a matter of luck and time. Parking differs from semester to semester

based on class times. If you know when classes are let out (for example, 11-11:50 am), you may be able to find parking if you leave a gracious amount of time for those commuters to leave (around noon).

When a majority of classes were online, parking was plentiful. Now with the opposite occurrence, commuters need to leave a little extra time for parking matters. For students, the best parking is located close to the building their class is in. We're lucky enough to have a campus where most buildings are within walking distance.

Commuters, it may not feel like enough parking, but don't fret. Once the semester settles in, it will be a bit easier to find a spot. When in doubt, you can always park in one of the garages or find a space near Post Hall. And if the timing is right, that spot will find you. 🐾

"New York's Caribbean State of Mind" Lecture

Continued from page 1

race, along with his efforts to promote economic and educational opportunities for Black people worldwide. The challenges faced by those with the same grievances as Garvey are represented in songs written about their conditions, which Oelze performed, including Jamaican-American singer Harry Belafonte's 1956 "Banana Boat (Day-O)" and Bob Marley's "Redemption Song" from 1980.

Speaking of the United Negro Improvement Association, founded by Garvey in 1914, Oelze said: "A lot of times in United States history, we don't

give enough credit to how big this thing became. You had dozens of chapters and thousands of people involved in their own United Negro Improvement Association, not just in the States. We're talking about 52 branches in Cuba, 47 in Panama, 23 in Costa Rica and [many more] in Jamaica."

After the lecture, Zachary Zeller, senior history major in the STEP Program, said, "As usual, Professor Oelze is a captivating speaker who excellently dove into the compelling history of Latin American musical influence on New York's musical culture. I was happy to attend his lecture and hope there are

more like it coming in the future."

The lecturer's all-encompassing approach made the material appealing even to non-history majors.

"It had a lot of interesting insight into the history of Caribbean culture through music," said sophomore English and education major Justin Schweickert. "The music performances during the show definitely helped to make everything seem more real. It was very informative and I thought the speaker was really funny, too."

Following the lecture, Oelze received several certificates: Certificate

of Special Congressional Recognition, signed by Gregory Meeks, NY Representative to US House of Representatives; New York State Assembly Citation, for commitment to Latin American History, from assembly member Taylor Darling; Nassau County Legislature Citation for community commitment; and Town of Hempstead, Certificate of Recognition, signed by Hempstead Town Supervisor Donald Clavin and local councilmen and councilwomen. 🐾

Adelphi's First-Years Revisit Their First Semester of College

BY HUSSEIN ALI RIFATH

The university's Class of 2027 students have completed their first semester of college. Beginning col-



First-year Damian McGhie, pictured third from left, with the new friends he's made at Adelphi. Photo from Damian McGhie

lege has required them to move beyond their four years of high school and find belonging in a new, unfamiliar place. This past semester, they have been able to do just that.



First-year Asma Mohamed studying at the UC's Multicultural Center. Photo by Hussein Ali Rifath

The Class of 2027 came to Adelphi distinguished by their academic credentials and diversity. During their Matriculation ceremony last August, University President Christine Rior-

dan praised them for their 3.7 average GPA and for being one of the most diverse classes in Adelphi history. The first-year class represents over 40 states and over 70 countries. Each student has a unique story to tell. *The Delphian* shares some with you here.

Last August, first-year criminal justice major Damian McGhie arrived at Adelphi after the hours-long drive from the Washington D.C. suburb he called home. For him, starting college meant starting from scratch: he has had to make new friends, adapt to living on campus after commuting to high school, and balance schoolwork with numerous extracurricular activities such as work, and his commitments to our track and field team.

It was all smooth sailing after he found a group of friends who could help make the journey easier for him. "It [Adelphi] has been a very welcoming community and I've enjoyed my time [here] with my friends," McGhie said. The group can be seen all across campus, all full of smiles,

happy to share each other's company.

For some students, the start of the semester has brought with it renewed academic pressure. First-year Peter Valentine, for example, was surprised by his workload. "It was something of a shock of having had many sleepless nights because I've stayed up and worked on my work: planning for essays, making presentations," he said.

Asma Mohamed, a nursing major, can relate. "I'm trying not to slack off. I did really well the first semester: I got a 4.0 and everything. I don't want to lose that."

Mohamed, like many students at Adelphi, uses competition as a source of motivation and inspiration. "How do I keep myself going? Just pressure, you know? I got a brother who's in Stony Brook, and he's really smart, Masha'Allah. I need to perform so that I don't fall under his shadow again because that happened while we were in high school [...] I don't feel content unless I get good grades, so that's how I keep myself going," she said.

Putting such pressure on oneself can be quite exhausting. "I definitely feel a bit more tired than last [semester], even though I did have a month-long break," said Mohamed.

For the most part, there haven't been any drastic changes to campus. That's been a source of discontentment for some. Alex Gaeta, a first-year acting major, uses a wheelchair. She continues to find it difficult to navigate the campus.

"I used crutches all of last semester and I've come back and I'm in a wheelchair and I've had extreme difficulty navigating the campus," she said. "I, in my wheelchair, keep getting stuck in potholes on my way to Post Hall. I can barely get up the ramps, and I'm having joint dislocations trying to get up them. The school has thus far not been responsive to my concerns at all. It's been very difficult to get anything addressed."

The lack of accessibility makes everyday activities difficult for her. She said she spoke to the Student Access Office about the ramps and the potholes. "They said that that's kind of the Facilities Department and they can't really help me with that beyond moving

my classes out of buildings that have steep ramps," she said. "That doesn't



First-year Alex Gaeta (left) with a friend. Photo by Hussein Ali Rifath

change the fact that I still can't get into Post Hall easily, and I still can't get into the UC easily. I can't even get into my dorm hall easily. It's terrible."

Fortunately, her experience hasn't been all bad. "I've been happy to see my friends again. And I have some really good professors this semester. They've been really accommodating. I really like the Theater Department staff."

The first-year students interviewed have learned from their experiences last semester. They offer some advice for their fellow students.

"I could use some advice myself, but don't slack off—that's the main thing. And also, utilize your professors and go to office hours," said Mohamed.

Valentine said, "Don't ever forget to take your medications. Get to wherever you want to eat at least 30 minutes before your class, because you don't know how busy they are. Finally, get to sleep no later than 10, if possible." 🐾

Recent Headlines Have Impacted AU's LGBTQIA+ Students

Continued from page 1

our campus a place where everyone feels safe and comfortable to learn, teach, work and grow," Bakari said.

Regarding Blakeman's ban, Bakari said the university's sports teams won't be affected. "Our Adelphi athletics teams do not use Nassau County's public facilities for competitions. This ruling does not have a direct impact on the university."

Clubs like Adelphi's Students Beyond the Binary (SBB), which was created in 2022 as a safe space for all members of the trans, nonbinary and gender-nonconforming communities and their allies, are also on alert to support students.

SBB advisor Mena Sposito, said, "Students Beyond the Binary's main concern has been doing everything we can to ensure the safety of our trans and non-binary students here at Adelphi. That includes creating spaces where their voices can be celebrated and also where they feel safe to share their fears about the current political climate and the barriers they face both at Adelphi and in their other communities."

Sposito said the recent news about Benedict came shortly after the students learned that the speaker they had chosen for this year's International Transgender Day of Visibility event, Cecilia

Gentili, had passed away suddenly.

"Cecilia was beloved by the trans community," they said. "She advocated for collective liberation and helped countless people access basic needs and healthcare. Students Beyond the Binary will be honoring Cecilia's life for Trans Day of Visibility with her close friend and former coworker, Victoria Von Blaque who will be sharing about Cecilia's life and her own activism."

"The Life and Legacy of Cecilia Gentili: A Conversation with Victoria Von Blaque About Trans, Sex Worker and Immigrant Rights" will take place on March 26 from 4 to 5:30 pm in the

Multicultural Center on the third floor of the Ruth S. Harley University Center. It is being organized by both SBB and the Gender and Sexuality Alliance (GSA).

Wynn Andersen, a junior in studio art who is president of SBB, said LGBTQIA+ based affinity spaces like SBB are beneficial for Adelphi students in the current national climate.

"The current global climate is extremely hostile towards transgender people; 496 anti-transgender bills have been passed across 41 states," he said. "As of 2024, New York State is responsible for passing two of these bills, both prevent-

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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 based on a statue of the Greek Goddess Artemis I viewed in a museum. She was hidden in the back with a cluster of other statues who were visibly decaying and ancient. There was a certain beauty in it though that caught my attention!

Agroterê

By Madison Castelli, junior psychology major

She is decaying.
You cannot tell what material she was made from,
it is almost dirty-looking now.
She is missing an arm, a foot,
and whatever it was she held so dearly
in her hands
as if it were an extension of herself.
Her eyes are sunken in,
only her nose, chin,
and hair holding onto their details.
I wonder how much she has seen.
All the places she has been to.
How many people handled her with care,
how many didn't?
Who knows how long ago
was she even created?
How long ago did she get here,
and how did that journey treat her?
She is so fascinating.
I see the arch in her back,
I feel the weight she must have carried.
The determination seen in
her clenched jaw
mends the feelings of hopelessness
I have become accustomed to.
She ignites that stir in my chest,
and sets it aflame with the brightest stars
the universe could bear to give up.
I think I'll sit with her for a bit longer.
She is so stunning.



One Professor's Journey to Hear Through the Cochlear Implant

BY SKYLAR DORR

She didn't know sign language; she didn't know how to lip-read. She'd just gone from hearing perfectly to profoundly deaf within the span of a day.

As Carol Lynn Kearney entered her first semester at Nassau Community College (NCC) nearly 40 years ago, she, like many college students, gained newfound independence and perspective. With a loving boyfriend and a supportive family by her side, she majored in executive secretarial science and had dreams of working for an airline and traveling the world.

She had no idea that by her second semester, her life would change completely. At just 18 years old, Kearney was diagnosed with bacterial spinal meningitis, an infection of the fluid and membranes around the brain and spinal cord. She became extremely sick and fell into a coma. On Feb. 11, 1980, whether it was the coma, antibiotics or the illness itself, her hearing was taken completely and without warning. "I had something for 18 years," Kearney said, "and then it was gone overnight."

Rather than let it consume her, Kearney, then O'Neill, adapted to this change. She continued her classes at NCC, even starting a support group specifically for people who were abled and had become disabled later in life, like herself. She got engaged to her boyfriend, Jim Kearney, who remained by her side and supported her throughout the whole ordeal.

Kearney's father initially wondered if anything could be done for her in regard to her hearing loss, and after finding out about a recent medical breakthrough to return hearing to the deaf, he let her know that this was an option for her. Upon receiving this news, she began to write to doctors all over the world about the cochlear implant.

At the time, the cochlear implant was not approved by the FDA. The University of California answered, detailing that they wanted her to fly out for an evaluation. She went there for a week of testing. However, with her recent diagnosis of systemic lupus, combined with her recent engagement and family back home, it just wasn't practical to stay there for the program. Ultimately she declined and returned to NCC.

It was there that her counselor and friend sent her an article detailing that New York University (NYU) was looking for candidates for that same exact surgery. In 1984, she met with the head of the project, Dr. Noel Cohen, along with the rest of his team, and they began working together almost immediately.

She and the team were making history, as she would be one of only two people to receive the multi-channel implant on the East Coast at NYU. The night before the surgery, camera crews and journalists sat outside the facility, ready to interview her and the team. However, her doctor entered the room with grave news: her systemic lupus had flared

up, and subsequently, the surgery was canceled. Kearney and her family were devastated; she desperately wanted to hear again, and to hear her fiancé say the words "I love you. I do" on their wedding day.

They did agree to re-implant her once her lupus was under control, and in March 1984, Kearney became the second person on the East Coast to be implanted



Carol Lynn Kearney is an AU senior adjunct professor of American Sign Language. Photo provided by Carol Kearney

with a multi-channel cochlear implant.

That August, she was finally able to hear her husband's voice at her wedding. But the sound she was hearing with the implant wasn't the same sound she'd heard before her hearing loss. With the implant turned on, she is hard of hearing, and sound is often distorted. Without the implant on, she is profoundly deaf and has a constant ringing in her head caused by tinnitus.

With all that was going on, including the trips back and forth to NYU, a college education was still a top priority for Kearney. "I really focused on that part of me, and not the deaf part, because there was nothing I could do about that," she said.

She was a dean's list student and obtained her associate degree in liberal arts at NCC. She furthered her education at Adelphi University, obtaining a bachelor's degree in Elementary/Special Education and a master's in Deaf Education.

If there was anything that she wanted to do at Adelphi, she had to get an interpreter. During the early years of being a deaf student, there was an instance where she arrived at class, and the interpreter never showed up.

"At that point," she said, "I'm stuck." If there were services available for her then, she would've gone to them, but there wasn't much she could do. Now, Adelphi has a much bigger program and provides more accessibility for the Deaf.

Today, Kearney resides in Lynbrook and is a senior adjunct faculty member at Adelphi. She has been involved in Deaf education at Adelphi as a supervisor of student teachers as well as teaching sign language here for almost 30 years. She also taught at Molloy University for 11 years.

"When I came here [Adelphi] to teach, I was bringing a part of me that I didn't know yet," said Kearney. She admits that being a deaf teacher was not her dream. At the time, there were few career choices available for the deaf.

"I never considered being a deaf teacher," said Kearney. Despite this not being her initial choice, she is enthusiastic about Deaf culture, and an inspiration for many students taking her course.

"She built my love of sign language," said Michael Korotz, a former student as well as the primary ASL tutor at Adelphi. "It started with her."

And he's not the only student who thinks so. Kearney has worked to make a real, genuine connection with her students. "I love teaching adults sign," she said.

Once a semester, she speaks to the students taking Adelphi's Audiological Rehabilitation class about her experience with her deafness and her journey to get the cochlear implant.

"She is a wonderful example of what cochlear implants can do, and their limitations as well," said Janet Schoepflin, who was the head of her department at the Hy Weinberg Center for Communication Disorders and teaches the audiology course.

Kearney's journey from being thrust into a world without sound, to becoming a thriving educator and wonderful wife and mother, was not an easy journey by any means. "I never accepted it [deafness]" she said, "but I adapted to it."

To this day, she still holds out the hope that something is out there still to come in regard to an implant. There is one thing, however, that has remained a constant in her journey. Kearney may have lost her hearing, but she never lost her voice. 🐾

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Senior Reflection: Thank You, Adelphi

BY MALIKA BURIEVA

Editor's Note: The Delphian has an annual tradition of publishing first-person essays by senior staff members so they can talk about what their experiences were like working on the school newspaper, as well as their time as Adelphi students. Here the recent social media editor shares her thoughts.

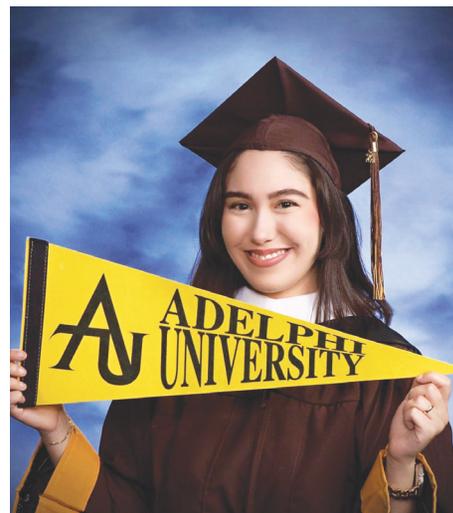
As my last three and a half years come to an end, it's time to say goodbye and say thank you to Adelphi University for making my college experience so impactful. I'm an early December graduate of Adelphi, and I could not be more excited to start my life post-grad. I'm a communications major (journalism and public relations concentration) and graphic design minor.

I began writing for *The Delphian* as a sophomore in my spring semester, and since then I became social media editor. I felt confident in my ability to write after being recruited, and that

year, I wrote a piece about the month of Ramadan coming to an end, welcoming Eid. I was so proud to see my first article published in an official newspaper that I took five copies for my friends and family. My mother was a journalist in her home country of Uzbekistan before immigrating to America with my father. She was as proud as ever knowing I was writing for my college newspaper.

I'm a first-generation college graduate with a Bachelor of Arts, and it feels like a relief to share that. I received my degree in the mail earlier this month, close to my 22nd birthday, and it's been a celebration since then. I come from a family of overachievers, so I always had to be the best of the best to make my family proud. I was on the dean's list; a member of the Levermore Global Scholars Program; vice president of Asian Students Intercultural Alliance; participant of the Bhisé Global Learning Experience India Study Abroad Tour; finalist for the Benjamin A. Gilman International Scholarship Award to Uzbekistan;

member of the National Communication Honor Society: Lambda Pi Eta, Zeta Beta Chapter; social media strategist



Malika Burieva '24 is a first-generation college graduate.

and ambassador for University Communications & Marketing; and had my short film "Bilingual" selected for second

place in the Student Fall Film Festival. I was burnt out by my senior year, but my family could not be more proud of me.

Since graduating, I feel as though all of my hard work has finally paid off. But, there comes getting a job, which is always a struggle for a fresh-out-of-college graduate. It's almost like a ticking time bomb. Thankfully, not long after finishing my classes and receiving my degree, I got a job as a freelance journalist for the Long Island Press and content creator intern with NoGood, a marketing agency. The scary part is over.

However, I can't help but miss my college days. Now, I feel like I'm growing up too fast. But it's part of life, and it needs to happen! I hope to see my peers as I walk the stage this May during commencement. To anyone who has graduated this December, like myself, or graduating this May, I wish you luck. Don't feel rushed or stressed. You're doing great, and I have faith in you. You're so close to the finish line. Good luck, Panthers! 🐾

5 Legendary Places to Visit in New York City

BY MARIAM DZADZAMIA

The main tourist sites of the capital city of the world, New York, are well known. But those main attractions of the city are mostly very crowded. There are other interesting places that are spectacular, accessible and must be discovered. Here are five recommendations from someone who has experienced them all.

1. Lexington Candy Shop. It is one of New York's oldest restaurants, founded in 1925. In 2023 they celebrated the 98th anniversary of serving classic American fare to locals and tourists alike. In the heart of Manhattan's Upper East Side, people choose to wait for hours, so they get to taste classic New York on a budget. This place became the center of attention of such celebrities as Paul McCartney, Bruce Springsteen, Matt Dillon and many more. This is the only restaurant in the world where you can taste the original handmade cola.

2. Greenacre Park. The waterfall, nature, greenery and just the perfect

place to relax is located in the middle of the bustling streets of New York, but it looks nothing like them. This park is a multi-award winning so-called one of the "Secret Spots" of New York that opened



The legendary J.P. Morgan Museum and Library in the middle of Manhattan.

Photo by Mariam Dzadzamia

in 1971. It has comfortable seating and a 25-foot-high waterfall that flows in the background of a space hidden in greenery, which is the business card of this place. Greenacre park, located at 217 E. 51 St., is ideal for having fun with friends or even a unique place to work or study.

3. New York Public Library Rooftop. Although we live in a city of skyscrapers, not all of them are easily accessible. Everyone wants to enjoy a magical and legendary view while walking around the city in the evening. A roof over a library is an ideal solution for several reasons: 1) Entry there is free for all. 2) It is very convenient to get there by public transport to 42nd Street. 3) In addition to enjoying the rooftop view, you can study together in one of the most beautiful libraries in the world to make your visit more productive.

4. The Morgan Library and Museum. As a result of the perfect and functional fusion of different branches of art, the specified product is always special. The legendary J.P. Morgan Museum and

Library is located in the middle of Manhattan at 225 Madison Ave., between 36th and 37th Streets. The interior can leave visitors speechless. The museum includes Morgan's collection of rare books. The interior of his house, including the study and library, is decorated in the Italian Renaissance style, combining American elegance and elements of nature. Students can use discounts to enter the museum.

5. Cafe Delia. In a city of diversity where we can share the cultures and cuisines of many countries, there are some that are underrated. One of these is Georgian cuisine. You will not have tasted such an ideal combination of familiar and frequently consumed ingredients. Cafe Delia is located near Washington Park, where you must try Adjarian Khachapuri, the so-called "cheese boat."

If you are a student who is ready to have an exciting and adventurous experience without breaking the bank, visit these outstanding places that await you. 🐾

Campus Support for LGBTQIA+ Students Addresses Fears

Continued from page 3

ing transgender girls from competing in middle and high school women's sports. SBB exists to advocate for love and support for transgender students at Adelphi. Also, LGBTQ+ Adelphi students deserve to have as many spaces to receive support as possible. The more support we can provide to LGBTQ+ students the better."

Ren Blake, treasurer of GSA and a senior political science major, said, "As a queer person and student I am mourning the loss of Nex and saddened to see that our community continues to deal with this today. As an eBoard member of our GSA I am also more aware of why queer student

organizations, such as GSA, are so important. I hope that this tragedy serves as a reminder to people of why we still have to fight for queer rights. I also think it is essential to recognize how intersectionality was involved and that their Native identity played a role in this tragedy. We need to continue to fight and speak out so that this doesn't happen again. We owe Nex and their family at least that."

Mylo Fisherman (he/him), a graduate student in elementary education and SBB founder, added, "Call your representative and create the change trans people deserve. Stop failing trans kids."

Bakari emphasized that there are a

number of resources for students who may be feeling uneasy or concerned, including: The Office of Community Concerns and Resolutions, the Care Team, the Student Counseling Center, the Interfaith Center and the Office of DEIB.

In addition, Fahrenholtz stressed that "students should know that they are not obligated to keep up with news that they find traumatic. Choosing not to is fine and not a failure on their part as an ally, activist or member of any community. Their mental health is more important than getting up-to-the-minute news."

**Check out
what's new at
thedelphianau.
com. We have
student videos!**

The Seven Best of '74: What to Spin 50 Years Later

BY JOSEPH D'ANDREA

1974 was the year of hit singles like ABBA's "Waterloo," Harry Chapin's "Cat's in the Hat" and Lynyrd Skynyrd's "Sweet Home Alabama." And although 1974 was a dip in classic albums during the decade, that doesn't mean it's completely absent of great releases. Here are seven LPs to revisit as their 50th anniversaries approach throughout the year.

#7 "If You Love Me, Let Me Know" by Olivia Newton-John The fourth album by Olivia Newton-John is as loveable as a comfort album can be. Her soft, passionate voice brings a warmth to every track she sings on. Besides a dud or two, the sincerity of the album stays consistent throughout and even has a cover of the Beach Boys' "God Only Knows" that throws in an electric guitar into the mix. *My favorite track: "If You Love Me (Let Me Know)."*

#6 "Eldorado" by Electric Light Orchestra The first concept album of several more that were to come from ELO, the theatrical sound of "Eldorado" and the songs' orchestral elements that sometimes switch up mid-song make for an album that is always surprising you. In classic ELO fashion, the blending of all kinds of instruments keeps the album interesting from start to end, and the story being told is an added bonus to the already sonically great songs. *My favorite track: "Can't Get It Out of My Head."*

#5 "Sheer Heart Attack" by Queen With the killer opening track "Brighton Rock" starting the album off with a bang, this album is one of two released by Queen in 1974 (the other being Queen II). It's got classic cuts like "Killer Queen" and "Now I'm Here" but also a few head-bopping acoustic-led tracks like the short-and-sweet "Misfire." It's another example of Queen's versatil-

ity and is solid from beginning to end. *My favorite track: "Killer Queen."*

#4 "Streetlife Serenade" by Billy Joel From the beautiful melody heard on the suburban anthem aptly titled "The Great Suburban Showdown," to displays of Joel's signature honesty on "Souvenir," this lesser-known album is still an enjoyable listen. Though not the cream of the crop when compared to the rest of his songwriting catalog, this album still offers a handful of songs that are hard not to enjoy, including the vamp-heavy "Los

tainer," is still regularly played live by Joel. *My favorite track: "Los Angelenos."*

#3 "461 Ocean Boulevard" by Eric Clapton Not many artists tap into blues rock as well as guitarist extraordinaire Eric Clapton. His vocals are often overlooked, and although he's not the greatest singer in the world, the suave desperation in his voice on some songs here (and on other albums) adds a lot to the feeling of certain tracks, like his cover of "Give Me Strength." This isn't the album you should jump at if you're

My favorite track: "I Shot the Sheriff."

#2 "Diamond Dogs" by David Bowie A dark, mysterious album from an artist who was never afraid to go to those depths, "Diamond Dogs" has rocking songs like its title track, slow and introspective tracks like "Sweet Thing," pop-rock perfection in "Rebel Rebel" and even a funky, early disco-esque song in "1984." The histories behind some songs on the album are interesting in and of themselves, too, particularly "1984" and "Big Brother," as they were spawned from Bowie's desire to make a stage musical based on George Orwell's book. An extremely creative album from one of the greatest creative minds. *My favorite track: "Diamond Dogs."*

#1 "Pretzel Logic" by Steely Dan Though this is likely the group's second weakest album released during their original run, it still tops this list — that's how great they are. The biggest hit off this album, "Rikki Don't Lose That Number" was written about a professor who band co-founder and lead vocalist Donald Fagen tried to pursue in college, and that's not even close to as despicable Steely Dan characters can get. "Any Major Dude Will Tell You" is the most optimistic tune from a band known for their cynicism and the Dan's abstract storytelling can be heard in spades on the title track whose guitar work is one of the many great solos heard on the album (this song featuring co-founder Walter Becker on lead but others showcasing the incredible Jeff "Skunk" Baxter). *My favorite track: "Any Major Dude Will Tell You."*

Take a few hours this year to lend an ear to these albums and seek out more that might be able to bring you back in time and feel nostalgia for a period you may not have even lived through. 🐾



Looking back on the varied sounds of the 1970s may open your ears to artists who are new to you or overlooked works from musicians you already love. A good way to start your journey is with those turning 50 this year. Photo by rawpixel.com

Angelenos" and the extremely fun instrumental "Root Beer Rag" (which, as Joel jokes about in a live album before propelling into the song, Rolling Stone called "merely filler"). The only single off the album, the autobiographical "The Enter-

looking to hear some of his famed guitar solos, but it's nevertheless full of great, bluesy guitar work, with "Get Ready" — which has backing vocals from Yvonne Elliman of "Jesus Christ Superstar" fame — being a standout in that department.

Bhisé Global Learning Experience in India

Continued from page 1

sustainability, world health, peacebuilding and human rights and become leaders of positive social and global change. The goal of the Bhisé Global Learning Experience is to serve as an incubator for global learning in a focused, structured and experiential way through distinctive on-campus and international experiences.

While abroad, the 2024 contingent visited businesses, NGOs, healthcare facilities, environmental programs, universities, schools and cultural institutions, according to Michelle Sarker, a senior health sciences major.

As LGS is a program that helps to prepare student leaders, this trip gives them an opportunity to broaden their world knowledge.

Kelvin Abraham, a senior nursing major and a non-LGS student who took the opportunity to go on this trip, said, "I was intrigued to go because I myself am Indian and for me it has been over a decade since I have visited my motherland. I saw it as an opportunity to

really experience my native country as a more grown and mature individual."

The LGS students who attended this exciting experience used it as a chance to grow their global learning, not just because of the LGS program itself, but to benefit them as students to be more globally inclined.

"I wanted to go on this trip because it presented itself as an opportunity to grow my mindset, be more engaged with the global discourse on society and hone my skills in cultural understanding," said senior Khamkay Inthavong, a double major in management and international studies. "I want to work in nonprofit management, so with that aspiration, I want to be equipped with effective cross-cultural communication and collaboration in that sector. These global learning experiences gave me those tools, spaces and firsthand insights."

Each student who studied abroad came from varied backgrounds and majors. This gave them the opportunity to all have different experiences

and take back unique perspectives.

"I am currently serving as the President of the South Asian Student Association on campus, where I've learned the importance of celebrating diversity and fostering inclusivity," said Sarker. "I knew an experience in India would enable me to draw connections between the rich culture of the country and my community engagement efforts on campus."

There was a lot to be learned from having a direct experience.

"One thing I have learned through this trip is to really appreciate the small things I have," Abraham said. "Often-times, we take things like food and water for granted. And after this trip I really think it's important to not only value what you have, but to be able to give back to those who are poverty-stricken."

This successful trip gave students some very positive insight that they took back with him as they entered into a new semester.

"Joining this tour is about changing the course of my life — and the

lives of those around me, both in the United States and India," Inthavong said. "I am always looking for new and more effective ways to engage with my peers, colleagues, friends and family."

"I hope to model my love for languages and learning in the classroom through storytelling, ultimately fostering cross-cultural understanding among ourselves," Inthavong continued. "I believe India transformed my way of viewing organizational behavior and human relationships because of its values in education, giving/generosity, and hard work that I observed during our visits."

Sarker said, "This trip is something I will never forget and I am extremely grateful to Mr. Bhisé and Adelphi for providing me with this opportunity. I was able to walk away with amazing connections and an experience that has greatly impacted my life and perspective of the world." 🐾

The Importance of Student Loan Debt Forgiveness

BY TAYE JOHNSON

Have you heard about the recent updates to the student loan forgiveness program? Well, in January 2024, the U.S. Department of Education released the latest news about the SAVE income-driven repayment plan program. The program states that “borrowers enrolled in the SAVE income-driven repayment plan who originally borrowed \$12,000 or less from the federal government would begin to see their loans forgiven in February 2024 if they made at least 10 years of qualifying payments,” according to Business Insider.

Why is this such a big deal?

In the United States, over 43 million Americans have student loan debt. The average American student's loan debt balance is up to \$40,499 or more. That amount includes federal and private loan debt. Now, suppose we were to think about how that amount affects someone's monthly budget. In that case, it's reported that the average monthly payment for student loans is \$503, which can be a huge burden on many people's budgets.

I think the SAVE income-driven repayment plan program is a great idea. It will help many people who are struggling to pay off their loans and give them a fresh start. The cost of college education has increased tremendously over the years. In

the past, it was possible to pay for college with a part-time job or some help from your parents. Now, it's almost impossible

cost increase has occurred at a much faster rate than inflation, which means that students are paying more for their



Managing student loan debt is a challenge, but there are resources available to help people minimize their debts. Photo from freepik

to do that. The cost of tuition has increased so much that most people have to take out loans in order to afford their degree.

The rise in the cost of college education is a major problem. It's becoming increasingly difficult for students to afford college. On top of that, the

education than ever before. This factor can also make it harder for people to get a job after graduation because they have so much debt to manage.

How about if someone wanted to purchase a house? Or maybe start a family?

The mounting amount of student

loan debt would make it challenging for those goals. The average American who wanted to own a home or who wanted to start a family would be affected by the rise in student loan debt. They would have less money available for down payments on homes, which could make it harder for them to qualify for mortgages. They might also have to delay having children until they are able to pay off their student loan debt.

As I reflect on the many reasons why the student loan forgiveness program is a great initiative, I also think about the economy. The student loan forgiveness program also has some benefits for the United States and the economy as a whole. The program is a way for the government to help students who are struggling financially. It can also be seen as an investment in the economy because it helps people get out of debt and start spending money in other ways. This would make it a way to stimulate the economy by giving people more disposable income. Who doesn't want to have more money to spend on the things that they love?

If you or someone you know qualifies for student loan forgiveness, consider checking out the latest information about the program at [whitehouse.gov](https://www.whitehouse.gov). 🐾

The 9-to-5 Scholar: Approaching College Like a Full-Time Job

BY KENNIE DIONISIO

It's my final semester at Adelphi University and the finish line is glowing bright ahead of me. Looking back, I always wonder what I could have done differently over the past four years. But it's evident that something had to have worked in my favor. Take it from me, humbly. I've climbed my way up to being senior class president, I boast a 3.9 GPA and have a resume so long, it has to be typed in 9 point font. I've been involved in almost every club and on-campus job, and I can't go one minute without being recognized as I walk through the University Center. Being a full-time student has consumed every part of my being to the point where I can't remember the last time I didn't have academia on my mind.

With the realm of higher education constantly changing, students are looking for ways to optimize their college experience and set them up for success in the real world. One such approach is treating college like a full-time job, adhering to the rigid framework of the professional world. Adopting the 9-to-5 mentality in college has its advantages but can pose some challenges. Is this lifestyle really worth it at the conclusion of your academic career?

A structured routine in college, akin to a full-time job, involves building a set schedule for studying, attending classes and completing assignments in a timely manner. Setting specific times for various activities throughout the day is step one to good time management.

The beauty of college is the fact that you have the liberty to choose what classes you want to take. You might allocate time in the early morning exclusively for your classes so you can take a break in the afternoon, or you might put gaps in your schedule so you can study during those vacant hours. Establishing consistency like this can add rhythm to your day, making it easier to stay organized.

Solid time management skills are not only crucial to professional success; they also provide health benefits. A study by Psychology Today states that “63% of professionals who identified themselves as lacking time management skills suffered from sleep apnea and blood pressure problems, among other health issues.”

Studying too much can lead to physical and mental collapse. According to a Handshake study, “Around 80% of class of 2024 students have already experienced burnout.” Yikes. Imagine not even starting your first legitimate job and feeling like throwing in the towel.

Burnout can manifest itself in many forms. It can look like social and personal sacrifices or declining mental health. Either way, the 9-to-5 mindset gives limited flexibility for college students.

Segueing from college to the labor force is a daunting task. Start preparing for the real world during your college years. Equipping professional skills early on can help lay the foundations for your future successes, and embracing this lifestyle can cultivate discipline and a strong work ethic.

I've heard the same advice over and

over again from seasoned faculty: make good connections with your professors. Get involved on campus. Take advantage of Adelphi's resources. The reality is that excellent professional communication skills pay off in the long run.

Engaging with professors can help you get that letter of recommendation for your next internship. Student organizations are a hub of diverse talents and fields that offer numerous networking opportunities. Not to mention, the Center for Career and Professional Development offers a plethora of career coaching services such as resume reviews and mock interviews.

“Students who successfully prepare for their careers while they are students, typically find themselves better prepared for life after Adelphi,” said Thomas J. Ward, Jr., assistant vice president for career development and strategic partnerships. “Generally, they are able to market the skill sets and experiences to better prepare themselves in launching their career of choice.”

Part of strategizing your college career is looking at your school's atmosphere. What are students doing on weekends and nights? What fun places are near campus? Is there a party scene?

It's no secret that college kids are looking to feel some sort of “rush” in their lives, unforgettable memories that will last a lifetime. For some students, it's their first time gaining a sense of independence.

According to Harvard Business Review, “Monotony, lack of flow, and a lack of autonomy have all been

shown to increase stress.” The workplace mindset can leave students feeling stuck. Eat. Study. Sleep. Repeat. It can be an endless cycle that can affect how you achieve your goals.

If you're passionate about what you major in, treating your studies professionally can be very fulfilling. Viewing your classes like a big work project can motivate you to strive diligently towards the greater goal of securing a full-time job in your desired field. Deeply focusing on your coursework can help you value the importance of your degree.

I have a strict and overbearing Filipino family who underscored the value of education and academic success. I walked out of the womb writing in cursive and doing times tables. Nothing was more disheartening than coming home with a below-90 test grade and watching my mom berate me for hours at a time.

Now that I'm in college and my parents don't have access to my transcript, I've had some weight taken off my shoulders. But the thought of my parents even knowing I finished a semester with a couple A-minuses makes me shiver.

Stressing about grades can lead to anxiety, perfectionism and imposter syndrome. Is the hassle of a semesterly 4.0 conducive to living the best four years of your life? No matter your perspective on your college career, it's important to determine what lifestyle and future goals work best for you. 🐾

Play Ball: A Preview for Adelphi Baseball

BY ANDREW SMITH

The impending spring season means that baseball is right around the corner. The Panthers finished last season with an overall 22-25 record that ended with a loss at the hands of Le Moyne in the first round of the NE10 Championship.

Alec Maag, a graduate student, reflected on last season and how the team can build off difficult lessons learned. “Last year was tough because we underperformed what we were supposed to be. We learned that we need to stick together and play as a team even though it sounds cliché,” he said.

Maag, a catcher, posted a .380 AVG (batting average), the best on the team, and tallied 14 doubles, 23 RBIs, and four round-trippers last season. The physical education major also led the team with a .612 SLG% (slugging percentage).

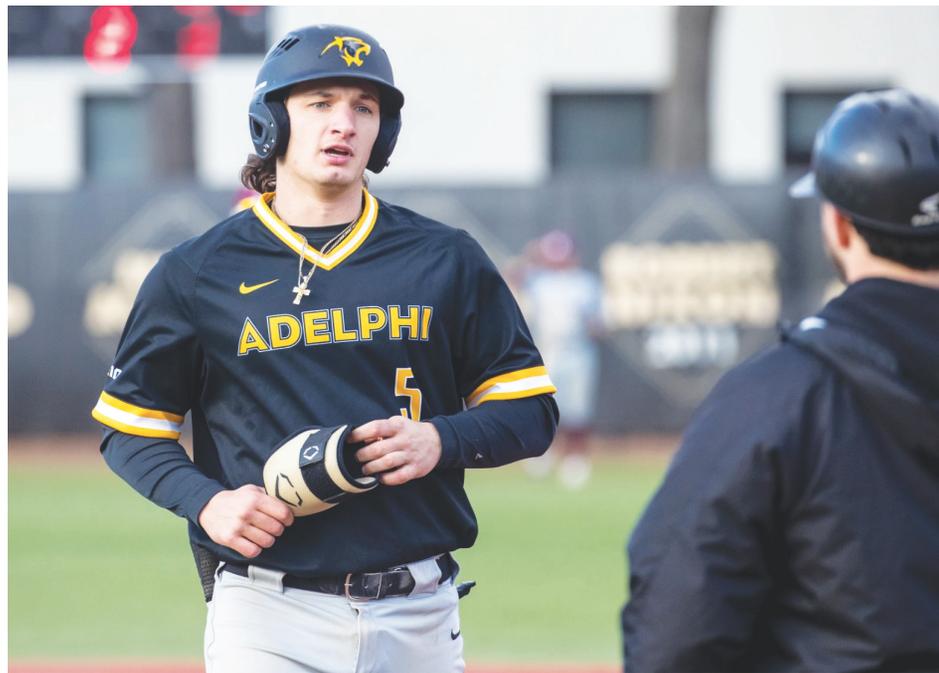
Nicholas Lopez, an infielder and graduate student who has been on the team for five seasons, reflected on the disappointing season.

“I think as a team, we learned that we can’t just show up and expect to beat teams. After having a number of very successful years in a row, we were definitely disappointed last year, and it was kind of a culture shock for us,” Lopez said. “I think we learned that we aren’t good enough to just show up, and that we have to keep our focus day in and day out, from practice and into games, and make sure we’re doing the little things right and focusing on the small details that make or break games.”

Gavin Graff, a junior, explained why the team was unable to perform and meet their expectations. “The lesson I learned is to have fun and relax. Last year I had a lot of command issues partly because I was putting so much pressure on myself to help the pitching staff get more innings because we had so many guys down. Overall, I think our team was coming in

with very high expectations of ourselves, and we did not achieve those goals.”

However, the Panthers were able to build momentum in the stretch run of the season as they went on to sweep the regular season’s final series, which allowed them to secure their spot in the postseason. Maag propelled the offense as he tallied six hits across the



Alec Maag led the team with a .380 AVG last season and tallied 23 RBIs and four home runs. Photo by AU Athletics

four games with three RBIs, including a walk-off home run in the second game.

“That was a huge moment for us and it showed what we can do and what we’re capable of when we’re all pulling in the same direction. And while the season ended shortly after, I believe that’s a performance we can build off of,” said Lopez.

Graff said, “I think we can definitely build on the final series of the regular season against Southern Connecticut. We swept them to give us a shot to get into the conference tournament.” The Panthers understood the effort and work they

needed to put in the offseason to place themselves in a position to achieve their goals this spring. Maag explained, “The offseason training process is very repetitive. As baseball players, we need to focus on a lot of strength training and conditioning to come in ready for the spring.

“As a team, I think most of our pitchers came in more ready this winter

hitting, this year I wanted to really make sure my body was physically prepared to last during our 50-plus game season.”

Graff added, “This offseason, I didn’t stop throwing like I have done the past two years. This year I feel way more ready than the past years and my arm feels as good as it has felt in a while.”

When asked about what matchups the Panthers are looking forward to, Molloy and Southern New Hampshire was a popular answer.

“I always look forward to the Molloy series because they’re a nearby rival and always very solid,” Maag said. “This year is interesting because our conference schedule features teams from the other side so you can be assured that we’ll be circling Southern New Hampshire on our schedule when they come to us for a double header,”

Graff said, “I always like the Molloy games since we are so close. It’s usually a good fan turnout. I’m also really excited about going down to North Carolina and playing at the USA baseball complex. I also really look forward to playing Franklin Pierce and SNHU. They are some outstanding teams.”

Maag said that they believe in the guys on the team “and how this team gets along. So, we all believe the sky is limited by how much youth and energy we have here. We want the conference championship, a regional bid, and a trip to the College World Series. Baseball is an awesome sport where any team can win, and there’s no reason we can’t achieve that with our personnel.”

Lopez added, “We love the support, especially from fellow students. So please come to as many home games as possible.”

Mark your calendar and come out to Motamed Field to support our Panthers as they look forward to getting back on track in 2024. 🐾

AU Softball Going for the Winns

BY LILYEN MCCARTHY

Adelphi softball returns to this spring season with hopes for continued dominance over the Northeast Region. The team finished with a 47-3 record last season, 21-3 overall. The season came to an end with a devastating 1-2 series loss to Wilmington University in the East Super Regional.

“Unfortunately, we fell short last year at the end, but I am very proud of the way my team reacted,” said senior Kendall Winn. “We came back and worked extremely hard during the off season to have our best year yet.”

The team returns star pitcher and Academic All-American Team Member of the Year, Lindsey Hibbs, and Academic All-American Courtney Wengryn to the lineup. The Panthers maintained much of their previous roster and recruited a class of great additions. One addition includes Kendall Winn’s

younger sister, Reagan Winn, who enters her second semester at Adelphi.

“Being able to play softball with my sister has been an incredible experience,” said Reagan Winn. “She has been my best friend my entire life and I am so lucky to have the opportunity to play with her.”

The two are making the team’s success a family matter, as they have high hopes for the upcoming season.

“Playing with my sister will make this year by far the most memorable,” said Kendall Winn. “I have enjoyed every moment with her here and it’s been a great experience for me and my family.”

The team traveled to California in mid-February, playing ranked competition and finishing 2-8. Though the numbers might seem bleak, the team views the experience as a lesson and remains optimistic.

“Though our record may not reflect it, we played very well considering the time of year and the competition

we faced,” Kendall Winn said. “In my opinion, this is one of the best lineups we have had in my four years and I am hoping for a pretty long postseason.”

Her sister said, “As a freshman, experiencing so many games as early in the season as we did was very helpful to understand everything for this upcoming season.”

AU returns to their home field March 13 for a regional matchup double header starting at 2:30 pm. Right after this home game, the team travels to Florida for three double headers over spring break.

“Knowing this is my last season, I have really tried to make an effort to take advantage of every rep,” said Kendall Winn. “We are all focused on supporting and doing everything we can to get us back to the World Series.” 🐾



Kendall (right) and Reagan Winn (left) on Adelphi’s home field, Janet L. Ficke Field.