

Sarah Jessica Parker Headlines Adelphi's 2nd Writers & Readers Festival

BY SKYLAR DORR

Nearly 200 students from local high schools and Adelphi packed into the Performing Arts Center, along with teachers, professors and community members, on the morning of April 4 for the keynote event that kicked off Adelphi's Second Annual Writers & Readers Festival. The university welcomed a diverse group of esteemed authors and publishers to discuss a multitude of topics, all having to do with one shared interest: books.

The event began with a conversation between moderator Adriana Trigiani, a "New York Times" best-selling author, Barbara Forste, a lifelong supporter of the arts and mother of eight now adult children, and her daughter, Sarah Jessica Parker. The award-winning actor and producer was the most highly anticipated guest of the day and likely the reason the PAC was nearly at capacity with 475 audience members.

Before the event began, Parker met with this reporter for an interview with *The Delphian* for a wide-ranging con-



Actor Sarah Jessica Parker with reporter Skylar Dorr in an interview before the kick-off event on April 4.
Photo by Taylor Damian

versation about her experience with and opinions on literature, and more specifically, access to it in this current climate.

She said her relationship with literature began at a very early age, and was heavily encouraged by her mother, who would take her and her siblings to the community library almost every day as part of a routine.

"I am certain that one of the reasons I am so interested in other people... is because of the kinds of books that I got to read at the library," said Parker. "And nobody said 'you can't because I believe.' It was all just available."

Parker, who also recently launched her own book imprint SJP Lit, has made it her mission to cast a spotlight on underrepresented and often unheard stories and authors, as well as make them accessible to the public. She has recently produced a documentary titled "The Librarians," which highlights the brave efforts of librarians all across the country who are fighting against book bans.

"The project came to us

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What Trump's Withholding of Federal Funding Means for Students, University

BY ARPAN JOSAN

Last month, the Trump Administration cancelled roughly \$400 million in federal funding to Columbia University, citing a lack of response to antisemitism on Columbia's campus. The move was championed by the Joint Task Force to Combat Anti-Semitism, a group established by President Donald Trump (upon the signing of Executive Order 14188) dedicated to rooting out anti-Semitism in America's K-12 schools, as well as higher education.

Universities across the United States are facing similar repercussions if they do not comply with the Trump Administration's demands. Harvard University, for example, has had \$2.2 billion of its federal funding frozen. Given the vital role federal funds play in supporting schools' ability to fund projects, conduct research, offer financial aid, and support institutional operations, this is a consequential development that will have strong implications for academic freedom in the United States.

It's a situation that Sentwali Bakari, Vice President for Student Affairs and Diversity, Equity, Inclusion, and Belonging, said Adelphi's administration is tracking.

"Like all colleges and universities across the country, Adelphi is closely monitoring and responding to the ongoing changes, ensuring that we are in compliance with federal regulations while maintaining our core principles," said Bakari. "We remain committed to providing an extraordinary academic experience in a safe and accepting environment where all have an opportunity to succeed."

Bakari explained how the administration will continue to address students' freedom of speech on campus.

"At Adelphi University, we are deeply committed to supporting all student groups and fostering a campus environment that encourages diverse perspectives, open dialogue, and freedom of expression," he said. "We believe that the college experience is enriched when students are empowered to engage in thoughtful, respectful conversations and activities that reflect a wide range of identities, interests and viewpoints."

Bakari said the university is keeping a close watch on any federal guidelines and

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8th Annual Women's Leadership Conference Emphasizes Empowerment

BY HUSSEIN ALI RIFATH

Adelphi University hosted its Women's Leadership Conference on Saturday, March 29. The summit marked the eighth annual installment of a campus tradition bringing more than 350 students, alumni, professionals, industry leaders and community members together for empowerment, networking and professional development.

During the kick-off session, Kin-dra Hall, a "Wall Street Journal" best-selling author and renowned keynote speaker, spoke about how the power of storytelling to cultivate deep personal relationships has helped her achieve success throughout her professional life.

"One story can build the bridge between two people faster than anything else can," she told the attentive audience. "You can affect the energy of the room by telling stories. Regardless of the kind of room you're in, if you bring a story into the room, the energy will change. We are more authentic and more human when telling stories."

The event continued with three breakout sessions throughout the day, allowing attendees to sit in on discussions

of topics such as self-care, confidence in the workplace, managing up, career change and entrepreneurship. Attendees also had access to a Career Support Hub at the Commuter Lounge, consisting of



President Christine Riordan in conversation with Juju Chang (right).
Photo by Claudio Papapietro

career counselors from Adelphi's Center for Career and Professional Development. They were available to assist attendees with their job searches by providing feedback on resumes and LinkedIn profiles, as well as conducting mock interviews.

At the University Center Art Gal-

lery, there was a photographer present throughout the conference to take professional headshots of 140 attendees. These photos are commonly used as profile pictures on LinkedIn and other professional social networks.

The Career Closet, which was first introduced by the Center for Student and Community Engagement during last year's Women's Leadership Conference, returned with a pop-up donation site. The initiative, which was partly inspired by Rent the Runway, aims to make professional attire more accessible for students in need. Donations of all kinds of business attire in good condition were accepted, including suits, blazers, sports coats, trousers, dress shirts, dresses, skirts and shoes, as well as accessories, such as ties, jewelry, belts, purses and briefcases.

The event concluded with an awards celebration and a keynote dinner. This year, the Women's Leadership Conference welcomed Juju Chang, a prominent, Emmy-award-winning journalist with a decades-long career, to have a keynote discussion with President Christine Riordan. They discussed their professional journeys, motherhood and what it means

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A Word from the Editor

Well, everybody, we've reached the end of the semester. Some of us will continue to walk from class to class on campus after the summer, but for others who are graduating, that won't be the case. I'm not completely saying goodbye to Adelphi yet since I'm sticking around to complete my masters in education, but as far as taking classes that are mostly in-person, this is "the end." Serving as editor-in-chief of the 80-plus-year-old *Delphian* this school year has been a real honor, and I learned a lot about the topics I covered and edited, as well as how to coordinate with a team. Seeing each month's final product in print is always a joy, and I'll miss being welcomed by crates of fresh papers downstairs in Earle Hall.

Taking over for me as editor-in-chief will be the always hard-working Hussein Ali Rifath, who I've had the pleasure of working with for about three years now. Hussein goes above and beyond to promote the newspaper — helping us pick up new journalists — and writing articles of his own. I'm repeatedly impressed by how well they're researched and presented, and he's done this all while having a busy academic and professional life. I have no doubt that his commitment will continue over the next two semesters, and that he'll remain a part of the newspaper's legacy. This also goes to show that even though neither Hussein nor I major in journalism, our efforts allowed us to go far in our *Delphian* roles, so I hope this encourages a broader group of students to take part in the tradition of informing our campus through our award-winning newspaper.

This last issue also sees the final contributions of two other graduates: our co-editor of the features section, Skylar Dorr, and our social media editor, Chala Civan. They've both helped us work together to put out a great catalog of issues these past two semesters. I'd also like to thank the soon-to-be solo features editor, Kyle Arjoonsingh, and our incoming opinions co-editor Troy Cofie. Kyle and Troy have been consistent contributors to the paper for years and I have complete confidence in putting more responsibility into their hands.

With Kyle, Troy, other contributing writers, and the rest of our editorial team — co-editor of news, Arpan Josan, opinions editor Taye Johnson and production editor Gabrielle Jaipersaud — and, of course, Professor Liza Burby, who has been a mentor to all of us over the years, we've stayed true to being the voice of the students.

Good luck with finals and have a great summer, Panthers!

Joseph D'Andrea '25
Editor-in-Chief



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Volume 80, Issue 9

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Book Stars Come Out for Writers & Readers Festival

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already in production," Parker said during the interview.

She explained that the idea for the film originally began out of Texas and followed the story of one particular ban that had been birthed. It soon grew into a much deeper and more widespread issue that was happening not just in Texas, but all over the country.

"At that point we were already feeling that this idea of book bans and librarians being villains was taking hold," Parker said.

It's no secret that institutions of learning are being heavily scrutinized in recent months, and the issue of censorship and academic accessibility is already at campus gates across the country. The role of students and teachers is more imperative than ever, and one may wonder what exactly they can do to ensure that literature remains available to everyone who seeks it, which is exactly the question that was posed to Parker.

"I think the first thing to do is be vocal about supporting your local libraries, your librarians, librarians in public schools and in private institutions," said Parker. She explained how "The Librarian" highlights the current, and growing, issue of libraries and librarians being heavily scrutinized while simultaneously having to deal with this narrative that they are

the villains in the story. In addition to the aforementioned rhetoric, they are beginning to face danger not just in their general community, but right at their doorstep.

Parker added, "I think the second thing to do is check in with each other

good or not good for you. I think then you have a larger conversation," Parker said.

The actor emphasized that all of us, as a community, need to collectively be very aware of the ways in which we are trying to keep pace with actions that

Parker wasn't the only award winner in attendance who provided a unique insight into the role of college students in relation to academic and literature censorship.

"Vote," advised award-winning author Trigiani after the panel had concluded. "Write to your senators, congressmen and delegates, and tell them your point of view."

With the Institute of Museums and Libraries having recently been shuttered, an institution that provides poor communities with the bridge money to keep the libraries open, Trigiani emphasized that communities need to begin getting louder. "Don't look at party; just write to these people and say 'we're young, we want our library system intact for our children someday'," she said.

On April 4 and 5, Adelphi hosted not only a diverse group of speakers and individuals, but was home to some important and necessary conversations about the role of literature in today's society. With the threat of censorship more relevant than ever, the Writers and Readers Festival allowed participants—375 over both days—to ask these questions and gain some insight not only into how important books are, but how important it is that we keep them available to us and future generations of students. 🐾



Adriana Trigiani (right) signs copies of her new book "Good Left Undone," and discusses the relationship between students and literature post-panel with reporter Skylar Dorr. Photo by Ana Lyz Rodriguez

about the things that you want access to, to see if they are available. The minute you feel like that's being infringed upon—your curiosity—has been limited by somebody else's choice about what is

are affecting us. "I think when there's so much going on, it's hard to stay focused on one specific thing because you sort of feel like you're putting fires out in real time everywhere," Parker said.

Steps Taken for Access to Free Menstrual Products on Campus

BY AVA DIAZ

In October 2024 this newspaper reported on “A Move to Change the Cycle to Gain Access to Free Menstrual Products on Campus” in which concerns were raised about the lack of accessible and affordable menstrual products available to Adelphi students. Students shared their personal experiences and faculty talked about the world-wide movement to ensure free access to feminine hygiene products. There’s even a state law as of August 2024 requiring all public colleges and universities to offer menstrual products free of charge in restrooms. As a private university, Adelphi doesn’t have to abide by this law. Nevertheless, Nicole Gaudino, executive director of University Health and Wellness, said she has been advocating for this issue annually and has been seeking additional funding for better access.

While free products are available at the Health Services Center at Waldo Hall, they’re still not easily accessible when urgently needed. And Gaudino confirmed in an email this month that the university is still without a new grant to replace the one that previously funded menstrual product distribution. Gaudino was unable to confirm a specific timeline regarding progress on the matter.

However, in response to this issue being highlighted in this newspaper, she did report that Health Services had gained access by way of the locksmith to four vending machines in the Center for Recreation and Sports and stocked them with free fragrance-free products, equal amounts of tampons and maxi pads.

In addition, Health Services received a donation of menstrual products and is working on managing distribution to students. Gaudino said that there are four other bathrooms on campus that are

stocked and equipped and that she hopes to increase this number by the fall semester.

In response to reporting about the lack of affordable and varied products in the UC Bookstore, Gaudino said she has requested an update to the product selection and has visited the store to confirm there are both maxi pads and tampons with the addition of cotton organic offerings for both.

Gaudino said there are plans to stock any vending machine on campus with both tampons and maxi pads and to increase the number of dispensers to include other buildings such as Nexus and the UC.

The attention to this situation can’t come soon enough for students like Bianca Aglibot, a junior nursing major, who recalled a frustrating experience in early fall 2024 when she was wearing her scrubs.

“I got my period in the middle of class and felt I was bleeding through my uniform,” she said. “I ran over to the Health and Wellness Center, hoping they would be able to provide for me. Pads and tampons were not available at the time. But to my surprise, I found a vending machine full of condoms instead. How does that even make sense? I just feel as though my needs, as well as the needs of other students that menstruate, are not being prioritized.”

The future for complete access to free products on campus remains uncertain. By highlighting the challenges throughout this fight for equity, Gaudino said she hopes to influence both policy and perception.

“If the pilot program is successful the university will seek to expand the programming, to offer in all on-campus restrooms at Garden City, satellite and Manhattan Campuses,” she said. “For future initiatives I’ll seek to publish program successes in a peer-reviewed journal to help destigmatize menstruation.”

AU Set to Hear High-Powered Performance from Spring Concert Headliner G-Eazy

BY KAYLA MURILLO

G-Eazy, the chart-topping rapper and producer, is sure to bring flow, hype and energy to campus as this year’s Spring Concert headliner on April 25 (which took place after press time), delivering a high-powered performance that will have students energized all night long. Known for his slick delivery, hype music and signature West Coast swagger, G-Eazy will not disappoint.

Active in the hip-hop scene since the late-2000s, G-Eazy launched his music career while studying at Loyola University in New Orleans, releasing mixtapes and building a loyal fanbase through grassroots hustle. Since then, he’s made a name for himself, rising to fame with his major-label debut “These Things Happen” (2014), which peaked at number three on the Billboard 200. His 2015 smash hit “Me, Myself & I” with Bebe Rexha became a defining moment in his career, breaking into the Billboard Hot 100’s top 10.

G-Eazy’s discography reflects his growth as an artist, from the introspective “When It’s Dark Out” (2015), featuring collaborations with Chris Brown and Tory Lanez, to the emotionally layered double album “The Beautiful & Damned” (2017), inspired in part by F. Scott Fitzgerald’s novel of the same name and featuring Halsey on the fan-favorite “Him & I.” His latest album, “Freak Show” (2024), pushes his style even further, with standout features from Coi Leray and French Montana.

Adelphi students will have the opportunity to sing along passionately to iconic tracks like “Lady Killers II,” “Tumblr Girls,” and “Me,

Myself & I.” His setlist is likely to blend nostalgic favorites with newer releases, which will keep the crowd on their feet from the first beat to the final song. The concert comes as part of G-Eazy’s ongoing tour across the United States with stops at international venues, making his appearance on campus all the more special.



G-Eazy showcasing his style and productions. Photo by Wikipedia Commons

More than just a concert, this year’s Spring Concert will be a night of celebration: of music, community, and the end of the spring semester after months of hard work. For many Panthers, it is the perfect way to feel some joy as they prepare to take finals and wrap up the year. 🐾

Journalist Juju Chang Speaks at Women’s Leadership Conference

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to persevere as a woman in the workplace.

In an interview with this reporter for *The Delphian* prior to the keynote event, Chang answered questions about

her professional journey, her experiences as a woman in the journalism world and the challenges she has faced throughout her career. She emphasized how important having confidence is for any field.



A highlight of the Leadership Conference were the six breakout discussions with industry leaders, alumni, board members and faculty who covered a variety of topics to help empower attendees. Photo by Claudio Papapietro

“I spent so much energy and so much time being insecure and not having the guts to raise my hand or put myself out there,” she said. “I think that holds a lot of people back.”

Although there has been progress in the gender pay gap throughout the past few decades, she said that there is still much work to be done.

“You can look up a million statistics about how women on average earn either 70 or 80 cents to the dollar,” Chang said. “It’s come up from 50 to 60, but what that means is it’s a reflection of power. It’s a reflection of status. It’s a reflection of women’s role in every sphere. And I think the other thing that goes hand-in-hand with that is that I think most people think there’s no more sexism, and that women have equal rights and equal power. But the truth is, there are lots of areas in which women are still seen through an unconscious bias as sort of less than or less capable than, based on nothing other than subconscious biases



Student reporter Hussein Ali Rifath interviewed journalist Juju Chang before her AU keynote event.

that people have. And I think the biggest thing is overcoming people’s denial about having it or that it’s out there.”

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Clothesline Project Takes Stand Against Gender Violence

BY CELESTE ARBELAEZ

To raise awareness of gender-based violence and the effect it has on its victims, the Criminal Justice club hosted its 17th annual Clothesline Project on Wednesday, April 16 on the Flagpole Lawn from 10 am until 3 pm. Students were encouraged to create unique T-shirt designs that speak to the issues. In addition to over 150 T-shirts that were created in previous events, there were 400 blank T-shirts available to decorate, which were then displayed around Flagpole Lawn and the University Center.



Some of the e-board members of the Criminal Justice Club with professors Katherine Lake and Anagnostis Agalarkis. Pictured here are students Bineet Kaur, Shanna Daliendo and Victoria Rodriguez. Photo by Celeste Arbelaez

About 50 Panthers stopped by on their way to classes to read the messages on previously created T-shirts. This encouraged many to participate and create their own. They had different colored shirts to choose from, with each color representing different aspects of gender-based violence. For example, the white shirts symbolized those who have passed away due to the violence they suffered, while the red, pink and orange shirts symbolized rape and sexual assault survivors. White, blue and green shirts represented survivors of child sexual violence or incest.

The purple and lavender shirts acknowledged people who were attacked due to their gender or sexual identity. Lastly, the black shirts stood for people who were left permanently handicapped due to the violence they suffered or who were abused and exploited because of their disability.

Victoria Rodriguez, a junior majoring in criminal justice with a sociology minor, serves as the Criminal Justice Club's vice president. In an interview with *The Delphian*, she discussed the history of the movement. She explained that the Clothesline Project originated in the 1970s with feminist Mexican artist Mónica

Club has organized its own version of the Clothesline Project, often in collaboration with other campus groups and the Center for Student Community Engagement, to raise awareness of gender-based and interpersonal violence and to show support for survivors."

Throughout the years, the Clothesline Project has proven to be an easy and accessible way for students to get involved and educate themselves on the topic of gender violence, Rodriguez said, and through its emotional depth, the initiative has become an impactful tradition on campus.

"Personally, I think one of the most powerful parts of the Clothesline Project is the raw, personal expression on each shirt. Every shirt tells a story—sometimes through words, sometimes through symbols or color—and together they create a visual representation of survival, loss, resilience and solidarity. The silence of the display makes the messages even louder," said Rodriguez.

Club president Shanna Daliendo, a senior majoring in history with a criminal justice, and African, Black, Caribbean studies, emphasized how necessary it is to have an event like this on campus.

"From the experience of Clothesline, I want Adelphi students to be more aware of interpersonal violence, especially the warning signs that may lead up to such, and the importance of assisting victims who have endured this," Daliendo said. "The Clothesline Project not only teaches the Adelphi community about different forms of violence and sexual assault. It also offers a haven for anyone, whether they are a victim, friend or family member of a victim, and those that want to be there for this person, to speak out against it and seek comfort, in the form of collective unity."

Daliendo also stressed the visual impact the display had. "I do think that the Clothesline Project spreads enough

awareness of the issues of gender violence because the T-shirts that are hanging from the trees on the Flagpole Lawn turn everyone's eye," she said. "It creates a statement that forces the Adelphi community to reflect and speak about the issue right before them."

This event helps people become more self-aware of what's going on in the world. And that violence can occur to anyone, no matter their gender or sexual identity. The display of the shirts made over 50 students reflect on the efforts of the Criminal Justice club.



The table that was set up for the event showed the variety of shirts, with each color representing a different aspect of gender-based violence. Participants were encouraged to write messages that reflect their own experiences or to support others. Photo by Victoria Rodriguez

Sophomore Riley Gallagher, a psychology major with a criminal justice minor, said, "I think it's important to show support to those who have gone through violence and to make them feel safe and comfortable to speak up no matter who they are."

There were 25 volunteers who helped to make the Clothesline Project a success, once again, making an important and lasting impact throughout campus. 🐾

Administration Monitoring Federal Funding Threats to Colleges

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policies that come through. The executive leadership is in contact with elected officials and legal counsel to ensure Adelphi is up to date with any new information.

Even so, with the news of various institutions losing their federal funding due to the new Trump administration, many Adelphi students are worried their freedom to express themselves may be curtailed.

Samina Radia, a sophomore political science major, said, "Trump impacted the foundation of free speech to such a great extent that it will be challenging for college campuses to reverse the effects he caused, as he weakened the fundamental right that has been undisturbed for decades."

Sophomore political science and theatre minor Katrina Pedri said, "The Trump Administration's recent campus policies pose a direct threat to our First Amendment rights. Freedom of speech is a fundamental principle of American democracy and a vital part of our past, present and future."

Pedri continued, "Silencing college students, who will be our future civic leaders, undermines the democratic ideals on which this nation was built. While campus



President Trump's funding cuts threaten academic freedom, sparking student fears over censored speech. Photo by The White House on Flickr

safety is important, these measures function more as tools of censorship than protection."

Professor Sarah Eltabib, the associate professor for Adelphi Plus, which provides students with a more personalized academic

support, and the College of Arts and Sciences, discussed how professors can advocate for their students during these times.

"Faculty can really just be fierce advocates for our students. It's our purpose to be their academic advocates, but also to be their social justice advocates," she said. "College is not just about learning about books, it's about being part of society and participating in the community."

Eltabib also discussed whether she observed any changes in student attitudes toward free speech and open discourse in the classroom since the new administration took office.

"I run my class differently, and I say things out of left field all the time. I'm making it a free space in a room, so I don't allow recording at all. I tell everyone not to record, so people don't take things out of context sometimes," she said. "[...] But I think it depends on the group because I work with a lot of global scholar kids from overseas who have a larger world

view or the honors kids who are fortunate enough to get a lot more exposure to these kinds of things. They're not as afraid and privilege plays a role in that."

During this time, Bakari suggested multiple resources that students can utilize if they're uncertain or just need support. For instance, the Student Counseling Center and the Center for Psychological Services offer students free psychotherapy services.

"At the same time, Adelphi upholds a Code of Conduct and other policies to ensure campus safety and maintain an academic environment conducive to learning," Bakari said. "These policies apply to all students and student groups—recognized or not—and are rooted in behavior and conduct, not viewpoints or affiliations, and they are not triggered by outside threats or suggestions. Adelphi remains committed to upholding students' First Amendment rights and fostering a campus where all voices can be heard—safely and respectfully." 🐾

Six AU Students Present at the National Conference on Undergraduate Research

BY JOSEPH D'ANDREA

The National Conference on Undergraduate Research (NCUR) brings together nearly 4,000 undergraduate students each year. This year, Adelphi's SPARK (Scholars Pursuing Arts, Research and Knowledge) Center sent six Adelphi students from various fields and disciplines to present their research in Pittsburgh, Pennsylvania, from April 7 to 9 in the David L. Lawrence Convention Center. The students' reflections and research titles are included here.

Joseph D'Andrea, senior history major and journalism minor in STEP for adolescent education: "Frontier Fathers in Crisis: Bob Dylan's Ballad of Hollis Brown and the Legacy of Familial Struggle in Rural America" and "Frank Capra, the Great Depression, and the Fallacy of the American Dream"

One of my favorite parts of doing research is being able to share what I've found and written with an audience. It's not just important in terms of improving my work but I also find it so enjoyable to discuss historical topics with other people. In the past, I've only had the chance to present in front of my classes and at Adelphi's Scholarship & Creative Works Conference, but thanks to the SPARK Center and the help of Professor Cristina Zaccarini, I was able to do so at an even bigger stage at NCUR. Not only

bors in Imbalanced Datasets"

Attending NCUR was an incredible experience that I'll always cherish. We had the opportunity to present our research, connect with students and faculty from universities across the country, and immerse ourselves in a space filled with inspiring ideas and historical richness. One of the highlights was engaging in meaningful conversations that broadened our perspectives and sparked new ideas. I am especially thankful to SPARK for their generous support. Their help made this entire journey possible.

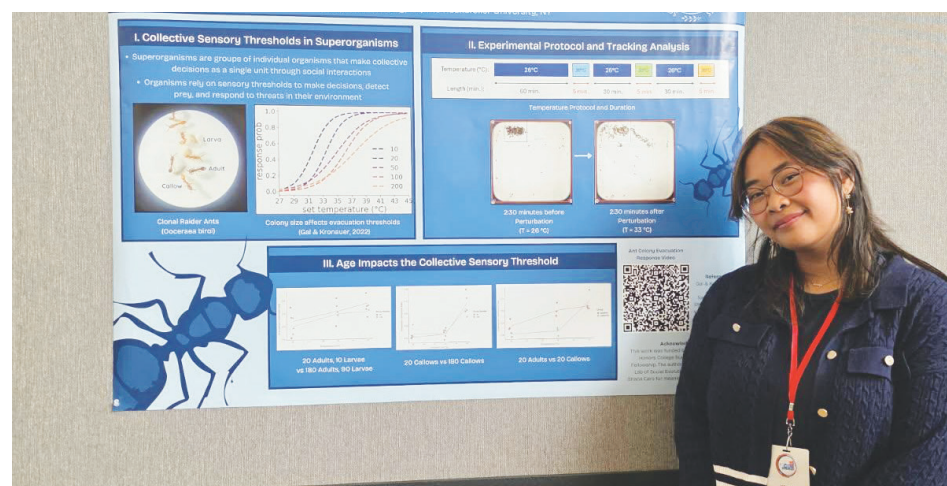
Alysse Fazal, senior biology major and Latin American Studies minor in the SUNY Upstate Accelerated Scholars Program: "Sleep Quality, Physical Activity, and Healthcare Utilization Amongst Adults with Chronic Kidney Disease (CKD)"

Recently, I had the privilege of attending NCUR in Pittsburgh with the help of Adelphi's SPARK Center. At NCUR, I presented a clinical research project I completed at the University of Pennsylvania, which investigated the relationship between sleep quality, physical activity and healthcare utilization amongst adults with early stages of chronic kidney disease (CKD). Attending NCUR allowed me to present my research to a wide variety of people, and I found it especially interesting to hear my audience share stories about their family members with CKD. My presenta-

on Ant Colony Group Size and Age"

My time at NCUR was truly an insightful experience in many ways. I consider my research to be more niche, especially as it is rooted primarily in entomology and behavioral work. Having the opportunity to present at a national level

I loved being able to explore multiple branches through my work. I got to share my qualitative findings with people who were genuinely so passionate about my research. I had no idea the room would be filled, and people would have to literally stand. I loved my time around



Keara Malazarte, a junior molecular neuroscience major, presented her research titled "The Modulation of Evacuation Behavior Based on Ant Colony Group Size and Age." Photo by Aani Mehta

gave me exposure to a wide audience and interacting with people from all over the country gave me new perspectives on my work. Being able to learn from others about their research was truly inspiring and I was able to make connections with other students. After conference hours, I would go out to explore Pittsburgh, which is a beautiful, quaint city. I loved going to the vibrant museums, trying new cuisines with friends, and taking long walks downtown. This experience has been so impactful for my growth as a researcher and I am so grateful to have had this experience through SPARK!

Aani Mehta, junior psychology major and art therapy and social work minor: "Is Love Addiction Associated with Personality Disorders and Trauma?"

Thanks to the generous funding and sponsorship by Adelphi's SPARK center, I was able to present my research at the National Conference for Undergraduate Research in Pittsburgh. It was a fantastic, memorable experience full of networking opportunities and social events. I was able to connect with colleges for my future graduate school endeavors, share my research with other people in the academic community, and create a closer bond with some of my fellow Adelphi peers. Thank you, SPARK center for making this great experience possible.

Katelyn Schwab, senior psychology major: "The Relationship Between LGBTQ+ Mental Health and American Politics"

My experience at NCUR was nothing short of amazing. I got to present my research that I worked so incredibly hard on for a year and a half, within the Emerging Scholars Program at Adelphi and a fellowship from SPARK. I'm super passionate about the LGBTQ+ community and their well-being when it comes to political ramifications, and

truly inspiring minds. NCUR made me feel like anything is truly possible.

To learn about more possible opportunities provided by the SPARK Center, visit their page on Adelphi's website. If you still have questions, email Andrew Ward, associate provost for Research and Special Projects at award@adelphi.edu or Professor Justyna Wiedera-Kalinowska at wiedera@adelphi.edu.

Vaishnavi Dixit, Alysse Fazal, Keara Malazarte, Aani Mehta and Katelyn Schwab also contributed to this article.



The National Conference on Undergraduate Research was held at the David L. Lawrence Convention Center. (L-R) Joseph D'Andrea, Alysse Fazal, Keara Malazarte, Aani Mehta, Katelyn Schwab and Vaishnavi Dixit. Photo by Joseph D'Andrea

did I enjoy presenting my own work and receiving feedback, but I had a great time walking through the event hall, reading other students' posters and getting to chat with them. The conference was very STEM-dominated so I got to learn about a lot of topics unrelated to my area of study as well. Even so, I still got a great dose of history from the museums around the city which made the trip even more valuable.

Vaishnavi Dixit, senior statistics major with a minor in computer science: "Evaluating the Efficacy and Limitations of K-Nearest Neighbor"

tion culminated in offering small-scale medical interventions that can reduce the financial burden of healthcare, and I found it endearing that so many people were interested in how to properly implement these solutions to help their loved ones financially, socially and physically. Aside from giving my presentation, my favorite part about NCUR was attending the other poster sessions, particularly those on new medical innovations across the country.

Keara Malazarte, junior molecular neuroscience major: "The Modulation of Evacuation Behavior Based

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Spring Highlights: Must See Exhibits and Creative Spaces in NYC

BY MARIAM DZADZAMIA

As the semester winds down, there's no better way to take a break from classes and exams than by immersing yourself in the vibrant art scene of New York City. Whether you're drawn to historic masterpieces, thought-provoking contemporary works or hands-on creative experiences, this season offers a diverse array of exhibitions and events. From iconic museums to hidden art cafés, these five must-visit destinations promise to inspire, engage and provide a perfect escape from campus life.

1. Caspar David Friedrich: The Soul of Nature— The Metropolitan Museum of Art

One of the most anticipated exhibitions this spring, Caspar David Friedrich: The Soul of Nature brings the hauntingly beautiful landscapes of the German Romantic painter to the Metropolitan Museum of Art for the first time. Known for his dreamlike depictions of nature—misty mountains, moonlit skies and lone figures lost in thought—Friedrich revolutionized landscape painting by infusing it with deep emotional and spiritual meaning. This exhibition not only explores his artistic legacy but also situates his work within the cultural and political landscape of 19th-century Germany. Visitors can also explore a special display of lunar imagery in gallery 554, highlighting the moon as a central motif in Friedrich's work. Since opportunities to see his art outside of Europe are rare, this is a must-visit before the exhibition closes on May 11.

2. The American Art Fair – Bohemian National Hall

For those who appreciate classic American art, the American Art Fair is a go-to event from May 10–13 at the

historic Bohemian National Hall. The fair showcases an exceptional selection of 18th- to 21st-century American paintings, drawings and sculptures. Unlike contemporary art fairs, this event focuses on masterpieces by renowned artists like John Singer Sargent, Winslow Homer and Georgia O'Keeffe, with all works available for purchase from top dealers. Beyond the artwork, visitors can attend lectures and panel discussions led by art professionals, offering a rare chance to engage with experts, gain insights into American art history and



One of many contemporary artwork exhibitions at Salon 94, located in New York City. Photo by Mariam Dzadzamia

even network with collectors. Best of all, admission is completely free, making it an accessible and enriching experience for anyone interested in American art.

3. Amy Sherald: American Sublime— Whitney Museum of American Art

Over at the Whitney Museum of

American Art, Amy Sherald: American Sublime presents a striking collection of nearly 50 paintings, marking this artist's first solo exhibition in New York. Running until Aug. 10, the exhibition showcases Sherald's distinctive portraits of everyday Black Americans, as well as her renowned depictions of figures like First Lady Michelle Obama and Breonna Taylor. Through her use of bold colors and carefully composed scenes, Sherald reimagines American Realism, challenging historical omissions in art. A special highlight of the exhibition is Four Ways of Being, a newly commissioned billboard displayed across from the museum's entrance on Gansevoort Street. Visitors are encouraged to book tickets in advance to experience this powerful reflection on identity, history and representation.

4. Salon 94 – Museum Mile

If you're planning a day on Museum Mile, Salon 94 is a must-visit stop between the Metropolitan Museum of Art and the Guggenheim. Unlike the grand museum halls nearby, this contemporary gallery offers an intimate and dynamic experience, showcasing artists who push the boundaries of art and design. Housed in a beautifully restored historic mansion, Salon 94 presents a rotating selection of thought-provoking exhibitions—from bold sculptural works to striking mixed-media pieces—that challenge traditional artistic hierarchies. This May, visitors can explore exhibitions by rising and established artists like Karon Davis, Raven Halfmoon and Kennedy Yanko, each known for their powerful, unconventional work. The gallery also features its S94 Design program, highlighting cutting-edge furniture and design objects by visionaries such as Max Lamb and Donald Judd. With free admission and

an ever-evolving lineup of exhibitions, Salon 94 is the perfect place to discover groundbreaking contemporary art without the crowds of the city's major museums.

5. Happy Medium Art Café – Manhattan & Brooklyn

Tucked away in the heart of New York City, Happy Medium Art Café offers a unique experience where art and indulgence go hand in hand. At this cozy and creative space, visitors can sip on coffee, enjoy freshly baked pastries and immerse themselves in a variety of artistic activities. Unlike traditional cafés, the menu here features more than just food. Guests can choose from experiences like canvas painting, pottery painting, pottery making and specialized workshops. Reservations are required to secure a spot, ensuring each visitor gets a hands-on and personalized artistic experience. The café was inspired by the legacies of M. Louise Baker, a pioneering archaeological illustrator, and Nellie Blue, an influential artist and performer whose vibrant energy continues to inspire creatives today. With locations in both Manhattan and Brooklyn, Happy Medium Art Café is an essential destination for anyone looking to explore their artistic side in a welcoming and inspiring setting.

Take a Break, Get Inspired

Whether you're an art major looking for inspiration, a casual museum-goer or just in need of a change of scenery, these five art destinations offer something for everyone. From historic masterpieces to cutting-edge contemporary works and interactive art experiences, this spring is the perfect time to explore New York's dynamic cultural scene. Grab a friend, take a break from campus life and discover something new—you never know what might spark your creativity. 🐾

Chang Urges Critical Thinking, Broader Media Consumption

Continued from page 3

Throughout it all, Chang has always responded to such attitudes with patience, she said. "Rather than take it head first and be aggressive or whatever, I tend to do it with a little bit of humor, because I think very few people who engage in vaguely sexist behaviors see themselves as sexist. I try to gently point out thinking or behavior that is or may be construed as sexist."

At a time when social media reels have made it easier than ever to consume new information quickly, she recommended that Adelphi students take more time to think critically and get information from a broad range of sources.

"I do think that, as viewers, I would advise young people to engage in as much critical thinking as they can and broaden their spectrum... I engage in all sorts of vigorous debates with my children about what constitutes a credible source," Chang said. "And so it's not just that you have a factoid; it's about talking to people, about delving deeper into an issue, and really not just taking

a 30-second clip and taking it as gospel. If you're an aspiring journalist, I would say it's even more important to consume a broader range of media, and I mean

perspective than a shorter snippet."

Throughout her career as a journalist, Chang said she has encountered many people who were afraid to tell



From left: Joe Sawma, Professor Sandra Castro, Erica Gibson and Devhara Weeratunge during the awards presentations. Photo by Claudio Papapietro

traditional media, because there's a reason why reading 'Foreign Affairs' or the 'Wall Street Journal' or others gives you more

their stories or voice their opinions. That required her to balance empathy with the demands of her work.

"We often deal with fear. Two weeks ago, I was doing a story about a woman who was accusing a man of grooming her and being a pedophile," she said. "And she was afraid to go on camera, and she was afraid for a whole host of reasons, understandably. I would say: trust your gut and do what's human more than anything else, because I try not to over-pressure somebody who's feeling that. And I explain to them that their fear is warranted. I'm not going to pressure you to go on camera."

"As a broadcast journalist, especially, I feel strongly that it's important to humanize people, whatever story it is. That said, we're living in an era of retribution," Chang said. "We're living in an era where that fear is warranted. The last thing I want to do is put somebody in harm's way. That's what I mean about being human first before being a journalist. For students here who want to speak out but who fear retribution, those are real fears. And so it's about balancing all of those things. It's not easy." 🐾

From the Newsroom to the Classroom: Professor Athanasia Biska's Mission to Share Greek Culture

BY CHALA CIVAN & WILLIAM CONBOY

In the mid-1990s, while Professor Athanasia Biska was working as a journalist for Greece's leading TV station Antenna, she visited Adelphi to interview Dr. Anagnostis Agelarakis, a professor of anthropological archaeology and physical anthropology. According to Biska, Dr. Agelarakis was conducting research on the remains of 200 to 250 Athenian hoplites from the Periclean era, shedding new light on ancient Greek history.

"His passion and dedication left a profound impression on me, and we remained in contact over the years," she said.

By 2008, Dr. Agelarakis proposed introducing a Modern Greek language course at Adelphi to enrich the university's curriculum and share the values and contributions of Greek culture with students. Around the same time, Biska was working as a consultant for philanthropist Theodore Spyropoulos, a leader in the Greek-American community.

"I shared this vision with him, and he generously established an endowment to fund the program," Biska said.

Dr. Raysa Amador, then chair of the Languages Department, spearheaded the development of the course. After a rigorous interview process, she suggested Biska take on the role of instructor.

"While teaching wasn't initially part of my plan, my deep love for Greek

language and culture inspired me to accept the challenge," she said. She began teaching in August 2009, and said that it has been an incredibly rewarding journey ever since.

Biska's professional journey has taken her across Athens, London and New York, shaping her into a multifaceted professional with a passion for Greek language, culture and education. Her academic foundation began with a degree in political science from the University of Athens, followed by a master's in communications from City University of London. She further enriched her expertise through significant doctoral research, and her career in journalism began in Athens, where she started as a reporter for Acropolis newspaper. In London, she honed her skills as a producer for the BBC and a correspondent for Greek media, gaining invaluable global media experience.

For the past 23 years, New York has been the center of her professional endeavors. As the head of Antenna TV's newsroom, she had demonstrated exceptional leadership in journalism. Beyond her editorial role, she has taught Modern Greek, served as a consultant and PR professional for various foundations, and worked as a ghostwriter, all while championing Hellenic heritage. Through her television programs, she introduced the institution of charter schools to a broader audience and facilitated opportunities for Greek educators. Her interviews paved the way for seconded Greek state teachers to teach in U.S. schools with Greek programs,

and her efforts directly led to the establishment of the first Greek charter school.

The Delphian asked her about the benefits of learning Greek in today's globalized world.

"Learning Modern Greek is more



Professor Biska's dedication to embracing language, journalism and Greek culture helps inspire students to dive deeper into cultural exchanges and connections. Photo from Research Gate

than acquiring a language; it's a gateway to enhanced communication, cultural understanding and critical thinking in our interconnected world," Biska said.

She emphasized that Greek is foundational to the English language; our alphabet

and countless words like democracy, biology and philosophy derive from it. Biska said that learning Greek can help sharpen linguistic skills essential for global careers.

The benefits don't stop there according to Biska however.

"Greek enriches education by adding depth to fields like philosophy, law, medicine and history, where Greece's contributions are foundational," she said.

When asked if she has advice for students aspiring to become journalists, Biska said: "Embrace curiosity, adaptability, and an unwavering commitment to truth. Journalism is about digging beneath the surface, much like Plato's Allegory of the Cave, where escaping shadows reveals deeper realities. Stay versatile. At Antenna, I adapted across roles—reporting, producing and hosting—embracing new platforms while upholding ethical standards. Never stop learning."

Combining that mindset with cultural depth is a surefire path to success according to her.

According to Biska, seminars in digital media, data journalism, ethics and AI are essential to staying relevant in a rapidly evolving field.

She recommends students start by building strong networks — her interviews with Congress members grew from relationships nurtured at events and conferences — and let your passion guide you. 🐾

How "The College Tour" and the Student Registry Serve Students

BY JOSEPH D'ANDREA

As the executive producer and host of Amazon Prime Video's "The College Tour," Alex Boylan has made it his mission to provide college students — both current and prospective — with the information necessary to navigate college life.

In an interview arranged by Samantha Hain '04, the media strategist for "The College Tour," Boylan said his motivation came from his niece's own experience deciding on which college to attend. She was fortunate enough to visit a few campuses across the country but most students don't have that luxury. This led Boylan to ask himself: "Can we bring the campus to the students?" The answer turned into a television show that now spans 15 seasons and nearly 200 episodes—including a 2021 episode at Adelphi.

The series showcases real students telling their stories, allowing future college students to virtually explore what colleges have to offer both in terms of campus life and academics.

"We're a bridge," Boylan said, helping students who might not have the means to travel still get a sense of a college from the comfort of their couch.

"The College Tour" is all about authenticity.

"Ninety-nine percent of our episodes feature real students," Boylan said. "We want high schoolers to

see themselves in these stories."

While the primary focus remains producing the series, the show is also open to engaging with students at participating colleges, with Boylan saying, "There's nothing better than showing aspiring media professionals how a show is made at a high level."

That spirit of support now extends



The award-winning series "The College Tour" showcases different college and university campuses across the country and a 2021 episode featured Adelphi. Photo by The College Tour

beyond the screen with the creation of the Student Registry. Inspired by conversations with many students, the "College Tour" team realized that financial strain was one of the biggest challenges young people face, leading them to build a platform to help

"There are registries for weddings and babies — why not college?" Boylan said. The site allows students to create a profile, share their financial needs and invite friends, family and their wider network to contribute. Whether it's money for books, study abroad or even a simple coffee budget, it's a way for students to receive direct support.

and public relations began at Adelphi, where mentors and internship opportunities led her to where she is now.

"I don't know if I would have had the career that I had if it wasn't for Adelphi," she said. "The two aspects of my career — writing and public relations — were both formed and cultivated by Adelphi."

Early exposure allowed her to work on national news stories and now she continues to use her skills to uplift students. What excites Hain most, she said, is how the registry teaches students to plan ahead.

"The registry is going to be a very helpful tool because a lot of students don't realize there's so many extra costs involved, aside from just tuition," she explained.

"Books cost money, food costs money," Hain continued. "I was a commuter student: gas costs money. For a lot of these students, this is the first time that they might have to do some financial planning, and I really like the idea that the registry makes students think critically about what a budget should look like and what they will need to achieve that kind of standard of living. I think that that's a really important skill that most people probably learn too late."

"The College Tour" can be streamed on Amazon Prime Video and Tubi, and you can learn about the Student Registry at thestudentregistry.com. 🐾

"We want students to go to college, stay in college, graduate and go on to live epic lives," Boylan said. "That's our goal."

Hain, who is also involved in public relations for the Student Registry, said her journey in journalism

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 leading the school newspaper, as well as their time as Adelphi students. Here the editor-in-chief, features editor and social media editor all share their thoughts. They will be missed around here!

Adelphi Gave Me So Much to Be Thankful for These Past Four Years

BY JOSEPH D'ANDREA

When I left high school in 2021, I had ambitions but still a fairly vague idea of what I wanted to pursue in the years to come, and especially how it would look. I knew that I wanted my professional life to reflect my interests — history, journalism, film — and have always had a desire to share those topics with others. This is what led me to join the Scholar Teacher Education Program (STEP) at Adelphi, which sets students up to ultimately teach, in my case at the adolescent level. When I enrolled at Adelphi having declared a history major in STEP, I had broadly expectations, but it's not until now, a few weeks away from graduation, that I realize just how much Adelphi has offered to me.

I have no doubt in my mind that without my professors, I would not have accomplished as much as I did these past four years, so I'll tell my story through them.

Before I even sat in my first college class in fall 2021, I reached out to my academic advisor, Micah Oelze, to start a conversation about what I would be getting into once I stepped foot on campus in the time to come. Professor Oelze not only enthusiastically responded to me but invited me to the campus Starbucks where we met a few days before classes began. It was at that time that I felt my college — and professional — career began. He was the professor who showed me that even though you may be entering a bigger, more “serious” stage in your life, it does not mean that you have to compromise everything about yourself. You can still be animated and have an inner joy that comes out every time you speak. Something I soon learned from

Professor Oelze was that you can be proficient and successful, while still not taking yourself completely seriously. He is a very professional man, and I'd be the first to vouch for that. But his self-awareness and openness to acknowledge parts of life that may not make



From Oct. 7 to Nov. 9, 2024, D'Andrea's exhibit “American Ideas in Full Color” — which showcased different historical memorabilia, some dating back over 100 years — was on display in the Swirbul Library.

Photo by Joseph D'Andrea

sense all the time showed me a side of an adult who I aspired to be like when I started at Adelphi, and still feel the same to this day. He was an immediate breath of fresh air that made me feel comfortable at a time when I felt so much was ahead of me. I'll miss yelling “Oelze!” across campus every time I spot him.

My initial week at Adelphi was also when I attended the first *Delphian* meeting

of the semester. I've been writing for student newspapers since eighth grade — mostly covering Major League Baseball — and I write an unhealthy amount in my free time, so it was a no-brainer to join Adelphi's paper. This is where I met Professor Liza Burby, someone who would become much more than a faculty advisor to me as the years went on. Having someone with decades-long experience as a journalist and publisher be so personable and welcoming to someone new to the university helped ignite my passion for writing at a more professional level. It's with this that I decided to add a journalism minor in my sophomore year, shortly after becoming the paper's opinions editor. Now, I find myself in the role of *The Delphian's* editor-in-chief, with three Press Club of Long Island awards under my belt, and I could not be more proud and thankful to have been able to spread stories and interview extremely interesting people along the way.

Having routinely gone through my freshman year, it was in my second semester of my sophomore year that I really learned just how much I could delve into subjects — specifically historical ones — that piqued my interest. I took Professor Cristina Zaccarini's Sophomore Seminar Research Skills course in which we discussed a good deal of history related to enslaved people in the United States. Using the individuals' own accounts (which varied in tone), I was able to look at history from a deeply personal perspective. Research may sound boring to most but I happily spend hours on end clicking from hyperlink to hyperlink. I learned a lot about the course's content, yes, but what I really feel I took away from the class was the initiative to

dive in head-first into figuring out who writes history, how it looks from period to period, and what else we can learn from what may already be assumed to be “all figured out.”

Coming out of high school, I think a lot of us can feel like the history we learned was set in stone, but with my college courses, my view of history was completely flipped on its head — in the best way possible. History isn't past; it's living. I'm grateful to have gained this point of view because it'll greatly benefit me when I'm in front of students of my own. Professor Zaccarini has been the mentor I've collaborated the most with, and with her advice, I've been able to present my research several times — even doing so at the National Conference on Undergraduate Research — and have recently received word that an essay of mine will be published in a peer-reviewed scholarly film magazine this year.

I also scored my first internship, through Adelphi's Jaggar Community Fellows Program, which placed me at the Cradle of Aviation Museum. It is there that I've grown so much as both a learner and educator, and next month will mark three years since I began working there. In my senior year, Adelphi gave me the incredible opportunity to have an exhibit in the Swirbul Library, where I displayed items from my collection of American historical memorabilia. It was a genuine dream come true and I can't thank the university enough for that.

Thank you from the bottom of my heart to everyone who has helped me during my time as an undergraduate — my family, friends, professors, and anyone else who lent me a piece of advice along the way. 🍀

From Orientation to Graduation: A Journey of Self-Discovery

BY SKYLAR DORR

When I first arrived at Adelphi as a freshman, I had no idea what career I wanted. I came in as an undecided major and took about every type of class available to me in an effort to find something that sparked any sort of passion. I took dance classes and drawing classes, political science and anthropology, anything to find my niche. And with graduation now closer than ever, I can safely say that I believe I've found it.

I realized how much I didn't know about myself, and how much I still had (and have) to learn. Coming to Adelphi, I wasn't particularly an academic. I was a good student and got good grades, but the feat of producing good work felt like something that I had to do rather than something that I was doing for myself. One thing that this university gave me was a newfound respect for education and educators. I've never met better professors, people who really taught me lessons that I will carry with me for a lifetime, and I mean that with as little exaggeration as possible. I could see how much some of my professors put effort into their lessons, into engaging students and into the material that they provided. In short, I found a respect for learning through the people who were teaching me.

In my journey of learning and finding

that aforementioned respect for it, it feels right to mention that I also learned a new language: American Sign Language (ASL), and while I'm far from fluent, I can hold my own in a conversation. I decided on a whim to take an ASL class in my freshman year, Expressive Sign, which required no prior sign language experience. I didn't know what it entailed at the time but to be brief, you combine sign and music to tell a story through visual performance. That singular class intrigued me enough to take ASL I, and the rest is history. This semester, I'll be completing the last class required for me to complete my Deaf Studies minor.

It wouldn't be a true reflection without mentioning my journey with *The Delphian*, and with writing. As I previously said, when I arrived here, I had no idea what I wanted to do as a career. I took my first newswriting class in my sophomore year, and began to develop an interest in journalism. I was good at writing, not exceptional, but it wasn't about what was going to be easy for me to do. Through that newswriting class, I was encouraged to allow some of my classwork to be published in the university newspaper. It felt good to tell stories and spin words in an effort to make them interesting. It felt even better telling stories that are important and need to be told, and learn-

ing about people in the process. I think that's what I loved most about it; learning about people, about their lives and hearing what they



Dorr's very first banquet of any kind, where she was inducted into the Communications Honor Society.

Photo by Robert Dorr

have to say. I realized how different everyone is, all the types of people that this world has to offer and the many things they have to say, and I wanted to be an integral part of letting them be heard, regardless of the story

being told. I began to pick up some stories as a writer for the paper and attended events with my fellow staffers. I made friends, and more importantly, I found something I loved.

I will cherish the friends that I've made here for the rest of my life, truly. There are people that I've met at Adelphi, through classes and mutual friends and campus activities, that I cannot imagine not having in my life. These are people that I call every day, who have seen me at my lowest and have been a shoulder to cry on, and I would not have met them had I not been here.

It wasn't an easy four years. I can say that with absolute certainty. I've learned a lot from this university, and learned a lot from life. I just found myself fortunate enough to love learning, no matter the lesson. I have been provided with so many opportunities here that it makes my head spin, and I love everyone I've met. I mean that seriously, I love everyone I've met here. They've all had something to offer, an inkling of knowledge from their own lives, guidance, friendship and believe me, it is not limited to that. I hate to leave it behind, but one of the most important lessons Adelphi has taught me is that what the future has in store for me might be just as exciting as what my past here has given me. 🍀

Though Not Initially Easy, a New Path Led to Unexpected Experiences

BY CHALA CIVAN

Back in 2021, I had exactly 15 hours to pack my stuff before I flew to New York and took enough of my 19 years to keep with me, at least for the next three months. I knew I was leaving soon for college, so I was trying to spend as much time as I could with my friends rather than packing up. While I was in our usual spot with my friends, my mom called me to come back home and said I would have a flight in the morning. So I left my friends, rushed back home and threw all my stuff around to decide what to carry with me. After an all-nighter, I made it to my flight, slept and arrived in New York during the hottest time of the year.

I enjoyed coming back to New

weeks and, waking up at 6 am, planning my new routines according to my classes and my friends' classes, and having the feeling that everything was getting better every other semester.

However, coming here to college was not the easiest thing for me.

In Turkey, we take a national university exam at the end of high school. During my senior year, I studied day and night for my dream school, but deep down, I knew I probably wouldn't make it. Even before receiving my results, I had already started preparing to take the exam again the following year. While my friends moved on to college, I accepted I'd be taking a gap year. I felt like a disappointment to my family, teachers, friends and especially myself. That summer, I didn't

a trip to Florida to visit my cousin and invited me to come along on the condition that I bring my books. On Oct. 8, 2020, we flew to Miami and road-tripped to Orlando, visiting small towns along the way. The change of environment helped ease my stress, but what shifted my mindset was being immersed in a different language and culture.

I didn't have to explain why I chose not to start college that year even though I had a chance to get into schools many dreamt of or assigned myself with extra responsibility without knowing if I would do better this time. Yet, I did better than I could realistically dream of. For the first time, I started thinking about a new path; one that wasn't dictated by a single test score. My cousin encouraged me to apply to schools in the US, and when I returned home, I quietly started researching international education agencies.

The first few agencies told me to wait another year due to Covid-related delays, but I eventually found one in İzmir. They supported my decision to apply to Adelphi in New York. I was 12 years old on my first time in New York and I couldn't even believe that I was there. It took me a trip back home to process my time in New York.

I got accepted with a scholarship three weeks before my second exam. When my parents hesitated, I made a bold offer: if they let me go, I'd take them to Florida for their summer vacations and they could always come and stay with me whenever they got bored. They said yes.

This May, I will be graduating with the degree my parents saw as a fit for me: psychology with a twist I truly enjoyed studying and practicing with *The Delphian*; communications. In my second year I noticed that I enjoy sharing my experiences and telling stories so I

decided to add communications as my second major. In my third year, Malika Burieva '24 suggested that I should join *The Delphian* and take over social media. Considering that for the majority of us, both the readers and staff of this school



From Adelphi's 8th Women's Leadership Conference in March when Civan had a chance to cover the event for the University's social media team.



Chala Civan in April 2024 with Adelphi's signature cherry blossom trees.

York in the August heat waves since I associated the heat with my early times at Adelphi; seeing my friends for the first time after a long summer break, getting jet lag for the first couple of

enjoy my prom or feel like I deserved to walk the stage at graduation. By the time I was a few months into studying again, I was completely burnt out.

Around that time, my dad planned

newspaper, social media is the most popular and consumed media and using Instagram was a great tool for us to notify our readers about our issues and run polls to ask their opinions. With *The Delphian* I had a chance to practice journalism and be active in the Adelphi community. Even today, one of my biggest regrets is not joining *The Delphian* earlier.

With today's economy, very probably I won't be able to keep my promise for this summer, but at least my mother will be checking this article in New York while she is staying with me for a couple of weeks and, very likely, my dad will be spending New Year's here too. So it seems like the agreement worked! 🐾

Congratulations to our graduates: editor-in-chief Joseph D'Andrea, co-features editor Skylar Dorr and social media editor Chala Civan. Thank you for your hard work and leadership. You'll be missed, but we know we'll be seeing your bylines again soon!

The Two Best Spots to Study for Finals on Campus

BY JOSE GUERRERO

Finals are coming, and it's time to study and finish up any assignments, but where do you go? Many spots on campus look good, but there are not great study places. So, what are the two best spots on campus? The answer is the Swirbul Library cubicles and the third-floor Nexus tables.

These two spots are great because there are not a lot of people in them. The library cubicles, for instance, are far from any main foot traffic in the library (on the second floor and far off to the left side of the library, coming from the main staircase in the center) compared to the main study area on the first floor, which is always filled with people.

The same goes for the third-floor Nexus study tables. There are so few people up there compared to the first-floor study; it's great to get away from the noise. The reason for this is probably the same for the library cubicles, which are so far off from where most of the main foot traffic is in Nexus.

That being said, both these spots have their unique strengths and weaknesses. Looking at the cubicles first in terms of their strengths. It is a cubicle chair with a little desk and charging

ports for your phone and laptop. It's like a mini version of the private study area, except you can find a room for yourself. You can spend hours in your cubicle and finish all your work, and your phone and laptop will be fully charged.



Discover your perfect study spot on campus, whether it's a quiet corner in the Swirbul Library or the third floor of Nexus.

Another bonus is that since these cubicles are in the library, you won't need to worry about the area being loud.

The Nexus third-floor study tables are also great. There are only three or so tables, each with its charging port. So space is limited, but that's good because it means the space won't be

crowded. It also has a great view of the campus, so you can work on your studies while having a scenic view.

Now, here are the weaknesses that you should consider when going to these spaces. For starters, there are

only 26 cubicles. The space might not be crowded, but at peak study time (like finals week), it might be hard to find a free cubicle. Also, if you want to do a group study, the cubicles are not great. Their design is for one person per cubicle, so doing group study sessions might not be great there. Also,

a minor weakness is that there are no windows in the area, so you might have passed long hours without realizing it.

While you don't have that weakness in the Nexus spot, it still has downsides. Unless you're a pre-med student, there isn't a reason to go to the third floor. It's so far off from any of the classes you might have that it would be advisable not to study there before your class. Even then, you might not get to study there since there are too few spots. So when those peak study times come up, you won't be able to find a seat there.

Regardless of their weaknesses, these spots are still the best because their downsides outweigh their good. Also, on campus, there are a lot of study spots or spots that might look good but are not at all. The commuter lounge, for instance, is always full of people, and it can get pretty crowded. The same thing goes for the cafeterias in both Post Hall and the University Center. They might even be worse. Studying outside might not always be accessible due to weather. Regardless, in the end, always look for spots that are accessible to you, that don't have too many distractions, and, most importantly, are comfortable for you. 🐾

Tariffs are Not the 'Big Stick' Policy that Trump Believes

BY TROY COFIE

Tariffs are being used as a blunt tool to reorder the international trade system and impose their will on other countries. Trump touts tariffs as a wonder weapon that can fix the many ailments that afflict the United States. From reshoring manufacturing to the United States to replacing income taxes to generating jobs to demonstrate hard power on the international stage, Trump believes that tariffs can rejuvenate a romanticized past of U.S. economic strength. However, tariffs aren't what the Trump administration is purporting, nor will they benefit the majority of the U.S. population.

First, what exactly are tariffs? Tariffs are taxes imposed on imported goods. According to the Council of Foreign Relations (CFR), importing businesses must pay taxes. So, no foreign exporters will pay the tariffs that are imposed. Additionally, based on recent research that CFR sourced, consumers have borne the brunt of previous tariffs that were imposed on China from the first-line tariffs that were imposed during Trump's first term.

Furthermore, according to the CFR, tariffs can harm exporters because they drive them to either lower prices to maintain market shares or risk lower sales if they don't lower prices. Both options cause the exporting sector to lose profits.

With this recent barrage, tariffs will cost Americans five times more

compared to Trump's 2019 tariffs, as reported by the Peterson Institute of International Economics (PIIE). The PIIE also compiled economic research that analyzed the Tax Cuts and Jobs Act of 2017 (TCJA), if reinstated, would disproportionately affect lower-income to middle-income families in America. Others would argue that TCJA can help generate jobs for American workers

tariffs on steel-using products such as "nails, tacks, parts for cars [and], [and] tractors," according to research from Dr. Lydia Cox and Dr. Kadee Russ. Analyzing the impacts of these tariffs, these two economists highlighted how an increase in steel prices put U.S. exporters at a disadvantage because they had to compete with foreign businesses that were able to obtain steel for lower prices.



Trump revealed his tariffs on the "Liberation Day" on April 2, 2025, during which he imposed a 10% tariff on all imported goods. Photo by Unsplash

because businesses with lower costs will be incentivized to invest. However, the possible gains that can be made from the TCJA would be completely outweighed by the costs of tariffs.

In 2018, Trump utilized "national security provisions in Section 232 of the Trade Expansion Act of 1962" to impose 25% tariffs on steel and aluminum products and, in 2020, extended these

The Tax Foundation estimated that downstream industries (industries that buy steel) experienced \$3.4 billion in production from 2018-2021. Additionally, steel-intensive industries are put at a higher risk for job losses compared to other industries. Dr. Lydia Cox and Dr. Kadee Russ furthered this point by stating that technological development in the steel industry would diminish

job employment. This is just one of the many American industries that are supposed to benefit from tariffs. However, especially with Trump's economic policy package, it will not alleviate America's manufacturing woes.

Tariffs are not necessarily a bad policy tool to boost domestic industry— if used in a strategic matter with policy tools. The Biden administration implemented tariffs (extending many of Trump's tariffs from his first) while pushing for government investment in the economy. The CHIPS and Science Act of 2023 and the Inflation Reduction Act of 2022 brought investment into semiconductor R&D, our ailing infrastructure, and tax credits in the green industry.

Of course, these measures weren't enough to confront the short-term problems that propelled President Trump's 2024 electoral campaign or the long-term issues of equitable income distribution and supply chain resilience. But they were a good step in the right direction for what economic policy making would be without dogmatic adherence to the "free-market" ethos and/or a protectionist and statist approach to solving socio-economic problems.

Unfortunately, dogma has mired the Trump administration's decision-making process regarding everything related to our federal government. These tariffs, without proper federal investment or rigorous industrial policy, will cause more pain to all of us. 🐾

Are College Textbooks Becoming Obsolete?

BY TAYE JOHNSON

Traditional textbooks have been a cornerstone of college education for decades. For countless students, lugging around heavy books and mulling over pages of text has been an essential part of the college experience. However, with the rapid evolution of technology, the relevance of traditional textbooks is increasingly being called into question.

One of the most significant factors contributing to the decline of traditional textbooks is the rise of digital alternatives. E-books, online learning platforms, and multimedia resources have made a compelling case for why printed materials may no longer hold the same value as they once did.

For starters, digital textbooks are often more affordable than their printed counterparts, making education more accessible to students. Many colleges recognize the burden of rising textbook costs and have partnered with academic research and learning management platforms, which gives professors the option to share reading materials directly with their students.

Interactive e-books are another way for students to engage with their content, and they provide features that traditional books cannot match. Digital textbooks offer search functions, embedded videos, quizzes, and hyperlinks to supplemental content, creating an immersive learning experience. These tools often enhance comprehension and retention in a way that static text on a printed page simply cannot.

Students today are juggling multiple commitments, from internships and full-time jobs to extracurricular activities and rigorous academic schedules. They value convenience and portability, and digital resources allow them to carry an entire library on a single device. This freedom to access materials at any time has made digital learning tools

books may be losing their foothold. The amount of paper, ink, and energy required to produce physical books is substantial, and many universities are under pressure to reduce their carbon footprints. Digital books, by contrast, are much more sustainable in the long run. While the production of e-readers and other electronic devices has its

tinct connection with printed pages that is hard to replicate digitally, and it allows for easier annotation and highlighting for certain learners.

Physical books do eliminate the distractions that often come with technology. Tablets and other electronic devices can be hubs of social media and gaming, making it harder for some students to focus. Printed textbooks provide an uninterrupted learning experience free from digital temptations. While physical textbooks are unlikely to vanish entirely, the future of learning materials will almost certainly involve some form of technology.

So, are college textbooks becoming obsolete? The answer isn't a straightforward "yes" or "no." While digital alternatives are becoming more dominant and offer numerous advantages, traditional textbooks still have their place in the academic ecosystem. The future of learning may eventually settle on a blended approach, combining the best features of both physical and digital resources.

Ultimately, I think the goal is to meet a range of student needs and learning styles. As technology continues to influence education, colleges must strike a balance between embracing innovation and preserving the tried-and-true methods that help students succeed. Whether in digital form, printed pages, or something entirely new, the real focus should be on providing resources that empower students to learn, grow and thrive. 🐾



The shift from college textbooks to ebooks has changed the game from heavy backpacks to the ease of a swipe. Photo by Freepik

indispensable for many college students.

When the Covid-19 pandemic was in full force, it accelerated the adoption of online education, and with it came an increased reliance on digital materials. For a generation of students who have become accustomed to Zoom lectures and asynchronous learning, the idea of physical textbooks may feel outdated.

Environmental concerns are another reason why traditional text-

books may be losing their foothold. The amount of paper, ink, and energy required to produce physical books is substantial, and many universities are under pressure to reduce their carbon footprints. Digital books, by contrast, are much more sustainable in the long run. While the production of e-readers and other electronic devices has its

environmental impact, the ability to reuse digital resources across countless students without needing additional printing offers significant advantages. Despite all the advantages of digital materials, traditional textbooks still hold value for many students and educators. Some students argue that they retain information better when reading from a physical book than from a screen. There is a dis-

Why It's Time for an Audio Journalism Course at AU

BY KYLE ARJOONSINGH

In recent years, journalism has taken a major turn, not in the direction of flashier headlines or shorter attention spans (although those are up for debate), but in the way stories are told. We have diverted into the age of audio journalism.

From The New York Times to The Daily and with NPR's ever-expanding slate of news and culture programming, audio journalism has become more than just an add-on. It is a core part of modern media strategy. Podcasts are no longer the spontaneous passion projects people launched during the pandemic out of a need for connection. These professional platforms reach millions of listeners daily and shape the public conversation as much as any front-page article. Maybe it is because fewer people enjoy reading these days – or maybe audio offers a level of convenience that print cannot compete with. Regardless, the shift toward auditory media is undeniable.

According to the U.S. Bureau of Labor Statistics, traditional journalism roles are on the decline – but that doesn't necessarily mean the field is fading. It's changing. Audio journalism might be part of what keeps it alive. With more audiences tuning in to podcasts and

on-the-go storytelling, there's growing interest in audio formats as a fresh way to engage the public and adapt to evolving media habits. So, why isn't audio

catch-up while the industry moves ahead?

Imagine a classroom where students learn to build stories for the ear: scripting narratives that engage, conduct-

diver into journalistic ethics in the podcast space, how to monetize audio content, and even how to pitch to existing outlets.

It's not just about storytelling – it's about employability. As major publications invest in their audio departments, having even basic podcast production skills can set young journalists apart. Many students already produce their content, but a structured course could take that interest further – preparing them to work in newsrooms, public media, or even as independent creators.

Adelphi's journalism offerings are strong, especially for a school of its size. But to stay competitive – and relevant – it's worth looking at what students need not just to graduate but to thrive in an ever-changing media landscape. Let's give them a chance to be heard, literally. 🐾



It's time for Adelphi to tune in and create a course that prepares students to tell powerful stories through sound — and thrive in such a changing industry as journalism. Photo by Rawpixel

journalism taken as seriously as print or video when it comes to curriculum? Have universities just not recognized its impact yet—or are they still playing

ing interviews that sound natural, and editing audio that feels immersive. The course could cover technical skills like mic placement and sound design but also

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April Athletics Roundup: Panthers Shine in Clutch Performances

Whether competing indoors or out, our Panthers consistently rise to the occasion. This month was no exception, as their dedication and talent were on full display once again.

Editor's Note: Captions are based on AU Athletics reports.



On April 19, Adelphi leaned on a stellar start from sophomore Dawson Montesa (pictured) to take Game 1 of a doubleheader against New Haven. Montesa turned in a dominant outing, pitching 8.1 strong innings and allowing just two earned runs on five hits. He struck out 11 and issued only one walk over 115 pitches, helping secure the Panthers' 11-3 victory. A six-run third inning, capped by sophomore Bryan McCleary's three-run blast, gave the Panthers a comfortable lead. They tacked on additional runs in the fourth and eighth to secure the win. *Photo by Adelphi Athletics*



After two straight team wins, Adelphi men's golf earned weekly honors from the Northeast-10, with junior Francis Lanuza (pictured) named Player of the Week and freshman Mitchell Archer taking Rookie of the Week. Lanuza dominated the Saint Anselm Florida Invitational, firing an even-par 72 in round one and a career-best-tying 67 in round two to claim the individual title at five-under. His stellar second round included an eagle on the back nine. Archer finished tied for second at two-under after rounds of 68 and 74. He followed that with a sixth-place finish at the Charger Challenge.

Photo by James Stankiewicz



Behind two dominant pitching performances, Adelphi softball swept Southern Connecticut State in two shutouts on April 18, winning 2-0 and 1-0. In Game 1, sophomore Lily Kenney allowed just three hits and struck out five in a complete-game shutout. Offensively, redshirt senior Courtney Wengryn and graduate student Julianna Sanzone teamed up for an early RBI, while Tori Parente added another run with a double. Game 2 was a pitching duel, with junior Jenna Plue (pictured) striking out a season-high 10 and allowing only three hits over nine shutout innings. In extras, Sanzone delivered the walk-off single. *Photo by Adelphi Athletics*



Sophomore Ashley Kolomechuk (pictured) was named NE10 Player of the Week after leading Adelphi women's lacrosse to a pair of wins over Assumption and Southern New Hampshire. She totaled 15 points across the two games, posting four goals and two assists in an 18-6 win over Assumption, then followed with a season-high nine points — five goals and four assists — in a 17-16 victory over SNHU. Kolomechuk now ranks top five in the NE10 with 65 points and leads the Panthers in both goals (45) and points. *Photo by Cosmic Fox Media*



Sophomore Ryan Kakimseit (pictured) was named the NE10 Sport Excellence Award winner for men's swimming, recognizing his elite performance both in the pool and in the classroom. Kakimseit, a marketing major with a 3.8-plus GPA, swept all of his races at the 2025 NE10 Championship. He adds this honor to his NE10 Swimmer of the Meet and second Swimmer of the Year recognition. He becomes just the second men's swimmer in Adelphi history to earn the award, which highlights both academic and athletic excellence. *Photo by Brian Foley*