

# The Delphian

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The Voice of the Students

Volume 81, Issue 3

## The Love Story of Two Adelphi Alumni, Former Delphian Members, and their Adelphi Family

BY AVA GEANIOTIS

This Valentine's Day season, love is in bloom at Adelphi – as it had been for two students who attended the university just over 30 years ago. Today, they are still going strong and friends with other couples



Caren Prommersberger and Richard Panchyk at their Senior dinner at Crest Hollow Country Club. Photo by Lizz Panchyk

who met during their time at Adelphi, and their daughter is continuing their Adelphi legacy today, having graduated in 2024 with a degree in Communications.

Caren Prommersberger, '91, and Richard Panchyk, '92, met at Adelphi during the fall semester of Panchyk's freshman year. Prommersberger was an English major, and Panchyk was an Anthropology major. They were both members of Adelphi's honors program (which later became the Honors College in 1994) and they were both members of The Delphian, which was where they met. They began as classmates and became close friends.

### Love at First "Write"

Starting as friends, Prommersberger described her first impression of Panchyk as finding him to be very smart. He felt similarly about her, and he said that she was "intelligent, smart, creative, [and] interested in everything."

During their shared time at Adelphi, Prommersberger and Panchyk said they were too occupied with work from classes and clubs for their relationship to start.

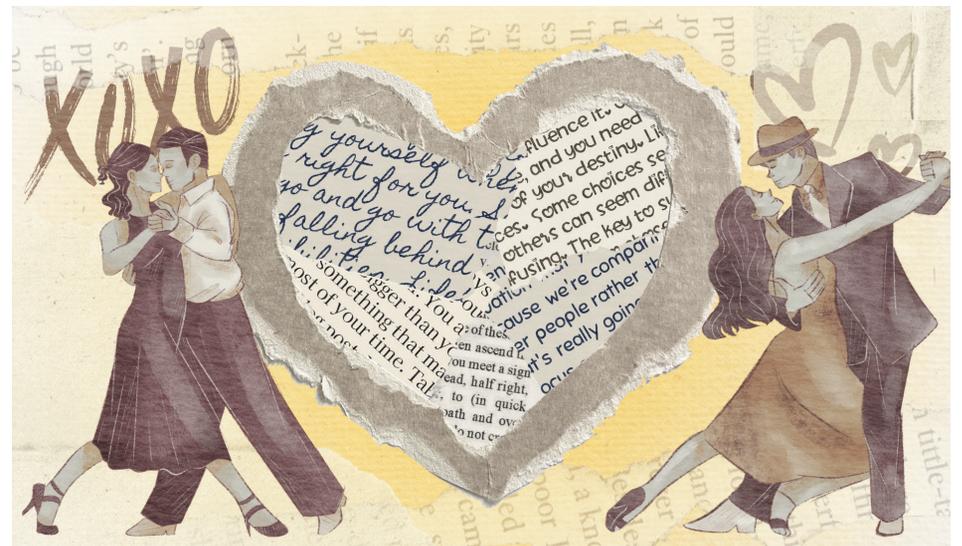
Nonetheless, they continued to exist

in the same social circles. "At the time, all the offices were on the third floor of the UC, so anyone who was [part of the] yearbook, Delphian, or the radio station – there were a lot of cross friendships and relationships," Prommersberger said.

At the time, The Delphian was a weekly paper. According to Panchyk, it required

stressful late nights. Prommersberger agreed. In addition to both being active members of The Delphian, Prommersberger was also editor-in-chief of the yearbook and Panchyk said he was also part of the radio station.

Even though they were both busy, they stayed connected. Prommersberger recounts *continued on page 6*



Adelphi alumni find romance with The Delphian. Photo by Ava Geaniotis

## New Mural Celebrating Latinx Experiences Graces Adelphi Campus

BY ARPAN JOSAN

Perhaps you noticed the new mural right outside the library showcasing smiling students dressed in caps and gowns. This large-scale project was created by students in the Mural Arts Workshop course led by Professor Brooks Frederick in collaboration with the Hispanic Serving Institution Task Force, the Latin American and Latinx Studies Program and the Department of Art and Art History. The project's aim was to center the Latinx student experience and to inspire those students who walk on Adelphi's campus every day.

The mural's inauguration event was held on October 29th in the Nexus building. Students and staff got to listen to live music along with speeches from those involved in the mural's creation. Art Department chair Kellyann Monaghan was pleased with the tireless work and effort that went into creating this mural and the professionalism the students experienced. She said, "The mural art students met with the interested party who were requesting the mural, just like they would with an actual client in the real world."

Senior adjunct for the Art and Art History department Brooks Frederick along with a professional city mural-

ist led workshops and helped guide students in the mural design process.

Senior Associate Dean Sandra Castro commended the work of all the collaborators. She said, "The Latino Students Association was also an impor-

Castro added, "Students such as Melanie Luna, Brian Almonte, Victoria Goris and Bianca Almonte were instrumental throughout the early stages and beyond."

The process of creating the mural

faculty and students had just six weeks to complete this mural. Monaghan said, "What is really, really, really, really impressive, that I want to get across to the community, is that this mural happened in six weeks by a small team of students and a faculty member, and that is not a normal time for this size mural. It really was crunch time, and it's really impressive that the faculty and the students got the mural done on this ambitious size and scale in the time limits that they had."

Director and associate professor of sociology Giovanni Burgos explained that the mural represents and celebrates the contributions of Latinx communities and their heritage. He said, "It visually affirms belonging for prospective and current students, supporting Adelphi's goal to become a Hispanic Serving Institution."

In his speech during the inauguration ceremony, Burgos discussed how the mural will serve as a living classroom that will connect Latin American students, and how challenging it was to create a mural with such a short amount of time and budget. He hopes that with this mural, the university will give the LatinX department more resources to reinforce the university's promotion of diversity. 🐾



The mural resides outside the library, where students can fully admire the hard work and dedication that went into it. Photo by Erik Shashaty

tant partner in the creative process, contributing their perspectives during the Fall '24 brainstorming sessions led by Professors Fredericks and Burgos."

involved integrating students' ideas that went through several iterations with changes and tweaks occurring until they were set on the design. This team of

## A Word from the Editor

Welcome back to the spring semester, Panthers!

I hope you all had a restful winter break and are ready to take on this new semester. The Delphian is back with new and exciting content that you won't want to miss out on.

We had a cold start to this semester, with the first day being cancelled due to Winter Storm Fern. Adelphi students got to relax indoors (unless you were shoveling) for one more day. That unexpected cancellation is something most of us won't forget and if you do, no worries, the Delphian Staff has captured pictures of the snowy day on page 7.

This issue contains some throwbacks to our Fall semester, where students attended the annual Winter Lighting Spectacular. The Delphian Staff also made an appearance, where we had fun with our fellow panthers while also reporting. Last semester also held the mural inauguration for the Latinx community. The mural is right outside the library and showcases smiling students dressed in their caps and gowns.

On a mission to find new restaurants with you and your friends? We have you covered with cuisines from Food Court Korea to authentic Colombian food. Our writers have done their research on these restaurants so be sure to check them out on page 9 to see where your next trip is.

And of course, I couldn't end this note off without talking about love. We have a special article that contains an interview with two Adelphi alumni who fell in love during their time on the Delphian. Tired of unrealistic romance? Our writer goes into depth with how influential romantic films are and how it creates these expectations we have on romance.

Thank you for reading this far, and good luck in this new semester!

Arpan Josan '27  
Editor-in-Chief



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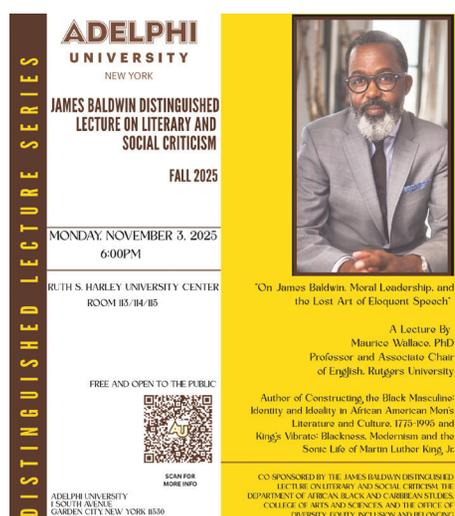
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## James Baldwin Distinguished Lecture: Who Can We Look Towards for a Call to Action?

BY SOPHIA SEWPERSAD

The third annual James Baldwin Distinguished Lecture on Literary and Social Criticism, "On James Baldwin, Moral Leadership, and the Lost Art of Eloquent Speech" was held on November



### Event Flyer by the Department of African, Black, and Caribbean Studies.

3rd, 2025, headlined by Dr. Maurice Wallace, PhD, professor and associate chair of English at Rutgers University. Hosted by the newly-established Department of African, Black, and Caribbean Studies, the focus of the lecture highlighted the diminishing power of eloquent speech which Wallace believes is the key to getting people to fulfill a call to action. Throughout the lecture held in the University Center, Dr. Wallace elucidated the idea

that the most influential movements of the 20th century, namely the Civil Rights Movement, took place and were successful due to leaders such as Rev. Dr. Martin Luther King Jr. and Malcolm X having the power of being eloquent speakers.

As Dr. Wallace elaborated, eloquent speakers have the power to motivate and empower a crowd, bringing them to a call to action that will stick with them and lead to real change, not just a performative kind. Junior English major Kate Johnson found the lecture very informative and interesting, saying, "As someone who hadn't heard of James Baldwin beforehand, I left the event knowing a lot about him. Dr. Wallace was very passionate about the topic of the lecture, which made the lecture more interesting."

Dr. Wallace, author of works such as "Constructing the Black Masculine: Identity and Ideality in African American Men's Literature and Culture, 1775-1995" and "King's Vibrato: Modernism, Blackness, and the Sonic Life of Martin Luther King Jr.," implored the audience to focus on the "idea that a fractured society divided by race, religion or party or earnings, can only remain fractured and unmore morally from our national inheritance," emphasizing the necessity of eloquent speakers in our current societal framework.

Sophomore computer science major Christian Thyme was moved by the event. He said, "The lecture was so profoundly surreal as the words of eloquence matched the works I've tried to create for a change

in our world through education."

Chair of the African, Black, and Caribbean Studies Department Dr. Patricia Lespinasse found meaning in Dr. Wallace's words. She said, "It was an honor to welcome Dr. Maurice Wallace as our 2025 James Baldwin Distinguished Lecturer. Dr. Wallace challenged us to crucially engage with the eloquent speeches of James Baldwin and Martin Luther King Jr., not only as the language of a historical moment but as a powerful call to action for our present time. The language urges us to imagine and create a more inclusive and humane world."

As the Spring semester continues, the Department of African, Black

and Caribbean Studies invites students to their other events namely:

- February 23, 2026, UC 113-115 – John Hope Franklin Distinguished Lecture, "A Home Away from Home: Early 20th Century Caribbean Immigration to New York" with Tysha Maddox, PhD, Associate Professor, Fordham University.
- March 24, 2026, UC 113-115 – Inaugural Sojourner Truth Distinguished Lecture, "Sojourner Truth, Central Park, and Legacies of Feminisms" with Margaret Washington, PhD, Marie Underhill Noll Professor of American History, Emerita, Cornell University.



**Dr. Wallace speaking to students and faculty during the event. Photo by Toni Burden of the Department of African, Black, and Caribbean Studies**

## Taking Advantage of Campus Happenings This Spring

BY JOSEPHINE SCALIA

Welcome back to campus! Even though the start of the semester was slightly interrupted by a bit of snow, the Spring semester is a busy time on campus and it's important to take advantage of all the special learning opportunities and experiences coming our way. Here is a description of what's to come on campus in Spring 2026!

**Women's Leadership Conference - March 28, 2026**

Starting off in March is Adelphi's ninth annual Women's Leadership Conference on March 28th, 2026. The conference is described by Adelphi as a "powerful day of learning and networking, where exceptional alumni and community members across industries share experiences and advice on how to thrive in today's ever-changing world."

Participants have the opportunity to hear from professionals in their respective industries. It's meant to motivate attendees to reach their full potential in sessions such as "The Power of Patience: Leading with Grace," and "Financial Literacy: Women and Wealth," just to name a couple.

Recently, the two keynote speakers for the conference were announced. The first is Nataly Kogan, a bestselling author, creator of the REINVENT•ABILITY™ Framework, and expert in transformation, emotional fitness and leadership. The second keynote speaker is Monique Coleman, who is an award-winning actress, producer, host, humanitarian and a familiar face from her portrayal as Taylor McKessie in Disney's

"High School Musical" franchise.

It should be noted that registration for this event is free for all Adelphi students, encouraging participants to take advantage of professional resources such as free professional headshots, a consultation with career professionals to review resumes, access to the Adelphi University Career Closet to allow students to try on a professional wardrobe and access to the TypeFocus Assessment to help you understand your unique behavior profile. Attending the Women's Leadership Conference is a great experience in promoting professional development by meeting with diverse groups of individuals and speakers who serve to motivate and inspire. Registration for the 2026 Women's Leadership Conference is now open on the Adelphi website.

**Writers & Readers Festival - April 16-17, 2026**

The third annual Writers & Readers Festival is coming to Adelphi on April 16-17, 2026. This two-day event is designed to celebrate the joy and art of storytelling and was founded by Adelphi alumna and novelist Alice Hoffman '73, '02 (Hon.). Hoffman is well known for her 1995 novel "Practical Magic" which was adapted to a film of the same name and will soon be getting a sequel.

Headlining the 2026 Writers & Readers Festival are novelist Jodi Picoult and journalist Molly Jong-Fast. Picoult is a New York Times bestselling author of twenty-nine novels, including most recently, number one bestseller "By Any Other Name." It is estimated that there are 63.7 million Jodi Picoult books in print.

Picoult is also a prominent and staunch critic of the rising trend of school book bans in the U.S., with her novel "Nineteen Minutes" being recently deemed as one of the most banned books in America in a report conducted by PEN America.

Molly Jong-Fast is the author of "How to Lose Your Mother: A Daughter's Memoir" which details Jong-Fast's relationship with her famous mother, Erica Jong.

Participants of the event can expect panels and keynotes with bestselling authors, conversations with writers, publishing insiders, and professional development workshops with literary agents, editors and Adelphi professors.

**Adelphi New York Undergraduate Humanities Conference - April 24, 2026**

Adelphi University will be hosting its first annual Undergraduate Humanities Conference, sponsored by the SPARK Center. It will be held in the brand-new Adelphi Manhattan Center on April 24, 2026. This conference is intended to bring together undergraduate students to present their research related to the conference theme, The Humanities in an Age of Intelligent Machines.

The keynote speaker for the conference is Jack Halberstam, PhD, director of the Institute for Research on Women, Gender and Sexuality, and David Feinson Professor of Humanities at Columbia University.

According to the event's submissions details, "This conference invites undergraduate scholars from all humanities disciplines to explore how the humanities affirm them-

selves within a technological age."

In a time when machines are being forcefully integrated into our lives and appear to think for us, the humanities are more important now than ever before. If you feel this conference interests you, feel free to visit the website for more information on attending and submitting a proposal.

**Scholarship and Creative Works Conference - April 28, 2026**

The 23rd Annual Scholarship and Creative Works Conference is scheduled to take place on April 28, 2026 and serves as a platform where hundreds of Adelphi students will "showcase their groundbreaking research, scholarly findings, inventive ideas and creative projects."

These can be on any subject or topic and can be presented in a multitude of ways, ranging from digital posters to oral presentations with slides. Presentations can even be in the form of creative work such as music, dance, theater performances, artwork, computer programs or poetry.

The keynote speaker for this conference is William G. Kaelin, Jr., MD, who is an American Nobel Laureate physician-scientist and Professor of Medicine at Harvard Medical School and Dana-Farber Cancer Institute.

Classes will not be held on the day of the conference, encouraging all students to attend and "explore the remarkable accomplishments of Adelphi's students."

Organizers of these events, conferences and celebrations encourage students to take advantage of these opportunities which serve as a reminder of what Adelphi has to offer its students. 🌟

## Turning Ideas into Action with Cynthia Pong, JD

BY JOSEPHINE SCALIA

Recently an interactive workshop entitled "The Entrepreneurial Edge: Turn Ideas Into Action with Cynthia Pong, JD" was held in the Ruth S. Harley University Center to an eager crowd of Adelphi students, alumni, staff and community members looking for guidance on how to move one's entrepreneurial ideas and career forward.

Cynthia Pong, JD is an award-winning executive coach and speaker known for her empowerment and advocacy for women of color in spaces from which they have been traditionally excluded. Pong is the founder and CEO of Embrace Change, an all-BIPOC (Black, Indigenous and People of Color) coaching team that has shown to lead women of color to advance in their careers, break barriers and claim positions of power.

The workshop served as a space for participants to share experiences, ask for advice and meet new people. Pong said, "People need motivation to take a risk."

Attendees were asked to share what part-time hobby and/or business they were interested in expanding, with answers ranging from real estate, to starting a tutoring business, to photography to selling sports memo-

abilia. Pong said, "Everyone's going to need side hustles" in this economic climate and suggests that these secondary pursuits could become businesses.

Pong used her expertise to have



The cover of Cythia Pong's book, *Don't Stay In Your Lane: The Career Change Guide for Women of Color*.

Photo by Josephine Scalia

participants pinpoint and brainstorm the foundations of their businesses, while also allowing for these ideas to

be presented in a marketable way. In her book "Don't Stay In Your Lane: The Career Change Guide for Women of Color" which serves as part memoir, part workbook, Pong offers practical tools to help readers fulfill their goals of paving their own paths. Pong contends that one must identify the service or product being offered. From there, the ideal client and demographic must be named and reasons identified as to why they would need the service or product.

After the workshop concluded, participants were invited to partake in light refreshments and encouraged to ask further questions, network and converse with their fellow entrepreneurs. Adelphi junior and marketing major Isabella Mendez said of the event, "It actually made me think about what business I would want to start one day and ignited that spark."

For many, this workshop served as a launchpad for ideas. Sophomore economics major Shareve Blair said, "This event allowed me to open my eyes to new opportunities and think of new ideas."

For others, this experience has led to self-reflection and reevaluation about their overall goals. Community member Kadeesha Cox said, "I think it helped restart my motivation as to where I was

with my business before this, and just kind of gave me some tools to move forward and ask those questions that I maybe haven't asked myself in a while." 🌟

**The Delphian  
is online and  
very social.  
Use this QR  
code to access  
all our links**



# Winter Wonderland

The Delphian staff celebrated their last meeting of the semester by attending Adelphi's annual Winter Lighting Spectacular on Tuesday, December 2, 2025. Despite the inclement weather and that the event was moved inside, attendees enjoyed live music, indoor ice skating, games, complementary treats, hot chocolate and even a lovely candle to take home. *Photos by The Delphian Staff*



# Bridging the Gap Between Commuter Students and Adelphi's Engagement Programs

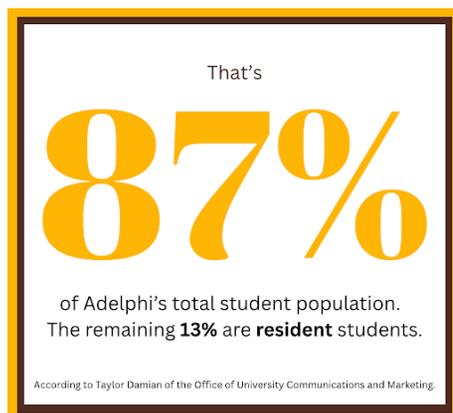
BY AVA GEANIOTIS

Nathalie Rozo, a sophomore psychology major, spends four hours of her day commuting to and from Adelphi University from her home. To make it to campus on time for her first class (and in preparation for a school day that lasts 11 hours), she leaves at 5:30 a.m. to take the bus to her local train station. From there, she takes the Long Island Rail Road. At the end of her last class, she rushes to catch the train at Nassau Boulevard for a two-hour trip home, mirroring that of her morning commute.

Even though being a commuter student is a dominant part of her life, Rozo hasn't engaged with – or even heard of – any commuter-specific resources that Adelphi offers. She just never realized these programs existed.

Between its undergraduate and graduate programs, Adelphi boasts a demographic of 6,460 commuter students, according to Taylor Damian of the Office of University Communications and Marketing. That's 87% of its total student population. As a result, the university offers a variety of programs aiming to engage and aid its unique commuter student population, including the Commuter Assistant Program, the Commuter Student Organization (CSO) and Commuter Appreciation Week (CAW), according to the university's website. Yet, according to a recent survey of eight commuter students, 50% had never heard of any of these programs. Perhaps more strikingly, even including those who knew about them, like Rozo, 75% have never engaged with one.

So, how can we bridge the gap between the programs offered by Adelphi University and the commuter students they are designed for?



## Understanding the Programs

The Commuter Assistant Program aims to help commuter students transition to college life. “[It] pairs incoming commuter students with trained upper-class commuter leaders who can offer guidance and help them get acclimated to campus,” said Sloane Somerstein, the senior coordinator of the Center for Student and Community Engagement. “The program focuses on connection, support and information-sharing.”

Somerstein said that the Commuter Assistant Program helps both incoming freshmen and transfer students who are

entering their first year at Adelphi. Even though only 37.5% of the surveyed students knew about the Commuter Assistant Program and none of them had used it, Somerstein said that they see a consistent group of incoming students sign up for the program each year. She also mentioned that commuter assistants often return every year. While the Commuter Assistant Program is aimed at first-year students, the Commuter Student Organization (CSO) is open to students of all years, according to its executive board.

Senior nursing major Alyssa Shapiro, former CSO president, said that the club is “here to provide commuters with a sense of community, a place to go every Monday to learn about the events going on on campus.”

Shapiro is still on the club's executive board – this year, as the Commuter Appreciation Week chair. Every semester, the CSO dedicates a week to supporting commuters, whether it's through giveaways or community-building opportunities.

However, the CSO's executives said they feel there hasn't been consistent participation in their organization.

“We just really want to provide free things for commuters because we know it's hard to commute to campus,” said current CSO president Sofia Kastanos. She added that this semester, however, the club has seen fewer club attendees.

## The Gap

“In my sophomore year, we had a lot of people at our meetings,” Shapiro said. “It'd be a very lively place to be.” While the organization structures meetings the same way now as they did then – going over the week's events and then playing games or hosting competitions – fewer people attend meetings now than before.

“I think the attendance has greatly declined during my time on the CSO executive board,” Shapiro said, adding that she noticed that as students get into the routine of their semester, fewer are willing to introduce new club meetings to their schedules.

“I think every week the engagement gets worse,” said Kastanos. “I don't know what it is, because our meeting time is at common hour [from 1-2 p.m. on Mondays], but I think it's because other clubs also meet at this time.”

As a result, the CSO tries to set itself apart from other clubs. Kastanos explained how they host free activities, but the incentive hasn't worked. Furthermore, she said they've tried to host more interactive giveaways to encourage students to attend meetings and interact with the organization – but to no avail.

“There could be a lot of people at our meetings,” said Kastanos. “I'm just wondering if it's a thing of time or if it's our meetings aren't interesting enough.”

For many students it's more a matter of time conflicts. Sophomore history major Elizabeth Manton said she knows about CSO, but never engaged with it – or any other commuter-specific engagement

opportunities. She cites timing as the main problem. “I don't come on Fridays because I don't have classes, and a bunch of the major events are on Fridays,” she said. “Or, they're at night – and I either want to go home, or I have work.”

For other commuters, it's lack of awareness that prevents them from engaging.

## Adelphi's Commuter Student Opportunities

**Commuter Assistant Program:** Connects incoming first-year students with an upperclassman commuter to help them adjust to campus. Check Adelphi's website for more information on sign up!

**Commuter Student Organization (CSO):** A student-run club to engage the commuter community on campus. Meetings every Monday for all students from 1-2 p.m. in UC 213/214. Check out their MyAULife page or Instagram (@csoadelphi) for updates and special events!

**Commuter Appreciation Week (CAW):** Celebrated once a semester, hosted by CSO. This semester, it included a chalk drawing competition, giveaway, food truck, DIY table, and off-campus trip!

“I feel like usually we don't get as many emails about [commuter activities],” Rozo said. “Maybe, it's like one email.”

Furthermore, she feels that resident student events get more recognition than commuter student events. “On campus, you don't see as many posters about these events or things that might be going on,” she said.

Rozo added, “Usually, I see posters about most activities or events for residents.”

Shapiro agrees and said, “I don't really see flyers for other commuter student opportunities.”

She explained how the CSO organization tried flyers last year for their big winter celebration. Many people attended the event, but she said she felt it was because winter events are popular at Adelphi – not because of their efforts.

## Towards a Solution

Still, students cite posters as an effective means of raising awareness. “Maybe [these organizations], for a bigger event, can make colorful posters and signs to grab attention,” said sophomore physical education major Meredith Papiro.

For the upcoming semester, the executive board is open to revisiting this idea. “I have never printed [flyers] out and put them around Adelphi,” said Christina Contoudis, a sophomore marketing major and CSO's public relations executive. “But next semester I would be open to trying that.”

Most of Contoudis' club promotion efforts are concentrated on Instagram, which aligns with student interests. According to the commuter survey, 87.5% of commuters find information about campus events on Instagram and 75% find it in their inbox. However, 100% of the surveyed students also use TikTok, a platform that many of these organizations do not use.

Contoudis describes Instagram promotions as “a hit or miss sometimes.” She said that she tries to make her posts eye-catching. She finds that quick, simple-to-read, short captions often see the most engagement and best turnout at club meetings.

## Moving Forward

Ultimately, commuters who have engaged with these programs said they have felt fulfillment from their participation. Sophomore studio art major Sayem Ahmed is a regular attendee of CSO meetings and said he finds them “super awesome.”

“I got to see some of my friends again, and I also got to talk to new people and do some chalk art,” he said following the Fall 2025 CAW Chalk Kickoff meeting in November. “I made some Pac-Man art, and I became a bit more sociable.”

As for the Commuter Assistant Program, Somerstein said she was a former Commuter Assistant and now she encourages students to get involved. “I thought it was really fun,” she said.

Somerstein mentioned how, in any leadership role mentoring first-year students, “having an impact and seeing the student grow over the year is always super rewarding.”

So, commuters, don't let getting involved on campus “drive” you crazy. There are resources here to help—as long as you can find them and they can connect with you.

Somerstein suggests that students check their emails every Monday at 10 a.m. to see the Student Insider—a list of events open to all students every week. She also encourages students to stay connected with the Commuter Student Organization

## Non-Commuter-Specific Resources

**Panther Express Shuttle Buses:** Provides free travel to and from popular destinations and transportation centers. See Adelphi's website for its pickup and dropoff locations and its schedule!

**Student Lounge:** Located on the first floor of the University Center. Formerly known as the “Commuter Lounge.”

**Student Insider Emails:** Sent to students' Gmail inbox every Monday at 10 a.m., providing a list of events for all students for the upcoming week.

(@csoadelphi) and with the Center for Student and Community Engagement (@engageadelphi) on Instagram.

“Adelphi is still home away from home,” Somerstein said. “There are so many ways for students to get involved and stay connected, and our office is always here to support them.”

The Center for Student and Community Engagement is located at the Ruth S. Harley University Center, room 123, and its email is engage@adelphi.edu. 🐾

## The Art of Doing Nothing (On Purpose): Inside Adelphi University's Mindfulness Center

BY LAUREN WING

In the midst of studying for challenging exams, working nonstop and constantly needing to be checking your emails and notifications, students are discovering a space at Adelphi University known as the Mindfulness Center, which is located in

or screen time, it's simply a place to rest without pressure or distraction. Junior cyber security major Alex Grandchamps said, "I went to the center to sit down for a couple of minutes and ended up falling asleep."

Grandchamps works at the IT desk in the Swirbul Library and appreciates the center for times when his job becomes



Students can take a breather while in the Mindfulness Center. Photo courtesy of Adelphi University

the University Center. Right as you walk in, it is evident that this modern Mindfulness Center blends comfort and calm by adding soft lighting, glowing pink wall patterns and cozy bean bags to create a serene atmosphere. Meditation mats and cushions invite quiet reflection, while lounge chairs and a bookshelf add a touch of warmth to the room. This quiet sanctuary is a space that does not demand critical thinking, productivity or performance, but rather peace, relaxation and serenity.

Visitors can engage in a variety of mindfulness practices, including guided meditation, breathwork and quiet reflection. Coordinator of the Mindfulness Center Michael Hoffner said, "The space welcomes everyone to visit while offering a calm, inclusive environment for all levels of practice."

According to Hoffner it doesn't matter how much meditation experience users have. He said, "Some have practiced with us each week, and we also have students, faculty, staff and outside community members that are brand new, just coming for the first time."

Sometimes, what a hardworking college student really needs isn't more caffeine

draining. He said he "was tired of looking at computer screens for hours" and therefore would return to the center.

Alumna Julia Sledge (c'23) had concerns about using the center instead of working. She said, "I thought that taking a break meant I would be behind on my schoolwork, but it really makes you more focused after going for even just 10 minutes."

To help maintain a calm environment, Hoffner emphasizes a few simple guidelines that include no use of electronics, no eating and no talking. He said, "You need to be really unplugged so that it is really an island of refuge in a sea of busyness. This is a space where you can let go of that assignment, let go of that schoolwork and just practice being."

Whether someone stops by for five minutes or five hours, the Mindfulness Center aims to be open as much as possible. Its hours are Monday through Friday from 7:30 a.m. to 11:00 p.m. and weekends from 8:30 a.m. to 10:00 p.m. in the UC room 324. In addition, free mid-day meditation sessions are held every Tuesday and Thursday from noon to 12:30 p.m. welcoming both beginners and experienced meditators. 🧘

## The Love Story of Two Adelphi Alumni

*Continued from page 1*

listening to Panchyk on the radio station while working on The Delphian. "When he would have his show with another friend of ours, we would turn that on and listen to it while we were putting the paper together."

Prommersberger also mentioned how she and Panchyk would recruit one another to help out at each others' clubs on the third floor of the University Center.

While in some ways school prevented a romantic relationship from developing between them, it also created opportunities for them to get closer. Although they were still only friends at the time, Panchyk considers their first date to be a journalism convention that they attended together for The Delphian in Anaheim, California as the only two members for the newspaper.

"The whole trip was kind of like a date, even though we weren't dating yet," Panchyk said. "That was what kind of sparked it, even though it didn't go anywhere for months."

Furthermore, Prommersberger said that the shows they attended together to review for The Delphian also felt like dates.

Once Prommersberger graduated in 1991 and they both had more time and less stress, they started to date. "It was natural that after she graduated it was easier for anything to happen," Panchyk said. Then, shortly after Panchyk graduated in 1992, they got engaged.

### An Adelphi Community with Friends and Family

Now, they're married, and their Adelphi legacy continues in their family.

When their children were young, Panchyk said that he would bring them to campus to show them around, and Prommersberger said they would bring them to Spirit Weekend.

Years later, their daughter, Lizz

Panchyk, '24, attended Adelphi and became the editor-in-chief of The Delphian, just as her father had during his junior year.

Prommersberger and Panchyk describe having two generations of Adelphi alumni in their family as a "good feeling." Even though so much has changed since their time attending the university, Panchyk said that the campus "still has that connection for all of [them] now."

Similarly, even though The Delphian has changed with technological development, Panchyk said he felt that his daughter's class conducted their work with "the same level of love and dedication." Both Panchyk and Prommersberger agree that their daughter attending Adelphi and being a member of The Delphian is a source of pride for them.

Adelphi had a great impact on their lives, both within their family and with the friendships they made while attending the university. Astonishingly, Prommersberger and Panchyk aren't the only couple to come from The Delphian during their time at Adelphi – there were two other couples in their group.

"We all got married within a year of each other, and we're all still friends," Prommersberger said.

"You never know where you're going to meet your person, or what friendship is going to develop into something more," Prommersberger said. "Sometimes life surprises you."

Based on their experience at Adelphi, they have this advice for current students:

"Find a club or an activity that you love, and don't just become part of it – experience it fully, and it'll enhance your Adelphi experience," Panchyk said.

Prommersberger said, "Follow your dreams and keep your heart open." 🧡



Lizz Panchyk's 2024 graduation at the Nassau Coliseum. Photo courtesy of Lizz Panchyk

## Join The Delphian!

**We welcome all writers, artists, graphic designers, web designers, photographers, content creators and spirited students who want to help amplify "The Voice of the Students." Meetings are Tuesdays at 6:00 p.m. in Earle Hall room 005. For more information, email us at [delphian@adelphi.edu](mailto:delphian@adelphi.edu).**

# Providing Hope and Support: Adelphi's Breast Cancer Support Program and Hotline

BY MERLYN VARGHESE

For over 40 years there has been a program at Adelphi University offering strength to individuals battling breast cancer. Through a confidential hotline, support programs and an educational video series, Adelphi's Breast Cancer Support Program and Hotline has offered hope and support for individuals no matter the challenges they face.

Last year, the program helped over 20,000 people through health fairs, its hotline and support groups. The program has had a significant impact on many individuals in New York State. Despite its decades-long history and various successes, this program is still unknown to many in the Adelphi community, according to the program's executive director Reyna Machado.

Machado shared that the program began in the Adelphi School of Social Work in 1980 as a post-mastectomy support group. She said, "This was before women even talked about cancer out loud, so they wanted to create a hotline and help other women, to the point where the hotline was originally called the Woman-to-Woman Hotline, because you didn't say breast cancer out loud."

Today, the program offers resources for anyone battling breast cancer. Machado said a key part of the program is the free and confidential hotline which is staffed by trained volunteers and is available through phone and text. Volunteers consist of men and women who are survivors of breast cancer or know people who were diagnosed. They undergo a four-week training led by a social worker, and they shadow a volunteer. They continue learn-

ing through meetings that discuss calls to the hotline, information about cancer treatment and more. Anyone can volunteer if they feel connected to the cause.

Lori Fagan is a volunteer at the hotline and a breast cancer survivor. She said she was diagnosed in 2012, underwent chemotherapy and has been cancer-free

since then. During that difficult time, she said she leaned on her support system of family, friends and her faith, but she wished she knew about the hotline.

"Although I wasn't alone, I felt lonely because I couldn't ask the questions I needed to ask from someone who walked the journey," Fagan said.

Fagan shared how she encourages others by using her own experiences. "For someone on the other end to hear someone who says, 'You know what? It

was a miserable, rotten year when I had to do it, but you know what? Look at me. Thirteen years later and I'm still here.'"

Another resource of the hotline includes counseling from licensed social workers. The program offers to match a patient with a social worker or volunteer that went through a similar

situation such as having young children at the time of their diagnosis or being diagnosed under the age of 40.

Machado said, "What makes our program different is that we are professionally led, so all of the counseling is provided by licensed social workers."

She explained that there are also support groups for individuals with Stage 4 breast cancer and for those receiving hormone therapy.

Machado said that recent develop-

ments include the STEP program (Survivorship, Treatment, Education and Peer Program), a survivor video series, physical therapists, a plastic surgeon and a nutritionist. Additionally, the program has a partnership with Mercy Hospital in Rockville Center, where Machado said a social worker is available on site on Tuesdays to provide bilingual counseling to help with treatment and accessing care.

"People are always looking for information, and we want to find different ways to reach people and ultimately support the breast cancer community," Machado said.

Both Machado and Fagan shared how navigating a cancer diagnosis and asking for help are difficult. However, this program offers free services and ensures that everyone who asks for help is supported. Machado said, "I would definitely urge someone if you're thinking about reaching out or you want to reach out, we're here. You're not alone."

During Breast Cancer Awareness Month each October, the program works with Athletics and Public Safety, and participates in classes on campus. However, Machado said the support and attention to the program should be year-round, and she encourages the Adelphi community to learn more. "Remember that we're a resource. Look at our website. See the events that are forming based on different needs as a community," she said.

To learn more, visit the program's website. The hotline number is 800-877-8077 and their email is breastcancerhotline@adelphi.edu. The program is located in the Adelphi School of Social Work in Garden City, NY. 🐾



## Winter Storm Gallery

Enjoy these images of the snowstorm that closed campus for the first day of the 2026 spring semester. *Photos by Ava Geaniotis, Chelsea Lawrence, Ciara Salinas, Deandra Rodriguez, Hunter Waldman, Jenna Kaczynski, Jordyn Pasqueralli, Kennedy Nashe, Megan Kashi, Natalie Ward*



## Unrealistic Romantic Expectations: When Fantasy Seeps into Reality

BY CIARA SALINAS

During Winter break, I watched a bunch of romcom films while rotting in bed. I was watching all these movies, and making fun of how corny they were. I came to the conclusion that a lot of these films romanticize unrealistic and problematic behaviors in dating. I love myself some “Twilight,” but I wouldn’t say Bella experiencing months of depression and abandoning her father for Edward is the most romantic scenario ever.

I think the worst part is how influential these romantic films are, especially with the lack of sound dating advice. Starting from a young age, many people look at movies, TV shows and books as teachers of how to practice exciting and romantic relationships. It seems like on social media, and in real life, people want to experience that romance film level kind of relationship. However, I do wonder to myself if romantic media in general ruins real life relationships. If people take what they see on TV, and even on social media, and apply it to their relationships like it’s truth and law, it can have deleterious effects on someone’s first relationship. I mean, who else can you look up to for relationship advice that isn’t a character in a film?

It’s so easy to blur the line between reality and fantasy when film and television gives you characters you can relate to. Furthermore, when you see these characters in situations that are portrayed as romantic and realistic even though they are actually not, you imagine yourself experiencing the same romantic scenarios. Senior psychology student Aani Mehta who conducted research on love addiction, states that the reason people are attracted to the toxicity and drama in films is because it’s interwoven into our everyday life. She said, “As a society, because we see [romance movies] all the time, it’s expected to go into a relationship [where] some unhealthy and toxic

characteristics make it more interesting. I’ve heard people say that if you haven’t had a good hard argument or fight often, then you’re not in a stable relationship. And, that’s not to say that there shouldn’t be arguments, but abuse is not a normal thing in a relationship, neither is toxicity.”

Everyone has their own unrealistic expectation. Trust me, I know. I’m the queen of unrealistic expectations. However, some of the expectations films



**First year psychology student Adrianna Costen said, “I think romantic films shape the expectation that we have for our real life relationships. They can lead to us holding our partners to the standards displayed in film and feeling as if we settled if they give us less.”**

give people not only affect their partners negatively, but their well-being as well. First year psychology student Adrianna Costen believes that romance movies can lead you to comparing yourself and your partner to these characters and possibly be disappointed that your relationship doesn’t mirror what is portrayed in the media. And, not only do films portray unrealistic ideals, but also toxic ones like cheating, stalking, abuse, lashing out, power dynamics, love triangles, and traditional gender roles that constrain an individual. Costen said, “Films tend to portray a very self sacrifici-

cial view of love. A famous movie being ‘The Notebook’ where the love interest waits 7 years to get his girl and even builds her dream house.” First year physical education student Kevin Vaga believes that stalking and verbal abuse is shown in films. “Some things I’ve seen are stalking or lashing out at your partner because of something you didn’t like. Those are only some examples, but people do face those types of challenges in real life,” he said.

Gender has a big impact on how influential these movies are. In paranormal/monster romance movies women protagonists are put into dangerous situations by, usually, the male leads we’re supposed to root for. These movies romanticize it through subtext, characterization and, inevitably, the characters getting their “happily ever after” with said male lead. Vaga said, “When we look at people who identify as female, and they see female characters seeming more meek going after the bad boys, it kind of normalizes that it’s okay, or romantic even, for guys to act controlling and possessive to the point where you lose your freedom and independence. And then for the guys, or anyone who identifies as male, they see that this is what girls like, this is what girls want.”

Vaga strengthens this point by mentioning how people who are male-presenting rarely see realistic outcomes when it comes to expectations or behaviors shown in movies. He said, “In some films and media, we mostly only see the good things. We never see the bad things that could follow along. This pushes some males to go into a mindset that if something isn’t done a certain way, or if they don’t treat someone [the] way they saw in a movie, then that means they’re not good enough or they’re doing a bad job.”

You can’t change how influential toxic romance movies are because, well, they’re a fun watch. I can’t lie! Again, I love myself a bad boy trope, but we can

advocate for healthier tropes in romantic films to create balance. On social media, and in real life, I have seen many express how tired they are of seeing the same toxic, unrealistic tropes in romance films. This has been an especially prevalent conversation when it comes to Netflix’s new movie, “The People We Meet on Vacation.” The male lead has a girlfriend the whole time the main characters are falling in love with each other, and we are supposed to be rooting for them. A popular trope a lot of people want to see in films is communication. There’s so much miscommunication in real life relationships that it would be refreshing to see characters in movies communicate with one another in a respectful manner. A movie I personally believe that portrays good problem solving in a romantic relationship is “Rye Lane.”

While it’s okay to fantasize about unrealistic scenarios, it’s always wise to remember when fantasy should stay as fantasy. Always make sure that whoever, or whatever, you look to imitate when it comes to romance actually aligns with who you are and what you value in a relationship. Go into your relationships knowing that your partner might not have those same fantasies or expectations that you see in film. Healthy relationships require communication, trust, compassion and understanding to work in the long run. If there’s a particular romantic gesture that you see from a movie or show and want to experience it, communicate that with your partner. However, understand what is a healthy and respectable gesture and what isn’t. Movies are not only for entertainment, they can teach us something. So, it’s no surprise with how influential they are in shaping people’s perspectives on love. Don’t take what you watch literally. Deconstruct the ideas that they’re communicating with you about romance. That way, you can fully understand what you want from a relationship. 🐾

## “Sunrise on the Reaping” Leaves You Hungry for More

BY SOLEIL WE

The Hunger Games franchise returns with a deep dive into the dystopian universe of Panem with “Sunrise on the Reaping.” This prequel is set 24 years before the original series, taking audiences on a journey with the future victor, Haymitch Abernathy. This incredible addition captures old and new fans’ attention as the truth of Haymitch’s games is revealed, highlighting the cruel and manipulative nature of the Capitol.

Written by the international bestselling author Suzanne Collins, this prequel is told through the perspective of 16-year-old Haymitch Abernathy as he attempts to outsmart the game makers during the Second Quarter Quell, providing a glimpse into the horrifying reality behind the game’s perfect facade. With unrelenting tension and thought-provoking themes, the novel is both impossible to put down and rich with social commentary.

Collins returned to the series, releasing “Sunrise on the Reaping” 15 years after the original trilogy ended. Unlike the previous editions, this novel does not shy away from exploring the Capitol’s use of deception and how the games are used as a tool to punish anyone out of line. With strong themes surrounding the concept of propaganda, readers see how the Capitol alters narratives, keeping the Hunger Games an entertaining spectacle for Capitol citizens and as a warning to those daring to rebel.

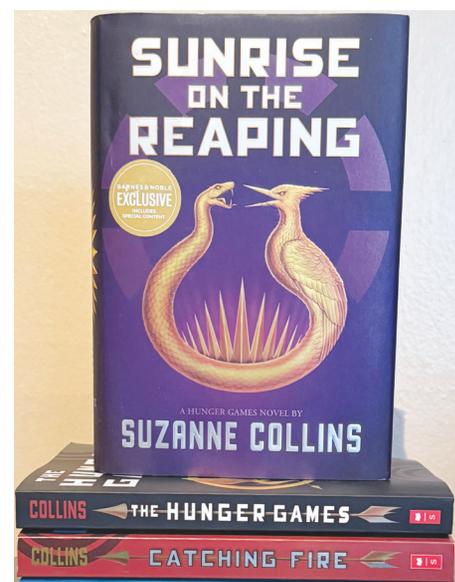
The enrichment of Haymitch’s backstory is something that particularly stands out, as it not only seamlessly connects to the original series but is also deeply emotional. Readers witness the Hunger Games once again destroy the innocence of another child. It reinforces how President Snow views the Districts as nothing more than pawns meant to be used and later disposed of to strengthen his rule over Panem. Confronted with the twisted morality of those

running the games, from the moment he is selected, Haymitch’s transformation from a naive, kindhearted boy from District 12 to the drunken, cynical

mentor is absolutely heart-wrenching.

Furthermore, as “Sunrise on the Reaping” reintroduces members from the original series, readers develop a deeper understanding of characters such as Beetee, Mags, Wires and Plutarch. While this might make a reader skeptical at first, this was one of the most interesting parts of the novel, as these appearances aren’t just fun cameos. They provided meaningful context, exposing the mistreatment they endured and how it shaped their roles in the future rebellion, revealing new layers to a story readers thought they knew.

“Sunrise on the Reaping” is a perfect 5 out of 5 stars as the novel excels at connecting to the original trilogy while creating an immersive and emotionally charged experience. The 400-page dystopian fiction novel is suitable for readers ages 12 and up, as its mature themes and violence may be inappropriate for younger readers. 🐾



Cover of “Sunrise on the Reaping.”  
Photo by Soleil We

## Food Court Korea: A Perfect Spot for Korean Cuisine

BY MERLYN VARGHESE

Korean cuisine stands out because of its umami rich foods, bold flavors and its focus on fermentation. If you're looking for a great restaurant to experience Korean cuisine, try Food Court Korea, which has been at 947 Willis Ave. in Albertson since 2020.

The menu consists of a variety of classic Korean dishes including soups, stews, noodles, rice bowls and barbecue. Before ordering their meals, customers are served free *banchan*, which are Korean side dishes. This includes kimchi, which is fermented cabbage, pickled radish and other vegetables. Every customer is served a generous portion of *banchan* and it is refilled if necessary.

One of the many dishes includes *jjajangmyeon*, which consists of noodles in a black bean sauce containing small pieces of pork and vegetables. The thick, chewy noodles were well-cooked and when paired with the rich, savory sauce, created a delicious umami flavor. With a hearty portion making it shareable between two people, this dish was reasonably priced at \$13.95. Most

dishes are priced between \$10 to \$30, and considering the large and shareable portions, the food is worth the price.

*Japchae* is another key dish made with glass noodles and stir-fried vegetables. This dish stands out also because it's another that is easily shareable and tastes sweet and savory with an umami flavor. There is also *bibimbap*, which



Photo by Merlyn Varghese

includes rice topped with vegetables and an egg. Spicy, savory and with the rich texture from the vegetables, rice, and scallion oil, the *bibimbap* offered a satisfying meal for \$10.95. There are

also various appetizer options including *mandu* (Korean dumpling), \$8.95, *pajeon* (crispy scallion pancake), \$13.95, and a variety of chicken wings such as fried, marinated and soy garlic flavored wings. The chicken wings are crispy and well-seasoned with a spicy and savory taste. The price varies from \$11.95 to \$42.95 depending on the flavor and the number of wings being ordered. The dishes are also customizable with extra meat and seafood options for a few extra dollars. Drinks included soda and water. Customers receive complimentary ice cream providing a sweet finish to the meal.

At first glance, Food Court Korea appears unassuming with a single-door entrance, but this restaurant has a lot to offer. Seating a maximum of 42 people at a time, the restaurant has wooden tables and chairs which are close together without feeling cramped, and the soft lighting contributes to a cozy feeling allowing customers to eat and chat comfortably. The tiled floors, tan-colored walls, and wooden interior along the walls, with the lack of fancy decorations contribute to the laid-back feeling. The menus are simple with a

few images and there are TVs always playing K-pop music videos making it a good place for casual dining. The staff is friendly and willing to answer any questions. The wait times aren't long and the food is served in a timely manner. Additionally, the restaurant accepts larger groups of up to 10 people.

Food Court Korea is an excellent place for authentic and classic Korean food. Based on the quality of the food and service, this restaurant deserves a high rating of 5 out of 5 stars. For anyone familiar with Korean food, it is a great spot that brings out the feeling of comfort and familiarity. For anyone new to Korean cuisine, it is a good place to try out new foods that are certainly worth the money in a casual, relaxed environment.

Food Court Korea is open from 11 am to 9 pm Monday to Saturday and closes at 8:30 pm on Sundays. The restaurant also closes from 3 pm to 4 pm only from Monday to Wednesday. For more information or to order online, visit the restaurant's website at [foodcourtkorea.com](http://foodcourtkorea.com) or call the restaurant at 516-996-2882. 🍴

## Somerset Brewing Company: A Local Hidden Gem

BY AALIYAH RAKEEM

Somerset Brewing Company is located just south of Adelphi University in Garden City bordering Hempstead. It's by far one of the best breweries in Nassau County with quality brews, a welcoming atmosphere and deep ties to the community.

Owner Manny Fajardo said he built the place from the ground up in 2022. Even the bar was handmade and polished using locally sourced lumber. The rustic vibes of the bar offer a relaxing atmosphere and Fajardo's family tend the bar. The other bartenders are all phenomenal as well; allowing newcomers to try beers while explaining them thoroughly and with a smile. As for the beers they serve, they are all tied to Fajardo's life, family and career as a surgeon. Some have medical notions like "Surgical Precision" and "Doktoberfest." Fajardo's mother and bartender Mary said that others are named after the dogs the owner had as a child, like the "Kaia." The beers themselves are usually traditional lagers, stouts, pilsners or IPAs, described in succinct detail on the brewery's menu. All palates are sure to find something to enjoy.

For those who aren't beer drinkers, Somerset Brewery carries locally made whiskeys and vodkas from Twisted Cow Distillery in Northport. They have a multitude of drinks on tap, with a better price point than any other brewery north or south of it. Beers are served in half pours of eight ounces for \$4 or full pints for \$8. Spirits and cocktails are around \$14.

There are a variety of flavor profiles in each of the beers. The traditional styles are milder, yet each with its own high point. The IPAs all have their own fruity kick to them. The stouts are strongest in flavor, with the "Matriarch" having been aged in bourbon barrels over months. Their beers are rotated frequently on the menu with some sold out at times.

You can view the entire brewing operation from their extensive outdoor space. The brewery hosts a multitude of free events like live music and dog boutiques along with different food trucks on premises each day. Just being able to watch these food vendors create unique, delicious meals is an event in itself. The venue also serves their own common bar fare like pizzas and pretzels.

Children and dogs are allowed on premises. Activities like soccer and corn hole, as well as outdoor televisions are provided. Extensive outdoor seating capability makes it a wonderful spot for parties or for gathering with friends and family.

Despite also working as a surgeon, Fajardo said he is in the midst of developing a nearby building that would have more of a restaurant vibe and be open seven days a week, unlike the brewery which is only open Thursday to Sunday.

Somerset Brewing Company is located at 94C Cherry Valley Ave West Hempstead, NY, 11552. 🍴

## A Taste of Home: La Choza Del Gordo

BY NATALIE CHILINDRON

La Choza Del Gordo serves authentic Colombian food with a side of lively ambiance and a family-friendly environment. Located in Bellerose on Jericho Turnpike, the restaurant attracts visitors from all over Queens and Long Island. With over 50 menu items, La Choza del Gordo is one of the most popular Colombian specialty restaurants in Queens, rated highly by customers and reviewers.

When you first walk in, you are greeted by a lively and enthusiastic host. All throughout the restaurant, you can find very traditional Colombian decorations like street signs and *sombreros vueltiaos* (traditional



Photo by Natalie Chilindron

Colombian hats) that immediately transport you to a town in Colombia. Along with the Latin music playing on the speakers, this restaurant truly feels like a gateway to South America. Giant TVs displayed a soccer game with local Colombian teams. The server came over quickly, and relayed the specials, which were *sopa de pollo con arroz y frijoles* (chicken soup with rice and beans) for \$12. He spoke both English and Spanish

and displayed friendliness and great energy.

A virgin *piña colada* for \$12 was served in a large cup with colorful and delicious decorations: pineapple, an aloe leaf and a cherry, making it the best *piña colada* this reviewer has ever tried. It was sweet but not overpowering and very refreshing. It balanced perfectly with the appetizer *tostones* with *guacamole* which is a very popular Colombian dish. *Tostones* are fried and flattened plantain slices that you dip in the *guacamole*, which has cut-up tomatoes, onions and cilantro. The \$11 appetizer was spicy and flavorful.

For entrees, the group shared Colombia's most popular dish, *bandeja paisa*, which contains many different components including a fried egg, rice, beans, sweet plantain, avocado, *chicharron* (fried pork belly), and grilled steak. It originates from the popular city of Medellin. *Bandeja paisa* was served perfectly balanced with all other ingredients on the plate. At \$22 it was large enough to split evenly between two people and memorable enough to think about the flavors even after leaving the restaurant.

The dessert menu included a typical Colombian dessert called *brevas de queso y/o arequipe* which are figs with cheese and/or sweet milk. The desserts were on the smaller side but delicious nonetheless.

While the service was attentive and the food was delicious, the music was at times too loud for two people sitting at the same table to be able to talk comfortably. Even so, La Choza Del Gordo is perfect for groups and family gatherings. La Choza Del Gordo is an authentic and delicious Colombian restaurant worth a try. They are open seven days a week 11 a.m. – 11 p.m. If you're ever in Bellerose, stop by 247-25 Jericho Tpke. 🍴

# Romantic Gestures for Valentine's Day

For this Valentine's Day, we wanted to know what are Adelphi students' favorite romantic gestures. Enjoy this sampling of what we discovered. *By Ciara Salinas*



Lorenzo values quality time.



Chis believes in gift giving.



Gerelin likes receiving flowers.



Romance to Alanna means acts of service and gifts.



Dinner and flowers are what Nicholas considers to be romantic.



Mark, left, believes acts of service are romantic while Mikayla admires the act of listening.



A romantic gesture for Nyla is a personalized gift.



Alyssa, left, finds hand holding to be romantic while Torrance appreciates a thoughtful date.



Time and effort put into crafting or making homemade gifts is what Shannia finds to be romantic.



Gift giving is romantic according to Iyanna.



Kayla appreciates spending quality time together.



Anni finds it romantic when they remember what you say and when they buy you something you mentioned that you wanted.



Jayden, left, prioritizes small acts of service and consideration, while Carla appreciates a romantic letter or something sentimental.



Andrew thinks surprise dates are very romantic.



Ashly, left, finds food to be romantic while Liana likes words of affirmation.

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articles on  
our website:  
thedelphian.com**

## Poetry Corner

The Delphian invites Adelphi students to submit their original poetry, very short prose, photographs and art work to be considered for publication. Send it to us at [delphian@adelphi.edu](mailto:delphian@adelphi.edu).

### Chicken Delivery

By Brandon Chan

My phone, a ping: deliver chicken wings,  
out west. There is a part of town I fear:  
apartments line the shady  
streets and stinks  
of people smoking weed  
and drinking beer.

Increase in tension, must  
try calming down,  
or maybe something else: an awful sin.  
Cause, who am I to judge  
these folks in town?  
Know nothing of the inner lives within.

The grind the residents  
work through, so they  
can hope to earn their place  
so they may thrive:  
abandoned citizens who've been betrayed.  
One waits for wings, in order to survive.

For any here, I will hand them their food,  
to change my poverty in attitude.

### Naming Ceremony

By Jaida Philogene

The hog plum trees  
sagged under the weight  
of the freshly ripe fruit.

The marshes released  
that familiar and exhausting  
scent of petrichor.

The ponds outside Trincity Mall birthed a  
gray five-ounce reptile crawling through the  
mud; her mother followed closely behind

Doors dressed in oak wood,  
their frames anointed by so many  
pastors, that the oil has left its mark.

The oil doesn't work. Mutts.  
Street dogs that I named,  
trotted down the road, aimlessly.

### I, Procrastination

By Brandon Chan

So, you say this essay  
must be done by today.

I swear I won't delay  
your task, but by the way,

there's dishes in the sink.  
How can you even think

when the floor needs mopping?  
I'm surely not stopping

you from doing your work  
but these chores you can't shirk

you've got plenty of time  
so let's tackle this grime.

We've got the kitchen cleaned,  
I don't want to be mean

but look at your desk, see  
how it got this messy.

Old papers, notes, brochures,  
and are you really sure

that you paid off those bills?  
Since you've got time to kill

let's reorganize it.  
I know that we're close knit,

but you asked me to leave  
so that you can achieve.

The clock is a-tickin'  
cicadas are clicking

and dogs out there yapping  
a tree branch is tapping

against your window frame.  
These noises are to blame,

can't think with distractions.  
Based on your reaction,

why don't we take a break?  
So that your brain won't break.

This game you've progressed in  
will reduce the stress when

you fight off the undead  
zombie hoards. Go ahead,

play for a bit longer,  
it makes your mind stronger.

Who says you can't have fun  
before you get stuff done?

The doorbell's now ringing,  
delivery bringing

the pizza we ordered.  
I certainly assure

you that I'm not stalling.  
Your mom is now calling,

declining would be rude.  
After which you swore you

wanted me out of sight.  
I'm not trying to fight

you on this whole matter,  
you claim it's a pattern

with me all of the time.  
Is it really a crime

to the things I did?  
As for you, god forbid

take liability  
responsibility

and better do it fast  
since it's two hours past

the deadline, and you had  
a week. I bet you're glad

you have someone to blame  
because it's a darn shame

you have nothing to say  
since I was in the way.

### Fidelity

By Alexia Benjamin

"Fidelity" was created with the  
thought of femininity and fidelity as  
major motifs in the work. I'm inspired  
by feminine symbols that display  
love, power and beauty, specifically  
in nature. I wanted the swan, a sym-  
bol of love, fidelity and elegance, to  
be the main part of the painting. I like  
doing geometric shapes in the back-  
ground. My signature swirls and hid-  
den messages are all around to keep  
the viewer's eye moving. My favorite

part is the striped border that solidi-  
fies the space this painting occupies.

My ideas usually come randomly  
where I can see the finished paint-  
ing in my mind and then I convert that  
to a sketch on paper, adjust where I  
see fit and then transfer that to final  
canvas using oils. It's honestly a long  
process for me once I start the paint-  
ing because I tend to be a perfectionist.  
But it's always worth it in the end. 🐾

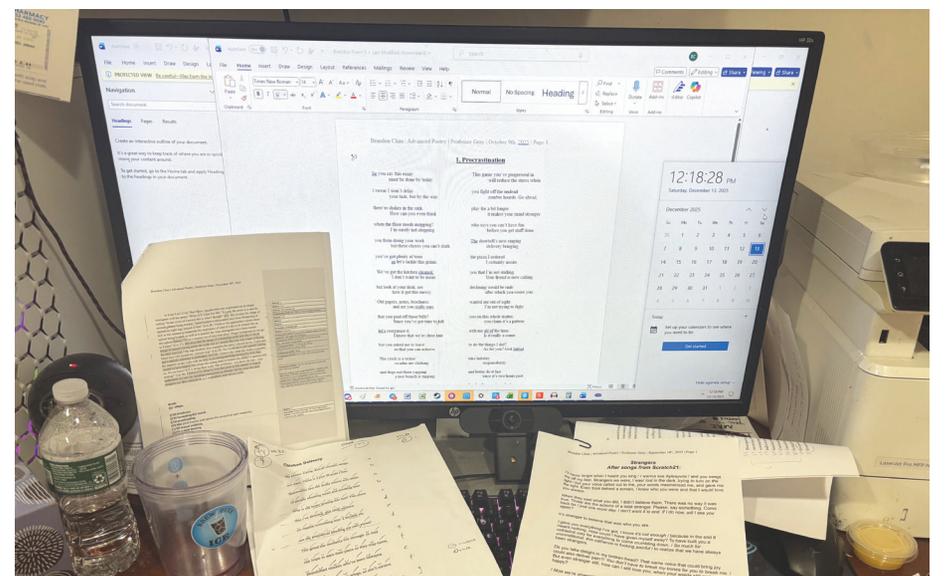


Photo by Brandon Chan



# Coming to AdelpHI PAC This Spring



## GUEST ARTISTS

**SŌ PERCUSSION**  
Friday, February 27 • 7:00 p.m.

**LARSON LEGACY CONCERT:**  
**DYLAN MARCAURELE**  
Saturday, March 7 • 3:00 p.m.

**CANDLELIGHT CELTIC**  
Saturday, March 14 • 8:00 p.m.

**MEGAN HILTY**  
Sunday, April 19 • 3:00 p.m.

**SCOTT LITROFF JAZZ TRIO**  
Friday, April 24 • 7:00 p.m.

**BROADWAY SINGS AMERICA: 1776-2026**  
Saturday, May 16 • 7:30 p.m.

## DANCE

**SPRING DANCE ADELPHI**  
Wednesday, April 22, *through*  
Sunday, April 26 • *Various times*

**DANCE SHOWCASE**  
*Free Event*  
Friday, May 15 • 7:30 p.m.  
Saturday, May 16 • 2:00 p.m.

## MUSIC

**YOU'RE A GOOD MAN, CHARLIE BROWN**  
Thursday, March 26 • 7:00 p.m. and Friday, March 27 • 7:00 p.m.

**ADELPHI SYMPHONY ORCHESTRA**  
Friday, April 17 • 7:00 p.m.

**ADELPHI OPERA THEATRE**  
*Free Event*  
Saturday, April 25 • 7:00 p.m.

**ADELPHI IMPROVISATION ENSEMBLE**  
Monday, April 11 • 7:30 p.m.

**ADELPHI CHORALE (OFF CAMPUS)**  
*Free Event*  
Saturday, May 2 • 3:00 p.m.

**ADELPHI CONCERT BAND**  
*Free Event*  
Tuesday, May 5 • 7:00 p.m.

**ADELPHI PERCUSSION ENSEMBLE**  
*Free Event*  
Wednesday, May 6 • 7:00 p.m.

**ADELPHI CHAMBER ENSEMBLE**  
*Free Event*  
Thursday, May 7 • 7:00 p.m.

**ADELPHI JAZZ ENSEMBLE**  
Friday, May 8 • 7:00 p.m.

## THEATRE

**THE REVOLUTIONISTS**  
by Lauren Gunderson  
Wednesday, February 25, *through*  
Sunday, March 1 • *Various times*

**EURYDICE**  
by Sarah Ruhl  
Wednesday, April 8,  
*through* Sunday, April 12 •  
*Various times*



MEGAN HILTY

### FREE STUDENT RUSH TICKETS

One hour before all performances, including guest artists, full-time AdelpHI students are eligible to get a Rush ticket for free. Arrive prior to the performance with your AdelpHI ID, get in the Rush line and receive one remaining unsold ticket. Subject to availability, not available for every performance. Cannot be reserved in advance. Rush tickets will stop being distributed 10 minutes before the start of the show, so get your tickets early.

**Reserve Your Tickets Today!**

**ALL ADELPHI STUDENT TICKETS ARE \$7 UNLESS OTHERWISE NOTED.**

For complete ticket pricing information (including discounts for faculty, staff and alumni), visit our website.

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Should you require a disability-related accommodation to participate in a University-sponsored virtual event or program, please contact the Student Access Office by phone at 516.877.3806 or email at sa@adelpHI.edu. When possible, please allow for a reasonable time frame prior to the event with requests for American Sign Language (ASL) interpreters, Closed Captioning (CC) or Communication Access Realtime Translation (CART) services; we suggest a minimum of five business days.