

Learning the Basics of Professionalism at the Etiquette Dinner Workshop

BY JOSEPHINE SCALIA

Do you know which fork is for salad? Are you aware that there is a wrong way to pass the salt and pepper? And have you considered what is the best food to order when on an interview? These are just a few of the questions answered in

faculty, staff and alumni had the opportunity to learn “how to confidently navigate complex table settings along with techniques for appropriate and engaging dinner conversations” according to the event webpage.

This most recent workshop was facilitated by Elizabeth Schwind who

the work force, many must learn the more minute details of conducting oneself in a professional manner and setting. The dining workshops are meant to serve as welcoming and engaging environments where questions are encouraged. Attendees were encouraged to wear business attire to fully immerse themselves in the professional learning experience.

As the participants ate and asked questions, Schwind guided the attendees through the ins and outs of proper etiquette for each course, raising multiple real world examples and scenarios and suggesting acceptable ways to navigate each situation. The workshop consisted of a four course meal starting with a house salad, followed by penne alla vodka, lemon chicken with roasted vegetables served as the entrée, and a slice of apple pie and fresh fruit for dessert.

Feedback for the event was overwhelmingly positive. Recent Adelphi alum Yovica Valentin said, “Overall it was great. The instructors were great—very informative, very sweet as well. I had a good time.”

Senior economics and political science major Shota Mikautadze said, “I really enjoyed this etiquette dinner. I got a lot of insights; amazing event.”

Mikautadze was grateful

for the opportunity to “network in a friendly environment.”

Reflecting on her experience participating in the workshop, international relations major Elizavetta Keburia said, “I learned a lot of small tricks and etiquette rules, and I would definitely recommend that other



The table setup during the first course of the meal. Photo by Josephine Scalia

the interactive Etiquette Dinner workshop sponsored by the Women’s Leadership Conference Fund that was held on February 17th, 2026, one of three such workshops offered this academic year.

Interested Adelphi students,

currently works in healthcare but also has a background in event planning and coordination. She often visits various colleges across Long Island to give lessons in dining etiquette.

As Adelphi students prepare to enter



Adelphi students and community members partake in the Dining Etiquette Workshop. Photo by Josephine Scalia

Adelphi students come here as well.”

If you missed this year’s workshops, do not fret. They will be returning in the Fall 2026 semester.🐾

Adelphi Becomes a Hidden Disability Sunflower Member

BY THEO UY

The Adelphi Disability Advocacy Group (ADAG), hosted the Hidden Disability Sunflower Lanyard reception on March 30th to kick off Adelphi becoming one of four colleges in the U.S to be a Hidden Disability Sunflower Lanyard official campus.

The newly implemented Sunflower Lanyards are a way of identifying individuals on campus who have a disability that can’t be detected by sight alone. Diabetes, autism, OCD and bipolar disorder are a handful of conditions that these lanyards are meant to help identify to advance disability advocacy at Adelphi.

Hailing from London in the Gatwick airport, the sunflower lanyards were originally used to identify passengers with hidden disabilities who may need additional help when traveling. Seeing the potential assistance this system can provide in other environments, CEO of Hidden Disabilities Sunflower Paul White along with representatives from other organizations sought to share this

system throughout Europe and now it has established roots in the U.S. and Adelphi.

Vice president of ADAG and sophomore neuroscience major Jace

someone may wear the lanyard. Many have a card on the lanyard with important information on it or pins that people put with important info on them.”



ADAG leaders worked diligently to provide a welcoming atmosphere at their inaugural Hidden Disability Sunflower Lanyard event. Photo by Theo Uy

Savalli said, “These people may need additional assistance, take more time to understand things or may need a seat. There are many different reasons

Savalli added, “As someone with multiple hidden disabilities I think this is something that is an important tool that can be used to help people who may need

it. The lanyards may help people be more compassionate to people who are wearing one if they know what the lanyard means.”

Many people with a visible disability don’t have it any easier. They often suffer from mistreatment and disrespect because of a disability they were either born with or grew into. Winter can be an especially precarious season for disabled people as accessibility ramps can be blocked by mountains of ice, making the terrain difficult. This winter, Savalli and other disabled members of the Adelphi community registered complaints for multiple accessibility ramps being blocked due to the weather. It wasn’t until the snow melted on its own did these people even have a chance of entering certain buildings.

For more information, ADAG encourages all Panthers to attend their meetings or get in touch at adag@adelphi.edu. For further reading on the sunflower initiative visit the Hidden Disabilities website and to learn more about people with disabilities visit The National Center on Health, Physical Activity and Disability website.🐾

A Word from the Editor

Happy spring, Panthers!

Hope everyone had an amazing break and is ready to take on the rest of the spring semester. As we start preparing for the end of the term and the endless papers and exams coming our way, try to ease your mind while reading through our various articles.

The coming of spring rings the time of The Delphian's annual April Fool's edition. The Defiler has been running long since I have been on the team and we're still going strong. Join in on the fun with our beloved Swirbul Library now being converted into a data center. Make sure to finish that remaining chapter in your borrowed book as it will be reduced to fuel! A reporter also hit the road to see what students think about the increase in tuition. Shockingly, Adelphi students believe that tuition should be raised even more.

We're also seeing a rise in the commuter population here on campus. New statistics have shown that Adelphi is now 99% commuter students which explains the lack of parking we see every day.

To my fellow students in the College of Arts and Sciences, we might have to rethink our career paths. The school will be reinventing itself to cater more towards large money-making corporations. And if you think you're safe because you're a senior, think again. Due to budget cuts that have affected our campus, graduation will have to be canceled. But don't worry! We're bringing back Zoom so seniors you can still enjoy your big day... just not with any of your friends.

Hope this issue brings a smile to your faces and good luck with the rest of the semester, Panthers!

Arpan Josan '27 
Editor-in-Chief



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The Migration Justice Zine Project: A Collaboration Between Social Work and Artistry

BY JAZLYN BAPTISTE

Imagine being 19 leaving your small island home to migrate to the United States. You carry a brown envelope with

at the Migration Justice Zine Project held on March 25th, 2026. This collaboration between Adelphi's School of Social Work and the College of Arts and Science's art and art history department was organized

Butler (GA); and Dean Corbin with Joanne Quinn-Beers and Carol Cohen assisting.

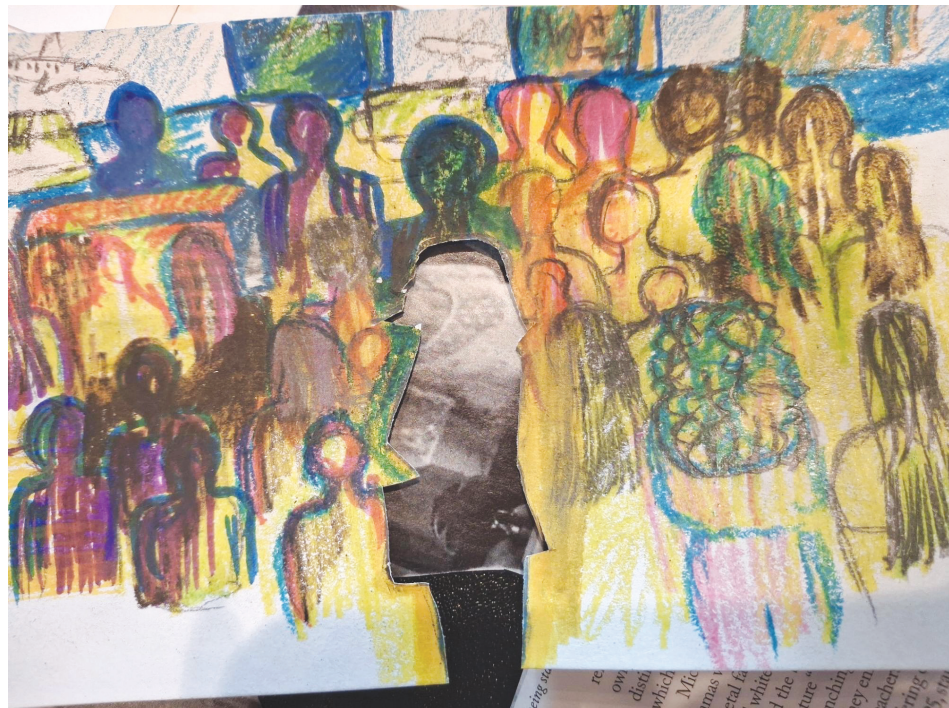
Attended by approximately 120 social work students and 20 visual art students, teams were created with 8-10 social work students, 1-2 art students, and 1 faculty member per group. All were tasked with fulfilling the project objectives of migration justice storytelling through visual media and advocacy.

Graduate student of social work and administrative director of social services for the city of New York Wallace Octave shared her story of leaving the small 238 square mile island of St. Lucia at the young age of 19 to migrate to the United States. She carried a large brown envelope containing her chest x-ray and other medical information which identified her immigrant status. Upon landing at JFK, she was taken by ICE to a room where she observed people in chains ready to be deported. Her story of fear and injustice was transformed by various artists at the event into a storyboard.

Another guest speaker and School of Social Work student-leader Felix Torres shared his immigration story, highlighting the need for social workers and social advocacy as his life and documentation transformed because he said, "It changed because somebody cared enough to translate the system."

This project is important to him since it relays important information to others. He said, "The message of this is to realize how powerful storytelling is to create change in policies and to understand that we're all human first."

Towards the end of the workshop, each team chose a person to present the storyboard to other tables prompting empathy and discussion. The Immigration Zine Project elicited fellowship and a call to action as Wallace's story was sadly not the only migration story involving fear and injustice. The stories in the project will eventually be made into published zines and some will be animated and featured at Adelphi's inaugural animation festival on April 1-2 in the UC Ballroom.



Art students worked in small groups to create visual representations of the immigration stories told by social work students. Photo by Jazlyn Baptiste

your new identity at JFK Airport. However, upon landing, you're taken to an ICE detention room seeing people chained ready to be deported. You are afraid.

Wallace Octave doesn't have to imagine because that was her immigration story, one not unlike many others shared

by faculty, staff, and the social action committee including Art Professor Andy London, College of Arts and Sciences; School of Social Work Social Action Committee co-chairs Dan Kaplan and Sara Terrana; Chrisann Newransky; Dave Lau; Carissa Chunasamy; Abby Balbi; Ashley

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The Defiler

April 1, 2026

The Voice of Foolishness

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Swirbul Library to Be Converted into Data Center

BY JOSE GUERRERO

AI is making a lot of money for investors and Adelphi's Board of Trustees wants to get in on a piece of it. Announced on Sunday, in a campus-wide email in the early morning on Tuesday, Swirbul Library will be transformed entirely into a Data Center.

"We think it's a good way of bringing in money for the school as we can use it for maintenance, expanding facilities and other fun stuff for ourselves," said Trustee Oliver Banks.

All the library's current physical books and media will be burned to fuel one computer server tower for around 30 minutes. The data center will use up all the electrical energy in the surrounding five-mile radius causing local power outages, and will use one to five million gallons of water per day which is the equivalent of up to seven and a half Olympic-sized swimming pools.

The Data Center will be used

specifically for Chat GPT and whatever projects, sites and products that rely on it. This ranges from military drones to character chatbots. It will

be worth it, since all Adelphi has to do is wait for a big payday. Yes, there is a huge risk in Adelphi entering the AI market. If the market busts, all the

cost will fall on the whole Adelphi community, but it is worth the risk.

Yes, it will pollute the area, ruin the campus and the whole of Garden City, turning a suburban town into an industrial district. It will gladly get rid of all the jobs in the library and replace them with computer server management staff which will be open to Adelphi students.

Swirbul Library is going to get a huge makeover over the summer. The mural will be replaced with a screen that will project AI generated ads created using Chat GPT. The whole interior of the library will be demolished and adjusted to be fitted to be a proper data center. The sign out front that says the name of the library will be replaced with a billboard that shows ads with AI generated artwork.

Some are sad to see one of the most beloved buildings on campus go away, but the Adelphi community has until the end of the semester to bid the library goodbye. 🐾



One of the last photos of the "Swirbul Library" signs ever taken before the announcement. Photo by Jose Guerrero

In-Person Graduation Canceled Due to Budget Cuts

BY ARPAN JOSAN

Seniors, you might have to sit down for this one. After 4 long years of sleepless nights, tiresome commutes, roommate issues and caffeine addiction, this time of year is usually a sign of relief. After paying an enormous amount of money on classes and textbooks, graduation is the light at the

end of your tunnel. It's your big moment that no one can take away from you.

Well, no one except for Adelphi. That's right, the 2026 seniors will no longer have a graduation due to budget cuts impacting the entire university. This shock came through Adelphi's Instagram page with angry seniors and parents flooding the comments. One commenter by the name

of @panthers4ever posted, "This campus was like my home and this graduation was supposed to be my big send-off. Now, all I have is an empty bank account."

Due to this outrage, the University responded with a statement that this was a necessary act "in order to maintain the stability of the university. We are truly sorry for any inconvenience

that this may have caused."

But fret not seniors! We're taking it back to 2020 with a Zoom graduation. Commencement will still be hosted on May 21st, but instead of making in-person memories with your fellow classmates, you can make virtual ones by clicking the Zoom link in your email. Sorry, but we wish you the best on your future endeavors! 🐾

Students Believe Tuition Isn't High Enough

BY JOSEPHINE SCALIA

Recently, a campus-wide email from Adelphi University's Executive Leadership was sent out to inform all undergraduate students and families about updates for the 2026-2027 academic year tuition and fees. According to the email, the Adelphi University's Board of Trustees approved an increase in undergraduate tuition for full-time undergraduate students to \$52,110.

While that may sound slightly heart-attack inducing, you can feel reassured that, "Adelphi's Executive Leadership is dedicated to carefully managing its budget to control costs while guaranteeing the continued vitality of the essential services and programs that serve a student body."

And, don't forget that first installment due on July 21!

In response, The Defiler took to the Adelphi community to seek out the opinions of students. Shockingly, an overwhelming

number of students admitted that they feel tuition could be raised even more.

Junior business major Doll R. Bill said, "Personally, I have money pouring out

of my pockets. I just can't figure out what to do with it! I might as well give it to the college. Please, take my money!" (It should be noted that this student handed me a wad

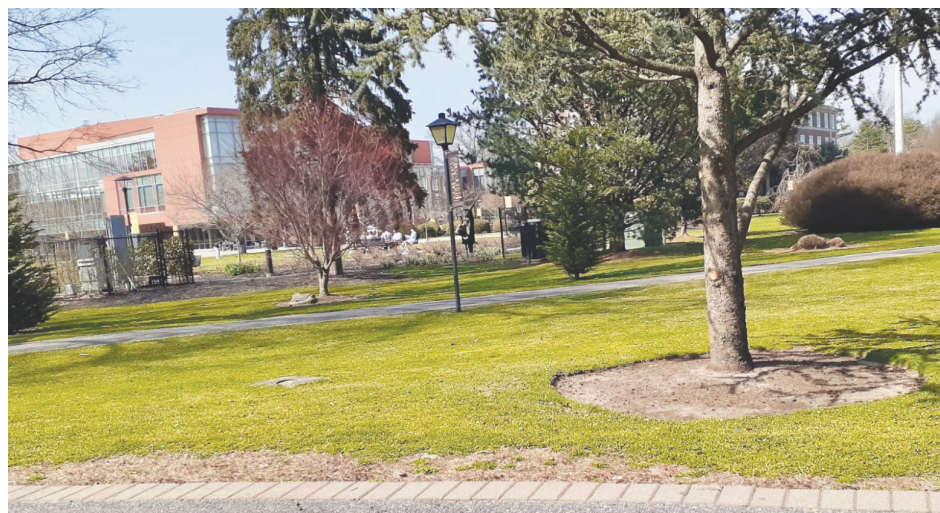
of cash as he exited the student interview.)

Sophomore accounting major Average Joe said, "I'm working five jobs, and even one during classes—online, of course. And on payday, I cannot wait to send my money straight to Adelphi."

First year hospitality major Mona Polly feels the price increase is not even that noticeable. "The prices are going up? I just let my parents take care of it," Polly said.

This increase in tuition comes on the heels of the \$55 million modernization project announced for the Garden City campus. According to campus leadership, these intensive upgrades "ensure that Adelphi students receive an exceptional academic experience."

The modernization initiative is projected to be completed as soon as you graduate. 🐾



Adelphi's Garden City campus, recently deemed worthy of a \$52,110 experience. Photo by Josephine Scalia

Continued on page 2

New Statistics Reveal Adelphi Student Population as 99% Commuter

BY AVA GEANIOTIS

Buckle up, Panthers: The commuter student population at Adelphi is growing, speeding and accelerating at 100 miles per hour.

Adelphi University is widely regarded as a predominantly commuter school, claiming that over 80% of Adelphi's student demographic are commuters.

However, striking new statistics based on the most recent survey reveal the drastic magnitude of this truth. According to Adelphi's Student Statistics Office, 99% of Adelphi's student population is comprised of commuters.

To many Adelphi students, this "news" isn't new at all – instead, it is just confirmation of an already evident reality.

"I think it's clear that we're a commuter-based school, so finding out that we're almost fully commuter isn't

unexpected," said senior communications major and commuter student Ima Driver.

She added, "This just explains why I've spent more time circling the parking lots looking for somewhere to park than I've spent actually driving to and from campus!"

Other students reacted with shock, unaware of just how many of their fellow Panthers are commuters. "I'm quite surprised," said sophomore biochemistry major Nobo D'Evur.

Resident students have strong opinions on this topic, as well. Stan Dinalone is a freshman business major who lives every day affected by Adelphi's high commuter student population. In fact, he said he is the only resident student left living in his dorm hall.

Dinalone said that, at first, he welcomed the peace and quiet. However, after months spent listening to cars honking and engines roaring

in the parking lot just outside of his window, his mind has changed.

When informed of the newly released statistics, he had only one comment. "It's driving me crazy," Dinalone said.

Still, many students are hopeful that the release of these

statistics about Adelphi's commuter demographic will raise awareness of the unique challenges that commuter students face, and ultimately, bring students together as a whole.

Junior business major and the president of the Commuters Community Club Sho Furr said he's proud to be one of the 99% of commuter students at Adelphi. He is hopeful that the release of this statistic will bring positive changes for commuter students. "I really hope this news will start conversations and foster a sense of community among commuters, since we often feel isolated on campus," Furr said.

Speaking specifically in his role as president of the Commuters Community Club, he added, "I'd also love it if [commuters] would go the extra mile and stay on campus long enough to show up to our meetings!" 🐾

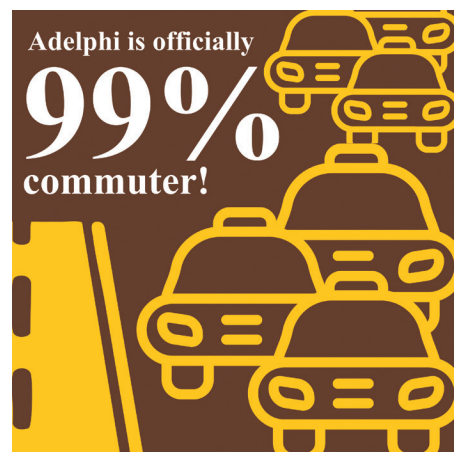


Photo by Ava Geaniotis

Adelphi Plans to Reinvigorate Its Liberal Arts Program

BY TROY COFIE

In order to adapt to changes happening in higher education and in the current labor market, Adelphi's executive leadership and board of trustees have initiated a new plan to revise our liberal arts program.

To stay as one of the best colleges on "U.S News and World Report," and so many other dubious school rankings, Adelphi plans to remodel the College of Arts and Sciences curriculum to reflect



One of the College of Arts and Science programs that's being shut down. Photo by Adelphi University

these changes. This is a continuation of our modernization of Adelphi University that our Adelphi's executive leadership is promising. This comprehensive, strategic, transformative, epic, bold, grand and any other superlative or synonym you can describe for this project is going to be a game changer for Adelphi University.

Are you ready to know what state-of-the-art vision Adelphi's administrators have cooked up for us—as a community of scholars, artists, and scientists—for the College of Arts and Sciences? The College of Arts and

Sciences will instead become the College of Applied Studies and Sciences.

"Yeah, we're shutting down the College of Arts and Sciences," said one anonymous source who obviously didn't want to be named.

This source added, "We might be living in an age of misinformation and disinformation, but the board of trustees believe that students can get their critical thinking skills and civil responsibility somewhere else."

Sophomore Stella Moodle said, "I'm excited for these new changes." She added, "My parents always beg me to change my English major into something more practical. But, now, with these new changes, I can finally explain to my parents how I can become another cog in the wheel that we call our economy."

Those humanities programs that barely have any students after constant underinvestment? Yeah, they're going to shut down and be rebranded. English will now become a technical writing department with a specialization in AI prompt engineering. History will be exclusively a teaching program, and philosophy? Well, what is philosophy anyhow?

If you major in social sciences, it will now be consolidated into one, massive, legal studies for all our future pre-law students who aren't interested in law. Biology will continue to be a feeder program for medical schools. Chemistry will now be divided into pre-med programs and pharmaceutical practice. And physics? Beats me, they didn't know we had a physics program until yesterday!

Nonetheless, this will be the future of Adelphi's liberal arts program and our campus can't wait to have another pillar of our community completely dismantled for the sake of prestige. 🐾

Adelphi To Replace Pathways with Canals

BY JOSE GUERRERO

Public Safety announced via email that they will no longer repair the leaking underground pipes, and instead will begin construction on Adelphi's new canal system as soon as the last final has been completed.

The canals' construction will require the demolition of all existing pathways and parking lots. Along with the demolition, the paths will be dug two to four feet deeper, making it easier to repair any underground pipes. Then, after the trenches are dug out, they will be filled with water.

Now, some may question how students and faculty will get around? Vice President of Maintenance Tony Canali said: "People will be ferried around in gondolas just like in the city of my grandparents, Venice, Italy."

The gondola system is still under development as Adelphi is submitting orders for custom-made campus gondolas which are a new, unique type of boat created purely to be able to fit Adelphi's canals. Each gondola is designed to be accessible to anyone. Canali also explained that each gondola will carry approximately 4 people at a time. They will travel at the same rate as walking.

The gondolas will not have an engine but will have a gondolier maneuvering the gondola itself. Adelphi's Vice President of Career and Development, Katy Works-A-Lot, confirmed that the gondolier position is open to students. "The position pays in panther dollars that students may use for the C-Store, University Center Cafeteria, and on-campus Starbucks, and a weekly free breakfast sandwich at the U.C. Cafeteria," she said.

Additionally, a rider can pay a gondolier 2 dollars or 2 panther dollars

to sing "That's Amore." Canali said, "It will be a fun and exciting way to get to classes or work, while also being good for the environment."

When asked about how the gondola system is going to work, Canali described it as a "fixed schedule" similar to a bus or train. Passengers can get off at certain stops, or if the canal itself is too narrow, they can safely get off at any time. They have to get on only at the canal stops, not anywhere else.



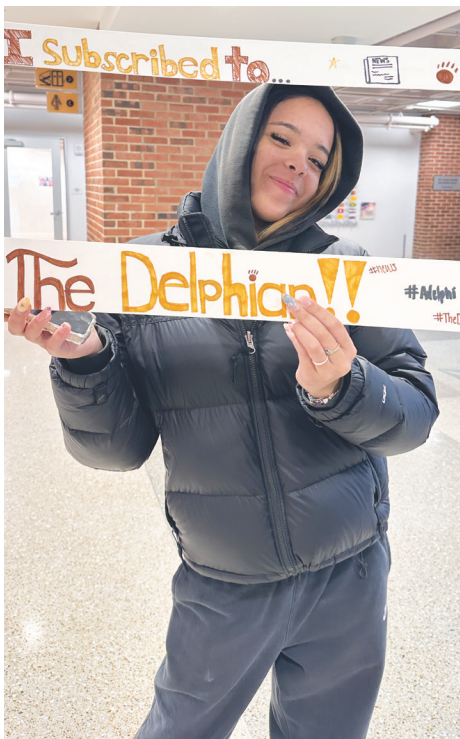
Future site of a new Adelphi canal already under construction.

Photo by Jose Guerrero

Swimming in the new canals is apparently forbidden, and anyone who does will be fined \$5,000. Also, a maintenance order will be issued for the importation of live piranhas to deter swimmers. Jumping over canals will result in a \$3,000 fine, as it is dangerous to the gondoliers. Constructing bridges will take years, as maintenance will need an extra million dollars to construct them. 🐾

The Delphian Subscription Drive

On February 18th, 2026, The Delphian held a subscription drive in the UC lobby, where new subscribers participated in a lottery by putting their names and email on a raffle ticket in order to win a \$50 Amazon gift card. Congratulation to our winners: Anna Andrianova Leslie Gonzalez, Antonio Ruffo, Antonia Theodosiou, and Bernice Tse. Join the group of happy subscribers seen below and go to www.thedelphian.com to subscribe to The Delphian!



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Adelphi Alumna Thanks Her Professor More Than 30 Years After Taking His Class

BY AVA GEANIOTIS, KENNEDY NASHE AND CIARA SALINAS

Adelphi alumna Danielle Lalehzar '89, MA '90, believes it's never too late to express gratitude to a teacher. Last year, with the help of Adelphi's library, she was able to contact her former professor, Richard Eberst, to say thank you. Then in February of 2026 Lalehzar had the opportunity to meet with her professor over a Zoom

While Lalehzar doesn't recall the specific criteria of the assignment, she remembers the impact it had on her life.

Written in letter form to her mom, Lalehzar felt that the essay helped her process her mother's passing.

"Writing is healing," Lalehzar said. From when she was a child dealing with the divorce of her parents to the COVID-19 pandemic when she experienced a breast cancer diagnosis, Lalehzar said she always

Eberst decided to expand from solely sex-related health words to all health words. He found that words surrounding death and dying had a "higher intensity of meaning attached to them than sexuality words," he said.

In a meeting with his dissertation committee, they realized that while they offered sexuality courses, there were none about death and grief. Thus, Eberst was tasked with writing a letter to every university in the country to see if they had a course on death and dying. He said he got around 60% return.

However, out of all the universities who responded, Eberst said that he only found one course on death and dying at the University of Oregon – which they had only started the previous semester.

So, Eberst's department assigned him with developing the course "Death, Dying and Suicidal Behavior." At first, it was only for doctoral graduate students in the department.

Then, they opened it to all graduate students.

Then, they opened it up to everyone—and many students were interested.

"The largest lecture hall on campus held 500 people," Eberst said. "We had 500 people who signed up for that course and 500 people on the waiting list."

At every university he went to after University of Maryland, Eberst started a course in death and dying.

Eventually, Eberst and his grief education course came to Adelphi.

According to Eberst, the prompt for the essay assignment in the Death and Dying course at Adelphi was for the students to pick something that was important to them, and then to write a letter to someone that would express interest. Of course, because this assignment was personal, there was no sharing required.

Eberst stated that the problem with many of the courses he's taught was that they didn't get personal with the students.

Eberst's way of connecting with his students and help them deal

with death and dying was to do the assignment at least once a year as well.

He says that the learning objective of the course was to help the students develop an individual experience and to build a lifestyle that is self actualizing.

Eberst mentioned that death becomes an organizing factor and not to look at it in fear, but to really evaluate how you want to live your life. He also emphasized that the point of the course was the experience, and how students can take what they learned in the course and implement it into their own lives.

Eberst wants his students to feel motivated in their writing and steer away from an "I can't" mindset. In doing this, his grading rubrics were mainly based on aspects like the social and spiritual implications of the assignment. As everything was personal, the grade wasn't the main focus.



Lalehzar (right of computer monitor) and Eberst on screen with the Adelphi's Web Journalism students. Photo by The Delphian Staff

meeting as part of a joint interview in Adelphi's Web Journalism course.

Lalehzar was 22 years old and an Adelphi undergraduate student when her mother died unexpectedly from a sudden respiratory infection.



Photo by the Delphian Staff

Six weeks later, a class assignment would help her process her grief and change her life.

Following her mother's passing, Lalehzar knew she needed structure in her life, so she decided to return to Adelphi for her masters.

When choosing classes, she discovered The Health Aspects of Death and Dying taught by Professor Eberst. She doesn't remember why or how she found the class, but that she registered for it "by choice."

The assignment that stands out to her the most was an essay on grief.

pushed through by writing.

She emphasized the importance of finding an outlet for experiencing loss, whether it be the loss of a loved one, relationship or friendship.

By physically writing down her goals on paper, she described feeling committed to her words and following through on them. In her essay, she said she promised her mom and herself that she would never use her mother's death as an excuse. Instead, she would remain motivated.

"There are some really important, powerful words that I almost can't even believe I wrote at 22 years old," Lalehzar said.

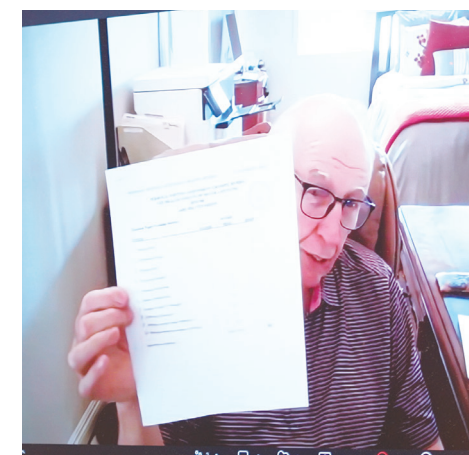
She said that the essay has become a staple in her life, something she has shared with others and referred back to for herself, too.

Eberst's interest in grief education goes back over 50 years to his days of doctoral work at the University of Maryland while he was also a part-time health education teacher in Prince George County. Even though sex education was part of the curriculum, Eberst said that the principal gave him a list of certain "explicit" words he was not allowed to say in class.

"I went back to my advisor of my doctoral work, and I said, 'Doc, how am I supposed to teach this class if the language of which is taboo?'" Eberst said.

They started talking about his research dissertation topic, and ultimately, the psychological aspect of this situation led Eberst to wonder what techniques could be developed to desensitize taboo words.

During preliminary research,

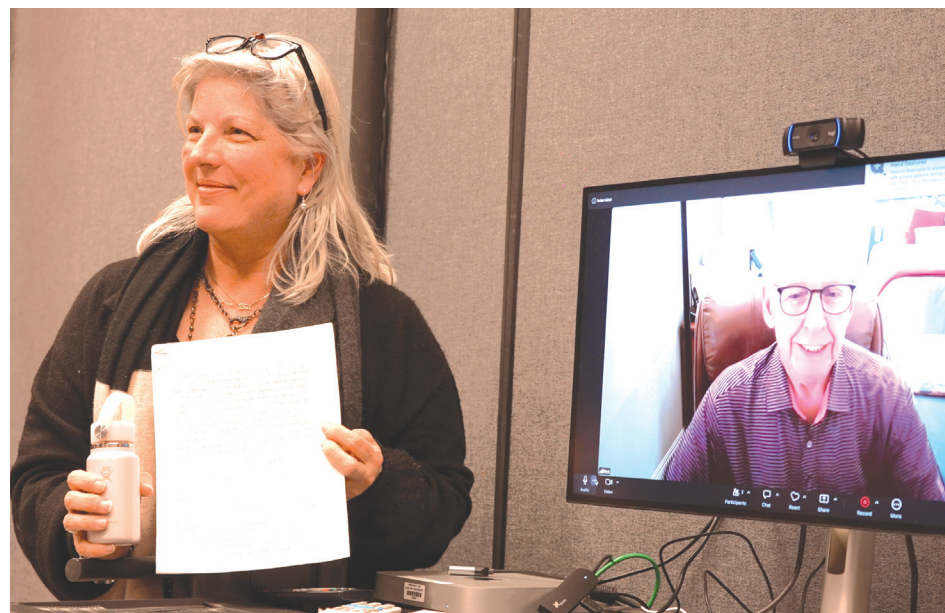


Dr. Eberst shows a sample grading rubric he uses for personal narrative writing.

For Lalehzar, sharing her loss through Eberst's class and having a community to listen to her story was "really important," she said.

She quoted Leonard Nimoy: "The more we share, the more we have."

"It's true," Lalehzar said. "If you share something about yourself with someone, you can either help them or they can help you." 🙏



Danielle Lalehzar took part in a joint interview with her former professor Dr. Richard Eberst as part of a learning experience in an Adelphi University journalism course. Photo by the Delphian Staff

Creating Is Good For Your Soul

BY CIARA SALINAS

“You need to create more than you consume!” This was a phrase I kept hearing on my TikTok’s FYP. It reminded me of a conversation I had with a friend a couple of weeks ago about how much time we spend on our phones. We noticed that our addiction to social media had impacted our ability to do things we actually like. I’ve always considered myself creative, but I rarely create. Making stop motions, drawing, writing and building dollhouses is my therapy. If I’m not studying, I’m doing at least one of those things, and if I’m not, I’m certainly thinking about it. Ever since Covid, it seems like all I do is consume and consume. I go on social media platforms such as YouTube, and watch other people live out their lives and do things younger me wouldn’t even dare to dream.

Constant consumption can kill creativity and I hardly doubt that’s a novel conclusion, but it is important to always remind ourselves of this reality. When we give all of our attention and energy to only consuming media, we kill the very thing that we need: creativity. According to Stanford Medicine News Center, dopamine, a neurotransmitter that acts as a reward center, is secreted when we interact with pleasurable experiences such as social media. When our desire for connection is satiated by our endless scrolling, we end up in a dopamine deficient state. The result of this is fatigue, lack of motivation and trouble concentrating. This explains why we have difficulties in engaging with our preferred hobbies.

We watch other people’s lives online and constantly compare ourselves to them, putting all of our energy into emulating what they do instead of expressing ourselves. According to OxJournal, there are two types of social media uses: active usage which is when activities allow an individual to directly communicate with others, and passive usage, the action of monitoring other’s content online without interaction. They conclude that social comparison tends to occur more in those who passively engage with social media, leading to depression and low self-esteem.

From what I’ve seen, a lot of people I know passively use TikTok, a common platform for entertainment and mental breaks. If you’re never putting out content or engaging with others online, it is not surprising that it’s hard to express yourself authentically and do your hobbies without feeling like you can never live up to what you see on social

media. Never giving ourselves a break to look within and put out something honest and authentic destroys our individuality.

Adelphi senior acting student, Rashawn Gravely-McTootie explains how sometimes much of what we want to create is just another copy of someone else’s work on social media. He said, “Sometimes I make content on social media. So, a lot of the times, when I would try to pitch ideas, it would kind of go to a default of an idea

opening up a space for people to compare. She said, “I think it [consumption] inhibits creativity because sometimes I end up subconsciously trying to compare myself to others instead of thinking of my own ideas.”

The rise of generative AI content on social media is evidence of how much we need to create more than we consume. Generative AI is known for stealing other people’s work and using it for low-quality, low-effort, content. Instead of putting



Matt Geoghegan (left) and Rashawn Gravely-McTootie feel that more original creativity is important in today’s overly connected world. Photo by Ciara Salinas

that’s already made that I already saw. So, it kind of, in a sense, makes it harder for me to actually come up with my own ideas.”

First year nursing student Rachel Liu agrees that consumption ruins creativity by

in the effort into making a homemade video, or even an animated one, people find the most convenient medium to make content. What if all your favorite artists used AI lyrics? Their music would be

inauthentic, and I doubt you’d respect their work because everyone knows that what truly makes art so beautiful is the blood, sweat and tears someone puts into it.

Sophomore communications student Matt Geoghegan, expressed his frustration with how much AI has been invading creative spaces like movies and books. He believes that being present and getting off social media is beneficial to our well being. He said, “We have to enjoy the outdoors while it lasts like this. And, you know, sometimes it’s really good to recharge and take that recharge off social media and not be so dependent on AI.”

The beauty of having something to call your own is truly incomparable to loving things another person made. However, I am not against consuming media at all. Like they say, in order to be a good writer you have to be a great reader. Although we all want to be original, we are still human. It is in our nature to want to relate to others, to connect. The problem lies in the fact that almost everyone around me seems to be consuming too much and not being present with their environment. If you look back at your life and realize all you did when you weren’t working or going to school was consume, you’ll be pretty disappointed.

So, what’s the solution? You have to be bored. Sitting down in silence for hours allows you to find something to do. It allows you to look within yourself and figure out what you like, who you are. Sophomore speech pathology student Charlize Polo agrees. She suggests that exploring and healing the darker and most unloved parts of yourself, what is known as shadow work, helps a person be their truest authentic self. It is also believed to be a great way to increase creativity and growth. She said, “You get lost a lot of the time and you just don’t know who you really want to be. Do what you really like. Instead of impersonating someone else, I feel like there should be a time where you should do some shadow work and really look within yourself and see what you actually do and don’t like.”

I cringe when I look back at all the drawings I made, the stop motions I filmed and stories I wrote when I was a child. They were terrible. I cannot lie. But they were mine. They were authentic, vulnerable and fun. If I spent my childhood watching YouTube all day instead of being bored, I wouldn’t even know who I’d be today or what I would even like. Creating something doesn’t have to be great, it doesn’t even have to be good, it just needs to be honest. 🐾



Photo by Ciara Salinas

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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.

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