

# The Delphian



May 6, 2024

The Voice of the Students

Volume 79, Issue 9

## 21st Annual Scholarship and Creative Works Conference

BY JOSEPH D'ANDREA, JUSTIN KRESSE & LIZZ PANCHYK

Student scholars showed off their research and presentation skills at the 21st Annual Scholarship and Creative Works Conference, with a total of 222 presentations by individual students and groups and around 750 attendees.

The conference took place on April 16 in the University Center, starting with a faculty panel discussion and closely followed by student presentations for the next five hours. In between all this was a keynote delivered by Nicholas Kristof, an American columnist and foreign correspondent, who gave an informative and thought-provoking talk about his experiences reporting the news from around the world and the changes that he's seen in recent years. He also discussed his newest book "Chasing Hope" and attendees were even able to reserve a free copy to be mailed to them.

After being introduced by Bharat Bhisé, MBA '78, CEO and founder of Bravia Capital, Kristof focused on his experiences in what was the second lecture in the Bhisé Global Understanding Project lecture series, which "seeks to understand the deep divisions that most nations in the world are faced with." Kristof told stories of his time spent in other countries, primarily as a reporter, including when he moved to China as a Beijing bureau chief in 1988.

"How do we form judgments about the themes of the Bhisé Program [relating to] globalization? I think you have to simply go out and participate in that globalization and, to the extent possible, to go and travel," he said. "And so what we encourage to those of you who are students

is to try to find some pathway to go and see the world, and that can be through a study abroad program here at Adelphi."

Explaining that he experienced unease himself when he studied Arabic for a year in Egypt, Kristof encouraged students to get out of their comfort zones. He continued: "If it's not possible within your university period, then also think after you graduate about whether there's an option to



Bharat Bhisé introduced the keynote speaker, Nicholas Kristof. Photo by Justin Kresse

work for a year or two somewhere abroad. Maybe it is in the field you study. Maybe it's as an English teacher at a school somewhere or as an English tutor in a number of countries you can go and scrape together a decent living teaching English."

Co-chair Wei Liu, an associate professor in the College of Nursing and Public Health, said, "Compared with last year, I think having the keynote presentation in the middle of the day was a huge success with the high attendance."

One highlight of the event were the poster presentations, covering everything from nursing self-care to AI algorithms for music categorization. Poster presentations are written out research done by students of all different interests presented in four different time slots in the UC ballroom. Presenting students aimed to inform passersby and professors about their research topics. This is a major part of the conference

because of just how many students present.

Eddie Jansen, a junior physics major, presented his research on high-temperature superconductivity with the goal of increasing the promise of green energy.

"I was surprised to see how many people were excited about this topic," Jansen said. "Maybe that had to do with the green energy aspect of it, or possibly the artificial intelligence side of things with the recent popularity of ChatGPT. Either way, everyone

*Continued on page 2*

## A Student Protest and a New Club Emerge in the Shadow of the Continuing Middle East Crisis

BY ARPAN JOSAN & HUSSEIN ALI RIFATH

Some Adelphi students are continuing to respond to the ongoing conflict in the Middle East in disparate ways. About 20 pro-Palestine students hosted a divestment protest outside the University Center on April 29. Also in April, the new Adelphi club Students Supporting Israel (SSI) met for the first time.

At the pro-Palestine protest on Monday, April 29, which began at 1 p.m., protesters, members of Adelphi's Students for Justice in Palestine (SJP), made music with drums, prayed and chanted. Public Safety was nearby and there appeared to be only a few detractors. One passing student, Damian McGhie, a first-year criminal justice major, said, "I don't really know what's going on, but I just want there to be peace."

SJP founder Hayaa Beig said that some students called the protestors incendiary names and mocked their call for prayer, which she said was disrespectful and Islamophobic. "They also claimed we were uninformed and didn't know what we were fighting for, which is remarkably incorrect."

Sentwali Bakari, Adelphi's vice president for Student Affairs and Diversity, Equity, Inclusion & Belonging, said

*Continued on page 3*

## AU Opens the Career Closet to Give Students Access to Business Attire

BY LIZZ PANCHYK

Many college students are interviewing for jobs and internships this semester. But knowing what is appropriate to wear for a professional meeting and having access to business attire, which can often be costly, can be a challenge for many of them.

That's why Adelphi introduced the Career Closet in March for all students. Anyone can donate clothing for students to choose and keep.

"After seeing the need for essential items through the Panther Pantry, we thought it would be a good idea to start our own Career Closet," said Kelsey D'Andrea, assistant director for the Center for Student and Community Engagement (SCE). "This is a resource for

students who may not be able to afford professional attire, or who may be unsure of what qualifies as professional attire, and need guidance. Professional clothing can be extremely expensive, so this is an option for students who may not be able to get their own professional clothing."

These options allow people lower cost professional clothing—which is why universities have been opening them on other campuses as well.

"The other perk of using the Career Closet is for students who do not have access to a car, where it can be difficult going from store to store to find what they need," D'Andrea said. "By having this resource on campus, students can make an appointment in between classes to check out the selection and see if anything may fit what they are looking for."

Attendees at the Women's Leadership Conference in March were encouraged to donate items. A total of 157 items were collected on that one day, including dresses, blazers and button-down shirts for both men and women. The donations have now gone up to 400, and 20 students have utilized the closet since then.

The Career Closet accepts donations by appointment only, and is located in Earle Hall basement, room 010. Students are encouraged to make appointments over the summer as well.

Students can schedule an appointment by emailing [engage@adelphi.edu](mailto:engage@adelphi.edu) or [kdandrea@mail.adelphi.edu](mailto:kdandrea@mail.adelphi.edu) for a day and time to look through the clothing. Students will be able to select up to five items per year that they can keep. 🐾



Students can now get free business outfits for interviews and jobs at Adelphi's new Career Closet.

## A Word from the Editor

I've been a part of *The Delphian* since my first semester at Adelphi and now it's a part of me. I'm sad to say that this will be my last time writing a letter like this for the newspaper, but I know we have so much good in store for the upcoming semesters!

I want to thank Professor Burby for being my constant support while running this newspaper for the past three semesters. She has brought this paper together again and again and I could not have done it without her. I also want to thank my incredible staff for supporting me and the paper as it took on changes and improvements. And lastly, I want to thank you, readers, for reading! This paper could not exist without you.

And with that, I'm happy to announce our new staff for our upcoming semester. Congratulations to Joseph D'Andrea as he is our next editor-in-chief! I'd also like to congratulate Arpan Josan as assistant news editor, Skylar Dorr as features editor, Taye Monique Johnson as opinions editor, Gabrielle Jaipersaud as production editor and Chala Civan as social media editor. Congratulations also to Hussein Ali Rifath for rising to news editor. I can't wait to see what all of you are capable of. *The Delphian* is in great hands.

I'm also sad to say my farewells to so many incredible seniors this semester: Justin Kresse, Kennie Dionisio, Andrew Smith and Joanna Reid. Thank you all for your continued work on this paper. It certainly does not go unnoticed, and I know you all are going to do such amazing things.

Congratulations to the class of 2024! And best of luck to everyone on finals, you're going to do great. Thank you again, everyone! Make sure you follow our Instagram, @the\_delphian, for updates regarding the paper!

Lizz Panchyk '24  
Editor-in-Chief 🐾



## The Delphian

**Editor in Chief:**  
Lizz Panchyk

**News Editor:**  
Joanna Reid

**Assistant News Editor:**  
Hussein Ali Rifath

**Features Editors:**  
Kennie Dionisio  
Kurana Doobay

**Opinions Editor:**  
Joseph D'Andrea

**Sports Editor:**  
Andrew Smith

**Assistant Sports Editor:**  
Lilyen McCarthy

**Production Editor:**  
Justin Kresse

**Production Artist:**  
Gabrielle Jaipersaud

**Social Media Editor:**  
Chala Civan

**Staff Writers:**  
Celeste Arbelaez  
Kyle Arjoonsingh  
Beth Ceriello  
Kayla Galiotte  
Bethany Goodwin  
Taye Johnson  
Arpan Josan

**Faculty Advisor:**  
Liza N. Burby

**Volume 79, Issue 9**

Earle Hall Media Center  
One South Avenue  
Garden City, NY 11530

**HOW TO REACH US**  
Main Office: 516-877-6935  
E-mail: delphian@adelphi.edu

**LETTERS TO THE EDITOR**  
Letters must be less than 400 words and include the author's name and affiliation to Adelphi. Letters may be edited for the purposes of space and clarity. Send to delphian@adelphi.edu

**ORIGINAL ART**  
Original drawings, photographs and political cartoons can be sent to delphian@adelphi.edu. Please attach name and affiliation to Adelphi.

**ADVERTISING**  
For advertising rates, email us at delphian@adelphi.edu.

**FOLLOW US ON SOCIAL MEDIA**  
Website: www.thedelphianau.com  
Twitter: @the\_Delphian  
Facebook: The Delphian  
adelphi-delphian.blogspot.com  
Instagram: @the\_delphian

**If you want to join the paper as a writer, photographer, designer, advertising manager or social media contributor, contact us at delphian@adelphi.edu.**

## Finalists, Winners of the Press Club of Long Island Honors Announced

Editors and writers for *The Delphian* will be receiving several honors at the annual Press Club of Long Island (PCLI) awards event in June. In addition, editor-in-chief Lizz Panchyk has won the PCLI College Journalism Scholarship and sports editor Andrew Smith has won the Learning Disability Journalism Scholarship.

The PCLI announced that the following students are finalists for articles and videos they've published in 2023: Panchyk, Smith, Opinions editor Joseph D'Andrea, Features editor Kennie Dionisio, Lilyen McCarthy, Skylar Dorr and Malika Burieva.

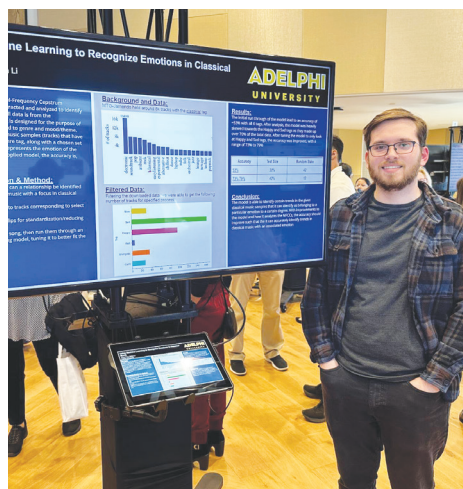
They'll be presented with their awards at a ceremony on June 13 at the Fox Hollow in Woodbury, New York. The PCLI is a professional organization that supports both working journalists and students and recognizes outstanding work.

## 21st Annual Scholarship and Creative Works Conference

*Continued from page 1*

I spoke to wanted to hear something, and I believe that is a telling sign that maybe you're onto something larger than yourself. And that is ultimately my goal with this research— with any research even. It is the means by which we can pursue a higher cause.”

Jacob Frey, a senior computer science major, also presented during this poster section, discussing his honors thesis project titled “Exploring the Potential of Artificial Intelligence in Music-Emotion Recogni-



**Jacob Frey presented his honors thesis project, which explored the ability of artificial intelligence to recognize emotion in music.** Photo by Justin Kresse

tion.” Frey said the experience “opened [his] eyes to all the brilliant work being accomplished by fellow students and showed [him] new directions to take [his] research in.”

Besides the poster presentations, the conference had other sections to

accommodate students working in many disciplines. This included oral presentations where students talked about their work with a slide show, computer science presentations where students showcased their projects on computers, dance performances and visual arts presentations.

Norah Curran, also a member of the class of 2024, presented her honors thesis project “‘I Am a Website’: Human/Computer Cognition & Intersubjectivity Through Interaction” during that same session. Curran, an interdisciplinary studies (Comp Sci, English and Philosophy) and digital production major, described her project as answering the question: “How would the technology to upload your consciousness into a computer change what it means to have a self, especially as a student?” The project takes on multiple genres of writing and uses texts from posthuman philosophy and narratology to Adelphi's own marketing material to understand self-creation via technology.

The oral presentation sessions were filled with a wide variety of students presenting their research and work. Among them were Jenna Masci, a senior criminal justice major discussing her research into incarceration and programs that help previously incarcerated individuals and senior Ryan Hughes, a political science major, discussing his research into exploitation and its effects on economic development in South America.

This 21st year of the conference was headed by co-chairs Liu and Alexander Heyl of the Biology Department. They were co-chairs last year as well and worked very hard to see that everything ran smoothly in preparation for the conference, especially on



**Norah Curran presented her honors thesis project combining her interdisciplinary studies and digital production majors.**

Photo by Justin Kresse

the day of, with plenty of staff and tech people around to answer questions or quickly fix any issues that came up during the presentations.

Committee members who also helped to prepare for the conference included: business professor Charles R. Baker; Laura Brumariu, associate dean for Professional Programs and Student Advancement; Dominic Fareri, associate professor of psychology; Nathan George, assistant teaching professor of psychology; Sung Hoon Kim, assistant professor of mathematics and computer science; Karolina Lempert, assistant professor of psychology; David Pierce, assistant professor of art and art history; and Matthew Wright, associate professor and chair of the Department of Physics.

Overall, the day went very smoothly and was a phenomenal way—as the conference always is—to showcase the variety and amount of research and creative works being accomplished by students at Adelphi. 🐾

## Scholarly Works: An Academic Resource for AU Graduate Students

BY TAYE JOHNSON

Adelphi University's Department of University Libraries launched a Scholarly Works repository for graduate students this semester with the help of Christopher Barnes, assistant professor for University Libraries, and his colleagues. The initiative was inspired by the university's commitment to providing students with a strong foundation for success in their academic careers.

Graduate school is an academic journey that requires the ability to conduct in-depth research, critically analyze information and contribute new knowledge to your field of study. Scholarly works, such as academic papers, articles and presentations, play a crucial role in this process. They not only help you sharpen your research skills, but also serve as a platform to showcase your expertise and establish yourself as a respected professional in your discipline.

The repository, an exclusive online digital platform, is a gateway to store and share the projects that students have done throughout college. It's a unique opportunity for them to establish themselves as a respected professional in their discipline. It's open to all Adelphi graduate students, regardless of their program or department, underscoring the university's commitment to their academic success.

Scholarly works encompass a wide range of academic and intellectual outputs that contribute to the collective knowledge within a particular field. They can take various forms, including research papers, journal articles, conference papers and collaborative school projects. They're typically written by academic scholars in the field and are intended for an audience of other scholars. They often include citations to other works, which allows readers to verify the accuracy of the information

presented. Scholarly works also tend to be more detailed than popular articles or books, as they are designed to provide a comprehensive overview of a particular topic.

Publishing projects on Scholarly Works can help students to get recognition for the time and effort that went into creating them. It can also help them to build their reputation as a researcher and scholar.

Barnes shared his advice for how students can best utilize the platform. "Adelphi's Scholarly Works repository provides students the opportunity to share their best work with the world in a way that is both professional and reliable. Suppose you deposit a paper, project or other content created for an Adelphi course. In that case, the work will be given a unique digital object identifier (DOI) that makes it easy to share, link to from your résumé or cite from other works. By depositing your work, you also add it to the library's permanent

collection, meaning that we will ensure it is preserved and continues to be accessible."

The repository isn't just a platform for sharing students' work; it's a hub for academic networking. By publishing their research findings or presenting at conferences, students can engage in discussions, receive feedback and establish professional relationships. Also, working with other researchers on joint projects can help them expand their academic and professional network and gain access to new research opportunities. These types of opportunities not only enhance a student's visibility and credibility, but also provide a platform to disseminate their research to a broader audience, fostering a sense of community within the academic world.

To learn more about depositing work in Scholarly Works, go to the Graduate Student Work—Scholarly Works info page. 🌟

## A Protest and a New Club Emerge as the Middle East Crisis Continues

*Continued from page 1*

that the demonstration by SJP held on campus was peaceful and all the participants followed all university protocols.

"As we continue to monitor ongoing campus events nationwide, Adelphi remains focused on offering an environment that allows for peaceful demonstrations and a respectful exchange of different viewpoints in accordance with the University's Demonstration Policy," he said.

According to an announcement posted by SJP on Instagram prior to the protest, the students sought financial transparency from the university as well as for the university to relinquish any financial relationships it has with pro-Israel companies. In addition, the students asked for the end of all study abroad programs to Israel, the removal of the Israeli flag on campus and changes to Adelphi's student conduct regulations.

Beig, a first-year ethics and public policy major, said that the group has a meeting scheduled with the Adelphi administration to discuss their demands.



**Daniel Iqbal, a first-year studying finance at Baruch College, visited Adelphi's campus to take part in the protests.**

*Photo by Hussein Ali Rifath*

Yamna Khalid, a first-year criminal justice major, participated in the protest. "I'm majoring in criminal justice and I think that it's about time. It's been going on for six months now and we really need to do something to make a difference," she said. "And I think that even if it makes a little

bit of a difference, just organizing stuff like this, protests, making sure to boycott and all that, I think it really does make a difference. And your effort is never too small. I definitely think that there's a lot of effort because that comes from a lot of people."

Daniel Iqbal, a freshman at Baruch College, said he came to participate in the protest at Adelphi because it was less difficult to protest here than at CUNY, his home institution. "I think that we should continue to congregate and continue to share how we feel about this cause and not back down," he said. "Public opinion is shifting now and we have to stand behind that shift."

The protest was covered by News 12 Long Island. Adelphi issued a statement to the media, stating: "The university fully believes in the importance of fostering an environment where students and community members have the freedom to peacefully express themselves."

### A New Israel Club

SSI vice president Avi Yusupov said the club was established on March 29, 2024 and they held their first interest meeting on April 10. Yusupov said it was created to address "many misconceptions and wrong ideas of what the State of Israel stands for, which has caused many negative ramifications in how people see it and its supporters. This club was formed in order to help spread awareness of the great nation Israel and its strong desire for peace internationally."

Yusupov said the goal of SSI "is to spread awareness and support for Israel's right to exist securely within its borders, debunk common misconceptions held against the state, and additionally display some of the major contributions to the world that Israel has and continues to make."

Yusupov also clarified that SSI was not created in response to the founding of SJP on campus earlier this semester.

"We founded SSI at Adelphi to create/facilitate a vibrant and inclusive community where students can explore and celebrate the rich cultural history, heritage and society of



**Students could be seen holding signs as they demonstrated.** *Photo by Hussein Ali Rifath*

Israel, as well as the Jewish people's profound connection to their ancestral homeland," he said. "As a club, we will focus on educating about Israel, tackling contemporary issues and building bridges and allyships on campus."

The SSI e-Board consists of their president Emily Hakimian, who has not declared a major; Yusupov, who is majoring in psychology; chairman Brad Greissman, who is majoring in political science; and event correspondent Murray Litman, who is majoring in exercise science. Their advisor is Rabbi Yaakov Lipsker.

Yusupov said the group is aware of antisemitism occurring on campus and referenced an Instagram post that was shared by an Adelphi club. It contained an antisemitic trope "that the Jewish people control the wealth of the European nations, using the trope to further vilify the Jewish State. Additionally, that same club uploaded a post encouraging the public shaming of Zionists, recommending the phrase 'go back to Brooklyn' be used, and they uploaded this twice."

He added, "Just to clarify, Brooklyn is known for its very large population of Orthodox Jewry, where I also happen to be from. The club was reported of course. However, without a voice representing Israel, who will point out these things? Who will distinguish between political and hate speech? This ability to distinguish is especially necessary when these ideas are being promoted by clubs on campus, influencing how students view others

and act towards them. Hopefully, SSI will be the one to bring light, and in turn peace, on campuses and other areas as well."

### Hate Speech Reports

In an article that appeared in the April 15 issue of *The Delphian*, some other students reported being victims of hate speech on campus. Despite the encouragement by Bakari in that article for students to come forward to report these events, he said that to date no formal incidents have been reported for investigation.

Further, Joseph De Gearo, assistant vice president of Student Affairs and dean of students, said he reached out to the president of SJP, again inviting her to sit down with him, and also sent an email to the president of Chabad with the same message. At press time it was not clear if either had responded to him.

Bakari added, "We continue to pursue future opportunities for dialogue and educational discussions."

Regarding providing support to all students on campus, Bakari said: "Students experiencing threats and harassment are encouraged to report the incidents immediately for appropriate investigation. In order to investigate and take appropriate actions, we must first be made aware of any incidents accordingly. Additionally, we encourage students who have concerns and/or wish to address perceptions of hate to reach out to Adelphi's Office of Student Conduct and Community Standards and Adelphi's Bias Response Team for help." 🌟

## Alum Shares Inspiration for New Book “Meditations at Midnight”

BY LIZZ PANCHYK

Gary Jansen '92 started at Adelphi as a business major. His intrigue into the world of publishing began with taking Professor Judy Baumel for an elective class called “The Contemporary Moment,” a poetry class not just for reading but for writing as well. Baumel complimented his writing, which then inspired him to take his next step: switch to an English major in his sophomore year.

Jansen is now an accomplished author, his first book being published in 2008 titled “The Rosary: A Journey to the Beloved,” but it was his 2010 book, “Holy Ghosts: Or, How a (Not So) Good Catholic Boy Became a



**Author Gary Jansen '92**  
Photo from Facebook

Believer in Things That Go Bump in the Night” that really opened a huge door for him in terms of writing.

His passion for writing really began in middle school, creating books out of marble notebooks and writing Stephen King inspired horror stories. Being a writer was something that he had always wanted to do, and when he got to college, he toyed with the idea of being a journalist, which then brought him to *The Delphian*. As a staff writer, he most enjoyed writing music and album reviews. He eventually rose to become assistant news editor in spring of his sophomore year, alongside Lisa Bergendahl.

Early in Jansen’s start, he had help from Bruce Bawer, an essayist and poet who was brought in by academic attainment and acted as a writing coach. “He was a huge influence in my life and helped me get my first article published,” Jansen said. He managed to get articles published in both “Newsday” and “USA Today.”

After he graduated from Adelphi, Jansen went on to work at what is now Penguin Random House. During this time, he also decided to get his masters in English. He graduated from Queens College in 1996. His literary experience in grad school and fascination led him to go to Florence to study Dante, a major point of interest and inspiration for Jansen. He came to the conclusion

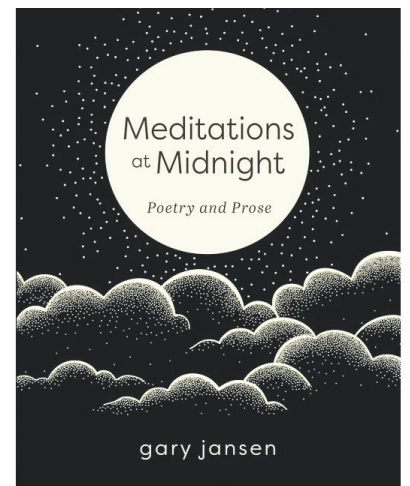
three years into his career that he’d quit his job and take off for a study trip which took 40 days. He went from Italy to Austria to Prague to Poland to Germany to Paris where he finally flew back home. After a little over a month being back, his previous boss called him and asked him if he’d like to come back and take on a promotion. He agreed and continued to work there for 25 years.

His new book, “Meditations at Midnight,” which came out on March 19, was inspired by a multitude of authors and stories, including Dante. The book has five parts: “Via Dolorosa,” which is about suffering, “Vita Vitae,” which focuses on wandering, “Via Cordis,” which is about love, “Via Memoria,” about memories (a nod to Dante’s *La Vita Nuova*) and the last part is “Coda,” which brings all of the sections together. Each part is marked with a constellation illustration, which lines up to the meaning behind each part and their contents.

Jansen said he most enjoyed writing and creating this “coding system” that he used. “There’s a lot of references to different types of work, different nods to different artists and writers—that was so much fun to do,” he said.

While he was working on it before Covid in 2019, he didn’t pick it back up again until 2023 and really went for it. The multi-layered-ness of it took some time, but that was

also the opportunity for Jansen to do something poetic and creative.



**A new book in five parts,  
inspired by Dante**

His advice to future writers is not just to write, but write more. “In 2005, January 14 actually, I made a commitment to myself that I was going to write and write every day,” he said. “Sometimes people have to ramble before they finally get to the point and the meaning. So allow yourself to ramble and be free and to have fun and take chances.”

Find “Meditations at Midnight,” a book of poems and prose, at Barnes and Noble, Amazon and even Target (and other websites) and see if you can figure out the codes within the five parts. 🐾

## Sleepless in College: Why Students Are Turning to Sleep Medication (and What to Do About It)

BY KYLE ARJOONSINGH

College is a time of intellectual growth, personal exploration and... sleep issues? The pressure to succeed can be immense, pushing students to their limits, often at the expense of their health. A new trend, the misuse of sleep medication, often referred to as “sleepy meds,” is emerging with potentially serious consequences. A 2021 study published in the *Journal of Adolescent Health* found that a staggering 40% of college students reported using prescription sleep aids in the past year.

Hillary Marte, a sophomore information systems major at Adelphi University, exemplifies this struggle. Diagnosed with insomnia and anxiety, she has been relying on prescription Ambien and over-the-counter Benadryl to manage her sleep for the past year.

“College has been the most stressful time of my life, and I always feel like a ticking time bomb ready to explode,” she said. “No one likes having insomnia, but the ability to take a pill that puts me at ease right after a strenuous day of class and studying is what I take solace in... I know it’s not healthy, but neither is the pressure put on us to do well.”

Marte’s story is not uncommon. “Sleep has now been brought to the forefront of medicine whereas we

did not acknowledge it before,” said Stephanie Romiszewski, a sleep psychologist based in Exeter, England. “This current generation understands the importance of sleep health more than the generations before. What ends up happening is that the pressure to excel often creates a conflict.”

This reliance on medication reflects the “huge pressure for college students to perform, and that often affects their sleep schedules,” Romiszewski added. “Faced with heavy workloads and looming deadlines, sleep becomes the first casualty.”

“Misusing prescription medication is where many problems begin, especially for college students,” said Krish Maharaj, a licensed psychiatrist based in Brooklyn, New York. “I have seen my own patients suffer from overdoses and irreversible health problems all because they think they can knock out two birds with one stone by taking medication for a matter it was not prescribed for.”

“Sleep medications are supposed to be for short-term sporadic use and are in fact habit-forming,” he continued. “While they might make you feel better at that moment, consistent use will open doors to detrimental health issues.”

While sleep medication may seem like it offers a quick fix to sleep-related issues, the overarching issue is

individuals not properly taking care of their sleep hygiene. The good news is that there are safe and effective ways to improve sleep. Here are a few tips to try, as recommended by Romiszewski:

- Develop a consistent sleep schedule: Go to bed and wake up at the same time each day, even on weekends.
- Create a relaxing bedtime routine: Take a warm bath, read a book or listen to calming music before bed.
- Avoid screens before bed: The blue light emitted by electronic devices can disrupt your sleep cycle.
- Exercise regularly: However, avoid strenuous activity close to bedtime.
- Optimize your sleep environment: Make sure your bedroom is dark, quiet and cool.

College is a demanding time, but sacrificing your health for academics isn’t the answer. Don’t hesitate to talk to your doctor or a mental health professional. They can help you identify any underlying causes of your sleep problems and develop a personalized plan to improve your sleep quality and overall well-being. Remember, prioritizing healthy sleep habits is an investment in your overall well-being.

As for Marte, she said, “I’ve been doing better but I’ll be honest, managing my sleep has been really stressful

especially with finals coming up. Looking back, I wish I’d known a little more about healthy sleep habits before resorting to medication. The medication was not really sustainable. It works in the moment but I know it’s not healthy.” 🐾

**Congratulations  
to our  
graduating  
editors Lizz  
Panchyk,  
Justin Kresse,  
Kennie Dionisio,  
Andrew Smith  
and Joanna  
Reid. You’ll  
be missed!**

# Adelphi Celebrates Cultural Pride at Inaugural Miss AUniverse Pageant

BY ARPAN JOSAN

Adelphi's first multicultural pageant Miss AUniverse was hosted on April 20 in the UC Ballrooms. Derived from the school's acronym, AU, the pageant was a Panther-esque spin on the iconic annual Miss Universe pageant. The Asian Students Intercultural Alliance (ASIA) hosted this event alongside Swing Phi Swing Social Fellowship, Inc. to celebrate Adelphi's women from all across the globe.

The pageant was organized by senior computer science major Kenzie Dionisio and sophomore psychology major Octavia Simon. Throughout the night, nine Adelphi students competed for the crown while representing their countries.

The event came about last semester after Black Students United and Swing Phi Swing Social Fellowship, Inc., hosted their Harlem Elegance Fashion Show, according to Dionisio.

"I attended to support my peers

The pageant consisted of three rounds. In the first round, all nine delegates introduced themselves and also strutted down the red carpet while gracefully flaunting their outfits. During the second round, seven delegates advanced and answered a question regarding their perspectives on their individual cultures. The third and final round allowed five delegates to bring their talent to the stage. Each round ended with multiple eliminations from the judges.

The contestants were: Nathalia Lawrence, who represented Colombia; Cassidy Bedell for Cuba; Maggie Lin for China; Mariami Shvangiradze for Georgia; Alana Bernstein for Guyana; Tekhira Francis for Jamaica; Jessica Diaz for Peru; Siena Maria Charles for Trinidad and Tobago; and Alecsandria Lawrence for the US.

Co-host Simon explained her experience while putting together this event. "It was a very fun experience overall. Over my last year of being a Swing on

fun. All the participants were really nice."

Lawrence (Miss Colombia), a first-year nursing major, said her favorite moment of being in the pageant was "getting to know a little about each contestant" and "the instant camaraderie" she found alongside her sister between their interactions with the other contestants. "[T]he talent portion was my favorite part of the event," said Lawrence.

The first Miss AUniverse ended with junior psychology major Diaz (Miss Peru) winning the crown. The runner-up was Bernstein (Miss Guyana), a junior psychology major. Sophomore health sciences major Charles (Miss Trinidad and Tobago) stole the hearts of the audience and won Miss Congeniality.

Diaz said, "Participating in Miss AUniverse was such an honor. I truly feel so grateful to compete beside such beautiful and talented women, filled with the utmost camaraderie, making the experience that much more valuable."

She added, "One of the memorable moments that will stick with me is sharing how I integrate the love I have for my family into the work I do for the community, all while my family was in the audience. It was really special. I think the nine of us representing our countries on stage was really important and hope for this experience to become a tradition for many others to enjoy."

When asked about her favorite memory, Bernstein said, "It's been my childhood dream to be a superstar and Adelphi finally giving me this opportunity was a true honor. I'm extremely thankful I was able to get to second place, which made completing my dream more cherishable to me. Also, bringing the lovely but not so talked about Indian-Caribbean culture to my community felt like a valuable contribution. My family and I will always remember this beautiful day forever."

Bernstein highlighted her experience in performing in Miss AUniverse.

"Because of the passionate, hard worker I am... and how I wanted my dream to have the best possible outcome... I prepared day and night by myself with my friends and family. The preparation was very stressful and distracting but also fulfilled my life with the hobbies I love most at the same time," she said. "However, I was able to relax the minute I met the girls at the event due to their warmth and friendliness. I felt like I was enjoying the process more when I finally got to the event and I felt I was in a safe space to express my personality. I truly felt like I was in a real Miss Universe Pageant, which is something you don't get to do regularly."

Dionisio hopes to have Miss AUniverse become an annual event. "I also really hope this becomes a tradition at Adelphi, so when I leave, I hope somebody continues it!"

Congratulations to everyone who participated in this magical event. 🌟



Miss Colombia and Miss USA with their hosts and Chotsani Williams-West.

from both organizations and I was absolutely amazed at how it turned out," said Dionisio. "During PantherPalooza back in August, I remember jokingly talking with my friends about hosting a multicultural event where each multicultural organization would be a representative in a pageant-like scenario."

Dionisio and Simon then spent the entire semester recruiting representatives and spreading the word about Miss AUniverse.

"Originally the pageant started with three delegates from three countries: Trinidad and Tobago, Jamaica and Georgia. But as the day of the pageant came closer, it gained more traction," Dionisio said. "And we were able to find nine delegates, each from different countries."

The judges were Chotsani Williams-West, executive director of Diversity, Equity, Inclusion and Belonging; Groove Phi Groove Social Fellowship, Inc., brother Christopher "Glitch" Jerome; and Michelle Sarker, 2024 Senior Class Vice President.

this campus, I have hosted many events and there's always some anxiety that comes with that, but this event didn't bring much of that up. It was a lot of work behind the scenes, including promoting on social media and by mouth."

Simon said her favorite memory was getting ready with the contestants. "There was a sense of warmth and community in the bathroom and the Green Room. Friends and family of contestants would help other contestants and there were a lot of laughs throughout the night between us all that kept us calm and excited to keep going throughout the night."

Bedell, the first-year English major who represented Cuba, talked about her experience participating in the pageant. "My favorite memory has got to be laughing and having a fun time with the friends who came out to support me. It was the first time in a long time where I actually felt beautiful and loved."

Lin (Miss China), a sophomore biology major, said, "It was really really

## Student Poetry Corner

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

This poem is inspired by my visual childhood memories in my grandparents' backyard. These memories serve as a time capsule, a time that's special to me because of its innocence, warmth, the sanctity of youth and naivety to limited human existence. What's odd is that these memories are mostly non-specific for me, they are purely visual "glimpses" or "flashes" that are vivid and remain stagnant if I recall living through that time. I want to say many of these memories come from when I was about 7 or 8 years old. I had a very curious imagination, and I vividly recall "believing hard enough" so that I was able to see my imagination come to life in the tall grass. I'd visualize sparkling fairies often. There's a theme of loss in the poem riddled through narration of the past and a revisiting in the present. I mention my aunt who lost her strenuous battle to cancer only a few years after many of these precious times. A theme of learning to cope with that loss is there, too, with metaphors for connecting to animals, specifically fireflies and dragonflies, rekindling that childhood wonder and dually feeling more connected with lost loved ones.

### Night in the Tall Grass

By Samantha LaChiana  
(senior English major)

Blink twice and you'll miss it all. Bat an eye and you'll find that you cannot forget the tracing of scrawny fingers along fractured pines of deck. Pool of leaves beneath tall trees. Life buzzes and throbs through them. Alive. We are so alive. Hums of vibrant blues, the red-bellied atop, screeches of crickets, perhaps grasshoppers chirp, too, fairies rhythmically float in and out of slender stumps. In and out of my ears. Bewitched by risk, entranced by beauty. Harmonious ringing, the sound of being. Decrepit slender wood I held so dear—you're still here. Pine splices detach reaching for my fingertips. Jabbing like the prick of a spindle, Princess Aurora. Crisp wind fluttering a treasured life. The sweetness of dragonflies flushed my face, brushed my arms. Brush my hair. Aunt Lisa wore her bonnet in a cruel, scorching August, to avoid wearing her wig. Feet kicking. Curved lips squealing elegance and equal alarm. "Scary dragonflies!" she squawked, just as great birds do hovering chlorine filters, plastic ladders. Warning signs: Don't dive. Nightfall brought villages into a sleep-like trance. Pixie dust sprinkles from skies into eyes of adults, Mr. Sandman. Fireflies. Awake, like I. We danced. My fingertips grazed flattened backs, repairing water damaged wings, enclosing in my green and orange "catcher"—Then let them go. I'd let us go, my heart knew: we had time. Acquainted with a small, tall child. The art of letting go speaks to me through the tall grass, at night, in the heat of August.

**Editor's Note:** The Delphian has an annual tradition of publishing first-person essays by senior staff members so they can talk about what their experiences were like leading the school newspaper, as well as their time as Adelphi students. Here the editor-in-chief, news editor, sports editor, features editor and production editor all share their thoughts. They will be missed around here!

## A Time of Growth and Cherished Moments

BY LIZZ PANCHYK

In August 2020, I finally had some sort of “graduation” from my high school, a time where things were very unknown due to Covid. Nearly four years later, a time I could not picture, I am graduating college with a Bachelor of Arts.

I started college at a very strange time. I only had one in-person class my first ever semester, and everyone was required to wear masks both inside and outside in addition to social distancing and vaccinations to ensure the campus was a safe place for all students. It wasn't like it is now. The University Center was under construction, there was barely anyone on campus (which made for great parking) and there were really no events besides the occasional tabling event. It was hard to make friends, being online for classes, and even harder to enjoy my time on campus when there were hardly any activities or people to talk to.

But in my first semester, I also joined *The Delphian*. It was fully online at this point, with only Zoom meetings once and a while, and the editor-in-chief being Maria Giovanna Jumper '21. I continued the next semester, this time having

all of my classes online. I think I was on campus a total of three times the entirety of the spring semester. In fall of 2022, the paper was finally brought back to print, which was so exciting to me. I was able to hold a newspaper that I wrote for and give copies to family, friends and teachers.



**Adelphi has uniquely shaped my college experience and I'm sad to let it go.**

The mask-wearing continued until March 2022 when I was a sophomore. This is when the campus truly started to open back up, as the cherry blossoms bloomed a bright pink all over cam-

pus. While this was a great time, it felt strange, as if I didn't have a first year, because I had missed out on all the first year experiences due to Covid. The past couple years have made up for it, with Adelphi going to all lengths to provide on campus activities and promote

togetherness, and I have never felt more welcome. It saddens me that I am leaving at such a time where I have such a great community between *The Delphian*, my classes, my major and my friends.

I've grown so close to this school, even though I've been visiting this campus most likely since I was a baby, as my parents are alumni. Because of the love I have for Adelphi, it almost feels like I'm not truly leaving. I do feel that because of my unique experience, I was able to make the most out of my time at Adelphi. Not because of how close to campus I live, or how many times I'm on campus, but because of the connections I was able to make along the way. Adelphi has been a wonderful experience for me and even though my experience was different, I wouldn't change a thing about it.

As I've been writing for *The Delphian* since my freshman year, I've learned so much from my experience writing for a team, working with a team. My team has grown and shifted shapes so many times in a way that has only made my experience more rewarding. I never thought I'd be saying goodbye to this paper the way I am right now. I'm incredibly grateful to be given this opportunity for the past three semesters, and I thank all of you for making my experience so much more than what it initially was. *The Delphian* will forever be in my heart. 🍀

## The Boy Who Loses Everything

BY KENNIE DIONISIO

I was a loser in high school. Yes, I was the kind of loser you see in movies with the ginormous round glasses who was always getting shoved into lockers.

But in retrospect, if you were to ask me to summarize my last four years at Adelphi University, I'd respond with one word: loss. To this day, in my last semester of college, I'm always losing or at a loss for something. (So I guess you can say I'm still a bit of a “loser.”)

When my first year of college was eclipsed by a global pandemic, I felt like the world was going to end. I had lost everything that an 18-year-old me could possibly want. Quality time with my friends. A sparkling summer vacation to Barcelona. And most importantly, a proper high school graduation.

I'm a first-generation student. Just existing in the realm of higher education feels so foreign to me. Although I was blessed enough to surround myself with a phenomenal group of student leaders during my college orientation, nothing could alleviate the anxiety I felt going into college.

The first time I was ever “lost” during my college journey was when I tried to pick up my Adelphi ID. My friend texted me to pick it up at Levermore Hall. When I asked a Public Safety officer where this alleged “Levermore Hall” was located, he started gesturing at this brick building with trees enveloping it. Mistakenly, I had entered Blodgett Hall. (But who could blame me? A lot of build-

ings on campus match the description.)

ID in hand, and two years later, “loss” still haunted me during the summer of my sophomore year. After an incapacitating stroke, I nearly lost my father. A once vibrant and energetic man fell to the floor. The man I loved for 20 years could no longer move or speak. I lost my rock, my motivation, my fire underneath my butt.

During my junior year, I lost my 4.0 GPA. During my senior year, I lost Prestigious Panther, and my boyfriend two hours before the ceremony. (What hurt the most is that he dumped me over text.)

I try my best to remain optimistic despite being in a perpetual cycle of “loss,” and it was my optimism that salvaged my college career.

The second time I lost something at Adelphi was when I lost my first name. My birth name is James, meaning “supplanter” in Hebrew. A supplanter is someone who replaces something by treachery or force. It's fitting; before college, I lived a life of impostor syndrome.

James was the name written on top of all my failed history tests. James was the name scribbled on a pink sheet of paper during my weekly therapy sessions. James was the name printed on my wristband when I was rushed to the hospital. James was the person I hated with every aching bone in my body.

At Adelphi, I was quick to rebrand myself in my first year. I chose the name Kenneth, meaning “born of fire” in Scottish. Like a phoenix, I've set myself on fire and rose from the ashes. Although the

entirety of our campus affectionately knows me as “Kennie,” I was happy to see a new name on a fresh new ID. (And yes, I went to the right building to pick it up this time.)

In sophomore year, we lost the mask mandate. My core friend group started to form, and we explored a large chunk of Long Island and New York City together. As a sheltered child, I was overjoyed to have this iota of independence, experiencing things like the sunset on Long Beach or the elegant East Asian culture of Flushing. Even the little things like watching “Wizards of Waverly Place” in Eddy Hall on a late afternoon filled me with glee.

The subsequent year, I lost my feigned passion for my computer science major. My strict Filipino mother forced me into STEM like a square peg in a round hole. I was a creative individual my entire life, fond of pursuits like painting, poetry and graphic design. But “that doesn't make enough money in the long run.” To appease my mother, I convinced myself that I'd be a mobile app designer as a subtle compromise between our two worlds.

I started to take more communications classes in my junior year to fulfill the minor I declared two years prior. The journey was invaluable. After taking courses on Feature Writing and Web Journalism, I was appointed to be the co-features editor of *The Delphian*. Coupling this opportunity with my previous work as a social media coordinator for Adelphi's main Instagram page, I've found my niche in the media industry.

Today I stand lost in a sea of oppor-

tunities. As Senior Class of 2024 President, I've found myself drowning in success and the respect of my peers and faculty. Living my passions authentically, I'm losing myself in emails from various social media companies reaching out with content creation and marketing jobs. I've made more memories than I can count, and I hope I never lose them. Overall, I am at a loss for words at how beautifully my college journey has progressed.

So as I lovingly depart from Adelphi University, let me leave you with the message that loss isn't always for the worse. Find the challenge standing in front of you and take it head-on. 🍀



**Kennie Dionisio**

## The Foundation for a Professional Career

BY ANDREW SMITH

Beginning your college during a global pandemic is something that most young people will not forget. I spent my



**Adelphi has provided me with so many amazing opportunities.**

entire first year of college primarily in my bedroom studying remotely. By my second year, the university began to open up and I took advantage of all the wonderful opportunities Adelphi offers its students.

I have always loved sports and saw that *The Delphian* was looking for sports writers. My mom was a former editor of *The Delphian* and she always spoke highly about her time there. Little did I know that the newspaper would open several doors for me that I never thought were possible.

*The Delphian* taught me invaluable career skills I would have never learned in the classroom. When campus life returned by my sophomore year, I was very concerned about my professional career and worried about all the uncertainty that the pandemic brought.

Writing for the school newspaper was more than just an extracurricular activity. It was an incredible experience that empowered me with essential skills and introduced me to invaluable connections. These resources have not only kick-started my professional career but have also shaped me into the person I am today:

a person who is ready to take on challenges that seemed impossible four years ago.

My work in *The Delphian* was made possible by the unwavering support of our club advisor Professor Liza Burby. Her guidance and mentorship made my transition into the club as easy and welcoming as possible. I am deeply grateful for her guidance and support over the past four years.

*The Delphian* not only provided me with helpful connections but also allowed me to build a robust portfolio of work experience, preparing me for the post-graduation world. I was fortunate to connect with a former sports editor who now leads a baseball news company on Long Island. Additionally, I found a role in the University Communications and Marketing Office, all thanks to our advisor, Liza Burby. I am deeply grateful to the entire staff at UCOMM, especially Christina MacKay, Lisa DiBona, Sara Fennell, Michael Wentz, Alex Donnelley and Jose Delgado, for providing me with an exceptional hands-on learning experience.

Most importantly, *The Delphian*

was instrumental in my personal growth, helping me confront my fears of public speaking and self-expression. My first interview was a nerve-wracking experience, and I questioned my decision to take on this role. However, as I continued, I found my confidence growing and began to truly appreciate my contribution to the paper. From covering Ronnie Silva's record-breaking performance in men's basketball to documenting softball's thrilling playoff runs, each experience will always remain a wonderful memory.

Adelphi will always hold a special place in my heart for all the wonderful opportunities I was able to take advantage of. From being the sports editor of *The Delphian* for several semesters and the vice president of the Catholic Newman Club, I am filled with immense pride as I prepare to graduate with my Bachelor of Science this spring and my Master of Science this fall. This academic journey, coupled with my experiences at this paper, have shaped me into the professional I am today, and I am excited for the future that lies ahead. 🍀

## A Reflection on My Time at *The Delphian*

BY JUSTIN KRESSE

I joined *The Delphian* in the fall of 2020 during my freshman year at Adelphi. That year was very difficult: Covid did not help the college experience I had been looking forward to. However, throughout that first year, *The Delphian* was there for me.

Things were quiet on campus during that year and I hadn't made many friends yet, so having the paper and the friends and people I met through this organization meant a lot to me.

With the start of sophomore year, things started to get back to normal. Classes were in person and I started to make the friends that I'm still friends with to this day. Through it all, *The Delphian* was there. We also went back to physical print copies of the paper (the paper had gone virtual on the website through Covid) and it was exciting to learn more about the

process of print design. Junior and senior years have gone by entirely too fast, but through it all *The Delphian* has been one of the major constants in my college experience that I've enjoyed being involved in.

As the production editor for the paper, I do most of the design for the papers (though I've gotten a lot of assistance from Malika Burieva and Sophia Martuscello in past semesters, and now Gabrielle Jaipersaud as the new production editor). Though this job has been stressful, the help and guidance of the amazing Professor Liza Burby and editors Max Robinson, Nick Rontanini and Lizz Panchyk have made my job immensely easier, and I owe them all a great debt of gratitude. It would truly be an understatement to say that *The Delphian* is a collaborative organization where everyone is available and happy to help you or share their knowledge.

And I truly appreciate how I've been pushed to write articles, from ones

on topics that interested me like the wireless service on campus and articles about technology to more journalistic articles on the Creative Works conference or the Fall Arts Festival. As a more introverted individual, having to speak to a variety of people I didn't know and ask them questions has forced me to improve my communication skills and has helped me grow as an individual.

Going forward, the future is uncertain for me. I'm in the job search process currently, which is a lot of fun, and I'm planning to stay in the New York City area because I've enjoyed being exposed to the city thanks to Adelphi.

Through it all, though, I've truly appreciated how close of a community *The Delphian* is and I could never have imagined my experience at Adelphi without this newspaper. I urge anyone who may have picked up a copy of this paper and is considering joining *The Delphian*

to go for it because it is a great experience that is well worth your time! 🍀



Justin Kresse

## Opportunities at AU Have Broadened My Horizons

BY JOANNA REID

I started writing for *The Delphian* in my sophomore year at Adelphi because I enjoyed writing and I thought it would be a good way to improve my writing skills and meet new people. The first article I wrote was about Jonathan Larson's legacy on Adelphi, which is something that I'm really passionate about, so it made me happy to share it with others.

Through *The Delphian*, I have gotten opportunities to interview people I look up to, like Anthony Rapp, Christie Baugher and Danny Mefford. Getting to sit down and talk to people in the theatre industry, which I hope

to one day work for, was invaluable. I also got to attend my very first press preview this year as a writer for this paper, seeing "How to Dance in Ohio" on Broadway. This musical resonated so much with me and that made my first press preview extra special.

Without *The Delphian* and the support of the team, I wouldn't have been able to win the Best College Newspaper Reporter award from the Press Club of Long Island in 2023. And writing for *The Delphian* has made me seriously consider journalism as a job after I graduate. Some of the things I am most proud of writing have been written during my time at Adelphi. I have always taken an inter-

est in writing and political science.



Joanna Reid

That being said, I am happy that I have majored in both of them and over the years I have learned more and more about how these interests overlap. While Jonathan Larson was one of the things that interested me about Adelphi, I have even gotten the chance to broaden my horizons. Because I was able to see so many shows, both in the city and here at Adelphi, I feel like I have grown and now I know a lot more about theatre than I did when I first arrived at Adelphi. I have even gotten to do independent research on one of my favorite composers, Michael Freidman. I have met some of my best friends here and I hope I have taken advantage of all Adelphi has had to offer. 🍀

# At the Approach of a Second Year Since Roe v. Wade Was Overturned Some College Students Seem Unfazed

BY BETHANY GOODWIN

Abortion is one of the most controversial issues in contemporary American politics. The 2022 overturning by the Supreme Court of Roe v. Wade—which governed reproductive rights in the U.S. for nearly 50 years—has changed the way many Americans make their reproductive choices. As of press time, 21 states ban or restrict the procedure earlier in pregnancy than the standard set by the law. One may think that for college students this ruling has important implications for our future decisions. However, a fall survey of 25 Long Island college students revealed that this may not be the case. The survey found that although the majority of students do not agree with the ruling, it doesn't affect their future decisions regarding birth control, family planning, activism and moving to another state.

“I know it [the overturning of Roe v. Wade] has made some people cautious but I wouldn't say it has personally affected me that much,” said Sarah Sepulveda, a student from The Fashion Institute of Technology.

The overturning of Roe v. Wade caused uproar in many quarters. However, when students were asked whether they had become more politically active in response to this decision, 76 percent of the respondents said they hadn't. Max Mastrogioacomo, a communications student at Adelphi, said, “I wouldn't say I have become more politically active. This decision just made me



Students can educate themselves on the current abortion laws for their specific state. Photo from Flickr

feel sorry for those affected by it.”

When asked, “Would you move to a state that has banned or not banned abortion?” 72 percent of respondents said it has no effect on what state they move to.

Gia Efstathopoulos, the president of Adelphi University's Christian Fellowship group, said, “I wouldn't base my decision [on where to live] off of [the ruling]. I'm not going to be like,

I'm not going to move [to another state] because they allow [abortion].”

Sepulveda, on the other hand, disagreed. “I wouldn't move to a state that has banned abortion. I would want to be in one that supports it,” she said.

Tereza Cornelio, event coordinator for the organization Student Appreciation and Recognition of Adelphi Pinoyos at Adelphi, echoed a similar sentiment.

“Since I live in New York, the overturning hasn't affected me greatly since abortions are still legal here. However, if I were to have a family in the future, I wouldn't want to be in a state that doesn't allow abortions because if an event happened where I would need to get an abortion, I don't want to risk crossing state lines,” she said.

## Birth Control Concerns?

The survey also asked students if they “have become more or less careful about using birth control?” Sixty percent said they do not use birth control while 28 percent chose “It has no effect on how I use birth control.”

Arianna de Saint-Leon, a student studying criminal justice at John Jay College, said, “I don't necessarily think it's because of Roe v. Wade that students aren't using birth control or wanting to get pregnant; rather it's just their personal preference.”

Joseph Spaltro, the public relations officer of Adelphi University's Christian Fellowship, agreed that it was more of a personal decision. “As a Christian, I base my life off of the Bible. Personally, I want to have a stable life with the right person. I never based it off of Roe v. Wade.”

Students were also asked whether they are more or less likely to have a family since the ruling and 60 percent of respondents answered “It has no effect on future family decisions” while 32 percent said they do not plan on having a family regardless.

Even though the survey shows that most students are not affected, they still have strong opinions on the subject.

Aleena Shelly, a senior at Nassau Community College, said, “It hasn't really affected me yet because I don't have any kids or neither am I pregnant. But I think we should still have a choice because things can happen and you have no control over them.”

Mastrogioacomo, who had previously said he hadn't become more politically active, also stated, “I personally haven't been too affected by the overturning of Roe v. Wade, but I have seen reactions from women that are, in my opinion, very rightly furious with this decision.”

At the same time, students who are already politically active do have opinions on the matter. Matthew Margulefsky, president of the Adelphi College Republicans National Committee Chapter, said, “The College Republicans is a political organization at Adelphi that intends to promote conservative ideas; we stand on the side of life. Our organization largely focuses on issues including free markets, peace

through strength and limited government.”

In response to whether the overturning of Roe v. Wade has affected any future decisions for members, Margulefsky replied, “All members reside in New York where abortion has not been restricted.”

According to this survey, the 2022 ruling has not significantly impacted col-

more politically active. Imagine if 1 in 4 AU students dyed their hair pink? You would notice this everywhere.”

But what does this increase mean for college students on Long Island today?

“Young people (18 to 24) vote in the lowest percentage compared to other age groups,” said Gray. “A 27



Protest of Roe v. Wade being overturned in 2022. Photo from Creative Commons

lege students' daily lives or led them to make different decisions. But this doesn't mean that they aren't concerned.

“I remember being really upset and reading the news a lot the day Roe v. Wade had been overturned,” said Cornelio.

So the question remains, why doesn't the ban on abortion prompt students to decide differently?

Skylar Dorr, a junior communications major at Adelphi, said, “I think that it impacts students on an emotional level, where they probably feel empathy for those who have suffered, but in regard to them changing their habits or living situation, I feel it might not be such a priority because some students might not have any personal affiliation or experiences with abortion.”

Dorr explained why she thinks students should look at their choices regarding the ban. “Students should definitely be more involved regardless of what side you are on. Things like voting in local elections and even reaching out to people in positions of power may be able to help. A little can go a long way when it comes to politics.”

Additionally, even if some students are apathetic about the topic, Dorr said, “Students who don't care about the topic should still get involved simply because the cause is greater than one individual, it is an issue that puts women in jeopardy.”

Furthermore, even though the survey shows that 76 percent of students have not become more politically active, Maggie Gray, associate professor of Political Science and International Relations at Adelphi, said, “The bigger point, however, is that 27%, more than 1 in 4 of the respondents, became

percent in students' political activity tells me that abortion is a significant issue for Gen Z. It means they have a self-perception of being more politically engaged and that's great news.”

What should students do if they want to be more proactive in this issue?

“They can start by educating themselves on the current abortion laws for their specific state and maybe follow Planned Parenthood as it constantly puts out updates regarding abortion laws in America,” said Sepulveda. 🐾

**Be sure to check out more articles on our website at [www.thedelphianau.com](http://www.thedelphianau.com) and follow us on Instagram @the\_delphian where we post updates.**



# The Impacts of Grief on the Physical, Emotional and Mental Wellbeing of Students

BY KAYLA GALIOTTE

Have you ever felt alone after losing someone who was important to you? Does it feel like no one knows exactly what you are going through?

Well, you're not alone. According to a study by researchers in the Office of Counseling and Wellness Service in the University of Eastern Washington—conducted to analyze how grief impacts the academic career of college students—60% of college students overall report having experienced a loss by the end of their academic career. The study also found that death of a loved one can result in a decline in academic performance, and cause social anxiety, sleep disturbances and possible depression.

Amara Clarke, a criminal justice major in her junior year at Adelphi, shared her experience of when her friend and fellow Panther passed away suddenly in the fall semester.

“DJ was very popular and very outgoing. December 7, 2023, was the day I found out he passed. I can’t even remember how I functioned for the rest of the day,” she said. “All I remember was walking to my 1:40 p.m. class, expecting to see him with a big smile on his face and hugging me as he usually does, but then I realized I would never see my friend again.”

Clarke added, “This experience has pushed me to pray and seek God more. I know I’ll never see my friend again on this earth, but I know he’d tell me to keep my head up and to keep going. I want to make my friend proud, so no matter how hard it is, I’ll keep going. Long Live DJ.”

To help her and others cope, Clarke formed a bible study support group on campus where students can get together and support each other through prayer and discussions.

Grief can have a major impact on the day-to-day lives of students, said Sasha Miller, a social worker at Zucker Hillside Hospital in Glen Oaks, New York. She works with patients ages 5 to 23, providing counseling to patients to overcome challenges such as grief.

“Grief is a big drastic change in our lives. Or anytime that we experience a major shift, major transition or stress that happens in somebody’s life it affects how our day-to-day life goes,” Miller said, adding that the loss of a loved one is in correlation to physical and mental illness. “Stress and illness can have a major effect on the body. You’ll notice many stomach-related problems, especially with people who have a lot of anger and sadness. They tend to have stomach aches, trouble with their digestive system, and

people get headaches. These symptoms can vary depending on the individual.”

Miller said that there’s a significant difference between helping a patient who is aware of the fact that they are grieving and helping someone who isn’t conscious that the death is actually bothering them.

“A person who is open and willing to talk is already acknowledging that grief has an effect on them and that they want to feel differently than what they are feeling now and they want to do something to change that,” she said. “So it is much easier when someone recognizes that there is an issue going on to guide them through it and have them listen, take part, adapt and actually do those things in a way that can help them. They get involved in their own treatment where it is two-sided.”

According to Miller, the first step is to “crack that shell of that person to even get to them acknowledging that there is a problem. I have to establish safety with a person like that because the reason that they are holding back is because they do not feel safe. Even if they do not realize it.”

Jayden Alce, a sophomore nursing major at Adelphi, lost his grandfather when he was 16. It was a sudden death and although they weren’t close, he didn’t process it until years later.

“I only processed his death later on

when classmates and friends would always talk about stories with their grandparents, and that exclusion brought out my curiosity. Taking care of my mother and how she felt was my only goal. I had a responsibility and I felt I did what needed to be done even if it meant not processing his death entirely on my own,” he said.

Miller pointed to the fact that we are socially conditioned to react the way we do when someone asks us if we’re okay.

“When people are asked how they are feeling, right off the bat they’ll reply saying everything is okay. But in reality they are not okay,” she said. “Socially we’re all conditioned to say very similar things like when someone says, ‘How are you?’ Usually, we just give that immediate response back like, ‘Oh I am fine,’ even if we’re not actually fine.”

Miller does grief work in individual therapy to process those suppressed emotions. She said that students should be encouraged to speak with a guidance counselor on campus or therapist during this difficult time to ensure that their mental and physical health are not disrupted. The Student Counseling Center provides comprehensive mental health, preventative and educational services to any student enrolled at Adelphi. Learn more at [www.adelphi.edu/scc](http://www.adelphi.edu/scc). 🍀

## Our Delphian Staff Word Search

N B W E Q Z M K D I P T H E D J K G U J  
P I C Y J W G T U P L M D X V R G Z R U  
N F E V X V O W C Q W A Z I L W Q W X S  
I A J S B F E K J C I L L E Y K J A A T  
J B B I S R V P I N A N V T J Z L T T I  
J X I P D U T W B A K S C R K N Q W N N  
T O U N M P H Q J R I O A U W S D P R J  
G E A D C E Q M H E F J Q L Z X X K G N  
L A I Z H B U I Q J O Q S F F I U X Z T  
T U B B Z E L T B Q Z W J X U R H V W U  
Q R O R T C X Y E N K A O W A O H R D N  
U D M J I W Y P H H E R F N K L T D A V  
R J F N C E C B M P J O A N N A B P O L  
H J F H L A L G H E M D W H K R E L I T  
I N A S N A X L J S M C R Z E J N H X S  
E L R G K O X L E O I E Z H N X X C B V  
A Z R K J P Q D P J S E G P N L J O W L  
N E Y L I L P X E Z Q W S M I C I V U Y  
Q K H C Y N R U W Z H V F F E U L Z O Q  
B T O G D X K B D C G M O J A L W N Z S

Andrew

Kennie

Hussein

Liza

Justin

Gabrielle

Lilyen

Joseph

Chala

Kurana

Joanna

Lizz

## Studying Abroad Has Value But Aim for Being Well Prepared

BY CHALA CIVAN

Although the concept of a college education embodies discovering yourself through various opportunities such as research, varied student activities, requirements outside of your major and all the experiences gained during your studies, everyone has a different understanding of college education.

Conditions or individual goals can cause those differences. You might prefer the comfort of your family's home and having someone do your laundry in exchange for trimming the garden, or you might feel like you need more time to leave. Not everyone has the same desires and ideas for the future but for those eager to see different perspectives and learn about how things are going in other places on Earth, studying abroad is the perfect opportunity.

"It's a gift that lasts a lifetime," said Adelphi International's Rosemary Bradshaw.

As an international student in an American college, I couldn't help but wonder: Is studying abroad really worth it?

While continuing your education and earning the credits you need, you will discover the various dynamics and how they were back home, where you gained your world vision. This will be an excellent opportunity to question your values while out of your comfort zone. However, you might come across homesickness if you leave for a while. Leaving all the connections and the precious memories back home and knowing they will continue in your absence is a hard truth to handle. At the same time, you'll continue without the presence of the life you built for yourself. Perhaps you'll speak another language, and you won't be able to find your comfort food as it tastes the same back home and will question your reality repeatedly, even when you return home.

All the fantastic experiences and struggles will stay as memories and will be part of your journey to discovering yourself.

You'll be able to accommodate and learn with scholars with different backgrounds than yours. If you are considering studying abroad, there are a few things you should consider.

### Finances

You must supply the required documents and insurance. Once you get accepted to the program, you'll need to work with the student offices of the school you picked to issue a student visa during your stay. There's a fee for the visa application, in addition



Chala Civan from Turkey and Ilaria Ponziani from Genoa, Italy, on the Flagpole Lawn in April. Photo by Faith Ryakkia

to the translated documents required for the visa. The insurance cost varies based on the length of your stay, but it is worth considering. If you're already a registered student in a college in your country and are only going on an exchange, there will be an exchange fee for that as well.

### Transportation

If you are traveling overseas, you should plan your trip early to avoid paying higher prices. It's important to remember that the student visa only allows you to work for limited jobs and primarily for restricted hours. Before arrival, you should plan your expenses and budget. Check the average living costs

of the country and compare them with the region you live in so you can have a clearer idea about how much you'll need. Also, look into the scholarship opportunities: the school you choose might have scholarship grants for the exchange students or the school you're registered with might have grants for you.

### Language and cultural barriers

Even though there are many English-taught universities worldwide, the country you plan to study in might mainly use its

local language. You might not be able to find many English speakers outside the class, or the locals might prefer to speak something other than English in daily life. Some cultures have different dynamics, and your experience with individuals from the same country will differ. Knowing about the culture and its social dynamics can be helpful while interacting with the natives. For that, you might consider watching a series about the country and reading about the history and news to get more ideas.

Post-AUI student Javier Ruiz, an international student from Valencia, Spain, mentioned his experiences while he was

taking international students-only classes. "I felt very isolated. I was still taking English-as-a-second-language classes, and everyone around me was an ESL speaker like me." In those cases, it might be hard to engage with the country. Consider practicing the language before arrival and try to participate in student organizations and activities.

### The country's college system

Some countries might have more traditional systems compared to the U.S. college system. It might be hard not to adapt to a study method that is more suitable for the country's system and not to discuss the expectations of the instructors of the school you are planning to attend Adelphi.

Mariam Shvangiradze is an international student from Georgia who has been on the Dean's List multiple times. "If you try hard, you can work things out," she said. "Maybe you are not a 4.0, but [you can still be a] 3.8 if you are trying hard. Some instructors outside of the US might have different approaches to their students and grading systems, so it is essential to be aware of all of them. All Adelphi exchange students should register for the classes they plan to take after their advisors approve. Registration should be completed before arrival. Adelphi students can register for classes in a language other than English if they are proficient in it."

For the students who are planning to go abroad, Shannon Harris hosts an advising session every Wednesday; you can join through a link. The earlier you plan, the greater your advantage in planning your schedule. The Center of Global Education of Adelphi suggests students highlight their experience abroad during their college education. You can visit the Career Center located in Nexus to work on highlighting your experience with the experts.

To reach out for more details about Adelphi's programs, check the Study Abroad section on the university's website at [www.adelphi.edu/study-abroad/](http://www.adelphi.edu/study-abroad/). 🌍

## Broadway Show Hits the Mark When it Comes to S.E. Hinton's Book "The Outsiders"

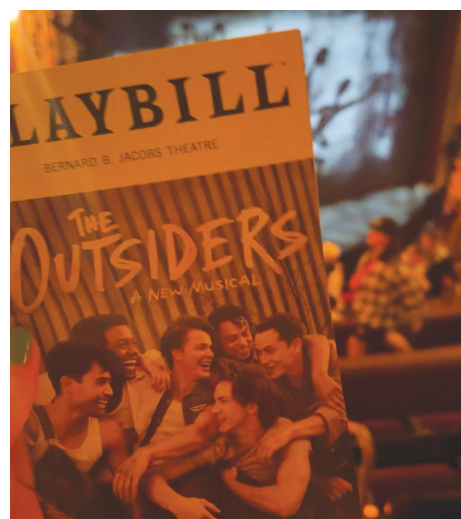
BY BETH CERIELLO

Often you may find me in New York City attending a Broadway show. There is something about being engulfed in live music, bright lights and being in the presence of talented performers on the stage.

"The Outsiders," a new Broadway musical that opened on April 11, 2024, encompasses middle school nostalgia of S.E. Hinton's 1967 book. Going into the show, having read the book and seeing the movie, the Broadway musical far exceeded my expectations. If you're looking for a show that encompasses strides through tough times and the power of friendships, this musical is for you.

Ponyboy, the protagonist, goes through love, loss and acceptance of his life, knowing that he is the one in control of his life goals. A story further illustrates the life of the Curtis Brothers, Darrel and Sodapop, who were recently orphaned from a car accident that killed their par-

ents, and being a part of the Greasers on the lower end of society, with the Socs, who are the rich kids, being at odds.



The new Broadway musical opened in April, bringing to life the young adult book that debuted in 1967.

The story focuses on the friendship of Ponyboy Curtis and Johnny Cade, two Greasers, being best friends since they met. They extend their friendship to Dallas Winston, who would do anything for his two friends, especially Johnny. It isn't until Ponyboy meets Cherry Valance, a female Soc, when he realizes that the Greasers and Socs aren't all that different. With their difficulties of being able to express this to their sides of society, conflict further ensues between the two parties further developing Ponyboy's thoughts and realizations on life.

Mesmerizing is one of the significant attributes when it comes to the set design. From the stage, being full of gravel and watching the ground move with the cast. Incorporating fire to perfectly execute a scene depicted in the book, at a church where Ponyboy and Johnny end up when they felt they needed to leave home. Or when watching the scene where the Greasers and Socs

battle for their stance in their divided town being drenched in rain, which actually came from the poured on the stage. Incorporating the set helped in transporting yourself into the book, creating a visualizing dynamic to convey the emotions and the tensions within each scene.

"The Outsiders" left me feeling so empathetic for the Greasers, especially as the show ends with the mended relationship of the Curtis brothers. Being that for most of the actors this was their Broadway debuts, they truly are rising stars. After the loss of friends and the understanding of what his brothers were going through to ensure his success in the future, Ponyboy realizes he still has more to give and accomplish in his future. This musical exemplifies what it's like to be at a Broadway show, leaving me with all the emotions with the flavor of dancing, singing and true passion from the cast really embodying what they are putting on the stage. 🌍

## The Pros and Cons of On-Campus Jobs

BY TAYE JOHNSON

Having an on-campus job while in college is a common practice for many students seeking to gain work experience, earn money and develop time management skills. On-campus jobs offer numerous benefits and drawbacks, and the answer to whether it's worth it depends on your situation and goals. What are some things that you should consider when deciding whether or not to take on-campus employment?

### The Pros

One of the primary advantages of an on-campus job is the convenience it offers. Students can easily walk or bike to work, avoiding the hassle and cost of commuting. This is especially beneficial for students living in campus dorms or nearby housing. On-campus jobs typically offer flexible hours that can be easily adjusted to accommodate class schedules and study times. This flexibility allows students to balance work and academics more effectively.

On-campus jobs can also provide valuable work experience and skill-building opportunities, helping students gain practical knowledge in a professional setting. The work experience can boost their resumes and increase their competitiveness in the job market after graduation. It also allows students to contribute to the college community directly. It can

be very rewarding as it fosters a sense of belonging and pride in the institution.

Many on-campus jobs are available through federal work-study programs, which provide financial aid for students with demonstrated financial need.



**On-campus jobs can be beneficial to students but there are some drawbacks to consider.** Photo from Freepik

### The Cons

Balancing work and academics can be challenging, and some students may find that their on-campus job can negatively impact their ability to focus on their studies. It's important for students to carefully consider

their time management skills before taking on a job. Another thing to consider is that on-campus jobs often pay minimum wage or slightly above, and the number of hours may be limited due to academic considerations. This can result in a lower income compared

or interests. Juggling work and academics can lead to burnout if not managed properly. Students may find themselves overwhelmed and lacking the time for self-care and relaxation, which can negatively impact their mental and physical well-being.

Some on-campus jobs may not provide the same level of career exposure and networking opportunities as off-campus internships or jobs based on the industry.

I think that having an on-campus job can be a great way to get involved in the on-campus community and gain work experience. It's also nice to have some extra money coming in. However, there are some downsides to having an on-campus job as well. For example, it may not provide the same level of career exposure and networking opportunities as off-campus internships or jobs in professional settings. This could limit students' ability to explore their career interests and gain industry-specific experience.

On-campus jobs offer numerous benefits, including convenience, flexibility, skill-building opportunities, and valuable networking prospects. However, it's crucial for students to carefully weigh these advantages against the potential drawbacks, such as academic impact, limited income potential, and the risk of burnout. By considering these factors, students can make an informed decision about whether an on-campus job is the right choice for them. 🍀

## The Return of Standardized Testing Isn't a Welcome Answer

BY CELESTE ARBELAEZ

Standardized testing was suspended by many colleges and universities during the pandemic of 2020 and now some are bringing it back as a requirement in their admissions process. The decision to either go test-optional or eliminate testing overall has helped to give a lot of students a better chance at being accepted into college. But because some institutions believe that these tests will help them determine which students are academically gifted and talented, they have been brought back.

This idea of testing high school students dates back to 1926 when the first SATs were presented to American schools. Those who created the SAT thought that this would help identify students who were in school who were ahead of the curve, ultimately helping many. The ACT came into play in the late 1950s with the same idea of identifying gifted students. This remained crucial in college admissions and became part of the system.

Since the SATs and ACTs began, there has been a long history of biases and cheating as well. Tiffany Wong, a sophomore and early childhood education major with a concentration in mathematics and a minor in business, spoke on this.

"I think the SATs are very stupid and rigged because if you come from a rich school, there is a more likely chance that they have better resources to do better on the SAT compared to a poor school with a lack of resources," she said. "You can also just pay people to take the SAT, which has happened before."

Even though students can be academically gifted, if they come from a low-income

school, they might not have as many resources to help them succeed with testing. Not to mention the fact that cheating is very common in standardized tests, especially with the scandal that occurred a few years ago with celebrities paying an independent college counselor Rick Singer to help their children get into college. This scandal became known as the Varsity Blues Scandal and there was a lot of related media coverage. There was even a Netflix documentary, "Operation Varsity Blues: The College Admissions Scandal." This took away the opportunities of other students who studied hard and did not have the money to pay for tutoring. It was unjust to those students who deserved a spot in many institutions.

It should be noted that standardized testing only measures mathematical and English skills. The SAT and ACT measure a student's intelligence based on their memory and that contributes to whether or not a student is given a better education. It is not fair to let a piece of paper decide such a fate. More Panthers had a lot to say about this.

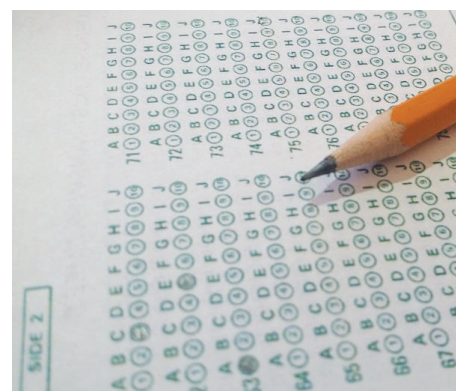
Lauren Gunn, a senior psychology major who took the SAT in high school, said, "I was someone that was very involved in high school and in the top 20 of my class, and the results were not showing my full intelligence. The SAT bases it on reading comprehension and math."

Even if someone is a good student in high school, it won't be seen in standardized tests if a student doesn't perform well. Those results won't show the potential a student has and can undermine their hard work in high school since SATs and ACTs are some of the main sources colleges used to admit students into in the past. But things have

changed since the pandemic, making more institutions reconsider their requirements and making more colleges test-optional.

Angelina Vella, a senior communications major, used her SAT score for admissions to colleges. "I think they don't tell you anything about a person's intelligence," she said. "I think that because people could have test anxiety and a single test can't possibly say if a person is intelligent or not."

These tests do not measure other



**The SATs are not an accurate representation of a student's worth since they don't value all the skills they may have, and this could hurt them in the college admissions process.** Photo from PxHere

types of intellect students have such as emotional intelligence, history, art and so on. The arts are put to the side and anything that does not relate to numbers or grammar is put on the back burner and not even considered. It is looked down upon. Standardized testing devalues other types of subjects that don't involve numeric value.

"Standardized testing is also useless like the SATs," Wong said. "These types of tests force students to memorize information which does not demonstrate how smart a student is. Students also do not have fun memorizing information and this can be a reason why students are not engaged in class."

In addition, there is a psychological theory about intelligence and the different types people may have depending on their upbringing and surroundings. This theory is called the Multiple Intelligences, and according to the American psychologist Howard Gardner, there are eight types. But everyone is different when it comes to showcasing their intelligence and strengths. For example, there is interpersonal intelligence — meaning personally understanding people and social situations — which is not tested on standardized testing. This showcases that the SATs and ACTs are not fit to test a student's intelligence.

Many people have some interesting takes on the SATs and the effect it has on people but at the end of the day, most students conclude that standardized testing is unnecessary and shouldn't be the main factor when it comes to college admissions. Institutions need to take into consideration that these tests are mainly just making students memorize information and they should be looking into other factors when seeking future alumni like their GPA, extracurricular activities and part-time jobs. How students get involved in their community should also be a factor to consider. These other components are just as significant if not more than standardized test results.

Institutions should be test-optional instead of enforcing these unfair testing policies that do more harm than good. 🍀

## Adelphi's Softball Team Prepared for Final Spring Stretch

BY ANDREW SMITH

After winning 47 games last season, Adelphi softball began its 2024 with setbacks and disappointments. The Panthers lost 15 out of its first 24 games, which put the team in a difficult spot in the standings early on. However, since its slow start, the Panthers have climbed back into first place in the NE10 standings and are ready for the final stretch ahead.

Redshirt junior Courtney Wengryn reflected on the disappointing start and how it affected the overall morale in the locker room. "It is no secret that, obviously, we didn't start the season the way we expected or hoped to start it," she said. "Coming off of two big trips to California and Florida, we were ready to come back to our region and compete in some good games. As we dropped both to Wilmington and followed that up by dropping another two to Franklin Pierce, we had to learn to do something different."

Wengryn, an outfielder, has currently tallied 31 hits, the most on the team, and 18 RBI, the second most on the team.

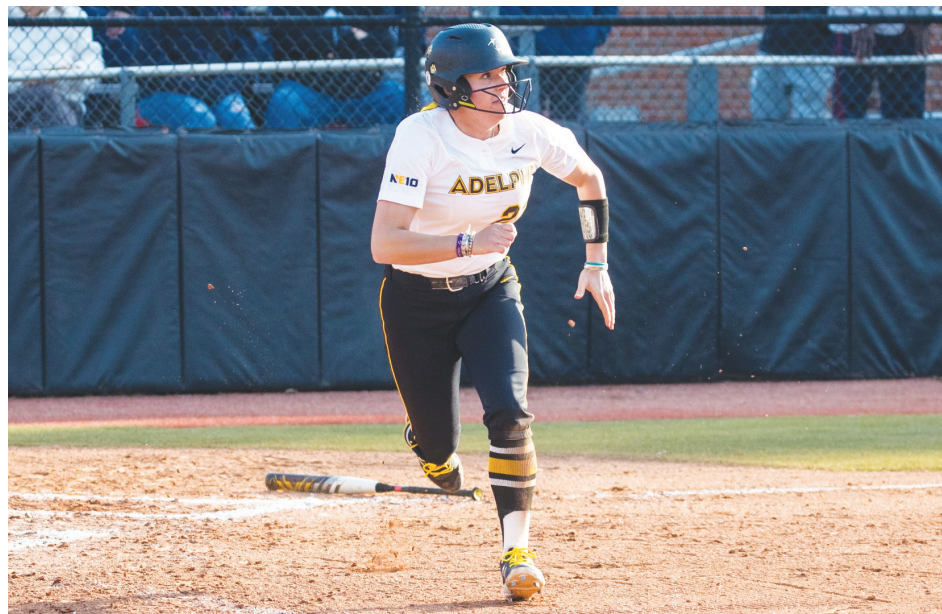
Senior Lindsey Hibbs spoke about the turnaround and how the team changed their mindset. "After those games, we sat down as a team and discussed what we all needed to work on as a collective to be better for one another. As individual as the sport of softball is, at the end of the day, we are a team and need to find a way to come together and rise above. After that discussion, it sparked something in all of us to not only play for the program but for each other."

Hibbs was named NE10 Pitcher of the Year last season and continues her dominance on the bump. She has pitched 147 2/3 innings with a

1.28 ERA and 162 punchouts.

Since then, the Panthers have won 17 out of their last 18 and sit at the top of the conference with their eyes set on another deep postseason run.

Senior backstop Alexandra Sacripante, who has totaled 22 total bases, said, "We had a tough start to our year, but we fought back to be where we are today."



**Courtney Wengryn has excelled in situational hitting this season with 18 RBI.**  
Photo by AU Athletics

Sophomore Jordyn Pasqueralli, who has shown an incredible eye at the plate, striking out only nine times in 118 at-bats, said, "Continuing the win streak definitely helps build confidence, especially after the rough start."

Wengryn discussed the importance of momentum and how it can significantly affect morale. "Momentum plays a huge role throughout the season. We want to be consistent and confident

going into games. It is hard to have momentum when you can't seem to find a groove. Of course, we take everything one game at a time, but it definitely helps us keep it in the back of our minds that we have a good flow going."

Senior Kendall Winn emphasized the importance of making consistent contact with the ball and how it has translated

to offensive production. "Recently we have been focusing on our hitting the most, and it has certainly paid off as our run production has increased by a lot. However, as we face better teams in the postseason, I think our defense is going to be what wins us games."

Winn, a utility infielder, has tallied 10 RBI, one home run and a cumulative .381 SLG (slugging percentage) this season.

As the Panthers approach their final

games of the regular season, their primary goal of a deep playoff run remains their crucial focus. Hibbs said, "Maintaining tunnel vision and supporting each other is what's going to propel us through the rest of the season. I believe just continuing to keep our energies high and communicating no matter what, if we fine-tune that, will be unstoppable."

Wengryn added, "We do not want to become too cocky and just think everything is going to come to us. We need to stay level-headed and keep grinding like we always do."

Winn expressed the importance of playing for each other and focusing on one game at a time.

Lastly, many graduating seniors reflected on their time on the softball team and how important this stretch run will be for them.

Hibbs said, "With this being my last year, I want to make the most of every second I have left on the field, especially with the people who are on it with me. I'm so lucky to play for Adelphi softball, and I am so thankful for the program because it has brought me some of my best friends."

"In my most successful year at Adelphi, we focused on one game at a time and trying to secure another day of softball for our graduating seniors. I am confident our first-year students will do that for us, too," said Winn.

Wengryn said, "I am also so excited for the postseason because everything is up for grabs, and I hope we can continue the success we have had for the past few years."

Come out and support the Panthers, also known as the "Cardiac Cats," as they prepare to make another bid for the national championship. 🐾

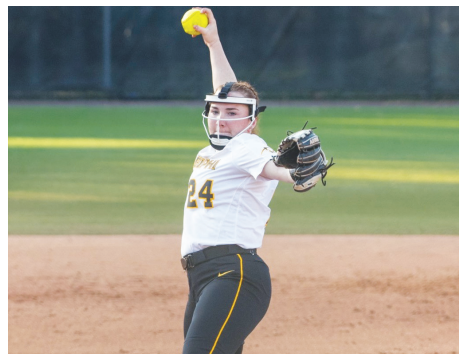
## Top Performing Panthers of the Month



▲ Graduate student Coleton Reitan was named NE10 Pitcher of the Week on April 24 when he threw seven 2/3 innings of high leverage relief tallying eight strikeouts.



▲ First-year student Filippa Schulze Doering shot 7 over 78 in the Hawk Invitational to lead Adelphi to a third-place finish.



Graduate student Danielle Marino is leading the way with a team high of 41 goals and 68 points for women's lacrosse.



◀ First-year student Lily Kenney threw two complete games and allowed only one earned during the week of April 24 to keep morale high as the Panthers prepare for another deep playoff run.



▲ Senior Logan Tucker tallied three goals and two assists to power the Panthers over Southern New Hampshire on April 23 in the regular season finale, which capped off a perfect regular season conference record of 9-0.

\*All photos from AU Athletics