

The Delphian

March 7, 2022

The Voice of the Students

Volume 77, Issue 8

AU Community Responds to War on Ukraine

BY THE DELPHIAN STAFF

In the early hours of February 24, after several tense weeks of negotiation with the international community, Russian President Vladimir Putin announced a “special military operation” in the country of Ukraine. Overnight hundreds of thousands of Ukrainians fled into bomb shelters and subway stations throughout the nation. Others made the hard decision to flee their homeland to seek refuge in other countries, sparking a humanitarian crisis in Ukraine’s neighboring countries. And others have stayed to fight. As of this writing, the human casualties of war are growing. Many in the Adelphi community are fearful for family and friends back home, while others are watching in horror not only the reality of the war, but that it is taking place within a media environment that is bringing live war images to us both on TV and social media.

As a result, President Christine M. Riordan contacted the university community last week to state: “As we continue to witness Russia’s invasion of Ukraine, many of us are concerned and anxious about the human toll and implications for our global community. Our Adelphi family cares deeply about the safety and well-being of all people, especially those most impacted by the ongoing vio-

lence.”

She said the Office of International Student Services has reached out to provide personal support to AU students from Russia and Ukraine and that they were advised to contact the Student Counseling Center for ongoing assistance at any time. Employees were reminded they can reach out to the Employee Assistance Program if they wish to seek counseling.



The Ukrainian flag has become a worldwide symbol of resistance against the recent attack on that country by Russia.

According to Kristen Capezza, vice president of Enrollment Management and University Communications, AU currently has two students from Ukraine and six from Russia. There are another three students from Belarus. But as Susan Briziarelli, associate provost for Faculty Support and Global Affairs, said, “Bear in mind that these are the

numbers of students who are here on visas. There may well be others that are US students whose parents emigrated from these countries and would still have family there.”

Vladislav Stepanov, a junior sports management major from Kyiv, Ukraine, who is a member of the men’s soccer team, expressed his outrage against the Russian government for attacking his country. But he added that his family is not in danger as they are outside the country. “However, I have many [childhood and school] friends, as well as ex-teammates that are there right now. I am very worried for them, and I cannot sleep knowing that something might happen to them. I am also worried for every Ukrainian soldier and volunteer, as they are the true heroes of our country. I whole-heartedly believe that their bravery and strength is going to stop this war and keep Ukraine safe.”

Stepanov shared this plea for the AU community. “I am asking every person who is reading this to take action, which is first to spread the word. Use the power of your social media to spread awareness about what is going on in Ukraine, because today it might be my home in war, but tomorrow, it might be yours,” he said. “And the second action is to donate to help Ukraine. You can find an

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Momentum 2: The Next Strategic University Plan

BY JAMIE GESELL

From 2015 to 2021, Adelphi has had a strategic plan for the university called Momentum. It focused on many aspects of the school and sought to improve the quality of life on campus. According to President Christine Riordan’s 2020-2021 annual report, it successfully provided students and faculty new features such as 52 new academic degrees and certificate programs, a more diverse executive and board leadership (43 percent nonwhite and 57 percent women), and a bigger main campus (the plan expanded it to 110,000 square feet). As 2021 has ended, it’s time for a second strategic plan to continue its beneficial effects on campus. Momentum 2 will be the next roadmap for the university to follow with many goals for students and faculty to achieve in the next five years. Input from the Adelphi community will play a big role in the success of Momentum 2 as well, according to the president.



Sophomore biology major Stephanie Thomas said she believes Momentum 2 is a very thorough and detailed plan.

Photo from Eddy Hall Instagram

“Momentum 2: 2022-2027, like its predecessor, Momentum, will pave Adelphi University’s path forward by continuing to advance our mission, vision and values for the next five years with measurable success,” said Marsha Darling, special assistant to the president for strategic initiatives. “Through Momentum 2 we will see Adelphi’s continued innovation, growth, resiliency and long-term prosperity.

Development of Momentum 2 began in early 2021, just when the first plan finished. It will detail the school’s goals and identify important priorities and actions that need to be achieved in the coming years. Progress of Momentum 2 will be reviewed notably by the Board of Trustees, which is made of people with experience in business, public service and education.

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A Month of Transgender Awareness Aims to Create Unity and Education

BY MYLO FISHERMAN

Transgender Day of Visibility is an annual event held on March 31, dedicated to celebrating transgender people and drawing attention and awareness to the discrimination they faced and the contributions they add to our society. This year, the Adelphi Pride Committee (APC) decided that instead of dedicating one day of programming to this celebration, the programming will span over a month.

Greg Miller, chair of the APC, said, “Trans Programming is important to the APC because it creates unity, education and awareness. Our month-long celebration is about the continuing dialogue of trans awareness and all the great things that come out of an underrepresented community. We’re here to support our LGBTQIA+ family.”

To kick off the celebration, on March 10 from 8:30-10 am, there will be a virtual research seminar. Professor Devin Thornburg and assistant professor Eric Knee, both of the College of Education and Health Sciences, engaged in work with students from Adelphi and the University of South Florida working with Safe Place International and the DREAM academy. During the research seminar, students who worked on this project will present their results.

On March 24 from 6-7 pm the Gender & Sexuality Alliance (GSA) will be hosting “Paint Your Name & Pronouns in Campbell Lounge 2 at the Center for Recreations & Sports (CRS). In this event, you’ll be able to express your creativity by painting your name and pronouns on a wooden board.



If you want to attend any of Adelphi’s programming on transgender awareness be sure to check MyAULife and follow @adelphipride and @adelphigsa on Instagram for more details.

River Gorman, GSA’s event chair, said that “for trans-spectrum people, it can be hard to socially transition and to constantly remind people of their new names and pronouns. Projects like these encourage them to be proud of themselves and serve as reminders for other people.”

On March 28 from 3-5 pm on Zoom, the Center for Student and Community

Engagement (CSE) will be hosting a Safe Zone Training. Through this training, you’ll learn how to become an advocate for the LGBTQIA+ community. You’ll also be given the tools and education needed to speak out against homophobia and transphobia contributing to a safer campus climate.

On March 31, Transgender Day of Visibility, from 6-8 pm, Adelphi University’s Student Nursing Association (AUSNA) and GSA are hosting a transgender nursing event. During this event, trans people in the nursing profession will speak about their experiences as well as the scientific part of transition (medications, hormones, etc.). Although this event is relevant to people in the healthcare field, it’s open to everyone on campus. AUSNA will also have a standardized panel were a nurse and a transgender patient roleplay a provider/patient case study scenario. Participants will pay a \$3 entry fee, which will be donated to an organization that helps transgender individuals.

Rubi Varughese, vice president of NSNA Affairs on AUSNA’s EBoard, said, “We [AUSNA] wanted to include a transgender panel as a part of our Nursing Association events because it is a part that isn’t stressed upon our nursing curriculum. If in the case you ever encounter a transgender patient in

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A Word from the Editor

I would like to start by sending my heartfelt prayers and condolences to the people of Kyiv and the nation of Ukraine during this tumultuous time. Our newsroom and the Adelphi student body do not condone these acts of violence against them. To help aid, we encourage all in donating to the Ukraine military, Red Cross and spreading awareness through your social media platforms about this situation. Any help would be appreciated. Our story on page 1 gives you many ways to do so. Further, our student body speaks out. Read up on how other students across this campus feel regarding the situation, along with how the University has been responding.

Plus, we continue our "Day In the Life" series, featuring Vincent Wei-cheng Wang, PhD, dean of Adelphi University's College of Arts and Sciences. I'm sure, like me, you love exploring our beautiful Garden City campus. However, this masterpiece didn't just happen overnight. Read about how the seven-year plan Momentum helped shape our campus to what we have now, as well as Momentum 2 to learn about what the next five years will bring here. We're now in the season celebrating the LGBTQIA+ family and student body on campus. Read about what the Adelphi Pride Committee has in store and what events will be held for March and April.

Carlton Ridenhower, known as Chuck D, made an appearance at our school last month. Cool fact, he was a student here too. Read about how the 90s hip hop sensation is thriving currently, with music and now his recent niche, art. The building he came to visit was the University Center, named after Ruth S. Harley, but who was she as a student? How significant were her contributions to the Adelphi community? Find out more by reading her brief biography on page 4. Also read about another alumni, Jacqueline Woodson, a bestselling author who "The New York Times" labeled a "transformer" for her work writing about people of color in books. She also participated in an event here last month. We also have an article about the Future Teachers Association and, because it's National Nutrition month, learn about the ways you can be more active and healthier.

Rounding out the issue are our opinions and sports sections. These consist of articles about a Florida bill prohibiting talk about members of the LGBTQIA+ community, tension between the music artists Kanye West and Kid Cudi, people hoarding two years after the pandemic, a story about changing guidelines for child development, a Panther athlete spotlight and a senior athlete's feelings about her last season.

If you have any questions, comments, concerns or inquiries about this newspaper, please feel free to reach out via email at (Delphian@adelphi.edu). Furthermore, you can reach out to me (maxmillianrobinson@mail.adelphi.edu) specifically if I can assist in something. I hope that you have a productive day and think about lending a helping hand to others every chance you get. Not just today, but everyday possible.

Maxmillian Robinson '22
Editor-in-Chief



TheDelphian

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

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Main Office: 516-877-6935
E-mail: delphian@adelphi.edu

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Transgender Awareness Month

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your journey, it's a great way to know what to do and not to do to not cross any boundaries. It is important to make everyone feels equal in receiving the best treatment possible."

To end the celebration, the APC and GSA will be hosting a panel on trans inclusivity, which will be held on April 7 from 6-7:30 pm. During this panel, speakers will discuss their experiences being trans and inclusivity at Adelphi.

The following events are tentative as of press time:

- GSA & APC plan to collaborate on a Transgender Film Series to show a variety of films created by trans people or focusing on trans experience. Concluding the films there will be a space to talk about what the viewers watched. The conversation will be facilitated by this writer and Mena Sposito.
- Dr. Chana Etengoff will be presenting her research on transgender individuals.
- Imara Jones will be coming back to Adelphi and speaking on the trans experience.
- There will be a Transition workshop explaining the transition process from a medical and mental health perspective. This workshop will explore what kinds of questions to ask when consulting with a doctor, hormone treatment options, surgical options, etc.

For more details on all of the programs that will be held be sure to check on My-AULife and follow @adelphipride and @adelphigsa.

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Nearly 80 percent of them are alumni. The board acts as the university's chief executive officer, delegating operational authority to the president.

Town halls for Adelphi community members will be hosted this spring 2022 semester to go over Momentum 2 before being officially adopted by the trustees. President Riordan strongly urged students to attend these town halls as they will help with the building of Momentum 2.

"Since 2015, the Momentum strategic plan and its goals have been Adelphi's guide to fulfilling our mission—to transform the lives of our students," she said. "Momentum 2 will allow us to continue the work that remains and build on our successes. We look forward to Adelphi University's next phase as we aspire to continue growing and innovating."

The plan will continue the work of the six main goals established in Momentum 1.

- The first goal is an emphasis on world-class academics. The key components of this goal include enhancing educational experiences, engagement in high-impact teaching and learning for students, and strengthening global engagement.
- The second goal is a focus on student success. Preparing students for careers and engaging in college readiness for prospective Adelphi students are a part of this goal.
- The third goal is to have a model of diversity and inclusion. This will include

Momentum 2 University Plan

recruiting diverse faculty, creating a welcoming environment and making sure the curriculum reflects the goals of diversity and inclusion.

- The fourth goal is having a more connected university. Developing further school pride, inspiring alumni and building robust family and parent programs will go along with this goal.

- The fifth goal is having financial and operational strength. This goal will aim to conduct business in a more streamlined and transparent manner, turn Human Resources (HR) into a strategic collaborative partner, and enhance the management of facilities and operations.

- The sixth and final goal of Momentum 2 is to have global recognition and renown. Promoting the university's achievements and implementing and defining brand strategies are among the many things associated with this goal.

For more information about the goals, visit www.adelphi.edu/strategic-plan/.

According to Darling, Momentum 2 is important to AU students and faculty in many ways. It will continue to strengthen academics and bring innovation to classrooms. It will also continue to create a more vibrant, diverse campus life with amazing opportunities for students. In addition, it will further extend recognition for higher education and status for Adelphi.

Students and alumni are already weighing in on the plan.

Alum Cassie Berman '18, said, "I think they are definitely good steps in the

right direction and I think it will help with diversity and help bring people closer together when it comes to diversity and inclusion. And I think that it will further strengthen the university and when it comes to student success it will really help to make students more successful."

Other students have shared their views on Momentum 2.

"Based on a cursory glance, I would say the plan looks very thorough," said Stephanie Thomas, a sophomore biology major. "I definitely like goal three because of its focus on diversity and inclusion because I feel like making our Adelphi community welcoming and safe for all is very important."

Saket Muddalkar, a supply chain management graduate student, believes it would be good "if they try to make some new strategies to get some different major courses such as hospitality and tourism management as these majors are growing rapidly."

For anyone wishing to get involved with Momentum 2, visit the intranet at <https://intranet.adelphi.edu/strategic-plan-students/>. Log in with your AU ID to gain access. Recordings of the spring town halls will be posted on the intranet as well to view. Any questions students may have about Momentum 2 can be emailed at momentum2@adelphi.edu or filled on an online form (anonymously or not) at <https://intranet.adelphi.edu/strategic-plan/how-we-are-creating-momentum-2/ideas-feedback/>.

A Day in the Life: Vincent Wei-cheng Wang, PhD, Dean of the College of Arts and Sciences

BY KATIE FARKAS

In this column, The Delphian has been highlighting a different administrator at Adelphi University in each issue so that students get to know them better. We focus on what their administrative position is, their background and how they came to hold their current position.

Vincent Wei-cheng Wang, PhD, has been the dean of the College of Arts and Sciences since the fall of 2019. He said he is responsible for the “curriculum of the college, the recruitment, development and evaluation of faculty, and the welfare of our students and staff.”

One of the first things that he did when coming to Adelphi was work with the faculty to come up with a strategic plan for the college—something he said he’s proud of “because prior to that it had been many years since the college” had one. It was through working on the strategic plan that Wang said, “I learned a lot about the strengths, weaknesses and opportunities of the college. Our faculty are very conscientious and the few priorities they identified all have to do with students’ educational opportunities.”

One of the main things that Wang is interested in as dean is creating opportunities to enhance student education.

“I think that we still have some room to grow in terms of providing students with undergraduate research opportunities, internship opportunities, study abroad opportunities and so on,” said Wang. “I am looking forward to working with our faculty, students and alumni to garner more resources. My goal is that we will be able to tell every incoming student to

the College of Arts and Sciences to come to Adelphi because we will promise you at least one opportunity that will transform your life.”

The process of creating and then implementing this strategic plan was also one of Wang’s favorite memories. “I think it really symbolized a process from the bottom up. It’s very democratic, it’s very inclusive and it included many thoughtful conversations,” he said.



Vincent Wei-cheng Wang, PhD, dean of Adelphi University’s College of Arts and Sciences

Photo from Adelphi University website

Wang was a first-generation student, political science major and earned a doctorate from the University of Chicago in 1995. One of his favorite classes was music appreciation, which he took while waiting to defend his dissertation. But one of the most useful classes he took and would recommend to every undergraduate student was microeconomics.

“I say to every undergraduate student while in college you should take a course in microeconomics because it’s a basic, fundamental way of thinking,” he said. “It involves how to achieve your goal within the limit of resources.”

Along with taking a microeconomics class, Wang talked about the importance of making the most of your years in college.

“College is a time, not only for a degree, but also for an education. Lots of people complete their various requirements and they get a bachelor’s degree. But you want to discover who you are in college, what excites you, what makes you passionate, what can sustain your interests for a lifetime,” Wang advised.

The dean also expressed the importance of getting to know professors with the reasons being both practical and profound. Practical, Wang said, because “most of you when you graduate will go on to do other things such as graduate school or a job and you need recommendation letters and the best recommendation letters are usually written by people who know you well and can speak intelligently about your personalities, your skills, your strengths and so on. So if you make a goal to know at least one professor each semester, by the end of your college career you will have a good reservoir of people that you can draw hopefully very positive letters from.”

Wang said the profound reason to know your professors is that “for young adults, this is the first time you are away and you will probably find few other places where adults ranging from just a few years older than you to your grandpa’s age. You will see adults who genuinely care about you both for your educational growth and your growth as a person.”

The faculty that teach in the College of Arts and Science are ones who want to teach undergraduate students and really invest the time and energy, said Wang. “It is also quite apparent for example at the commencement. I see that the outpouring of affection from

students toward their faculty and some of our faculty go to the commencement every year. These faculty understand that for their students this is their once-in-a-lifetime opportunity and are there to honor their students.”

Dean Wang said that outside of work some of his go-to activities are walking, biking and attending the many cultural opportunities offered in the city like the New York Philharmonic or the Metropolitan Opera. Once in a while, you will find him with his wife at a local Chinese restaurant. The couple have three children.

“My eldest daughter is a medical doctor and she and her husband live in Philadelphia. My son is the middle child. He lives in Ithaca, upstate New York and he’s working for a consulting firm. He graduated with accounting and history dual degrees and graduated from Cornell with an MBA last year,” Wang said. “My youngest is a teenager and she is a high school senior. She plays piano and the violin and she is college-bound in a few months and we all have our fingers crossed just waiting for the decisions and to find out where she will go.”

Wang said that a memorable moment for him at Adelphi was last fall. “Our Performing Arts Center reopened for in-person performances and as you know the pandemic has really shuttered many things such as in-person performances.”

With the Performing Arts Center (PAC) being under his purview, Wang said, “I work with the faculty and the staff at the PAC to make sure that we not only maintain the highest health and safety standard, but also to ensure that even during the pandemic that there is still art.”

University Responds to the Crisis in Ukraine

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organization of your choice whether it’s the Ukrainian military or Red Cross or any other organization. We need your help like never before.”

Eva Haishun, a sophomore communications major, is from Belarus. She said, “Tensions between Russia and Ukraine have been escalating for years. Ukraine has chosen a path that did not satisfy Russia: they want to join NATO and the EU. Russia wants Ukraine to be its ally and retain the influence it had on Ukraine during the Soviet Union times. Putin has tangled Ukraine into his political games with the EU and the US. And because of the Ukrainian’s disobedience to follow Russian orders and a choice to stick to a different path, man-crafted tensions are unraveling in Europe.”

Haishun said that she has family and friends in all three countries. “It’s a difficult time for anyone from the region.”

On Campus Programs

Following the news of the Russian invasion of Ukraine, the University responded by hosting a teach-in on Feb. 28 to help explain the events from international law, historical and US foreign policy perspectives. The one-hour session was attended by at least 50 faculty, students and staff in person and about 161 on Zoom. Presenters included Katie Laatikainen, acting chair of political

science in the College of Arts and Sciences, history professor Michael Christofferson and adjunct professor Jonathan Cristol. Their focus was on international relations and the history between Ukraine and Russia and possible motivations for the invasion. There was also a discussion about the sanctions being placed on Russia both domestically and internationally that will likely impact Russia’s financial holdings overseas, with even Switzerland freezing Russian assets and the United States imposing sanctions on Russia’s international transactions.

Another area discussed was the role of the United Nations in the ongoing conflict. Laatikainen spoke of the peace talks held by the UN Security Council in an attempt to find a peaceful resolution to the situation. Christofferson said that Putin may see the invasion as a last attempt to restore the Soviet Union. Cristol added that while he doesn’t usually comment on administrations, he thought that President Joe Biden has gotten the steps to handling this conflict right so far, including the release of intelligence about what Putin was planning.

In addition to this teach-in, which Laatikainen said is the first one she can remember since 9/11, on March 1 the Interfaith Center and community gathered for reflection, prayer and processing at a vigil for peace in the Interfaith chapel.

How You Can Help Ukraine

As the situation continues to develop, students, faculty and staff have been asking how they can help. Below are organizations that you can work with.

- Holy Family Ukrainian Catholic Church in Lindenhurst, NY has put together an emergency relief fund to provide immediate support for people of Ukraine and those who have been forced to leave behind their homes. These donations will aid in providing Ukrainians with essentials like water, food, hygiene kits, clothing and other vital items.

- Additionally, Professor Loriann Gross from the Department of Nursing Foundations in Nexus 337 is collecting items such as clothing, socks, gloves, underwear, sneakers, neosporin, gauze, diapers, non-perishables and Tylenol. These items will be delivered to the church and then shipped to Poland.

- St. Vladimir Ukrainian Catholic Church in Hempstead, NY is collecting first aid supplies at the Parish Center at 226 Uniondale Avenue.

- International Medical Corps is a global nonprofit that provides primary health care and mental health services. Learn more at <https://internationalmedicalcorps.org/>

- Sunflower of Peace is a Boston-based nonprofit currently raising funds to assemble first aid backpacks for paramedics and doctors that are on the front lines. Learn more at

<https://www.sunflowerofpeace.com/>

- OutRight Action International is stepping in to ensure the safety for members of the LGBTQ+ community in a time where members are even more marginalized than usual. Learn more at <https://outrightinternational.org/>

- Join a Peace Protest. Around the world, in every major city those of Ukrainian descent and even those who are not have come together in solidarity to show their support for the people of Ukraine fighting to keep their land. When all else fails, we have our voices, and our words can leave a lasting impact.

- Read and educate yourself from reliable sources. Share information with those who want to learn more. Talk about what is happening with others. In a time where there is so much disinformation, we must research our sources and ask ourselves where is this coming from?

If you or someone you know needs to talk contact the Student Counseling Center at 516-877-3646 or at scc@adelphi.edu. If you or someone you know is in a crisis text Talk-WithUs to 66746 to connect with a trained crisis counselor.

Contributors to this story include Katie Farkas, Bianca Viana, Maxmillian Robinson and Nicolas Rontanini

Fuel Your Health During National Nutrition Month With Advice from Campus Dietician Ciuffo

BY BIANCA VIANA

March is National Nutrition Month, an annual campaign designed by the Academy of Nutrition and Dietetics. The goal? To educate others on making informed food choices, developing healthy eating habits and physical activity habits.

As college students it can become easy to get overwhelmed and forget about our health and well-being. Oftentimes we might put off working out because we have three exams that can make or break our grade. Or instead of making a home cooked meal we might just grab fast-food because it's quick and we have another Zoom meeting that we have to jump on to. However, it's important that we ensure we are fueling our bodies with the right foods and moving our body every day.

Lauren Ciuffo is Adelphi's on-campus registered dietician. She shared with *The Delphian* how we as college students can really ensure we are taking care of ourselves.

"A nutritious diet plays an important role in academic performance," she said. "Brain function, energy levels and alertness can all be altered by what we choose to eat and drink."

Without giving our bodies the proper fuel, we might just end up making the situation worse for ourselves. She said the top nutrition mistakes we are probably all making and not realizing are: skipping breakfast, not hydrating enough and having variety in our meals and snacks. Yet these are all vital in ensuring we perform well academically, as well as to keep our bodies healthy.

"Starting your day with a nourishing breakfast (it doesn't have to be a big, elaborate meal) has been shown to improve test scores and increase energy levels," Ciuffo said.

Further, everyone's downfall is hydration. We often forget to drink enough water throughout the day because it becomes so easy to get caught up in everything else happening around us.

"Hydration status also has profound effects on concentration and mood. Water and other non-sugar sweetened beverages help meet fluid recommendations," Ciuffo added. "The aim is to consume half your body weight in ounces of fluid."

Variety in food is also very important because we should all try new things and see what we like and don't. Varying our options can impact our nutrition

greatly, Ciuffo said. "When it comes to nutritional adequacy, variety is key to ensuring you obtain adequate amounts of essential nutrients. By mixing things up and trying different types of eating styles, you'll be sure to include a variety of vitamins, minerals and other essential nutrients."

Many do struggle with varying our diets and trying new things and so Ciuffo recommended that students, "work off of what you already enjoy and add from there. Consider adding grilled veggies to a turkey sandwich or subbing hummus instead of mayo for a creamy, protein-rich, plant-based spread."

These don't have to be big drastic changes to your diet. Ciuffo said another great way to vary your diet is by "experimenting with different ethnic cuisines. This will expose you to a world of new flavors and cooking styles."

You can get started right here on campus. Ciuffo's personal favorite is the Marketplace offering something new each day, "...comfort foods, Mediterranean, Asian, you name it."

She continued, "I also like to include a side of the grilled broccolini from the Back Bar grill. Seasoned with a little bit

of heat, it's a colorful and tasty way to get fiber, vitamins and minerals. I also can't go wrong with a comforting bowl of pasta in a hearty tomato sauce."

For those who are ready to go out and try something new and exciting off-campus, Ciuffo recommends Food for Thought Cafe on 7th St. in Garden City. "They offer a lot of customization and options for different dietary restrictions/preferences," she said.

The added bonus: Adelphi students get 10 percent off there.

In terms of finding your own individual balance among food, Ciuffo recommended finding foods you enjoy and that just make you feel good.

"Choose familiar foods while being open to trying new options to allow yourself to discover different flavors and textures," she said.

Be sure you're getting all your nutrients in that meal or snack. Ciuffo added that it's important that we include carbohydrates, proteins and fats in them "so that you will feel satisfied and nourished."

For Ciuffo's suggested grocery lists, meal and snack ideas and pre-exercise fuel, visit <https://dineoncampus.com/adelphi/meet-our-dietitian>.

Who is the University Center Named After?

BY LIZZ PANCHYK

The Ruth S. Harley University Center, commonly known as the UC, was originally built in 1970. A renovation and expansion to the original building was completed just last year in February 2021, and it has once again become a warm and welcoming space for students. It's a place to hang out before class or to take online classes, and it's always busy with a line at the new Starbucks and seats occupied by students. But how many of us stop to wonder who this building is named after?

In honor of National Women's Month, we're honoring a very important woman of our Adelphi community, Ruth S. Harley. She was the daughter of a Latin teacher in Flatbush, Brooklyn and attended Adelphi when it was still located in Brooklyn. She graduated from Adelphi College in 1924 and received a master's degree in personnel administration from New York University in 1925. After graduation, she wound up teaching Latin at Adelphi, then became secretary to the dean and then an

assistant to the registrar's office. When Adelphi relocated to Garden City, she followed and became the registrar in 1932. On the Garden City campus, she organized the College Placement Bureau, which helped students find jobs after graduation, and was in charge of student housing. She served as Dean of Women and then Dean of Students at Adelphi from 1942 to 1970, as well as being an Adelphi alumna of the Class of 1924.

In 1944, when World War II was raging, First Lady Eleanor Roosevelt visited Adelphi to help celebrate the opening of three new dormitories that were built to house new nursing students, as nursing was the primary focus of Adelphi during this perilous time period. Dean Harley sat next to Mrs. Roosevelt on the stage that day, and remembered in a 2000 interview that the First Lady was "very, very friendly, very kind, and very outgoing."

During the war, Harley also served as supervisor of the engineer science management course, a special Victory training program.

This was a woman who was dedicated to her students as well to campus goings-on and activities. Even after she retired, she was an active member of the



Ruth S. Harley '24 is fondly remembered by several generations of Adelphi alumni and faculty. The UC bears her name.

Photo from "50 Years of Adelphi College"

university, as she was a part of the Adelphi Association Board and the President's Advisory council, according to "Garden City News." She participated in campus events

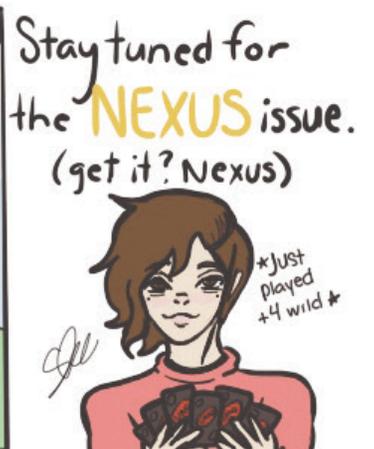
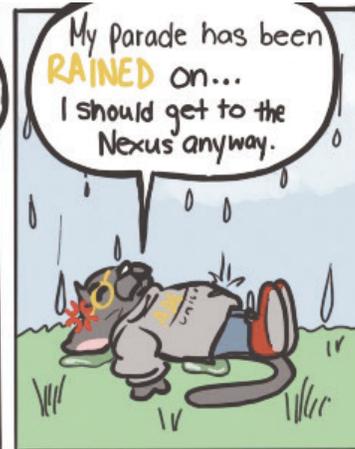
at the very building that was named after her even as she approached the age of 100.

According to the AU website timeline page: "Following her retirement in 1970, she was appointed Dean Emeritus, a scholarship fund and student center were named in her honor, and the Ruth Stratton Harley Distinguished Alumni Achievement Award was established in 2004."

Dean Harley died in July 2005 at the age of 103. She is fondly remembered by several generations of Adelphi alumni and faculty. Her decades of dedication to Adelphi and her activeness within the community even throughout her later years made her a perfect candidate for having her name and memory honored right on campus.

The UC has come a long way since being referred to in a 1970 newspaper article as a "giant red bird that crashed onto the lawn behind the administration building" to a much beloved, completely renovated student center.

To quote Ruth Harley herself when the building was named for her: "I won't need a tombstone."



The Future Teachers Association Makes Professional Development Fun

BY JOSEPH D'ANDREA

To feel surrounded by those in a similar boat as yourself is reassuring, especially on a campus with thousands of students. Adelphi's Future Teachers Association (FTA) is one of the university's clubs that creates a comforting environment for students in the Scholar Teacher Education Program (STEP).

The FTA members include students who are on track to pursue a career in the education field. The club's meetings cover classroom-related topics and offer advice in that area, while also bringing in more diverse and in-depth subjects that help members obtain a full grasp of communication and education as a whole. By engaging with the members weekly through activities and workshops, FTA provides a domain for those in STEP to learn more about their path from the classroom chair to the blackboard.

Senior Lena Demas, a history major with a psychology minor for adolescent education, has served as the president of FTA for the past year. "I think FTA is different from other clubs on campus because we strive to help our members achieve professional development while also providing fun personal activities," Demas said. "We have a great advisor and network of alumni that help us grow as an organization. . . [FTA is] great for future classroom inspiration, lesson planning ideas and making

friends. I personally learned some of the most valuable teaching and STEP information from the people I met in FTA."



The Future Teachers Association encourages all STEP students to join in order to better prepare for their future, while offering enjoyable, relaxing meetings and opportunities to meet new people along the way.

Some of the club's recent meetings have covered humanities in the classroom, as well as specific subjects ranging from art to math. Opening their members up to how several subjects can be incorporated into the classroom, FTA shows the benefits of using any available resources in order to both create an inclusive and engaging feeling in the classroom. The club knows how to connect with their members, and will occasionally offer lighter-feeling events, such as their "De-Stress with FTA" meeting this past December.

"Our focus on not just education

practices, but incorporating facets of various subjects into our classroom settings and learning about the process of becoming a teacher

allow for flexibility and variability in our club operations," said Zachary Zeller, a sophomore history major in the STEP Program and FTA community service chair. "[Our last meeting] was a resume-building meeting where we had an alumni come in to give some tips on making an attractive resume and going through the job hunt process. Our ability to switch gears and be versatile in how we operate, I think, sets us apart from other clubs here. We have a good time while learning some great tips."

Dana Diapoli, FTA treasurer and senior English major in the STEP program for el-

ementary education, spoke about the importance of STEP students joining the club. "If someone in the STEP program, or otherwise, is interested in joining FTA I would tell them that the club is a great way to get involved in activities, meetings and events that cater to everyone's passions," she said. "We have a wonderful advisor, dedicated E-Board, and fabulous members who all make the club as amazing as it is. FTA goes beyond the curriculum and classroom instruction to provide beneficial information, friendships, professional connections and fun learning experiences for everyone. We invite students of all majors to join us, gain experiences and participate in the fun."

This past semester, FTA hosted the Mungai Walk for the Mungai Foundation, whose goal is to aid children from disadvantaged backgrounds by building schools for these orphans in Kenya. The walk helped raise money for the foundation and the club plans to continue to host events that have an overarching goal of helping others.

"We have several events in the works right now," Zeller said. "We're currently planning a trip to Crossroads Farm at the end of March as a community service event."

The Future Teachers Association meets in a hybrid format in the Performing Arts Center in room MPR 216 and on Zoom on Wednesday nights at 7 pm.

Arts and Raps: Music Icon Chuck D Returns to His Alma Mater

BY MAXMILLIAN ROBINSON

Carlton Ridenhour, professionally known as hip hop artist Chuck D, made an appearance on the Garden City campus February 22. Although a winter storm was in effect, there were 120 people in attendance in the University Center ballroom to hear a memorable conversation. The event was hosted by University Advancement and External Relations, celebrating the release of Chuck D's art exhibition of drawing in the University Center Klapper Gallery, featured from Feb. 1-March 5.

A graduate of the 1984 class who received a bachelor's degree in graphic design, Chuck D was the father figure of the hit rap group Public Enemy in the early 1990s. A native of Roosevelt, he initially wanted to be a renderer, foreseeing a blueprint design before its final creation, but eventually found his love in the rap and music industry, starting for his love of hip hop in 1978.

Kellyann Monaghan, an associate professor and chair of Art and Art History in the College of Arts and Sciences, was the facilitator. She said she believes that Ridenhour's roles with the university's radio and as a cartoonist for *The Delphian*, played a vital role in shaping his imagination.

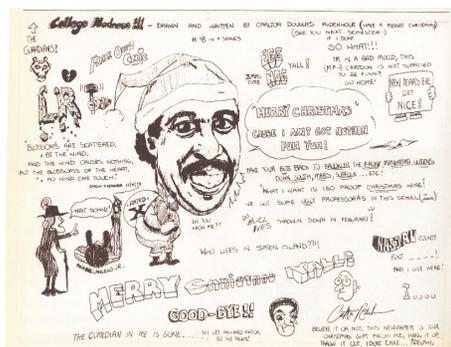
In this discussion, the former Panther talked about his early life, highs and lows at Adelphi, his current art endeavors and a future outlook on the industry.

Monaghan: Talk about your upbringing. What led you to attending (Adelphi)?

Chuck D: I participated in a summer program here [which comedian Eddie Murphy actually attended as well] in the eighth grade. When I heard that the university was building a pool, I wanted to go to the camp because it

was the only place that offered it. Plus [my mom] graduated from the school of social work here.

Ridenhour joked that he initially thought Adelphi was "only a pool" and sounded like a good opportunity to go to school where he could swim. Afterward, he clarified, explaining that the school has a "great class size" and experienced professors who will help you tremendously.



One of Chuck D's original cartoons that he created when he worked on this newspaper as a student in the 1980s.

Monaghan: Your time here wasn't smooth. Can you tell us about what happened?

Chuck D: [From fall 1978-1979] I had six incompletes and became unmotivated. I was failing classes. I came here on a scholarship, but eventually couldn't keep up with it. I was out of the art program and [expelled] from the institution. I regretted not giving it my best in school. I wanted to come back, so I asked the department head at the time, who gave me an ultimatum. From there, the rest was history.

Another thing that wasn't smooth was the commute since he often missed the N41 bus, so had a long walk to the Garden City campus through a community that didn't appreciate seeing people who looked "different"

from the rest.

The agreement given to Ridenhour was that if he could convince the six professors who failed him in his classes to let him back into their course, then he could attend again. All six agreed, and he was able to return in 1981. Upon commencement, he ended up winning the Goodwill award from the university, now renamed to the AC Conger Goodyear Award.

Monaghan: Discuss about some of the things you've done here, and when did your love for music develop more?

Chuck D: I was a part of the university's radio station [WBAU]. I also chipped into creating artwork and comics for *The Delphian* newspaper. John [Schmidt] was the engineer for the WBAU radio station. We both started feeling hip hop and how it started to spread across Long Island. Growing up, I was taught to appreciate achievements and those who came before us. Therefore, I felt a need to carry on a unique tradition and be a part of something special."

In an interview following the event, Ridenhour explained during his tenure with *The Delphian*, he was "one out of only two" Black illustrators for the newspaper (Jeff Thomas being the other). He was a freshman alongside Thomas, with his work being political art, while his counterpart created art, focused on Black superheroes. This was also the first time ever that the newspaper featured Black cartoonists.

"I would be excited seeing my work be duplicated," Ridenhour said. "It's one thing to have a sample of your work, but it felt completely different seeing a stack of [*Delphian*] newspapers showcasing my abilities."

Monaghan: What about your passion for art? When did that come about?

Chuck D: [My dad] passed away in 2016 and I was unsure about where his soul went. I just wanted to know that he was okay. I proceeded to visit a poltergeist and immediately I had my answer. I went back again a year later and ended up producing [70] illustrations in [four] hours and the revelation came again which made me more satisfied. [After] I received closure, I was at ease with his situation, leaving me to be more free and creative.

Monaghan: How do you juggle art, writing and music in the social act movement?

Chuck D: People are led by images. You see things, but how often are you actually there? How often do you make relationships and get out in this world? When it comes to activism, you have to interpret the news and be able to get yourself out there. It must be ingrained early on. Know the context of the place you're in, know the laws and know when to change your mind. Challenge information. Lastly we need great storytellers. People listen too much with their eyes, not their ears.

Monaghan: What advice would you give to art students looking forward to breaking the industry?

Chuck D: My best advice would be to use the technology for good use, create something unique and put yourself out there. You need to master a skill.

The artist said in his own artwork, he is inspired by his two forms "my personal [Ridenhour] art, and my Chuck D art."

He said that aside from his own work, he loves the work of artists LeRoy Neiman, Ernie Barnes and Jackson Pollock. He also explained that his art tools go everywhere by his side.

He concluded the event with this comment: "If it wasn't for art, I wouldn't be back here at Adelphi."

Great Books, Great Conversation With Bestselling Author Jacqueline Woodson

BY MAXMILLIAN ROBINSON

The ongoing series “Great Books, Great Conversations” had another successful virtual event on February 8 online when Jacqueline Woodson, an award-winning children’s book author, 2020 MacArthur Fellow and former National Ambassador for Young People’s Literature, returned to Adelphi. The 1985 graduate, who was an English major and track team member, was joined by Jacqueline Jones LaMon, vice president for the university’s office of diversity, equity and inclusion. LaMon was recently nominated by the National Association for the Advancement of Colored People (NAACP) for her poetry collection labeled “What Water Knows.” The event moderator, Sybille Val ’99, engaged with Woodson and LaMon, asking them about their early lives, current achievements and future goals.

Woodson, who “The New York Times” labeled a “transformer” for her work writing about people of color in books, is a native of Bushwick, New York. She said she grew up in a community that was filled with poverty. “There wasn’t much to do, but I struggled early on,” she said. However, that did not stop her. She fast-forwarded to the time she fell in love with writing.

“I started writing my first book at Adelphi then finished it at The New School,” Woodson explained. That book, “Last Summer with Maizon,” was published in 1990.

Woodson spoke about her time as a student at Adelphi. In one of those instances, Woodson explained that as a writing exercise, a professor once asked her class to each bring in a song they admired. She chose “Lift Every Voice and Sing” by James Weldon Johnson, which is a hymn known as the Black National Anthem. She shared that the professor said “it could be a song for a fraternity club,” an ignorant comment that she said to this day she can’t believe. Woodson briefly informed the audience about being Black at

Adelphi, explaining that on several occasions, including the one above, she felt that Black culture and the identity of being Black was not appreciated enough among the educators. In response to her professor’s reply calling her song a frat anthem, she bluntly said, “That’s not Black history.”

Woodson also mentioned that forming reading groups helped to gain her love for writing, being surrounded by those who could give “constructive criticism.”



Jacqueline Woodson ’85, an award-winning children’s author, was an English major and on track when she attended Adelphi.

The conversation then shifted to the year 2020 and the changes brought by the pandemic. Both Woodson and LaMon agreed that they struggled.

LaMon spoke about how she needed time for her thoughts to refresh during a time of uncertainty. “It was a [dark] time during the pandemic. I like alone time but appreciate socialness amongst others. My neighbor died and many nearby neighbors died while I tried to write ‘What Water Knows,’ so I tried my best to keep fear out of the equation.”

Woodson said the pandemic “taught me to keep a healthy balance. Everyone was now back at home, which I love solidarity. However, I also enjoy being alone. I started jogging five miles a day. I did this because it helped me focus on my breathing and it helped me concentrate. When the world went on pause, writing kept me sane and

hopeful. I’d have to dig in the past to write about the present and future. Our ancestors went through so much more than me and [LaMon], so we remain hopeful for better days ahead.”

Furthermore, both Woodson and LaMon alluded to a certain trick that benefited them to write better during the pandemic. The acronym stands as B.I.C, butt-in-chair, which must be in full effect when trying to write a story or book. They said the practice allowed them to brainstorm more.

Val steered the conversation back to writing, specifically the difference between genres. Woodson, author of the young adult novel “Brown Girl Dreaming” and the adult novels “Red at the Bone” and “Another Brooklyn,” also creates picture books for young children. She spoke about the distinction between styles of writing.

“As far as the genres, [picture] books often have a structured beginning, middle and ending to the story,” Woodson said. “As it pertains to [young adult] writing, you have more leeway to create a different kind of story.”

Woodson also commented on writing adult fiction, discussing that you have a “lot to work on when creating them. Only reason to know the rules is to break them and that’s what I’ve done when writing fiction.”

Val led a discussion about social justice and what it means to stand for what’s right. Woodson and LaMon spoke about where we are today as a society, and if there will be change in the future. Woodson said, “I think we should acknowledge one month [February] is not long enough to highlight those of the minorities that helped make this country a better place. We should all acknowledge this history all year long. Not only [our] month, but everything. We have it for 28 days, but people forget it afterwards.”

She also commented that she believes we will return to a different society post-pandemic. “We will keep being better,” she

said. “There is a rage against change, and I feel change is coming.”

When asked, Woodson does not plan to collaborate with anyone new on a book, but advises educators that the “youth media awards,” all give great book nominations and insights on what to use as a teacher in the classroom. Continuing with tips on writing books, she reasserted the BIC theory, but added there must be silence around, with the goal to write for yourself.

“If it sounds good I keep it,” she said. “I am banned in many states for my books, so notoriety happened that way and I went out going for more. You have to write. And rewrite. Even arcing it.” Woodson is currently writing a screenplay on Ida B Wells, and said she wants to have more people telling their stories no matter who they are.

LaMon said, “What Water Knows” took 10 years to write and it’s a thin book but it came out well. We want readers to read slowly and get something new every time. Commit to writing. When I first started writing I wanted to live and breathe it.”

LaMon had a final remark regarding the future of social justice in this world and advice to the next generation on perseverance through adversity. “When thinking about diversity, we’re thinking about differences. I wish we all had that voice to us that everything would be alright. I’ve learned, it’s a very internal revelation.”

The “Great Books, Great Conversations” series began Nov. 5, 2020 to showcase alumni industry leaders, original thinkers, artists, authors and athletes. Topics center on the economy, politics, the arts, ethics and even our own mortality. The next event hosted by the University Advancement and External Relations team will be virtually on April 12. It’s titled “Great Books, Great Conversations: Making Law” with trustee emeriti, lawyer and author, Richard C. Cahn who will be discussing his memoir.

OPINIONS

New Florida Bill’s Implications on LGBTQIA+ Education

BY MYLO FISHERMAN

The Parental Rights in Education bill (HB 1557 or SB 1834) passed the Florida House Education and Employment Committee in January. This bill prohibits classroom discussion about “sexual orientation or gender identity in certain grade levels or in a specified manner.”

Due to the nature of this bill, it was given the nickname “Don’t Say Gay” bill.

According to the bill, parents are authorized to take legal action against their children’s school district if they believe any of its policies violates their “fundamental right of parents to make decisions regarding the upbringing and control of their children in a specified manner.” Additionally, they are entitled to an “award of injunctive relief, damages, and reasonable attorney fees and court costs” if they do decide to pursue legal action.

Due to a heated debate over the original bill, an amendment was made. This amendment states that if a school finds out that a student is a “part of the LGBTQIA+ commu-

nity and is withholding this information from their parents,” the school principal or their designee “shall develop a plan, using all available governmental resources, to disclose such information within six weeks.”

The new amendment helped to create a protocol for school leaders to tell parents about their child’s identity in a “safe, supportive and judgment-free environment.”

Some people believe that this bill is beneficial to students and the overall school community. Florida State Representative Joe Harding, who first introduced the bill, stated that “this bill is about defending the most awesome responsibility a person can have: being a parent.” He added, “That job can only be given to you by the above.”

Florida State Senator Dennis Baxley believes that “some discussions are for (having) with your parents.” He adds, “and I think when you start having sexual-type discussions with children, you’re entering a very dangerous zone. Your awareness should pop up right away, this isn’t teaching.”

Other people believe that this bill is

detrimental to LGBTQIA+ youth.

Dr. Traci Levy, director of Gender and Sexuality Studies at Adelphi, said, “The only reason to propose a bill like this is to stigmatize LGBTQ people by sending a message that issues that relate to them or their identities are taboo. I’m unequivocally against bills like this.”



New Florida bill has the ability to erase LGBTQIA+ history and education from their curriculum.

Lena Demas, president of Adelphi’s Future Teachers Association, said, “I do not believe gender and sexuality are concepts too large for children especially if they are exposed in digestible ways. Lots of people think

these discussions are trying to indoctrinate their children, but I believe they are giving them a toolbox to understand themselves and those around them. If we try to limit or censor these conversations students may be more afraid to express themselves or not understand what they are going through.”

Sam Ames, director of advocacy and government affairs at the Trevor Project in California, said, “This bill will erase tongue LGBTQ students across Florida, forcing many back into the closet by policing their identity and silencing important discussions about the issues they face.”

They added that, “LGBTQ students deserve their history and experiences to be reflected in their education, just like their peers.”

To take action on this bill go to www.myfloridahouse.gov/representatives and click on the representative you wish to contact and let them know how you feel about the bill.

Hoarding of Products Hasn't Eased Despite Hopeful Signs

BY NICOLAS RONTANINI

Everyone has been hoping to see an end to the pandemic. However, this hope seems to be getting further and further out of reach, with Covid cases still being reported. As such, a return to the anxiety and stress associated with pandemic could occur. We've already seen such behavior, with a return to hoarding.

Many retail stores assumed the notion of "bulk-buying" (buying more at a time) would dwindle following the initial panic of the pandemic in spring 2020. However, the opposite has since proven true as many Americans have continued to bulk buy various items, according to the "Wall Street Journal." People who lived through the pandemic and experienced the supply shortages that accompanied it likely want to avoid a repeat performance.

According to Information Resources, Inc. (IRI), a research firm that tracks household goods and their consumption, results showed an increase of the average annual sales growth by food and beverage volume by 3 percent in 2020-'21, compared to 0.5 percent 10 years prior. The "Wall Street Journal" reported people stocking up on items like pancake mixes, macaroni and cheese and frozen meals. Consumers are also buying larger volumes of products, with product volume up 2.1 percent than the average size back in 2019, like with large-size pot pies from Conagra seeing an increase in sales.

Why are people still bulk buying products? With the recent omicron variant, people had returned to the problems they saw during the onset of the virus. The variant caused a shortage of supplies, seen with a decrease of items in stock, to about 85

percent compared with the 93-95 percent before the pandemic, according to the IRI.

I understand why people are buying products in bulk. Everyone was caught off guard when the virus first hit, not being able to even visit the supermarket to shop, and they likely want to ensure they are prepared. Spending more at one time, and conversely eating more at home, can actually be less expensive going forward, stated by an article in the "Wall Street Journal."

As such, storage apparatuses have doubled, like sales of chest freezers rising to \$1.714 million, and refrigerators to \$2.8 million, according to data from the Association of Home Appliance Manufacturers.

This is an extremely uncertain time, this much is true. However, there is something we gained that we lacked before the pandemic, and that's the benefit

of hindsight. We know how to get through another pandemic should it be necessary, which leads us to a difficult question: will we need to?

In these times, it's easy to see the worst-case scenario, as if the pandemic will never end. I myself can attest to that. Especially as mask mandates begin to roll back. However, there are promising signs. Dr. Anthony Fauci has said that at this time, booster shots should protect against severe illness, making a specific vaccine for omicron unnecessary. The Pfizer anti-Covid pill also prevents severe illness, and should guard against the omicron variant as well, according to the "Washington Post."

While things look bleak, and hoarding might be the best conceivable option, it's important to stop and notice that there is hope.

Kanye and Cudi: Friends Turned Enemies

BY MITCH COHEN

When it comes to rapper friendships, the one that has lasted the longest is between Kanye West and Kid Cudi. These two have made several songs together such as "Gorgeous" and "Moon," and even made a collaboration album called "Kids See Ghosts." However, it seems that their friendship has been severed due to the feud between Kanye and Pete Davidson. Since Davidson has stated many times that Kid Cudi is his hero, it made Kanye feel betrayed. The question is why did this partnership turn into a rivalry?

Up until recently, Kanye West and Kid Cudi had a very strong relationship. Cudi has considered West to be a "big brother," despite leaving his label in 2013. In 2018, Cudi told Rolling Stone "Italy" that "Kids See Ghosts" saved him. "At the time, I didn't know if I was going to keep making music or not, and Kanye was there for me, to help me get up," said Cudi. What

made the friendship so strong was how they were willing to stick together, despite not always agreeing. For example, during West's support of then President Donald Trump, Cudi claimed that he disagreed with West's political stance. "I think he knows where I stand, and I think he doesn't bring it up to me" said Cudi. This shows how loyal Kid Cudi was as a friend, as even though he wasn't a Trump supporter, he still stuck by West. Ultimately, it was clear that Cudi and West had a strong personal and professional relationship. So how did this brotherhood result in such a turbulent falling out?

In the late 2010s, Pete Davidson came onto the scene. Next to "Saturday Night Live," Davidson is known for being a diehard fan of Kid Cudi's music. During a 2016 interview with The Breakfast Club, Davidson claimed that Cudi's music ended up saving his life. Unfortunately for West, his ex, Kim Kardashian ended up dating Davidson. Making matters worse was Cudi and Davidson's friendship, enraging West.

As a consequence, West removed him from his album, claiming that he's friends with "you know who." Cudi called West a dinosaur and said he didn't want to be on the album. Eventually, fans made memes about the situation, such as a parody of "Captain



Kanye West and Kid Cudi performing at The Hollywood Bowl in 2015

America: Civil War." In my opinion, Cudi did the right thing sticking by Davidson, as it would be wrong for Cudi to stick with someone who puts his friends down.

As for how I feel, I was shocked to hear that their friendship was over. Since

these two collaborate frequently, I was disappointed to hear that Cudi wasn't appearing on West's new album. However, West brought this onto himself, as he constantly posted how he wanted Kim Kardashian back. By doing this, West put his kids in danger because he made his family problems open to the public. While I am not a fan of Davidson, I think that West is misappropriating his anger towards him. In order to solve this issue, I think West, Kim, Davidson and Cudi should meet with a therapist in order to work out their differences. By doing this, it would allow West to express his feelings to each person he has wronged.

Ultimately, the rivalry between Kanye West and Kid Cudi is disappointing to see. It's unfortunate because these two are incredible on songs together, and it's a shame that this rivalry was responsible for destroying a strong friendship. Here's hoping that West and Cudi will work out their differences and make new music soon.

Lowering Milestones for Developing Children Could Decrease Stigmas

BY NICOLAS RONTANINI

Pediatricians measure a child's development through a series of milestones designed to indicate the behaviors typical of a certain age. First released in 2004 by the Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP), these milestones served as the basis for developing children. However, both the CDC and AAP updated these guidelines last month, lowering the ages at which certain behaviors might occur. According to a Feb. 8, 2022 article in "Pediatrics," these alterations were made in an attempt to help parents identify potential developmental delays earlier.

To fully understand why the milestones were changed, we must first understand their purpose. The "Learn the Signs. Act Early" program was designed to help parents, caregivers and pediatricians identify developmental delays in children. They detail certain behaviors that typi-

cally manifest at a specified age. Simply put, they provide an outline for a child's development and detail where they should be by a certain age. According to the CDC, reaching these milestones by the ages as listed means the child is on track developmentally speaking, and reaching them earlier than others could mean they might be more advanced than other children of the same age group. Conversely, meeting milestones later than others could signal a developmental delay.

Originally, the milestones were placed at 6, 9, 12 and 18 months, and 2 and 3 years old, as well as divided by four groups: social/emotional, cognitive, language/communication, and movement/physical. The milestones themselves are essentially the same as before, simply classified under a lower age group. The ages have since been lowered to as low as 2 months and as high as 5 years.

For example, some of the milestones at 6 months used to include the start of

saying consonant sounds, like jabbering with 'M' and 'B,' sitting without support, and responding to others' emotions and seeming happy. These have since been replaced by behaviors such as laughing, making spelling noises, putting things in their mouths to explore them, and rolling from their stomach to their back, among others.

By lowering the ages in which the milestones occur, parents and pediatricians have the ability to identify delay and provide some early intervention. The most beneficial part of this, in my opinion, is the impact this could have on individuals with developmental disabilities. Now, by making the process of noticing these delays earlier, parents can make the kind of accommodations they need to support their child.

With these changes in place, and the positive effect that can result, how might this impact a professional's diagnosis?

"Over time, we might see behav-

iors, strengths and struggles that can help better identify a possible disability," said Stephanie Grindell, senior associate director of the Bridges to Adelphi program, which provides academic, social and vocational assistance to neurodivergent students. "Many professionals are hesitant to provide a diagnosis early on, especially before the child begins school; however, early detection of a disability can possibly help to broaden the support available to an individual."

The fact the milestones were changed is evidence that awareness of developmental disabilities is increasing. It's nice that pediatricians are attempting to help families, but there is still the matter of stigma. This is an important step, but more work should be done to combat it.

"I feel it is not the criteria that needs to be changed, but it might be how we help change societal and family stigmas around therapies and support services," Grindell said.

Sophomore Sacripante is a Team Player On and Off the Softball Field

BY ANDREW SMITH

The softball team is readily preparing for the upcoming season. Practices have begun and the team is focusing on mastering their skills. Sophomore Alexandra Sacripante is preparing to play a major role in the upcoming season as catcher. Sacripante has begun the season batting a .286 average with three runs batted in (RBI) in her first three games.

Sacripante began playing tee ball at the age of five. She credits her father to being her main inspiration in her athletic career. “He played Division 1 baseball at New York Institute of Technology and raised my brother and I in all kinds of sports. I loved softball immediately. I couldn't wait to go to the field with my dad, just hitting buckets of balls whenever we could. My love for the game just kept growing.”

She also credits her role model, David Wright, for her success. Wright played in Major League Baseball for 14 seasons

and achieved career accomplishments such as two Gold Gloves and two Silver Sluggers. Sacripante chose to wear number five in honor of his remarkable career.

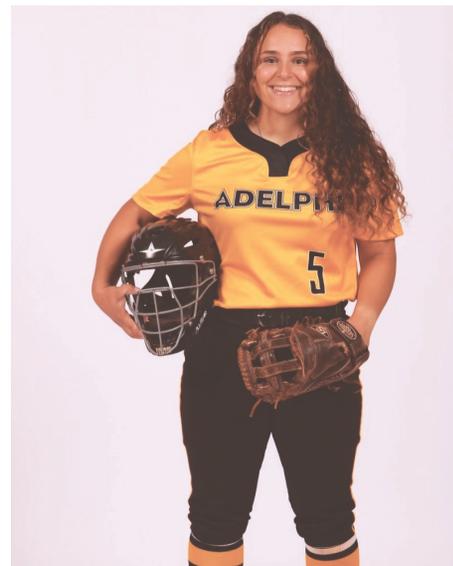
Sacripante, an exercise science major, explained why she chose Adelphi. “It was a school that not only fit me athletically but academically as well. The [exercise science] program is hands-on and allows me to be in the lab watching and participating in tests and experiments.”

She added that the university provides her the opportunity to study in her field of choice and also play softball. “Adelphi softball is something bigger than just me or the 2022 team. This program has such a rich history and it is something I am just proud to be a part of. Adelphi softball has been such a successful program and I am honored to be here.”

Sacripante is also involved in a unique extracurricular activity. She's a member of the Culper Battalion ROTC program.

“Being a part of ROTC means that

upon graduation I will commission as a [Second] Lieutenant in the United States Army. We conduct physical training and classroom portions twice a week, labs once



Alexandra Sacripante has geared up for an incredible softball season.

Photo from AU Athletics

a week, and twice a semester field training exercises,” she said. “It is here that I am learning military, leadership and teamwork skills that I will be able to use in my future career.”

Sacripante shared her thoughts on the upcoming season and the state of her team. “This year's team has a lot of promise and I cannot wait to finally get out there and play in North Carolina. Practices have been honing in on our skills as the season is quickly approaching. This season will be my first full 50-game season, so I am excited to experience it and travel with my teammates.”

Last year the team was only able to play 40 games including the playoffs as the season was shortened due to Covid-19 and protocols limited the amount of games that were to be played.

Sacripante is a very dedicated player and prepared to have a successful season. The team has played through eight games so far, with their next to take place at Georgian Court University at noon on March 12.

Senior Miccile Reflects on her Panther Memories and Accomplishments

BY ANDREW SMITH

Graduate student Emily Miccile is currently playing in her final season on the Adelphi women's basketball team, a career she began in kindergarten. As she gets ready to graduate, she reflected on her time as a Panther.

Miccile said she first played on a YMCA basketball team coached by her mom. She began playing Amateur Athletic Union (AAU) in the fourth grade and has continued to play since. She credits her involvement in sports to her parents.

“My mom played all types of sports when she was growing up, including basketball. My dad played ice hockey mostly because that's what all his brothers played,” she said. “My parents signed me up for all different sports like soccer, softball, basketball, lacrosse, etc. My mom really wanted me to play ice hockey, but it was the same season as basketball, and I told her I wanted to play basketball more than hockey.”

Miccile first came to Adelphi to attend an elite camp before her senior year of high school. This camp lasted for two days and was during the height of her recruiting process. It served as a great introduction to the Adelphi community as Miccile fell in love with the campus.

“I remember coming to camp and on the Sunday when I had to go home, I didn't want to leave,” she said. “I just had this feeling that I kept wanting to go back. I wanted to be there. That's when I knew this was where I was meant to be. I loved the size of the campus; small enough that it's easy to get around, but still a decent sized enrollment of students. I also thought the facilities were amazing, especially the basketball courts.”

There are several moments in Miccile's Adelphi career that she said will always be with her. She'll never forget her first collegiate game when she hit a game-winning buzzer beater against New York

Institute of Technology. She hit another buzzer beater against American International College during her freshman year.

And just this past season Miccile was able to participate in another memo-



Miccile drives to the basket in a home game against the College of St. Rose on Nov. 20, 2021.

Photo from AU Athletics

orable experience.

“Against Franklin Pierce I scored my 1,000th career point in front of my friends, family and coaches. It was extremely rewarding for me because I did not score 1,000 points in high school,” she said. “I was on a very talented high school team where I was not asked to be an elite scorer. I was much more of a role player. Getting to college, my role completely changed and I was asked to continue doing those little things, but also score.”

While Miccile has been able to enjoy many positive and memorable moments at her time at Adelphi, she will never forget the disappointment the Covid-19 pandemic brought her during her junior year. The women's basketball team was having an outstanding year, a 27-3 record.

“We had secured the top seed and

were set to host the NCAAs, and then the world got shut down due to Covid,” she said. “I remember walking off the court after our last practice, going into the training room to get some ice, and getting

a text that we had a meeting in the locker room in 15 minutes. At that moment my heart sank. I knew it was over. We all did. The NCAA had already released a statement canceling all tournaments. That moment in the locker room, crying with all my teammates after one of the best seasons in Adelphi history, that's one I will never forget.”

Miccile also commented on the experiences she had with the athletic staff at Adelphi, emphasizing the importance of strength and conditioning coach Keith Ferrara. “[He] has had my back and my best interest at heart from the beginning of my journey here at Adelphi. He has always been someone who will be honest with me, and always push me to get better every day.”

Head coach Sade Jackson '14 has also played an important role in Miccile's

final year at Adelphi. “Coach Sade has been an absolute blessing to this program. When she first came to campus last spring, I just knew that she was going to be successful,” she said. “It was nerve wracking when the coach that recruited me here decided to leave, but I can proudly say that there is nobody else I would rather play for in my last year. She has done nothing but support me and push me each day to play to my full potential in my last season. I will forever be grateful for the year I got to spend with her, and I wish I could stay and play forever.”

Coach Jackson, who played for Adelphi from 2010-'14, shared valuable advice with Miccile about the importance of the team. “She told me that Adelphi changed her and that she experienced true growth when she was here,” Miccile said. “She said she had met her best friends here, and that is what she wanted for all of her players as well. She wanted us to form these relationships and bonds that would last forever. I have met my best friends here, and I have grown tremendously here through long and hard days, weeks and seasons, but I wouldn't trade it for the world.”

Miccile is planning to graduate with a master's degree in physical education and hopes to become a teacher and basketball coach.

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