

## SPECIAL ANNUAL DEFILER INSIDE!

### “The Spitfire Grill” Sizzled in the Olmsted Theater

BY ARPAN JOSAN

Adelphi’s Theater Department hosted the musical “The Spitfire Grill” from Feb. 26 to March 2 at the Olmsted Theater. The production was directed by Brooklyn-based Lily Kanter Riopelle, who is known for reimagining classics. The audience had the opportunity to listen to 16 songs, which included, “A Ring Around the Moon,” “Something’s Cooking at the Spitfire Grill,” “Out of the Frying Pan” and “When Hope Goes.” Throughout the musical, the themes of redemption and hope followed main character Percy Talbott as she settled into her new role as a cook at the Spitfire Grill.

The play consisted of seven characters: Percy, Shelby Thorpe, Caleb Thorpe, Hannah Ferguson, Sheriff Joe Sutter, Effy Crayneck and The Visitor. The story centered around the journey of Percy Talbott, a young woman who had just been released from prison and began working at a cafe called the Spitfire Grill after starting a new life in Gilead, Maine. The musical showed Percy forming bonds with her new neigh-

bors as she navigated life outside of prison.

The owner of the establishment, Hannah Ferguson, is an elderly woman who let Percy take the job after her parole officer, Joe Sutter, convinced her that she would be a good fit. Their relationship started off rocky because Hannah didn’t take a liking to Percy’s past and often delegated her difficult tasks. However, as

the musical progressed, both characters began to rely on each other for support.

Tayla Madison, a junior acting major with a gender and sexuality studies minor, played the role of Hannah and discussed how she prepared for her role.

“I absolutely love analyzing text and characters, so I always start with getting

*Continued on page 11*



The cast of the musical “The Spitfire Grill” in the Olmsted Theater. Photo by Sara Pallas, assistant director of Operations and Visit Experience

### History Students and Faculty Digitize Campus-Adjacent Cathedral’s Archives

BY JOSEPH D’ANDREA

The beautiful church on Cathedral Avenue, adjacent to Cherry Valley Avenue, which you pass as you enter campus, is more than a place of worship — it’s somewhere for research, too.

Starting its construction in the late 1870s, the Cathedral of the Incarnation is one of the earliest examples of large-scale, neo-gothic architecture in America, and it serves as the seat of the Episcopal Diocese of Long Island. For comparison, St. Patrick’s Cathedral in Manhattan was completed right around the time when the cornerstone was laid on the Cathedral of the Incarnation.

The cathedral was built by the family of Alexander T. Stewart, a 19th century import and retail mogul who was one of the wealthiest men in America at the time. Stewart had bought up most of the land that is now Garden City and Stewart Manor (including the land on which Adelphi sits) as part of an effort to build a planned community for his employees. He died before the project could be fully realized, but his urban planning vision is still evident in the surrounding community with things like the excessively wide

streets. Once the Cathedral was finished, Cornelia gave it to the Episcopal Church, which took it over as the diocesan seat for the Bishopric of Long Island.

Edward A. Reno, chair and associate professor of Medieval history in Adelphi’s History Department, recently recruited two students, senior Thea Crouch and junior Alex Neampong, to finalize work on the large database of the cathedral’s documents,



(From left) senior history major Thea Crouch, Professor Edward Reno and junior history major Alex Neampong have led the effort to digitize the Cathedral of the Incarnation’s centuries-old documents. Photo by The Adelphi University Department of History

some of which date back to the 18th century. They are also developing research projects related to materials they find particularly interesting.

“In terms of having a formal connection between an academic department and the cathedral, this is a first,” said Crouch, a history and art double-major. “However, I did happen to stumble upon documents in the archive that indicated that the cathedral held special Christmas services, specifically for Adelphi students back in the early 20th century.”

In the spring of 2024, when Adelphi was searching for partners, Crouch helped facilitate a meeting with the cathedral’s staff as a member of its choir. Then, in the summer, she decided to apply for a summer research fellowship through Adelphi’s SPARK Center for Undergraduates and the Honors College, which connects students with a variety of opportunities with faculty mentors, while also providing funding.

“Her receipt of that grant and diligent work over the summer is the main reason why the project had a successful launch and continued possibilities into the future,” Reno said.

*Continued on page 2*

### Adelphi’s LGBTQIA+ Students Worried About Implications of Recent White House Executive Orders

BY ARPAN JOSAN

Throughout his election campaign, President Donald Trump and the Republican Party spent approximately \$215 million on ads negatively targeting the transgender community. Since the start of his second term in January, President Trump has signed numerous executive orders attacking the rights of transgender people and other members of the LGBTQ+ community. All these changes are having an impact on Adelphi’s LGBTQIA+ community and those who support them as they continue to be made.

On inauguration day, Jan. 20, he signed an executive order directing the federal government to only to recognize the two sexes: male and female. As a result, government employees may only refer to sex, not gender. Government-issued identification, such as passports and passport cards, are now required to show the individual’s biological sex.

Then Secretary of State Marco Rubio ordered the State Department to halt the usage of “X” gender markers on passports, which non-binary and transgender people commonly use to express their gender identity. Passports issued before this change containing the “X” markers can still be used without issue, but renewing them would result in a new passport without the marker.

On Jan. 28, Trump signed another order that banned gender-affirming care for anyone younger than 19. This order was given the name “Protecting Children From Chemical and Surgical Mutilation,” which describes gender-affirming care in reductive terms. This executive order restricts the usage of puberty blockers, hormone replacement therapy and gender-affirming surgery.

The President has also prohibited anyone who is transgender from serv-

*Continued on page 2*

# A Word from the Editor

Congrats on passing the halfway point of the semester, Panthers!

In this new issue of *The Delphian*, we're once again celebrating our peers' achievements and giving our takes on current events — but with a twist (more on that to come).

With so many headlines in recent weeks including the word “college” in them, we continue to feel fortunate in sharing this outlet of a paper with you all, both for news and advice. The recent shake-ups on too many fronts to count have had their downsides, but it's also allowed some of our fellow Adelphi students to take advantage of the situation and speak their minds. Even some stories that may not seem to directly affect us have taken up space in this issue, like New York's congestion pricing (page 11). If you're interested in bringing anything you care about to the forefront, send us an email at [delphian@adelphi.edu](mailto:delphian@adelphi.edu) and we'll work with you to express what's on your mind — whether it's a full-fledged article or general feedback. You are not only our audience but contributors, too.

It sometimes seems like the amount of political discussions out there are unavoidable, even if you're actively trying to escape them. Considering this, there's always one thing that will bring people together: music. In this issue, we have three articles (pages 4 and 8) covering a variety of genres. If things feel crazy, put in some headphones and press play on one of the albums we highlighted for you this month. (Woah, I actually came up with an excuse for me to ramble about '70s music again!)

If you open up about midway through the paper, you'll see something a bit out of the ordinary — surprise! It's our annual April Fool's version of the paper, *The Defiler*. And, double April Fool's: it's a day early. How do we do satire when real life sometimes feels more like a parody than any comedy? Find out by flipping to our *Defiler* insert, and we hope you chuckle a few times while reading.

As always, a big thanks goes out to our writers and editorial staff for making our paper informative and creative. And thank you, fellow Panthers, for continuing to pick up copies of *The Delphian* across campus! Make sure to follow our Instagram, [@the\\_delphian](https://www.instagram.com/the_delphian), for updates about the paper.

Joseph D'Andrea '25  
Editor-in-Chief



# The Delphian

**Editor in Chief:**  
Joseph D'Andrea

**News Editor:**  
Hussein Ali Rifath

**Assistant News Editor:**  
Arpan Josan

**Features Editors:**  
Kyle Arjoonsingh  
Skylar Dorr

**Opinions Editor:**  
Taye Johnson

**Sports Editor:**  
Joseph D'Andrea

**Production Editor:**  
Gabrielle Jaipersaud

**Social Media Editor:**  
Chala Civan

**Staff Writers:**  
Abdullah Ahmed  
James Beamer  
Troy Cofie  
Mariam Dzadzamia  
Kayla Murillo  
Laura Steinfert  
Tommaso Vaccaro

**Faculty Advisor:**  
Liza N. Burby

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

**Volume 80, Issue 8**

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](mailto: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](mailto:delphian@adelphi.edu)

**ORIGINAL ART**

Original drawings, photographs and political cartoons can be sent to [delphian@adelphi.edu](mailto:delphian@adelphi.edu). Please attach name and affiliation to Adelphi.

**ADVERTISING**

For advertising rates, email us at [delphian@adelphi.edu](mailto:delphian@adelphi.edu).

**FOLLOW US ON SOCIAL MEDIA**

Website: [www.thedelphianau.com](http://www.thedelphianau.com)  
Twitter: [@the\\_Delphian](https://twitter.com/the_Delphian)  
Facebook: The Delphian  
[adelphi-delphian.blogspot.com](http://adelphi-delphian.blogspot.com)  
Instagram: [@the\\_delphian](https://www.instagram.com/the_delphian)

## Adelphi's LGBTQIA+ Students Worried About Their Future

*Continued from page 1*

ing in the military in another executive order he signed titled “Prioritizing Military Excellence and Readiness.” According to the White House order statement, “Beyond the hormonal and surgical medical interventions involved, adoption of a gender identity inconsistent with an individual's sex conflicts with a soldier's commitment to an honorable, truthful and disciplined lifestyle, even in one's personal life.”

Another order, “Defending Women From Gender Ideology Extremism and Restoring Biological Truth to the Federal Government” states in Section 4 that government agencies are now required to ensure that spaces that are designated for “women, girls or females (or for men, boys or males) are designated by sex and not identity,” presumably to exclude transgender and non-binary people from participating equally in the workplace.

At Adelphi, Carmen Cardozo, vice president of the Gender and Sexuality Alliance (GSA), commented on their experience witnessing hostile, reductive rhetoric that they said only served to marginalize various communities.

“This election season and our new president's campaign on erasing so many narratives truly scare me. My trans friends, my own identity and

LGBTQIA+ community as a whole could be returned to a violent era of being ignored and removed from the perception of being human,” said Cardozo, a junior business management major. “On top of the racial tensions of the removal of diversity and inclusion, we are quite literally being denied our own existence. This is no longer an issue that only concerns only our community but the entire United (barely) States. All of these are stepping stones to a terrifying future.”

With these concerns in mind, Sentwali Bakari, vice president for Student Affairs and Diversity, Equity, Inclusion, and Belonging, said in an email to *The Delphian*: “Adelphi University remains unwavering in its commitment to fostering a safe, inclusive and affirming environment for all members of our community. While we must comply with federal policy to protect Adelphi's mission and long-term stability, we will continue to promote a safe and welcoming place to live, learn and work.”

Riley Gallagher, who is transgender and a sophomore psychology major, shared that he feels as though the US is moving backwards instead of forwards.

“Everyday I just feel worse about how Trump and his administration are harming my community, especially trans

*Continued on page 11*

## History Students and Faculty Digitize Cathedral's Archives

*Continued from page 1*

After Cornelia died, the archive had been put into folders and been given a basic card catalog description, but not thoroughly. Due to this, Reno said, “the goal of the summer project with Thea was to produce a digital database of all the contents of the archive, which involved going through hundreds of individual documents and recording a description of their contents.”

The first stage of the project was more or less completed by the end of this past summer, “but there were still some gaps and inconsistencies as often happens with any large-scale project that unfolds over the course of several months.”

The diocese also maintains a larger archive on the property in a different building, which houses material related to the diocese as a whole, and is run by a full-time archivist.

“Starting next year we also plan to have students work in the larger archive, where they will actually get to work alongside a professional archivist and see how the fundamental work of preservation is done,” Reno said.

Reno hopes that students see the foundational work that makes everything historians do possible.

“No archives, no history. In addition, I want them to understand the

process by which an historical document or text goes from being hidden away in a folder, to maybe one day showing up in one of their sourcebooks they use in class, both as students in the present and teachers some day in the future,” Reno said. “Someone had to stumble across it, examine it, understand its importance, and then edit the text – including providing explanatory and contextual information – in order to make it usable for the general public. This is the indispensable work that makes it possible for us to do ours.”

**See more articles  
on our website:  
[thedelphianau.com](http://thedelphianau.com)  
and follow us  
on instagram at  
[@the\\_delphian](https://www.instagram.com/the_delphian)  
where we post  
updates.**



# Unlock Career Success: A Guide to Securing Summer Internships

BY MARIAM DZADZAMIA

For university students, summer isn't just a season of lazy beach days or late-night Netflix binges—it's the perfect opportunity to gain professional experience. Internships offer invaluable exposure to industries of interest, help build networks and can even turn into full-time job opportunities. But how do you land one? The process can seem daunting, but with some insider tips and guidance, you'll be sending out applications like a pro.

At Adelphi University, resources like the Jaggar Community Fellows Program, provide students with funding for unpaid internships in the nonprofit sector. This is a game-changer for anyone worried about balancing valuable work experience with financial needs.

"Working in the nonprofit sector, you have to wear many hats. It gives our students that varied experience that they need and that is valuable for them going forward into their future careers," said Antonella Sullivan, assistant director of internships and graduate outcomes.

Whether you want to intern at a nonprofit, startup or arts organization, the Fellows Program can make it possible to explore your passion without emptying your wallet. The deadline for this summer has passed, so if you're planning for summer 2026, make sure to check out Adelphi's Center for Career and Professional Development

for application deadlines and requirements. The program is open to all majors and provides students with an opportunity to gain valuable experience in the nonprofit sector. For the summer 2025 program, approximately 20 undergraduate and five graduate students will be chosen from the applicant pool.

If you're an international student, navigating work authorization might seem overwhelming, but programs like OPT (Optional Practical Training) and CPT (Curricular Practical Training) make it possible to intern legally in the US. OPT is a post-graduation work authorization program that lets you work in your field for up to 12 months (or more if you're in STEM). CPT allows international students to work in a position directly related to their major while they're still in school. International students should consult with Adelphi's International Services office early to understand eligibility, deadlines and application requirements for both CPT and OPT. Procrastination is your worst enemy here; don't let it keep you from snagging your dream internship.

Landing a summer internship isn't just about filling out applications—it's about being proactive, staying organized and using all the resources at your disposal. Whether it's funding through the Jaggar Community Fellows Program, leveraging CPT and OPT as an international student, or networking your way into an oppor-

tunity, remember: every step you take is an investment in your future.

Here are some additional tips for everyone, regardless of your major or visa status, from career development experts and hiring professionals.



**Internships provide students with real-world experience and valuable industry connections, helping them gain a competitive edge and set the foundation for future career success.**

*Photo by Pexels*

## Start Early

According to the National Association of Colleges and Employers (NACE), many companies begin recruiting interns as early as the fall semester. "Students who apply early have a greater chance of securing competitive positions," said Maria Casey, direc-

tor of Adelphi's Career Services.

## Polish Your Résumé and LinkedIn

Career advisors stress the importance of showcasing relevant coursework, projects and experiences. "Even if you don't have formal work experience, highlighting student organizations and volunteer roles can demonstrate valuable skills," said Antonella Sullivan, assistant director of Internships and Graduate Outcomes at Adelphi. Additionally, LinkedIn research shows that recruiters are 40% more likely to contact candidates with a complete profile.

## Use Your Network

The US Bureau of Labor Statistics reports that nearly 85% of jobs are filled through networking. "Students should connect with professors, alumni, and industry professionals to tap into the hidden job market," advised Emily White, a career coach and recruiter at Indeed.com.

## Customize Every Application

Hiring managers emphasize the importance of tailored applications. "A generic cover letter won't stand out," said John Peterson, a recruiter at Google. "Show that you understand the company and how your skills fit its needs."

## Don't Let Rejections Stop You

According to LinkedIn's Global Job Seeker Trends report, the average candidate applies to 20 to 30 internships before securing one. "Rejections are part of the process—keep refining your materials and applying," said Casey. 🍀

# Championing Neurodiversity and Empowerment Through Adelphi's Bridges Program

BY JAMES BEAMER

On any given day, you'll find Stephanie Grindell navigating the bustling halls of the university, stopping to greet students and staff with a warm smile and words of encouragement. As the senior associate director of the Bridges to Adelphi program Grindell has a clear purpose: to help neurodiverse students find their footing and flourish in an academic environment that often feels daunting to them.

"This isn't just a job," Grindell said. "It's a calling to make sure every student who walks through our doors feels seen, supported and capable of achieving their goals."

Established in 2007 with just three students, Bridges now serves over 130 neurodiverse students, providing tailored resources like academic coaching, social skills training and emotional support. Since joining the Bridges team in 2016, Grindell has been instrumental in transforming the program from a small initiative into an essential part of campus life, according to Bridges director Diana Damilatis-Kull. She said the program has grown in size and the depth of services it provides, helping students tackle challenges like time management, social interaction and emotional regulation.

## A Journey Fueled by Empathy and Determination

For Grindell, her work is deeply personal; she recalled struggling to find support systems early in her education and now uses those experiences to guide her work. "I've seen firsthand how overwhelming it can be to navigate school without proper support," she said. "I'm here because I want these students to know they're not alone."

Her empathy drives her, as does her vision for a world where neurodi-



**Stephanie Grindell, Bridges senior associate director**

versity is celebrated, not stigmatized.

Grindell's influence is felt throughout campus, where Bridges students often describe her as a mentor, advocate and friend. Her approach combines patience with a no-nonsense dedication to each student's growth, instilling confidence in students who may have previously doubted their abilities.

## Turning Challenges into Triumphs

One of Grindell's most rewarding accomplishments involves a former student who joined Bridges as a shy freshman with little confidence and is now an adjunct professor at Adelphi, she said. "I still remember when they would barely speak in class," Grindell recalled. "To see them now, leading a classroom with pride, it's moments like these that make everything worth it." This transformation, she noted, is a testament to what can happen when students are given consistent support, encouragement, and space to grow.

## Broadening the Reach of Bridges

Grindell's passion doesn't stop at individual student achievements; she's also focused on expanding Bridges' reach and resources. Partnering with organizations like Northwell Health, she has secured summer internships for students that often lead to career opportunities. Grindell is working on

new partnerships with companies like Goldman Sachs, aiming to provide more vocational training that opens doors for students beyond their college years.

In addition to these initiatives, Grindell oversaw the renovation of the program's sensory room, a calming space where students can recharge—a project funded through her tireless advocacy for Bridges. "I want these students to feel comfortable and safe," she said. "Having a space to decompress is just one piece of the puzzle, but it's a critical one."

Looking to the future, Grindell remains dedicated to raising awareness about neurodiversity, both within Adelphi and beyond, she said. She aims to build a community where students' strengths are recognized and misconceptions about neurodiversity are replaced with understanding and respect. "Our work doesn't end with academic support," she said. "We're here to create a culture that values neurodiversity as a vital part of our campus and world."

Grindell has become more than just a director to Bridges' students—she's a source of inspiration, hope, and transformation. Her story, marked by empathy, determination, and an unwavering commitment to neurodiverse students, is changing lives and setting a powerful example for inclusivity at Adelphi. 🍀



## Steps for Surviving a Stressful Semester on Campus

BY LAURA STEINFORT

Has the stress of the spring semester gotten to you yet? Now is a good time to do a self-check to make sure you've established effective study habits to help you manage your workload. That will help to prevent stress and anxiety as the term progresses. Keep in mind that everyone handles pressure differently, so it is crucial to find what strategies work best for you. Here are some tips and options that can help you manage stress and maintain a healthy balance.

### Prevent future stress.

The best way to reduce stress is to prevent it. Therefore, it makes sense to set study goals and readjust your study plan as soon as possible. Additionally, to prevent common stressors, try to attend all classes, take notes and revise these as often as possible. Take stock of your participation in class discussions, and check the online portals and emails on a regular basis.

### Plan ahead and structure your workload.

It makes sense to start with the work that is most urgent or important. One opportunity to confront stress is by making a study plan and organizing the workload to get a good overview. It really helps to break down your assignments and tasks into different subordinate goals, and this is especially helpful for projects that are of larger scales or are stretched over a longer period of time. The Eisenhower Matrix can be a nice tool to help you prioritize and distinguish between your different tasks, as it can guide you into separating work into urgent, not urgent, important and not important categories. But there are also other different tools that help you to organize your workloads like to-do lists,

physical planners or some online apps.

Planning will help to keep a good overview of your tasks, reducing the risk that something will be forgotten. In addition to staying on top of upcoming events and tasks, it also allows you to keep track of the progress you made, which can be rewarding.

### Focus on time management.

Stressful situations can be a surpris-

else. The campus offers a lot of places for you to learn alone or in collaboration with your peers — just go search for your spot.

To be most effective you should not check your phone in the breaks or at least not enter social media. It will help you to concentrate better and focus on your task. By using boundaries to avoid overstraining yourself, it can be more rehabilitating. The Center for Academic



**Managing stress and staying organized are key to surviving a challenging semester. Find strategies that work for you to keep your balance and thrive on campus.** Photo by Pexels

ing chance to work on your time management, helping you to learn structure, prioritize and be more efficient. Try to set deadlines and goals for yourself. This can either be in one sitting or several stages, also depending on the task you are trying to accomplish. It's important to work with a high focus, and to be most efficient, you have to distance yourself from all possible distractions.

### Avoid distractions.

Find a space where you think you can concentrate best. This can be your dorm, one of the campus' buildings or somewhere

Support & Enrichment (CASE) in Nexus can also help you to develop a sufficient study plan fitting to your persona.

### Take time for yourself.

It is important to make time for your well-being and other activities, both alone and with others. You should use this as a way to separate from your stressful situations, taking a breath of relief.

If you are searching for fun activities on campus to escape your dorm or learning cave just look at MyAULife or Adelphi's tickets shop. There are always things happening on and off campus.

### Celebrate your wins.

Don't forget to celebrate the small wins and progress you made along the way. Reveling in such gains is crucial to staying motivated, experiencing satisfaction and gaining new strength to keep going. Find something that is rewarding for you, like a sweet treat or an activity you want to do alone or with your friends.

### Seek help when needed.

You are not alone. If you are still having trouble and feeling unsure, seek out help. You can turn to your peers or classmates and ask for assistance, or directly address your concerns with a professor in class, after class or during their office hours. They are more than glad to give you support.

This is another time when you can get help at CASE. You can schedule an appointment to get tutoring, but they also offer a writing assistance program in case you struggle with a paper or other writing assignments.

"Just remember that peer-support isn't the same as going to a professor's office hours," said CASE director Matthew Lavery. "Even if the tutor you're working with had the same professor you have in a course, that doesn't mean that they know exactly what went on in class. Instead, tutors have experience with the same academic challenges you're having and are trained how to turn their experiences into useful advice."

For writing tasks, another option to get help is to "ask a librarian." The Swirbul Library offers support as well in this field, so do not be shy and seek out for help if needed. 🐾

## "Chromakopia:" Tyler, The Creator's Latest Great Hit

BY KAYLA MURILLO

Tyler, The Creator is a globally recognized rapper who began his career in 2009 with the release of his debut album. At 33-years-old, Tyler has achieved significant success, including winning Best Rap Album of the Year at the Grammy Awards twice, founding the Camp Flog Gnaw Carnival music festival, launching two fashion brands and hosting his own television show in 2012.

One of his most recent and biggest accomplishments is his latest album, "Chromakopia."

Released in late October 2024, Chromakopia debuted at #1 on the Billboard 200, making it Tyler's third album to do so. Tracks like "St. Chroma," "Noid," "Like Him" and "Sticky" have become fan favorites. The album also features notable artists including Daniel Caesar, Lil Wayne, Schoolboy Q, Lola Young and DoeChii. There are also speculations about potential guest appearances on backing vocals, with names like Willow Smith, Frank Ocean and Childish Gambino circulating.

"Chromakopia" explores themes

of identity, sexuality, societal norms and touches on current political issues. Songs like "Judge Judy" delve into the complexities of romantic relationships, "Like Him" reflects on Tyler's complicated relationship with his father

In tracks like "Noid," Tyler sings, "I can't even buy a home in private, home invasions got my brothers dying / notice every car that's driving by, I think my neighbors want me dead," a raw exploration of the paranoia that



**Tyler, The Creator's latest album uses a theme of putting on and taking off a mask, as seen on the album cover.** Photo by Spotify

and "Balloon" sees Tyler and DoeChii express their sexualities. All of which showcase the album's emotional depth.

comes with fame. In "Like Him," Tyler reflects on lost love with his father in the line, "You gave me love, and affec-

tion, attention, protection / How could I ever miss something that I've never had?" These lyrics capture the complexity and maturity evident throughout the album, showing Tyler's growth as both an artist and an individual. Beyond its critical success, "Chromakopia" has deeply resonated with listeners, including students at Adelphi, who have found personal connections to its themes.

About this new release, first-year student Ana Cordero said, "I think it's based on growing up and growing maturity," supporting the idea that Tyler conveys personal development through introspective lyrics.

With his upcoming 2025 world tour for "Chromakopia," Tyler further solidifies his status as one of the most influential rappers of his generation. The album blends vulnerability with confidence, taking listeners on an intimate journey that reflects his evolution as an artist.

Whether you're a long-time fan or a newcomer, "Chromakopia" stands as a defining moment in Tyler's artistic journey, cementing his legacy while fans eagerly await his next creation. 🐾



# The Defiler

April 1, 2025

The Voice of Foolishness

Volume 80, Issue 8.5

## Ariana Grande and Cynthia Erivo to Take the Stage for Adelphi's Spring Concert

BY ARPAN JOSAN

"Wicked" film stars Ariana Grande and Cynthia Erivo are set to sing their hearts out to Adelphi students for this year's annual Spring Concert. But the Student Government Association (SGA), which sponsors the annual student event, hasn't yet released any details.

The concert is held annually in the Center for Recreation and Activities (CRS) gym and students can enjoy the night listening to their favorite songs. Last year the university hosted singers Soulja Boy and Sean Kingston. In anticipation of this year's popular star performers, students have already started camping out in front of the CRS.

"Wicked" came to theaters on Nov. 22, 2024, with pop star Ariana Grande playing Glynda and British actress and singer Cynthia Erivo playing Elphaba. The musical showcased Elphaba's college experience as a woman with green skin and her growing

friendship with her roommate Glinda. The fantasy film became the highest-grossing Oz film and musical film adaptation. It also won Academy Awards for Best Achievement in

to perform for Adelphi students as they have seen how much students here loved watching the musical and singing the songs.

Though the announcement has been a



**Students are excited to attend this year's spring concert featuring Ariana Grande and Cynthia Erivo (without Fiyero).** Photo by Wikimedia Commons

Costume Design and Best Achievement in Production Design. Because of the success of the film, both Grande and Erivo have agreed

very closely held secret, students who have already heard the news said they are anticipating this once-in-a-lifetime experience.

"I'm so excited. Ariana Grande is one of my top artists. I can't believe she's coming to Adelphi. This is unreal," said Salma Mateus, a sophomore psychology major.

Junior psychology major Aani Mehta said "I'm so excited for this concert! I'm sure it will defy all expectations!"

Though they haven't confirmed their song list, word is that Grande and Erivo will be performing all the hits from their musical such as "No One Mourns the Wicked," "The Wizard and I," "What Is This Feeling?" and of course "Popular."

Students will also be able to see the actresses after their performance and are encouraged to bring any merchandise they have for the performers to sign. This is free of charge and the only item you would have to pay is for your ticket. As of press time, there was no information on how to purchase the tickets but we can safely assume that these will sell out fast. 🐾

## A Q&A With the University's Most Mysterious Resident: The Hawk Who Refused to Fly

BY KYLE ARJOONSINGH

For one red-tailed hawk at Adelphi, the sky was always an option — he just chose not to take it.

Last month, Public Safety officers noticed the bird perched near Levermore Hall, seemingly unbothered by the world around him but noticeably unable — or unwilling — to fly. Concerned, they contacted wildlife rehabilitator Bobby Horvath, who took the hawk in for care. A week later, when it came time to release him, the hawk made his decision clear: he wasn't going anywhere.

Since then, his legend has only grown. Though still under the care of Wildlife in Need of Rescue and Rehabilitation, he has become a fixture of campus conversations, a symbol of quiet defiance and contemplation. Some students claim to have spotted him watching over the university from unseen vantage points, others insist he's merely waiting for the right moment to take flight.

Despite the speculation, one thing remains true — no one knows his story better than he does. It's the ultimate hawkward situation: when flight is an option, but staying grounded feels like the better choice. *The Defiler* conducted an exclusive interview.

**What really happened — why didn't you take flight that day?**

Look, everyone just assumed I'd take off the second I got the chance, but no one

ever asked me how I felt about it. Have you seen the world lately? Hawks don't get health insurance. Out there, it's nothing but high winds, bad weather and pigeons with no sense of personal space. Here, I had people taking care of me, a prime campus location, and what I can only assume is a growing fan base. Why would I rush to leave?



**Adelphi's resident hawk proves that sometimes sitting still is the ultimate power move.** Photo by Thea Crouch

**Some people say you were scared. Any truth to that?**

Scared? That's watching someone pull on a "push" door while the whole UC dining hall stares in silence. I could never.

**Students have started giving you different names—Professor Talon, Lord of the Skies. Do you have a preference?**

Names come with expectations. If I let them name me, I let them define me. And I've never been one for labels. If people want to call me something, that's their business. I just am.

**Would you consider yourself more of a philosopher or an accidental campus icon?**

I mean, I'm just a guy who knows when to stay put. But if you all want to read some deeper meaning into it, go ahead. I'm happy to be your feathery little enigma.

**What have you observed about Adelphi students during your time here?**

You all walk incredibly fast like there's a race to get to class or maybe a secret deadline no one told me about. And yet, somehow, you're always late. It's like you've mastered the art of speed walking, but never the art of arriving on time. Also, the amount of food I see just... falling out of people's hands? It's impressive in a tragic way. I've seen half-eaten sandwiches, granola bars and potato wedges scattered across campus like some kind of breadcrumb trail. It's like a snack crime scene every time I look around. Maybe try eating with one hand and holding your coffee with the other? Just a thought.

**Do you think you'll ever leave?**

Maybe. Maybe not. Maybe I already have, and you're just talking to an illusion. The thing about flight is that it's not just about wings — it's about knowing when to take off and when to stay grounded.

With that, the hawk blinked, turned his head slightly, and said nothing more. The interview was over.

For now, the hawk remains perched, quietly judging students who are probably running late for class while trying to juggle a coffee and their life choices. His stillness is a reminder that sometimes, you don't need to fly to be important — sometimes,



**Another view of the Panther hawk.** Photo by Thea Crouch

you just need to know when to stay put and watch the chaos unfold. And who knows? Maybe he's just waiting for the perfect moment to swoop in, make a grand exit and leave everyone thinking, "Wow, that bird really had it all figured out." Until then, he'll continue watching over Adelphi, the king of his perch, proving that sometimes the best move is not moving at all. 🐾



# DOGE Interns Target AU for Straw Usage in Bombshell Report

BY HUSSEIN ALI RIFATH

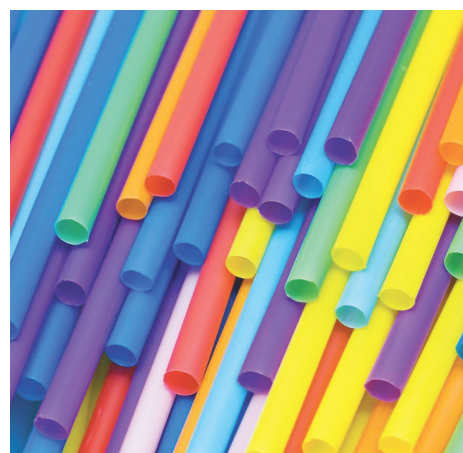
The Department of Government Efficiency (DOGE) has just published a report outlining its findings after it launched a surprise investigation of Adelphi University's finances. The audit, which was prompted by rumors that the university won't be reintroducing plastic straws, comes as DOGE officials have made national headlines in their efforts to slash fraud, waste and abuse of public funds.

The saga began last Wednesday when a group of DOGE interns were seen entering Levermore Hall accompanied by men who identified themselves as federal law enforcement. The men shoved aside a group of students waiting for the elevator and cited their government credentials when challenged. "I'm just here to do my job," said one of the interns as he looked down at the floor when questioned by a reporter for *The Defiler*.

Once in the basement, the group made its way to the One-Stop Student Services Center. Staff initially attempted to block them from entering, but quickly relented.

"I mean, what can you do?" lamented one student worker who requested to remain anonymous. "Our hands are tied. President Trump sent them, and now

they're in there looking through everyone's files as we speak, doing God knows what with them. They locked all the doors and covered the windows, so we can't even see anything. That's got to be some kind



**Federal agents conducted a surprise raid on Adelphi amid an investigation into university paper straw use.** Photo by Wikimedia Commons

of a FERPA violation or something."

The DOGE officials ran an artificial intelligence model to process and analyze One-Stop's financial data. The results confirmed their greatest fears: last month,

the university chose to renew a contract for paper straws in blatant disregard for Executive Order 14208, which President Donald Trump signed to end the use of paper straws and reintroduce plastic straws nationwide.

President Trump commented on the probe during an exchange with reporters last Wednesday at the Flagpole Lawn. "It's a damn shame what they're doing to our colleges. Adelphi used to be a good school! Now, not so much. Number one, there's potholes everywhere. Number two, nobody wants to eat here because of all those paper straws. Paper straws are garbage. I've had them many times, and on occasion, they break. Sometimes, they explode. If something's hot, they don't last very long—like a matter of minutes—and sometimes, a matter of seconds. It's a ridiculous situation!"

President Trump also voiced skepticism about the university's mold eradication program. "They're spending tens of thousands of dollars to fix mold. It's just a tiny, microscopic amount of mold; you couldn't even see it! I don't think that mold's going to affect a student very much as they're breathing their way through the campus. It's all a big fat scam. So, DOGE did a really good job—it's incredible, what's happened. It's the biggest scam of the century, to tell

you the truth. There's a lot of fraud and we're going to get to the bottom of it."

Some members of the Adelphi community were quick to voice concerns about the implications of DOGE's visit. A professor who opted to remain anonymous said: "Our society is drifting rapidly towards fascism and authoritarianism; we are in a crisis of historical proportions. The way we as a country respond will continue to affect us for generations to come."

Others, however, were more receptive. "If this leads to tuition cuts, I don't mind," said one anonymous student. "I've been beefing with One-Stop for a while now."

At the time of writing, the DOGE visitors were last seen picking up burritos from Tu Taco at the University Center. Since then, they have remained elusive.

When asked by *The Defiler* how the university plans to respond, an administrator said: "Adelphi University is committed to providing a quality dining environment for its students. The Government's attempts to dictate which kinds of straws we can and can't use infringe on our rights as a university. We intend to respond in kind."

DOGE did not immediately respond to *The Defiler's* requests for comment. 🐾

## Elon Musk Indicates He's Adelphi's 2025 Commencement Speaker

BY TOMMASSO VACCARO

Because Elon Musk's 2025 mission seems to be to have his hand in every aspect of American society, he recently announced he's coming to Adelphi to speak at the 2025 commencement ceremony. Musk is one of the most famous people in the world — and the richest — so having him speak at Adelphi's commencement in May could be a once in a lifetime experience for the Panther community.



**Elon Musk is slated to land at Adelphi University's 2025 Commencement — literally.** Photo by Flickr

In addition to his speech, he will bring his 14 children and unveil his latest Tesla model car, which has the capability of flying. Even though the model is still in its testing phase, he will arrive on campus from out of the air. Production on the line of cars is set to start June 1 and all members of the Adelphi community will be able to test drive the new model.

While people either love him or hate

him, Musk has always represented hard work, ingenuity and dedication to technological advances. Those that support him note that he is arguably the most productive innovator of our times, and he has disrupted entire industries. Musk is an entrepreneur and a businessman who is estimated to be worth \$335 billion, and he owns the social media app X, formerly known as Twitter, as well as Tesla and SpaceX, the latter of which is a private company that designs, manufactures and launches advanced rockets and spacecraft.

Musk is also in the process of developing a robot that can assist students, and all Panthers will be encouraged to test out the robot in the near future. If interested, please feel free to reach out to Musk directly and let him know. His email can be found at the end of this article.

Others are critical of Musk: He has made some very controversial comments on X and has been accused of endorsing anti-semitic ideas. Musk has attracted controversy for his comments on X, along with his support of President Donald Trump and far-right candidates around the world. Meanwhile, he has faced backlash for his role in the Trump administration's government downsizing efforts, known as the Department of Government Efficiency or DOGE.

But none of that matters to Musk who will be making the rounds of all universities this spring as he makes sure to tell all college graduates what he believes. We hope that he will give good advice to these graduating college students on how to succeed in the future like he did. Please note there will be extra security to keep everyone safe.

Musk's email is: ThisIsAnAprilFool-JokeDoNotEmailElon@gmail.com. 🐾

## Your "Bad" Roommate Might Be Onto Something

BY SKYLAR DORR

As finals week slowly but surely approaches, you might look around to find that every student is preparing in their own way. The campus library becomes packed with people from all majors with their noses buried deep in their studying material, some even taking over the University Center lunch tables. The academic grind is inescapable, with the "recipe for success" usually being to manage your stress and work at your own pace.

But what if it turns out that all along you have been doing it all wrong?

Finding it impossible to stay on a strict regimen due to the annoying habits of a roommate is the reality for many Adelphi students who dorm on campus. However, new research shows that those habits that are historically considered counterproductive are actually borderline genius!

"Staying up until 3 am is more beneficial than getting an early bedtime," says sleep psychologist Dr. Jessica Simpson, 44. "Keeping the mind awake as long as possible actually allows for you to take in more information than getting 8 hours of sleep."

The less time you spend resting, the more time you can get to cram in all that knowledge that you're going to need for finals week.

Sleep isn't the only thing you've been misled about, as a new 2025 study by Blue Mountain State indicates that the messier you are in your space, the higher your IQ may be. "The more

chaotic the space, the more creative the individual," says educational scientist Dr. Will Ferrell, 57. According to Ferrell, open food containers, dirty laundry and unwashed sheets are actually very big indicators of a creative and occupied mind, as the more time you spend cleaning, the less time you spend studying.

Ferrell also describes the newly discovered phenomenon of "Productive Volume," which details the link between an individual's high volume and the ability to retain information.

"Those who are loud, whether it be leaving the TV on or simply speaking on the phone at a high volume actually have the ability to retain more information that they're reading," says Ferrell.

How does this work? Well, the more occupied one is auditorily, the easier it is for their brain to link the volume of the surrounding area with the words they're reading. "I highly recommend turning the TV volume the highest it can go and playing some metal music when you need to cram a lot of information into your head in a short time," says Ferrell.

"I thought I'd have to do another semester because I knew that my roommate would be up until all hours of the night, on the phone and blasting music," says Mammias, 22, a nursing major who graduated from Adelphi last semester. "But, as I sat in that unreasonably loud room with her laundry everywhere, smelling last week's dinner that she left on the desk, I have honestly never felt more prepared for my final." 🐾



# AU Presents: Sneakers for Safe Spaces, A Sneaker Drive Event

BY TAYE JOHNSON

Ladies and gentlemen, grab your recycled tote bags and sprinkle some pixie dust on those intellectual loafers, for we are entering the era of unparalleled academia: the Sneaker Drive! Yes, Adelphi University has spoken. In the spirit of innovation, tradition and a desperate attempt to seem relevant, AU has elected to host a Sneaker Drive for the arts. Realizing that innovation is nothing without comfort, our esteemed university has launched what can only be described as the main event of the year: the Sneaker Drive.



**Step Up: Donate Sneakers to Support the Art Community's Sole Needs!**  
Photo by Freepik

Under the eye of the administration, students and faculty alike are encouraged to donate their sneakers to an incredibly ambiguous cause. Behold the new campaign, “Sneakers for Safe Spaces,” which aims to construct the “bridges” out of used Nikes and “avenues for dialogue” out of Adidas. Experts assert that this symbolic gesture will single-handedly dismantle systemic oppression, one sweaty sneaker at a time.

Revolutionaries and revolution-bound; prepare your soles for the epic event that lies

ahead. For sneaker submissions, Professor Tweedy will review the sneaker arrangement by color, size and historical importance.

Rumors suggest that the art department has already contacted Professor Banksy to construct a modern art piece, provisionally titled “Soleful Reflections,” composed entirely of worn trainers. Installation will be at the University Center for all to see at a date as yet to be determined.

While the logistics of sorting and redistributing sneakers has led to widespread existential crises among the usually rigid administrative staff, the project offers a whimsical approach to hand-me-down fashion. To participate in the event, the Sneakademic Council has announced that applicants must submit a 500-word essay discussing the socio-political impacts of sneaker culture coupled with an original TikTok featuring dance moves inspired by sneaker enthusiasts of the 1980s.

The hashtag #SoleMission is going viral, and campus influencers are flaunting it. Meanwhile, in support of the event, Facilities declared that the new mosaic garden bench will bear the inspirational quote: “Not All Those Who Converse Are Vans.”

The vision for the Sneaker Drive is both far-reaching and heel-deep in societal promises. It’s a stride toward enlightenment, where every Converse footprint is a step forward on the path of righteousness.

So, as you lather your worn-all-weekend kicks with Febreze, remember: participation isn’t just about donating shoes; it’s about exporting soul and importing sole. May your contributions to “Sneakers for Safe Spaces” be as prolific as your procrastinations.

Happy intellectually guilt-free sneaker hunting! 🐾

# Aaron Judge Arrives as New Panther Baseball Coach

BY KAYLA MURILLO

In a stunning turn of events, Adelphi University has named New York Yankees superstar Aaron Judge as its new head baseball coach. With longtime coach Bill Ianniciello stepping down, the Panthers are preparing to enter a new era under the leadership of one of Major League Baseball’s most formidable sluggers.

When asked about his decision, Judge reportedly said, “I’ve conquered Yankee Stadium. Now it’s time for a new challenge: college baseball.” He added, “I want to help



**Yankees captain Aaron Judge on William J. Bonomo Memorial Field.**  
Photo from Wikimedia Commons

the next generation realize their potential like I once did. I know what it’s like to be in their shoes, dreaming of something bigger, and now I want to show them that with the right mind, they can get there and farther.”

Following the Yankees’ disappointing loss in the World Series, Judge has taken control of his baseball future. After carefully weighing his options, he ultimately decided that this move was not only the best choice for himself but also a step toward ushering in a new era for the Yanks.

The announcement has sent shockwaves through the baseball world, leaving Yankees fans scrambling to confirm whether their captain is truly departing for the NCAA and what to expect next from the Yanks. Meanwhile, Adelphi students and players are already envisioning what it will be like to take batting practice under the watchful eye of a former American League MVP.

Though Judge has no prior coaching experience, he appears confident in his ability to take on the role. His new team has welcomed him with open arms, eager to see how his leadership will shape the program. 🐾

# Fine Print on Record-Setting Sports Contract Raises Alarm for Adelphi Students

BY JOSEPH D’ANDREA

A footnote in the story of the largest contract in professional sports history that’s been somewhat swept under the rug is Adelphi University’s suspicious connection.

On Dec. 11, 2024, baseball superstar Juan Soto signed a 15-year, \$765 million contract with the New York Mets. The contract included a \$75 million signing bonus and a club option that would increase the base salary by \$4 million per year, which if declined would allow him to opt out after the 2029 season.

Knowing this would leave a dent in the Mets’ pocket, the team’s owner Steve Cohen is reported to have reached out to Adelphi soon after the 2024 postseason ended, negotiating with the administration and ultimately getting the university to agree to pay 15% of the contract each year — with students’ tuition dollars.

In recent months, a new provision to Adelphi’s enrollment contracts and admissions page was added without notifying students, appearing to be in a font size not legible by the human eye. *The Defiler* obtained a copy from a prospective student.

This reporter, using a 64x magnifier lens, saw that it reads: “In line with Adelphi University’s recent dealings with the New York Metropolitan Baseball Club, Inc., the university is permitted to use tuition funds accordingly. Any agreement to this contract is fully binding and any actions to deter the university’s intentions will be put down with the full force of the law.”

“The whole situation is being overblown,” said an Adelphi spokesperson. “We made sure to hear the students’ voices before making any decisions.” This was in reference to a social media poll that was taken down three seconds after being posted, which asked students if they agreed with the change. “The results are clear,” the representative continued. “Zero students were opposed!”

“Sports Illustrated” reported in February that the Mets’ roster payroll has jumped to \$320 million, second only to the Los Angeles Dodgers’ estimated \$382 million, a team that consistently tops the majors’ charts in the

category. Knowing the payroll would grow as much as it did, Cohen saw it as a no-brainer to reach out for external support. Because he grew up in nearby Great Neck, Adelphi was one of the schools he toured before graduating high school. Although he eventually chose the University of Pennsylvania, Cohen claimed he made connections with several (now retired) Adelphi faculty members and administration during his college search.

Helping win the American League pennant with the New York Yankees in 2024, Soto was criticized by Yanks fans for choosing the Mets’ turf in Queens instead of the Yankees’ 16-year, \$760 million offer. To this, Soto said the decision in part came because the fewer miles between the Mets’ Citi Field and Adelphi would make it easier for him to be driven to campus after games for his contract-binding appearances at the university’s donor events.



**Juan Soto’s contract may be good news for Mets fans, but for students, their pockets are feeling lighter after Adelphi’s sketchy connection to the team’s acquisition.** Photo by Rawpixel

“I’d like to thank the Panthers from the bottom of my heart for their contributions,” Soto recently said at an event that had students in the audience. This was followed by a demonstration in which students blocked the doors of the University Center’s ballroom, demanding their money back. In response, Soto was led out of a secret exit by his security guards and flown to a safehouse, according to several sources.

“As if I couldn’t have any more questions: Is it really necessary to have a helicopter pad on campus?” said one student who asked to be anonymous. The administration has declined to comment. 🐾



**Until recently, these piles of snow in the parking lot on the side of Cambridge Avenue mysteriously continued to grow, taking up numerous parking spots. Security cameras captured the 12-foot piles expanding overnight and Public Safety even reported that they had pulses. Eventually Facilities was able to successfully load them onto pickup trucks and they were taken away from campus so that spring could officially arrive.**



## Five from '75: Albums That Still Deserve to be Spun 50 Years Later

BY JOSEPH D'ANDREA

With this past year being a high point of music for many in pop circles, it's a great time to look back on the predecessors that may have inspired some of what's on the radio today and the more indie hits. To recap the best of 1975 in music, here are the five best albums of that year.

### #5 "Katy Lied" by Steely Dan

For true audiophiles, there's no better time to listen to this album, with a new remaster released earlier this month. This is worth noting because the Dan's co-founders, Donald Fagen and Walter Becker — infamous studio idealists — hated how this album sounded when it was completed, with engineering flukes making it unlistenable for them.

But to my untrained ears — and that of a vast majority of other listeners — I never caught a note of what they complained about. The album has its share of the band's signature catchy songs about down-and-out or despicable characters, from "Black Friday," which fades in to kick off the album with depressed stockbrokers "div[ing] from the fourteenth floor," to the scandalous projectionist in "Everyone's Gone to the Movies." That may not sound like the most uplifting endorsement, but if you're into grooves and lyrics that'll hook you — and enjoy a fair deal of New York sleaze — this album is right up your alley. *My favorite track: "Rose Darling."*

### #4 "Fleetwood Mac" by Fleetwood Mac

Perhaps Fleetwood Mac's biggest strength is their ability to capture that "hit" sound. Like "Rumours," nearly every song on their self-titled album sounds like it could be a single. Even the song with the second-to-least number of Spotify streams on the album, "Blue Letter," which has a poppy, traveling beat to it, could've easily been a radio mainstay, and is one

of my most-played songs from the track-list. The Stevie Nicks-led "Rhiannon" and "Landslide" are undeniable strokes of brilliance and further proof of Fleetwood Mac being one of the most enduring '70s bands, and "Warm Ways" — one of the most apt titles out there — is full of sweet earnestness. This album might be overshadowed by "Rumours" but it's an incredibly enjoyable listen, front to back. *My favorite track: "Rhiannon."*



**It's time to rediscover the classics — give a chance to five classic albums from 1975 that prove great music never fades.** *Photo by Freerange Stock*

### #3 "Still Crazy After All These Years" by Paul Simon

One of the best parts of this album is the fact that it includes a Simon & Garfunkel song, "My Little Town," five years after their final studio project together. "Still Crazy" remains Simon's best solo album. I'm always so charmed by both his singing and speaking voice. How can you talk like that and not become a musician? Imagine if he just ended up having a job pouring concrete or something? The point is if sincerity is what you're looking for, Simon is your go-to. His lyricism on this album is very simple on the surface but the words and instrumentation still evoke

incredible warmth and, just like nearly every other song in his catalog, avoid feeling cheesy. As a bonus, check out Simon's (attempted) monologue from the Nov. 20, 1976, episode of "Saturday Night Live." You won't regret it. *My favorite track: "50 Ways to Leave Your Lover."*

### #2 "Wish You Were Here" by Pink Floyd

Even though I listen to "Still Crazy" more than this, the background of this Floyd album gives it an extra bump. Conceived as a critique of the music industry

and tribute to co-founder and former band member Syd Barrett, the journey this album takes you on is one that's unforgettable even after only one listen. With lyrics and vocals that stand as some of the Floyd's best, the concept works arguably better than any other of the band's story-driven albums, perhaps because it doesn't feel as overwhelmingly grandiose as something like "The Wall" or the long-running songs on "Animals." That may seem contradictory considering the combined nearly 26-minute-long "Shine On You Crazy Diamond" that's split into several parts to bookend this album, but its mellow introspection doesn't hit you over the head as aggressively as

the political messaging of "Animals." *My favorite track: "Have a Cigar."*

### #1 "Blood on the Tracks" by Bob Dylan

There's a reason Dylan is considered one of the greatest lyricists in popular music. Although it's likely not my very favorite of his (it's still toward the top of my all-time list, though), "Blood on the Tracks" contains what I think are Dylan's most well-written collection of songs on a single album. Considered one of the ultimate heartbreak albums, the songs will hit you like a train even if you haven't been through half of the relationship ups and downs that Dylan describes here. Although most of these songs are very straightforward lyrically — "Simple Twist of Fate," "You're Gonna Make Me Lonesome When You Go" — he's never one to leave all the answers in the open, with "Lily, Rosemary and the Jack of Hearts" garnering all sorts of interpretations. The mystery and creative wordplay that Dylan characteristically delights in can be seen to different extents across the album, but where the peak comes for me is on "Idiot Wind," in which Dylan's scorching criticism of his former lover ultimately becomes a track of honest understanding, despite the narrator's brutal resentment. *My favorite track: "Idiot Wind."*

### Honorable Mention: "Another Green World" by Brian Eno

Not only does this give you a sonic background of what came to be some of the best producer-artist collaborations of the late '70s (Eno's work with David Bowie and Talking Heads) but it's full of tracks that are just as innovative and intricate as they are easy to listen to. With a healthy dose of unique steel-jet-soaring-by-sounding guitar tones and bouncy rhythms and basslines like those heard on Bowie's "Low," it's a great album to have on loop. *My favorite track: "Sky Saw."* 🐾

## Tate McRae's "So Close to What" Is the Pop Revival We Needed

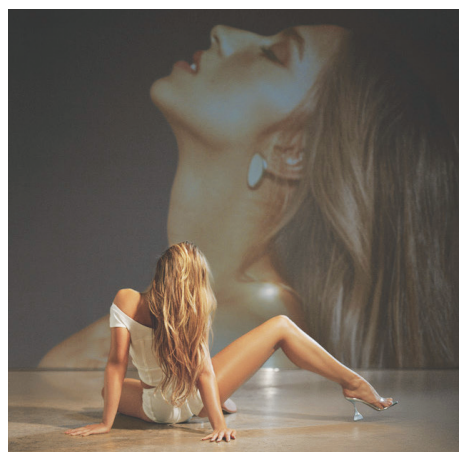
BY KYLE ARJOONSINGH

If pop music needed a breath of fresh air, Tate McRae just kicked the door wide open with "So Close to What." Her third studio album, released on Feb. 21, 2025, is a high-energy, glittering ride filled with attitude, heartbreak and enough nostalgia to make you dig out your old iPod. Imagine early 2000s Britney meets modern-day dance-floor drama — McRae isn't just making pop music; she's making it feel alive again.

Her rise to superstardom has been anything but overnight, but with "So Close to What," she's proving she's in it for the long haul.

Expectations were already sky-high after her second album, "THINK LATER," dropped in late 2023, featuring chart-toppers like "greedy" and "exes." However, earlier this year the album was leaked online, sending fans into a frenzy. But if anyone thought that would slow her down, they clearly underestimated McRae. Instead of letting the leak derail her momentum, she powered through — going

so far as to add extra tracks right before its release. And just when her loyal fans, affectionately known as her "Tater Tots," thought the surprises were over, McRae kept them on their toes by swapping out the album cover for an alternate version just



**"So Close to What" album cover.**  
*Photo by Spotify*

three days after its official release. Chaotic? Maybe. But if "So Close to What" proves anything, it's that McRae thrives under

pressure — and she's only getting started.

The lead single, "It's ok I'm ok," made its debut last September, and it quickly became McRae's highest-charting debut on the Billboard Hot 100, soaring all the way into the top 20. If you appreciated the contemporary R&B vibe in that track, "So Close to What" is absolutely for you. From the first notes of "Miss possessive," you're hit with an instant sense of confidence — it's addictive, dripping with main character energy and sets the tone for an unforgettable ride. Then there's "Sports car," which quite literally sounds like you're flying down the highway, full throttle. But my personal favorite is track number 3, "revolving door." This song nails the emotional rollercoaster of diving back into a past relationship, all wrapped in a hypnotic beat that's downright addictive.

But the real flex? The collaborations. "bloodonmyhands" with Flo Milli oozes confidence and chaos in the best way possible. Then there's "I know love" with The Kid LAROI, it's the kind of late-night, emotionally messy song that you won't be able to stop replaying. And the cherry

on top? They're dating in real life, so the chemistry is strong — you can practically feel the sparks flying through the speakers.

For those who prefer slower, more emotional tracks, "Nostalgia" hits the mark. While I do enjoy it, I think McRae's star really shines in her upbeat songs. That said, she still brings plenty of depth to her slower moments. She isn't afraid to blend genres, seamlessly mixing R&B, pop and hip-hop to create dynamic, unpredictable tracks. Each song feels like a new layer, revealing something fresh with every listen — and that's what makes her music so compelling. It's hard to deny that McRae brings her own brand of edgy, sultry charm to every track.

With the "Miss Possessive Tour" set to bring these songs to the stage later this year, one thing's for sure: Tate McRae isn't just close to something — she's there, and pop music is better for it. I would give the album a solid 9 out of 10 stars.

"So Close to What" is available for streaming on most major platforms, including Apple Music, Spotify and Amazon Music. 🐾



# The Rise of Cuddle Therapy: A New Approach to Emotional Wellness

BY KYLE ARJOONSINGH

Marizana DeCampos, a busy single mom of two, was spiraling. Anxiety attacks were consuming her days as she struggled to balance work, family and her own mental health. After traditional therapy fell short, she sought a unique solution: cuddle therapy. This surprising practice offered a safe space for emotional release and platonic touch, fulfilling her desire for a deeper human connection. "It's like a warm hug from a friend, without any expectations," DeCampos said.

According to a 2023 study published by The International Journal of Environmental Research and Public Health, 83% of participants reported a longing for physical touch during the COVID-19 pandemic. In a world that often feels increasingly disconnected, cuddle therapy provides a surprising and meaningful source of relief. Jax Solomon, a professional cuddler and business owner based in Las Vegas, is among a growing number of practitioners offering this unique service, blending compassion and human connection in ways that traditional therapy sometimes overlooks.

## What is Cuddle Therapy?

Cuddle therapy is a structured, platonic form of emotional support that incorporates non-sexual touch, active listening, and a compassionate presence. "It's about creating a space where people feel appreciated and safe," said Solomon. "The focus is on empathy and understand-



**In cuddle therapy, non-sexual touch, empathy, and active listening create a healing space for emotional wellness and connection.** Photo by Freepik

ing, not just physical contact."

The concept of cuddle therapy was first formalized in 2015 by Cuddlist.com, founded by Madelon Guinazzo and Adam Lipin, who pioneered the practice as a business. Cuddle therapists often use techniques such as hand-holding, guided breathing and hugging, to help clients experience a sense of connection without judgment. "Cuddle therapy is an opportunity for people to let down their guard," said Nina Demanio, a cuddle therapist with five years of experi-

ence based out of Las Vegas. "We're not there to fix or advise; just to hold space in a way that's deeply comforting and emotionally supportive."

Cuddle therapy is especially popular among clients who have high-stress lifestyles or limited support systems, providing a non-judgmental way to feel heard and comforted. Through her sessions, DeCampos found relief from the anxiety that had been holding her back. "I go into each session feeling drained and come out feeling refreshed and supported. It's a powerful release," she said.

## The Business Side

While larger platforms like Cuddlist and Cuddle Sanctuary have successfully tapped into the business potential of cuddle therapy, small businesses in the field continue to thrive as well. Rates for sessions vary, with practitioners like Solomon charging \$250 an hour.

***"People often have an intrinsic need for connection, and we're able to provide that."***

he said, noting that the demand sometimes includes high-profile clients willing to pay significantly more.

Becoming a cuddle therapist does not require formal licensing, which can be concerning given the intimate nature of the practice. While certification programs like those offered by Cuddlist provide basic training in communication, boundary-setting and ethical practices – the lack of standard regulation means there's a risk that some practitioners may not adhere to best practices.

"The low barrier to entry allows more people to provide this service," said Lisa Tran, a certified cuddle therapist based in Grand Rapids, Michigan. "But it also places responsibility on practitioners to maintain professionalism, especially since the line between physical and emotional intimacy can be delicate."

For those considering cuddle therapy, it's important to understand the unique nature of this service. It can be ideal for individuals experiencing loneliness, emotional stress or high levels of anxiety. However, Solomon and Demanio both stressed that cuddle therapy isn't a substitute for medical treatment or psychotherapy. It's also essential to establish clear boundaries.

"We communicate every step of the way to ensure clients feel safe," said Tran. "Cuddle therapy is about comfort and connection, but it's never about crossing professional boundaries."

## The Societal Stigma

Despite its therapeutic benefits, cuddle therapy often faces stigma, partly due to societal percep-

tions around touch and intimacy.

"There's a misconception that cuddle therapy is somehow inappropriate or too intimate," Solomon said. However, he stressed that sessions are entirely platonic, focused solely



**Cuddle therapy offers a safe, non-judgmental space for emotional release and human connection, providing relief for those struggling with anxiety or stress.** Photo by Freepik

on helping clients feel supported.

Demanio added, "Once people understand the purpose, they're more open to seeing it as a legitimate form of care."

Clients like Janelle Singh, a dedicated registered nurse from Harlem, New York, understand this hesitation firsthand. "I was skeptical initially, but after experiencing that the sessions are just about compassion and comfort... I see it as a valuable form of self-care," she said.

## Growing Acceptance and Potential Regulations

As awareness of cuddle therapy grows, so does acceptance. "I think it's going to be more widely accepted as more people understand the psycho-

logical benefits of touch," said Tran.

Although the industry currently lacks formal regulations, standards and higher-level certifications may become necessary as the field expands. However, practitioners like Solomon believe that future regulations could offer valuable structure, establishing guidelines for professionalism and safety. "In the future, cuddle therapy could be recognized as a complementary approach to emotional wellness," he said. 🐾

## Debunking Myths About Cuddle Therapy

While many may be skeptical about cuddle therapy, experts like Jax Solomon and Nina Demanio are here to clear up some common misconceptions that might cause hesitation before booking a session:

1. **Myth:** Cuddle therapy is a form of dating or romantic activity.
  - **Fact:** Solomon clarifies that cuddle therapy is strictly platonic, focusing on providing emotional support through non-sexual touch.
2. **Myth:** Cuddle therapists need to be licensed mental health professionals.
  - **Fact:** While there is no formal license required, many therapists pursue certifications and adhere to ethical guidelines for professionalism and safety.
3. **Myth:** Cuddle therapy is just a hug.
  - **Fact:** Sessions are about more than touch; they involve active listening, compassion and creating a safe environment for clients to be vulnerable.
4. **Myth:** Cuddle therapy is expensive and only for the wealthy.
  - **Fact:** Although rates can be high, many therapists offer a range of options, and some even provide reduced rates for clients in need. Websites such as Cuddlist.com offer many different practitioners at varying rates.



# The Chainsaw Approach Is Dismantling the Civil Service

BY TROY COFIE

Roughly two months into Donald Trump's presidency we have seen an unprecedented number of layoffs of civil servants who work for the federal government under the guise of reducing fraud and waste while improving government efficiency. People who have dedicated their lives to serving our nation and keeping our system functioning as best as possible are now seen as waste. Yes, the federal government does have an issue with inefficient bureaucracy that hampers the functions of the government. But to solve this Congress can increase funding in order to improve our civil service. However, taking a chainsaw to cut down the entire civil service for such reasons is just baffling and short-sighted. Dismantling the civil service would only jeopardize the United States' response to complex issues that may arise in the future and only serve those who covet power.

To start, a blogger named Nathan Tankus has been writing about the dangers of DOGE's attempts under the guidance of Elon Musk to control the Treasury's payment systems. Tankus explained in his blogs how the Bureau of Fiscal Service—the agency that runs our payment system—has been trying to improve matching bank accounts and death registries. Furthermore, the Bureau of Fiscal Service has consistently requested extra funding for these improvements but to no avail. As

he opined, the lack of funding in our agencies is what causes inefficiency. To exemplify this point, when the Inflation Reduction Act of 2022 was passed, there was a surge in audits and tax filing in the 2024 tax season after the IRS received funding. Tax collection increased from \$4.7 trillion in 2023 to \$5.1 trillion in 2024 according to Vox. Those increases all came from the increased tax enforcement on incomes



The US Capitol building where Congress meets. Photo by Pixabay

above \$400,000 while settling any form of tax evasion according to Vox.

The U.S federal government does function when given the proper support it needs. If we want to improve government efficiency, Congress should

increase funding for our agencies to have more resources and listen to their needs. Quite the contrary to what Elon Musk and President Trump are advocating for. To make matters worse, it seems Musk is particularly hellbent in order to benefit his own business. He is poised to curate the government to serve his personal needs, creating multiple conflicts of interest. A glaring example is the Consumer Financial Protection Bureau (CFPB). It's a watchdog agency that seeks to protect consumers in the financial markets from potential abuse and fraud, including regulating Fintech companies. According to CBS, Musk's DOGE decided that they pay CFPB a visit to access their computers, lacking any transparency on why they need to access such information. On those computers, is a wealth of information on banking information, trade secrets and personal information, according to 60 Minutes. Musk just happened to announce that X will begin a peer-to-peer payment system called X Money that would rival Venmo and Cash App. Even better, the CFPB plan to have more oversight on peer-to-peer payment systems was put on hold, according to Rolling Stones. This example shows just one conflict of interest regarding Elon Musk

It's no surprise that the IRS, which has suffered such budget cuts for decades, improved its performance after being funded. Unfortunately, ideology and power get in the way of seeing that.

These attacks on civil servants will only hurt us in the long run. Talented Americans who have worked for the government will now look elsewhere for a career. People who have spent their entire lives in the federal government are being slandered as incompetent.

This one is a bit personal; I've always wanted to work for the federal government. I believed it was one way to give back and try to make



Government initiatives have sparked new debate. Photo by Bing

a difference in people's lives. However, these events have made me rethink my career path. Though, I have hope that the civil service can be rejuvenated in the near future. We, as a nation, just need to realize the importance of the civil service. 🐾

## The Importance of a Portfolio for College Students: Valuable Asset or Unnecessary Burden?

BY TAYE JOHNSON

With the influx of layoffs, ghost jobs and hiring freezes in 2025, standing out from the crowd is more crucial than ever. College students, in particular, are often told that having a portfolio of their work projects or schoolwork is a key factor in distinguishing themselves from other job applicants. But is this true for all students, regardless of their major or intended career path? Is the investment of time and resources into creating a portfolio truly worth it?

### The Case for Creating a Portfolio

A portfolio provides a tangible way for students to showcase their skills, creativity and learning progress. It goes beyond the limitations of a resume by offering a visual and interactive representation of a student's abilities and accomplishments. For students in creative fields such as graphic design, film, architecture or writing, a portfolio is a must-have asset. It allows them to showcase their best work, express their unique style, and illustrate their growth over time.

In an era where many job applications are processed through automated systems, a portfolio can make a significant difference. Including a link to a well-curated online portfolio on a

resume or cover letter can help candidates stand out and encourage potential employers to engage more deeply with their applications. A portfolio provides a competitive edge by demonstrat-

doors to opportunities like internships, freelance gigs and collaborative projects.

### Challenges and Considerations

At the same time, creating and maintaining a portfolio can be time-



A portfolio can help students reflect on their learning experiences, highlight achievements and skills, and plan for future growth. Photo by Freepik

ing a proactive approach to personal and professional development.

Portfolios aren't just for job applications; they are also invaluable for networking and building a personal brand. A professional portfolio can serve as a central part of your online presence, making it easier for mentors, peers and industry professionals to see your work and understand your expertise. Portfolios can open

consumers and may require financial resources, especially for students who need to purchase domain names, hosting services or professional tools and software. Balancing this with the demands of college coursework and extracurricular activities can be challenging.

While portfolios are essential in creative industries, their value in other fields can be less clear-cut. For students

pursuing careers in areas like finance, engineering or healthcare, the benefits of a portfolio might not be as immediate or obvious. In these cases, other elements—such as internships, volunteer experiences, or certifications—might carry more weight on a resume.

A portfolio is only as good as its contents, and outdated or irrelevant work can detract from its effectiveness. Students need to commit to regularly updating their portfolio, which can be a daunting task amidst the busy college life.

For many college students, creating a portfolio is a wise investment that can pay dividends in terms of job opportunities, networking and personal branding. However, it's important to consider your field of study, career goals and available resources before diving in. A portfolio should be a carefully curated collection, not just a repository for every project or paper. With the right approach, it can be a powerful tool for launching a successful career.

Ultimately, the decision to invest in a portfolio depends on individual circumstances and goals. Like any aspect of college life and career planning, it requires thought, dedication and a clear understanding of its potential impact on your future. 🐾



## Congestion Pricing in New York Has Not Yet Proven its Worth

BY TOMMASO VACCARO

On Jan. 5, 2025, New York City became the first US city to start congestion pricing. Vehicles going to Manhattan below 60th Street pay an extra \$9 from 5 am to 9 pm weekdays and 9 am to 9 pm on weekends. This affects anybody coming to the city, including people from New Jersey, tourists, taxis, and delivery trucks.

There are pros and cons to this. It's supposed to make traffic better. As Janno Lieber, MTA chair and CEO explained, time wasted in traffic is a huge drag on our economy (Rocca, 2025). It's supposed to decrease pollution and get people to use public transportation. Money gained from charging additional fees will be used to fix the subways.

A recent report from the MTA gives us hopeful news (NYSDOT, 2025). Trip times across river crossings are faster when comparing January 2025 to January 2024. Bus rides crossing the Hudson and East Rivers are faster and more reliable. People are taking public transportation more often. Weekday growth for subway use is about 7.3 percent. Drivers are changing the times they arrive in Manhattan to avoid paying the fee. All of these factors contribute to improving quality of

life in New York and decreasing traffic.

Many people oppose congestion pricing. The strongest argument against it is the increased cost for New Yorkers. For middle-class workers the cost of living is unbearable. Adding a daily fee of \$9 to the already



**To pay or not to pay? Critics argue congestion pricing could unfairly burden commuters and small businesses.** Photo by Freepik

high tolls is unfair. The Midtown Tunnel toll is already \$14. Hundreds of thousands of New York residents have left to look for places that are more affordable including Texas, Tennessee, Georgia, and Florida.

People argue that congestion pricing affects lower-income New Yorkers more so than the wealthy. For example, people who

live in the outer boroughs (Queens, Brooklyn or the Bronx) might need to drive into Manhattan for work or appointments but can't easily access public transit. There are areas outside Manhattan that have limited access to public transportation. The fee is

supposed to slowly increase until it reaches \$15 by 2031! Congestion pricing has been tried in other countries and has not been effective. In London, it's been in effect for several years, but London has remained one of the most congested cities in the world.

Environmentalists make the best case in support of congestion pricing as cars

cause unnecessary pollution. Still, it seems that the fees are doing little to reduce the pollution caused by cars and trucks. People are finding other times and ways to navigate into Manhattan. If this is true, then all we have done is keep the pollution, but change the timing and what street it is on.

While it sounds like a great idea to take public transportation, New Yorkers are afraid to do so. There is a problem with unhoused people and those with mental health issues on the subways, which is very noticeable. According to HOPE, an initiative that estimates the number of homeless people, there are about 2,000 people living in the subway. Just look at some recent headlines: A woman dies after being set on fire on the subway. A man pushed onto subway tracks is recovering while the suspect is charged with attempted murder. Riders do not feel safe. These issues need to be addressed before people are willing to ride the subway again.

In the end, there are a few undeniable facts. Congestion pricing decreases traffic and improves arrival times. Congestion pricing financially hurts low-income and working people. Congestion prices continue for now but it is unclear if it will continue long term. 🐾

## “The Spitfire Grill” Sizzled in the Olmsted Theater

*Continued from page 1*

to know my character on paper. Then, I start building it into the rehearsal process.

“For this role I had to add more physicality than I’ve ever had to for a role before. Some rehearsals were filled with me walking around with a cane during any downtime I had,” Madison said. “My director even put crumpled paper in my shoe to get me to limp, which was something I carried with me into the show because it was so helpful. I also really made sure to analyze my music as I would a monologue or scene because there was so much to them.”

The musical also explored the strained relationship of a married couple, Caleb Thorpe and Shelby Thorpe. Caleb is a man who takes his anger out on others because he feels as though he can never live up to his cousin Eli’s reputation as a soldier. This manipulative behavior of Caleb is clearly shown with his wife Shelby as he is constantly trying to exhibit dominance over her by needing to know where she is at all times. This toxicity almost escalates into physical violence near the end of the musical, when he almost hits her. Caleb’s frustrations heightened by the end of the play

when it was revealed that the figure Caleb was trying to live up to was a lie: Eli deserted his duties as a soldier and hid from battle.

Liam O’Farrell, a sophomore history major, reflected how he prepared for this role,

“I had to be able to set boundaries of distancing myself from the character because he is so negative and harmful, while still playing the truth of the character and honoring his intentions,” he said.

**“Everyone is the hero of their own story, so I had to keep that in mind when playing him to make sure that his story was being told, even if it was a harmful one.”**

Sean Sullivan, associate professor of design/technology/management and department of theater chair, shared the origins of this production for Adelphi.

“Our last full musical ‘Quilters’ was in 2020, when we presented one performance prior to the campus closure due to COVID. Upon our return to campus, we faced a new method of performances because actors had to wear masks and their performances didn’t have audiences in the theater—we streamed our productions to live audiences in their homes,” he said. “While we may not have done a full musical since 2020, we have done shows with music and bands, like last year’s production of ‘Mr. Burns.’”

O’Farrell also shared his experiences in the play.

“My favorite part of creating this show was definitely the sitzprobe, which is the first rehearsal when the musicians play with the cast,” he said. “For the entire process we were just relying on our music director, Steven Altinel, to play the piano which was great, but finally hearing the band play with us was something else.”

O’Farrell continued, “The show is

written in a folk style so just having a piano wasn’t enough, but when the accordion, guitar and bass came in it added a new sense of life into the show.”

Madison said her favorite memory from this show is the intense scene where Caleb brings Eli and Hannah grabs her broom. She also discussed how the scene where Eli entered the grill with the song “Way Back Home” was a beautiful moment but also a challenge when it came to acting.

“Throughout this musical things just get brighter and different. Hannah wants to get rid of the grill from the beginning, but between the beginning and end, it gets a new life because of Percy and Shelby. Because of this and her new found love for Percy and Shelby, she herself is also coming alive again,” Madison said.

“There are so many aspects of that throughout the show that honestly made me so emotional when going through the scenes because I could feel the passion and love and the energy of something coming alive within all of our characters and ourselves in this show,” she said. 🐾

## Adelphi’s LGBTQIA+ Students Worried About Executive Orders

*Continued from page 2*

people,” he said. “I know that there will always be gay and trans people and the LGBTQ+ will never be erased. If we all come together then Trump won’t be able to hurt us with his hatred.”

When it comes to how the AU community should respond to these changes, Cardozo shared that the

most vital action to take is to make sure that people are informed.

“The more people know about all this harmful legislation, the more we can protest, move our politicians and document the rights that are being violated,” they said.

Cardozo said that the mission of GSA is to create an environment where

people can be themselves and amplify voices that make it their priority to help the community. When it comes to how differently people are treated on campus versus off, they spoke about how a campus can offer a safer environment for one to be able to express oneself.

“However, do not get confused. Adelphi’s culture runs more in a way

to turn a blind eye to your expression,” Cardozo said. “You won’t be safe in some environments and must build skills to understand where you are welcome and where you should hide. There will come a time when you don’t care how others perceive you and I applaud you. But don’t forget that not everyone is your friend.” 🐾



## James Eden's Baseball Journey Includes Centering and Teamwork

BY ABDULLAH AHMED

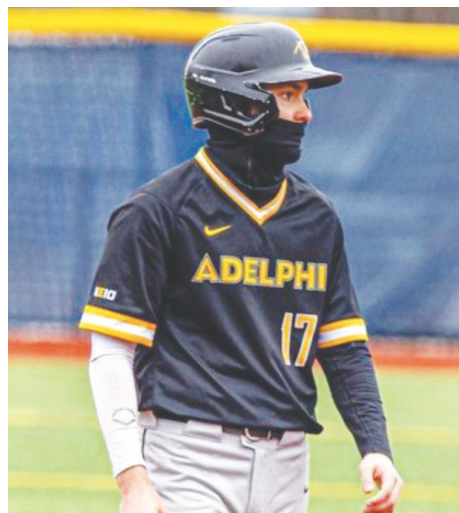
As the weather warms up, excitement grows across Adelphi's campus, with many outdoor sports to look forward to during this season. James Eden, a sophomore criminal justice major, is a member of the Adelphi men's baseball team. As an extracurricular player, he contributes to the team's efforts on the field each season, and in April 2024, he received the Northeast 10 Conference's Rookie of the Week award.

Growing up, Eden said he always had a passion for sports and staying active. While he enjoyed both baseball and soccer during his childhood, he eventually focused more on baseball. Eden played T-ball from a young age, which sparked his interest in dedicating his time to the sport. He later played at MacArthur High School in Levittown, New York, where he not only excelled on the high school team but also had the opportunity to play for a travel team, further developing his skills and experience in the game.

During high school, Eden played shortstop, a position he enjoyed. He said one of the biggest influences in his life was his father, a devoted Yankees fan, who motivated him to pursue baseball at the collegiate level. Another

key inspiration was his cousin, who also played baseball for a college team.

As Eden approached high school graduation, he reflected on his success playing baseball at the middle and high school levels.



**Eden taking a lead off second base during a conference game against Pace University.** Photo by Bill Kind

"I thought to myself, I've done so well with baseball, why not play in college?" he said.

As a first-year, Eden had the opportunity to play both left field and center

field. "My coach suggested that I play outfield, as my strength was being able to see the ball from a far distance," he said.

During the baseball season, Eden spends a significant portion of his time before each practice warming up his body, stretching and running to get the blood flowing. When asked about his pre-game routine to fully engage in the game, he said, "I try not to overthink it because this sport is one of the toughest mentally, due to the constant feeling of failure."

The mental challenges of baseball can be overwhelming, especially between games. To calm himself, Eden focuses on centering his mind, taking a few deep breaths and imagining himself as a champion by the end of the game.

Playing baseball at the college level has pushed Eden to challenge himself even further, as the competition has become more intense. Over time, his coach and teammates have helped him build resilience, making him a better player, Eden said.

"I think the overall leaders within the team — like the captains and the other senior players — have given the new players support and an opportunity to become better players and overall better human beings," he said.

Eden hopes to play baseball pro-

fessionally. However, if that doesn't happen, he envisions himself coaching baseball, as it would allow him to pass on his passion for the game to others.

When asked for advice to give to someone younger than him, Eden said, "Just have fun. Once you stop having fun, baseball stops being enjoyable. So keep



**Eden advises aspiring players to just enjoy the game.** Photo by Bill Kind

it fun. When you think you can't do it or when you strike out, make an error, or fail, just remember that things like that happen all the time. Keep working hard and good things will come to you." 🐾

## March Athletics Roundup: Panthers Rack Up Wins Across the Board

No matter the sport, our Panthers never fail to showcase their talents on the field and court. This month, between Northeast-10 wins and other impressive outings, Adelphi's athletes once again led the way to victory. Captions are based on AU Athletics reports.



Junior Dayshaun Walton, the leading assist man and rebounder for Adelphi men's basketball team, was named to the D2CCA All-East Region Second Team in March. Walton is one of five Northeast-10 players to be named to one of the all-region teams. He averages three assists per game and five boards, was the second leading scorer for the Panthers, and ranks second in the NE10 in shooting from the charity stripe. Photo by Evan Bernstein

Eleven Adelphi women's lacrosse players scored in their 22-4 home victory over American International College on March 22, combining for a season-high in single-game goals and extending their winning streak to six games. Junior Alexandra Leggio (below) led the Panthers with six points, while sophomores Ashley Kolomechuk and Julia Foppiano each recorded a hat trick or better. Photo by Cosmic Fox Media



The Adelphi men's tennis team beat Bentley University 7-0 in the Spring NE10 opener on March 23. The Panthers' number one doubles pair of senior Marko Jovanovic (above) and freshman Rodrigo Ochoa started with a 6-3 victory, and the number two duo of senior Hugo Munoz Reinoso and freshman Spyridon Papageorgiou also tallied a 6-3 victory. Graduate student Louca Bertone and freshman Andrea Albiero wrapped up the doubles portion with a 7-6 after a tiebreaker. The remaining matches were closely contested, with the Panthers ultimately coming out on top. Photo by Adelphi Athletics

The Adelphi University softball team swept its doubleheader against Georgian Court University on March 21 with scores of 5-3 and 8-0. After being down 3-1, Adelphi came back to score three runs in the bottom of the fourth inning, holding their lead with an additional insurance run until the game came to a close. The team was off to a quick lead in the second game, scoring four runs in the bottom of the first inning, with freshman Maddy Moore (below) hitting the first round-tripper of her collegiate career. Sophomore Tori Parente shutout Georgian Court on the mound, allowing only three hits.

Photo by Mike Watters

