

## Adelphi's Larson Legacy Concert Features Christie Baugher

BY JOANNA REID

Each year the Jonathan Larson grant is awarded to up-and-coming theater writers by the American Theatre Wing. The grant honors the late composer, Jonathan Larson '82, an Adelphi alum. The purpose of the grant is to support new talent and the creation of art. This year the annual Larson Legacy Concert was held on Saturday, Sept. 9, featuring Christie Baugher, the 2022 Larson Grant recipient. The staged reading of Baugher's musical, "The Fitzgeralds of St. Paul" was put on in the Olmstead Theatre with about 50 people in the audience. The show was directed by Danny Mefford and featured a four-piece band, as well as singer/actor Tiffany Topol portraying Zelda Fitzgerald and Jewell Wilson Bridges as F. Scott Fitzgerald.

Mefford described the show as "a two-person memory musical that follows the famous F. Scott and Zelda Fitzgerald through their love affair through meeting, through wrecking cars through Paris, and getting drunk in New York City, and having a baby." The show also highlights Zelda and F. Scott's struggle with mental health and their nuanced relationship.

In an interview with Baugher before the show, she explained that she had both a love for composing and "The Great Gatsby" since she was young. However, she got the idea for "The Fitzgeralds of St. Paul" after her brother sent her an article on the history of the 1925 novel.

"So, I went from there. I started reading about him [F. Scott Fitzgerald] and then I started reading about Zelda,"

she said. "I started reading things where I was like, 'oh, that's a song and that's a song and that's a song.' And I just started writing and it started taking shape."

Mefford and Baugher met each other in high school. Mefford said, "We've been collaborating since basically the moment we met, actually."

Baugher sent some of her ideas to Mefford and that's when he joined the



**A staged reading of Christie Baugher's musical was performed in Olmstead Theatre earlier this month.**

*Photo by Jody Christopherson of Photography by Art*

project. "I knew from the moment she sent me a couple songs. Some of it I was

like, oh, this is special. Like this is really, really, really special," Mefford said.

"The Fitzgeralds of St. Paul" highlights the misogyny that Zelda Fitzgerald faces and sides with the theory that F. Scott plagiarized her work.

"As a female artist, I found a lot of parallels in Zelda's story, too," Baugher said. "And felt a lot of empathy for the things that she went through, especially not only as a woman making art, but also a woman dealing with mental health issues and how that colored how people received her art."

As a Larson Grant recipient, Baugher hopes she is able to carry on Larson's legacy through her work "by telling stories that are meaningful to me, that ask questions that people carry with them for days, and weeks and years outside of the theater. By writing melodies that people love to hear and love to sing and lyrics that delight people."

When asked what advice she has for upcoming writers, Baugher said that people should always keep writing. It was never certain to her that anything would come out of "The Fitzgeralds of St. Paul," but she kept writing for herself.

"Write for you and make friends. Everything that I've gotten to do, and the most joyful things I've gotten to do, and the best things I've gotten to do have been things that I've gotten to do with my friends."

Some of the music from "The Fitzgeralds of St. Paul" can be found on Baugher's soundcloud and website [www.christiebaugher.com](http://www.christiebaugher.com). 🐾

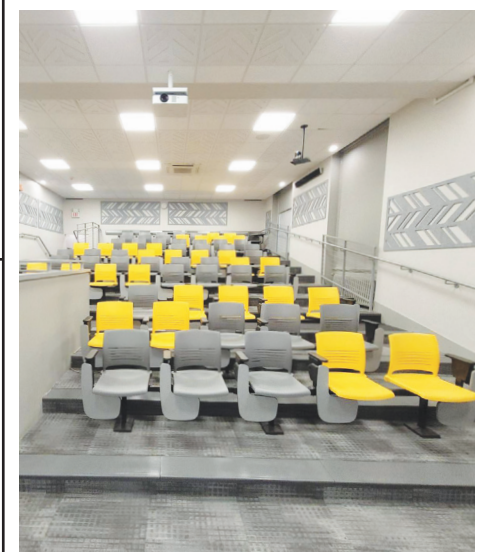
## Blodgett Hall Gets a Summer Facelift with Accessibility Focus

BY HUSSEIN ALI RIFATH

Blodgett Hall stands tall as one of the oldest buildings on campus, having opened in 1929 as one of Adelphi's three original academic structures. Almost a century later, it plays more of an important role than ever by serving as the home to a variety of academic departments. It is also incredibly busy: more than 900 students are registered to take at least one class there this semester. And this summer, it was renovated to keep up with the changing times.

Joseph Battaglia '05, '14, assistant vice president and project management officer at the University's Project Management Office, cites the building's aging condition as the main reason for the project.

"Because it [Blodgett Hall] is 94 years old, our Facilities and Project Management teams continually assess Blodgett Hall to determine its needs," he said. "In recent years, we have upgraded



**Blodgett Hall room 109 lecture hall**  
*Photo by Joseph Battaglia*

various classrooms to continually modernize the building and meet the needs of Adelphi's growing programs."

The work this summer was focused on two areas: the first and third floors.

Room 109 has been reworked from the ground up into a tiered lecture hall. The carpeting, wall paneling, seating, ceiling and lights have all been replaced to make for a more bright and inviting

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## Native Plant Garden Redesigned to Benefit Natural Pollinators

BY LIZZ PANCHYK

The native plant garden at the entrance of Alumnae Hall, created by biology professor Matthais Foellmer, who specializes in etymology, has been a habitat for many insects since 2017. But since the pandemic, plants that were not native to the garden started to overgrow. The sumac, a plant which was not beneficial to the garden, was cut out, and soil was laid down which allowed for the plants to regrow. Now, with the help of his botany class, Foellmer is redesigning the garden, adding 550 plants.

"Setting areas aside to plant native plants that support our native pollinators is very important," he said.

The garden, much like the Adel-

phi campus, does not use any pesticides which makes it a safe home for insects. It is in direct sunlight as well, which is



**Pathway through the native garden near Alumnae Hall, where new plants will grow.** *Photo by Lizz Panchyk*

beneficial for the growth of the plants and does not require much water.

Junior Michaela Pechie, a student who's helping with the redesign of the garden, said, "It [native plants] really helps to sustain the animals here and new species, so it's good to plant a garden where we can learn about them and also where they can thrive."

The redesign—with the support of Adelphi's provost and executive vice president Christopher Storm, who provided the funds for purchasing the plants for this year's phase of the redesign—helps to give food and shelter to native insects like bees and butterflies and give a nurturing environment for endangered native plants where they can grow freely. 🐾

## A Word from the Editor

Can you believe September is almost over? It's already been such a busy fall semester, and now the sun is setting earlier, cutting our days little by little. Wherever you're at with your classes, I hope you're getting organized and managing your time (and your stress). Don't forget to breathe.

You may have noticed a couple new changes in the Communications Department. First, there is a new concentration for communications majors, new media. If you are a communications major, this is definitely something worth checking out. And second, Blodgett has some new upgrades. They've replaced the Macs in room 119, so that they are faster and better suited for classes. The photography lab on the third floor has also been modernized and updated, which you can read all about in News.

As you read through, you'll find out more about Adelphi's Emerging Scholars Program and the Ruth S. Ammon College of Education and Health Science in Features. As you flip over to Opinions, discover if online classes are still useful in a post-Covid world. And don't forget to check in our Sports section to see how our Panthers are doing so far as they're preparing for their season.

We already have lots to look forward to this semester. Chalk Up is on Oct. 11, and Spirit Weekend is Oct. 13-15. You can buy your tickets for Spirit Weekend at [adelphi.universitytickets.com](http://adelphi.universitytickets.com). Hope to see you there!

As you're enjoying the sweet fall chill in the air, I hope you enjoy reading Issue two as well. You can find us online at [thedelphianau.com](http://thedelphianau.com).

**Lizz Panchyk '24**  
Editor-in-Chief 🐾



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## New Communications Minor: New Media

BY LIZZ PANCHYK AND JOANNA REID

Adelphi currently offers up to 37 undergraduate and graduate programs within the College of Arts and Sciences, among them communications. Presently, students can achieve a bachelor's degree, minor or study a concentration in communications.

In July, department chair Peggy Cassidy sent out an email sharing that New Media has been added

as a concentration alongside Digital Media Production, Journalism & Public Relations and Media Studies.

"The media environment has changed to include many other potential types of media-making, and this is a direction in which many students want to go," said Cassidy. "As we began creating new courses in these areas, we also started to realize that we could create a concentration that really focuses on those newer media forms."

The description on the Adelphi website states, "In the New Media concentration, you will gain new skills in new media, including creating web sites, DVDs and social networking accounts. You will also learn authorship software, while gaining perspective on the effective use of interactivity and non-linear architecture for creating effective media."

The courses that count toward the New Media concentration will include "Drones: Piloting, Photography, and

Videography," "Creating the Podcast: Audio Storytelling," "Cyber Law & Ethics," "Bitcoin & Blockchain" and "Interactive Art & Digital Media."

Although these courses already exist, Cassidy said, "We plan to develop new courses in areas like social and mobile media, the social impact of technological change, data visualization and more advanced drone work (such as 3D modeling and mapping)." 🐾

## Tuition Increases for the 2023-'24 school year

BY TROY COFIE

When the new school year began last month, most Adelphi students noticed an increase in their tuition bill. It has gone from \$42,090 during the 2022-'23 school year to \$45,450 for the 2023-'24 school year, a \$3,360 addition. At the same time, there has also been a 2% increase in the student enrollment rate at Adelphi.

Regarding rate increase, Kristin Capezza, the vice president of Enrollment Management and University Communications, said, "We have kept our tuition increases significantly lower [than many other universities] in the past two years (at and below 3%) to accommodate financial stresses faced by families during the pandemic, despite annual inflation rates above 7%. This year's tuition increase ensures that Adelphi can continue to deliver the high-quality education we promise our students and their families."

Capezza added that institutional scholarships have grown

from \$50 million to \$90 million.

"Beginning with the entering class for fall 2023, we now award scholarships



**Adelphi's tuition has increased by \$3,360 since the 2022-'23 school year.**

in a range of amounts to 100% of newly admitted first-year students. This has been a goal of ours as we have continued to focus on affordability," she said.

Even with these efforts, some students still feel skeptical about the tuition increase and funds. Some

said they feel that tuition increase has affected them negatively and don't see the tangible benefits.

"Personally I feel like the school

is kind of the same," said sophomore Julia Ramsaroop. "I don't know what changed; a lot of things were cut and a lot of prices increased. So I don't know where the money is really going to go, but hopefully it comes back full circle."

Sophomore Elizabeth Liu, who's part of the STEP program, said she feels like there's a "lack of transparency" when it comes to the tuition increase. "I am basically getting punished for taking more credits... because if you think about it, if I took my time, fulfilling my gen ed or whatever requirements, then that means my tuition wouldn't increase as much."

With college becoming more expensive as the years go on, families and students are either opting out of college or looking for more affordable options.

"Affordability is top of mind for us and we continue to make Adelphi as affordable as possible while maximizing the value and ROI [return on investment] of an Adelphi degree," Capezza said. 🐾

# The End of Affirmative Action and What it Could Mean for the University's Future

BY HEMISH NAIDOO

On June 29, 2023, the Supreme Court voted 6-3 to overturn affirmative action, the controversial college admissions policy that sought to elevate students from disadvantaged backgrounds and promote campus diversity. The decision was divided along ideological lines, with all six conservative judges voting to overturn the 2003 Supreme Court case, while the three who dissented were liberal.

In their ruling, the Supreme Court emphasized that admissions policies that heavily factor race are unlawful, with conservative Chief Justice John G. Roberts Jr., stating that such policies "... unavoidably employ race in a negative manner, involve racial stereotyping and lack meaningful points." The Chief Justice noted that colleges remain free to consider race or ethnic-related experiences in parts of the admissions process, such as the college essay. The primary goal of the ruling, according to Roberts, was for colleges to assess individuals more holistically, with less priority given to their race.

On the other side of the court, liberal Justice Sonia Sotomayor, one of the three dissenters, pressed that the overturning of affirmative action "... further [entrenches] racial inequality in education, the very foundation of our democratic government and pluralistic society." President Joe Biden and many other Democrats also publicly voiced their disapproval of the decision, viewing the Supreme Court's recent actions more of a conservative display of power against the President's democratic agenda.

In the aftermath of the ruling, speculation brewed among Adelphi students and faculty about how the decision might influence the admissions process of universities like this one. According to Adelphi's website, whites and Asians/Pacific Islanders, the two groups

believed to be most hindered by affirmative action, currently make up 43% and 16% of Adelphi's student body respectively. Blacks and Hispanics, thought to be affirmative action's most substantial beneficiaries, currently comprise 10% and 22% of Adelphi's students. As for how these student demographics might shift overtime, that remains unknown.

Some Adelphi administrative members have already expressed their thoughts on the matter to prevent confusion. Kristen Capezza, Adelphi's vice-president of enrollment management and communications, said, "Our employment of race-neutral recruitment programs like test optional admissions and our Transfer Tuition Guarantee alongside our participation in varied recruitment events for diverse communities will continue to ensure that Adelphi remains a diverse, inclusive and welcoming campus for years to come."

Adelphi's lack of race-focused admissions policies, along with Capezza's affirmation that Adelphi will continue with its current admissions strategies, could mean that the end of affirmative action might have few consequences on how Adelphi admits its subsequent classes during the upcoming years, with diversity and inclusivity still being given great emphasis.

Adelphi President Christine Riordian also candidly shared her views on the situation in a public statement released on June 29: "Race-conscious admissions policies have been used for decades by America's most highly selective universities, which often turn away qualified students. Considering race as one factor in a holistic admissions process allowed them to level the playing field for applicants with less access to resources and educational opportunities than peers who were less likely to be marginalized according to the color of their skin. It helped foster an intentionally diverse community within

classrooms and systems not originally recognized for access and inclusivity."

While President Riordian acknowledged the potential drawbacks of affirmative action in denying academically qualified students for the sake of those with fewer opportunities, she also highlighted how it was necessary for a true holistic college admissions process, as it took the background of students into consideration.

The legacy of affirmative action in general was one mired in constant debate. The argument against it was that colleges making distinctions based on race were discriminatory and unfair to highly-qualified applicants who could lose potential seats to those less-qualified.

Alex Neampong, a sophomore history and honors student, said of this idea: "I used to think [in high school] that anyone that put in the time and effort to prepare themselves for the [SHSAT] exam could score well and get into a good high school. In that sense, I can somewhat see the perspective in those that agree that affirmative action should be overturned. There are people that worked hard and deserve that spot.

"However, in a lot of cases, there is a lot more nuance to the problem, particularly in the sense that there are people that have the resources to prepare for exams, to carefully look over college essays and applications, or have ways to comfortably fund their way through college," Neampong continued. "In the end and in most cases (from what I can tell) people that make it to college had some form of additional support that those that would benefit from affirmative action did not have."

Alternatively, President Riordian pointed out: "Regardless of Adelphi's lack of race focused admissions or the ruling, creating a sense of belonging on campus for individuals representing all ethnicities, belief systems and expressions is essential to a transformative learning environment. Welcoming

different perspectives, lived experiences and opinions prepares our students for the diverse world in front of them... Adelphi will continue to expand our recruitment in underrepresented communities and improve access to higher education with innovative strategies. We will add to our campus diversity, equity, inclusion and belonging (DEIB) programming and introduce new academic and co-curricular opportunities to meet every interest."

The role of diversity for a college campus can go beyond the need for inclusivity for students from numerous backgrounds and provide real intellectual and academic benefits to the entire student body.

"Another major issue in overturning affirmative action is that it removes the voices of underrepresented people from other students in higher education," Neampong said. "When more voices are heard, it creates a collective understanding of who we are, how we got to where we are, and where we would be able to go. Furthermore, by cutting off said voices, a sort of echo chamber environment is created, which I feel can only lead to misunderstanding and elitism, thus furthering this idea of an 'us versus them' world... It is a massive problem to have settings like colleges be dominated by the same group of people. If the first step towards solving the problem is recognizing that there is one in the first place, the overturning of affirmative action denies that there is a problem at all."

Ultimately, the end of affirmative action opens a new door: one of fear and urgency, or one of new opportunities, depending on the individual. With Adelphi's admissions policies remaining race-neutral, a clear and coordinated effort to grow student diversity on campus while providing acceptances to those deserving remains Adelphi's main goal. 🍀

## Blodgett Hall Gets a Summer Facelift

*Continued from page 1*

space with improved acoustics. Moreover, the sound system and projectors were



Blodgett Hall room 109 lecture hall view from the back

All photos by Joseph Battaglia

upgraded. Above all of this, improving accessibility was a key concern.

"We cut a new entrance from the hallway and made the lecture hall more accessible for wheelchair users," said Battaglia.

In the third floor, Room 310 was modernized into a professional photography lab, and its air conditioning and



Blodgett Hall room 310 photography dark room enlargers

ventilation systems were overhauled.

All of these renovations have come as part of the University's Long Term Campus and Facilities Plan, and *Momentum 2*. The goal is to ensure that the campus continues to meet the needs of the Adelphi community.

Battaglia took personal pleasure in seeing the renovations through.

"When I was an Adelphi student, I only had the opportunity to take two courses in Blodgett Hall, one of which was in Room 109, a now impressive lecture hall. I'm happy to say that Room 109's redesign is one of my most satisfying projects because the room is so much more inviting, bright and conducive to learning—now more people can experience this terrific new space and more programs, and faculty can request to use it," he said. 🍀



Blodgett Hall room 310 photography dark room sinks

**SEE PAGE 6:**  
**Olivia Rodrigo's**  
**new album**  
**"Guts" review**

## Five Fall Fashion Tips to Dress to Impress

BY KENNIE DIONISIO

Although the summer heat hasn't quite let up on us, it's never too early to start rummaging through your closet and planning your outfits for this autumn season. Fall gives way to sweaters, scarves and other accouterments you might want to stockpile as the temperature drops. With the change in seasons, fall is a time abundant with fashion opportunities. Here are five ways you can dress to impress:



### 1. Embrace the colors of nature.

As an art major, color is an integral part of junior Wynn Andersen's everyday life. "Balancing the presence of light, dark, bright, saturated and gray pieces in your look makes a unified outfit instead of a combination of mismatching clothes," he said.

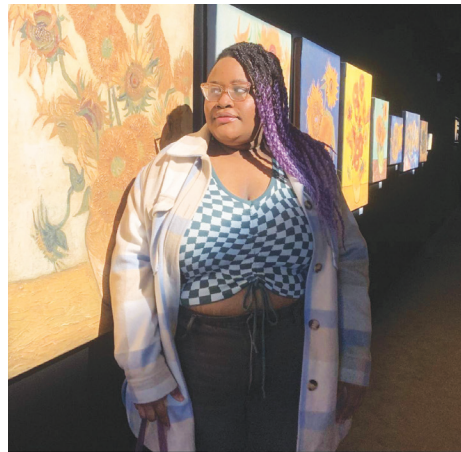
The fall color palette is reminiscent of a walk through an autumn forest—earthy, warm and serene. Look at the leaves on the ground for inspiration: deep maroon, mustard yellow,

low, burnt orange, eggplant purple.

Shades of brown are also a fall staple. Like the bark on a tree, brown can complement any autumn look. Taupe, umber and chestnut are just some of the few options for a pair of pants or boots.

And though we're long past Labor Day, don't put away your white clothing. If you plan to add white to your outfit, ivory and cream are ideal for knitwear like chunky sweaters.

The perfect color palette is crucial to any outfit and the shades of autumn are truly endless.



Senior health administration major Jolisa John-Lynch rocking a flannel and a checkered top.

### 2. Layers. Layers. Layers.

Layering is not only practical for insulation against the chilly weather, but having a layered look can make your outfit appear less flat. Combin-

ing various textures, fabrics and garment styles can help you get the most out of the pieces you love most.

Whether for warmth or stylishness, the optimal fall outfit uses the three-layer method—a lightweight base layer, a cozy middle layer and a protective outer layer. This simple formula works for any aesthetic you want to achieve.

A white or black graphic tee, red buffalo plaid flannel and denim jacket are classic autumn garb. Looking to dress up? Layer a sweater vest over a white dress shirt with a statement trench coat. With cardigans coming back into style, you can layer them over a plain white tee and cotton scarf.

### 3. Invest in a quality pair of boots.

Whether you plan on taking a brisk walk through the town or need a durable shoe for your next hayride, boots are a versatile fashion choice.

There are a plethora of boot styles to choose from. Chelsea boots have a distinct design. Sporting a laceless, close-fitted design with elastic side panels, Chelsea boots are typically made of leather or suede. Combat boots, like Dr. Martens, are usually made of leather. Their rugged appearance and thick soles can complete a grunge aesthetic. Work boots, like Timberlands, can edge you out and add an industrial look to your outfit.

And if you want to elevate your boots to the next level, throw on your favorite pair of jeans and cuff the ankles. You'll highlight your footwear and add a polished, laid-back flair to your look.

Sophomore psychology major Zar-

rah Razi is usually seen flaunting her Dr. Martens around campus.

"A pair of good leather boots can go a long way," Razi said. "Leather keeps



rain from soaking your socks, but is also fabulous with any outfit."

### 4. Keep your head warm.

And why just shield your feet from fall's unpredictable weather? Hats are the perfect fall accessory. A felt fedora with a wide brim can make a bold statement. A beret fits well with a chic, preppy or loose-flowing outfit. Beanies are simple. When wearing your favorite hat, make sure to leave your hair down to avoid flyaways and to keep your outfit put-together.

### 5. Stay true to your personal style.

Everyone has their own signature style. Think about how you dress every day, and make sure to add your personality into every piece of clothing in your wardrobe. No matter if you're dressing up or down this fall, make sure to show off your style with confidence. 🐾

## ROAMING REPORTER: Constitution Day



In recognition of Constitution Day, Turning Point USA gave out pocket constitutions and buttons outside the University Center on Sept. 19. They also had a sign-up sheet for anyone interested in their initiative. Constitution Day commemorates the formation and signing of the U.S. Constitution. Those pictured are representatives from Turning Point USA, a nonprofit organization that advocates conservative politics on high school, college and university campuses. From left: Matthew Margulefsky and Charlie Casolaro (the individual on the right declined not to give his name). Photo by Joseph D'Andrea

## Student Scene: Upcoming Events on Campus

There are always activities taking place on campus, so check out some of these events for yourself.

**Sept. 27: The Business of Making Music: An Event in Honor of Hispanic Heritage Month. 12 pm-3 pm, PAC**

**Sept. 27: Public Problems and Policy Alternatives Lecture. 2:30 pm-3:45 pm, Nexus 239**

**Sept. 27: Visiting Artist Lecture: Alexandria Deters. 4:30 pm-6 pm, UC 201**

**Oct. 6: A Day with the Arts: Dance, Music, and Theatre. 8am -1:45 pm, PAC**

**Oct. 10: Tribal Nations Event. 5 pm-8 pm, Innovation Center, Swirbul Library**

**Oct. 11: Chalk Up! 10 am-3 pm, Garden City Campus**

**Oct. 11: Out for Lunch with Scott Zotto. 1 pm-2 pm, UC Multicultural Center 301**

**Oct. 12-15: Spirit Weekend!**

**Oct. 14: Panthers for a Cause: 5K, 1K, and Fun Run. 9 am-11 am, Nexus**

**Oct. 18: Transfer T-Shirt Swap. 11 am-1 pm, UC Lobby**

**Oct. 24: LCP: LinkedIn Workshop. 2:30 pm-3:30 pm, UC 211/212**

If you would like your upcoming event advertised in the next issue, email us at [delphian.adelphi.edu](mailto:delphian.adelphi.edu).

## Psychology Research Opportunities with the Emerging Scholars Program

BY MALIKA BURIEVA

As the new school year commences, so do clubs, extracurricular activities and programs, many of which have research opportunities for students. Psychology students, however, would turn to the Emerging Scholars Program, a year-long research program for junior and senior psychology majors at Adelphi.

Emerging Scholars pursue authentic research and attend a monthly seminar with their peers in which significant topics are covered, such as ethics, data analysis, sampling, working with secondary data sets, the integration of science and psychological research and admissions to graduate school.

Luis Sebastian Garcia Campos, a senior and former Emerging Scholars member, shared his experiences. "While studying here at Adelphi, I developed a big research interest. I wanted to experience research. My favorite part about the program was presenting my findings on Research Day at Adelphi and the Association of Psychological Science in Washington, DC. I least enjoyed the process of waiting for data to be collected. Even though it is a relatively long process, once you have enough data, you can start the analysis and write."

Shayne Georges, a current Emerging Scholars member with a minor in health education, said, "I wanted to take advantage of the opportunity to learn from a mentor that shares my interests. My experience has been a learning curve so far, and I'm very

satisfied with that. I truly enjoy gaining knowledge about how to conduct research, learning from my mentor, and meeting other Emerging Scholars."

A minimum overall and psychology major GPA of 3.30 is required to be qualified. A successful completion of the Psychological Statistics (PIA 137)



**Senior Camila Restrepo presented her project "How Fluent Do You Speak? The Role of Linguistic Errors in Eyewitness Testimonies" during the APA conference.**

course is required. Students must also have completed or enrolled in Psychological Research (PIA 245). Once in the program, Emerging Scholars must meet regularly with their research advisor

and register for an independent study for one year (minimum of six credits).

Emerging Scholars receive support in project costs, attending professional conferences and other activities and materials related to their project and participation. Their research will be submitted to the Psi Chi Journal of Undergraduate Research and presented at the Adelphi Research Conference in the spring. If not, it will be submitted for presentation to a professional conference such as NCUR, APA, APS, EPA and NYSPA.

Anthony Gioletti, a senior and former Emerging Scholar, said, "I plan to go for a PhD in clinical psychology. I figured the program would help me discover whether I enjoyed research and provide some great experience for my resume. I loved the puzzle-solving and, at times, methodical work of research. It was fun to discover answers to problems I was interested in with the guidance of those more experienced."

Senior Camila Restrepo and former Emerging Scholar said, "The Emerging Scholars program enriched my academic experience since I enjoyed answering questions and learning. I had the opportunity to explore the influence of language perceptions in a legal context. Simultaneously, we had assistance once a month from current grad students, who guided us and offered us feedback. From a constructive point of view, a united community can be created among the students who are part of the program."

For interested psychology students, applications are due on March 10, 2024. 🐾

## Student Poetry Corner

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

"Befriend, my friend" is a revelatory ode to escape. It speaks of the infectious longing that plagues our days: to run far and deep into the woods, become someone else and never return. A common daydream for most with monotonous routines. In between the runs and the heavy breathing, the poem urges you to find your tree—a safe haven, within yourself. It asks you to reprimand the old wounds and the age-long grudges; seek beauty and color in a gray-scale world; and collect tokens of love from yourself and others. I hope reading it consoles you. I hope you can oversee the meaning and purpose of the antics of life, and accept days as they present themselves.

### Befriend, my friend

*Errah Fawad, freshman neuroscience major*

Befriend, my friend

In the velveteen winds of September, there is a desire to slip and fall under a tree-laden with tender Honeycrisp apples, laminated with maple lush leaves. Here the air heaves lazily in viscous waves of gold and green. Here, we'll meet again. By the bank, where the heavy seas haul their release. Do you feel the breeze? Rest your head under the cushioned weeds, and caress your lips against the ripened seeds. Come, let us befriend this wandering life of ours. Do you picture me in the rolling fields, friend? Verdant and hazy, swimming in the brazen-cut blades. In the valley of ranges that never wakes, under tapestries of quartz skies that never settle. Am I smiling in pink and white? Does my skin blaze in the emanating light? Your woes and mine—alike—will fade with the twilight.

Now I blush like the sun, drowsy and delirious.

A feverish dream of dry, dog days. Am I affectionate like fat bees are to pollen? Tumbling, stuttering with my love for you. Wavering, hesitating my confession to you. Come, let us befriend this wandering life of ours. Like a soft creature of demure and grace, rise to your place from the heap of earth. Follow the gleaming stream to the glen, past the dusky dryad in cotton and lace, the binding lure of shivering branches and soon, you'll reach the tree again. In these woodlands, you are by yourself, dear friend. Give in defeat and accept your fate. Bow to the bushes and the beasts, the lavenders and the oleanders. Your solitude will soon be replaced and you will dream. Come, let us befriend this wandering life of ours.

## Matthew Curinga's Mission to Make Educational Technology Accessible

BY TAYE JOHNSON

As the fall semester unfolds, associate professor Matthew Curinga, EdD, who is in Adelphi's Ruth S. Ammon College of Education and Health Sciences, is working diligently alongside his fellow faculty members to study the emotional atmosphere of New York City school buildings. Curinga, along with his Adelphi colleague Elizabeth de Freitas, PhD, and a professor at Columbia University, in June was awarded a \$246,051 grant from the Spencer Foundation to study students' emotional experiences as they attend school in person.

The project is called "Mapping School Buildings Using Sensory Ethnographic Methods: A District-wide Study of School Architecture and Spatial Justice." When students attend class in person, the environment can influence how they feel about their studies, receive information and socialize with their peers. The lighting, furniture, noise and space layout can determine students' emotional experiences.

Studies have shown that fluorescent lighting causes an unintended glare when the light shines off a surface. This process is called veiling

reflection, which affects how words are seen on paper or a smart board.

The project will bring an interdisciplinary approach to studying architecture, education and design to create research maps of the sensory dimensions of students' experiences. Over three years, Curinga will develop tools to capture data to track participants' senses. Four to six schools have partnered with him and the rest of the team for this project. Participating students will be a part of six to 10 workshops each year.

"I envision that Adelphi University will continue to invest in computer science and other disciplines to create opportunities for students to visualize how to apply their field of study," said Curinga, who received his doctoral degree in education in instructional technology and media from Columbia University and has been an educator and programmer for over 10 years.

For Curinga, there are other things besides the mapping school building project on his to-do list. He is also a core faculty member at the Manhattan Institute for STEM and Imagination (MIXI). MIXI brings together a diverse group of researchers, artists, scientists, educators and creative practitioners. MIXI was

founded in 2020 and operates outside Adelphi University's Brooklyn location. Each academic year, MIXI hosts virtual and in-person meetup events, where attendees can learn about the NYC School Data Study Group, Rocket Switch Workshops and other events. These events are open to students and faculty.

The vision for MIXI was created from the idea that technology should enhance the public's interpretation of open-source tools and public software libraries. The motivation and vision behind the institute led to Columbia Center for Spatial Research partnering with MIXI to work on the grant-funded research project.

Curinga spends his time conducting research on the political and social implications of software development and design. The projects that he is working on have an overarching theme: to make software and education accessible.

In the upcoming semesters, Curinga said he would like to continue to work with other departments to offer different cross-collaborative coursework that can help bridge the gap between digital literacy, computer science and education. 🐾

## Do You Have the Guts to Listen to Olivia Rodrigo's New Album?

BY LIZZ PANCHYK

Olivia Rodrigo, a 20-year-old musician, just dropped her second solo album, "Guts." She released the first single, "vampire" at the end of June, and released "bad idea, right?" shortly after. These songs had already gone viral, and then her album came out on September 8. Fans were already blowing up.

Much like "Sour," her first album, the new album is the perfection concoction of emotions. Sad, angry, reminiscent of the past—you will find it all. In my opinion, it's a great "rage" album. I was a huge fan of "Sour" and it was also one of the best-selling albums of 2021. After listening to "Guts," I'm thinking that will be the case for this one as well.

Whenever any new album comes out, I always listen to the first 30 seconds of each song to see if I like it. If I do, I keep listening until the end. This was the case for the song "making the bed," which is one of my favorites. Then when the song "logical" came on, let's just say my jaw dropped. The lyricism was incredible. Both of these are songs that you can hear the emotional hurt in.

One thing Rodrigo did incredibly was the intros. "grudge" has one of my favorite intros. It starts out as a soft piano, playing one key at a time, and you can almost hear the pur-



"Guts" album cover (from Spotify)

poseful untuned-ness of the piano, which makes it sound authentic.

"all american b\*tch" reminded

me a lot of her first album. Something about the sound and the lyrics nearly teleported me back to 2021.

The ones I don't favor the most would be "bad idea, right?" and "get him back!" just because they shouldn't be so good, but somehow they still are and a little too easy to sing along to.

This album overall gives the vibes of early 2000s/2010s, some of the more "aggressive" songs reminding me of Paramore and even Avril Lavigne. It's angry, it's silly and extremely emotional, but highly pop rock. The more I listen to it, the more I see this sharp comparison. If you have an ear for music, you will see what I mean.

It's an incredibly powerful album, with every song being undoubtedly catchy. My friend and I were talking about how intimidating it would be to go to a concert of hers, picturing it to look like something of a Taylor Swift concert, full of young fans who know every single word.

I really didn't have high expectations for this album based on the two songs that were released prior, which I barely paid attention to. But now that I've heard it in full, not only can I say that it's actually more than I was expecting, I can also say that I think "Guts" will become very popular very quickly.

If you liked "Sour," you'll definitely acquire a taste for this one too—if you have the guts. 🍀

## Sophomores Reflect on Returning to Adelphi

BY HUSSEIN ALI RIFATH

This past summer, we all had our own adventures: some of us worked and some of us went abroad, while others relaxed back home. But now, school is back in session and Adelphi's sophomore class has returned. Today, we are all united by the sense of familiarity we got coming back to campus for the first time. Each of us is joined by a community of peers who, like

***If you're interested in joining The Delphian team, contact us at [delphian@adelphi.edu](mailto:delphian@adelphi.edu) with your area of interest: writing, photography, or design.***

them, have returned to this campus that we had only discovered a year ago.

For everyone, the start of the school year has meant a change of lifestyle. Many commuter students now spend their entire days on campus, as opposed to none during the summer.

"I'm normally here from 9 am until 7 pm," said sophomore Alina Hassan. Every minute she spends here, however, feels worth it. "Coming back here feels a little bit like escapism. I don't have to deal with the rush of the city. The city is so chaotic for me. This is more leisurely."

Sophomore Maggie Lin has a similar story. "I actually forgot about [Adelphi]. It's mostly because I was occupied by work—I work at a fast food restaurant," she said.

She'd work the closing shift from 5 pm to 2 am, which forced her to adopt an unconventional sleep schedule. Coming back to Adelphi has been a return to the norm: "I get home so much earlier. I get my time. I get to have a normal sleep schedule."

By all accounts, the start of the school year has given her a sigh of relief. "I'm actually happier in school. Adelphi is fun," Lin said.

Last summer, sophomore Sarah Liuba worked full-time at a restaurant. "I was at the front, constantly standing," she said. "It's prepared me for my nursing degree... I actually had to stand for 12 hours."

This experience steers her well in her transition from full-time employee to full-time student. "I feel

less exhausted. I feel like work prepares me to be motivated for school."

Students living on campus have had to make their own adjustments. For sophomore Casandra Landrian, being a resident student has meant spending much less time with friends and family back home.

"Having the little luxuries of eating out with them, getting take-out," she said. "It was fun. I do kind of miss that part. Sometimes I do miss home, but I know that I'm doing this for myself and personal growth."

Some students have found that college gives their lives much-needed structure and purpose.

"During summer, there's no set schedule," Hassan said. "Or if there is, you don't really do much. I'm just more content with what I'm doing with my days. I'm actually doing something. Even though it's exhausting, you're satisfied by the end of the day."

One thing many sophomores can look forward to is that with greater experience comes greater clarity about future plans. Landrian, for example, had a difficult time deciding on a major during her freshman year. By the time spring arrived, she felt conflicted.

"It's like if you're watching a movie, do I really like this specific genre?" Landrian said. "Do I want to continue going or do I want to switch to a different genre? Do I want to continue watching this movie?"

This school year, however, things

have started to look up. For starters, she feels more motivated than ever by her coursework. "I'm satisfied with my major right now. I'm committed to seeing this one through."

Academics remain at the forefront of everyone's minds, and college has us busier than ever. Sophomore year brings with it greater academic demands.

"I'm going to be taking organic chemistry," Lin said. "I feel like that's probably going to be the hardest class that I'll ever take."

Reflecting on her freshman year, Hassan said her biggest goal this year is to be social.

"When you're going through it—fall and spring semesters—you're like, okay, I'm doing it," she said. "At the end of it, you're exhausted mentally. That's when you realize, hey, I didn't really hang out with friends much. I didn't really enjoy the college experience."

Luckily, college can be a great place to socialize.

"It's easier to make friends here because there are a lot of new people to meet and I made a lot of friends last year," said Lin.

It seems, though, that despite the challenges that college life brings, Adelphi has made its way into the hearts of the sophomore class.

"I already made myself comfortable here," Liuba said. "Why would I go to another place?" 🍀

## Should Online Classes Be Permitted in a Post-Covid World?

BY LEAH LAVOIE

As many of us would love to forget, Zoom replaced our classrooms for over a year due to the Covid-19 pandemic. Isolation, loneliness and a fear of missing out took up the time in our schedules that the hustle and bustle of a school routine once did.

Finally, in the spring of 2021, students were more than thrilled to return to a normal class routine despite restrictions including a mask mandate and socially-distanced seating. Although most individuals were pleased to put online Zoom classes behind them, online classes are still available for enrollment at Adelphi, posing the question should students still be allowed to take online classes now that the pandemic seems to be under control?

Professor Sophia Parisi, a licensed mental health counselor and psychotherapist who teaches an online Zoom course, Introduction to Forensic Psychology, believes the option to take online courses should be available. As the owner of a private practice on Long Island, Parisi understands the implications that anxiety, depression and complex trauma can have on a student's ability to attend in-person

classes, especially after a stress-inducing pandemic. Keeping online courses a viable option for students increases enrollment from those who may have pressing responsibilities at home such as taking care of children or a sick relative.

"I have had the pleasure of working with bright students who were mentally affected by a loved one's struggle with addiction and students who were caregivers to parents battling cancer and other illnesses," she said.

Mental health can take a severe toll on one's motivation to physically make it into a classroom, and it's important to understand that all individuals reserve the right to further their education despite the challenges they're facing at home. For these reasons, online classes should remain an option for students who may not have the mental or physical resources to travel to campus to attend an in-person class.

It's also important to assess why universities may respond differently to online classes. For many individuals, there is a belief that online classes promote a lack of effort or engagement in the course material. However, Parisi explained that this has never been

an issue in her online meetings.

"[With online classes], students are given a safe space to discuss related



**Adjunct Professor Sophia Parisi believes that online classes should continue to be offered even though the peak of Covid-19's effects appears to be behind us.**

Photo by Adelphi

topics, personal stories, connect with one another, ask questions and express their thoughts and feelings," she said.

To ensure a productive learning environment, students engage in break-

out meetings, mindfulness exercises and weekly student check-ins. As long as a student is putting effort into the course material, they are more than guaranteed to gain something from an online class. Online classes also ensure the safety of student's health as concerns for Covid are back on the rise. By allowing students to attend class remotely, universities are acknowledging the importance of our community's health and aid in the prevention of another lockdown.

"Online classes allow students who have fallen ill during the semester to attend class remotely while reducing the risk of infection on campus," Parisi said. "Moreover, this way of learning helps those students who hold multiple jobs and/or are involved in campus sports."

Online classes can be extremely beneficial for students who may have other responsibilities or personal struggles. Those who may not have resources such as the ability to afford travel or daycare expenses are still able to further their education with online classes just as much as they would if they were attending those classes in person. As a result, online classes are proven to be just as effective as those meeting on campus. 🐾

## By Making Everyday Tasks Easier AI is More Beneficial Than Not

BY LIZZ PANCHYK

Ever since ChatGPT came out almost a year ago, artificial intelligence—or AI—has been buzzing as the popular and modern tool to use. If you think about it, we use AI on a daily basis—filters, autocorrect, electronic payments, facial recognition. All these tools are useful to us in our modernized world. The most popular new AI bots are now seen everywhere, from Snapchat to even Adelphi's chatbot, Adele.

We use technology everyday, whether it's in our profession, for a class or just casually throughout the day. Remote work is still popular since Covid-19, and in a way, it has prepared our world for everything that came after it.

AI has set us up for the future. The biggest advantage of it is right in the workplace. It's quick, it weeds out human error and it's efficient. Technology is ever-changing and we need it to change with the times. The fast-moving pace may seem daunting, but in the end, we're going to be able to work with the best and fastest technology.

"I think this just means it's time for

humans to explore our full capacity, to step out of what's been known and create

new jobs that will enhance our lifestyles," said Ana Rodriguez '22, a graduate student and media assistant at Adelphi's Uni-



**AI is taking the reins as an everyday used tool – from apps to computer programs to chatbots.**

versity Communications. "We're stepping away from the monotonous and mindless

ning to this new world we're creating."

Artificial intelligence is nothing new, but the part that is intimidating is how quickly it is taking over normal life, even without us noticing.

What we can do is use it to our advantage. It was made to help, not hurt, and as long as it's being used in the right ways, it can actually provide much more for humans than expected.

"AI is taking care of the 'busy' work so that I can focus on the 'real' work: the creative process," Rodriguez said. "Albeit, this is also the controversial part about AI. Some people think that we're dehumanizing the creative process through AI. I believe that AI is giving us more creative freedom by taking care of the monotonous tasks that aren't really that important, just protocol."

In general, AI can produce numbers quickly; it can uncover ancient historical texts, use facial recognition on unidentified people and accelerate medical research. It's more than just ChatGPT.

I think that AI is a great opportunity to use technology in different ways and it's already making our everyday lives easier. 🐾

**Save the Date:  
10th Annual Media Career Expo  
Tuesday, Nov. 14 at 5:30 pm**

**Learn how to break into the media job market at this free event sponsored by The Delphian and the Department of Communications where you will get career advice from Adelphi alumni. More information to come in the next issue.**

## Volleyball Ready to Jump into First after Falling Just Short in 2022

BY ANDREW SMITH

2022 was a season to remember for Adelphi's volleyball team. The Panthers finished with an exceptional overall record of 23-11 and a 10-2 conference record. Their success clinched them a spot in the NCAA Division II Tournament. Adelphi defeated the #4 seed Jefferson University and the top seed American International College on their way to the East Regional Final. However, their unbelievable run ended with a loss to Southern New Hampshire University in the Sweet Sixteen.

Middle blocker Delaney Kiendra, a junior human resource management major, reflected on last season. "During the season, we had a lot of open team discussions about what it was going to take in order to make it, and as a team, we emphasized that every single person has to want it. Anyone who has come to our games can tell that we are a super high-energy team, focusing on cheering our teammates on and making it a super fun and competitive environment," she said.

Kiendra suffered an injury during the first week of the preseason, which changed her perspective. Instead of being a powerful force on the court, she had to find a way to inspire her teammates from the sidelines.

Senior Samantha Meehan added,

"We got second place in our league (NE10) and the region, which was disappointing because we wanted to win both our league and region, and we were so close both times. Despite being such a successful



**Delaney Kiendra stressed the importance of having high-energy and bringing that enthusiasm to every game.**

*Photo by AU Athletics*

season, it left a bitter taste in my mouth because we were so close to winning it all."

"Our team has learned even more grit and seems hungrier than ever to win," the biochemistry major continued.

Kiendra added, "Coming off of

that loss while we were super proud of ourselves for even making it that far, especially after not making it to the tournament the year prior, it left something to be desired for us as a team."

The drive to be better is what pushes athletes during the off-season. This is the perfect opportunity to fine-tune any loose skills and be even more prepared for the long season that awaits.

Meehan explained, "In the off-season, we focused on perfecting the little details in our form and execution, so when it comes to tight games where everything matters, we can focus on the bigger details and not have to focus on doing the small things correctly."

"For me specifically, there was a large focus on cleaning up technique both offensively and defensively, which all comes with getting back into the groove of playing competitively again," said Kendra.

While discussing her team's progress, Meehan described the group as "scrappy" and fighting on every play. "I think our team improved greatly in the off-season, mainly in areas of our game such as serve receive and covering our hitters when they are being blocked. We as a team are also scrappier than ever picking up balls that would have hit the floor in the past."

Both players expressed interest and

enthusiasm for their upcoming match with American International College on September 30. The Panthers defeated American International College last season in the NCAA Tournament and are looking forward to another challenging rematch. The Panthers are off to an incredible start as they won their first two home games



**Senior Samantha Meehan said last season left a bitter taste in her mouth and is ready to take the next step and capture a championship.** *Photo by AU Athletics*

by a score of 3-0 and are sure to carry this momentum through the long season.

Be sure to check out the home schedule and support our Panthers as they look to make their way back into the NCAA Tournament. 🐾

## Women's Soccer Enters 2023 More Experienced and Prepared

BY ANDREW SMITH

Women's soccer finished 2022 with an exceptional winning record of 12-6-2 and a near-perfect conference record of 8-2-2. A seven-game streak without registering a loss propelled the Panthers into the playoffs and even the NCAA Tournament.

In the playoffs, women's soccer defeated #6 seed Bentley University and #2 seed Franklin Pierce University, setting up the championship game against The College of Saint Rose. Sadly, the Golden Knights of Saint Rose defeated the



**Lola Kochanskyj believes that the team took the right steps in the offseason to prepare them for what awaits in 2023.**

*Photo by AU Athletics*

Panthers by a score of 4-0. However, this wonderful learning experience will encourage and inspire the Panthers this season.

"Even though we didn't achieve the outcome we wanted, I was proud of the team's work ethic and perseverance to get to that point," said sophomore Madison Apicella, who is from Holbrook, NY.

Unfortunately, the Panthers couldn't

defeat Mercy College in the opening round of the NCAA Tournament.

Apicella added, "Competing in the tournament was a very cool experience. During my first season, I learned a lot about college athletics and I am proud to say I can be a part of it."

The exercise science major was dominant in her debut season. The midfielder/forward won several prestigious honors, including NE10 Player of the Year, NE10 Rookie of the Year and NE10 All-Conference First Team. Apicella is only the second player in conference history (NE10) to earn both Player and Rookie of the Year in the same season.

Junior Lola Kochanskyj looked back on last season and shared many positive thoughts. "I would say a huge takeaway was that no matter what part you played on the team, whether that be killing it on the field and giving everything you have or being extremely hype and positive from the sidelines, each role played equally into our success as a team," she said.

While reflecting on improving her game in the offseason, Apicella emphasized the importance of her fitness level, which will prepare her for the challenging battles ahead.

"I think the team and myself made it a goal to come into preseason even more fit than last year. Everyone came in this year ready and prepared," Apicella noted.

Kochanskyj, a psychology major, added, "For me, it was a time to figure out chemistry with some of my teammates and establish a place for myself in the lineup. It is very difficult to show what you have individually in season, especially because

we constantly have game prep practices and are always on the road. The spring is the time to develop individual skills and see what works best for the team, as well as having a bit more fun with fully expressing ourselves as players."

This commitment has already paid off for the Panthers, who have opened the season by winning three out of their first four games. One of these matches was against Mercy College and the Panthers had

goals in the opening four matches, with one of them as the game-winner against Molloy University and 17 total shots. Apicella is wasting no time this season and is prepared for any challenge on the field.

Both athletes already have their eyes set on the season's final game when the Panthers travel to Albany on Nov. 1 to take on the very talented College of Saint Rose, who eliminated them from championship contention in 2022. This



**Madison Apicella is only the second player in conference history to be named both Rookie and Player of the Year in the same season.** *Photo by AU Athletics*

an opportunity to redeem themselves. The Panthers defeated the Mavericks on Sept. 12 by a score of 1-0 thanks to a game-winning goal on a penalty kick courtesy of senior defender Morgan Salmon.

Apicella is also picking up right where she left off in 2022 by tallying two

will be an incredible rematch, which the Panthers are looking forward to.

Women's soccer has proven that their hard work in the offseason is paying off, and they are more than ready to take on top-level competition once again. Come out and support our Panthers at Motamed Field. 🐾