

The Delphian

February 13, 2023

The Voice of the Students

Volume 78, Issue 7

Students Study in India With Bhisé Global Learning Experience

BY MALIKA BURIEVA

In October 2022, Adelphi University's Levermore Global Scholars (LGS) Program unveiled the Bhisé Global Learning Experience in India 2023 Program. This intensive yet immersive 10-day study tour to India was established and sponsored by Adelphi alumni Bharat Bhisé, MBA '78, CEO and founder of Bravia Capital. The program occurred in January 2023 Intersession, where eight LGS students of various majors were selected. It catered toward their majors and research projects that will be presented during the Scholarship and Creative Works Conference on April 25, 2023. The group analyzed the country's global function through the arts, women's empowerment, business, politics, the environment and health and wellness while visiting three of India's major cities: New Delhi, Goa and Mumbai.

For me, a junior communications major, experiencing India was almost indescribable. It was the first country in Asia that I had visited. Each city had its own culture and diversity that I was pleasantly surprised to see. The itinerary provided to us consisted of a myriad of activities. We visited multiple schools, bazaars, lectures, research centers and concerts. The day that stood out to me the most was taking a trip to Agra, India to visit the Taj Mahal. It was a privilege to experience one of the wonders of the world. I did not expect cultural similarities between India and my own. My family is from Uzbekistan, a country in Central Asia that birthed the Mughul Empire. The empire spread to North India, bringing its language, architecture and culture. The

cultural similarities were what drew me to apply to this program. I have grown up watching Indian cinema, known as "Bollywood." Through the multitude of Bollywood movies, I was introduced to Indian culture. Since childhood, I have always wanted to visit India. I knew that I had to apply once the program became official.

The Bhisé Global Learning Program in India is a study-abroad experience I will cherish forever. As a child, a visit to

matured, I became aware of such. I knew that I would be more appreciative of my upbringing coming back from India. I had the privilege of visiting such a country of rich culture through a praiseworthy study-abroad opportunity. I am thankful for what I had growing up as a first-generation American. My upbringing and how I see the world will directly impact my future career choices in journalism. In terms of volunteer decisions, I would like to give



The Bhisé group in Goa, India. From left: Callum Ferguson, Amanda Franstedt, Caio Gomes, Professor Rakesh Gupta, Christina Korotki, Malika Burieva, Valentin LeGoupil-Maier, Erica Criollo, Tiffany Pacheco and Professor Katie Laatikainen.

India was simply an imagination. I never thought that it would come true. However, I was aware of my privileges when visiting. My parents are immigrants, so they gave me a life they never had. While I

back to those who never had an ounce of an upbringing like mine. This study tour solidified my future choices career-wise.

The first study tour to India through

Continued on page 2

University's Foreign Language Requirement for Only Four Programs Explained

BY LILYEN MCCARTHY

At Adelphi, all Bachelor's of Arts (BA), STEP, Honors and Levermore Global Scholars (LGS) students are required to master a foreign language up to a Level IV proficiency to fulfill the language requirement. Hundreds of students enroll in one of the languages offered each semester. According to Dr. Tandra Chakraborty, interim associate dean for Student Success and Strategic Initiatives in the College of Arts and Sciences, of the enrolled, 56 percent take Spanish, 8 percent are in French, 5 percent in Mandarin, 13 percent in Italian, 2 percent in Portuguese and 16 percent in Japanese.

However, these are the only programs at Adelphi that require a language, leaving some students to say the requirement is an unfair burden while others feel it adds to their educational experience. Regardless of their opinions about it, few students understand where the requirement came from and why it's limited to the BA, STEP, Honors and LGS programs.

For example, as a part of her degree, Benicia Lasko, a sophomore English major enrolled in the STEP and Honors programs, is required to demonstrate mastery of a foreign language through a Level IV proficiency. Lasko had to take the last three of four levels at Adelphi, adding 12 credits to her requirements from general education, STEP, Honors and the English program. And that feels like a lot of pressure, she said.

"I can say it definitely put me under a lot more stress [fulfilling the language requirement], simply because I didn't want to fall behind on my requirements to graduate, and I don't remember nearly as much as I would have liked to from the classes I completed," Lasko said.

She expressed what many students shared, questioning why some departments have the language requirement while others don't. According to the explanation on the general education page, "The language requirement is part of Adelphi's mission to prepare students to be informed and culturally sensitive citizens."

But students say that with a mission to educate culturally sensitive students, why don't all undergraduates across the university have to master a language to a certain proficiency? Bachelor of Fine Arts

Continued on page 2

Despite Available Spaces Parking Woes Return With the Spring Term

BY HUSSEIN ALI RIFATH

When freshman William Conboy drove to campus on a recent Thursday morning, he arrived to find the parking near the University Center full at 9 am. He spent an extra 12 minutes driving around campus to find an available spot and was forced to run to get to his first class on time.

For many, that's been a common experience this semester. Commuting to school is a reality for 80 percent of the undergraduate students at Adelphi, and they are increasingly finding parking on campus to be an uphill battle—despite the fact that according to Raymond Hughes, chief of Campus Safety & Emergency Management, there are plenty of spaces.

"All the commuters I know talk about the parking," said sophomore Leannan Harcourt-Brooke. Later in the day, parking near the classroom halls becomes particularly difficult. "Once you get to midday, there is definitely crowding," added Conboy.

Hughes said there are 4,831 students and 2,700 staff and faculty currently registered for parking decals "but these numbers are arbitrary due to the fact that everyone is not on campus at one time and two parking decals can be requested by each individual."

Even so, Hughes said not only have we not reached full capacity on campus since before Covid, there are enough spaces to go around. "With ample parking options always available, there is little to

no crowding," he said. "We monitor parking conditions and space availability daily and we have yet to reach full capacity."

According to Hughes, there are 2,796 spaces available on campus and 310 at the neighboring Garden City pool. Adelphi students have access to a total of 11 parking areas, two of which, the Hy Weinberg and Garden City pool, are a considerable walk away from the main campus. These areas contain most of the remaining parking spaces throughout the day.

"There are always between 100 and 200 spots available on the main campus and over 300 at the Garden City pool daily," Hughes said. "A slight reduction of spaces is due to the cor-

Continued on page 3

A Word From the Editor

This semester so far has been an overwhelming myriad of emotions. I hope that everyone is settling into their semesters calmly and getting their new routines down! Now that it's February, we are in Valentine's mode, where everything is colored in reds and pinks, hearts and chocolates decorate the stores, and roses and teddy bears make great gifts. This issue, we have covered lots of Valentine's topics, from a meet-cute between two Adelphi professors, to a gift guide to gifting and treating yourself this holiday. We are also currently celebrating Black History month and there are tons of campus events and lectures to attend and join, including Black History Month Trivia Night on February 27, the John Hope Franklin Distinguished Lecture on February 28 and our art gallery's exhibition of Ebony Thompson, which will be available to see through the 25th.

Wondering why you can't get a parking space on campus? Or why only BAs are required to take four semesters of a language? Read in the news section to learn why. We also have lovely first-hand experience about a study tour to India that occurred over January intersession. Check out our opinions including topics of George Santos and differentiated opinions on Valentine's Day. And in sports, we have a coach spotlight on an Adelphi alumna, winter team check-in and a baseball preview.

I'd also like to take the time to address the earthquake that occurred in Syria and Turkey on February 6. As of this writing, nearly 20,000 have died, and I think that it's important to keep these two countries in mind and do whatever we can to help them. UNICEF, the Turkish Embassy and the International Red Cross are all taking donations. Please consider helping those who have lost friends and family due to this natural disaster. Our special thoughts are for our fellow students who are from those countries and for anything we can do to help. Please reach out to let us know the ways in which we can provide support and aid at this time.

Thank you to all the staff and editors for working hard on this issue, I appreciate you all! I hope you enjoy reading issue number seven! Have a wonderful Valentine's Day and don't forget to buy yourself some chocolate too!

Lizz Panchyk '24
Editor-in-Chief



TheDelphian

Editor in Chief:
Lizz Panchyk

News Editor:
Joanna Reid

Features Editor:
Bianca Viana

Opinions Editor:
Joseph D'Andrea

Sports Editor:
Andrew Smith

Production Editor:
Justin Kresse

Production Artists:
Malika Burieva
Sophia Martuscello

Social Media Editor:
Mylo Fisherman

Staff Writers:
Malika Burieva
Kenneth Cervantes
Sydney Cianciotto
Mitch Cohen
Ennie Conner
Kurana Doobay
Lilyen McCarthy
Hussein Ali Rifath

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.

Volume 78, Issue 7

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

HOW TO REACH US

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

LETTERS TO THE EDITOR

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

ORIGINAL ART

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

ADVERTISING

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

FOLLOW US ON SOCIAL MEDIA

Website: www.thedelphianau.com
Twitter: @the_Delphian
Facebook: The Delphian
adelphi-delphian.blogspot.com
Instagram: @the_delphian

Global Learning Program in India

Continued from page 1

Adelphi's LGS Program will be an unforgettable experience for all its members, including myself. The program taught me patience and gratitude. Traveling is a learning experience. A first-hand experience is far more suitable than reading it from a textbook or watching a video. I am grateful to travel during a post-lockdown world. It is delightful to see the world opening up again and opportunities such as this arising considering the world was in lockdown for two and a half years. This year was off to a great start.



Malika Burieva at the Taj Mahal in Agra, India.

Continued from page 1

(BFA), Business Administration (BBA) and Bachelor of Science (BS) students don't have the language requirement as a part of their degree program. Majors in these degree programs often require around 70 credits within the field on top of general education requirements.

Chakraborty said when the Languages Department initially proposed the requirement during the 2007-'08 school year, certain programs voted to exempt their students. They said scheduling around specific program courses and completing general education requirements alone is a lot for the BFA, BBA and BS students, so adding a language requirement would be too much for them.

At the same time, Dr. Priya Wadhra, associate chair of the Languages, Literatures and Cultures Department in the College of Arts and Sciences, said that the Level IV proficiency does not mean that all students are required to take four semesters of a language. Students have the option to test out. Wadhra explained that any student with prior knowledge or experience should take the placement exam and potentially be placed into Levels II, III or IV, meaning fewer than four semesters of language education. Performing well enough on a test and subsequently a supervised test could also result in testing out of a language altogether.

This was the case for sophomore media studies student Julia Lund. "I don't think the language requirement

for me personally was unfair, as I enjoy the language and aim to improve my skills as such. I also tested into Level III and then only had to take two classes rather than four," she said.

Some students manage to add a language minor or even a double major to their BFA, BBA and BS degree, but this is an uncommon situation.

"I believe learning a second language is a very important skill to have, but I have some students struggling to graduate on time with the requirements they must complete now. They wouldn't be able to handle a language on top of that," said Chakraborty.

As an example, science students must schedule labs, lectures and other classes in a way that will allow them to graduate in four years. Crafting the right schedule in the correct order and other extracurriculars/personal responsibilities can be extremely difficult.

"The students who can fit a minor or add a major are the exception, not the rule. We must plan a curriculum around the general student population," said Chakraborty, who also teaches biology.

From a language student's perspective, sophomore Pamela Giannopoulos said her favorite part about the languages program is "being able to analyze not only the tongue in which we speak, but the derivatives behind it." As a language and cultures major, she believes the language requirement is good and important. She said students not taking one are miss-

ing out on certain cognitive thinking and analytical skills. Giannopoulos said she chose the major because she enjoys learning about other cultures and the languages of those cultures as well. When others told her to choose jobs like nursing or teaching, Giannopoulos chose a future that would make her the happiest.

"An advantage I see myself having in the future is an expanded horizon. As a polyglot, I believe I am properly equipped to understand different aspects of cultures and appreciate the world we live in more," she said.

After completing her foreign language requirement in fall 2022, Theresa reflected on her experience with the department.

"I believe having it [foreign language requirement] as a requirement encourages the students to focus more on passing than actually learning the language in depth," she said. "But overall I think learning a language is really important, especially if you're going into a field like education, social work, etc."

Wadhra said that even for those students who don't have a foreign language requirement, they are always welcome in the Languages Department. "The more the merrier! We as instructors can benefit from a wide range of perspectives, and students invariably learn from one another, so the wider the range of backgrounds, perspectives and skill set represented, the more they get out of the experience," she said.

Stressing About Changing Your Major? You're Not Alone

BY JOSEPH D'ANDREA

If you're thinking about changing your major, you're not alone. Many students who choose their majors in high school—an often nerve-wracking decision—ultimately find themselves on track with a different career path in mind once they've spent some time in college.

A study by the Education Department's National Center for Education Statistics found that “33 percent of bachelor's degree pursuers who entered college in 2011-'12 and 28 percent of students in associate degree programs had changed their major at least once by 2014,” as reported by Inside Higher Ed in 2017. This is reflected at Adelphi as well. As noted by Linda Jean-Louis, associate registrar for scheduling and reporting at Adelphi, who serves at the One Stop Student Services Center, “Our numbers by term (fall and spring) indicate our first- and second-year undergraduate students request a change of major more often than third- and fourth-year undergraduates.”

The tendency for college students to change their minds regarding their studies is not uncommon. So what a college does to aid these students who are either having a different profession than their current major already in mind or are entirely uncertain about their future, is crucial.

“If a student is going to change their major, it most often happens during the first or second year,” said Andrea Ward, the interim associate provost for student success who oversees academic support units on campus. “The reasons for major changes are extremely varied. However, one of the more popular reasons

is that the student becomes extremely interested in a new area based on a class they have taken. Students must choose a major by the time they have completed 64 credits, which is usually around the second semester of the sophomore year.”

She said that students are often worried about “wasting” credits. “But there is room in most majors for electives. All students receiving a degree need at least 120 total credits so there is some room to explore different areas. Students can also use their PATH (general education) requirements to investigate other majors. Those courses count for every major.”



According to the National Center for Education Statistics, about 80 percent of students in college end up changing their major at least once.

Those like Ward, who have familiarity with those considering a change in major, offer support that allows students facing this dilemma to be led down a more structured path. Students must commit themselves to putting in the necessary effort, but through the advice they can receive from Adelphi faculty, the process becomes all the more approachable.

“I tend to suggest students take a

class or two in the area they are considering switching to,” Ward said. “Another great way to learn more is to join a club that is tied with that program or talk to students in that major. The Center for Career and Professional Development is another amazing resource for students who are exploring different career possibilities. While it can be stressful to make the leap, most students I have spoken with later are so happy that they made the decision. They have truly found where their interests lie.”

Junior Ghila McBrien changed her major from social work to communications with a concentration in media studies in the spring 2022 semester. “I found myself looking more into films and television and how they are made. I love social work, and I love how it helps communities, but I wanted a bit more,” she said. “In the future, I would like to help enhance enriching and educational programming for children, but my advisor told me that social work would not be ideal for that. Instead, she recommended communications. That very day, I began the process of changing my major. My new advisor helped me pick out classes that brought me closer to my goal. Now, I feel that my classes are more connected to what I want to do.”

For some students, a positive experience with a professor could be enough to pursue a different path.

“I used to be into journalism and public relations, and I was good at it, but not super passionate,” said senior Jade McClinton-Dorley. “So, I took classes with Professor [Terrence] Ross who helped me realize my potential and just gave me a little push. Then I changed my concentration to digital production and

cinema studies and it's been awesome.”

Some challenging programs see changes more than others, and a student might even consider dropping out because they're worried they can't complete their course load. Changing their major to something that better suits them is a good option.

Dr. Ward said, “Sometimes students have a very narrow view of the future and exploring other areas helps to see that there are so many possibilities that are open to them.”

Nursing advisor Joanne Maldonado has been at Adelphi for 16 years as a senior student relations specialist. She said, “I've only seen that students change from nursing mostly in their second or third semester of being at Adelphi because they are failing mostly science courses and find it too hard for them to continue. They mostly switch to health sciences, social work or biology. My students pick some of these majors because some of their science courses will be accepted in these majors.”

Maldonado said she meets with the students, advises them what to take for that semester or the next and looks up their GPAs. “If they don't meet the required GPA then we let them know and to try and get it up to the required GPA of 3.3. If I think they will not make it in nursing by looking at their grades, I will also suggest thinking about a different major and why I am suggesting this, but it's entirely up to them.”

For Adelphi students who may be caught in the problem of concretely declaring a major, services on campus, and support from other students who have been through the same situation, can provide relief.

Parking Problems Return With the Spring Semester

Continued from page 1

rection of an unsafe traffic pattern in Parking Field #6 between Waldo and Chapman Halls. This change has not had a negative impact on parking for current students, faculty and staff.”

Hughes pointed out that Motamed Garage, Parking Fields #5, #7 and #8 and the Garden City Pool, which is Parking Field #9, are the least utilized. The issue isn't a shortage of parking spaces, but that spaces nearest to students' classes may fill up first, making the problem a lack of “convenient” parking.

“I understand that to be if you have a class in Hagedorn, and you can't find parking in the vicinity of that building, you don't want to park near Post Hall,” Hughes said.

These areas are often used as a last resort by students, staff and faculty. For example, Natalia Prado, a professor in the Biology Department, said she doesn't usually park at the Garden City pool. “I think that's a little far for me,” she said.

Students' parking woes came to a head with the start of this term. “I think it's more of an issue now that a lot more classes are back in person. During Covid, it wasn't as much of an issue because a lot of classes were

online,” said senior Ashley Bermudez.

For the past four semesters, that has allowed students to park in spaces that sit comfortably close to their classroom halls, making for much-needed convenience.

Parking at Adelphi was similarly difficult before the effects of the Covid-19 pandemic. David Campmier, a professor at the History Department, said, “When I was an undergraduate [at Adelphi] during the 2010s, if you didn't get here earlier on Tuesdays and Thursdays, you probably didn't get parking on campus. You had to park off-campus or at Hy Weinberg.”

Commuters have worked to adapt to the current circumstances. “I've gotten into the habit of leaving extra early,” said sophomore Roya Parsa.

Change, however, has not come easy. Because students have to leave their homes extra early to ensure they get parking, they are also losing time to rest. “This week I've been pretty tired and out of it. This morning, I was less focused in one of my classes,” said Conboy.

Some students have turned to becoming more competitive drivers. “After 10 o'clock, you have to stalk [parking] spots to get them,” said Conboy.

“I stole someone's spot like

two days ago,” said Parsa. “He wasn't very happy, and I got honked at but I needed the spot. It's kill or be killed and I took the spot.”

Mondays, Tuesdays and Thursdays tend to be the most difficult days to park. “On Mondays, I notice cars already parked in the underground parking, whereas most other days I'm usually one of the first cars to park there,” said Dr. Prado.

“Parking depends on the time,” said Conboy. “When I'm here by 8:30 [in the morning], it's very easy and there's lots of spots. Later in the day, like 9:30-10 [in the morning], there's nothing.”

Bermudez has had a similar experience. “If I don't get here early before class, there's usually not much parking close to the building I need to go to.”

Driving to campus remains a popular method of commuting for the ever-growing Adelphi community. According to Hughes, however, the university has no plans to expand existing parking space. This concerns Bermudez. “I think that there's not as many places to park than there should be, given that this is a commuter school,” she said. Parsa echoed that sentiment: “There's no space as is.”

As the campus grows more crowded, some students may be interested in using other forms of transportation. Adelphi's shuttle service, for example, connects to public transportation at the Hempstead Bus terminal and both the Nassau Boulevard and Mineola LIRR stations.

It's possible that an expansion of this service to other transit hubs could motivate some students to leave the car at home, and ease vehicular congestion on campus. However, the price for taking round-trips on public transportation almost every day can add up rather quickly.

Access is another concern. “I feel that right now, shuttle service is mainly geared towards dormers' needs,” said Harcourt-Brooke. “If they geared the shuttle more towards what commuters need, then they wouldn't need to bring cars to campus as much and it might help with the crowding.”

For many students, commuting by public transportation would prove too inconvenient. “My commute would be a lot more difficult if I wasn't driving, given where I live [Queens],” said Bermudez.

From Grad School to Tenure Together: Love at First Write

BY LILYEN MCCARTHY

As we celebrate Valentine's Day this month, honoring new and seasoned love, we commend two professors on campus who have been together for nearly 30 years. Dr. Lahney Preston-Matto and Dr. Michael Matto both work as English professors in Adelphi's English Department in the College of Arts and Sciences. The two met in their first year of grad school at New York University in 1991 and started dating in 1994.

The professors preach communication as one of the most important keys to success in a relationship.

Working together in the same environment for so long, the two commented on their time as colleagues in the same department.

"It could be suffocating having the same job, working in the same field and doing the same things. We have worked against that by talking about everything all the time," Preston-Matto explained. Working through grad school together Preston-Matto and Matto discussed their plans. While one was working on their writing toward a PhD in English Literature at NYU, the other was working to help support and vice versa.

Matto earned his PhD in 1998 and Preston-Matto in 2000—the same year the couple got married.

"May 2000 was a big month for me. I defended my dissertation, had graduation and got married," said Preston-Matto.

In 2002, a mutual friend from grad school told the two about a visiting professor position opening at Adelphi. Preston-Matto decided to apply for the job and was hired. In that year, four positions opened up in the English Department,

one being a Medievalist professor and the other as a Writing Center director on a tenure track. Preston-Matto was hired as the Medievalist professor and Matto the Writing Center director. By 2003, both professors were working together at Adelphi. Preston-Matto had started as a visiting professor, becoming an assistant professor on a tenure track in 2003. Matto was hired to start the Writing Center and oversee expository writing, working half in administrative work, half faculty.



English professors Lahney Preston-Matto and Michael Matto met as graduate students and have been married since 2000. Their work-life balance is based on communication.

Communication was especially important working together at Adelphi.

"It was always really important at work to remind everyone that we are separate people. We always refused to be each other at work," said Matto.

As adjunct professors at Iona University before Adelphi, the two worked with an older married couple that "ran the [English] department." The Mattos wanted to make it clear that this was not their goal.

"It's something we had to be conscious of," said Matto. During a faculty meeting, the two told the staff they would not be each other's communication. They made this easy by alternating their schedules. While one was on campus, the other would be at home with the kids.

"The nice part with working in the same field is we completely understand each other's job, the stresses and pressures and when specifically, those happen. We never have a situation where the other

was able to utilize this new policy.

"Having two kids in two years, your research agenda takes a little bit of a hit," said Preston-Matto.

Now, Coulson, 18, studies at Bard College as a freshman, while Arthur is in the midst of his junior year in high school, turning 17 on February 15.

In the last nearly 30 years they have been together, the biggest tip the two have is to "remember, you are a team working on the problem. The problem is the enemy, not each other. It's not about placing blame but about figuring it out together," said Matto. They have battled problems together, getting through grad school, working in the same environment and having two kids while first starting out on tenure-track jobs.

"Don't keep score. Never, 'I did this so now you have to do that.' It just won't work out that way," said Matto.

For their first time at Adelphi, the two are working together for the study-abroad course, Literary Landscapes. Preston-Matto is the head professor for the course and Matto is the second professor attending the trip to Europe in March. They still hold onto their value of staying separate and maintaining alternating schedules, but did not mind an opportunity to work together on this project. Both are excited for the opportunity.

With the holiday of love coming up, both agree they have never had a Valentine's Day tradition between them or with their children.

"Actually St. Valentine was martyred by people throwing stones, and he was beheaded, a gruesome event to celebrate with flowers and chocolate. I often encourage people to throw chocolates at others to celebrate instead," said Preston-Matto.

Adelphi Activities: Upcoming Events on Campus

There are always activities taking place on campus, so check some of these out for yourself. If you would like your upcoming event advertised in the next issue, email us at delphian@adelphi.edu.

February 16: Anthropology Fair in the PAC, 8 am-1:40 pm

February 16: African American Read in UC 113/114/115, 4 -7 pm

February 20: Conscious Coffee: Adam San Miguel Virtual, 4:30 pm

February 20: Don't Touch My Hairrrr'-Care! UC Multicultural Center, 6-7 pm

February 21: Tabling Event in Honor of Teen Dating Violence Awareness Month in UC, 11 am-1 pm

February 21: LSA Bob Ross Paint Night in the PAC 216, 6 -8 pm

February 21: Mardi Gras Party Inter-faith Chapel, 6:30-7:30 pm

February 22: How the Human Brain Makes Sense of the Social World in UC 113/114, 1-2:30 pm

February 23: John Hope Franklin Distinguished Lecture, UC Ballroom 7-8 pm

February 23: ViewFinders Film Festival - Discussion: "Emerging Black Artists Engaging in Social Justice," Olmstead Theatre PAC 10:30 am-12:05 pm

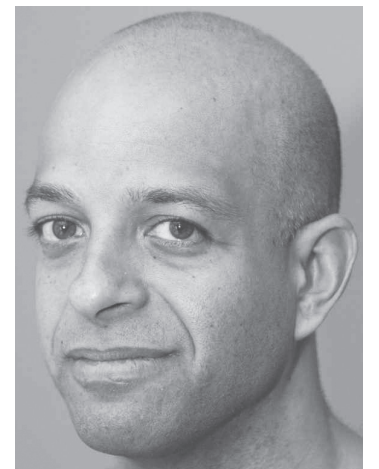
February 23: ViewFinders Film Festival - LaDonna Harris: Indian 101, Olmstead Theatre PAC, 4:30-5:35 pm

February 23: ViewFinders Film Festival - Evening Feature: Coded Bias, Olmstead Theatre PAC, 7-9 pm

February 24: Comparative Hell: Arts of Asian Underworlds, 2 -5 pm

February 27: Thriving on Campus: Black Professional and Student Perspectives, UC Ballroom, noon-2 pm

February 28: Eddie's Perejil: A Latinax Story of Confronting History and Love of Homeland, Olmstead Theatre PAC, 7:15-9:30 pm



Eddie Perejil

Winter Break Study Abroad Class Explores London's West End

BY JOANNA REID

Studying abroad in London gave me the opportunity to immerse myself in new experiences, make new friends and bring me out of my comfort zone. In January I took the Experiencing London Theatre course with professors Brian Rose and Sean Sullivan for which I spent 10 days in London. I wanted to take this class because I have always wanted to go see shows on London's West End. The class allowed me to compare theater on the West End to theater on Broadway—and to see nine plays/musicals in London (seven with the class and two on my own), explore some of the many sights the city had to offer, and go on a couple of class tours.

I had never traveled abroad before, so it was a nerve-wracking being out of the country, far away from my family. Luckily, I was able to adjust quickly because both the students and professors on the trip were friendly and we all had one thing in common: an interest in theater. We all made a group chat and had everybody's contact information just in case, which made me feel a lot more comfortable and safe. Not to mention, our professors spent time teaching us how to use the tube (subway system in London).

On our first full day in London, our professors guided us around the city and



The Big Ben in London
Photo by Joanna Reid

showed us some interesting landmarks, like an alleyway where Harry Potter had been filmed and many of the theaters that make up the West End. Later that day, we saw the musical “& Juliet.” It was cool to see a show that originated on the West End and is also on Broadway in



Outside the Shaftesbury Theatre in London where the musical “& Juliet” is currently playing. Photo by Joanna Reid

New York. After every show we turned in reviews and we were able to discuss the shows with each other. This was interesting because I got to hear about other people's opinions and details I might have missed from my perspective. For our final we were expected to write a long essay comparing the shows we saw. I ended up comparing London theater to American theater as well. Our grade was based on these reviews, our final paper, and of course our attendance at the performances.

During the day we often had time to go wherever we wanted around the city. I visited the Big Ben clock tower, the London Eye, the National Gallery, Abbey Road and many other places with a group of friends. I enjoyed the fact that we were given free time and did not have to constantly stay with a large group. We could choose wherever we wanted to go.

One night a couple of friends and

I went to see a production of “Newsies.” It was so much fun and I found London theater to be even more immersive than American theater because actors tend to interact with audience members. You truly feel like you're a part of the story too.

The professors planned a trip to

the National Theatre to see “Othello” and take a tour of the theater. I learned how all different departments run and saw some of the creative team at work. They also planned a trip to the Globe Theatre, where we watched a fight demonstration with real swords. We toured the theater and learned all about the history of Shakespeare.

I think my favorite show out of the nine I saw was “Best of Enemies,” a play about the writers William F. Buckley and Gore Vidal.

Now that I have studied abroad in London I would love to go back and also explore more places in Europe. Studying abroad meant a lot to me because I was able to learn more about something I am passionate about, theater. Without studying abroad, I wouldn't have made new friends and I wouldn't have new memories I can look back on forever.

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 and elizabethpanchyk@mail.adelphi.edu.

The following poem was submitted by a senior at Sacred Heart Academy who visited campus recently.

A Year of Capricorn is a poem about delusional, heartbreak and realization from the speaker's point of view on the person they met in January and their one-sided connection within a span of 12 months. I feel that the speaker deals with the typicality of life and towards the end of the poem finally understands that from the beginning that their 'friendship' was never meant to be.

A Year of Capricorn
By Ashlyn Jurena
(senior at Sacred Heart Academy)

In January, I first met you

In February, I never felt blue
In March, you drifted away
In April, I wanted you to stay

In May, you begged for forgiveness
In June, I was happy nonetheless

In July, fireworks flared
in the essence of love

In August, you had to part

In September, thou broke my heart

In October, my soul was torn apart

But in November, it
made me remember

That in December all this time we
were nothing more than just friends.

Panther's Great Adventure svd/cee



Valentine's Day Gift Guide Options for 2023

BY LIZZ PANCHYK

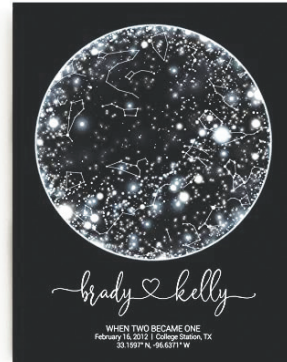
Whether you're spending Valentine's day with a significant other, a best friend or taking care of yourself, gifts make everyone's day that much better. Use our Valentine's Gift Guide to gift yourself or someone else!



What's the best way to start Valentine's day? Chocolate! It's the most neutral and yet sweet gift that would put a smile on any face. Starting at \$24 at mrchocolate.com.



A great way to relax is to soak in a warm bath. Want to add a little color? For only \$12 at lush.com Lush's Valentine's Bombshell bath bomb is not only pink and in the shape of a heart, but it's filled to the brim with sweet smelling rose petals.



If you're looking for something unique and special, check out this star map which you can customize to your liking. Find it on Amazon for \$22.90.



A candle with a little extra something special? Yes, please. These candles all contain a diamond somewhere within the wax that you'll discover along the burning time. While the original price is \$125, lookout for winter sales at foreverwickcandle.com.



Flowers die, so why not give something that will last forever? A forever bouquet of flowers to remember a forever person! Just \$49, get your six-stem rose bouquet at www.love.pop.com.



Need a bestie gift? These matching lego necklaces are 2 die 4. They come as a pair, just like you and your best friend! Comes in five different colors and are just \$10 at Amazon.com.



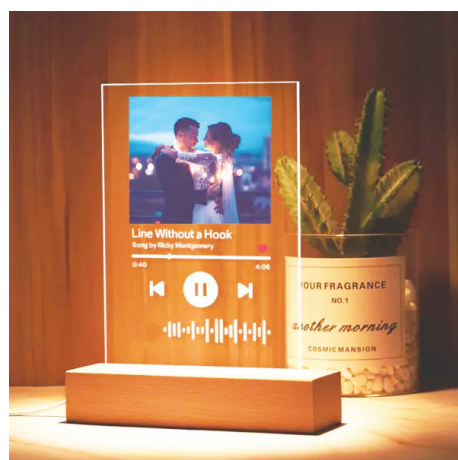
The famous rose bear can be pricey. What about a cuddly rose bear from one of the most well-known bear companies? This \$45 rose bear from Build-a-Bear holds a detachable gold heart at buildabear.com.



Fancy truffles are a need. These chocolates are infused with rose oil, so it's almost the equivalent of getting chocolates and flowers for \$16.95 at www.teuscherchicago.com.



Like your own personal mini photo album, check out this customizable photo roll for \$39 at roseinside.com. Cherish your memories in a special way.



Share a song with somebody special? Now you can share it forever with this Spotify Code plaque. Customizable, you can add a picture and get it in a color changing nightlight which is \$31.95! Check out myspotifyplaque.com for more options.

Favorite Cupid Day Candies

Everyone knows that Valentine's Day and candy go hand-in-hand. Did you know that 58 million pounds of chocolate are bought throughout the week of Valentine's? According to candystore.com, America will be dishing out nearly \$26 million on the holiday this year, a record-breaking number. Candystore.com also ranks the top candies by state. What's a New Yorker's top candy? Conversation hearts, a staple in any candy trade, with a heart-shaped box of chocolates in second place and cinnamon bears in third. Take a look at the map to see what's popular in your home state.

Map courtesy of candystore.com



Give Yourself a Gift This Valentine's Day

BY KURANA DOOBAY

Valentine's Day can be a hard day as a single college student. Some people are finding their soulmates and the rest of us are sitting around waiting for them to come to us. And others of us are withering away at the thoughts of who we could have been with the one that got away or how much we love somebody who doesn't love us back. But it doesn't have to be like that. Take back your power and reclaim the day!

Valentine's Day is a day of love, and sometimes that means giving the love you have saved for someone else back to yourself. The most important relationship that we need to foster is the one we have with ourselves. You are the only person who you're guaranteed to spend forever with. Maybe you aren't participating in a romantic event with someone else, but romanticizing your own life can feel even more magical.

You know yourself better than anyone else, which means that you're the best person to receive a gift from. And although college isn't the most ideal time to spend money on a dream vacation or splurge on a designer purse or new pair of shoes, time is free and we have a lot of it. And even when we don't have the time, as college students, there's nothing we know more about than doing the best we can with whatever we have.

Sometimes in college, we forget to do the things that make us hate life a little less; our hobbies. We get flooded with assignments we don't want to do and bombarded with responsibilities we wish we didn't have. We give ourselves

excuses like, "I'll do it when I have the time" or "I'll do it over the weekend." But when we do have the time and when the weekend does come, we obsess over TikToks of people we wish we were and wish for things we don't have yet and forget to enjoy what's important and available to us. So let's change the cycle up a little bit on February 14. Valentine's Day, a day to love... yourself! Instead of scrolling through, staring at endless videos of couples going on dates and doing grand gestures for each other, get up and do something fulfilling. If you like running, the neighborhood around Adelphi has a lot of pretty scenery you can surround yourself with while doing it. If you like swimming, there's a pool in the Center for Recreation and Sports that you can visit. If you like watching movies, Adelphi offers a free HBO MAX subscription that you can sign up for. Play the instrument that's been begging you to be picked up, or sing a cover of your new favorite song (even if it's going to end up sitting in your camera roll). If you were a dancer your entire life and decided not to major in dance at college, try to re-choreograph what used to be your favorite routine. Write in your journal, add to your scrapbook, crochet a new scarf, try cooking a new recipe, make a new playlist. Choose something you love doing, AND DO IT!

And even if your schedule happens to be packed with classes, labs, meetings and events on February 14, at least look hot and wear an outfit you feel your best in. It doesn't have to be Valentine's Day themed, all pink and red or littered with hearts. If you have a new shirt you've

been waiting to pull out for the "right occasion," make Valentine's Day the day. Do your hair all nice and wear your favorite perfume or cologne. If makeup is your thing, draw some eyeliner on, and if it isn't, try a necklace or add some rings. Look in the mirror and tell the person staring back "You look fine as hell."



Show yourself a little love this Valentine's Day. You deserve to celebrate you.

And after the long day you've had, before you start to stress out about what's due at midnight, take some time to slowwwwwwwww downnnnnnnnnnn. If you need to sit and stare at nothing for a few minutes, do it. Don't think about anything. When you decide you're done, go take a shower, close your eyes in there and really smell the shampoo. You picked it out, so it must be good – because obviously, you have the best taste. Then get out of the shower and do nothing again. Take a nap if you want to, and if you don't want to, keep doing nothing. And honestly, if you need to take the time to feel sorry for yourself, do it. Cry it out. Scream it out. Do whatever it takes to get your hatred for the day out of your body and into the air.

You can hate Valentine's Day all

you want, and at the same time, you can also do your best to try to appreciate what it stands for. Love. You're not a heartless robot. Take the time to make a list of things you love. If you don't want to take out a piece of paper and write it down, do it in your notes app, or at least just think about it. Even the little things, the things that seem most insignificant but still feel REALLY good. Good hair days; not having homework; waking up before your alarm and realizing you have an hour of sleep left; when someone laughs really hard at a joke you made; when a professor tells you that you've done a good job; getting an unexpected A; finding a \$10 bill in your jacket that you forgot you put in there; when you try to get a good picture for Instagram and it's perfect on the first try; when someone says "You look really nice" on a day you didn't think you did; when your drink from Starbucks tastes *just right* after you've waited over half an hour for it to be made.

Tell everyone you love that you love them. Not just because it's Valentine's Day, but because you mean it. And when they say it back, remember that they mean it just as much. And then say "I love you" to yourself. And mean it.

In the end, Valentine's Day is only one day of the year, and the day after is just another old day. So if all else fails, and you still feel like there's nothing left to do to make yourself feel better, just remember that on February 15, you can walk into any drugstore and buy a box of chocolate for 50 percent off what it was the day before.

Can Money Buy True Love? The Financial Impact of V-Day Gift-Giving

BY KENNETH CERVANTES

Is that love in the air? Or is it the smell of money? When February 14 comes around, many a store overflows with customers eager to purchase boxes of chocolates, bouquets of various flowers and stuffed animals for their significant other. According to the National Retail Federation (NRF), Valentine's Day shoppers in the United States spent a whopping \$23.9 billion last year on candy, flowers, cards, jewelry, clothes and an evening out and are expected to spend \$25.9 billion this month.

But why do we place such an immense emphasis on buying our lovers tokens of appreciation? "Romance and love are inextricably linked to our well-being," said Zachary Johnson, professor of marketing at Adelphi University and founder of ProfVal.com, which provides expert opinion letters. "Given the tremendous value that we ascribe to love, it is unsurprising that we are willing to invest our resources into a holiday dedicated to love."

Ever wonder where our V-Day gift-giving habits come from? The act of giv-

ing flowers to your partner dates back to the days of Greek mythology. Aphrodite, the goddess of love, came across her lover, Adonis, who was wounded by a wild boar. When Adonis fell to the ground, a mixture of his blood and Aphrodite's tears pro-



Although buying presents is one way to show someone you appreciate them, it can be just as romantic to enjoy a sunset, have breakfast in bed or make a relationship scrapbook—with less stress on the wallet.

duced a beautiful red rose bush, making roses the ideal choice for this day of love. On Valentine's Day in 1415, Charles, the Duke of Orléans was imprisoned in the Tower of London. While incarcerated, he wrote poems to his wife, which soon became popularized, and started the tradition of writing greeting cards to express

one's love. And what's Valentine's Day without a heart-shaped box of chocolates? In the seventeenth century, Spanish explorers brought chocolate to Europe from North America, later becoming Europe's choice of candy on this holiday.

Nowadays, we need not worry about wild boars or voyaging for sweets— just commercial ventures. The NRF states that more than half of consumers will spend an average of \$193 this Valentine's Day, with 68 percent of that total being spent on gifts for significant others and family members and 32 percent being spent on friends, classmates, teachers, colleagues and pets. The most common gifts people purchase on Valentine's Day include candy, greeting cards, flowers, gift cards and clothing. On the more expensive side, the planned amount of money spent on jewelry amasses to over \$5.5 billion. Who knew love could be bought with gold, silver and a bunch of other fancy rocks?

Even those who don't partake in the lovey-dovey festivities of Valentine's Day will choose to mark the occasion by treating themselves to a special evening dinner. Others will plan Valentine's Day get-togethers. Altogether, singles plan to

spend \$4.4 billion on a day to themselves.

Wholesomely, some individuals will allocate their Valentine's Day budget to items catered to their partner's interests. Ashley Ice, a sophomore liberal arts major at Nassau Community College, said, "My boyfriend, Anthony, loves music. Last year I got him a \$250 vinyl player with a \$40 Notorious B.I.G. record and he loved it."

Despite the outrageous amounts of money being spent on Valentine's Day, curtailing your spending habits this holiday doesn't always have to end with a breakup. Johnson said, "Experiences are tremendously thoughtful. Sometimes, this type of gift could cost fractions of the price of a product alternative."

This year, Country Living published a list of 30 romantic activities to do on Valentine's Day, including watching the sunset, having breakfast in bed or making a scrapbook of your relationship—alternates that are much easier on the wallet.

Whether you're spending February 14 with your significant other, friends and family, or all by yourself, be wary of how you spend your money. A simple "I love you" might just be all you need.

Secondhand Chic: How to Thrift the Perfect Clothes

BY KENNETH CERVANTES

One man's trash is another man's treasure, especially when you enter your local thrift store and you're surrounded by clothing that was once loved. Shopping secondhand has a plethora of benefits. You'll encounter one-of-a-kind pieces at a marked-down price, allowing you to affordably experiment with different styles. But there's more to thrifting than just revived fads and vintage swagger.

"Thrift shopping can help the environment by extending the lifespan of a product, which keeps clothing out of landfills and lowers the water consumption needed to create new clothes," said Nicoletta Roppo, secretary of the Adelphi University Environmental Action Coalition.

It might be intimidating to shop with the idea of being environmentally conscious, especially if you've never been to a thrift store. But think about how fascinating it is to find a piece of clothing you can't find at the mall. After a few trips to different stores, you'll be able to sustainably take your closet to the next level.

From first-time shoppers to full-time fashionistas, most people find it overwhelming and time-consuming to scan through racks upon racks of clothing. You may think thrift stores are crowded with random used items, when in reality it's a frugally riveting experience. Here are eight things

to keep in mind next time you thrift.

1. Create a Vision Board

A wise tip to mentally prepare for your thrifting adventure is to set some general expectations for the types of pieces you're shopping for.

First, think of a few adjectives that describe your target aesthetic. Are you looking for something preppy? Minimalist? Retro? Maybe you want to try fashion trends from a certain decade. There might even be a celebrity whose fashion you want to mirror. It's also practical to create a color palette. Fall and winter are the perfect time to flaunt neutral colors or earthy undertones like yellow ochre, mossy green and burnt sienna. During the spring, pastels are popular. As the weather warms up in the summer, you may gravitate toward vibrant hues. Perhaps you wear black all year round?

You can narrow your ideas even further. Pattern, sleeve length and fabric type are some other useful factors that come into play. But don't get too specific with your vision or you'll ruin the magic of thrifting—not knowing what you're going to find.

After capturing a broad idea of the style you're aiming for, do some searching. Flip through magazines or search on the Internet for some images of outfits that fit into the categories you've created. Then, cut and paste your pictures onto a piece of cardstock or create a digital col-

lage to build your dazzling fashion vision.

Creating a picture in your head can improve your shopping efficiency. "Many people come in with a general idea of what they're looking for and they walk out of the store with more than what



I bought the shirt from Buffalo Exchange in NoHo and loved the pink color scheme and paisley prints. The background is from the restaurant Pietro Nolita.

they anticipated," said Luisa Reyes, a front-end supervisor at Savers Medford.

2. Research Your Store

The next step is to look into various thrift stores to ensure the optimal shopping experience. It's just as important to be familiar with your style as it is with the location you're buying clothes from.

Consider the business model your secondhand shop runs on. A thrift store (e.g. Savers) allows you to donate your garments to the store, where they'll be sold at a lower price. A consignment shop (e.g. Buffalo Exchange) accepts your donations in exchange for a cut of the sale price or store credit. These stores are most ideal for those looking for a reimbursement on their used clothing. Plus it helps you get a little extra money to buy more items. An outlet (e.g. Goodwill Outlets)



I bought the shirt from American Thrift in Baldwin. It just reminded me of summer so I wore it to a carnival in Levittown.

contains mass loads of merchandise that are shipped in large bins. For a more wild and adventurous experience, you'll be sifting through piles of clothing that aren't organized in any particular manner.

3. The Early Thrifter Gets the Clothes

When you're done looking up your store, it's time to venture out—the closer

to the store's opening time, the better. It's ideal to shop in the morning to avoid large crowds. Act quick; before you know it, the best deals will be flying off the racks.

With the mysterious nature of thrift stores, there's no perfect day or time to fill your cart. However, a general rule is to shop earlier in the week. Many people drop off their donations over the weekend and employees are ready to expand their inventory when a new comes around. Reyes said, "It's best to shop in the morning when our employees are processing new donations to sell to our customers. We typically release new items every Tuesday."

4. Look Out for Sales

Whatever day you embark on your quest, keep your eyes peeled for discounts. Many stores have colored tags to represent different sales. Every MyUnique Thrift location has select discounted colors that rotate weekly for 25 percent to 75 percent off the original price. Some stores have larger sales on national holidays such as Labor Day and Memorial Day.

You can also ask your store if they have a rewards program. Savers promotes their Super Savers Club, which offers plenty of perks for its members. One point is earned for every eligible dollar spent at a Savers location. Members will also receive a 20 percent off discount for a future purchase after accumulating 100 points. Their exclusive email coupons, including one for your birthday, make it easy to save money.

5. Two Heads Are Better Than One

If you typically scavenge for those discounted items alone, switch it up and shop with a friend or two when possible. While you roam about the aisles, you might miss something that you'd want in your closet. Together, you can even analyze each other's carts and share advice on the clothes you've picked out.

My thrifting partner-in-crime, Abby-gail Edwards, is always up for a round-the-city thrift trip in her home borough of Queens. Her keen taste for fashion on top of her economic wisdom are responsible for almost a quarter of my favorite finds. "Shopping with a partner gives a second eye to items you might overlook," said Edwards. "When you ask someone else to shop with you, they look at the store from their perspective."

6. Stick to Staples

It doesn't hurt to throw some wardrobe essentials in your cart when you and your partner are stuck in a roadblock. By selecting items such as solid colors and quality fabrics, you'll save some cash by preventing impulse purchases and own items that will last longer in your closet. That trendy cardigan you saw on TikTok might not be worth buying in the long run. Ask yourself, "Would I have liked this three years ago?" before you grab it.

Timeless staple items can fill your closet for years to come. Graphic tees are great for showing your personality. Button-ups and blouses can always be dressed up or down. A blazer can make a good

Continued on page 8

Staying Thrifty in New York

New York is known for its unparalleled range of fashion choices. Sure, we have an iconic array of shopping malls and department stores. But where's the thrill in contributing to not-so-wallet-friendly fast-fashion? On Long Island and New York City, there's so much potential for unexpected discoveries at your local thrift store.

For an everyday experience, try shopping at Savers. The stores aren't too big or too small and the racks don't contain an overwhelming number of items. But despite its midsized stores, the size selection is quite impressive with shirts as large as a men's 4XL and pants as wide as a men's 50. Women's clothing also includes a plus size section with tops up to a size 3X and pants up to a size 26. As a bigger guy myself, I never have to worry about walking out empty-handed. Savers has four convenient locations in Nassau and Suffolk counties: West Hempstead, Commack, Medford and Holbrook.

For a vast array of clothing options, try shopping at MyUnique Thrift. Their spacious buildings never fail to amaze. You'll be sure to get lost in clothing racks that are always filled end-to-end. Their Levittown location in the Tri-County Bazaar even contains two floors, one with a corner section for jewelry, handbags and other knickknacks, another for all types of clothing. There are also locations in Westbury, Jamaica and the Bronx.

For those looking to donate their clothing and possibly earn some cash, try Buffalo Exchange. You don't need an appointment. Just come in with your garments and have them approved by one of the store's associ-

ates. Think about how much joy you'll pass on to a hopeful thrifter. Zoe Jackson, manager of Buffalo Exchange's NoHo location, said, "Donating your old clothing is not only beneficial for the environment and your wallet; it also builds community through sharing clothes." There are various locations all around Brooklyn, Manhattan and Queens.

For something a little more upscale, try L Train Vintage, where the 80s are making a comeback every day. Since 1999, L Train Vintage has blessed Brooklyn with colorful jackets and sweatshirts that'll give you the grooviest look for any occasion. It's also perfect for graphic tee collectors who want to reminisce on old-school cartoons like Looney Tunes. But you might want to save up since each item costs a pretty penny. In my most recent trip, I found a pair of lightly used Chuck Taylors for \$15. What a steal! In that same trip, I also purchased a Chicago Bulls varsity jacket for \$85, which definitely put a dent in my wallet. Like the name implies, there are four main locations that are subway ride away on the L train.

For the daring, try Goodwill Outlets on Van Dam Street in Queens. With large bins covering every foot of the store, get ready to dive in and find some cool clothing. Every bin is a new adventure, like a giant grab bag. The best part is that all your items are sold by the pound (\$1.59/lb. for a bag 25 lbs. or under), so you'll be able to walk out with dozens of items for only a few dollars.

Whatever part of New York you're from, there's a thrift store for everyone. Sooner or later, you'll want to thrift shop 'til you drop.

Valentine's Day: A Holiday I Can't Stand

BY MITCH COHEN

As a kid, one of my favorite days in elementary school was Valentine's Day. Once a year, students made valentines and passed them out to their classmates. What made this day memorable was how everyone was included in the celebration.

Since then the meaning of Valentine's Day has changed significantly for me. Instead of receiving valentines from peers, the holiday focuses more on having a romantic partner. Social media did not help matters in my case and allowed couples to profess their love for one another. As a result, I grew to hate Valentine's Day because the only way to enjoy it as a teenager is to be in a relationship.

In 2019, I started using social media platforms like Instagram and Snapchat for the first time. While these platforms allowed me to communicate with friends and family, the main issue with them is how they create FOMO. FOMO stands for Fear Of Missing Out, and refers to feeling excluded when other people are having fun. I feel FOMO the most whenever I see couples express their love for one another on social media. On Valentine's Day, FOMO is at its worst due to the amount of couples expressing feelings simultaneously. While I'm glad to see people in happy relationships, it can be difficult at the same time because it makes me feel left out of the festivities.

Another issue I have with Valentine's Day is how it negatively affects mental health. Since I wasn't in a relationship last year, it was challenging to keep a positive attitude. Last year, I grew so jealous of other people that once the day was done, I felt mentally drained. Viewing Social media makes the holiday worse, as it's difficult to stop feeling envious and find something positive to think about.

My strategy for overcoming these feelings was to put down social media and do something fun. For instance, back in 2020 I decided to go to Roosevelt Field and shop, which kept my

mind occupied. This ended up being a great distraction for me because my mindset was focused on something I enjoyed doing, as opposed to missing out on Valentine's Day.

Ultimately, my biggest gripe with Valentine's Day is that it's not fun for everybody to celebrate. As previously stated, one of my favorite holidays to celebrate in elementary school was Valentine's Day because everyone was included. I remember making a box and valentines for my classmates, and once I got to school, everyone would set up their boxes and distribute their valentine's cards and treats to one another. What made this so enjoyable for me was that it allowed everyone to enjoy the holiday despite



The Fear of Missing Out (FOMO) is very common for people to experience on Valentine's Day.

Photo from The Anxiety and Depression Association of America (ADAA)

being too young for relationships.

As I've grown older, it feels like Valentine's Day has become more centered around having a romantic partner as opposed to spending it with the people you're close to. As a kid, I used to love it because it allowed everyone to feel included, whether they were in a relationship or not. As an adult, it feels like the holiday is all about having a romantic partner and posting about it on social media, causing many to have a fear of missing out and developing envious thoughts.

Stop Hating on Valentine's Day

BY KURANA DOOBAY

Hey, I'm Kurana! So you can get to know me, I'll offer up three facts about myself. I'm 20 years old, I'm a single girl and I love Valentine's Day. I love love and I believe it deserves to be celebrated. I mean, be so real, what's not to love about love!? Stop rolling your eyes, calling me crazy in your head, groaning about how single you are, telling me I'm a cog in the capitalist system AND DON'T STOP READING!

Perhaps it's in my nature. Translated from Sanskrit, my name literally means compassion, so maybe I was made to love. But regardless of what's in my nature, there's nothing that feels better than saying "I love you," and hearing "I love you" back. Don't lie to yourself and say that isn't true. You aren't a robot, you're a person.

And please don't tell me, "You don't need a designated day to celebrate love, just do it everyday." Because I know and I do. But lucky for me, there is a designated day, and I will use it to my advantage. I have an entire day to be obnoxiously sappy, cheesy and mushy about everything and anything I want. I can tell everyone (that I love) I love them and they can't be weird about it. Valentine's Day is a day to SHARE in love, so if you aren't doing it with me, you don't get it and you're doing it wrong!

And shut up about Valentine's Day being a capitalist holiday. When has capitalism ever been cuter than a witty teddy bear, prettier than a bouquet of fresh cut roses, more thoughtful than a card with handwritten confessions of love or as grand as a public display of affection by a cute couple? This "capitalist" holiday transforms the drugstore from a sad, ugly, depressing place of cough medicine and tampons into a wonderland of heart-shaped candies and boxes of chocolates right next to an endless assortment of cheeky greeting cards that play music when you open them.

If you are in a relationship and do have a Valentine but still hate Valentine's Day because you feel like there are too many high expectations, and you're feeling too much pressure to make it perfect, it doesn't have to be. Remind yourself that your partner is with you for you, not for what you gift them on Valentine's Day. If your partner is the

right partner for you, your love is enough.

If you're single, you might tell me that it's just an annoying reminder of the fact that you're single. Reminder? Yes. Annoying? Absolutely not! YOU'RE SINGLE! What's better than being in college and being single? Quite literally nothing. You can do whatever you want, whenever you want with no obligation to anybody or



Valentines day doesn't have to be frowned upon when you're single. Show yourself and your close friends some love.

any responsibility of caring for someone else's needs. All you're responsible for is your grades, your money and your peace. Go out, stay home, have a Galentine's or some kind of Valentine's Day version of a Secret Santa with your friends. You can do something fun like make candy grams and give them out to your friends, someone you have a crush on, random people in the UC or even a professor. You can even do absolutely nothing. You can be the person to make someone else's Valentine's Day feel special and they'll gift you with bright eyes, a smile and a giggle and maybe even a hug in return. Then give yourself a gift because the best gift you'll ever receive is any one you give yourself!

You can hate Valentine's Day all you want, I don't care. Just please don't be annoying and ruin it for me. But think about it; what's not to love about love? We are so lucky to be human beings with hearts that weren't only made to pump blood, but radiate love. Valentine's Day or not, we can all use a little reminder that life is nothing, without love. At the end of the day, we can always use a little (or a lot) more of it.

Thrifting for the Perfect Clothes

Continued from page 9

statement piece. Charlotte D'Alessandro, a third-year fashion business management student at the Fashion Institute of Technology, is always ecstatic to find quality denim whenever she's thrifting. "A good pair of jeans can work wonders. If you put on a good pair of jeans when you don't know what to wear, you can still look trendy and put-together," said D'Alessandro.

7. Think Unisex

That stellar find may not be in the gendered section you typically shop in, so why not double your options and try both? Flannels, sweatshirts, overalls and accessories like fedoras are some gender-neutral garb to add an eclectic flair to your outfit.

When I was shopping for women's

hoodies, I couldn't keep my eyes off this one shopper with an androgynous look. Daniel Alphys, a regular at MyUnique Thrift Westbury, enjoys browsing through every item, rather than adhering to a single section. "My style is just whatever fits my body. Not all men's clothing or women's clothing works with my body type," said Alphys. "Finding a stylish outfit is like a big scavenger hunt when thrifting." Alphys even recounts buying himself a \$15 wedding dress that originally retailed for \$400. Dig deep and you might find something that you never even thought you'd like.

8. Check the Condition of Every Item

Though this last piece of advice



I bought the sweatshirt from L Train Vintage on DeKalb Avenue. I was attracted to the bright orange color juxtaposed with the dark green. It also had that vintage collegiate aesthetic.

seems obvious, you'd be surprised by how many holes and stains magically appear in your finds as you approach the cash register. Assume that discolored spot is permanent and those rips are beyond repair. Before you call it quits, inspect your items under a bright light. Look at the collar, neckline and armpits of a top for sweat stains. Your bottoms might have a fraying hem or missing zipper. Shoes should have clean insides and sturdy soles. Turn your clothing inside out, if possible. When you've finished analyzing all your items, they're ready to buy. Just make sure to give them a vigorous wash to eliminate any bacteria, odor or bugs and you're all set to show off your secondhand chic.

Watch These Top-Rated Movies Before the Oscars

BY LIZZ PANCHYK

The year 2022 was a big one for movies. While the pandemic cut a lot of filming time, with the world becoming safer, we're finally back with more normalized filming patterns and titles that were nominated for the 2023 Oscars. There's still time to see some of the most popular movies from last year before the Oscars take place on March 12. Here are seven of the most top-rated Oscar nominated movies from 2022 and how I'd rate them.

1. "Elvis" With Austin Butler as Elvis, this movie released in June 2022 recreates the amazing and rocking life of Elvis. It explores his journey throughout his musical career and is a nice homage to the King of Rock and Roll. Recognizing Butler from his days on Nickelodeon, the performance of Butler himself pays incredible tribute to Elvis.

2. "The Batman" It seems like with every superhero movie, we need a

new one. Edward Cullen, the most popular vampire from 2008 to 2012, has now turned into Batman. This is the newest recreation of "Batman" starring Robert Pattinson. This movie, released last March, has gotten rave reviews, even with it being nearly three hours long. However, I am a DC fan, and the cinematography is absolutely mesmerizing.

3. "Turning Red" A turning point in Disney-Pixar movies, this family-friendly movie released last March explores young female adolescence. Only this quirky 13-year-old girl also happens to turn into a giant red panda when she wakes up from a nightmare. It's a wholesome watch for any age, and you're never too old to watch Disney or Pixar.

4. "Black Panther: Wakanda Forever" This second "Black Panther" movie released in November involves getting together a team in order to protect Wakanda from the world around it, fight for their land and discover a future

path. This film brings an incredible amount of woman power to the screen, and their on-screen presence makes a huge difference. It also includes an emotional tribute to Chadwick Boseman who starred in the first Black Panther movie.

5. "Top Gun: Maverick" When the original "Top Gun" movie was released back in 1986, Tom Cruise was only 24. This sequel released in May speaks volumes for its dedication to the continuation of the series. The storyline stays intact with that of the original making the back to back watching effortless. Although I'm not a fan of action/war films, I mean, come on, it's Tom Cruise.

6. "Glass Onion: A Knives Out Mystery" A sequel to the original "Knives Out," which came out in 2019, the September release surrounds a murder case on a private island getaway—only it's a game. Because the two movies aren't very connected, you do not have to see "Knives Out"

before watching "Glass Onion." While I don't love the storyline or the comical drama, it does bring a great number of big name actors to the screen, which makes it more fun to watch.

7. "Blonde" Bringing an incredible on-screen performance, Ana de Armas portrays Marilyn Monroe in this September release. Although the expectation was to take a closer observation of Monroe's life, this movie will take you on an emotional roller coaster, and as someone who's always admired Marilyn Monroe, this movie was a bit more traumatizing for me than entertaining.

But if you don't want to watch the 2022 Oscar nominees, we have lots of titles to look forward to for 2023, including "Guardian of the Galaxy 3," "The Little Mermaid," "Spider Man - Across the Spider Verse," "Indiana Jones and the Dial of Destiny" and "Barbie." Stay tuned for the Oscars on March 12 and enjoy another year of great cinema.

George Santos Reminds Us Why We Cannot Trust All Politicians

BY JOANNA REID

George Santos is a representative of the Republican party for New York's 3rd Congressional District who was elected this past year. He has recently been in the public eye after misleading those same voters about the money he got for his own campaign, committing a felony, and for lying on several accounts.

It was not reported until well after the election that Santos took out two loans from his personal funds, amounting to about \$700,000, which went towards his campaign. Because so little is known about Santos, it is a concern where he got this large sum of money from in the first place. As a member of Congress, Santos is required to release a report with his income over \$1,000, investments over \$1,000, stock purchases, stock sales and any loans in which he owes over \$10,000. He is supposed to file this within 30 days after starting his term. As of now, this information has not been published. Releasing this information may give us some insight on where he got the money for his campaign. At the very least the public will gain knowledge about his income.

On top of his mysterious campaign loans, Santos has committed fraud. While he lived in Brazil, he stole a checkbook from the person his mother worked for and spent around \$700. He has yet to be tried for this crime as he has not returned to Brazil since.

Furthermore, he has lied about many serious things. This is wrong because supporters do not know who is truly representing them. For example, Santos stated that his mother died on 9/11 because she worked in the World Trade Center. New information has come out to show that this is likely

untrue and his mother was not in the country at the time of the attacks. At the same time, Santos has also claimed his mother died due to cancer. It's clear that he's lying as he continues to contradict himself. It's disheartening that someone would lie about something

grandparents were forced to flee persecution during World War II to survive the Holocaust. After CNN reviewed his family history, Jewish heritage could not be traced back to Santos. All of this makes me question his character as he has no idea what it's like to be

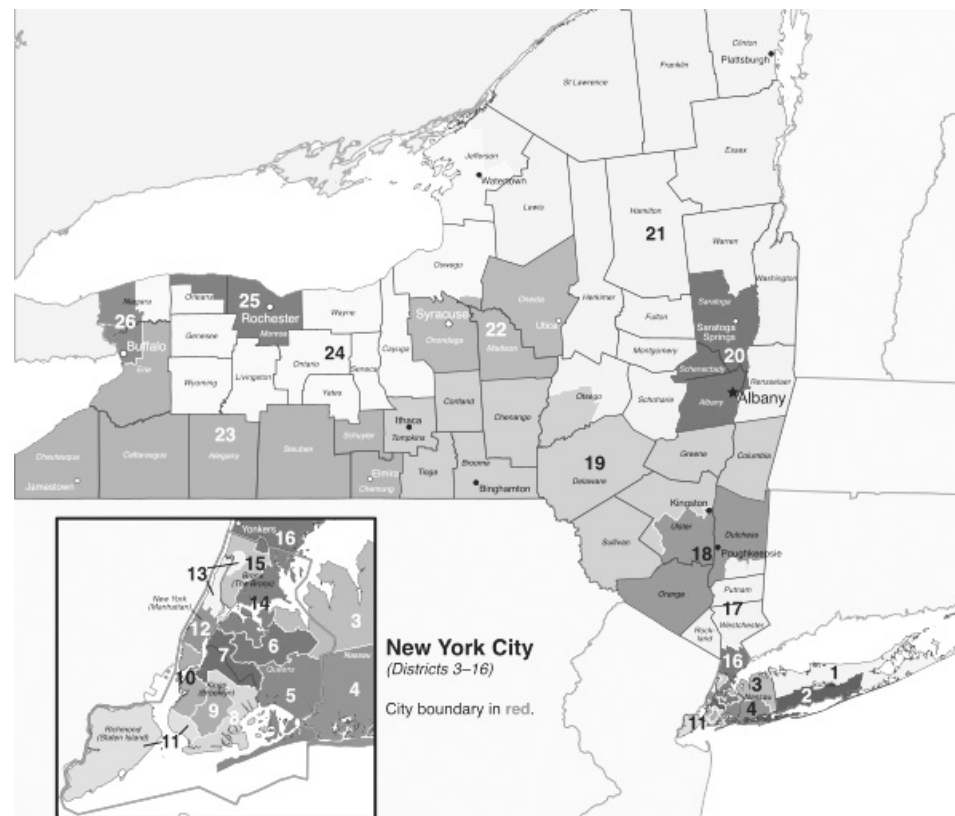
previous boss. As a college student that is soon to go out into the workforce, I am particularly alarmed by this because I worry people will be influenced by Santos's decision to lie on his resume.

Some other things he's lied about are working on Wall Street and creating a charity for animals. Both of these things have proven to be untrue. I suppose that he thought that these things would give him legitimacy and respect, but it has now done the exact opposite.

In all of these cases, I question the media. It was their job to uncover the truth about Santos. All of this should have been done prior to the election. Sure, it was the voters' responsibility to do their own research. However, if reporters had come out with information sooner, people may have reconsidered voting for Santos.

On the other hand, it seems as though Republican voters were not concerned with what kind of person Santos is morally. As long as Santos upheld conservative beliefs (which he has), people were willing to vote for him. Essentially Santos is just being used as a pawn because Republicans fear the Democrats' gaining another seat in the house. Despite the fact that some Republicans are now speaking out against Santos, they should have examined his ideology beforehand.

People must continue to be cautious of whom they are voting for. It's not a good idea to solely vote based on party. People must take into account the beliefs, character and pasts of politicians as well. If one cannot find sufficient information on whom they are voting for, it's probably better to vote for someone who has a history of working in politics and strong ethics.



George Santos was elected to New York's 3rd Congressional District, which is located downstate and can be seen in the inset. Photo from Wikimedia Commons

that has affected millions of Americans.

According to the "New York Times" he lied about being Jewish in a campaign position paper. Why would someone lie about being a part of an ethnic group that constantly faces discrimination? I suppose he thought relating to a minority would help him gain more votes or draw more attention to him. Additionally, he claimed that his

Jewish or face prejudice based on his religion. And on his resume he stated that he attended Baruch College, a predominantly Jewish college in New York City. Since then, Santos told the "New York Post" that this was false.

Santos has now admitted to fabricating much of his resume. Some are speculating that he copied a lot of the experience on his resume from his

The Pros and Cons of Tracking Devices

BY ENNIE CONNER

We've all had that problem: You've placed your phone down sometime in the middle of doing homework or talking to friends, and all of a sudden you have a sudden urge to check your Snapchat. But wait—where's your phone? You instantly start to panic. How are you supposed to upload the last five seconds of your life on Instagram? How will you ever cope without being able to play Fortnite?

Don't worry, because you have a tracker in your phone. No matter what make or model, the most likely fact is that you have a GPS chip, and an app like Find My iPhone. Sweet relief! Isn't that a bit creepy, though, to have something that knows exactly where you are and what you're doing?

Apps like Life360 and Find My iPhone track your exact location through a GPS chip installed into the phone's hardware. That chip tracks your location at all times, and even if you turn "location" off, it still helps track you by providing a starting point for anyone to track you. There is simply no way to avoid it. This may seem fairly , but it can also act as a safety precaution that is much more useful than you think.

When asked his opinion on these apps, Adelphi psychology major Ryan Mijumbi said the following: "I think

tracking on smart devices is inevitable given both the costs and benefits of tracking technology. We have situations where being able to track one's phone allows for [the device] or the whereabouts of a kidnapped individual to be found. On the other hand, tracking technology allows for people to locate individuals without their knowledge, and this information can be used for unethical and criminal purposes. In terms of apps, the same cost/benefit analysis must be done."

The most popular app by far when speaking about tracking devices is Life360. It has features that provide the ultimate tracking system—not only location services, but an SOS button, crash detection and a useful feature to message the people you are tracking.

These features make it very useful for parents to keep track of their children, or for friends to check up on each other if they've gone out, but it also makes it easy for anyone to acquire your location. As Mijumbi said, the cost/benefit of tracking devices really has to be done. For parents that like to keep track of their children, this app is a lifesaver, hence the name. It is fast, accurate and informative, with extra features that make it easy to use.

However, there are downsides. Life360, just like any other app, can be hacked. There have been cases where apps like this have been used to track

people who don't want to be tracked, leading to people stalking and harassing others. Hacking can be as easy as simply changing your phone's settings. Your location in Life360 can be accessed by anyone who is in your "family," group on the app, and it only takes one strand of code to change who is in that



Tracking technology has its pros and cons. However it is evolving quickly and becoming more common.

group. Apps like UltFone iOS Location Changer can spoof your location on any or all the devices connected to any account that tracks location. Even false

email advertisements can be dangerous; they sometimes have hidden spyware attached to them and opening them can let that spyware into your phone.

First-year student Dia Deskanker has been using Life360 for a while, and he has had a mostly negative experience. "My parents know exactly when I arrive and leave. It's not exactly the best thing in the world. I can't even stop for coffee on the way to class." Deskanker said that his parents have been using Life360 since he was old enough to have a phone. "It really invaded my privacy," he complained. "My mom can see everywhere I go and when, and if I go even just the tiniest bit out of my way, I get in trouble."

Some students think otherwise. "It's a useful app for parents and to have when you're in college trying to ensure your friends are safe when they're at parties and what not," said Aleah Tiwari, an English and education major. "I feel safe in terms of government tracking... They do that anyway. If it helps my family and friends know I'm safe, then I feel safe using it."

In the end, it's really up to you. Are you comfortable with being tracked by these apps? Is knowing where your friends are every minute of the day really that important?

SPORTS

Women's Basketball Prepares for Their Final Stretch

BY ANDREW SMITH

Women's basketball is in the heart of their season. While the players are training hard every day to improve their play, the midpoint of the season can serve as a great time to reflect on what has occurred and focus on what can be improved.



Ty'zhea Hawkins walks on the court during introductions with her teammates.
Photo by AU Athletics

Graduate student Ty'zhea Hawkins shared a personal reflection on the state of the team and her play, starting with her favorite moment: beating nationally-

ranked Bentley on their home floor. In that game, Hawkins led the Panthers with 39 played minutes and totaled 17 points. Hawkins also sank the two game-winning free throws with seconds remaining to put away the ranked Falcons. "We knew we could beat them, and we did," she said.

Moments such as this are critical and can turn a bad

stretch around very quickly.

The winter intercession is almost right in the middle of the season. While the campus may be empty and students

are away on vacation at that time, the athletic teams are locked in and preparing for the second half of their season.

Hawkins said, "Without the students, campus is quiet and low-key, and I spend a lot of time enjoying the peace and quiet. Since the dining halls aren't open, we spend time with each other getting food off campus or watching movies together."

Hawkins described how the practice schedule is affected by the winter intercession. "As for practice, we go between an hour and a half and two hours, and we usually lift after on the assigned days."

Hawkins also added how regular season games during the intercession affect her differently than a game during a week of classes would. "Playing during the intercession is always challenging, but it helps with being focused since class isn't going on."

While the season is in the stretch run, there is still plenty of basketball to play. Hawkins said, "We are taking it one practice, game and possession at a time. There is so much basketball left to be played and we can't wait to enjoy the rest of it."

Hawkins explained how a team can view the postseason and how it motivates you throughout the highs and lows of a season. "The key to the postseason would be that motivation keeps you going, but discipline

keeps you growing," she said.

The final home game of the season is Tuesday, February 21 at 5:30 pm when Adelphi welcomes the Col-



Graduate student Ty'zhea Hawkins has totaled her 1,000th point this season.

Photo by AU Athletics

lege of Saint Rose. This game is also senior night where the team and fans take time to celebrate our soon-to-be alumni. Be sure to come out and support our Panthers as they enter the final stretch of their season.

A Return to the Diamond: A Reflection and Preview of the Baseball Team

BY ANDREW SMITH

The back-to-back reigning regular season champion of the Southwest Division of the NE10 Conference is anxious to return to the diamond. Pre-season polls have the Panthers ranked as the favorite to reclaim this title and to place fifth in the region. The end of the offseason marks a great time to reflect before the long season begins.

Current senior Nick Lopez reflected on his hopes and goals going into the season. “We’ve definitely got high expectations for ourselves as a team. We’re a super talented group, and we’re coming off a very strong year, which saw us win our division for the third season in a row, make the conference playoffs and receive an at-large bid for the NCAA tournament.”

Lopez said the end goal is playing for a National Championship in Carey, North Carolina. “But it starts with making the playoffs and then winning the conference,” he added.

Graduate student Kyle Olson, who finished as one of the most productive hitters in the NE10 conference last year, stated, “We as a group from the players to coaches have very high expectations for our team as a whole. We are returning a lot of the same guys from our lineup so we expect a lot from all of our returning guys and even from some of our newer and younger guys.”

Each sport season, athletes not only learn more about their sport but also about themselves. These athletes spend a lot of time individually preparing and working together. Lopez shared a very powerful message about the importance of mental

health. “I had to learn how to deal with and overcome physical injury, along with the mental effect an injury can have on you, which can be worse,” he said. “I spent most of the calendar year of 2022 sidelined with injury, and it affects you in ways you don’t expect going in.”

Lopez added, “Some of the things I dealt with were not being able to play the sport I love, frustrations with setbacks I had in the recovery process, and self doubt on if I’ll be the player I was before because of all the time missed and not being able to train the way I normally would.”

Furthermore, Lopez spoke about the importance of using resources and people available to you. “Thankfully, I was able to learn how to deal with and manage those issues, and a big part of that comes from the fact that I’m surrounded by some very special people in my life that I was able to lean on and talk to. I think Morgan’s Message is doing a great job of promoting and advocating for mental health resources for student athletes, and a lot of what they’re doing really spoke to me and helped me as well. If anyone doesn’t know what Morgan’s Message is, I highly encourage you to look into it. Mental Health Matters.”

(Editor’s Note: Morgan’s Message is a nonprofit organization created in 2020 with the goal of addressing mental health within the student-athlete community. See the story in the October 24 issue of The Delphian at www.thedelphianau.com.)

Olson’s most important lesson learned was the importance of trust. “This team isn’t just a baseball team; it is a brotherhood. We band together forever. We always pick one another up whether it’d be physically, mentally or socially.”

Olson added, “I wouldn’t want to play ball with any other group of men than the guys I have met throughout my five years here.”

Head coach William Ianniciello joked about how expectations before a season can quickly change. “The best lesson is to expect the unexpected. Have a plan, but be prepared to make adjustments along the way. As the old expression goes, if you want a good laugh, tell the baseball gods about your plan.”



Kyle Olson celebrates a home run during a game. Photo by AU Athletics

Ianniciello also discussed the current roster construction and how it looks going into the season. “We have a talented and veteran returning lineup, plus quality and depth in our pitching,” he said. “I stay away from the prediction business, but we expect to have another strong year and hopefully

a special one. We hope to stay healthy.”

Lastly, Lopez and Olson shared personal remarks on their training program in the offseason. Olson stated, “Our team is very big on going to the gym and lifting consistently whether it is as a team with Angelo [Salomon] our trainer or by ourselves at home or the Adelphi fitness center.”

Lopez added, “For me personally, I take time off from baseball activities, hitting, throwing and fielding, for about a month and a half following the fall season, which ends around Halloween. I take this break just to give myself a mental reset, because baseball is a long, mentally exhausting season and sport.”

He said he usually starts his baseball activities again in mid-December, and slowly progresses through those as the winter continues.

“For example, when it comes to hitting I’ll start with strictly tee work, then move to front toss, then to overhand BP, and then eventually facing live pitching about a week or two before I return to school,” he said. “I do similar progressions with fielding and throwing as well.”

Lopez and Olson both expressed excitement about the student body cheering the baseball team on. “Seeing your support and getting to play in front of the student body of Adelphi means the world to us, and we feed off that energy,” said Lopez. “Please come and support us!”

Olson added, “I hope everyone who is seeing this can come help support us at some of our home games. We would really appreciate it. There’s nothing we love more than seeing stands behind home plate packed and rocking during games.”

Former Panther Brown ‘21 Returns as Assistant Head Coach

BY ANDREW SMITH

Recent Adelphi graduate Jackie Brown ‘21 completed her MBA in 2022, the same year she was hired as an assistant coach for the field hockey team. However, Brown’s contributions to the team date before this hire since she’s been a member of the team since 2017.

Brown, a defender, was a player for four years, and during her fifth she served as the GA (graduate assistant). She reminisces about her time on the field hockey team, while she also earned a degree in business management specializing in marketing with a minor in sports management.

“I remember my playing days as being truly memorable. Every year our team got better to make it to the playoff rounds of NE10s, to our first conference championship appearance, and finally our first NCAA appearance since 2015,” she said. “I grew so much as a player and a person being a part of this family.”

She added that she’s grateful for all the practices, games, lift sessions, community service events and team bonding she was a part of. “This relates to coaching because the time of being a student-athlete is so short. As a coach,

I wanted to make sure the girls enjoyed every moment and get to have the best experience possible, just like I had.”

Brown reflected on how being a former player has helped ease her transition into coaching. “It helps to keep our team traditions alive and to understand the player’s point of view when demonstrating drills, game-like scenarios, scouting, etc. I played with a lot of the current members so it is a special relationship with the team.”

The 2022 season brought several important changes to the coaching staff. Brown played a major role in the transition process for Head Coach Jess Mulhern. “Coach Jess Mulhern did a great job learning all about the current players and keeping our team traditions while bringing a new outside perspective. I wasn’t ready to step away from a sport I’ve been playing my entire life. Coaching this team was a great way to stay involved and continue to make an impact for this program,” Brown said.

The field hockey team was able to accomplish an amazing feat this season, securing a Northeast-10 Championship, the first in program history. Brown reflected on how the success of this past season affected her. “I learned what it

was like to win a championship. That is a feeling that not everyone gets to experience. I also learned that a lot goes into



Jackie Brown played on the field hockey team for four seasons before she became an assistant coach. Photo by AU Athletics

being a coach. It’s more than just making practice plans and scouting the other team. It is about being there for every girl on the team, being there to assist them

through any problems they may be experiencing both on and off the field,” she said. “I’ve had many coaches over my athletic career. Each of them have made a huge impact on me, helped shape me into the woman I am today. I hope that being a coach for this program will allow me to make an impact on my players’ lives, just like my coaches did for me.”

Brown said the playoff run experience this past season will always stay with her. “I will cherish every coach group hug and be so proud of every single girl on our team for bringing home our program’s first ever NE10 Championship title.”

Regarding her first year as a member of the sidelines—not on field—she said, “Reflecting back on my first season coaching on the collegiate level I couldn’t be happier. We won a championship, I am still connected to this great athletic program and university, and I get to see these players develop from a different perspective.”

Brown added, “While I admit I miss cheering on these girls from the field, I am grateful to be coaching and cheering them on from the sideline. I am eager to see what time the off-season holds for us.”