



14th Annual Research Conference Features High-Impact Learning



At the end of the Research Conference, all of the award winners and honorable mentions took to the stage to be recognized for their incredible work. Photo provided by Adelphi University

BY EMILY ELEFONTE

On Tuesday, April 25, Adelphi hosted its 14th Annual Adelphi Research Conference, an event dedicated to showcasing the intellectual achievements, research and endeavors of both faculty and students. The conference was characterized by diverse submissions that spanned all disciplines, including life sciences, physical sciences, social sciences, nursing, humanities and the arts. The event was planned and executed by the Conference Committee, which consisted of Laura E. Brumariu, PhD, of the Gordon F. Derner Institute of Advanced Psychological Studies, and Matthew Wright, PhD, of the Department of Physics. Their efforts were also supported by an extensive group of advisers and faculty reviewers.

The event began at 9 am with an address from President Christine Riordan, who described the day as a “hallmark of the university;” an example of high-impact learning or more commonly, learning by doing. She stated that she was confident that the research completed by students would not only make them stand out, but also shine as they furthered their education and careers.

Her speech was followed by Keynote Speaker Leonard L. LaPointe, a Francis Eppes Distinguished Professor in Communication Sciences and Disorders

at Florida State University. The title of his talk was “Birdsong and Human Language” and touched upon the effects of distraction and interference on cognitive and linguistic processing and retention. Upon concluding remarks, the group dispersed and students began preparing their presentations.

“I think it’s really awesome that Adelphi gives us this opportunity because for some of us, we go across the nation presenting and it’s nice to be able to do the same among peers and professors.”

All students are encouraged to participate in Research Day, and for those who do, it was far more than a day off from classes.

“I think it’s really awesome that Adelphi gives us this opportunity because for some of us, we go across the nation presenting (or outside of the school) and it’s

nice to be able to do the same among peers and professors,” said Amanda Goodwin, a graduate student in psychology.

Goodwin displayed and explained her presentation of trauma exposure and its effects on anxiety, resilience and interpersonal problems. Goodwin went on to say that she was appreciative that she had professors at Adelphi who pushed her to participate in the conference. She said she believed this was because professors at Adelphi are always focused on how to get students to graduate school and their professional career rather than if a student gets there.

Although many exhibits consisted of typical research, such as statistics, data and evaluations, there were also a great number of artistic presentations. Laura Rempel, a junior graphic design major, displayed her work of creating stamps for the “Made in America Movement” by including pieces of real jean material in her display.

“It’s interesting for us [graphic design majors] because our work is a lot more focused on the process and less about intensive research,” said Rempel. “We are showing how we chose fonts and how we design on a small scale in a way that people can still understand our narratives and components clearly.”

The Research Conference has grown over the years to incorporate not

only more students, but more representation among various Adelphi programs and majors. This year, an invitation was extended to the English Department for the first time.

“For some reason, in our culture, creative writing isn’t often classed with research,” said Assistant Professor Katherine Hill of the English Department. “Instead, poetry is personal. Fiction is fun. But what we often forget is how much study these arts require.”

Hill, who served as a faculty adviser for the occasion, expressed thrill and pride to see her students demonstrating their creative writing skills and grasp of English language.

At the end of the day, 232 students were evaluated on their presentations and findings by a team of 51 faculty, staff and administrators. Forty students received first-place awards and a number of honorable mentions were named. However, for those who did not place, the day seemed to still be a rewarding professional experience. In the spirit of Adelphi values, it was a chance for individual students to not only explore their talents and passions, but to learn how to present them to others.

For a listing of students who received first-place awards and honorable mentions, visit: aurc.adelphi.edu/award-winners/2017-award-winners.

A Word from the Editor

Well, it's hard to believe, but the semester is almost over, which means that it's the end of the line for me. After two amazing years as editor-in-chief and four great years being a student at Adelphi University, I'm proud to look back at all that *The Delphian* has been able to accomplish since I've been part of the staff in some capacity. I've had an incredible time serving as editor for these last two years and getting to meet so many new and fascinating people, as well as work with and interview them.

"The Word from the Editor" has always been quite a challenge for me because it's no easy feat trying figure out where to begin, where to end and how to connect everything that an issue has to offer. However, I am finding this one is proving to not be quite as difficult to generate. Perhaps it has to do with the fact that after this note this issue is finished, I'll be passing on the torch and it will no longer be my responsibility. It's been bittersweet coming to grips with this because part of me knows that it's time to move on to bigger and more exciting things. But after something is such a major part of your life for a couple of years, even if you know you're ready to move on, part of you just isn't.

But anyway, this seems like a good place to announce some exciting news. It's the privilege of a graduating editor-in-chief to officially name the successors for the subsequent year's editorial board. While I did get to make this announcement last year pertaining to the sections that needed new editors, I didn't have the honor of elevating someone to the helm of *The Delphian*. So without further adieu, I'm honored to announce that Gabrielle Deonath, a junior communications major and our news editor for the 2016-'17 school year, will be stepping up and occupying the prestigious position of editor-in-chief. I have no doubts that she will do everything in her power to ensure that our campus newspaper retains its place as "the voice of the students," as well as maintain our reputation as a top collegiate newspaper across Long Island and New York. She has distinguished herself for her impactful, informative articles and as someone with more journalism experience than many people several years older, and will do an amazing job.

While next year will definitely be challenging considering the voids being left by graduating seniors Brian Jennings (editorials) and Fallon McCarthy (sports), I'm proud to announce the editorial board that will be surrounding Gabrielle. Nicoletta Cuccio, one of Fallon's right-hand women for her section and teammate on the women's softball team, will be stepping up to the plate for *The Delphian* as sports editor. Regarding editorials, a section that has been held down by Brian over the past two semesters, Matthew Schroh will serve next year as editor. Matthew, a rising sophomore, has certainly proven himself since September with his well-written news pieces and compelling editorials. It's been no surprise to me that he's been so successful because I still remember our initial conversations and how he told me that he was editor-in-chief of his high school's newspaper. Since Gabrielle will be moving up to the position of editor-in-chief, she will be vacating her role as news editor and Jess Winans will be her replacement. We were thrilled when Jess, the former editor-in-chief of Adelphi University's *The Odyssey* page, reached out expressing her interest in becoming more active with *The Delphian*. She has proven to be a strong writer and we know that she's someone who has her finger on the pulse of Adelphi and will be able to maintain an excellent news section. And Danielle McDougall will be continuing her contributions as features editor.

It's been quite the run and I'm privileged to have had the distinction of being an editor-in-chief of *The Delphian*. I also feel incredibly grateful to have been at the center of so many memorable Adelphi moments over the past four years, such as being able to interview President Christine Riordan very shortly after her arrival on campus; covering the various stages of the strategic planning process, which yielded great results in the form of one of the largest incoming freshmen classes this year; and tracking the stages of the NEXUS construction. I'm incredibly proud of how Adelphi and *The Delphian* have developed and grown since I entered in 2013, and in turn, I have grown because of my experiences here.

I'd also like to quickly give a shout out to the graphic designers that have been involved with *The Delphian* since I've been editor. Laura Rempel and Lauren Tew have been crucial contributors this year and without them, this issue especially would not have been possible. Believe me when I say it's one of the most frustrating experiences when you start placing in articles and nothing seems to fit well space-wise, but they saved the day and the sanity I've been rapidly losing since the start of May. I want to also single out Meghan Cody, who was an incredible help to me when our previous designer graduated early in December 2015. Though her internships and thesis projects have taken up a lot of her attention this year, she still managed to make the time to help us out when she could and help Laura and Lauren settle into our somewhat crazy layout schedule and process.

Finally, I'd like to also thank you, the reader, for your support and willingness to put up with these notes over the past two year. I expect great things for *The Delphian* in the future and know I won't be disappointed.

Congratulations to the class of 2017 and good luck to each and every one of you! We did it!

-Bryan Grilli
Editor-in-Chief

The Delphian

Editor-in-Chief
Bryan Grilli

News Editor
Gabrielle Deonath

Editorials Editor
Brian Jennings

Features & Entertainment Editor
Danielle McDougall

Sports Editor
Fallon McCarthy

Production Artist
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Bryan Grilli has been named Outstanding College Journalist by the Press Club of Long Island. This is a well-deserved honor for Bryan, who has served as *The Delphian's* editor-in-chief for two years, during which time the paper has received numerous awards, including best college newspaper. He will receive a scholarship at the PCLI awards ceremony on June 7, where *The Delphian* staff is a finalist for other journalism awards as well. Congratulations, Bryan!

Reflecting on Four Great Years

BY BRYAN GRILLI

As I write this reflection, it still hasn't registered with me completely that I will be graduating in just a few short weeks. At the end of April, Liza Burby, our esteemed faculty advisor, asked me how I felt about my impending graduation, and I told her then and it's still true now that between my course work and finishing my final issue of *The Delphian*, I haven't really had a lot of time to think about this being my last semester at Adelphi. While I might be capable of writing a better reflection on May 22, the day after graduation, I'll strive to write the best one I can muster.

My Adelphi experience is unique because although I am a transfer student, I was able to spend a full four years here. I started out at Siena College in the fall semester of 2012 as a political science major on a pre-law track. When I received my planned out schedule late summer 2012, I noticed I had been registered for a broadcast journalism course, which would impact my life significantly. While I quickly learned that being a radio personality wouldn't exactly be the path I'd want to re-route myself on, I was very much attracted to journalism in the written form, as I always did enjoy writing very much, and

joined Siena's newspaper, "The Promethean." I did enjoy political science, but upon realizing that Siena did not have a communications department, I decided I needed to transfer to a university that would be able to better serve my newfound passion.

Adelphi was an easy choice for me because I had heard positive reviews about their communications department prior to enrollment and after an early advisor meeting with Professor Paul Thaler, I knew that Adelphi would be the place I'd want to call home for four years. Upon arriving my first semester, I didn't waste any time joining up with *The Delphian* and becoming a full-fledged staff writer. I really enjoyed my first year and felt as though I was taking strides in improving my writing. However, I was incredibly shocked when at the end of the year, Stephen Levine, the then editor-in-chief for the 2013-'14 school year, reached out to me and asked if I would be interested in taking over the position of news editor. I was honored and accepted, hoping to further develop my skills as a writer and an editor.

My sophomore year was incredible because not only did I get to delve deeper into my role as news editor and continue on in my communications/journalism education, but I also decided to embrace another passion by declaring my second

major, English with a concentration in creative writing. I will always be incredibly thankful that my education at Adelphi offered me such opportunities for exploration and growth.

I enjoyed every moment as news editor, being able to communicate and support the new and returning staff writers, as well as assist the former editor-in-chief, Victoria Chiesa. I felt as though I was able to continue to cultivate my talents and learn a lot about journalism and leadership from Chiesa. Again, I was stunned when I was offered her position upon her graduation. As someone who has been plagued with self-esteem issues for a very long time and struggled to gain confidence, being promoted to two crucial roles at *The Delphian* has helped me tremendously in combating that self-doubt.

Being editor-in-chief has been one of the great honors of my life so far, despite how the position makes me want to pull my hair out at times. I've noticed an increased confidence and maturity that I have been able to attain largely due to this position. I've learned so much about leadership, newspaper production, graphic design and ethical journalism. It would be remiss not to give a shout out to Professor Burby for all she's taught me and for all she does for *The Delphian*, as her contributions

keep this newspaper afloat just as much as mine and that of the rest of the staff.

I look forward to my graduation with apprehension and excitement, knowing that after that day I will go from being an Adelphi student to Adelphi alumni. I am optimistic about next year and beginning my graduate studies north of the border in English literature at the University of Ottawa. Although I'm not entirely sure what the future holds for me career-wise, as I do have several aspirations, I know I'll always desire to be involved in writing and editing, no matter what position I hold. I will always reflect on my time at Adelphi with fondness and remember everything my experience here has done for me personally and professionally.

Thank you so much to the amazing staff I've had throughout my two terms as editor. *The Delphian* couldn't have been named best collegiate newspaper on Long Island without their dedication and hard work. I know that they'll continue to succeed next year. After two years as editor and four years serving *The Delphian* in some capacity, I know that there will definitely be a void next year for me, but I will always be able to look back at all of the memories that have been created and smile.

Students Join the March for Science in NYC

BY JESS WINANS

Thousands joined the March for Science in New York City on Saturday, April 22 to protest issues facing the scientific community like climate change, vegan/vegetarianism, recycling, and women in science. About 60 of those attendees were part of the Adelphi community. The march began at 10:30 am with a rally on Central Park West from 72nd street.

"I believe participating in this march had a profound impact on the students," said Kathleen Watchorn, coordinator of programs and projects in the office of Student Affairs at Adelphi. "To make change, you must take action. Complaining on the sidelines is a voice ranting, voicing your opinion through action is notching that complaint to a whole new level - thousands of voices coming together, well, that's a statement."

Young voices were heard throughout the crowd signing chants like, "Hey-hey, ho-ho, fossil fuels have got to go!" while many held signs reading, "Women belong in the lab!" and "Science not Silence!"

"It is not Trump that environmentalists need to be angry with," said Tatesh Sookdeo, 21, a student at Adelphi. "It is ourselves, our unethical consumption methods, lavish and wasteful living and our support for businesses that lobby to pass bills that harm our well-being."



The march carried on via Broadway past Columbus Circle and finished at 52 Street and Broadway. The Adelphi community ended their march around 2:30 pm.

"Going to the march gave me a place to voice some of the concerns that I've had about how the climate is being handled," said Pierce Gierloff, 19, an accounting major. "Never being to a full-scale march before it was a great experience that allowed me to voice the concerns that I've been having."

It seems as if the NYC March for Science was not only beneficial for raising awareness of climate change and other environmental issues, but also for boosting student morale and making them feel like

they can make a difference in their community.

"If each Adelphi participant came away with one thought of how to bring the message of that march back to campus, to their communities, to their homes, there is tremendous hope for our planet," Watchorn said. "One Adelphi student almost apologized for not having been in a march up until that day, but promised himself that he would be sure to participate in the future. That's the impact of this march."

Adelphi students join the March for Science, some protesting for the first time.
Photos provided by Jess Winans



The Power of CSTEP

Partnership With State Program Helps Science and Tech Students Aim Higher

BY MARTHA GIRALDO-RIORDAN & DREW MOSS

The Collegiate Science and Technology Entry Program (CSTEP) was funded by New York State Department of Education in 1986 with the mission to increase the number of historically underrepresented community of undergraduate and graduate students who complete pre-professional or professional education programs that lead to professional licensure and to careers in science, technology, engineering, mathematics, (STEM) and health-related fields.

CSTEP came to Adelphi in 2011 and currently serves approximately 150 students. Participants receive the support needed to ensure retention, success and to enter graduate and professional programs in these fields. These supporting programs foster academic and professional development of students so that they can master challenging content and the development critical thinking skills required in post grad and career pursuits. In addition, CSTEP builds a learning community that provides the support needed to promote retention and academic success. Preparing students for these fields builds a more competitive workforce to foster growth of the U.S. economy.

CSTEP also promotes students' participation in research and internships, fostering collaborations with many Adelphi faculty members, other institutions of higher learning and prestigious organizations such as Brookhaven National Laboratory, Cold Spring Harbor Laboratory, and The Feinstein Institute for Medical Research. Once students participate in re-



search, CSTEP coordinates trips that allow students to present their work and compete at the local, regional and national level.

Adelphi CSTEP student Ezer Castillo, a senior chemistry major, has been doing research into the effectiveness of hybrid sensors in the detection of toxic chemicals. He's been with Dr. Justyna Widera-Kalinowska since the first semester of his sophomore year, both at Adelphi and the University of Warsaw in Poland, with the support of the Horace McDonell Summer Fellowship, the Adelphi Honors College and AU CSTEP. CSTEP's support, combined with Castillo's dedication and acumen, led to a 2016 first-place finish in biochemistry and a 2017 honorable men-

tion at the statewide CSTEP conference in Lake George, NY. All of this comes ahead of Castillo's next step, pursuing a PhD in chemistry at SUNY Binghamton.

"CSTEP has given me the incredible opportunity to present our research to my colleagues from all over New York State," said Castillo. "CSTEP has also helped me prepare for what's ahead after my years at Adelphi. I am extremely thankful for the undying support of Martha Giraldo-Riordan and the entire CSTEP family, as well as Dr. Widera and my research group. I would not have been able to achieve these successes without them."

Junior chemistry major Alexander Aragon has been a CSTEP member

since spring 2016. He's also grateful for the opportunities CSTEP offered him, including a winter internship at Brookhaven National Laboratory, participation in the statewide CSTEP conference, and the leadership summit at the Quinipet Retreat on Shelter Island.

"CSTEP has given me so much support over the past year," said Aragon. "Without the opportunities I would not be where I am now, looking to attend graduate school to pursue a PhD in either in materials science and engineering or nanoscience."

At the recent CSTEP conference, Aragon earned a first-place finish for his work on Molecular Dynamics Analysis of Water Binding in the HIV-1 Rev Response Element. This computational study, performed under the guidance of Dr. Nagan of the Adelphi Chemistry Department, utilizes computer simulation to observe the role of water in the stabilization of crucial Ribonucleic Acid (RNA) intermediates of a peptide-RNA complex involved in HIV replication.

"This complex formation has been an attractive drug target like other retroviral diseases, such as HLTV (leukemia) that also has a similar mechanism of infection," said Aragon. "Through this research we hope to better understand the nature of these complexes and what happens to water throughout their formation, with the goal of potentially defining new targets for antiretroviral therapies and drugs."

To learn more about CSTEP contact Sabita Nayak at snayak@adelphi.edu or Martha Giraldo-Riordan at giraldoridan@adelphi.edu.



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International Student Boom at Adelphi

BY PERNILLE GILJE

The world is getting smaller and universities across the country want to get bigger, which has led to a national trend of recruiting more international students. Adelphi University is part of that trend, with its number of international students significantly increasing in recent years. About 500 students, or 6 percent of Adelphi's current student population, are international. Among those students, 40 countries are represented, according to the Adelphi's website, with most of the international students coming from Asia.

Although that number represents about a 56 percent increase since 2015, this Long Island university wants to increase those numbers even more. Shannon Paul, Adelphi's director of international admissions, said the university wants 10 percent of the student body to be international. The push for more foreign students is being spearheaded by the university's new president.

"We will be a model of a university that creates a culture of diversity and inclusion," President Christine M. Riordan vowed during her March 2016 inauguration speech.

So far, the university is making big strides towards her goal. Next year, many more international students are expected to matriculate at Adelphi, Paul said.

There are numerous reasons that schools like Adelphi are reaching out to international students. One is to boost enrollment at a time when the number of domestic students enrolling in college is decreasing. But Adelphi officials say their main motivation is to increase diversity on campus.

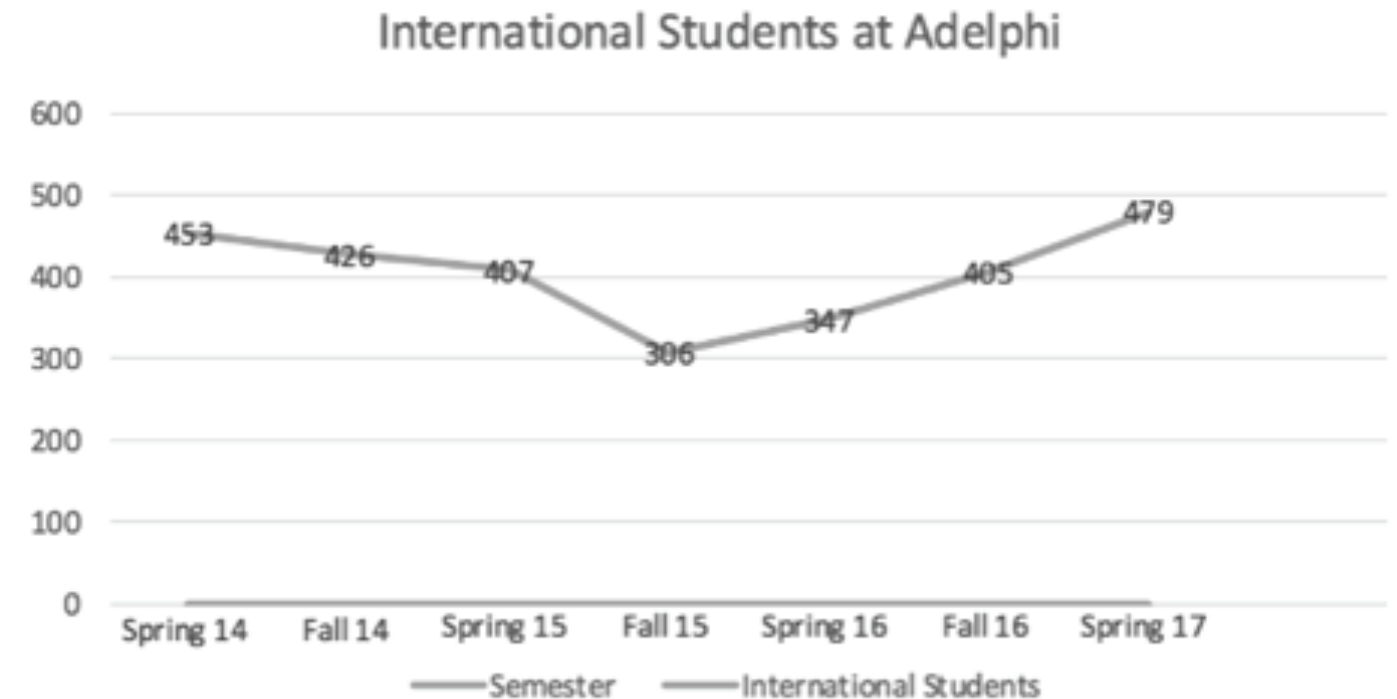
"The domestic freshman class this year has never been bigger," said Wendy Badala, director of the International Student Services Office. "I think the president's initiative to focus on international enrollment is to increase the diversity to the population that's here."

Badala was an exchange student when she went to school and knows firsthand what it's like to be an international student. "This is an experience you won't be able to read about in a book," she said.

Others echoed her sentiment. "I feel that we haven't had a commitment to get international ourselves. Now it's time," said Devin Thornburg, an education professor who's been active in the issue as chair of the Faculty Senate. "Our curriculum needs to have a more global perspective and it makes sense since we are in New York."

While "it has always been important to the university to have diversity in our classrooms to expand all students' experience," Paul said, the university is now attempting to ramp up its efforts to globalize.

With a goal to nearly double its



international student population, which had been slipping since reaching a high of 452 students in spring 2014, Adelphi last year partnered with Shorelight Education, a U.S.-based company that helps American universities recruit international students. The two formed Adelphi University

coming to America for the first time, Adelphi's International Student Services Office is expanding. The school's international student orientation programs are being revised and the Office of Residential Life is exploring additional housing options.

"In the Office of Residential Life

feel included, and gives more and better explanations and descriptions of what's happening whether through the monthly newsletters, events they create, or just one-on-one conversations with the staff," he said.

But there's room for improvement, he added. "I only think that there should be more events that encourage more engagement between the American students and international students, so they can learn and get to know more about each other."

And after all, wasn't that really the point?

"We will be a model of a university that creates a culture of diversity and inclusion," President Christine M. Riordan vowed during her March 2016 inauguration speech.

International (AUI), which they described in a joint press release as "an innovative program to support the recruitment, progression and success of international students on campus, as well as a comprehensive English language school."

"AUI recruits students [and] they get some income from the students they recruit, but not from Adelphi directly," Thornburg said. "They have offices at campus and they are working here not only to recruit students, but also supporting them."

Badala said she's satisfied with how the partnership has been working. Since AUI was announced in October 2015, international student enrollment has increased from 306 students to a record 479 students. For the upcoming fall 2017 semester, Paul expects the upward international enrollment trend to continue.

"We are anticipating enrolling about 150 more students through all our programs," said Paul, who has visited more than 20 countries in the past year to recruit students.

To accommodate the influx of foreign students, many of whom will be

and Housing, we are preparing for the increased number of students by making sure we have enough housing options for everyone who's interested," Visconti said. "We consider the quality, cost, safety of options, and we work to provide housing options for everyone who's interested."

Even more growth could occur in spring 2018, when Adelphi's School of Business launches a new master's of business administration degree with a global focus at the university's Manhattan campus. While everyone is welcome to apply, Badala said the program is expected to particularly appeal to international students.

Adelphi could also get a boost from word-of-mouth by happy customers. International students who are already at Adelphi are raving about their experience.

"The staff at AUI is beyond amazing," international student Amna Fathema said. "They're always here to help all their students."

International student Omar El Ghetri agreed. "Adelphi tries to keep the international student updated with what's going on in the country so the students

Congratulations
to the
Class of 2017!

*From all of us at
The Delphian*



DNCE Takes the Stage at SAB's Annual Spring Concert

BY OLIVIA FRANKS

Tinashe and DNCE performed at Adelphi on Friday, April 29 in the Center for Recreation and Sports (CRS). The Student Activities Board (SAB) was in charge of organizing, setting up and breaking down the event.

Senior SAB member Bridget Ryan said, "It was awesome to see it all come together, after the club – especially the E-board – had worked so hard to make it perfect, and it definitely turned out to be an amazing night." SAB was at the CRS the night before the concert setting up at 10 pm; they needed to start preparing the dressing rooms, waiting rooms and making sure everything was in place for the stage to be built up. On Friday, there was all-day preparation of last-minute details, such as food requests from the artists themselves. The SAB members were also in charge of giveaways, which included SAB light-up bracelets, foam sticks and even a T-shirt toss. During his performance, Joe Jonas, lead singer of DNCE, tossed out T-shirts to the energized crowd. Stephanie Morganti was the first performer of the night. Morganti was the winner of SAB's Battle of the Bands event, which took place on March 31. Those



Adelphi Jonas Brother fans turned out in large numbers to catch a glimpse of DNCE's front man, Joe Jonas. Photo provided by SAB

who attended Battle of Bands received the opportunity to vote for which act they wanted to see open the Spring Concert. Following Morganti, Tinashe impressed the audience with her choreography and back-up dancers. Her performance included "2 On" and "All My Friends." She concluded her per-

formance with her new song, "Flame." DNCE then closed the night, performing songs from their self-titled album "DNCE" including "Body Moves," "Toothbrush" and their new single, "Kissing Strangers." They ended the performance with their hit song "Cake by the Ocean." The event was well-received. Said junior

SAB member Brittany Willoughby: "This was my second year helping out at the Spring Concert. It was so great to see the members, chairs and E-board of the club put together such an amazing event at Adelphi. I'm so glad that those who came to the concert had just as much fun as we did."

Campus Celebrates Holi for the Second Year in a Row

BY GABRIELLE DEONATH

On Wednesday afternoon, May 3, Adelphi's South Asian Students Association hosted their annual Holi celebration on Levermore Lawn. Over 100 students participated in the festival this year.

Holi is a Hindu festival marking the beginning of spring, also known as the festival of colors. During this part of the celebration, participants, usually dressed in white, throw colored powder on one another in an outdoor setting in a joyful manner, usually accompanied by singing and dancing.

Alina Alexander, president of the South Asian Students Association, said she believes that Holi celebration at Adelphi brings together the university in a unique way.

"The most important reason to have Holi and other holidays to be celebrated on campus is to not only bring awareness of the South Asian culture, but also to have students participate and learn about it by interacting with the different aspects of the culture," she said. "It is also a way to bring a piece of home onto campus for certain groups of international students."

Last year, since it was the first time the festival was being celebrated on campus, the executive board was not sure



Let the colors of the Holi Festival spread the message of peace and happiness. Photo provided by Adelphi University

how many participants to expect. On the day of the event, they quickly ran out of powder and food after a much greater turnout than they had anticipated. This year, according to Alexander, the SASA executive board made sure to order extra supplies and food to accommodate the larger crowd.

AU Bhangra and AU Sapna, two

Adelphi dance teams specializing in traditional and contemporary Indian dance forms, provided entertainment during the event.

The South Asian Students Association also collaborated with several clubs and departments on campus for this event, including Sikhs United, International Mentors, the Interfaith Center and the

Muslim Students Association.

Rayan Islam, treasurer of the Muslim Students Association, said, "I thought the Holi event was a great opportunity to show support for another religious group. Regardless of what faith you follow, I believe it's important to show unity with others."

Garden City Campus Hub Expands Its Manhattan Presence

BY MADISON SCHIMEK

Start spreading the news: Adelphi University wants to be part of New York, New York.

The Garden City campus recently announced plans for two Manhattan-based educational programs that will begin with the spring 2018 semester. One program will allow undergraduates to live, learn and intern in the city. Another is for graduate students, allowing them to earn a global Masters of Business Administration degree. Classes for both programs will be taught by Adelphi faculty at Adelphi's Manhattan campus, located at downtown 75 Varick St.

Although the school has leased the space since 1988, it is currently only utilized in a limited capacity by the School of Social Work and the School of Education. The push to expand the Manhattan Center has come from President Christine Riordan. One of the first things she did when she became president last year was commission the creation of a new long-term plan for the university. Among the goals articulated in the new strategic plan is to expand educational opportunities in the city, which is about a 45-minute train ride from the main campus.

"We took our directive from Dr. Riordan," said Jennifer Ganley, director of the new undergraduate scholar's program. "I think students are eager to get into the city, and we have the Manhattan Center, and the structure already there. It's really exciting to see the Manhattan Center reach its full potential."

NYC Scholars Program

The new program for undergraduates, known as Adelphi NYC Scholars Program, will allow students to spend a semester in New York City.

"We thought, what if we could do a study abroad program, but instead of studying abroad students could study, live and intern in Manhattan," Ganley said. "With that it sort of took on a life of its own."

Students will take up to four classes at the Manhattan Center and also participate in a three-credit internship. The courses offered by the program are being designed to relate to New York City. For example, students may register for classes like the "History of New York City" and "Experience Theater: Off-Broadway."

Occasionally courses will be taught at museums or other locations in the city, Ganley said. An unlimited MetroCard is one of the perks of participating in the scholars' program, eliminating subway costs.

Students accepted to the program are guaranteed an internship, which will be arranged by the university's Center for Career Development and relate to the student's field of study. A communi-



cations student, for example, might intern at BuzzFeed. Students will intern 10 to 12 hours per week at their respective companies or organizations, and all classes will be held after 2 pm Monday through Thursday in order to allow students to spend quality time interning.

Meanwhile, students in the program can either commute from their existing residence or live at St. George Towers, a nearby dormitory owned by Educational Housing Services, a non-profit organization that provides students housing opportunities in the city. Located in Brooklyn Heights, St. George Towers is approximately a 20-minute subway ride to the Manhattan Center in SoHo.

"You can literally walk two blocks and see the entire Manhattan skyline. It's like you can just reach out and grab it; it's incredible," Ganley said.

The program fee for the scholar's program is \$550, not including living expenses. If students choose to live at St. George Towers, the total costs will be \$655 more than the costs of being a full-time resident at Adelphi's Garden City campus. The total costs for tuition, including living, are estimated at \$25,225 for the semester. However, students will not be able to obtain a meal plan, as there are no university dining locations in the city.

Global MBA Program

Meanwhile, the school's new global MBA program in Manhattan will provide graduate business students their masters with a global focus. Though Adelphi students are allowed to apply, the program is intended for international students seeking a global business perspective.

"We found we had a lot of international students coming into our regular master's program, but that program really focuses on doing business in the United States," said Alan Cooper, the associate dean of the Adelphi University School of Business. "So I think this will draw in international students."

The program will allow students to complete their masters in 18 months, taking 15 courses total. Students participating in the program will have the opportunity to live in St. George Towers or make their own living arrangements. Once students complete the general courses they can choose electives. For example, a student could choose to complete their remaining courses focusing on finance, further specializing their degree.

"New York City is in our backyard, and the goal is for students to take advantage of all that the city has to offer," said Rajib Sanyal, dean of the Adelphi School of Business. "The business field is becoming increasingly connected globally. Being able to learn in the city will leave students well prepared for a global world." The program has been accredited by the Association to Advance Collegiate Schools of Business, Sanyal said, meaning the program has been designed with high standards for faculty, curriculum, policies and procedures. The program is awaiting approval at the state education level, but school officials anticipate that being formalized soon.

"Whether it be visiting the New York Stock Exchange, observing JFK [Airport] operations or visiting a business's headquarters, students will be out of the classroom having hands-on experiential learning," Sanyal said. "There is something to be said about experiencing something and learning about it rather than learning with books and in the classroom."

Program officials expect to accept 35 students in their inaugural class. However, depending upon how many applications they receive, they are prepared to accept up to 70 students.

Both the undergraduate and graduate programs plan to utilize Adelphi's large alumni network in New York City in order to benefit students by hosting alumni events, and creating a stronger presence for Adelphi students in the city. By incorporating experiential learning and networking, both Sanyal and Ganley believe the

programs will give students a competitive advantage post graduation.

Even though the programs don't open their doors until next year, there's already much interest in them.

"I think making connections is a really big part of making it in the real world in this day and age," said Jessica Winans, an Adelphi sophomore and applicant to the undergraduate scholars' program. "I also like the fact that it is sort of like a study abroad. I pay for college myself and I never could afford to go abroad, but this is an option."

The Theatre Department Pays Homage to Shakespeare

BY LAUREN REDFORD

Adelphi Theatre Department students performed "A Midsummer's Night Dream" in the Black Box Theatre in the Performing Arts Center from April 25-30. The Shakespeare comedy, directed by Brian Rose, portrayed the chaos that unfolds between desperate lovers, amateur actors and meddling woodland fairies.

Throughout the play, most of the drama stems from the fairy king Oberon and Puck, his assistant, who manipulate those in the forest with the love potion from a magical flower. Because of this, the four lovers--Hermia and Lysander, Helena and Demetrius--all are entangled in a confusing love rectangle. Also prey is Titania, Oberon's queen. The two are estranged because Titania refuses to give Oberon her changeling, so he uses the dangerous potion to influence her into falling in love with one of the amateur actors whose head has been transformed into that of a donkey.

All of this drama is only intensified by Egeus, father of Hermia, Theseus, Duke of Athens, and Hippolyta, Queen of the Amazons. These three characters are also trying to control the four lovers, thus exacerbating the actions of the fairies.

One of Shakespeare's most popular plays, "A Midsummer's Night Dream" provides drama from the fairies, romantic tension from the lovers, and comedic relief from the troupe of actors. Although one might be dissuaded from viewing this play due to Shakespeare's sometimes complex verse, this production was engrossing and very easy to follow. The students of Adelphi's Department of Theatre performed spectacularly, ensuring that every line was compelling and left the audience wanting more.

Meet the Faculty: Professor Martha Cooley Brings Her Experiences as a Novelist to the Classroom

BY GESELLE MALDONADO

Professor Martha Cooley is an English literature and creative writing professor at Adelphi. Earning B.A. at Trinity College in 1977, Cooley went on to teach at MA program in Boston University and Manhattanville College before arriving to Adelphi. She is the author of celebrated novels *The Archivist* and *Thirty-Three Swoons*, as well as a co-translator for the Italian-language novel, *Time Ages in a Hurry*. As a professor, her areas of specialization include creative writing (with emphasis on fiction), and modern and contemporary American and European literature.

Q: Tell me a little bit about your career background. What did you do before you came to Adelphi?

A: I had taught in Creative Writing MFA programs at several colleges prior to teaching at Adelphi, mostly at Bennington College. During my time teaching I was also working as a freelance editor and writer, doing work for publishers, businesses and nonprofit organizations. I published two novels: “*The Archivist*” and “*Thirty-Three Swoons*.”

Q: How did you end up becoming an English professor at Adelphi?

A: Since I was already teaching grad students, I wanted to gain an opportunity to teach undergraduates as well as graduates. I arrived to Adelphi when the university began its MFA Creative Writing program.

Q: What do you enjoy most about working in the English department?

A: I absolutely love to talk about, share, and teach literature and creative writing, just as much as I love, well, reading books [laughs]. I enjoy hearing the reactions and responses of my students after they read or learn something new from literature. It’s rewarding to get excited about good literature with others, especially since we need it more than ever in today’s world, and language itself is routinely devalued.

Q: When and why did you decide to become an author?

A: The earliest I remember wanting to be a writer was when I was in high school. Since then I have always been passionate about writing, as well as the pleasures of reading good prose, poetry, and drama.

Q: What exactly got you inspired to write your latest memoir, *Guesswork*? How long did it take you to write it?

A: *Guesswork* is a memoir composed in linked essays that I worked on for three years. I was greatly inspired to write the memoir by my experiences in living in Italy for my sabbatical year in 2012-2013. In these essays I chronicle everything from my stay in Italy, to dealing with the loss of my friends and my mother, to my love of poetry and prose, to cats, and to talking about poets and poetry.

Q: What do you believe are the biggest difficulties of being a writer, as well as being an English professor?



Professor Martha Cooley
Photo provided by Martha Cooley

A: One of the greatest difficulties of being a writer is the feeling we get when we worry if we’re up to the task. It’s an occupational hazard. You care so much about your work that you constantly worry you may have not gotten it right. As for one of the biggest difficulties of being an English professor, despite the fact that studying literature and creative writing is one of the best preparations for life in the real world, it’s not sufficiently recognized. And it’s not just students that choose not to acknowledge the importance of literature. The arts and humanities are under attack; public funding is reduced or cut.

Q: How do you manage to deal with those difficulties?

A: I always revisit what I love, which is good literature, knowing that there are people who are just as excited about it as I am. Because of that, I never truly feel alone. It offers more than just solace; it offers energy, motivation, and encouragement. I feel lucky to be able to share those gifts whenever I teach my English and creative writing classes.

Q: What can you say are the most rewarding aspects of being a writer and an English professor?

A: What’s most rewarding as a writer is, of course, getting published and being able to be part of a larger conversation dedicated to literature. But what’s rewarding as a professor is when I see my students thrive because of their exposure to literature and art, and when I see it helps them not only as people, but as thinkers, writers, and even as citizens in a democracy.

Q: Any future plans regarding both your writing and your career in the department?

A: I have just finished a novel that I absolutely cannot disclose any info about right now [laughs], and I’m currently working on a collection of short fiction. And as a professor, all I can say is that I look forward to teaching students in both my literature and creative writing classes next year.

Meet Bellerose’s Tech Whiz Kid

BY VARUN KUMAR

Jai Punjwani might be Adelphi’s Bill Gates.

At 20 years old, the computer science major has worked for Microsoft, won a school tech competition and built a successful educational app. His professors expect big things.

“In the future, I see Jai as an innovator who will make a contribution to the world,” predicted Kristin Pepper, a computer science professor.

Punjwani, who was born in Nigeria and moved to the United States when he was 3, recently launched an app that helps Adelphi students find study buddies.

“The app allows students to connect with other students studying for the same classes,” said Punjwani, who led a team that included Adelphi students Harmit Minhas, Sarthak Arora and Prasanth Venigalla. “A user of the app can input what he is studying for and can even mark



Photo provided by Jai Punjwani

his location on a map at Adelphi’s library.” The app was initially created as part of a university-wide tech competition. Punjwani was a freshman and in his second semester of programming when the library announced Adelphi’s first annual “Hack the Library.” He saw the competition as an opportunity to use what he learned in

class and try to come up with an idea.

“He didn’t just want to be taught how to code, but rather to go through the process of learning a new language,” recalled Pepper. “He then showed the initiative to follow this through to working with the Adelphi library and IT department so that the app could be finished and published.”

While Punjwani’s idea for the app won the hackathon competition in 2015, the app was officially released in January 2017. To bring the concept to fruition, he said he would work on the app approximately three hours a day.

The tech community has started to take notice of the young developer, as well. Last summer, Punjwani landed a competitive paid internship with Microsoft, working in the software giant’s research office in the Chelsea section of Manhattan. While there, he helped build an app to make traveling in New York City much easier. It is set to launch this summer.

“The experience was great,” said Punjwani, who works part-time for Adelphi’s Information Technology Department and co-captains the school’s bhangra dance team. “I learned many new things while there.”

With one more year left of college, Punjwani has accepted a software engineering internship for the summer with Dealertrack, a Long Island-based automotive software company. Ultimately, Punjwani said his career goal is to be “working somewhere in the security field, where I would be on the defensive side and preventing cyber attacks for an organization.”

In the meantime, he’s busy creating new apps.

“The app I’m thinking of creating next is an app that will help a user lock his/her phone from another device if it gets lost or stolen,” said Punjwani. “This will protect people from identity theft and as well keep their personal items safe.”

Beginner Tips for Home Garden Soil Management

BY JORDAN GRIFFITH

It's that time of year again to get your hands dirty by planting a garden. But before you assume that any soil will do, make sure that you're offering the most hospitable environment for your plants. Otherwise you may not only give yourself more work, but put your health at risk as well. Gardening can be an extremely fun and rewarding activity; starting with a single seed and watching it grow into a fully healthy plant is one of the most humbling experiences you can have.

One of the first things every potential gardener needs to do before planting an in-ground-garden is to complete a soil test, an analysis of the soil's nutrient content, composition, acidity and pH level. This test is also important for exposing any harmful toxins or metals in your soil that you may need to dispose of before planting.

According to Chip Tynan, manager for the Horticulture Division at the St. Louis Missouri Botanic Garden, soil testing will cost about \$25, depending on what laboratory you decide to go to. Brooklyn College in New York City



conducts soil tests for \$45. A soil test can be administered at a local university or laboratory. On Long Island, there's a soil testing laboratory at the Cornell Cooperative Extension, Suffolk County, Extension Education Center in Riverhead. You can find out more at ccesuffolk.org/gardening/horticulture-diagnostic-labs.

During a soil test, scientists examine the compaction of your soil, which basically tells you if you need to loosen it. In addition, scientists will let you know if

you need to add more compost, which will give your garden more nutrients, according to Tynan. A proper assessment of your soil will also help you determine what you can grow.

"Primarily edible and flowering plants require an organically soil base," said Tracey Rhodes, a gardener at the Phoenix, Arizona Botanic Garden. "Additionally, you want to aim for water to be able to move freely throughout your soil. This means that when you water your

plants, the water does not simply sit on the surface; it seeps down into the soil and to the roots of the plant."

Depending on the results of your soil test you should now know how compact your soil is and what nutrients it needs. You can buy supplements to enhance your soil. According to Scott Hoelscher, the head gardener of the Portland, Oregon Botanical Garden, "Soil mixes and amendments sold at garden centers and nurseries will provide nutrients that enhance food crops by offering higher concentrations that may be present in top-soil or soil mixes."

Flowers can also benefit from the addition of soil mixes or compost.

When deciding on what soil to buy, it is equally as important to make sure that it's regulated by the U.S. Department of Agriculture (USDA) as it is to make sure it's the correct soil for your garden. If it's regulated, the item will have a tag for the USDA. "It's an industry that has recently begun to have regulations like E.coli free soil," said Tynan.

Gardening is a hobby that requires you to get down and dirty. However, with these tips you can keep the soil in the ground instead of on your clothes.

The Graduate Student Council Seeks to Increase Involvement

BY BRYAN GRILLI

Are you a graduate student who's looking to get more involved on campus? Do feel as though your voice isn't being heard as loudly as your undergraduate counterparts? Would it be helpful if there were some kind of body that could provide you with assistance relating to a plethora of issues such as babysitting services or parking, as well as allow a space for socialization with your fellow grad students?

If your answers are yes, then you might consider becoming involved with the Graduate Student Council or GSC. They are a driven, friendly group of graduate students who are looking to make an impact on campus and prove that Adelphi can be so much more than just a place you go to take classes.

The GSC was founded at the beginning of 2015, and was spearheaded by Nicole Wong, formerly of the Student Government Association (SGA) when she was an undergrad. Her work was followed by Kieran Persaud, a then-graduate student who was also involved with the SGA during his undergraduate stud-

ies. The early idea for the organization stemmed out of a need that became visible to these students as they transitioned into their grad studies. A dedicated group of students rallied around Wong and Persaud and helped officially ratify the GSC's constitution in 2017.

Presiding chair of the GSC, Joud Deeb, a graduate student in the master of science in nutrition program, and Joseph Weiss, an internal/external communications representative and graduate student in the MBA program specializing in marketing, are key members of the council's current executive board. They both firmly believe in the mission of their organization and the importance of having a GSC on campus.

"I think it's important because most grad students aren't really involved, so they just go to class and go home," Deeb said. "Their voices are not really heard on campus and I think having a GSC provides a way for them to get involved and tell us about their concerns and how we can address them."

Weiss echoed the Deeb's sentiments, saying that their council is in place to "resolve graduate student issues and be the voice of such students on campus."

The administration also recognized the importance of having a GSC, appointing Dean Della Hudson and Dr. Devin Thornburg as student affairs advisor and faculty advisor respectively, to serve as liaisons between the administration and GSC.

"They've been there since the start and are great. They help us out with pretty much everything and I don't even think this council would be what it is without them here," Deeb said.

As outlined by their constitution, each GSC representative is responsible for a number of duties, including: bringing concerns, needs and wishes of their constituents to the GSC; regularly attending meetings; disseminating information regarding GSC activities; setting goals and recommending actions based on the directives of the GSC; communicating goals to the GSC and Adelphi administration; and briefing their successors about their duties.

"We want students to come to us if they have concerns about issues like parking or if they have kids and need access to babysitting services," Deeb said. "We want them to come and tell us what would enhance their lives here."

Recognizing that they are still a young organization, the GSC's main concern has been getting their name out there and becoming more involved on campus. Deeb explained how events have played a role in this process. "We have had a lot of events, and will be hosting a Spring Fling on the evening of May 10 where we will give away some awards to bring the graduate population together. We co-sponsor events as well."

"We have continued to develop an infrastructure that can affect change. We have collaborated and helped fund several events such as Wake Up Everybody, Social Action Day, the March for Science and 100 Days of the Presidency," Weiss said. "Issues relating to graduate students can be brought to our attention at our weekly meetings at 5 pm on Tuesdays in the Nexus Student Affairs Conference Room."

Interested grad students can also reach out to the GSC through their email: augsc@adelphi.edu and social media pages: Facebook-AUGSC, Twitter-AUGrad-SC and Instagram-adelphigsc.

In My Humble Opinion, There's Nothing to Fear

BY BRIAN JENNINGS

I must admit, I feel a great deal of pressure living up to this assignment. Tasked with the great burden of assigning meaning and purpose to my time here at Adelphi, I find myself truly at a loss of coherent thought. As I write to you now, I'm at those famous crossroads where ugly deals are made in the name of making a name for oneself. When I leave these parking fields for the last time, I will be leaving behind my last remaining platform of purpose.

Providing The Delphian with a vigorous editorial section became my only goal during my last year on campus. Though I've spent the last 18 months aging my soul beyond repair inside the fluorescent incubator of cable news, I do feel as though my work has maintained some kind of purpose. Perhaps you were one of the loyal readers who always took the opportunity to absorb these provocative voices, but most likely you weren't. Though our platform at The Delphian is immense, the irony is not lost on this humble reporter as I and my fellow writers die on the hill of print media. I understood the game when I stepped onto the field. To be a writer is to birth your spirit into existence. No one asked us to, and a great many probably wish as though we'd get a real job. Yet, we write. We write in the name of creation, and the records we leave behind may one day provide the fossils by which future generations

may make sense of our troubled times.

I have no earthy idea why I was chosen to serve at this post, or how I got away with it all. I suppose in that sense I have to thank Donald Trump for churning up an ire that made all of my remarks sound justifiably sane. As Nobel Laureate Bob Dylan once said, "to live outside the law you must be honest." To the next tortured soul who assumes this position, I plead with you to only build on a foundation of the most brutal honesty. When the constraints of objective journalism fall short, it is we who carry the baton with which we bludgeon the indignant swine whom hold our feet to the flame. Remember that anybody can be just like me, obviously. Now, I bound off into the tequila sunrise of unemployment, still wondering where you are tonight, Sweet Marie?

Before I go, I wanted to talk a little bit about people, and where I think we're going. For the first time, the millennial generation finds itself confronted with the atomic threat. At home, our government has never been more divided. Abroad, the world remains strangled by the brutal grip of religious intolerance and racial bigotry. Fear is spoon-fed from all angles and media conglomerates. Most of the songs atop the billboard charts were made on a computer.

The age in which we are to become the adults may be brief. No one knows how long this human experiment will last given the physical and social climate of our day. Yet, by and large, we

are the ones who will decide whether our obituaries are written by our children, or some post-modern scholar from some far off millennia. Though it may seem impossible, we must attempt to distance ourselves from the technology that's come to define our existence. We live in a moment of malignant self-absorption cancerous enough to tear our people apart. We like what we like and ignore the things we don't without consequence. It has become far too easy to view the world through the prism of individuality. We must seek partnerships in people we wouldn't expect and find beauty in challenging packages. To be a human being is to be inherently messy. Embrace the flaws of your friends, as they are the flaws you find in yourself.

Though these are my hopes and my reasons for writing, they do not alter my sense of reality. I understand far too well that this may be a difficult bargain. In many ways, it feels as though we've gone too far over the line. Yet, when standing side by side with the face in my dreams, I too find my peace. Regardless of how far this great experiment will go, allow yourself to become blissfully ignorant to the pain of being human in these moments of raw humanity. Give in to this urge whenever it presents itself, and find that there's nothing to fear.

Though my form could have been longer, I can't find the urge to belabor this final point. The survival of the human race will depend solely on the love we have for ourselves, and the love we re-

ceive from and reciprocate towards others. Without this foundational narrative, we cannot hope to forge any meaning in life. For this quest, I provide you with a road map in the form of a preface to William Saroyan's play *The Time of Your Life*:

In the time of your life, live — so that in that good time there shall be no ugliness or death for yourself or for any life your life touches. Seek goodness everywhere, and when it is found bring it out of its hiding place and let it be free and unashamed.

Place in matter and in flesh the least of the values, for these are the things that hold death and must pass away. Discover in all things that which shines and is beyond corruption. Encourage virtue in whatever heart it may have been driven into secrecy and sorrow by the shame and terror of the world. Ignore the obvious, for it is unworthy of the clear mind and the kindly heart.

Be the inferior of no man, or of any man be superior. Remember that every man is a variation of yourself. No man's guilt is not yours, nor is any man's innocence a thing apart. Despise evil and ungodliness, but not men of ungodliness and evil. These, understand. Have no shame in being kindly and gentle but if the time comes in the time of your life to kill, kill and have no regret.

In the time of your life, live — so that in that wondrous time you shall not add to the misery and sorrow of the world, but shall smile to the infinite delight and mystery of it.

Reflections of a Class of 2020 Freshman

BY TATSUYA HONDO

My family's friends knew Adelphi. My neighbors knew Adelphi. My teachers in high school and instructors at another college knew Adelphi very well. I had met pure nostalgia. Every affiliate of Adelphi I met had a story to tell. Every meeting, I'd hear a fine quality compliment of the Garden City campus of Adelphi University.

My first encounter with the Adelphi ethos was during senior year in high school. My government and economics teacher Mohammad Malik, who had earned a master's degree at Adelphi, would be the first in my circle to say the surprising, "You know they have rabbits on campus?" Finding said rabbit was one of my first freshman missions.

Throughout this year, I have seen a rabbit off campus near the southeastern gate of New Hall A. I also spotted another rabbit mature in size at the Nassau Boulevard Long Island Railroad train station, many blocks away from campus. These off-campus sightings would be my first freshman discovery. The Adelphi rabbits are wild. I also sighted several campus lizards. Rumor has it that in the 1960s some-



one released Italian Wall lizards in this area and they've been multiplying ever since.

Aside from diversity on campus, its environment and philosophy, I remember being introduced to the college shuttle, whereby colleges pick up students from nearby public transportation, easing their commute. According to an education site, The Hechinger Report, the college shuttle pickups are valuable because they break the "access issue." An increase in racial diversity can be observed at colleges who provide shuttle service. Additionally, the college shuttle services are great for "areas where public transportation is more scarce."

I've also made a few academ-

ic discoveries this year. One is the no-credit class, which doesn't count in the grade point average. I took a no-credit class the first semester of my freshman year and recommend anybody to take them. When choosing, select a familiar subject. If you know you're good at a course, non-credit classes are morale boosters; you might get a great grade.

Moreover, college is not just there for your classes; it's there for your successes. Swirbul Library immediately became a music library to me. If you're a music student on campus, I recommend you check out Swirbul Library's selection of ragtime music. Everything from the popular 1898 tune "Eli Green's Cake Walk" to "Manhattan Beach March" by John Philip Sousa. As many attendees of Swirbul already know, the library has an extensive collection of publications. From how-to-make website, a fonts 101 dictionary, disaster prevention, bookbinding and government documents, the collection is very practical for college students. It's a physical think-tank for the entrepreneur-inspired panther.

My unrivaled experience must go to Adelphi's organized resources. One resource I had used often freshman year is the practice rooms in the music depart-



ment. I am not a music major or minor. However, the college allows me use the music facilities. The practice rooms are a special recreation, a workable room for the serious musician and hobby minded.

Adelphi University is a distinct college. Offering the finest education, my freshman experience was matchless to other first-year peers at other colleges. Most importantly, I must honor the Adelphi ideology. Being an Adelphi student means I value the college's philosophy. One is empowerment of the disability community. The Class of 2020 was the largest matriculated freshmen class in 120 years. Let our largest class, assist in Adelphi University's philosophy.

All You Need to Know Can Come From Childhood Fiction

BY JACOB CHERNACK

Has it ever occurred to you how much joy young men and women these days get out of rediscovering the highlights of their childhood? Whether re-watching favorite cartoons and movies, skimming through classic storybooks or scouring the attic for old toys, retreating into nostalgic comforts seems to be alive and well among even your average, everyday youth.

Call them “man-children” if you will; but it seems that today’s youth might be on the brink of redefining “maturity.” But while anyone can rediscover his or her childhood joys, several of mine have never truly gone away—and for those that have, I can always find them, and come back with a greater appreciation for them than I would have had as a child.

Children’s literature, television and film have all played a major role in my life ever since I can remember. My childhood was practically shaped by classic storybook authors, including Robert McCloskey, William Steig, Janell Cannon, Russell Hoban, Maurice Sendak, and most prominently, the Reverend Wilbert Awdry, creator of “Thomas the Tank Engine.”

Ever since the age of 2, when I first dove into the fantastical literary world that was the Island of Sodor, I’ve always been more or less in my element there, and have never truly been able to leave it. As a song on the “Thomas and the Magic Railroad” movie soundtrack goes, “Some things never leave you.” Perhaps this recurring passion of mine played a role in my discovering and coming to love cartoons I had either not watched in my childhood (i.e., “Tugs” and “Fraggle Rock”), had been long before my time (i.e., “Ivor the Engine”), or were more recent and had gained a major following (i.e., “My Little Pony: Friendship is Magic”).

Naturally, being so deeply enchanted by these shows and what they have to offer, I can get lost in them – or even mere memories of them – when I should be concentrating on “more impor-

tant things.” But in the thick of everything, isn’t it children’s stories that time and time again teach us the most important things in life?

It always seems as if the more “important” or “successful” people of our society have forgotten “everything that they need to know and learned in kindergarten” – or at least should have learned. There are too many “Gordon’s” and “Jameses” in this world (vain, self-centered, rude people), who could otherwise be “Edward’s” (kind, wise and intuitive). And frankly, it feels a bit distressing that not all of the real world “Gordon’s” and “Jameses” learn their lessons as quickly as they would have in a fictitious story.

Even multiple members of the online Thomas fan base have forgotten so much of the basic morality that the Reverend Awdry built his stories upon, what with being all “grown-up,” so to speak. From assessments made by some of the less toxic fans, as well as my own observations, many of them are downright mean-spirited and cynical. As crusty, dignified old Duke (aka “Granpuff”) would probably say, “That would never suit His Grace!”

I have experienced this toxicity in not only the Thomas fandom, but in the bronny community (“bronny” being a nickname for predominantly young adult male fans of “My Little Pony”), a cult either marveled at or flat-out despised all over the Web. It seems that even the most pure, positive, uplifting TV shows can have very toxic followers, and just as many (if not more) haters. I was once told to kill myself for making a Pony-related comment under a YouTube video.

But while I can’t make the inside cynics and outside haters stop gnashing their teeth, I can appreciate both “Thomas” and “My Little Pony” for what they are, as well as rely on their values and lessons to help better myself as a person. Scoff if you must; but children’s television and literature can really teach you all you need to know.



COMING SOON!

ADELPHI FLUTE ENSEMBLE

Monday, May 8 • 5:00 p.m.
Recital Hall
Free Event

ADELPHI CONCERT BAND

Tuesday, May 9 • 7:30 p.m.
Westermann Stage, Concert Hall
Free Event

CABARET THEATRE: ALICE IN TINDERLAND

Thursday, May 11 • 7:00 p.m. and 9:00 p.m.
Friday, May 12 • 7:00 p.m. and 9:00 p.m.
Black Box Theatre
Adelphi Students: \$5

ADELPHI PERCUSSION

Friday, May 12 • 8:00 p.m.
Westermann Stage, Concert Hall
Free Event

CRYSTAL GAYLE

Saturday, May 13 • 8:00 p.m.
Westermann Stage, Concert Hall
Adelphi Students: \$10

STUDENT RUSH TICKETS

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Sunnyside Runner Makes Amazing Comeback

BY MADISON SCHIMEK

Adelphi University standout runner Branden Warders was disappointed when he crossed the finish line 26th out of 27 competitors at a January 5K race on Staten Island after a 16:33 run. However, considering his journey to return to competitive running after a horrific car accident, it was remarkable that he was even able to compete.

Just a year earlier, the 19-year-old Sunnyside, Queens resident suffered a serious neck break following a major traffic collision. The injuries he sustained left doctors questioning whether he would ever compete again.

Warders, now a junior, is a member of both Adelphi's track and field and cross country teams. As a freshman he helped the Panthers win the New York City Gotham Cup in the distance medley relay, and he placed first at The Coach Omeltchenko Invitational in the 1500 meter race.

But, his strength and endurance was put to the test on Jan. 1, 2016, when he was travelling from California to Arizona with his family.

Warders' mother was behind the wheel of a Toyota Camry when a semi-truck clipped the car, causing it to roll over multiple times. Although his family members suffered only minor injuries, Warders wasn't as lucky. Because he's 6-foot-1, Warders was pinned against the roof with each rotation. His neck was fractured in three places.

He underwent a three-hour surgery to place him in a "halo ring," in which pins were screwed directly into a metal ring encircling his head and attached to a vest to immobilize his spine and prevent



Branden Warders goes the distance on Adelphi's track and field and cross country teams after a car accident left him immobilized. Photo provided by Javier DePaz.

further injury. Warders spent a week in the hospital before he was permitted to get out of bed.

"The first time I got up from being bedridden and looked in the mirror, I was shocked to see rods protruding into my head," Warders said. "At that moment I knew the road ahead wasn't going to be easy, but I reasoned I've never been one to quit, or run away from a challenge." But Warders' coach, Katie Rees, knew he'd be back soon.

"Even when he was lying in the hospital bed, one of the first things he told me was 'I'll be back, and I'll be stronger,'" Rees said.

Warders said his team's support helped his rehabilitation. The track team sent him their support via cell phone, posing for a photo with signs that said, "We

miss you, Branden."

"Aside from his determination, we missed his cheerful nature ... and, most of all, his kind words of encouragement," said Seona Maloney, a junior and Warders' teammate.

A month passed before Warders was able to travel back to New York in a neck cast. He was unable to compete in the 2016 track and field season, but he returned to school in February and was able to catch up on his coursework. He lived on campus throughout the spring semester, including during his rehabilitation.

Warders began physical therapy in April with Lisa Coors, a physical therapist at Physical Therapy Options in Garden City. According to Coors, a full recovery for injuries similar to his could take up to a year, but he was finished in seven months.

"He was determined to recover and return to his normal activities, such as track, where he excels," Coors said. "Branden was in-touch with his body and its limits; he was able to hone in on his deficit, which included weakness and stiffness in his neck."

Not only did he complete his own recovery, but he also created a video to inspire another patient at the rehab facility with injuries similar to his.

"From our point of view we believe the video absolutely helped the other patient and their family as it is inspiring," Coors said. "The video has gone far in motivating not only the patient with a similar injury, but in motivating other patients in general. Branden has made a positive impact on individuals who do not see their injury getting better or returning to normal."

Warders was able to return to competing with the cross-country team in fall 2016. "It was such a thrill to compete again with the team," he said.

Although he was disappointed with his initial race, at the Great Dane Classic on Staten Island, he kept improving. In fact, he's now a better runner than ever before.

He ran a 16:04 in the 5K at the DeSchraver Invitational in East Stroudsburg, PA., finishing seventh out of 19 competitors. This was a personal best for Warders.

"He is just a tough athlete," Rees said. "When he can't do something he wants to be able to do it, he has that mental toughness. Though [Branden] hasn't told me directly I believe that breaking the 16:00 barrier will be his next big step."

Delphian Sports Editor McCarthy's Bittersweet Final Ride

BY OLIVIA FRANKS

Fallon McCarthy is a senior on the softball team at Adelphi and she has also been the sports editor for *The Delphian* for nearly two years, as well as an award-winning reporter for the paper, having won Press Club of Long Island awards for sports reporting when she was a sophomore and junior. In addition, McCarthy has played for the Panthers for all four years of college, primarily playing first base. She just received her first Northeast 10 award as Third Team All-Conference. In addition, she created this Final Ride Series for the paper, so the staff is proud to be able to offer her this well-deserved forum to share her experiences while at Adelphi.

Q: When did you start playing softball?

A: I started with baseball and softball was in Pre-k. I played both baseball and softball until the sixth grade, but I stopped playing baseball once I realized I couldn't keep up with the boys. It was then when I fell in love with softball and there was no looking back.



Q: Why did you want to continue playing softball in college?

A: In middle school, I played five different sports and my love of baseball translated into softball. I've always loved sports, but softball stuck out to me. As a little girl, the game captured me and it never let me go.

Q: What has playing collegiate softball taught you that could be applied into your future career in sports management?

A: There are two things that I have learned. First, playing in college taught me how to work with others in easy situations, but also difficult situations. I have had the pleasure of working with the best people and I learned not only with them but from them. It has been cool to learn from so many people who come from so many different places. Also, I have learned to never give up. If you don't succeed at something, but you know you put 100 percent in it, then you know there was nothing more you could do.

Q: As sports editor and athlete, you have been on both sides of the field – playing and reporting. Have you learned anything having both roles during your college career?

A: I have definitely learned time management. Also, I have become more aware of other teams on campus. Being editor has forced me to know what else is going on within athletics on campus and it has opened my eyes to everything. Being a journalist is not easy and while making questions for articles I want to be thoughtful especially being I want to be in sports management. Being on both sides of the

pen and the ball, it has definitely given me a unique perspective.

Q: Do you have any regrets in your time as a college athlete?

A: My senior day was yesterday and it made me realize how much I am going to appreciate what I have right now. My friend sent me this quote the other day that said, "One of the most bittersweet feelings has to be when you realize how much you are going to miss a moment while you are still living it." My regret is that I can't do this forever and there is a time limit on being an athlete here.

Q: What will you miss most about softball?

A: I'll just miss picking up ground balls and hitting. When I'm two, three, even five years out, I'll miss the girls the most. I've learned from everyone and every team I've ever played with. The people make the sport what it is and they have made my time unique. For that, I will be forever grateful.