

# The Delphian

May 2, 2022

The Voice of the Students

Volume 77, Issue 10

## Men's Soccer Star Speaks Out About His Motherland Ukraine

BY VLADISLAV STEPANOV

*Editor's Note: When the war in Ukraine first broke out in February, we asked Vladislav Stepanov to comment on his concerns about his country and family. He was quoted in our March 7 issue. Now that it has been over two months since Russia invaded Ukraine, we wanted to know how he and his family are doing. Here Stepanov generously shares his experiences with the Adelphi community. Read through to find out how you can help.*

I'm a junior sports management major on the Adelphi men's soccer team. I am from Kyiv, Ukraine, where my family currently lives. Fortunately, my family is doing fine! They are still outside the country. However, their friends and my friends are predominantly still in Ukraine. It is a very hard situation and even though it has been two months of war, I still cannot wrap my head around it. It just doesn't fit right. There are times when I call my friends and I can hear the siren of an air raid alert. Seeing my friends having to sleep in subway stations (as it is safer there in case of bombings) from time to time, is honestly heartbreaking and disturbing. However, the worst is hearing that an old teammate of mine was killed, and by now I have a few friends that I will never see again.

Personally, I am holding up to the best ability I can. It became extremely hard to focus well, and to be completely honest with you, it looks like my GPA will not be as high as last semester. I live in a constant feeling of guilt that I am not there helping with my

friends, and that I am not providing enough support from here. I also do want to thank my teammates and my loved ones here for all of the support they have given me.



Vladislav Stepanov, a junior sports management major at Adelphi, posed for this photo in his home country of Ukraine last summer. Photo via IG @vlad\_stepanov25

Unfortunately, I do not have a home for now. My house is still there, but I consider a home a safe place to be, and right now it most certainly isn't. It saddens me every day that I won't be able to see my home, my friends, visit our favorite parks and restaurants, or play soccer with my old teammates. Home isn't just a house or an apartment; it's a place where you made the best memories, and where you continue to make them. It is where you feel welcomed. And that was stripped away from me at least for now.

I do not have a definitive answer for where I will stay during this summer. I simply do not know, but for sure I will be staying in New York. If me and a few of my teammates

are lucky, we will move off campus starting this summer. I do not have any family or relatives in the US. However, I do have my teammates and my girlfriend here.

Yet, with my whole heart I hope that we will win this war and rebuild our country to its previous glory, where everyone will feel safe again. But I know for sure that we will never forget what happened and what we had to go through.

In terms of the help from Adelphi, it would be great if the university used their social media more actively to spread the word about what is happening and encourage people to donate. It is key for people to understand that by being a bystander, they basically support what is happening. They support the death of my friends, of innocent people.

## Adelphi Administration Works to Balance Uneven Major Enrollment

BY LILYEN MCCARTHY

Enrollment in different majors at Adelphi tends to follow gender stereotypes seen in higher education for decades. Majors leading to careers of nurture like nursing, psychology, social work and communication disorders have a much higher female enrollment. Fields that have been seen as conventionally more masculine such as business and related majors, sports management and computer science, also have a higher male enrollment at Adelphi. The discrepancy seems striking, but the statistics for the top 20 majors for the 2021-2022 support these stereotypes. Males are more than 50 percent of enrollment for 8 out of the 20 majors, according to a report provided to *The Delphian* by the Office of Admissions.

The top 10 majors (in order) at Adelphi as of this academic year are nursing, psychology, biology, computer science, exercise science, management, social work, finance, accounting and physical education. Out of these, only exercise science and physical education have a relatively even ratio of students with a split of 49 percent male to 51 percent female for the former, and 58 to 42 percent male-to-female in the latter. But the computer science program has 173 male students versus 43 female students. Nursing has 1,461 women compared to 238 men. Psychology is also a female-dominated field, with a 16 percent male to 84 percent female ratio. In contrast, men dominate both finance and accounting. Finance has 68 percent male students versus 32 percent female and accounting has 69 percent to 31 percent. For an even greater discrepancy, the number 14 major, communication disorders, is a class that is 99 percent female.

So what is the university doing to balance these numbers?

Christopher Storm, provost and executive vice president, described recruiting students to Adelphi. "Recruitment as a whole is pretty consistent across the board," he said. "The university focuses on our location close to New York City and strong staff mentorship. Staff also comes up with videos like 'Why computer science at Adelphi?' or 'Why business at Adelphi?' and so on."

When it comes to recruiting specific demographics like major or gender, the strategies become more specific. Storm said the administration is proactive about the imbalances.

"Adelphi is aware of numbers nationally and regionally. We're looking for opportunities to represent the underrepresented groups

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## 2022 Commencement Returns to In-Person Events

BY LIZZ PANCHYK

As we have progressed through another two semesters, received our booster shots and have finally been able to remove our masks and experience a more normal college life, Adelphi University recently announced their in-person graduation on May 23 at noon for the class of 2022, which will be hosted at the Nassau Live Center at the Nassau Veterans Memorial Coliseum in Uniondale, NY.

It's a relief to current seniors, after watching what the past two graduating classes had to go through.

"I was definitely concerned, especially as an out-of-state student who has family who wants to fly in," said senior Colton Lake. "I'm relieved and excited with the current plan, but I do wish communication could have been more open with graduates. I do have lingering concerns about whether or not these plans will be able to happen. But I am remaining optimistic."

Even though the graduation will not be held at Adelphi, this has been planned

strategically, taking into consideration all the elements that could possibly become an issue by May 23.



Outdoor set up for the 2020 and 2021 Commencement.

"In researching other venues in the area, as well as our own campus, the decision was based on a few factors: capacity of the space (so our graduates could have many guests), other contractual commitments for other venues and weather (outside venues)," said Kaitlyn Woods, senior associate director of special events and engagement.

While safety rules are subject to change, the current protocols are as follows: masks are recommended but not required;

no proof of vaccination will be required; and students may choose the number of guests they wish to bring. Tickets can be purchased on [MarchingOrder](#).

Should anything change with Covid numbers and restrictions, the university is prepared.

"As Adelphi has done in any situation, we would pivot our plans based on both NYS and Nassau County guidance to ensure the safety of our Adelphi community," Woods said.

The Commencement will be a big open space in case social distancing is necessary for Covid reasons and the provided area will be great for picture taking. After two years, getting together for big events is something many are no longer used to. But a large space means that more family and friends will be able to attend. Graduating students can invite up to seven guests and more faculty will be able to attend, unlike the year before. A livestream will also be available to those who are unable to attend.

These current Commencement plans

*Continued on page 2*

## A Word from the Editor

Happy May, everyone,

We MADE it! As you all are preparing for finals I wanted to emphasize that while it's important to study and work hard, please don't forget to prioritize your well being. Get some rest, go for a walk, even read a copy of the award-winning newspaper, *The Delphian* in its 10th installment. Inside, you will find many interesting stories, such as:

A touching first-person story about men's soccer athlete Vladislav Stepanov and his experiences with the war in Ukraine, his homeland. Our annual campus-wide event called Take Back the Night, helping those to speak out against domestic violence. More than \$500,000 was raised on Giving Day March 23. Other highlights in this issue are stories mentioning commencement of the 2022 class, how many majors at Adelphi seem to follow stereotypes when it comes to enrollment, the research conference recap, an incident during the holiday and our Day in the Life series. All that in the news section.

"Stranger Things" star Gaten Matarazzo stopped by Adelphi for a visit last month. Read about how the night went, in addition to learning more about magnificent student director Matthew Pezzulich and his story. If you haven't yet had a chance to be on TikTok, hurry and follow Adelphi University while you're at it. Read about how it originated and the interesting club on campus, Active Minds. Many religions have observances in the early spring, but look into one student and her journey through Ramadan, a month of fasting and sacrifice. The features section is also highlighted by how you can find a summer job, EAAT and a personal reflection.

Opinions sway left and right in this section as Disney updates their scenario about transgender awareness. Mental health is important but especially for health care workers. Learn about how Covid shook the world, especially with friendships. All that and more in the section.

Sports are highlighted with a Panther spotlight story about athlete Dylan Renner for men's lacrosse and a reflection on how much of a difference a year makes, with competition versus no competition.

We saved the best for last; issue 10 has come to end this semester with a bang. We hope that you have enjoyed this year's copies of *The Delphian* and look forward to our next edition soon. To all the graduating seniors, good luck to you and all your endeavors. For underclassmen, good luck to you moving forward to your next grade. It was a true honor to have served as head editor of this establishment for the 2021-2022 school year. If interested in becoming a part of the newsroom, email [Delphian@adelphi.edu](mailto:Delphian@adelphi.edu). This paper is in great hands moving forward. To all, enjoy your summer and never stop chasing your dreams.



- Maxmillian Robinson '22  
Editor-in-Chief

# TheDelphian

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**Volume 77, Issue 10**

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

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## 2022

### Commencement In-Person

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were not an option for the Classes of 2020 and 2021. In lieu of a regular graduation, the 2020 graduation was held in 2021 following that of the 2021 graduation. With Covid precautions in mind, both were hybrid graduations that were held in person, outdoors at Adelphi and online. The Grad Walk was optional for those who wished to participate in an in-person graduation, but was not mandatory. For those attending, each student was allowed two guests. Both masks and social distancing was required. Recordings of both the 2020 and 2021 ceremonies were then posted online for viewing and sharing.

There is some disbelief that, after all this time, graduation is being held indoors and in person. With anticipation as Commencement approaches, seniors are excited for what's been planned.

"Honestly I'm really excited about graduation being back to the way it was before and I feel really lucky that my class gets to have a full ceremony," said senior Sierra Romano. "When graduation was first announced, I was a little iffy about it as it is a huge gathering, but with the way things are going, I'm not too worried about it anymore."

If Covid numbers remain low, this will be the first "normal" graduation that Adelphi has had since 2019.

## Reported Sexual Assault Case on Easter Sunday

BY REMY WANG

On the morning of Sunday, April 17, there was a reported sexual assault in Earle Hall, which led to an arrest. The suspect was a guest at Adelphi and is not a student. The Department of Public Safety, Garden City Police Department and Nassau County Special Victims and Crime Scene unit were called to Earle Hall. These departments are still working together to investigate the incident. They are also focused on supporting the affected individual and protecting Adelphi's campus community. An email reporting the sexual assault and arrest was sent out to the entire

**The Delphian  
congratulates  
editor-in-chief  
Max Robinson and  
opinions editor  
Nick Rontanini  
for winning  
scholarships from  
the Press Club of  
Long Island.**

campus on Easter Sunday, April 17.

"The health and safety of our students and entire campus community is Adelphi University's foremost priority. We continue to cooperate with the ongoing police investigation. Beyond the communications sent out to our community yesterday, we cannot comment any further at this time and refer questions to the police," said Todd Wilson, senior director of media and public relations at Adelphi.

Because this case is under investigation, no names of people involved have been released. Details about the incident are still under investigation.

"We encourage students to be vigilant and if there is anything you see happening that might be a danger to you or others, please call public safety on any campus phone by dialing 5 (or 516-877-3500 from a cell phone). We also encourage everyone on campus to review safety tips shared on the Adelphi web," said Wilson.

Kaleb Gailyard, a sophomore at Adelphi, said of the April 17 incident, "I'm a hall attendant. I came back at around 4:05, 4:10 a.m. I was walking to [my] room and I guess the room it happened in, I passed that room. Some guy was passed out, low-key passed out in a trash can, and he said, 'hi' to me. And then I went to my room and then an hour and a half went by. I went out and there's cops."

Although Gailyard was at Earle Hall when the police were present, he was not able to identify anyone involved in the

reported sexual assault or arrest.

"I was home when it happened, but I got the email and my parents were really worried," said senior Lena Maffei.

There are safety tips on Adelphi's website for concerned students and faculty. Visit [www.adelphi.edu/safety-transportation/resources/safety-tips/](http://www.adelphi.edu/safety-transportation/resources/safety-tips/) for more information on how to stay safe on campus.

For anyone concerned about this event or is otherwise affected, there are resources available. Adelphi's Student Counseling Center provides students with counseling and crisis intervention services. Their email is [scc@adelphi.edu](mailto:scc@adelphi.edu). For faculty, Adelphi has the Employee Assistance Program. The program provides faculty and staff with no-cost telehealth counseling through Cigna regardless of medical plan. The phone number is 877-622-4327 and the website is [myCigna.com](http://myCigna.com). There is an Interfaith Center for students and faculty seeking spiritual guidance and support. Their email is [auinterfaith@adelphi.edu](mailto:auinterfaith@adelphi.edu) and their phone number is 516-877-3113.

There is also the Office of Community Concerns and Resolutions. The office works with all members of Adelphi's community to facilitate a comprehensive review and response to any University concerns. Their email is [occr@adelphi.edu](mailto:occr@adelphi.edu) and their phone number is 516-877-6864.

## Intellectual Curiosity Was on Display at Annual Research Day Conference

BY MYLO FISHERMAN

Intellectual curiosity came to life in the presentations of Adelphi's undergraduate and graduate students, spanning a multitude of disciplines from arts and humanities to natural science and social sciences at the Scholarship and Creative Works Conference known as Research Day on April 26. It was held from noon to 6 pm in the Ruth S. Harley University Center. This annual conference, in its nineteenth year, was a major success with over 70 faculty members and 400 students in attendance.

Alexander Heyl, the conference organizer, said the purpose of Research Day is to showcase a variety of Adelphi students' achievements from history and art to psychology and the sciences.

The Delphian had the opportunity to speak with some of the presenters about their experience being able to present at the event.

Anna Mouras and Camila Restrepo are currently working on research on false statements that occur in court due to individuals being non-native speakers.

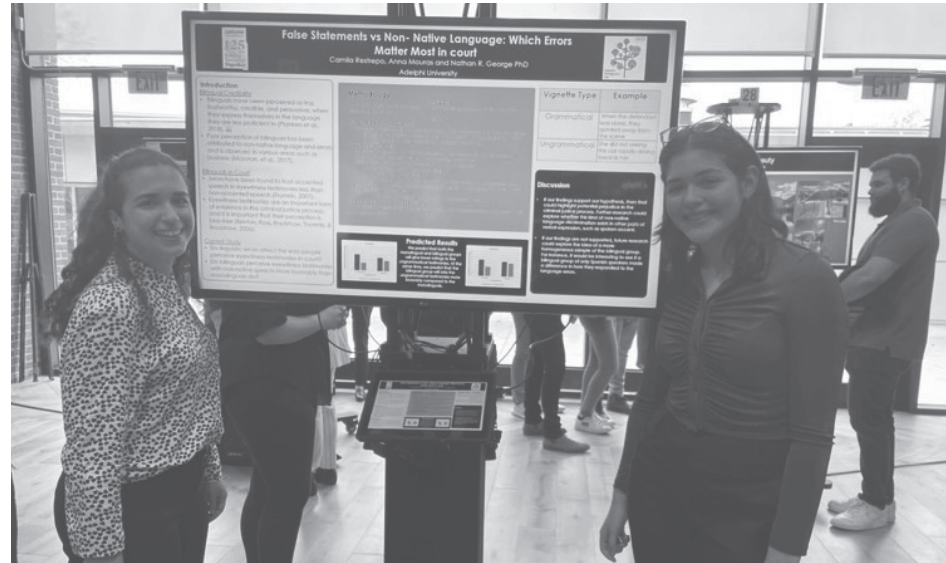
Mouras, an Adelphi alumna who majored in psychology and criminal justice, said, "It was definitely an honor to be given this platform to start my research journey and this experience further expanded my research interest in forensic psychology, which I am pursuing in grad school."

Restrepo, a sophomore psychology major in the emerging scholars program, added, "Adelphi should continue providing opportunities like this. This is my first time doing something like this and it helps to get your name out there."

Leena Rizzo, a senior nursing major,

conducted research on nursing education during the pandemic. When asked about their opportunity to share their research they stated, "It was fun to be given the opportunity to collaborate with my advisor and conduct this research especially because it was something I was living through."

Their research touched upon Zoom fatigue and the lack of lab time that nursing students faced during the pandemic and how it affected their overall education and readiness



Anna Mouras (left) and Camila Restrepo (right) in front of their presentation on false statements that occur in court due to individuals being non-native speakers.

Photo by Mylo Fisherman

to be in their field of work.

Daniel Castro, a senior interdisciplinary major, was showcasing a videogame he was working on. When asked about his product, he said, "This product is definitely something that was a continuous move forward, for the most part. I feel like the purpose of Research Day is

to show progress rather than final products."

This is something that was demonstrated in a handful of presentations during the event. Many individuals were showcasing projects that were in the works and research projects with theorized results with data to be collected.

This year the layout of the conference was altered. Heyl explained, "Combining the sessions allowed everyone to learn about all Adelphi has to offer and allowed everyone to be more actively engaged in the research."

engineering and mathematics (STEM) education. She spoke about how a majority of people know what they want to do from a young age. She spoke fondly about her experiences at space camp, saying that it was one of the fundamental moments in her childhood in relation to her career in science. It was one of the first times she was able to blend science and a sense of play, which is something she does to this day. For instance, she relayed that when it was her time to speak during an emulation space launch, she said, "When you switch to Geico you can save 15 percent or more on car insurance."

Dr. Raven also discussed her experiences and struggles in college. When she started her college career at 16 she ended up dropping out with a GPA that was less than one. When she went back to community college she had a profound interaction with one of her professors. She was going to participate in a research day similar to this one. However, when she was told to make a presentation on her work without instructions she went to Michael's and got a hot pink poster board, glitter and feathers. When she showed the presentation to her professor the day before the research conference, he said you can either go to the printing lady by the end of today to make the boring monochrome poster that everyone else will have or don't come tomorrow. She ended up coming to the research conference with her hot pink poster the next day. Her presentation ended up being a big hit and students who weren't even in her major were extremely interested in it.

Dr. Raven ended her speech by saying, "It's important that any opportunity we get we approach head on as authentically ourselves."

## Giving Back: University Hosts Record-Breaking Annual Giving Day

BY JOANNA REID AND NICOLAS RONTANINI

Giving Day took place on March 23, allowing the Adelphi community to come together to support the organizations they believe in. Donations go toward new resources to further education for all Adelphi students. This year the university raised a record-breaking \$503,218, an increase of 78 percent over last year, with a total of 1,719 donors.

In honor of Adelphi's 125th anniversary, with the theme "A landmark year. A landmark day to give," trustee emerita Helene Sullivan, BA '79, challenged 500 members of the Adelphi community to donate \$125 each. This goal was surpassed and Sullivan doubled these donations with \$125,000. The donations will be going towards a new scholarship to support first-generation college students.

"Giving Day is a campus-wide event, so the success we had this year is thanks to the participation of the entire University community," said Thomas Kline, vice president of advancement. "The students were enthusiastic, the alumni got involved, the faculty and staff helped to promote their campaigns, and everyone shared in the day's achievements."

The athletics program generated the highest amount of donations, raising \$105,739. The men's baseball team led most of those donations, earning over \$30,000. Many members of the Adelphi community were inspired to donate to the sports teams they are or were

a part of.

Senior Jayla Masci donated to the women's golf team to support the program and her teammates.

"A lot of money goes into funding athletics. As golf is one of the smaller athletic programs on campus, these monetary donations benefit our team in helping fund for equipment and other necessary gear, training and competitions," she said.

The Women's Leadership Fund (WLF) came in second, receiving a considerable amount, \$49,036 with only 46 donors. WLF was able to raise so much due to support from their chair members and the Adelphi Board of Trustees generous donation of \$25,000. This fund will support women's leadership activities on campus into the future. Additionally, an anonymous donor gave \$15,000 to support the Robert B. Willumstad School of Business.

Among these organizations who have benefited greatly from Giving Day, the Bridges to Adelphi program exceeded their original goal of \$10,000, raising a total of \$14,845. The money raised will be used to provide free social events and purchase additional vocational assessments for students enrolled in the program.

"This money is going to go to all different areas of our program," said Amanda Ashe, social coordinator for the Bridges program. "We're going to be able to give students these opportunities and enhance their experience at Bridges through these donations."

The funds raised will prove beneficial to other programs on campus as well, such as Athletics. According to Athletics Director Danny McCabe, the funds raised will go to benefit student athletes.

With the success of Giving Day, many celebrations, including one in the University Center lobby, occurred on campus with students, staff and faculty. The University Center celebration even resulted in over 60 students

adding "thank you" messages to those who donated.

"Giving Day put the power in your hands to support the areas of campus that meant the most to you. And, no matter which campaign you chose, your gift furthered Adelphi's mission to provide a transformative education to its students," Kline said. "And that is the greatest gift of all."



On April 20 the Adelphi Art Department hosted a reception for the opening of the Graphic Design Senior exhibition at the Adele and Herbert J. Klapper Art Gallery. The show itself ran from April 18 to 29. Pictured here are seniors Kayla Cary, Nicole Franco, Juliana Guzzello, Matthew Hamilton, Wuyang Li, Locke Reinhardt and Olivia Sasso, as well as their Professors Sophia Bilynsky, Erin Culton, Debra Drodvillo and Kellyann Monaghan. Photo by Justin Kresse

## University Balances Gender Enrollment for Majors

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and help them. Statistics don't necessarily reflect the whole picture," Storm said.

Some of the changes reflect smaller details, such as staff going on diversity walks, noticing a "Men of Modern Mathematics" poster in a classroom and quickly changing it. Bigger picture moves include the STEP program for teaching, adding it as an option to the math major, and looking to recruit women to the field. The university partners with Women Who Code and its younger age group, Girls Who Code, to reach girls and women interested in computer science earlier and earlier.

Kristen Capezza, vice president for enrollment and university communications, described this partnership further.

"Women Who Code helps us engage with high school computer science programs and gives us a chance to advertise nationally," she said. "On occasion, we can speak to students directly."

She added that the Women's Leadership Conference held in March featured successful businesswomen as a strategy to recruit women and/or women in business.

Even so, there are still some classes where those who identify as female are

outnumbered, which junior computer science major Kaitlyn Torres noted. "I don't meet a lot of girls in my department when there's maybe three or four in a class, at most, including me. I have actually been the only girl in a class before."



Check out this chart from Admissions to find out the male-to-female ratio for your major in 2021-2022.

Torres initially came to Adelphi and committed to the women's soccer team, plan-

ning to major in exercise science and go on the road to being a physical therapist. After a career-ending injury, she couldn't play soccer anymore and thinking about physical therapy was too hard. She said she recognized that technology and everything to do with computers was "the next big thing," and decided to enter Adelphi's computer science program.

Junior finance major Orel Sims also commented on her program's opportunities, especially as a woman. She said the Student Investment Fund offers real-life experience for students, something future job prospects will like about a business candidate from Adelphi. The finance department has 72 males versus 34 females, but she's not concerned about the uneven dynamic.

"Maybe the numbers are uneven now that I think about it, but I guess I never noticed before," she said. "The other female students in my classes are usually really smart and strong in class, especially in group work."

Both Sims and Torres mentioned a very close "family-like" environment describing their respective majors. Adelphi's small campus has given both women the ability to build better relationships with their professors and also classmates in small-group work. While

Sims has never taken note of the finance department's uneven demographic, Torres says it's hard not to notice being in the minority.

"When I walked through the door, I saw some guys looking at me like, 'Is she in the right place?' but they knew I was in the right place when class started," she said.

Both women expressed an initial discomfort entering a major they didn't know as much about. Every student in their classes came in with the same entry-level knowledge as Torres and Sims had, so they report the classes being much easier than they originally thought. Torres said she enjoys reflecting on how far she has come, first with no knowledge of coding to now having a significant internship opportunity.

Sims gave a similar reflection to Torres. "To anyone unsure on whether they want to enter the finance field or any male-dominated field, I would recommend it. I know it can be intimidating, but everyone is learning new concepts, not just you," said Sims. "Our finance program is great, and I'm sure the other programs are too. Just do it. It's been amazing."

## Day in the Life: Marc S. Strachan, Chair of Adelphi's Board of Trustees

BY KATIE FARKAS

In this column, The Delphian has been highlighting a different administrator in each issue so that students get to know them better.

After graduating in 1981 with a bachelor's degree in business administration, with a concentration in marketing and taking almost 25 years away from Adelphi, Marc S. Strachan, current chair of Adelphi's Board of Trustees, said he never thought he would ever see the inside of the Adelphi board room, much less be the board chair, "but I am happy to sit in that chair today."

Strachan came back to campus intermittently for fraternity and social events, but what really brought him back was his twenty-fifth-year anniversary. He said it was a revealing situation. "After that, Rory [Schafer] and others reached out to me and began to re-acclerate me with the university and some of the positive changes that had been occurring."

He had the opportunity to speak with President Christine M. Riordan when he was recognized as a "Most Outstanding Alum" at the President's Gala in 2017. The award recognizes Adelphi's outstanding alum as voted by the university community, alumni and Board of Trustees. All of these things, Strachan said, "led me to be a part of the president's advisory council. Then I was ultimately asked to join the board. As part of the board and key committees, it was clear to me that I had an opportunity to bring my different perspective to the board. After a couple of years, I was approached by my predecessor [former board chair Ronald B. Lee] and President Riordan to see if I might be interested in being a candidate. I was subsequently nominated and ratified to be chair of the board."

When talking about his role, Strachan mentioned that one of his goals as chair is to demystify the board so that the Adelphi community can get a better sense of who the members are and what they do.

"There's this great mystery that the board are these people behind closed doors," he said. "Like they've got these [ceremonial] robes and make all these grandiose decisions. We do make a lot of very important decisions. But there are no robes and no smoky back rooms or secret handshakes. We are just really solid citizens who love and are concerned about the university."

Some of the big decisions that Strachan has been involved in include the 2019 renewal of President Riordan's contract and approving the multi-million dollar plans for the expansion and renovation of the Ruth S. Harley Univer-



Marc S. Strachan,  
Chair of Adelphi's Board of Trustees  
Photo from Adelphi University Website

sity Center, which reopened in 2021. Strachan added the volunteer board isn't only made up of alumni. "Sometimes there are people who are family of alums or just love the university. They really care about making sure that Adelphi is sustained for the next 125 years."

In his life outside of Adelphi, Strachan has had a 40-plus year career in the marketing and advertising industries, almost half of that in advertising agencies and the other half in brand management companies.

"Most recently, I stepped out of those arenas and I went into executive and per-

sonal coaching; developing talent and helping people grow and develop their personal selves as well as their professional selves," Strachan said. "Three years ago I became an executive coach and a personal coach and that's been very, very good. I also serve as the chief marketing officer of the Agile Media Group, which is a leading out-of-home, data-driven, tech-enabled Out of Home media company. So I wear those two hats very comfortably. I love marketing. I love advertising. And I got the bug when I was at Adelphi."

Strachan said that his college experience was extremely eye-opening. "I think that the combination of the degree, the book knowledge, coupled with the interpersonal skills, the leadership development skills, the social dynamic skills and the cultural skills had an unbelievable impact on my life in terms of how I grew as a young man."

He said he came from an African American and Hispanic community in Bushwick, Brooklyn, which, from the sixties to eighties, "was a hodgepodge of cultures and a working-class community."

When he came to Adelphi, "at this liberal arts college, I was meeting people from all over. I had an opportunity to travel domestically and then travel internationally and it opened up my mind. It opened up my opportunities and I found that even when I was ready to graduate and I was going on my interviews, I was way better prepared than most of my cohorts who hadn't traveled or lived a full university life. That was a huge benefit for me. It allowed me to stand out from the herd."

That's why Strachan encourages college students to be curious and unafraid to fail. "We get so caught up in being perfect, but nobody's perfect. The person who's always perfect isn't really [perfect], they're mediocre. In order to be great, you've got to fail a few times."

Strachan added that relationships are critically important during and after your college career. "This includes the relation-

ships in the university, from your dean, your department head, your classmates, to people in the bursar's office. If you don't have great relationships, you can't get things done. We are people, we are social animals, we depend on the interdependency of other people. The more you learn to not only have relationships but to nurture them, the better."

While he was a student here, Strachan said that one of his favorite memories was Thursday nights. "When I was at Adelphi, the legal drinking age was 18, so we had a bar on campus. It was called The Rathskeller [in the lower level] at the University Center. On Thursday nights they used to have disco nights and that was so much fun."

Strachan also reminisced about the campus radio station. "Ron [Ingram] on Thursday nights had the jazz spotlight hour from eight to 10. He would play some of the best jazz from some of the best jazz musicians. People would call in and they would have contests. That was just a fabulous time and many of us used to go up to the radio station just to hang out. We'd go up there and sit down and talk and we'd have a blast. That was Adelphi."

Today Strachan is the father of three and a grandfather of one with another one on the way. His son lives in Florida and his twin daughters are both finishing their last semester of graduate school. Strachan and his wife Almaz have been together for 38 years. He said they met in an elevator at an advertising agency and he laughed to say that, initially, she ignored him.

The last bit of advice Strachan had for students is: "One thing that we don't teach enough in school today, that is critically important, is to manage your health on all levels, physical, spiritual and emotional. We don't talk about it enough and we don't teach people early enough how to deal with it. It catches up so quickly and [not taking care of your health] can manifest in so many different ways."

## Tik Tok: An Unlikely Platform Displays the Best of Campus Life

BY GERARD FIORENZA III

In our ever-changing world, reliance on social media has become an essential characteristic of our society. It can be utilized for communicating with friends and family, posting professional experience on LinkedIn for intended employment or for posting fun and creative content in the case of video. TikTok, the social media platform in which creators can post whatever types of content they please, has garnered much popularity in the past few years, as some users (specifically Charli D'Amelio and Addison Rae) have become wealthier than Fortune 500 executives. However, the app is also applicable to campus life, as in the case of our very own, Adelphi University. Some of our students have banded together to help operate Adelphi's very own TikTok account.

The Adelphi TikTok page was created in early 2020, with its earliest post coming in October 2020, displaying our students. Whether it be spending time with friends in our Nexus building or students in the Performing Arts Center, while staying safe from Covid-19, the reels had an impact. An example post that the page made joked about

how students rush to fill out their Covid-19 screening questionnaire to then show it to a Public Safety employee. Some of the other content posted was Adelphi news and updates (such as that of our UC Renovation), a short clip encouraging students for Good Luck on their Finals, as well as a continuous series for the TikTok entitled Humans of Adelphi. The premise of the series is to often display students introducing themselves and giving information about themselves, such as what their field of study is and why they chose Adelphi.

Mariam Baalbaki was among those featured. A first-year history major, she explained how her favorite spot on campus was the library couches, which she claimed serve as a "quiet and relaxing spot to study."

She also explained why she chose her major, citing that Adelphi has a "really great program" and that she has hopes for law school in the future.

Another individual featured was Karen Costello, an Adelphi alum who is currently employed as a nurse. As an adjunct professor she teaches nutrition for nursing, as well as healing in the arts. She explained her favorite aspect of teaching the latter is when service

dogs come in with their owner, who is a veteran with PTSD and a traumatic brain injury. The veteran explains how the service dogs



**TikTok, a multi-diverse streaming app that allows you to share mini clips of videos amongst audience members. Adelphi is one of the latest programs to pick up the social platform.**

really helped him cope with his situation and give him the capability of living a normal life again.

The TikTok account is run by six students, one of whom is senior communications major Ana Rodriguez. She said that the purpose of the account is, "...to offer a new,

fun, fresh platform on life at Adelphi."

Stephanie Cryan, assistant director of social media at Adelphi, said, "I couldn't agree more [with Ana's statement]. The account allows us to share information and aspects of Adelphi's life in a fun, new way. It allows us to reach a larger audience and keep our community connected in new ways."

Qamara Khan, another student who assists in operating the account, delved into the direction they would like to go, saying she would hope the account could be, "some-where for students to talk about campus and classes in a way they're comfortable and familiar with."

Cryan added, "We want to continue sharing information and programs with students in a way that they want to see. We also want to continue to share videos that are relatable to our community and help them see that they're not alone with how they're feeling—and ways we can help our community when we're able to do so."

The students who are operating the account have done a tremendous job in highlighting the amazing students and professors who make Adelphi so special. We can't wait to see the upcoming content they post.

## Gaten Matarazzo of "Stranger Things" Steps onto the PAC Stage

BY MAXMILLIAN ROBINSON

Gaten Matarazzo, star of "Stranger Things," got a standing ovation on April 4 in the Performing Arts Center (PAC) when he graced the stage in front of over 400 fans. Matarazzo, who plays the role of Dustin in the hit Netflix series, was on campus as part of Adelphi's "evening and weekend programming series," conducted by Adelphi's Center for Student and Community Engagement (SCE). The occasion, arranged by Tiffany Martino, SCE's assistant director, had Matarazzo sitting front and center, answering questions about his life, career and accomplishments. Adelphi senior Saira Amar, vice president of the Levermore Global Scholars Student Leadership Council, was the moderator of the event.

The actor spoke about how despite all his accomplishments, he's dealt with a personal battle in his life. He said he lives with cleidocranial dysplasia (CCD), a bone condition that affects his teeth, skull, face, spine, collarbones and legs. He said this trait is usually hereditary, but he was the first in his family diagnosed with the condition. As a result, he's had surgery to remove 14 extra pairs of teeth, a characteristic of the diagnosis, plus adapted to a unique sense of flexibility due to not being born with collarbones.

However, Matarazzo said this has not discouraged him in the slightest. He is a daily advocate, being a part of the CCD Smiles organization (founded in 2015), which helps to raise more awareness about the condition, in efforts to one day find a cure. He said they have worked with John Hopkins University, which has helped with research through DNA, questionnaires and social media promotion.

Matarazzo ended this portion of the talk by saying he'd love to be a positive image for CCD, with the organization hosting a sponsored event in Salt Lake City, Utah in June.

The conversation then shifted into his acting career. Though he's primarily known as Dustin, he started acting at the age of nine. Now at 19 he recalls moments from the very beginning to provide insight on his career genesis.

"My first theater acting performance was called 'Priscilla, Queen of the Desert,'" Matarazzo said. "[As far as TV] I kinda forgot, but I was in season two of 'The Blacklist' and played Finn, a dude who was about to blow up a bridge."

He explained that actors can do a lot more on stage than in television due to the performance being live and that there is lots

"[It] meant so much more than anything else," he said. "We started filming it [two weeks] after my thirteenth birthday, but that was all I was focused on. It defined my teenage life."

According to Matarazzo, many actors dislike the idea of being defined by who they are on screen, but he embraces it. He's watched the first two seasons of his Netflix series, labeling the pilot episode his favorite to film and be a part of, but the entire season three as his favorite to watch.

"[It] gave us a driving force to be motivated to act and continue with the show," he said. "We had so much fun."



**Actor Gaten Matarazzo (left) on the PAC stage with moderator Saira Amar, vice president of the Levermore Global Scholars Student Leadership Council. Photo by Claudio Papapietro**

of space to perform on. For many production sets, filming is usually done in a smaller area, leaving you to exaggerate a scene more.

However, for Dustin, Matarazzo doesn't feel the need to exaggerate performances due to the directors creating the characters holding almost "identical" characteristics.

After a stint with the Broadway show "Les Miserables," he picked up the role of Dustin, which cultivated his rise to fame.

Unfortunately, things took a turn when the Covid-19 pandemic began.

"We started filming [season four] in March 2020," he said. "Being [Joe] Quinn's first day, the director told everyone there would be a two-week break, then turning to six months. I was trapped in my parents' [New Jersey] basement, while finishing my senior year of high school."

There was a long haul that prevented Matarazzo from completing his scenes from

the beginning of the pandemic until six months later. Moreover, from April 2021 to July 2021 there were still staggered breaks in production. Matarazzo even picked up a job working as a food runner in a restaurant where avid fans of his show were able to notice the star, asking, "Gaten, is that you?"

He said it wasn't enough to take the joy away from him coming back after the long hiatus to finish season three of the show.

In opposition to the glitz and glamor, Matarazzo is a Mario kart fan alongside his brother Carmen, playing against their friends in competition. Though receiving praise among his peers for his exceptional play, he does not intend to turn professional at the game, he said. "I prefer single player due to the storylines and plot," he said.

Matarazzo said that despite his successes in acting, he's on a mission to exceed more. In addition to his prominent role on "Stranger Things," he will now be starring in a new movie, "Honor Society," set to be released at the end of the year, featuring Angourie Rice and Christopher Mintz-Plasse.

"Who knows what happens after [Stranger Things]?" Matarazzo said. "What I can say is season four will be twice as long compared to the previous seasons, but it will pay off."

Matarazzo knows what it's like to start off unknown. He mentioned that there were times of peril, uncertainty and anguish, but in the end, he fought his way to the primetime role, making friends with all his cast members, including close friend Caleb McLaughlin who plays Lucas on the Netflix show.

Matarazzo took a moment to address the acting students in the audience. "You're in a great market already," he said. "Get an agent, say yes to everything, even if it sucks. There's growing pains. It took two years for me to land an acting job, but if you pursue it, everything will work out."

## A Sit Down with Matthew Pezzulich: Adelphi Student and Director of “Antigone”

BY JAMIE GESELL

Matthew Pezzulich is a senior theater design technology major in the Honors College at Adelphi University. Pezzulich, who is from Franklin Square, NY, has participated in various theater events at AU, such as the Kennedy Center and American College Theater Festival. He recently directed “Antigone” on campus, which ran from March 29 to April 3 and is based on an Ancient Greek fictional tragedy by Sophocles. The folklore involving Oedipus and his children rooted in truth, feeling and catharsis, follows the main character Antigone illegally burying her brother Polynices and dealing with the tyrant king, Creon. *The Delphian* recently spoke with Pezzulich about his work on this and other productions.

As a theater kid, he said he has been inspired by numerous musicians such as Stephen Sondheim, Kate Bush and Bjork. Music, in particular, has been a huge influence for him. He said whenever he starts a new project, he makes a related music playlist.

“Almost predominantly, I’d say the first thing I do when I start a project is I make a playlist of music that I feel fits either tonally, lyrically or somewhere in between,” he said.

After seeing Deaf West’s production of “Spring Awakening” in 2015, he developed an interest in directing. With his success in the Kennedy Center Festival, where he was a regional awardee for their directing intensive and invited to the national program, he made the decision to direct a whole production in January 2021. He then contacted the Theater Department and was given permission to fully direct

“Antigone,” making it his first full director play.

There were many reasons why Pezzulich chose to direct “Antigone.” He said one was because of the theater history course he took in fall 2019 with Professor Brian Rose.

“When we read it, I remember I had such a difficult kind of understanding, not why she wanted to still bury her brother, because like, obviously, I understand that’s the way that you honor the dead. But why would she do that at this risk of her own life,” he said.

He critically reflected on it, which fueled his interest in one day directing a play version. He also chose “Antigone” because of the pandemic. He explained it was during the shutdown that his grandmother passed away, specifically in the last week of 2020. He had funeral proceedings for her with his whole family. During that process, it reminded him of Antigone. “I remember going like ‘oh, this is why Antigone did what she did,’” he said. Honoring the memory of his grandmother connected him to the plot of “Antigone.”

Pezzulich was awarded a summer research fellowship from the Honors College to do research for the show last year. The fellowship also allowed him to talk to many professionals in the theater industry about the direction the business was going and Covid’s influence over it. When it came to auditioning for the play, Pezzulich held them in a particular way.

“I asked specifically for a Greek monologue to be auditioned with and a poem that spoke to each individual auditioning as an artist,” he said.

When auditions were done, he sent his list to Maggie Lally, associate dean of

the College of Arts and Sciences and a professor in the theater department. Pezzulich credits Lally as a big help for his show. “She was basically the representative for me in meetings and my advocate,” he said.



**Matthew Pezzulich, senior theater design technology major and director of “Antigone”** Photo from Matthew Pezzulich

When eight actors were cast from the auditions, they and the rest of the production collaborated with the Dance Department. According to Pezzulich, junior dance student Claire Gaylor and her associate Julia Lawton worked together to create much of the choreography for the play. Three dancers performed in the play alongside the actors, making it a total cast of 11.

There were challenges Pezzulich faced on the way, one of the biggest being a lack of time.

“Spring break was in the middle of our process so we wound up losing five days,” he said.

Another challenge was keeping the

play fun for the cast members. “Part of the challenge was to make the process fun so that it wasn’t like ‘Oh, God’ I have to go perform and think about family members dying and I have to build up all of this intention to get out this performance.”

There was still a “general excitement” as he put it within the cast and crew to perform “Antigone.”

Pezzulich is extremely proud of how things turned out. He’s most proud of the attendance. He said there were around 45 people for each night of the performance.

“Just the actual nature of people coming to it is something that makes me proud,” he said.

He also cites the hard work of his cast and crew. “I’m proud of the work everyone did and I’m proud of myself that I created the room for that to happen,” he said.

His favorite part of the play, he said, was the Creon-Hamon debate because, as he put it, “I like ‘Paradise Lost’ and it feels very reminiscent of the God and Jesus debate in that book.”

After Adelphi, Pezzulich plans to pursue directing as a career, still using Ancient Greek plays as a resource. “There’s something about Ancient Greece that I don’t want to leave, especially just with how much I put into it the past year. It feels weird walking away from that,” he said.

For anyone aspiring to be a director like Pezzulich, he advises them to keep a “level head and to ‘trust everyone in the room’ because, as he said, ‘you have to give people the chance to rise to the occasion.’”

To learn more about upcoming plays and performances on campus, visit [www.adelphi.edu/pac](http://www.adelphi.edu/pac).

## EAAT: A Student Council That Helps Your Voice be Heard

BY JAMIE GESELL

There are many different ways students can express their voice here at Adelphi. Whether through clubs, fundraisers or other special events, they can share their opinion on something they hold dear. One particular way students can have their voice heard is through the Equitable Adelphi Action Team (EAAT). It’s a student-centered council that works closely with the Division of Student Affairs at Adelphi. They deal with issues such as diversity, equity and inclusion and propose courses of action that the school could take. EAAT is an integral council that contributes so much to the university community.

EAAT was formed in summer 2020 by Dr. Sentwali Bakari, vice president of student affairs at Adelphi.

“He is always looking for ways to hear the student voice and particularly at a time when there was a lot of national conversation and unrest around issues of racial justice,” said Anna Zinko, Adelphi administrator who is a part of EAAT. The death of George Floyd on May 25, 2020, for instance, was one such racial justice incident that fueled Bakari to create EAAT. The name Equitable Adelphi Action Team came from students who wanted not just a

space to talk, but a place to take action and be “actionable.”



**Robin Kim, one of the faculty members who greatly helps EAAT.**

Photo from Adelphi website

Students are the ones who actually make up the team, setting the priorities and agenda. Faculty members are there for support and to help guide the students in EAAT. There are approximately 10 to 30 students involved. In a typical meeting, students can bring up whatever is on their minds, be it about diversity, equity, inclusion or any other pressing matter.

Lately, meetings have been focused on how to expand EAAT and get other

students involved. Work on social media accounts on platforms such as Instagram have been discussed to help spread the word of EAAT.

“I am really excited we are moving forward with our plan to increase social media presence,” said EAAT advisor Robin Kim, associate director for the Center for Student and Community Engagement. “The current members on the team have shared their feedback on an Instagram handle as well as ideas for posts and stories to increase engagement and awareness for EAAT.”

One of the things EAAT has done for the Adelphi community deals with the Panther Pantry. Students in EAAT felt that the pantry wasn’t well known on campus and had ideas on further nutritional items that can be available in the pantry. After much work, they formed the Panther Pantry advisory board to help with the pantry. It includes students who utilize the pantry and faculty knowledgeable in areas of nutrition and health.

Another thing EAAT has done for Adelphi is help make diversity training required for student club executives. EAAT students felt that leaders of clubs needed to be exposed to diversity training and managed to change the policy to make

executive boards of clubs and organizations attend diversity training.

In addition, EAAT has created a



**Anna Zinko, an Adelphi administrator who also helps with EAAT.**

Photo from Adelphi website

diversity pledge for the campus community. They plan to continue outreaching and programming things around the pledge in future semesters.

If you want to join EAAT or visit one of their meetings, visit their website or contact [rkim@adelphi.edu](mailto:rkim@adelphi.edu) or [azinko@adelphi.edu](mailto:azinko@adelphi.edu). For any student wanting to have their voice heard more, EAAT is a great place to do it.

## Active Minds: A New Student Organization Breaks the Stigma Around Mental Health

BY MYLO FISHERMAN

Struggling with a mental illness is hard and having to deal with it alone on top of the societal stigma that surrounds it is even harder. Active Minds (AM) is one of Adelphi University's newest clubs that promotes the awareness of mental health, breaking the stigma and silence surrounding it. The AM membership is a safe space and a community for people to openly express their concerns and emotions. Additionally, AM is a place anyone can go to for help and a sense of community.

The AM membership is currently about 10 students who have a dedicated passion for mental health change. This club's events focus on ways to cope with stress and deal with negative emotions, including rock painting and stress ball making. They also had a yoga meeting and a friendship bracelet meeting. *The Delphian* asked a few eboard members of AM what their favorite types of meetings were about.

River Gorman, AM's public relations manager and a first-year student, described Active Mind's Drown Your Stress event, which took place on April 8. "[We] wrote down our biggest stressors and then we dumped them into a bucket of water. It was very therapeutic in a symbolic way to take control of stressful things in our lives."

Ali Abbey, AM's vice president and a junior mathematics major, described the "Science Behind Mental Health" meeting, which took place on March 4 and was a collaboration with the Psychology Club.

"AM collaborated with the Psychol-

craft supplies. It was fun to collaborate with another organization and it was really interesting building the molecules as actually seeing them in real life gave a new perspective on mental health."

Some members have a very special



Active Minds and Psychology Club members building molecules that are in play with different mental health conditions. Photo by Mylo Fisherman

ogy Club to discuss different hormones [serotonin, dopamine, etc.] that are in play with different mental health conditions and then we physically built the molecules out of

connection to this organization as a whole. When asked why they joined AM, junior psychology major Sammie Amber, answered that she has "a passion for mental

health" and their "goal in life is to become a child psychologist."

They added that they want to in their life "be able to create a safe space for people to have support for their mental health."

When asked the same question, junior psychology major Ren Blake stated that they joined AM because they "struggle a lot with mental health and this club was a place for social space where I can feel heard and supported in a place where I wouldn't be judged."

Julianne Farrell, the founder of the organization and a junior psychology major, said, "This organization means that I can create a place for me and the Adelphi community can have a safe space. Since I have struggled a lot [with mental health] it is important that I can create a space to support the mental health of others. For the future of this club I hope that we can create a long-lasting impact on the Adelphi community. I hope to continue to collaborate with other orgs as well as bring in guest speakers from the AM organization."

To learn more about their organization you can email them at [activeminds@adelphi.edu](mailto:activeminds@adelphi.edu), follow their instagram @ [active\\_minds\\_adelphi](https://www.instagram.com/active_minds_adelphi), and you can also join their MyAULife page, [myaulife.adelphi.edu/organization/activeminds](https://myaulife.adelphi.edu/organization/activeminds).

## Senior Reflection: Maxmillian Robinson

MAXMILLIAN ROBINSON

*Note: Each year it's a tradition that graduating Delphian staff write a final editorial about their time at Adelphi and this newspaper. Maxmillian Robinson is the editor-in-chief and this is his last issue at the helm.*

It was August 2018, when I arrived on Adelphi University's campus to reside here over the next four years. I announced the launch of my personal retail company, MillianMade, and was known for being an athlete back in high school. I wanted to carry that tradition into college, so in my first year, I became a member of the Adelphi club basketball team, in addition being the team manager of the men's Adelphi Panthers division two basketball team.

In all honesty, writing was never my strong suit. In high school, I was the news anchor for the morning news announcements, but struggled with writing assignments in my English class. In my sophomore year at Adelphi, one day it oc-

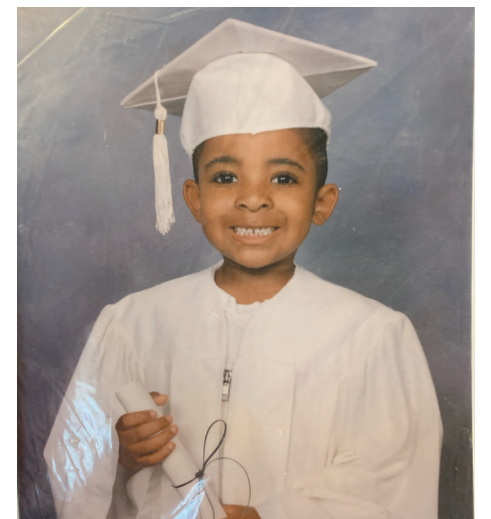
curred to me that I need to think longterm in order to fulfill one of my goals in life to be a sports broadcaster. On one hand, reporters are seen in front of the camera. On the flip side, they're constantly taking notes, asking questions towards subjects and gaining information needed to deliver a great story. I was informed about an organization on campus called *The Delphian* newspaper, which produces articles for the student body. I decided I'll give it a shot and see how I felt about it. After writing my first story, staffers and some people on campus were surprised how well the story was written. I was offered and accepted the sports editor position for the spring semester. I would continue to hold the role through the spring 2021. When I heard the role of editor-in-chief was open, I instantly went after it.

If you told me four years ago that I would become the head editor of an award-winning newspaper, I'd say that you're crazy. What I learned from being

here is that no matter what you do in life, don't be afraid to try something new. Not only was I able to create memories on campus, being able to interview "Stranger Things" actor Gaten Matarazzo, I was also able to make memories off campus, landing an internship with YES Network, the television company for the New York Yankees baseball team. It allowed me to be on the field, around some of my favorite players for my favorite sports team. This all happened because I was willing to take a bold leap into something that was unique, yet turned out good on my behalf.

Looking back, while the road was not always smooth, I can positively say that I will leave Garden City having no regrets or cause for remorse. I tried everything I possibly wanted to, did everything that I wanted to do, and worked as hard as I possibly could to achieve everything I wanted. Thank you to Professor Liza Burby, website editor Justin Krees, my fellow editors Katie Farkas, Bianca Viana,

Nicolas Rontanini, former editors in chief Maria, Jaelyn, Olivia and all the staff writers I've ever worked with. Without you, the paper would not be what it is today.



Max reflects on his college graduation with this picture from his preschool graduation.



## An Grad Student with Multiple Leadership Identities

BY TINGYI WANG

Danlei Hu is a successful Chinese graduate student in childhood special education, but this is just one of the many titles she wears. She is making a mark on campus as the chairwoman of the Chinese Students and Scholars Association (CSSA) and in the business world as founder of a company in China that has focused on business management and event planning.

In addition to completing her ongoing graduate courses, Hu also needs to guide the work of the school's CSSA.

"My original intention to join CSSA was that my boyfriend was in it, and he was scolded miserably by the previous chairman. I thought I had started a company before, so this should be very simple for me," Hu said, explaining why she joined CSSA. She first worked at the CSSA secretariat and succeeded in becoming the chairwoman in May 2021.

Even before that, in January 2021, Hu joined CSSA to work at the Spring Festival, which is a grand festival for the Chinese. She introduced and shared this important part of her culture with her peers. She demonstrated her outstanding performance in a series of Spring Festival activities, which brought together many Chinese students in school and allowed them to experience the familiarity of their hometown.

Besides running student organizations and doing her graduate work, Hu also founded her own business management company, Hangzhou Chuangyi Business Management Co., Ltd, an event planning business, in her

third year of high school in November 2014. Her company team has a clear division of labor and she has divided it into three parts. The first is responsible for academic content, which is the rules and systems of the business competition. The second is responsible for the recruitment of students, and then third allows her to do some supplementary work.



**Danlei Hu is an Adelphi graduate student, chairwoman of the CSSA and a successful business owner.**

"I wanted to start a company because my first boyfriend wants to have a company. At that time, we were very popular in doing business simulation competitions, but my high school was worried that it would not be effective," she said of her original intention of starting the company. "So, I registered specifically for the business of the company

for the simulation competition."

Hu is working hard for a management company and also has some good outstanding achievements.

From 2015 to 2017, her company adjusted its focus to organizing their various business competitions. At that time, her company contracted the only student business competition in the Zhejiang area. In other words, all the students will participate in these competitions in her company.

The business competition is a group of four to six people, and there are several groups going to compete. They are simulated to build a company to operate and simulate the market economy for each group. The company with the highest market capitalization is the winner. Those students who come to participate in the competition are interested in business areas. Hu's company has also trained many students who are now engaged in hotel management and business operations. "I think it makes a lot of sense," she said.

In 2018, she turned the company's business to event planning. Unlike the previous business, the current business, also Hangzhou Chuangyi Business Management Co., Ltd, is focused on planning events for others, and her company is not the organizer. Her company's main customer base are students who want to become business majors. The company currently employs about 20 people and an annual income of about \$50,000 to \$60,000.

"The former chairwoman and secretary-general liked me very much after seeing my resume," Hu said. "My resume is the

strong part of my personality."

Even with her demanding leadership roles, Hu manages to also excel in the classroom.

"She is a very good student. She participates well in class and engages in class discussions," said Pavan Antony, a professor in the Ruth S. Ammon College of Education and Health Sciences. "She has met with me a few times to inquire about questions related to course work. During the last semester, she worked in groups with a few other students on group assignments where she participated actively."

Hu studied in China before attending Adelphi. Because of Covid-19 she was taking classes online from her home in the Zhejiang province, Ningbo city, China, though she is back on campus now. She worked at a student association in high school and as a league branch in college. Now after studying abroad, she is still working in the student association as the chairman. Another student might have been discouraged by these challenges, but Hu showed her resilience by being as involved as she could possibly be on campus even if she might not be there physically.

"When I started my business, I also had to prepare for China's college entrance examination, and exam abroad. So, I only sleep four hours a day," she said. "I had a miserable life when I started a business, but the achievements belong to me. I feel pretty good now because the company has also made money. I am satisfied with my life."

After graduation in December 2022, Hu planned to apply for a PhD in special education in autism or education leadership.

## "Real Housewives" Star Arrives in Support of Take Back the Night

BY MAXMILLIAN ROBINSON

On the stormy evening of April 14, Take Back the Night, which is Adelphi's annual event dedicated to spreading awareness about domestic assault prevention, opened up with a poem called "The Strong Woman," by 2022 class president Sarah Carbain. It was a poem speaking specifically about a woman and her hardships, ultimately becoming a turnaround story. After Tiffany Martino, assistant director of the Center for Student and Community Engagement (SCE) and Adelphi senior Maria Peridizzo informed the audience of nearly 300 about the hotline, the Beverly Hills housewife star approached the stage.

Taylor Armstrong, a member of "The Real Housewives of Beverly Hills" season one (2010), is an advocate against domestic abuse. She said that one-fourth of all women will experience domestic violence in their lifetime and that domestic abuse tends to be underreported, which leads those who run the hotlines to suspect there are more victims out there. While Armstrong was fortunate enough to leave her troubled relationship, she said some weren't able to make it. She referenced Gabby Petito, a 22-year-old woman from Long Island who was killed by her fiance during a road trip in the United States last fall.

Armstrong was born on June 10, 1971 in Kansas. She said when she was growing up, her father "never cared" about her well being. To fill the void, she developed long-term relationships with men.

"It caused my self-esteem issues to become higher," she said. "Your twenties are a time to figure out who you want to be, what you can and can't accept, plus what friends you have. Formally and in business too."

She said all this led into the disparaging relationship with her former husband (Russell). She said that in the beginning the partnership was "good" as she genuinely loved him. Down the road however, Armstrong pointed out several "red flags," which ultimately led to her filing for divorce, such as jealousy.

Armstrong said, "[He] accused me of sleeping with the waiter [from a new restaurant] that I knew nothing about. He would go through my cell phone, old contacts and each person. He even accused me of sleeping with [former professional basketball player] Shaq, so I was forced to take a [polygraph] test. It was never enough"

The situation only became more complex once her now 16-year-old daughter Kennedy was born.

"[Russell] now had full control," she said. "While I was running the garment district, he told me to quit and then ran me out of money."

Armstrong also explained isolation as a red flag, as her friends did everything they could to form healthy friend groups with other spouses, encouraging the couple to drop the tension and reunite.

"It was my birthday and we celebrated in Vegas. That night, I went back to the hotel

with Lisa [Vanderpump], went to Chippendales and was accused of cheating," she said. "He then held me down, punched my eye and jaw."

She received ocular reconstruction surgery for her bruises, yet still wanted to go back to the relationship, due to his swift change in character.

"When he came up to me with roses, I really wanted to sleep with him," Armstrong said. "Then I saw Kennedy and knew I had to change my mind."

Finally, she filed for divorce. The day came to arrive at court for divorce custody, but Russell never showed.

"He didn't show up to divorce custody," she said. "Later I found him [hanging from a rope] and saw my daughter as well saying 'Did Daddy do something stupid again?'"

All of these signs led to a death that could've been avoided through calling the domestic abuse hotline and the boldness to walk away sooner. Armstrong urged everyone in attendance and for those who are reading this to be mindful of these characteristics.

"Mood swings, reckless driving and abandonment," she said. "My ex threatened to kill me on several occasions by speeding through Rodeo Drive. He left me at the bar. Go with your gut. If you feel it, then it's abuse."

Aside from her high-profile lifestyle on television, Armstrong is an active member of her community. She visited five children's

shelters to help build a relationship with families involved in domestic abuse.

"Each kid made their own cover book and pics of beds were in each photo," she said. "This is paradise because it felt like they never had a shelter, which Kennedy never did."

Armstrong wishes time with her daughter was brought back so that Kennedy was protected better.

"Me and K's lives were spared, but Gabby's wasn't," she said. "My dream is that no child has to draw a bed and shelters are empty. Education is the most important. Say something if you see something wrong, so that these situations are prevented."

The Take Back the Night event continued after Armstrong left, with numerous individuals in the Adelphi student body speaking out about their former relationship concerns.

This was followed by a campus-wide march around Adelphi, encouraging the students to speak out and to forever stop prevention. One comment from a participant stood out the most for its stunning power. "Stand up and fight! Cause we all have the right to be safe at night," it read.

Another annual event, the clothesline project, took place that day from 10:30 am to 3 pm. This event, sponsored by the Criminal Justice Program, Criminal Justice Club and InterGreek Council, is a powerful visual display on campus to honor survivors as well as victims of intimate violence through hand-painted T-shirts on a clothesline.



## A First-Generation American Explains the Holy Month of Ramadan & Eid

BY MALIKA BURIEVA

The holy month of Ramadan just recently took place, a month-long religious journey that consists of fasting and worship. Ramadan is observed by 1.8 billion Muslims and this year, Ramadan fell during the month of April. According to the lunar Islamic calendar, Ramadan commences with the arrival of the crescent moon on April 2 and concludes on May 2. The act of fasting during Ramadan consists of withdrawing from any meal, drink or substance use for about 15 hours a day. Meals take place from Suhoor (pre-dawn) to Iftar (dusk). A fast is both open and broken through the consumption of a date and water. Before dawn Suhoor, a prayer (called Fajr) must be prayed. Before dusk Iftar, a prayer (called Maghrib) must be prayed.

At Adelphi, room 020 in the lower level of Earle Hall was open all month for fasting students, faculty and staff. They were encouraged to join the Suhoor meal and Iftar meal.

Ramadan does not only consist of fasting and worship. Other events are in play, like

giving back to the less fortunate (the act of Sadaqah), reciting the holy book of Qur'an, practicing self-discipline and control, and encouraging unity are common practices. Ramadan is a month of forgiveness, goodness, respect and charity.

My family loves Ramadan. For all Muslims, it is a time of repentance and giving back. However, we do not fast as often as we should. We focus our time on reading the Qur'an, praying, giving Sadaqah and inviting others for our annual Iftar dinner. Our background is Uzbek-Turkmen, my mother being Uzbek while my father is Turkmen, both being from the country of Uzbekistan located in Central Asia. For the longest time, it was under the Soviet Union, from 1921 to 1991. Communism was the main ideology of the Soviet Union, Uzbekistan being a country that fell under this political ideology. Unfortunately, with communism, religion does not intersect well. With the majority of Central Asia identifying with Islam, Muslims who observed Ramadan had to practice in secret or not practice at all. After 30 years of Uzbekistan's independence and

the fall of the Soviet Union, my post-Soviet parents are just now attempting to revive their religious affiliation, along with myself, as their first-generation American daughter.

Saira Amar, a Pakistani-American senior at Adelphi majoring in international relations, shared her personal experiences of the holy month.

"I love Ramadan so much, but I personally always experienced the month during the summer when there was no school," she said. "This is the first year that I'm experiencing it during a semester. I'm graduating, so a lot of pressure has taken over. I've been struggling to juggle my schoolwork, work life and caffeine withdrawal. It's been a struggle to fast, however, it's about the [tenth] day and it's been getting better. Sometimes, after I break my fast, though, it depends on how much energy I have. I go to the mosque, hang out with my friends, have ice cream with them or go to the bodega."

The tenth day Amar referred to is the tenth day of Ramadan in which she felt as though she was getting used to the feeling

of fasting again. Muslims all over the world have unfamiliarity when fasting, although it is a yearly occurrence. A balance of their work life, social life and spiritual life come into play during this time of year and they tend to juggle with it. Though, with time, their bodies become used to the feeling of a spiritual cleanse of their soul. After all, fasting is the act of bettering one's self.

My overall experience with the holy month of Ramadan consisted of being at peace with myself, my family and others around me. I tend to be happier and more satisfied during this season knowing that it is a peaceful time where every Muslim in the world is bettering themselves.

Eid al-Fitr, which is on May 2, is the celebration that takes place after Ramadan. It is the grand feast that concludes the holy month with its last Iftar of the year taking place. It is a day of family and friends receiving gifts, feasting and overall happiness. It's not to be confused with Eid al-Adha, which takes place in July 2022.

Eid Mubarak to all that are celebrating!

## Career Search Guidance That Shouldn't Wait Until Graduation

BY MAXMILLIAN ROBINSON

Like many seniors, Paritosh Kumar, an Adelphi criminal justice major, is worried about finding his first post-graduation job.

In pursuit of obtaining a career as a lawyer, he has found some assistance from friends and received advice from other people in the field. Yet, the future still looks unclear.

"My concerns about finding a job [to be honest] is the location where the job is and the salary," Kumar said. "I have been applying on Indeed and other sites to get a job. Also my friends gave me some connections if I ever need a lawyer job."

He has sent his resume out to law offices, including one where his uncle works. While his ultimate goal is to become a successful lawyer, he is okay with taking entry-level positions, such as paralegal jobs to establish his portfolio.

Kumar isn't the only one to feel this way. Millions across the country are in the process of graduating from their respective colleges and onto the real world stage. While this time may seem exciting, reality is about to hit. Many are about to graduate without a job and have minimal prior professional experience. With only a few weeks left until commencement, we spoke to experts on Adelphi's campus who shared advice on landing a job or obtaining a better one.

They said to start with your resume. Laura Black, director of internships in the Robert B. Willumstad School of Business, had a lot to say about the appearance of resumes submitted to the hiring manager.

"It's typically the first impression a company's recruiter has of a candidate," she said. "It is important that students have a professional resume that is well-formatted and error-free."

Furthermore, Black stated that a student's resume should include the URL for their LinkedIn profile so business professionals can get a deeper sense of the candidate. A new grad's resume is meant to highlight academic accomplishments, past internships and

work experience, skills such as technical and language, plus community service involvement, but a LinkedIn profile can expand on that by giving the candidate the opportunity to give voice to their career goals.

"These help to tell the story of who a candidate is and are often used as the basis for interview questions during the hiring process," she said.

While LinkedIn is a business-related social networking site that contains a job board, experts suggest that you look into Handshake and Glassdoor, which are first and foremost job search sites. Alumnifire is a networking platform that connects current Adelphi students with alumni, many of whom hold prestigious positions in the workforce.

Your resume is not the only thing that matters. Elaine Boylan of Adelphi's Center for Career and Professional Development spoke about the power of making connections. With 20 years of experience as a career counselor, she has worn many hats, including running the On-Campus Recruitment Program for the School of Business and College of Arts & Sciences, organizing employer panels for students to interact with industry insiders, coordinating the annual Job Expo, and teaching an internship prep course, initiatives that are designed to foster students' knowledge of the workplace and the importance of networking.

"Up to 75 percent of opportunities are discovered through connections," she said. "Thus, that is where our students need to devote their time."

The pandemic has certainly affected this number due to the decrease in social interaction. Students in the last two years have not had as many opportunities to cultivate their in-person networking skills, but that is now changing, due to the pandemic being more under control.

Boylan pointed out that since 2020 many people have decided to switch career tracks. When the Covid-19 outbreak started, many in the hospitality industry, such as hotel and cruise line staff, lost their jobs, spurring

some to refocus on a more promising career path such as healthcare.

"No matter your field, a [solid] work ethic really counts," she continued. "The little things, like responsive email replies, can indicate a commitment to success and underscore the idea that business protocol is primarily good manners and common sense."

Hundreds of students have had internships or job opportunities with big name companies during their enrollment at Adelphi, some through the successful Jaggar Community Fellows Program, now in its thirteenth year. On the other hand, some students may have had one job at a small company or were president of an on-campus club where they developed leadership skills. In the event that a hiring manager receives both applications, students may wonder if recruiters factor in the attention-getting company name or if the students' experiences count more.

"Employers are focused on preferred skills rather than lists of work sites," according to Jonathan Ivanoff, the associate director of Internships with the Career Center.

Boylan agreed. "Employers prefer that skills be demonstrable. The depth of experience and the competencies developed outweigh other factors."

Knowing that having a good resume and networking are important to landing a good job, there are other things that a student can do to distinguish themselves from others in the job search, according to the experts at Adelphi's Career Center. Boylan maintained that attending career events, conferences, seminars and every class meeting makes an important difference in not only what you learn, but in how you are perceived.

"The students who are the most successful are, by and large, the ones who are engaged, the ones who show up," she said. "When you show up, things happen. You meet and interact with new people, who then become familiar to you over time. Trying to reach out to strangers is a harder thing to do."

She added that the idea of networking isn't about gaining tons of followers on

LinkedIn or Instagram, but about "cultivating relationships which may lead to opportunities down the road. People often talk about being in the right place at the right time. To be in that place, it's essential that you engage regularly, rather than opting to sit at home behind a computer."

Boylan said it also helps to show interest in others. "People in your network don't necessarily have to be in your field," she said. "They could be your neighbor, a person you see in class once a week, your mail delivery person. You may not find out about potential opportunities, or about who knows who, until you start being interested in other people. That's when things start to happen."

And there's good news for seniors.

"Recent headlines announced the good news that companies would be hiring more 2022 grads than they did 2021 grads," Ivanoff said. "Company hiring is picking up, and they're looking for fresh new talent to add to their ranks, so the opportunities are certainly out there... if the student is ready."

But students shouldn't wait until they're about to graduate to start focusing on the steps they need to take to look for a job.

"The Center for Career and Professional Development and the Division of Student Affairs strongly encourages students to engage in the various career-building experiences (on/off campus employment, internships, leadership positions in clubs and organizations, etc.) available to them throughout their time at Adelphi University," said Thomas J. Ward, Jr., assistant vice president for career development and strategic partnerships. "These experiences can help students develop skill sets and assist in clarifying their personal and professional interests."

Students looking for career advice should visit Adelphi's Center for Career and Professional Development, located in room 200 inside of the Nexus building. Here, you can receive free help on structuring your resume, including mock interview assistance.

## Adapting to Covid-19 in Order to Maintain Friendships

BY JOSEPH D'ANDREA

The Covid-19 pandemic not only affected the health of the global community, but the relationships within them. To look on the bright side of matters, the pandemic emerged at a point in history in which the world as a whole was no stranger to virtual forms of communication, from something as interactive as social media, to even a simple text message or email. Nevertheless, an adjustment was necessary in order to keep health risks at bay, while attempting to remain intimate with friends in some sense—utilizing online platforms like social media.

As seen on a grand scale, online platforms that provided interaction such as Zoom took off during the height of the pandemic. Social networks as a whole, as well, saw a significant rise in screen time by users since 2020. An informational graph provided by Statista shows that the average daily time spent on social networks rose during the pandemic. From 2019 to 2020 alone, there was an increase of nine minutes per day by U.S. users, and the 65-minute average has remained consistent since then.

An article in “The New Yorker” magazine from June 2021 titled “What Did Covid do to Friendship?” expressed how not only friendships, but communication as a whole was affected during

the height of Covid-19’s presence.

“Good conversation,” the article reads, “is necessary glue for any friendship. But, given the attenuation of social engagements during quarantine, there often seemed to be less and less to say to one another. I’m reminded of a long-distance college boyfriend, with whom each subsequent phone call felt more and more like a chore, until we stopped talking altogether.”



**The impact Covid-19 had on communication goes without saying, but the advantages of technology and social media worked in serving as a solution in some ways to overcome the social challenges brought upon by the pandemic.**

In a poll put out by *The Delphian* to Adelphi students, 88 percent of participants agreed that they felt a difference in communication with friends during the pandemic. The results of the poll are highly reflective of the strain the pandemic put on friendships. For college students, this was especially the case, being that commuter students

in particular felt both physically and emotionally disconnected from campus life. The importance of feeling a part of a community is crucial, and so this is where social media emerges in the big picture of the pandemic. Adapting to anything in life can be difficult, but college students at the very least felt an upper-hand since they are a part of a technology-centric generation.

In another poll posing a similar question, 68 percent of students claimed that social media helped them cope with the pandemic. Jacquelyn Smiley, ‘21, a sociology major with a minor in African Black and Caribbean studies, agreed with the majority opinion.

“I relied more heavily on social media,” said Smiley. “My friends were—and still are—constantly texting each other now, and we are missing out on certain details of each other’s lives that we would know or notice in person but can’t due to everything being virtual... I feel like technology was a great advantage. We had streaming parties through apps, and would FaceTime, text or call each other when we wanted to relax, but it isn’t the same as being in person.”

Going along the same lines, Kelly Andreuzzi, a junior and environmental science major, felt equally affected by the barriers set up by quarantine, but made the best out of the situation.

“It became difficult to socialize in general due to the compounding stressors of a global pandemic and a changing world,” she said. “During the pandemic, it was fun to play games with friends remotely. My club, the Environmental Action Coalition, would sometimes play online Pictionary together to pass the time... Virtual games really helped me work through the new barriers and challenges of the pandemic. It was a way to socialize and have fun... Being familiar with platforms [like Discord] made staying connected easier.”

From my personal experience, I endured the same challenges regarding communication that others faced, however, I differ in that I do not use social media. Although that may be the case, I was able to remain in touch with my friends through text messaging, and this aided greatly in preserving some friendships that may have fallen through as a result of a lack of in-person-communication. I am grateful for the amount of technological availability that exists, and it surely made my time during the pandemic simpler to navigate socially.

The global pandemic created many obstacles for everyone of every age, but the fortunate presence of technology allowed for some relief to the stress of being separated from others in a time of uncertainty.

## The Last Drop: When Those Who Help Need Help too

BY EVA HAISHUN

The healthcare system has been going through hard times even before the pandemic. Doctors and nurses have been working overtime, with night shifts and endless lines of patients. While medical professionals take care of others, no one looks after them. In fact, nurses and doctors frequently prioritize the health of their patients over their own well-being. This mentality takes a toll on the physical and mental health of



**Medical professionals try to do their best even under pressure.**

the medical personnel. In modern times, when technological advances made it possible to cure diseases that were considered deadly in the past century, mental health is still being neglected as a crucial part of living. According to the National Alliance on Mental Health, common mental health conditions such as depression, generalized anxiety disorder, bipolar disorder and border-

line personality disorder are frequently stigmatized, leading people to avoid seeking help. And the consequences of this mindset translate into the medical field as well.

The healthcare industry is one of the most stressful fields; doctors and nurses make life-and-death decisions, often when sleep-deprived. While in theory, medical professionals should be the most healthy people, that is far from true. The study on Chronic Disease Prevalence and Healthy Lifestyle Behaviors Among US Health Care Professionals done by Mayo Clinic demonstrates that while doctors have fewer instances of obesity and diabetes than the general public, in the past two decades, the rates of both obesity and diabetes have grown by 50 percent. In reality, they have to go through immense challenges that take a cost on physical health, which, in turn, affects mental health and can cause burnout and depression. Nurses interact with patients daily. They give bed baths, help them eat, get them out of bed, change bed-sheets, administer their medicine, and most of the time, they need to do that for multiple patients at a time. But it is never purely physical labor: nurses form an emotional bond with a patient, even for a short period, and sometimes not only with patients. Nurses handle difficult conversations with a patient’s family and often have to know how to deal

with the adverse reaction. They must take care of their physical and mental health to handle the stress of the job and help people, but it is a skill they have to learn on their own.



**Nurses live through difficult moments with their patients daily.**

Nursing is not only a high-pressure job but a stressful degree to get. It requires a lot of time to prepare for the classes and frequent testing. Students say they often take several challenging subjects while juggling part-time jobs and family responsibilities.

Yet the challenges don’t stop students from pursuing a career in nursing. Gabriella Salce, a junior nursing student, said that there is a lot of stress she needs to handle, on top of studying and a part-time job.

She said, “The workload can be overwhelming at times. But then I think about the reasons for wanting to become

a nurse, and I push through. I know that the stress will continue as a nurse, but I know that I will manage.”

Luckily for us, Salce and many other nurses continue to push through the hardships to help people, sometimes at the expense of their well-being. However, I believe that it should not be the case, and there are ways to help the ones who sacrifice so much to support people. In Salce’s case, neither school nor job provides training on stress management. The institutions are worried about educating the curriculum and have no time to help people navigate the stress of their future careers. It is integral to give nurses the appropriate education so they can manage their mental health well.

Studies demonstrate that while workshops on stress management are practical, lack of implementation and supervision makes them inefficient. Nurses do one of the most important jobs—they take care of people’s lives. And there is very little done to help them manage their struggles. It is especially evident after the pandemic. In two years, the stress only increased, but nothing had changed. Now both schools and hospitals put nurses in charge of their well-being, which not many people are equipped to do. While the shift can not happen over time, the change needs to start somewhere, and so far, it has not.

## Dragon Ball Z and Rap Music: A Match Made in Heaven

BY MITCH COHEN

In any rap song, one of the best elements is when an artist references something else. Whether it's about an athlete or a fictional character, this helps the listener get a better understanding of the artist's interests outside of music. With that said, one of the most popular references that rappers make is about the anime "Dragon Ball Z" (DBZ). Known for its memorable characters and fast-paced action scenes, DBZ has become culturally beloved in the United States, especially by those in the rap community.

Before discussing the lyrical references to DBZ, it's important to learn about the show itself. "Dragon Ball Z" focuses on Goku, a Saiyan who goes to Earth. As he gets older, he learns martial arts from a hermit named Master Roshi and battles several villains throughout his journey such as Frieza and Majin Buu. As previously stated, "Dragon Ball Z" excelled at creating fast-paced fight scenes. During these moments, charac-

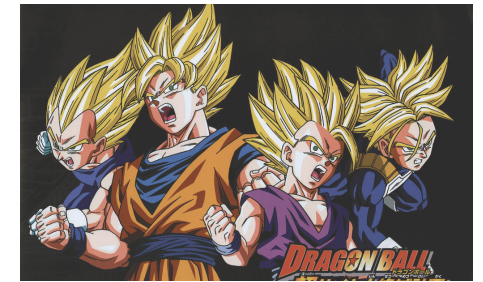
ters would not only fight with martial arts, but would also rely on energy called ki. By charging enough energy, characters were able to shoot incredibly powerful bursts of energy from their hands. Some of the most famous attacks include Goku's Kamehameha and Vegeta's Galick Gun. Overall, DBZ's likable characters and fast-paced action scenes made it incredibly popular amongst its fans. Some of them became hip hop's biggest stars, such as rapper Jay Rock and rapper/producer Pierre Bourne.

Although rap music and Dragon Ball Z are two different entities, they have more in common than one might think. On the website Genius.com, there is a video called "A Look at Hip-Hop's love for Dragon Ball Z". In the video, host Jacques Morales talks about how several rappers grew up watching DBZ. The video references Adult Swim creative director Jason Demarco, who described DBZ as "empowerment fantasy". The show was so popular with minorities that kids would come up to Demarco and tell him how much they

loved the show. "I get why a kid would watch that", said Demarco. "There's nothing wrong with a kid whose hero is a cartoon character [that encapsulates who they want to be]" he added. As for rap songs themselves, they are filled with references to heroes, villains and plot points from the Dragon Ball universe.

One of my favorite references comes from the Jay Rock song "Hood gone love it." In this song, Jay Rock has a line that reads "whip like a fireball; call it Goku." Here, Jay Rock is referencing the Kamehameha, which is Goku's signature attack in the show. He is saying that his car is hot like a fireball, just like the projectile Goku shoots out of his hands. To switch gears, another song that references Dragon Ball Z is "Guillotine" by rapper and producer Pierre Bourne. In this song, Bourne has a line that says "Gohan on my cloud." Similar to the previous artist, Bourne also references Goku. Unlike Jay Rock, Bourne references the Flying Nimbus. This is a cloud that Goku uses to get

around when he doesn't feel like flying. Bourne also references Gohan, who is Goku's son.



**Dragon Ball Z is one of the most referenced topics in rap music.**

Ultimately, the anime "Dragon Ball Z" and rap music are a perfect match. Due to the sheer amount of references to it, it must've garnered curiosity and lead to the show gaining new fans. It easily caught the rap world by storm and gave us several memorable lines from the nineties to the present. With how popular Dragon Ball Z is in pop culture, it's unlikely its impact on rap music will go away anytime soon.

## Pixar Employees Defame Disney After Inaction Towards Homophobic Florida Bill

BY MYLO FISHERMAN

Walt Disney Company CEO Bob Chapek was called out on his inaction, but more specifically his financial support, of Florida's "Don't Say Gay" bill during the annual shareholders meeting. The "Don't Say Gay" bill states that "sexual orientation and gender identity may not occur in kindergarten through grade three or in a manner that is not age-appropriate or developmentally appropriate for students in accordance with state standards."



**While Disney capitalizes on LGBTQIA+ people during pride, they do not put action behind the community they profit from.**

Chapek stated that he had plans to meet with Florida Governor Ron DeSantis to discuss Disney's opposition to the bill but didn't give details on how he will pull funding away from homophobic politicians. He also pledged to donate five million dollars to the Human Rights Campaign (HRC). However, HRC rejected the donation.

Joni Madison, interim President of the HRC, stated, "The Human Rights Campaign will not accept this money from Disney until we see them build on their public commitment and work with LGBTQ+ advocates to ensure that dangerous proposals, like Florida's 'Don't Say Gay or Trans' bill, don't become dangerous laws."

In an attempt to address the situation,

Chapek sent an email to Disney employees titled "Our Unwavering Commitment to the LGBTQ+ Community." He was met with counter statements in the form of a letter from the "LGBTQIA+ employees of Pixar and their allies."

The first claim that Chapek made in his email is that Disney has a long history of supporting the LGBTQIA+ Community. The Pixar letter states, "Disney Parks did not officially host Pride until 2019, in Paris alone." They added, "Disney began capitalizing on Pride in 2018 with The Rainbow Mickey Collection (while de-emphasizing the terms like LGBTQ+ and not even featuring explicitly LGBTQIA+ pieces such as Pride flag pins until 2021)."

This shows how Disney executives feel fine profiting from the LGBTQIA+ community, but when it comes to actual support they take a step back.

The second claim Chapek made is that "corporate statements do very little to change outcomes or minds; instead, they are often weaponized by one side or the other to further divide and inflame," Chapek added. "Simply put, they can be [counterproductive,] undermining more effective ways to achieve change."

In the Pixar letter, they have stated multiple instances that prove the contrary. One of which occurred in 2016, when Disney addressed the controversial Religious Liberty Bell by telling Georgia: "We will plan to take our business elsewhere should any legislation allowing discriminatory practices be signed into state law."

This statement had a direct effect on the legislative outcome in Georgia, further emphasizing that Disney does have the power to spark change by making a corporate statement.

The final claim Chapek made is that

representation is the solution, stating that the "biggest impact we can have in creating a more inclusive world is through the inspiring content we produce."

According to the Pixar letter, this claim is far from the real experience Pixar employees had when attempting to create gay affection and get it approved by Disney executives.



"We at Pixar have personally witnessed beautiful stories, full of diverse characters, come back from Disney corporate reviews shaved down to crumbs of what they once were," the letter continues. "Nearly every moment of overtly gay affection is cut at Disney's behest, regardless of when there is protest from both the creative teams and executive leadership at Pixar. Even if creating LGBTQIA+ content was the answer to fixing the discriminatory legislation in the world, we are being barred from creating it. Beyond the "inspiring content" that we aren't even allowed to create, we require

action."

The Disney family spoke out and took action against Chapek's handling of the "Don't Say Gay" bill. Roy P. Disney is the grand-nephew of Walt Disney. At the HRC annual gala in March, he and his wife took the stage to announce that their family will be matching donations up to \$500,000. He stated, "My wife, Sheri, and I have been members of HRC for over 20 years."

He added, "Equality matters deeply to us, especially because our child, Charlee, is transgender and a proud member of the LGBTQ+ community."

The Delphian spoke with a few Adelphi students to get their take on the story.

According to Brian Egan, a sophomore English major, "Companies and corporations are not obligated to comment on recent legislation. Nor should they. I don't care about companies' politics. I care whether or not I want to buy their product. Corporate statements and tweets are oftentimes empty and meaningless."

Kennie Cervantes, a sophomore computer science major, shared a differing opinion. "I feel as though Chapek's response to this bill was completely performative."

Cervantes echoed the voices of Pixar employees when he added that Chapek donating five million to the HRC was "an attempt to cover up his inactivity."

A company as big as Disney should put action behind its words. Throwing money at an issue isn't going to solve the problem as they said. If they really care about creating diverse stories, they should allow creators to create them instead of just saying that it is important.

**If you have an opinion to share, email us at [delphian@adelphi.edu](mailto:delphian@adelphi.edu).**

## A Year Returned: Athletes' Lives Post-Pandemic

BY MAXMILLIAN ROBINSON

In fall 2020, the Adelphi Board of Directors along with the Center for Recreation and Sport (CRS) department, found that it was unsafe to return back to in-competition play on the Garden City campus. Therefore, prohibiting all fall sporting teams and their seasons to be canceled. The spring teams tried to continue on with a season, but the Covid-19

you practiced into a real situation. Even normal things like showering after practice and wearing masks were new aspects that we had to get used to.”

The defenseman wasn't alone in expressing his views on the vacant season of years past.

“[It] was mentally challenging compared to this year or any other year I have

have the strength and discipline to continue training when no season was involved?”

“I tried to stay positive,” said Kayla Hall, a grad student and women's basketball player. “I took every practice seriously because you never knew when the season could get canceled again. Even after finding out there was no season, I didn't let that get me down and I looked forward to the future.”

According to Broderick, staying mentally prepared was a challenge.

“It was all about constantly reminding yourself and others why we are here and how we are grateful to be here. A lot of training had to be done on our own time, especially during quarantines or simply when we were not in season. I felt that self-motivation led to team motivation, whereas in other years the team was always what motivated everyone,” she said.

Broderick also mentioned that she missed the excitement of scrimages with her teammates and the “game-day mentality” that each player was accustomed to.

Not to say there are feelings of regret or remorse, but isolation amongst teammates and their sport causes those to reflect on what could have been.

“I learned a lot about working on myself and keeping my motivation high over the course of the year,” Jones said. “In addition, it just reinforced the love that I had for soccer as it made me appreciate playing with your friends, having regular competition and the daily socializing/banter that you have at practice and in the locker room.”

Broderick reflected that Coach Pat McCabe always told the players, “You're only as strong as your weakest player.”

“I look back and think about how different a person I was [before Covid, during Covid,] and now as restrictions are continually being lifted, and I see that I have changed a lot,” she said. “I learned that I used to be a

lot more independent and private about my feelings. After going through such a mentally tough phase of my life, I learned how to open



**When in doubt, Kayla Hall always kept a positive attitude and took every practice seriously.**  
*Photo from AU athletics*

pandemic ravaged the fluidity of it to be run smoothly.

Today, our Panther fall sporting teams have completed a full season, in addition to all spring sports in arms length of season commencement. As a reflection of these events, our Panther athletes spoke out about the difference a year makes.

“2020 was very different,” said sophomore men's soccer player Benji Jones. “Many of our fixtures were canceled and we didn't play a single game for a year. Games are one of the best ways to learn and put everything

been an athlete,” said grad student and women's lacrosse player Kailey Broderick. “Lacrosse has always been an escape for me, and last year was taken away nearly every other week due to Covid-19. I not only didn't have the sport, but I did not have my coaches or teammates either, except through texts or FaceTimes.”

Time away from a loved one or hobby can be disappointing, especially when it's least expected. Moreover, with all that time away, how do you build chemistry back to where it started? In addition, how did these athletes



**Broderick says what impacted her most during the pandemic was being unable to play in games along with teammates.**  
*Photo from AU athletics*

up and allow my teammates to build me up when I'm feeling down.”

Hall said what she missed the most were the fans in the stands.

In the midst of it all, these athletes continued to fight for what's right, and that's to compete at a high level for the Brown and Gold. Needless to say, these Panther athletes are grateful to be back, yet are now more conscious of the small things in life.

“I learned that life is short and to make the best of everything you have,” Hall said. “Never take anything for granted because you never know when it will be taken away from you.”

## Panther Spotlight: Sophomore Renner Is Honored as Goalie of the Week

BY ANDREW SMITH

The Adelphi men's lacrosse team finished the year with a 13-1 regular season record, with their first playoff game this Wednesday against #5 ranked Bentley. Every player has had a strong season so far. New transfer student Dylan Renner has fit right in with the team as goalie and has been an integral part of the successes they have enjoyed. He was awarded the title Northeast-10 Goalkeeper of the Week following strong performances against College of Saint Rose on March 29 and Assumption College on April 2nd. During these two starts, Renner averaged a 3.43 goals against.

The sophomore grew up in Roslyn Heights and attended school in Mineola. Renner, the middle child, credits his brothers Colin and Tommy for being an integral part of why he began to play lacrosse. Growing up, Renner spent a lot of time playing lacrosse with Colin. However, he didn't begin to play organized lacrosse until he was in the second grade.

Renner believes his siblings played an important impact in his athletic development. “I am the middle brother, so

growing up we were always competing with each other for everything. Whether it be in sports or just anything in general we compete to be the best and I think it helps



**Dylan Renner (right) makes a dive attempt on the ball in a NE-10 regular season matchup vs. Southern New Hampshire University** *Photo from AU Athletics*

me on the lacrosse field.”

His brothers inspired him to pursue lacrosse and to be his best on the field, but he has other influences as well. Renner added, “My family and friends were always

there along the way while growing up. Me and my best friends all played lacrosse together so it helped me grow my passion for the game.”

He said his friends supported each other during games and created a strong team environment for him.

He also looked to professional athletes to serve as inspirational figures in

his own development. One of these is Tom Brady. Renner said, “His drive and leadership is unmatched and the biggest thing is he wins at all costs.”

Renner has only been a student at Adelphi for less than a year after attending Long Island University. He said he chose to transfer here “for its great teaching program and its historic lacrosse program.”

On why he feels AU is the place for him, he said, “After being here I already have gotten a great sense of that Panther pride. I love playing here and have amazing teammates who made me feel at home right away.”

After receiving his Northeast-10 Goalkeeper of the Week designation, Renner emphasized the great play and collaboration of his teammates. “I just want to thank my defense for helping me win this award. I could not have done it without them.”

About the current state of the team, Renner said, “So far we are having a great season being fourth in the country and beating two top-ranked teams. We still have a long way to go and we hope to win the NE-10 championship.”