

Adelphi's Freedom of Expression Week Symposium Clears the Air for Open Discourse

BY HUSSEIN ALI RIFATH

As a part of Adelphi University's second annual Freedom of Expression Week Symposium, the Garden City campus held a series of events last month highlighting the important role that free speech and diversity of thought play in both our university setting and greater American society. These events, which came just two weeks before Election Day, invited students, faculty and staff to participate in discussions that addressed this topic from a variety of contexts, ranging from political science to journalism.

According to Joseph P. De Gearo, assistant vice president of student affairs and dean of students, he saw the value in establishing this annual campus tradition last year.

"I approached the vice president of student affairs [Sentwali Bakari] suggesting that the students on campus would benefit from taking a closer look at some of the issues that seemed to come up frequently," DeGearo said. "And some of them included things like freedom of expression, although that's not always how it was referred to by the folks coming in. A lot of conflicts and interpersonal tensions [between students] were coming to our office revolving around positions that a student would take that chal-

lenged the worldview of someone else."

He said that during a time of heightened emotions and political polarization, clashes arose within the student body on a variety of issues, including the Israeli-Palestinian conflict. DeGearo said he finds that promot-

ing dialogue is the key to addressing this. He said that during a time of heightened emotions and political polarization, clashes arose within the student body on a variety of issues, including the Israeli-Palestinian conflict. DeGearo said he finds that promot-



From left, *The Delphian's* editor-in-chief, Joseph D'Andrea; social media editor, Chala Civan; and news editor, Hussein Ali Rifath at the "Person on the Street: Results and Analysis" panel on October 22. Photo by Liza N. Burby

ing dialogue is the key to addressing this.

"A lot of students benefited from talking through those tensions with someone and, by the end, they were able to understand the difference between being threatened and feeling threatened," he said.

This idea of coming to understand the

Journalists' Perspective

The "Person on the Street: Results and Analysis" event was held on October 22 in the University Center, featuring staff from Adelphi's student newspaper, *The Delphian*, including Joe D'Andrea, editor-in-chief; Hussein Ali Rifath, news editor; and Chala Civan,

social media editor. Liza Burby, senior adjunct communications professor and the paper's faculty advisor, moderated the discussion, where *The Delphian* staff discussed free speech from a journalistic perspective. They emphasized the difficulties they have experienced in finding Adelphi students who are willing to be interviewed on contemporary issues and quoted in the paper. They also presented the findings of a survey they conducted to investigate students' willingness to share their opinions.

"Students who were interviewed by their peers reflected common themes: that differing opinions are good; that the country during the election season seemed to be close-minded, toxic and that people argued too much; but that at Adelphi students generally felt safe to express their opinions," said Burby. "However, some students said they feared backlash for openly sharing opinions in their classes."

The editors also spoke about their personal experiences with freedom of speech and expression. Civan discussed witnessing the erosion of freedom of expression in her native Turkiye, where political speech is strictly controlled by the government. She offered a poignant reminder of how important and fragile such freedoms can be.

"For many times, most recently in the
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Mind the Gap: The Persistence of Potholes on Campus

BY JENNA GIAKOUIMIS

Nearly a year ago in December there were a series of potholes and cracks along the pavement in the service road between Blodgett Hall and Levermore Hall. While driving back home after a long day of classes, Andrea Giganti, a senior nursing student, suddenly found herself hitting a pothole that she said was roughly the size of a small vehicle. "I almost got a flat tire from the pothole I was trying to maneuver from and failed," she said.

Potholes continue to be a nuisance on campus. Student motorists have not been the only ones affected.

"When it rains it gets pretty annoying because the potholes become puddles that destroy my shoes if I'm not paying attention," said Skylar Dorr, a senior communications student. "I've already lost a pair of Uggs to the Adelphi pothole puddles."

In the days leading up to Spring Break in March, several potholes formed near the South Avenue entrance to the University Center, the largest of which was about the size of a trash can and

went several inches deep. Pedestrians and cars were forced to maneuver around these obstacles for days and Public Safety marked them with orange safety cones. During the break, Facilities Management said they repaired more than 25 locations on the northern part of campus. Just two months later, one of the repairs caved in, resulting in yet another pothole



A series of reforming potholes on South Avenue entrance by the University Center. Photo by Jenna Giakouimis

roughly the size of a small backpack.

An Ongoing Battle

Robert Shipley, the assistant vice president for Facilities Management, noted the recurring nature of this issue on campus. "Potholes are an ongoing battle with Mother Nature as pavement ages," he said. "Parking Field 2 by the University Center and Parking Field 5 on the south end of campus are currently showing the most signs of failing pavement."

This largely reflects the consensus of a student survey consisting of 34 anonymous participants. However, respondents also noted room for improvement near the dorm halls (especially Chapman Hall and Residence Halls A and B) as well as Woodruff Hall.

The university attempted to address the issue this past summer.

"We did one large repair over the summer on the fire lane north of Chapman Hall," said Shipley. "I hope to continue with more work next summer."

Despite these efforts, 58.80% of the participants in the student survey still consider potholes to be a persistent problem on campus.

This might partly be explained

by the fact that without active coordination between students and Facilities Management, the university lacks an accurate estimate of the number of potholes on campus. This, in turn, makes it take longer to find and address existing potholes, which gives them time to grow further in size and cause damage to vehicles and ruin shoes.

Students and faculty can report potholes by submitting a work order in Footprints on eCampus or through the AU2GO app. However, 76.50% of the survey respondents didn't know that reporting on the app was an option. Only 5.90% have ever used the platform to make reports for repairs.

Pothole Formation & Repairs

Where do these persistent issues come from anyway?

"Potholes form due to the freeze-thaw cycles during the winter season," said Shipley. "The age of the asphalt plays a large role in this, as older pavement is more porous and allows more water to seep below the surface. As water freezes below the surface, it expands and pushes the pavement apart."

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A Word from the Editor

Fall (objectively the best season) is in full swing, Panthers!

In our latest issue, we have some articles to help you embrace the holiday season. If you're away from home or are simply looking for something else to do leading up to Thanksgiving, flip to page 8 to learn about the best places to visit in New York to get you in the right mood for the remainder of November into December. You can also enjoy the coziness of fall in your own home, and our delicious fall recipes on page 9 give you some comfort food options.

The recent presidential election is now in the books, and whether you're celebrating or grieving, it's important to keep in touch with others' perspectives, which some of our editorial staff helped bring to students' attention during the Freedom of Expression Symposium, which you can read about on the front page. The importance of hearing others out and journalism's role can also be seen on page 5's article about an inspiring new professor at Adelphi. For many, the big issues go beyond those in the U.S., and you can gain an even broader view of global current events on page 5's article about the UNGA.

Our student leaders are always making a mark on our campus, in the form of new clubs (pages 4, 6, 7 and 8) and community activities (page 6).

This edition's opinions section (page 10) has a mix of pop culture and what may seem like a challenging economic reality for some, and our sports pieces continue to put a spotlight on our amazing student athletes who show off their skills on and off the field.

Along with the Communications Department, we'll be holding our 11th Annual Media Career Expo on Tuesday, December 3 from 5:30-7:30 p.m. in Blodgett Hall room 109. Adelphi students can attend to get insights from recent college graduates who have all landed their dream jobs. Pizza and soda will be served.

As always, our writers and editorial staff deserve a big thanks for making our paper informative and creative. And thank you for reading! Make sure to follow our Instagram, @the_delphian, for updates about the paper.



Joseph D'Andrea '25
Editor-in-Chief 🐾

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Adelphi's Freedom of Expression Week Symposium

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summer of 2024, the Turkish government banned Instagram for over eight days without any explanation before their actions, which resulted in many businesses having economic problems and lowered the country's security and freedom index rankings," Civan said.

Burby noted this at the end of the session, adding, "For those who feel uncomfortable being quoted in the school newspaper, this is a good reminder of the importance of having that choice with a free press."

Free Speech Rights

Binda Godlove Aka, an assistant professor at the Department of Political Science and International Relations, participated in a panel on October 21 exploring the constitutional roots of the right to free speech and the vital role political speech plays in American democracy.

He related personally to the subject matter. "I think we in the United States enjoy a lot when it comes to freedom of speech. Looking at my background and where I come from, our freedom of speech there is extremely very limited," he said.

He added that the Freedom of Expression Week Symposium helped put the issue into perspective.

"We need more of such programs on campus because a program like that helps educate our community about issues beyond the United States," he said. "During that program, we saw students from Jamaica, Lebanon and Norway giving different contextual perspectives about freedom of speech based on where they are coming from."

The symposium culminated in a keynote address and question-and-answer session with Nadine Strossen, a leading advocate for free speech and civil liberties. She was the first woman to lead the American Civil Liberties Union and served from 1991 to 2008. Today, she serves as a senior fellow at The Foundation for Individual Rights and Expression (FIRE) and as a



Gary Greaves, a professor of political science, spoke at the first event of the week. Photo by Joseph P. DeGearo

speaker for Voices for Liberty, two organizations committed to promoting these causes on college campuses across the nation.

Students Speak Out

In preparation for the Symposium, *The Delphian* editors asked students on campus a series of questions. For example, when asked about the current political atmosphere and whether she feels free enough to express her political views without backlash at Adelphi, Sara Held, a second-year political science major, said, "I think that the current political atmosphere at Adelphi is healthy and produc-

tive. I've taken part in so many illuminating conversations with both my peers and my professors. I feel that I can certainly share my political views on campus and may sometimes receive feedback from others, often leading to valuable conversations and dialogues."

When asked the same question, second-year English major Cassidy Bedell said, "Personally, I feel as though it's very mixed. While Adelphi is a very accepting university, not everyone is as accepting of political opinions that go against their own and tend to get very heated about it. While I do feel comfortable discussing it with my friends, there are times when I am extremely hesitant in fear of backlash."

When asked how comfortable he is in sharing his personal views with *The Delphian* staff and readers, Charlie Casolaro, a senior political science major, said, "This campus is genuinely generally pretty accepting. I don't really talk politics too much, but that's just because I'm more of a reserved person; it's by choice. I think Adelphi is pretty good about that stuff. I don't think there's too much of an issue with it."

Emily DiProperzio, a senior chemistry major, said, "The school's definitely good with what you could say; you can really get your message across in a safe way. But I feel like there's still a lot of arguments that happen when you really do try and speak up. It's more so that other college students need to understand that not everyone's going to always agree with them and that it's okay for someone to voice their opinion. You don't have to attack them."

Gary Solorzano-Ruiz, a senior art design and education major in the STEP program, said, "Because of how polarizing politics can be, I never like to share what I believe in. I prefer to just stay neutral and not go into the topic. I like to listen to what other people have to say because that's how I grow as a person. I might not agree with what they say, but it can help me understand a different viewpoint that I never really considered."

Bedell shared an incident in which a student didn't feel safe enough to share their views in the classroom. "There was a time where a friend of mine was in class when the topic of the upcoming [presidential] debate came up and while they were sharing their opinion, another student interjected and called her an idiot," she said. "While the professor was quick to intervene before the other student got heated, my friend was still rattled about the whole ordeal."

At the same time, students also expressed hope for the future. As Held said, "I am hopeful for the future of this country. Given the ongoing conversations that people are having, people seem to have ideals that they see the country heading towards, which I think is phenomenal. These productive conversations that are happening—on college campuses, on social media, at the dinner table—demonstrate that people are willing to challenge their preconceptions and have a desire to further understand politics. I am hopeful that these traits will positively influence our nation." 🐾

Joseph D'Andrea and Arpan Josan contributed to this article.

Survivorship Event Empowers Those Affected by Breast Cancer

BY JOSEPH D'ANDREA

To promote breast cancer awareness, Adelphi University held the Annual Breast Cancer Celebration of Survivorship gala on Thursday, October 17 in the University Ballroom. The event featured a panel of three speakers who shared with the audience their inspiring and empowering breast cancer journeys.

The celebration was organized by the Adelphi New York Statewide Breast Cancer Hotline & Support Program, which was established in 1980 at the School of Social Work. At the time of writing, it remains the oldest breast cancer support hotline in the country.

Danielle Gaudio-Lalehzar '89, MA '90, Diana Mitchnick and Lynne Borah spoke about their experiences with breast cancer. Each speaker's story was unique, but all came to the same conclusion: reaching out to others for support is paramount.

Gaudio-Lalehzar was diagnosed in 2020 with stage 2 hormone-positive, HER2-negative breast cancer, at the age of 53. Being diagnosed during a global pandemic was an added layer to her already difficult situation, and led to feelings of isolation. Fortunately for Gaudio-Lalehzar, she said her support team of friends and family—including her husband, Sal, “who always has the best advice” and their kids—were there for her along the way and helped keep her spirits up, especially during times of difficulty.

Her treatment plan consisted of four cycles of AC chemotherapy and Taxol (a chemotherapy drug) every two weeks. She then had five weeks of radiation, five days a week followed by Lupron shots, which are often used to treat breast cancer, a year later.

A Garden City resident, Gaudio-Lalehzar remembered seeing advertise-

ments for the Adelphi Breast Cancer Program in the “Garden City News” and had used the hotline in her time of need. She said she also found comfort in writing, enrolling in Memorial Sloan Kettering's Visible Ink program, which allows patients the opportunity to express themselves through writing. Already having a lifelong connec-



Danielle Gaudio-Lalehzar '89, MA '90 (at podium), spoke at the Celebration of Survivorship event last month and explained her connection to writing and music. Other speakers included (from left) Lynne Borah and Diana Mitchnick.

Photo by Joseph D'Andrea

tion to music, this creative release in part led to her executive producing the children's CD “Jersey Babys,” working with her father, Bob Gaudio, the legendary songwriter and founding member of the Four Seasons. The CD was given out to every attendee of the celebration, along with a notecard with a message and poem written by Gaudio-Lalehzar.

It was Gaudio-Lalehzar's first time speaking in front of a large group of people, and although she admitted she was somewhat nervous, she added that speaking up not only supported others, but also helped herself at this point in her journey. She didn't want to live the rest of her life in fear, she said, explaining that “worry was like a tidal

wave,” and so sharing her story became her way of facilitating awareness.

Mitchnick was diagnosed in 2003 at the age of 42 with stage 0 breast cancer with a one-millimeter intraductal tumor. Echoing the importance of a support base around her, she said that staying positive as much as possible was her main approach, and

through a cancer diagnosis is what's most important, Mitchnick explained, and being open enough to share your own experiences with others to provide support is extremely valuable.

In 2004, at the age of 55, Borah was diagnosed with stage 3 breast cancer involving 34 lymph nodes. She had a double mastectomy with reconstructive surgery that necessitated tissue expanders followed by silicone breast implants. Her treatment plan involved years of chemotherapy, and although this could feel like an overwhelming amount of treatment, she said she kept on with her message of never giving up and living your best life.

Partly attributing spirituality, reading and meditation to her getting through her diagnosis, Borah's support team consisted of her husband who worked with her doctors and treatment team to find the best course of action, and mother who accompanied her to all of her medical appointments and treatments. Some of her loved ones were receiving treatment or were short-term survivors themselves, and always gave her more perspective.

A theme repeated several times during the event is that volunteers are the “heart and soul” of the program. As Borah's journey went on and she learned about the Adelphi Breast Cancer Program, she became a volunteer herself, and is now a hotline volunteer and peer advisor. With Nina Foley, LCSW, Borah co-facilitates the program's Warriors Book Club, a group supporting individuals impacted by breast cancer.

Those in attendance who have volunteered, are survivors themselves or have a connection to those affected by breast cancer in some way were all recognized at the end of the evening.

To learn more about the support program, visit breast-cancer.adelphi.edu or call their hotline at 800-877-8077. 🐾

having her husband, two daughters and friends by her side during her diagnosis kept her on the right track mentally.

Unlike Gaudio-Lalehzar, at the time of Mitchnick's diagnosis, she did not know about the Adelphi Breast Cancer Program. However, through her work with Pink Aid Long Island as an advisory council member, member of the Grants Committee, and social media chairperson, she became connected to the program. Over the years, Pink Aid, an organization that aids underserved breast cancer patients in the form of moral and financial support, has awarded the Adelphi Breast Cancer Program with continued funding.

Speaking to those who have been

Theatre Department Debuts “Love and Information”

BY KIT SCHNEIDER

At the Performing Arts Center's fall main stage production of “Love and Information” by Caryl Churchill, a playwright known for her boundary-breaking work, 10 theatre students portrayed over 100 characters in 50 scenes. The show, which was directed by Maggie Lally '82, an associate professor of theatre at Adelphi, debuted on October 30 at the Olmsted Theater after months of preparation.

The production, which at first glance may have seemed strange and abstract to an unsuspecting audience, was designed to provoke thought on the easy access to vast amounts of information we have in today's world. In particular, just how much information is too much? And, at what point does the growth of knowledge begin to affect our minds and relationships?

“Love and Information” does not have a linear storyline, which is often the case in playwriting. Instead, the text con-

sists of multiple sections of prose, each telling its own short story. Absolutely no context is offered on which characters are speaking and how they should be inhabiting the space in their performance.

This offers producers remarkable room for creativity and as a result, each production of “Love and Information” is uniquely its own. At the same time, this also poses a unique challenge: for Lally, the most difficult part of directing this production was “putting everything together somewhat cohesively.”

A cast of just 10 students was selected to play over 100 different characters. It included seniors Sarah Baileigh, Jordan Boyatt, Nikki Colaitis, NayaJoy Dean-Colbert, Katie Goz, Alyssa Infranco and Serina Wold; junior Sierra McDaniel; and sophomores Ally Covone and Justin Koczko.

Many of the scenes were designed by the actors themselves after getting to know the source material inside out. The goal was for them to use

all parts of their artistic repertoire to bring the words on the page to life.

When watching an open-ended production such as this one, Lally explained, “It's better to just allow yourself to experience the play and see which pieces speak to you and consider why they speak to you.”

The audience is given the freedom to interpret the performance however they wish. In doing so, the viewers take the main stage, instead of the actors.

The crew behind the scenes helped make it all possible. During a talk-back with the team on October 30, they discussed some of the challenges involved. Senior Cat Farrel, who served as costume designer, found it challenging to design costumes for over 100 different characters. Senior Latrel Thompson, the stage manager, acknowledged the challenges associated with working with such a hands-off script, “but that's the fun of it,” he said.

Lally explained she put on this

show, “because it is a very challenging piece that creates opportunities for both design and technology students and actors.”

The challenge of the show is what made it. The work of the actors to portray what they wanted with the words they were given as well as the crew to uphold this through sets, props, set pieces and keeping backstage as calm and clean as possible. With the excellent guidance and direction of director Lally, the show was as perfect as a show of this caliber could be.

Which, all in all, comes back to the message hidden within the show. Information can ruin a person. From a doctor's diagnosis of a terminal illness to the mental illnesses of an individual to keeping a secret from a friend and finally revealing it, information can have unforeseen consequences. It could unintentionally hurt those we care about most or make us care about random strangers walking down the street. 🐾

New Adelphi Undergraduate Law Review Club Offers Unique Platform

BY TROY COFIE

Until recently Adelphi didn't have an undergraduate law review. But when senior criminal justice major Peyton DeRouen transferred here this semester, she wanted to change that. On October 29, she and sophomore political science major Samina Radia, who is part of Levermore Global Scholars, officially formed the Adelphi Undergraduate Law Review (AULR).

According to the mission statement from their constitution, they will offer an accessible platform for students interested in legal discussion and reflection to engage in scholarly discourse, enhance their research and writing skills, and contribute to the field of legal studies. AULR will have an undergraduate law journal to publish exemplary works submitted by undergraduate students on relevant and impactful issues, emphasizing legal scholarship. DeRouen said she wants AULR to provide opportunities for academic engagement and professional development for Adelphi students who want to pursue a career in law.

DeRouen explained that law

reviews, managed and edited by law students, are often scholarly articles written by law professors, judges, legal experts and law students. They provide law students an opportunity to explore a topic of any scholarly interest and sharpen their legal research skills.



Co-founder Samina Radia

Furthermore, they provide law students with opportunities to be known within legal spaces. Some US law schools offer

undergraduate law reviews for any student interested in law. DeRouen was part of the undergraduate journal at her former school, the College of Saint Rose.

"I started the club [AULR] after months of pondering the idea," she said. "During the summer, I saw various other universities have undergraduate law reviews of their own, and one day, I just said, 'Let's do it.'" With that experience and her desire to have a career in law, DeRouen decided to take a chance and start one at Adelphi.

DeRouen said that AULR also intends to invite alumni who are lawyers and speak about legal topics. They even plan trips to law schools to expose students to the environment. According to DeRouen and Radia, who is the public relations chair for Student Government, the club has gotten interest from Adelphi alumni, legal professionals, professors and campus departments who are interested in working with the club relating to the legal field. Overall, AULR platforms both scholarly and professional development for students.

DeRouen said that initially they struggled to get approval from the

Center for Student and Community Engagement (SCE) due to the similarity with the Pre-law Society, an inactive club that focused on professional development for students interested in law. DeRouen said that SCE's suggestion to combine the two groups "would not be wise because they are distinct groups with different goals."

Furthermore, there was an issue with signatures where they were originally digital but had to be physical. "They allowed me to resubmit 'physical' signatures, which I did [in] the short time I had. AULR was denied again... the reasons again involved the signatures," she said. "The process was simple but there were bureaucratic impediments that prevented AULR from starting its operations."

With the Adelphi University Law Review overcoming this hurdle, DeRouen and Radia are eager for anyone—from any major—to join the club and explore any legal topic of their interest. If there are any questions related to the club students can email aminaradia@mail.adelphi.edu and peytonderouen@mail.adelphi.edu. 🐾

Mind the Gap: The Persistence of Potholes on Campus

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He added that the process of maintaining pavements has three steps. First, Adelphi's Facilities Management crew removed loose debris. Then, the crew filled the hole with a blacktop patch and next ensured the patch was flush with the existing pavement.

The process is also dependent on the weather. "To make pothole repairs, we must have a few dry days and temperatures above freezing," said Shipley, adding, "the warmer, the better."

The draining of water is also a concern, especially after the torrential rains on August 19 across Long Island.

Shipley said, "The campus typically drains off very well. The central Nassau County area also did not see the massive rainfall that Suffolk did during that storm." He added, "I'm just glad I don't run Stony Brook. They lost two dorms to that flooding."

For budget, Shipley said that Facilities Management's funding for deferred maintenance relied on Adelphi University's annual capital budget.

"A percentage of those funds are allocated for parking lot and sidewalk repairs," he said. The exact allotted amount varies from year to year, depending on that year's approved funding.

Shipley said that a pothole repair takes an estimated five business days from the report date. However, this contrasts with the survey conducted. Many students stated that repairs can take a few weeks to months, and often these potholes reform with the freeze-thaw cycle.

In terms of Facilities Management's repair initiative, Shipley said, "Facilities Management and the Department of Public Safety and Transportation

regularly inspect our campus grounds to identify issues that need repair."

Raymond Capers, a sergeant for Adelphi's Public Safety and Transportation, agreed. "We try to get a hold on those potholes when we become aware of them and also our Public Safety officers report them to us immediately. We request that they be fixed by our Facilities Department and they are very quick to respond to those requests and quickly correct the condition."

Shuttle Safety

With many populated locations on campus having failed pavement, this can affect the shuttle service. Adelphi offers a handful of shuttle services on campus that drive the community to transit hubs or retail stores throughout the week. Besides students and faculty on Adelphi's roads, the local Garden City community is also open to the

to all the potholes, it can catch you off guard. A lot of the time, they just kind of run through them."

Public safety is also another concern.

"There was one time when I literally jumped in the air out of my seat," said Manon. "Kind of crazy and a little dangerous."

"I would say that potholes could affect anyone, at any place and at any time," said Capers. "They are the most annoying sites, let alone hitting a pothole in your vehicle can cause damage to your car and they also have effects on your tires causing flat tires."

Damage and discomfort, however, are not the only concern. Swerving is a common trend.

"I've seen people and been with people who go as far as swerving to the opposite side of the park-

a little less presentable," she said.

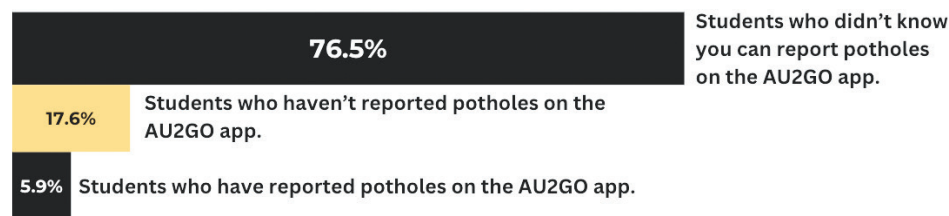
The Solution

Initial reporting for this issue took place in the spring, the height of pothole season.

"Since we don't get the temperature changes and freeze-thaw in the summer, potholes are usually not a problem," said Shipley.

However as winter approaches next month, the cycle will most likely begin again. Through the data collected from the survey and student anecdotes, there are those in the Adelphi community who believe that there is a persistent pothole problem on campus. The university has two solutions. One is for students and faculty to be more proactive and report pothole sightings and failed pavement across campus. The second is for Adelphi's Facilities Management to advertise the AU2GO app for reports and build better trust and reputation throughout the community with fast repairs.

Regardless of persistent potholes, many students reported feeling safe. "It's not extremely life-threatening, just an inconvenience, so I guess I feel pretty safe in regard to my life," said Dorr. "However, it is not so safe for cars and any nice shoes you may be wearing." 🐾



Alice Brown Early Learning Center.

"Potholes on campus could affect public transportation," said Capers. "We have buses that transport students and faculty from various transit hubs... A bus hitting a pothole could cause considerable discomfort to someone on the bus and also possibly cause damage to the bus."

Pamela Manon, a junior nursing student, is a commuter. She said, "A big thing about being on a shuttle is because all the drivers are used

ing lots where the oncoming cars go just to avoid the inconvenience of driving over one," said Dorr.

This correlates to the data collected from the survey: 58.80% of students found that potholes affect their ability to properly navigate across campus.

"I find that it's an inconvenience, and especially embarrassing whenever I have an Uber pick me up and having to direct them down the route that will jostle us the least," said Dorr.

Manon agreed. "It makes the school

Turn to page 7 to learn more about our Annual Career Expo!

Tulika Bose: Inspires the Next Generation of Journalists

BY AVA DIAZ

Young Tulika Bose was once a fresh mind in a college newsroom. Learning the ins and outs of what it takes to become a journalist, Bose boldly confronted the topics that most people typically tend to shy away from. After 17 years as a professional journalist, she is now a communications professor, teaching basic media production at Adelphi University and inspiring the creative minds of the next generation.

Bose, 38, who is originally from Los Angeles, said she has always had a love for the media industry. The broad range of platforms allowed her to find exactly where she belonged. She received her undergraduate degree from the University of California, Los Angeles (UCLA) where she encountered harsh criticism from the editorial staff at the “Daily Bruin,” UCLA’s main campus newspaper for students and faculty.

Bose published her first major article, “Unveiled, unyielding, and unashamed,” in May 2008, winning the National Features Award. As a rookie journalist, this was a notable achievement. Having formed a foundation for her career in journalism, she realized that she had a natural talent.

“I didn’t love straight news reporting, but I loved features and in-depth explorations of people,” Bose said.

She went on to complete her graduate degree at Columbia University before further expanding her career in journalism.

In the world of the media, she said

there is a very substantial difference between journalism and content. According to the Northern Michigan University Writing Center, journalism allows people of all backgrounds to explore various other stories and perspectives around the world, illuminating the severity of crucial topics for everyone to understand.

“It’s like, ‘Oh this is going to make



Tulika Bose teaches basic media production at Adelphi. Photo by Dan Kavanaugh

people uncomfortable’ and I like that,” she said. “It forces people to confront something they might not want to look at, ask questions and think critically.”

Content, however, is tailored to specific demographics, emphasizing the visual and emotional appeal of the story being told, she said. Recalling one of her favorite stories, Bose discussed Mashable, a digital media website that

covers a broad range of themes. The story revolves around the relationship between two women who had romances with the same man. From opposite sides of the map, the women connected when their previous partner had exposed explicit images of the women online.

By word of mouth, the victims caught wind of Bose’s investigative journalism skills and reached out, hoping the right words could help share their harsh experiences. Upon receiving and sifting through hours of valuable information, Bose, accompanied by a print journalist, combined their expertise, creating both a feature article and short documentary. She said the police were able to use these pieces as evidence and rightfully convicted the suspect.

“It’s not just about storytelling,” Bose said. “I think the best journalism comes from an act of service. I did a good thing and it made a difference.”

Being a journalist entails numerous challenges. For Bose, it is the emotional load that comes along with covering complex subjects. “For weeks, I was looking at the most graphic images and text messages, things they were saying about these women. I had to not let my emotions get the best of me because I still had to work.”

Her admiration for teaching began in 2023 when working alongside Ella Weber, a 21-year-old public policy major at Princeton University. Weber and Bose collaborated on “The Missiles on Our Rez,” a podcast about the only Native American reservation hosting nuclear weapons in the country.

“Working with Tulika was really nice because she allowed me to have the space to process my emotions,” Weber said. “We talked about protecting ourselves and trusting your intuition.”

The podcast was nominated for a 2024 Webby Award. Although it did not win, Weber was grateful for the experience and proud of the final product. “Awards shouldn’t make you more proud of your work, but I would be lying if I said it wouldn’t boost my ego a bit.”

Although she is new to the role of an educator, Bose said she is ecstatic about the creativity and vivid imaginations present in young minds. As a professor at Adelphi, Bose hopes to spread knowledge about what it takes to be a journalist.

Having been in the field for more than a decade, she shared some of the lessons she’s learned through trial and error. “A big thing is your sources being able to trust who you are and your reputation,” she said, adding that a strong reputation can help a journalist build credibility.

“The more a source trusts you, the more likely they are to share your work with other people. Networking and connections are essential for any profession, and creating on various platforms ensures a diverse target audience.”

By conquering skepticism, Bose influences those around her to engage with the things that we are unsure of and be mindful of the world around us.

“Question everything, be relentlessly curious and never accept things at face value. Always dig deeper,” Bose said. 🌟

Inside the 79th UNGA: Global Tensions, Protests and Push for Change

BY MARIAM DZADZAMIA

The 79th session of the United Nations General Assembly opened on September 10 in New York City, and I had the honor of attending it firsthand. The big highlight? The general debates. Despite being called “debates,” no actual back-and-forth discussions happen. Instead, each country part of the UN, from North Korea to the United States, as well as non-member observers like Palestine and Vatican City, delivers their remarks, all while the world grapples with several concurrent crises.

Here are three highlights from this year’s UNGA week:

The Israel-Hamas War

This UNGA marks the largest gathering of world leaders since Hamas’s attack on Israel on October 7 last year and Israel’s ongoing retaliation in Gaza. In the 11 months since the time the assembly gathered, regional tensions had surged. The Houthis in Yemen have tried to disrupt shipping in the Red Sea, while Israel and Hezbollah in Lebanon have exchanged more frequent attacks. Israel’s actions have sparked outrage, especially from Iran, and the situation has drawn global attention, with UN member nations questioning Israel’s conduct.

Earlier this year, South Africa accused Israel of committing genocide against Palestinians, though the International Court of Justice stopped short of agreeing. The court did, however, order Israel to protect Palestinians from “irreparable harm.” UN Secretary-General António Guterres has been consistently pushing for a ceasefire, highlighting the humanitarian crisis and the need to free hostages. As the war has already passed its first anniversary, questions of Israeli security, Palestinian peace and the path forward are still at the forefront of discussions.

Climate Change

The threat of climate change is always a major topic at the UNGA, particularly for nations already facing its severe impacts. Pacific island nations, in particular, are confronting the dangers of rising seas, which threaten their very existence. As one island nation leader said, “If we save the Pacific, we also save ourselves.”

At the United Nations Climate Change Conference last year, there was a global agreement to phase out fossil fuels and triple renewable energy by 2030, but opinions remain divided. Some see this as progress, while others argue it’s far from enough. The

tension between smaller nations that are more vulnerable to climate change and larger, higher-polluting



The sculpture called “Non-Violence,” a gift to the UN from Luxembourg

Photo by Mariam Dzadzamia

countries like the United States is likely to play out again this year.

Global Debt

Another critical issue that could shape progress on climate change, education and more is the global debt crisis. Public debt held by governments is now almost equal to the world’s total GDP.

Developing countries, while holding less debt as a percentage of GDP compared to developed countries, are paying more in interest and are seeing their debt grow rapidly. In Africa, for example, 900 million people live in countries where more is spent on debt interest than on essential services like education and healthcare. The rising debt burden is fueling public unrest, as seen in Kenya earlier this year when tax hikes meant to reduce borrowing sparked protests that left over 50 people dead. This year’s UNGA explored ways to address this growing challenge.

The 2024 session also brought attention to significant moments, such as the walkout during Israeli president Isaac Herzog’s speech in protest, and the anticipation surrounding the U.S. President Joe Biden’s address, where he reaffirmed U.S. support for Ukraine.

With world leaders like Charles Michel of the European Union and Canadian Prime Minister Justin Trudeau taking the stage, the UNGA remains a critical platform for addressing global challenges. The decisions that were made will influence the future of international relations, and the discussions on these pressing issues are ones to follow closely. 🌟

Arachne's Weavers Knit a Club of Creative Fiber Artists

BY CECILIA GUNTHER

Skins of brightly-colored yarn were spread out around the room. Hooks and needles clicked in the hands of crafters laughing together and sharing tips and encouragement. Some wore intricate handmade sweaters and accessories improved by years of practice, while others learned how to tie their very first slipknot. Arachne's Weavers' first official club meeting in October was a tapestry of community and creativity interwoven together.



Students crochet and knit at a recent meeting. Photo by Wallie Moid

This is the first semester that the club, which is dedicated to celebrating and teaching fiber arts, has been up and running on campus. It was founded by club president Wallie Moid, an Adelphi junior who said she loves to create and share her knowledge with others. Moid, a psychology and computer science double major with a concentration in information security, based the name on the Greek myth of Arachne, a woman who was turned into a spider by

a goddess jealous of her weaving skills.

Moid has been interested in fiber arts since she was very young. She said, "My mom is a seamstress, so growing up I used to steal needles and I learned how to sew myself. I taught myself how to crochet through YouTube."

The idea of starting the club came to Moid when she and Geordie Ravara, an Adelphi junior biology major with a theater minor in acting and now club vice president, were working together on campus.

"Geordie and I work in Admissions, and I always noticed that we were both crocheting. I was saying to Geordie that I wish we had some sort of club on campus," she said. "I know some other organizations have them, and I was debating if I should wait for someone else to start one or just start one myself."

The club, now a successful reality, consists of those with a knowledge of crocheting, macrame, embroidery, needlework, sewing, felting, knitting and more or those who are simply interested in learning and trying something new. Because a variety of art styles fall under the title "fiber art," there is room for all different sorts of craftsmanship within the club.

Ravara said, "We are not just doing one thing; we want to teach you guys anything and everything you want to learn."

Having a medley of several different crafts was important to Moid. "I love sewing. I've dabbled in embroidery. I've tried cross stitch before, which is a different type of embroidery," she said. "I don't want to limit this to just two things when there's so many more fiber arts that can be included."

The club officers, including treasurer Tahreem Shah, a sophomore computer science major with graphic design and video game design minors, and secretary Ennie Conner, a junior English education major, also enjoy different types of textile arts and work alongside new members during meetings.

The club is beginner friendly and focused on building a community of crafters. So many students came to the first interest meeting this semester that the club had to relocate to accommodate everyone.

"We were not expecting that many people," said Ravara. "I have been the one that's facilitating all the newcomers. It's very exciting to teach people how to start crocheting."

The club has a mix of genders and there are currently 65 registered students listed on MyAULife where information about the club's upcoming events can be found.

Moid said, "I think the best part about our club too is that our knowledge amasses with how many members we have."

A typical meeting starts with introductions, greeting new people and separating based on experience level.

"Our current idea is to separate people at different tables and have one of us helping at each table," said Moid. Each table has supplies for club members to use.

"A good thing that we have from these meetings is all of our members actually have a product to have at the end of it," said Ravara.

Another resource the club offers is its Discord with several playlists

of beginner and intermediate tutorials. There are options for those who are left-handed as well as a place to



There's room to enjoy all styles of fabric art craftsmanship within the new club. Photo by Wallie Moid

ask questions, send pictures of successes, and even promote the Etsy shops or portfolios of ambitious members.

Interested students can stop by Campbell Lounge Room 1 in the CRS from 1:50-2:50 pm on Thursdays and follow the club on Instagram @arachnes_weavers_au. Moid said she is also sometimes available outside of club meetings.

"There's a place in the library called the Innovation Center. I'm always there, and, if anyone sees me on campus, I usually have my crochet hooks on me. If they ever want to come up and they just want a mini lesson one on one, I'd be down for it."

A busy schedule calls for a creative outlet and Arachne's Weavers seamlessly weaves that role. 🧶

Find a Commuter Friend Through the Commuter Assistant Program

BY LEYNA THOMAS

Every day hundreds of Adelphi University commuter students follow the same schedule: drive to school, find parking, go to class, drive home. But unfortunately, because of the commute, students can miss out on the real college experience. The Commuter Assistant (CA) Program aims to solve this problem by assisting first-year commuter students or new transfer students on campus. They are willing to take on the role of a mentor and create long-lasting relationships to guide them through a good college experience. Just as the resident assistants are resources for the residents in dorms, CAs are seen as a valuable resource for the commuter students.

When Alyssa Shapiro was a first-year, she said she was "nervous about making friends, as I really didn't know anybody coming here." Then she met her CA.

"My commuter assistant from when I was a freshman graduated last year and we are just as good friends as we were back then," said Shapiro, who is a senior nursing major and became a CA to help others connect to the university. "I loved the concept of having a resource that was a student just like me."

A typical day can be overwhelming and after a long day of classes, all you want to do is finally go home and relax.

Occasionally, some motivation is required to change things. "It is worth the extra hour and the connection," said Jessica Diaz, a CA and a senior psychology major. "The biggest advantage students will have is being able to find their people."

Students can pair with a CA by

filling out a Google form that is posted on their page on the Adelphi website. Students can also send an email to Shapiro, who is now the CA assistant.

As upperclassmen, CAs understand the struggles of incoming freshmen and are willing to fill in the gap. In other depart-

ments, students are encouraged to talk to professors. But Shapiro said this program is more "personable" as commuter assistants reach out to new commuter students. Each commuter assistant is assigned a group of 10 to 12 commuters who connect through email or group messages.

"Groups [are] based on similarities, your major, where you commute from or shared interest," Shapiro said. "This way you already have something in common with your commuter assistant."

If you want to be a Commuter Assistant, the steps are just as simple. After being in the program you can request to be on the other side and give and assist younger students. "Being part of the program and having a CA presents you with opportunities to find passions outside of your classes, engage with the Adelphi community around you, and make connections," Shapiro said.

To find out more, information is available on the Adelphi website. Commuter assistants also broadcast events to students through emails and engage with students by hosting fun events. These events take place in the University Center twice a month with food and giveaways to introduce new commuters to assistants who are happy to help and answer any questions and as a good friend, guide them through this new chapter in their life. 🧶



Shapiro (back row left) at CA training for her sophomore year. Her CA Abby-Gail Edwards is also in the photo, third from the right. Photo by Chloe Li

Delta Sigma Pi Aims to Build Business Leaders and Skills

BY CALLUM WALMSLEY

Emily Derupo '24, who earned her bachelor's degree in business administration, is now pursuing a career in media and entertainment. But when she first arrived at Adelphi as a first-year, she didn't have any idea how to make that happen until she joined Delta Sigma Pi (DSP).

"Before joining Delta Sigma Pi, I had no professional experience, a fear of public speaking, and no idea that I had any ability to be a leader," she said. "The business fraternity allowed me to gain confidence in public speaking, interviewing, professionalism, leadership, communication and more."



DSP toured "Hearts and Science," a marketing firm in Manhattan.

Photo by Emily Derupo

DSP is a professional business fraternity for both men and women that

was first introduced to Adelphi University in 1982. Since then, DSP has prepared business majors and minors for successful careers by teaching professional skills, leadership and networking in order to bridge the gap between business students and the commercial world.

Derupo, who is now working for GroupM's Wavemaker agency as an investment associate, said, "DSP allowed me to have a network of peers around me who could lift me up, become friends and teach me valuable lessons. I even got my full-time job through a brother. Delta Sigma Pi creates a sense of community for college while also allowing one to gain essential skills in the business world."

Jaydin Nowak, vice president of new member development, said that what sets the fraternity apart is that there isn't just the social aspect. They are also doing the business side of things really well.

"We do a lot of professional events, which is really neat," Nowak said. "Not just with companies, but also with guest speakers and entrepreneurs. Last semester, for example, we visited a marketing firm in New York City, and that provided one of our members with an opportunity to network, to the point that they are now working with that firm."

Nowak, a senior pursuing a degree in business management, added that they don't just focus on business. "Just recently, we had a fun girls night with charcuterie boards and some of the guys are doing a 'bros giving' for Thanksgiving this year which I think is pretty cool."

But Nowak acknowledged that DSP has faced their share of challenges. "The biggest one was growing our members. Back in Covid, we only had eight members left in the fraternity, and there were serious discussions about having to close.

be an exciting stage in our recruitment process, as we will definitely be looking for underclassmen to push our program forward into the future," she said.

DSP participates in interfraternity council (IFC) recruitment periods



Delta Sigma Pi's spring 2024 initiation. Photo by Ritik Patel

That's when we had to really push our marketing out there, and former president Tanya Sarin was instrumental in turning things around, to the point that we doubled our fraternity size in one semester."

The future looks bright for DSP, and Nowak recognized the importance of continuing to expand.

"Many of our members will be graduating this year, so continuing to evolve beyond the graduating class will

along with other fraternities and sororities on campus, and these take place at the beginning of every fall and spring semester. In order to be eligible to become a DSP member, students must be majoring or minoring in a business program with a minimum GPA of 3.0. This will grant access to professional events and insider access to internships and potential job opportunities. 🍀

Get Job Search Advice at 11th Annual Media Career Expo

BY THE DELPHIAN STAFF

To get job search tricks and advice from recent college graduates who have all landed their dream jobs, Adelphi students can attend the 11th Annual Media Career Expo on Tuesday, December 3 from 5:30-7:30 pm in Blodgett Hall room 109. The free event, which is hosted by *The Delphian* and the Department of Communications, will consist of a panel of alumni who all work in communications-related fields and who graduated from Adelphi within the past 10 years.

The panel will feature Alexandria Faith '15, vice president and global marketing lead

at Citi; Rebecca Farina Levine '14, a film and video producer; and Stephen Levine '14, web content producer currently working at News 12, among others to be announced.

The panelists will aim to debunk the myth that there are no jobs in the communications field and will give advice to the students about finding and maintaining a professional experience and will also be available for networking.

Though students don't need to pre-register to attend, it is suggested that you email burby@adelphi.edu. Free pizza and soda will be served. 🍕



The 2023 panel for the 10th Annual Media Career Expo included past writers and editors for *The Delphian*. Photo by Liza N. Burby

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How a Class Project Turned into a New ASL Club

BY WILLIAM CONBOY

It all began one quiet night at the local Applebee's. A group of students sat in silence, yet they were communicating just fine. In fact, with the use of some hand gestures and facial expressions they were having a lively conversation. It was not just a casual silent dinner though; it was a class project meant to give American Sign Language (ASL) students the experience of using their skills in public. This assignment would inspire club vice president Toni Rubbo and president Roshanali Dewji to start the new ASL and Deaf culture club at Adelphi.

"The goal of the assignment was to see the world from a different perspective and to not use verbal speech," Rubbo said. She added that doing this as a class is what raised their awareness and "gave us all a greater appreciation for ASL and the Deaf culture."

Rubbo said that Toni Sacchetti, a professor in the Communication Sciences and Disorders Department, mentioned that there was an ASL club in the past. Working on this project together in senior adjunct professor Carol Lynn Kearney's ASL II class, is what pushed Rubbo and Dewji to create a new ASL organization.

The new club held its first meeting this semester on September 11, kicking off their involvement on campus. It seeks to bring awareness to issues faced by the

Deaf and hard-of-hearing communities while also discussing and learning ASL.



From left: Shelby Green, secretary; Michael Korotz, treasurer; Roshanali Dewji, president; Gia Efstathopoulos, event coordinator; and Toni Rubbo, vice president. Photo by Desiree Galanti

Rubbo said the club's goal is to "increase awareness, advocate for the minor, and overall build a community of individuals who are excited to learn more." Treasurer Michael Korotz said that you don't need any experience in ASL to join.

"The club has a bunch of really fun events planned that anybody could look forward to," he said. "I met a lot

of people who said they always wanted to learn sign language but also don't

have time to take classes, so I think this could be a really great opportunity for people who want to learn."

Kearney not only helped to inspire the club but is also well-acquainted with Deaf culture herself. She became deaf at 18 while in college and relied on communicating with interpreters in ASL in order to complete her education. Once

she graduated she became a teacher for Deaf children and has been very involved in Deaf culture ever since.

She said she is happy to see this new club on campus. "Learning ASL improves one's social skills by building friendships, confidence and self-esteem," she said. "I recommend everyone getting involved in learning ASL. Joining the ASL club opens the door to long lasting friendships as well as learning a new and unique language and culture."

Rubbo said she has a wealth of ideas for activities going forward. These include volunteering with the nearby School for the Deaf and bringing in guest speakers. Some upcoming events include a paint night, Deaf awareness night and a silent movie night.

Korotz said, "My biggest hope is that the club is able to build a strong foundation of members. That way it lives on for a long time after myself, and all the other e-board members graduate."

The club hosts general meetings every other Wednesday from 1:15 pm to 2:15 pm in the Hy Weinberg Center, Room 220. However, Rubbo emphasized that people can join even if they cannot make it to these meetings as they plan to hold various events at different places and times around campus. The best way to stay updated with upcoming events is to check out their MyAULife page or their Instagram. 🐾

New York Is the Place to be for Thanksgiving

BY KURANA DOOBAY

Maybe you were unable to score a plane ticket back home because you waited until the last minute (like you do with all of your assignments). Maybe you're from a different country altogether and don't understand what Thanksgiving is at all (it's too complicated to explain; most of us are just happy for the long weekend and the big meal that comes along with it). Or maybe you're a local and just have no idea what to do (and can't stand spending four straight days with your family while your annoying uncle is in town – especially after the election). For those of you staying at Adelphi during the Thanksgiving holiday, here are five things that are just a quick trip away. Thank New York for the MTA.

Have Dinner at a Restaurant

Perhaps it won't have the same charm as that of a home-cooked meal, but it also won't have the same amount of uncalled-for raisins and it will be properly seasoned. There are many restaurants open in Garden City and the surrounding neighborhoods such as Mineola, Baldwin and Melville. You can trade some of the money you would have used for a plane ticket on a Thanksgiving meal at a nice restaurant, and then use the power of FaceTime to still feel included in your family festivities (and then hang up when things get tough and blame it on bad connection).

My top choice would be Uncle Bacala's in Garden City. As long as you call ahead to reserve a spot, you are sure

to be served a four-course meal with your choice of soup, a harvest salad, and then your choice of an entree and a dessert, all for \$54.95. As a bonus, all Adelphi students receive 15% off the entire bill. That's something to be thankful for!

Macy's Thanksgiving Day Parade

This year, with new character balloons as high as multi-story buildings, such as the glamorous Minnie Mouse making her debut, and some of our childhood favorites like Dora the Explorer and her

Streets, and along Sixth Avenue, between West 59th and West 38th Streets."

As always, there will be musical performances, this year from Idina Menzel and T-Pain, so be sure to bring your dancing shoes (or just buy a pair from Macys!). If you are an WNBA fan, members of the New York Liberty, along with their beloved mascot Ellie the Elephant, will also be marching as part of the parade. Let's go Liberty! Check out macys.com/parade for a sneak peek, the Parade Shop and more information.



The festively decorated Bryant Park Winter Village in New York City is a great setting for Thanksgiving plans. Photo from BryantPark.com

trusty sidekick Boots making a comeback after 15 years, it's sure to be a sight to behold. The parade spans 2.5 miles from West 77th Street and Central Park West to Macy's flagship store at Herald Square.

ABC-7 Eyewitness News said, "The best places to watch are along Central Park West, between West 75th and West 61st

Black Friday Shopping

Adelphi offers a shuttle straight to Roosevelt Field Mall. With Black Friday the day after the big meal, they are sure to offer discounts on everything from fragrances at Bath & Body Works to cute handbags at Kate Spade and new kicks at Crocs. Whatever is (or isn't) in your price range, will be at

the Roosevelt Field Mall on November 29. Besides, there's nothing to be more thankful for than some Auntie Anne's after a long day of fighting over the discount jeans at American Eagle. Just make sure you're back in time to make the shuttle back to Adelphi.

Visit Bryant Park Winter Village

If anyone ever tries to tell you magic does not exist, ask them: "How come there's a winter wonderland in midtown Manhattan?" Bryant Park transforms into a winter village during the holiday season, complete with igloos and ice skating. Located between 40th and 42nd Streets and Fifth and Sixth Avenues behind the New York Public Library, just a quick LIRR transfer, Bryant Park Winter Village is sure to transform your sad spirits to holiday holly. From shopping to skating and snacking — there's something for everyone.

Start Your Own Traditions

Make it whatever you want it to be! It can be as small as getting out a pen and a piece of paper and writing down what you're thankful for or as big as going out to volunteer at a local soup kitchen. Find a nice trail and take yourself on a hike or take a cold stroll around a local park. Tell your friends how thankful you are for them. Buy yourself some pretty flowers from a local florist and show yourself how thankful you are, simply for being alive. With people like you, what isn't there to be thankful for?

Even if you do nothing for four days, there's just as much to enjoy about that, too. But if you do decide to change your mind, New York isn't going anywhere. 🐾

Recipes for a Tasty Thanksgiving Holiday

BY ENNIE CONNER

For some, Thanksgiving is just kind of a “takeout and binging” movies kind of day. For others, a huge feast and a family dinner is the norm. Thanksgiving is a time to enjoy the time we have with each other, to think back on what’s happened in the year and recognize what we are thankful for. That said, it’s also about the food. In my family, we cook a lot more the day before Thanksgiving than we do on the actual day, and it’s always really fun. Enjoying the time I spend with my family at this time of year makes me realize what’s really important. With that, here are some recipes to make together.

Scottish Morning Rolls

These are so great to make in the early morning of Thanksgiving day, if you’re feeling up to it. I usually make a surplus so I can save some for sandwiches made from the left-over turkey. Also, it fills your space with the smell of warm bread, which lasts for the whole day... yum!

Ingredients: 3.5 cups all-purpose flour; 2 teaspoons active dry yeast; 1.5-2 teaspoons salt or to taste; 2/3 cup warm milk; 2/3 cup warm water; 2 tablespoons milk, extra to brush the rolls; 1 tablespoon flour extra to dust the rolls.

Directions: 1. Preheat the oven to 400°F 10 minutes before baking. Line a large baking tray with parchment paper and sprinkle lightly with cornmeal. Sift the flour, yeast and salt into a large bowl and make a well in the center. Mix the milk with the water and pour into the well. Mix into a soft, almost sticky dough. (You may need to add 1-2 more tablespoons of liquid depending on the flour you use). Lightly knead the dough on a lightly floured surface for about 4 minutes.

2. Place the dough in a lightly-oiled bowl, cover with a lightly oiled cling film and leave in a warm place for about 1 hour or until doubled.

3. Knock back the dough on a lightly floured surface and divide into 10 equal pieces. Knead each piece lightly and roll or pat into a flat round about 3½-4 inches (the dough weighs 798g/1.76 pound).

4. Place on the prepared baking sheet, spaced well apart, and cover with oiled clear film or transparent plastic. Leave to rise in a warm place, for about 30-40 minutes.

5. Just before baking, press each roll lightly with the three middle fingers to equalize air bubbles and to prevent blistering, then brush with milk and dust lightly with flour. Bake for 15-20 minutes or until lightly browned. Remove from the oven, dust with more flour and cool slightly on a wire rack. Serve warm.

Smashed Potatoes

I don’t know about you, but I love a good potato. I’ve tried a lot of different potato recipes for Thanksgiving, and this recipe from Love & Lemons happens to be my favorite. They’re so flaky and good, and such a great pairing with whatever gravy you’ve got going on.

Ingredients: 2 pounds small yellow potatoes; 2 teaspoons sea salt (divided); 2 tablespoons extra-virgin olive oil, plus more for the pans; 1.5 teaspoons garlic powder; ¾ teaspoon onion powder; freshly ground black pepper; 1 tablespoon finely chopped fresh herbs, parsley, chives, and/or dill; flaky sea salt (optional); parmesan cheese (optional)

Directions: 1. Preheat the oven to 425°F and liberally coat two baking sheets with olive oil.

2. Place the potatoes and 1 teaspoon of the salt in a large pot and fill it with enough water to cover the potatoes by 1 inch. Bring to a boil and cook until the potatoes are soft and fork-tender, 15 to 20 minutes.

3. Drain the potatoes and let them cool slightly. Place each potato onto the oiled baking sheet and use the back of a measuring cup to smash them down until they’re about ¼-inch thick. Drizzle with the olive oil, and sprinkle with the garlic powder, onion powder, remaining 1 teaspoon salt, and pepper. Roast 25 to 35 minutes, or until golden brown and crisp around the edges, rotating the pans halfway.

4. Season to taste with more sea salt, or flaky sea salt, fresh herbs, and sprinkles of Parmesan, if desired.

Southern Peach Cobbler

If you like peaches, you’ll love this. I started making this one about two years ago. It’s a tweaked recipe from Allrecipes.com, and it’s delicious as a dessert... and a morning-after treat. Served in a bowl with vanilla ice cream, it’s absolutely perfect.

Ingredients: 8 fresh peaches, peeled, pitted and sliced into thin wedges (or 2 bags of frozen peaches); ¼ cup white sugar; ¼ cup brown sugar; 1/2 teaspoon ground cinnamon; 1/8 teaspoon ground nutmeg; 1 1/2 teaspoons fresh lemon juice; 2 teaspoons cornstarch; 1 cup all-purpose flour; ¼ cup white sugar; ¼ cup brown sugar; 1 teaspoon baking powder; 1/2 teaspoon salt (to taste); 6 tablespoons unsalted butter, chilled and cut into small pieces; ¼ cup boiling water; 3 tablespoons white sugar; 2 teaspoons ground cinnamon

Directions: 1. Gather all ingredients.



Photo by Flickr

Preheat the oven to 425°F.

2. Combine peaches, ¼ cup white sugar, ¼ cup brown sugar, 1/2 teaspoon cinnamon, nutmeg, lemon juice, and cornstarch in a large bowl; toss to coat evenly, and pour into a 2-quart baking dish. Bake in

a preheated oven for 10 minutes.

3. Meanwhile, combine flour, ¼ cup white sugar, ¼ cup brown sugar, baking powder, and salt in a large bowl. Blend in butter with your fingertips or a pastry blender until mixture resembles coarse meal. Stir in water until just combined.

4. Remove peaches from the oven, and drop spoonfuls of topping over them.

5. Mix 3 tablespoons white sugar and 2 teaspoons cinnamon together in a small bowl; sprinkle over the entire cobbler.

6. Bake in the preheated oven until the topping is golden, about 30 minutes.

German Apple Crumble

By Laura Steinfort

You are in charge of the Thanksgiving dessert and still have no idea



Photo by Wikimedia Commons

what to do? Or maybe you just have too many apples? This recipe is perfect; it’s very easy, quick and extremely delicious. And the best part is it is a healthier alternative to most other desserts and can be tailored to your liking

Ingredients: 7 apples; 1.5 teaspoon cinnamon; 2 tablespoon sugar (or maple syrup, honey); 2 tablespoon lemon juice or water; 1 cup flour (of your choice); 1 cup oats; 1/2 cup sugar; 1/2 cup butter (cold); 1/2 teaspoon baking powder

Directions: 1. Preheat your oven at 350°F, then start by dicing your apples. You can either peel them beforehand or leave the peel on. Add the lemon juice or water, cinnamon and sugar and give it a good stir.

2. Transfer your apples to a baking tin and spread them evenly across it.

3. For the topping, start combining the cold butter with sugar, baking powder, flour and oats. (You can adapt the ratio of flour to oats also to your taste.) If you like more cinnamon you can also add another tablespoon.

4. Stir the mixture or use your hands until you have a crumbly texture. It is also fine if your dough still contains some small cubes as long as everything is mixed well together.

5. Drizzle your crumble evenly over your apple mixture and bake for 30-40 minutes in the preheated oven until golden brown.

6. After you take it out of the oven, let it cool down a bit. It tastes best if served still warm and you could add for instance some vanilla ice cream for that extra finish. 🍷

Student Poetry Corner

The Delphian introduced this poetry section so students may submit their original poems to be considered for publication. Submit poems up to 250 words to delphian@adelphi.edu and josephdandrea@mail.adelphi.edu.

This poem was brought on by the prompt “describe what life would be like without the one who means the most to you.” Out of everyone, that would be Jesus. So when I think of life without Him frankly it’s nothing short of hell. But not the Mephistopheles-Dante’s inferno version; it really isn’t lively in that way. But like the real kind, the biblical kind that shows hell as God’s absence. My point is hell is not a party or a stage; it’s a void.

Void

By Danielle Lawrence
(junior nursing major)

Severed from He who is Life,

the stench of death does not even fill the air for all is nought.

Everything at once unravels before these eyes whose native light is darkness; and how great is that darkness!

Fire without light, and devoid of warmth, rife with pain. The sparks fly upward as they are born to do.

There now remains nothing to stop their consumption.

for sanity and hope lie within Life .

The covering of blind eyes grow thicker as do the scars of uncorrected wounds, deep as the roots of a tree.

Nowhere left to walk, merely to fall.

And as the abyss looks in you and takes you into its cold, empty embrace darkness like ink, spills out from the depths and fills

darkness that can be felt.

But will not be filled, for all is void.

Death reigns and remains; it is eternal silence. But never, never silence of noise

but the absence of the voice of Life.

That is the void.

**See more articles
on our website:
thedelphianau.com**

A New Era of Pop Music: Rising Stars Poised to Take the Throne

BY KYLE ARJOONSINGH

Ariana Grande, the pop princess who once reigned supreme, is stepping back from the spotlight.

“I’m always going to make music. I’m always going to go on stage. I’m always going to do pop stuff. I pinky promise. But I don’t think doing it at the rate I’ve been doing it for the past 10 years is where I see the next 10 years,” she said on a recent episode of the “Las Culturistas” podcast, hosted by comedians Matt Rogers and Bowen Yang.

After a decade of dominating the charts with hits like “Problem,” “Break Free” and “Dangerous Woman,” Grande is shifting her focus to acting, most notably as Glinda in Jon M. Chu’s highly anticipated 2024 adaptation of “Wicked.” As one era fades, a new wave of pop stars is ready to take center stage, prompting the question: Who will rise to become the new queen of pop?

One such rising star is Chappell Roan, a singer-songwriter with a unique blend of indie-pop and alternative rock. Roan’s approach to music is extremely different — and that’s why we love her. Her hit singles “Hot to Go” and “Good Luck, Babe” were on our playlists all summer long. With a fearless blend of

vulnerability and edge, Roan’s music resonates with listeners looking for something raw and refreshing in a pop landscape often dominated by polished



Pop sensations Chappell Roan (left) and Sabrina Carpenter (right) have risen to the top of the lists for many fans with their recent output. Photo by Wikimedia Commons

perfection. Her lyrics, which often explore themes of self-empowerment, love, and queerness, have garnered her a dedicated fanbase that sees her as a voice for the next generation.

Roan is not alone in carrying the torch for this new wave of pop; another promising new-

comer is Sabrina Carpenter.

Carpenter first rose to fame on the Disney Channel, but she has since catapulted into the broader music

spotlight. Her latest album, “Short n’ Sweet,” went platinum, charting number one on the Billboard 200 following its release. Just like her hit songs “Espresso” and “Please Please Please,” we can’t keep her out of our heads. With each new release, she continues to rise up in the ranks, cementing

herself as an icon for the masses.

With these fresh faces joining the ranks, who’s the real queen of pop? The truth is, in today’s music scene, there’s no one-size-fits-all answer. The pop music landscape has evolved, and there’s plenty of room on the throne for a variety of voices to shine. Grande’s legacy as a chart-topping artist isn’t going anywhere, even as she shifts her focus. Meanwhile, newer artists like Roan and Carpenter are bringing their own distinct sounds and stories, resonating with new generations of fans.

Each of these artists is carving out a unique place in pop culture history, bringing something different yet equally captivating to the ears of listeners. The magic of pop music is that it can evolve to reflect the voices and tastes of the moment — and right now, it’s as diverse and dynamic as ever.

In the end, maybe the “queen of pop” isn’t one person. Maybe it’s a collective, a chorus of voices that together create the soundtrack of our time. As Grande steps back a bit, she’s not leaving a void — she’s making space for a new generation to thrive alongside her. Pop music’s throne has room for anyone bold enough to take the stage, and that’s what makes it exciting. 🌟

The Challenging Reality of Capitalism in America

BY TAYE JOHNSON

In the United States, the term “capitalism” is more than just an economic system; it’s intertwined within the country’s identity, history, and the very fabric of our society. This intricate relationship between the nation and its favored economic model has shaped the American Dream, which promises prosperity, innovation, and sustainability.

As society continues to evolve, I question the status quo of American capitalism. When I think about America, I envision a country that was founded on the principles of free market economics, where supply and demand dictate pricing, products, and services. It is a system that is based on the principles of private property rights, profit-driven motives, and competitive markets.

Over the years, these principles have prompted innovation, driven economic growth, and contributed to a higher standard of living. However, the rise of the gig economy and technological disruption have added new elements to the capitalist landscape in America. Companies like Uber, Airbnb, and DoorDash have changed how people work, live, and interact with the economy, often operating in regulatory gray areas that challenge traditional business models.

While these innovations offer opportunities for entrepreneurship and flexibility, they also pose questions about job security, workers’

rights, and the future of employment. However, the United States is increasingly becoming a nation of haves and have-nots. The country has one of

between encouraging economic growth and ensuring equitable wealth distribution. On the one hand, capitalism is marketed as the best system for foster-

to maintain their standard of living, and the environmental degradation that has come with unchecked industrial growth.

Amid these challenges, I believe there is a growing need for reform. Ideas like universal basic income, stricter environmental regulations, and more progressive tax systems are gaining traction. Additionally, there is an increasing emphasis on corporate social responsibility, with businesses and consumers alike showing more concern for ethical practices and sustainability.

The future of American capitalism isn’t fully known, but it is clear that the status quo is no longer working for everyone. The question is: what will replace it? The system’s ability to adapt to the changing social, economic, and environmental landscape will be crucial, and finding a way forward that embraces the benefits of capitalism while addressing its flaws is becoming an even greater challenge.

As America wrestles with these issues, the conversation about capitalism and its role in society continues to change. The coming years will be some of the most important in determining whether the American capitalist system can reinvent itself or if more radical changes are necessary.

Regardless, the status quo isn’t sustainable anymore, and the path the country chooses will have major implications not only for its future but for the global economy as well. 🌟



American capitalism is at a crossroads, striving to balance economic growth with social and environmental responsibilities. Photo by Freepik

the highest rates of income inequality among developed nations. This disparity raises questions about the inherent fairness of the American capitalist system and its ability to provide equal opportunities for all its citizens.

The debate around capitalism in America often centers on the balance

ing innovation and economic expansion, citing the technological advancements and entrepreneurial success stories that have always defined the history of America. On the other hand, a point can be made about the widening gap between the rich and the poor, the struggle for middle-class families

How “Good Vibrations” Rocked the Nation

BY KARLA PENA

Think back to a song that has lifted you up. Do you remember the individual beats at certain time points? Instruments that complemented its lyrics so well? Creating songs usually applies musical theory, the study of fundamental elements in music. Many musicians incorporate musical theory into their creative process as a rhetorical tool to depict emotions and messages for listeners. One example of innovative trailblazers within the music industry was the Beach Boys. The band employed experimental composition in the making of “Good Vibrations,” utilizing music theory to take the song’s simple lyrics to another level.

Its harmonies and unusual instrumental characteristics create an overall euphoric experience for listeners.

The Beach Boys were among the 1960s’ top influential musical sensations. Originating in California, brothers Brian, Carl and Dennis Wilson decided to create a garage band with their cousin Mike Love and friend Al Jardine. After choosing their group name, they began recording music in 1961. Due to the group’s shared roots in the Golden State, much of their music surrounded the SoCal aesthetic, with their first national hit appropriately titled “Surfin’ U.S.A.” The band continued to reach critical acclaim and released the song “Good Vibrations” in October 1966, which surrounds a romantic connection through “vibes” or energy.

Its initial verse describes the narrator’s observations of a woman. This is done by using imagery and sensory language. Accompanying the lyrics are two instruments: the bass and the rhythmic organ. According to Polyphonic’s

YouTube video titled “Good Vibrations: The Beach Boys’ Pop Masterpiece,” both the song’s vocal and instrumental components cumulatively follow four beats per measure in an “ethereal descending chord progression.” The progression refers to the chorus following a chord pattern while remaining in the base chord E flat(b) Minor. This



The Beach Boys’ “Good Vibrations,” which became their third US number one hit, landed on their 1967 album “Smiley Smile.” Photo by Flickr

results in each of the four beats being at a lower tone than the last and allows secondary chords to complement one another due to their relationships to the base chord. These measures present romantic feelings and mirror the lyrics’ representation of falling in love, with the chords “falling” with the narrator.

Following the verse, the chorus adds repetitive lyrics and melodic contrasts, which strengthen listeners’ understanding of the narrator. Repetition reinforces the positive energy the narrator is receiving from the woman, where that energy is transferred to listeners within the instrumentals. The melody

switches from an Eb Minor Descending Chord Progression to a Gb Major Ascending Chord Progression, with each following chord getting higher rather than lower. This sharply contradicts the initial verse, setting a dynamic, slightly unpredictable tone for the song. The alternating verse-choruses in “Good Vibrations” solidifies the relationship

integration of indirect techniques. The visceral reaction that is invoked from the repetitive otherworldly audio, along with the “I’m pickin’ up good vibrations” line, leaves listeners with merriment.

Few people would disagree that the instrumental of “Good Vibrations” was meticulously composed solely for the listeners’ experience. However, the most notable argument for this is that the lyrics and instrumentals are relatively uncomplicated. With elementary verses and the modern desensitization from ongoing musical advancements, it’s easy to understand why people would not think much of The Beach Boys if this song were released today. With many songs of that era having been produced and released in less than a

However, what some fail to realize is that what is presently considered the norm was revolutionary back then.

month, “The Wall Street Journal” reported that the creation of “Good Vibrations” took over two years, 90 hours of recordings, and \$749,000 in today’s currency, until it was released as a single in October 1966. Brian Wilson’s unconventional and perfectionist nature propelled the group to continue incorporating strange, hypnotic symphonies within the song. This inventive approach originated from the drive to discover different tools to emotionally pull in listeners.

With “Good Vibrations,” the Beach Boys set an astronomical standard for musicians and impacted what musical methods are chosen to this day. The seamless partnership between the instrumentals and lyrics creates an immersive experience, tightening the bond between listeners and the song. 🐾

of instrumentals to attraction, with switching symphonies and changing key signatures symbolizing the energetic highs and peaceful lows of admiration.

The Beach Boys incorporated unique methods and instruments to produce distinct sounds throughout the song. One of the most recognizable tunes in classic rock is introduced in “Good Vibrations,” where an electro-theremin plays an extraterrestrial-like drawl in each chorus. The electro-theremin is an instrument where sound is produced by manipulating electromagnetic waves with hand movements, and it plays a prominent role in the Beach Boys’

Get Job Search Experience at 11th Annual Media Career Expo

Learn how to break into the media job market at this free event sponsored by The Delphian and the Department of Communications.

Our speakers are all Adelphi graduates who work in the print, TV, film, web, marketing and publicity fields. They’ll discuss how they got their big breaks and tips for navigating the job search process. This is also a great opportunity to network for internships and your own career. Panelists include **Alexandria Faith ’15**, vice president and global marketing lead at Citi; **Rebecca Farina Levine ’14**, a film and video producer; **Stephen Levine ’14**, web content producer for News 12 Networks and other alumni to be announced.

Contact the Communications Department or email Liza Burby at burby@adelphi.edu with any questions and to register.

Tuesday, December 3 • Blodgett Hall, Room 109 • 5:30 pm – 7:30 pm (pizza served)

AU's Women's Golf Team Rounds Out Their Fall Season

BY JOSEPH D'ANDREA

Coming off wins at the national and state levels early in October, Adelphi University's women's golf team's progression continued to flourish.

On October 1, the team finished in third place at the annual Northeast-10 (NE-10) Championship at Blackstone National Golf Club in Sutton, Massachusetts, earning the title for the second consecutive year.

NE-10 is a college athletic conference affiliated with the National Collegiate Athletic Association at the Division II level, with participating institutions located in the northeastern U.S.: Connecticut, Massachusetts, New Hampshire, New York and Vermont.

Standout players for the Panthers were first-years Ivory Drusch and Adaline Ochoa, and sophomores Filippa Schulze Doering and Jenny Kim. Sophomore Lauren Jaskier also helped in the effort, rounding out the Panthers' scorecard with a two-day score of 179.

The team also won the Hawk Invitational at Derryfield Country Club in Manchester, New Hampshire, from Oct. 7 to Oct. 8., in which Schulze Doering took home her first-ever individual championship and the team earned a team championship this fall season.

The Panthers finished ahead of the four-team competition by 24 strokes with a total score of 82-over

642. Schulze Doering's win came after she coasted seven strokes after tallying an eight and six-over par in each round respectively.

The NE-10 accolades contin-



Sophomore Filippa Schulze Doering, one of the standouts of the women's golf team, won the Northeast-10 Player of the Week Award on October 30.
Photo by Brian Foley/Adelphi Athletics

ued with Drusch winning the conference's Rookie of the Week Award, announced on October 16 following her performance at the Hawk Invitational. She shot a nine-over 79 in round two for the second-best round of any competitor on the course, sec-

ond only to Schulze Doering. Drusch received the same award earlier in the season in her first eligible week.

They continued to compete, participating in the Division I Tourna-

ment with four other institutions at the Wagner Fall Classic on October 18, in Staten Island. They played 18 holes, tallying a 54-over 342 and finished in fourth place, with Jaskier continuing her impressive season, finishing in the top six with a 10-over 82.

Rounding out the fall season with a trip to Connecticut's University of Hartford on October 28, the team finished in second place at the Battle at Bull's Bridge, held at Bull's Bridge Golf Club.

Schulze Doering was tied at the top of the leaderboard with three Merrimack College golfers after they all shot a six-over 78, marking her second first-place finish this fall.

Kim slotted in at seventh, tallying an 11-over 81, only one stroke behind sixth, and making a mark with her two birdies on holes six and 17. Drusch would also net a birdie on hole 17.

On October 30, it was announced that Schulze Doering won the NE-10 Player of the Week Award, coming after her showing at Battle at Bull's Bridge hosted by University of Hartford

Off the course, Jaskier was one of the seven athletes to give back to the community, interacting with a small class at the Early Learning Center on campus which was learning to identify sports and equipment.

"Spending time with the kids is a rewarding way to mentor, inspire and help them develop teamwork and sportsmanship skills from a young age," she told the Adelphi Athletics page.

The women's golf team will return to play in the spring season. Visit AUPanthers.com for more information on the women's golf program. 🐾

Nick O'Shea Is a Champion On and Off the Lacrosse Field

BY ABDULLAH AHMED

Under bright lights at an away game, senior Nick O'Shea was filled with an adrenaline rush, deciding on



Nick O'Shea holds the trophy up to announce to the world that the team had won the championship.

Photo courtesy of Nick O'Shea

what the opposing team's next tactic should be. As the crowd got louder, the immense pressure on O'Shea was heavy but it remained memorable. A split second could either bring victory or a loss, and for the first time

those decisions led to Adelphi University's lacrosse team earning the NCAA Division II trophy in May 2024. And O'Shea was the winning point.

O'Shea is among the exceptional individuals on Adelphi's lacrosse team, playing defensive midfielder. He grew up in New Hyde Park with his two brothers, Justin and Anthony. O'Shea's mom — who he said is one of his biggest fans — pushed him to be the best version of himself and to always stick to teamwork and support his teammates, no matter what.

"Growing up, my mom always pushed us to get involved in sports," the physical education major said.

O'Shea said his first encounter with sports was in elementary school, and he felt that they weren't just physical activities; deep down, they were always something more. Throughout elementary, middle and high school, he played basketball, lacrosse and football. He graduated from Sewanhaka High School in 2021, and after transitioning to Adelphi, he said he knew that this was the next chapter for him, with new teammates, new coaching staff and a new environment. "It's time that I make history at Adelphi," he recalled.

Attending Adelphi has been the proudest decision he has made, with the team's championship win being a topper to his experience so far, he said.

"I've always dreamed of playing

in a collegiate stadium on championship weekend. Never would I have thought my dream would come true — a moment I will never forget, and I get to share it with 52 of my lifelong brothers."

As an athlete, there's always some sort of setback, and for O'Shea, it was the mental health aspect of sports. Fatigue isn't just physical for athletes; it's also mental. It's very common for them to get in over their heads and constantly have flashbacks of what they could have done during the game, or if someone else could have changed the course of the results. According to O'Shea, there should always be a "next play mentality," which he learned from playing lacrosse. Having this mindset can prepare you for what comes next rather than pessimistically looking back: "We, as players, can only learn from our past."

One of the significant mentors in O'Shea's life was Coach Jack B. Kaley, a Sewanhaka High School alumnus and O'Shea's coach before he graduated to Adelphi. Kaley told him that Sewanhaka has a rich lacrosse history with many great players to come out.

The Adelphi senior said that Kaley always taught his players to look at lacrosse from different angles, contributing to one of O'Shea's most memorable moments: playing wheelchair lacrosse against the Long Island Hammerheads in Old Bethpage, New York.

There are many young athletes out there who want to improve their day-to-day craft. O'Shea's advice to them is to just enjoy the moments as they happen, saying that we sometimes get caught up in too much. O'Shea said he lives by the Dr. Seuss quote, "Sometimes you will never know the value of a moment until it becomes a memory" every day, which helps him remember to be grateful for where he currently is, and not to get stressed out or look too far ahead.

His future plan is to coach lacrosse, whether that's with a high school, travel or club team, as he wants to give back to his community and give young athletes a chance to learn the game.

"I'd like to share with my fellow students about sports and teamwork because there is so much more to the sport than just running around and playing," O'Shea said. "The people you meet while playing sports become a part of your family, and you build bonds that will last a lifetime."

His experiences on and off the field not only shaped him as an athlete but also as a mentor and a leader. He's committed to fostering the same spirit of camaraderie and dedication in the next generation of athletes. O'Shea's journey is not just about winning championships but about building a family that supports one another through every challenge and triumph. 🐾