

The Delphian

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The Voice of the Students

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Adelphi Sport Management Program Welcomes Athletes Helping Athletes

BY ANDREW SMITH

The Adelphi Sport Management Program welcomed Athletes Helping Athletes for a three-day conference Jan. 4-6 in the University Center. Athletes Helping Athletes (AHA) is a program that provides high school students with the tools they need to teach elementary school students about sportsmanship and other important lessons learned through sports. During each day of the conference, high school students from all across Long Island visited the Adelphi campus and worked with AU students, faculty and other special guests. The high school athletes that participated in the conference spend time with elementary students, give presentations, discuss their life experiences and how being an athlete shaped them into the person they are today.

Warren Breining, the executive director of AHA, was present at the conference and served as the leader and coordinator of the day's events. Breining, an Adelphi alumni, graduated in 1974 with a bachelor's degree in social work. He elaborated on the purpose of this conference and what it means to him. "These high school students will be given training on how to help ele-

mentary school students. This will help them grow as leaders and as mentors."

Breining was joined by several powerful guests who led different activities and breakout sessions, which were visited by the high school-

groups with students who they had never met. This was the first step in becoming more confident and improving communication skills. The groups were assigned to discuss a given scenario and how to handle it and then share their



Larry Hardesty (left), a current 98.7 ESPN radio host, speaks with high school athletes at the conference. Photo by Greg Bouris from AU Sport Management

ers throughout the day. Each focused on a specific topic that was meant to motivate and encourage the students.

One breakout session focused on the importance of sportsmanship. During this activity, the high school students were encouraged to step out of their comfort zone and form small

responses with the entire room. Some of these scenarios were how to handle a teammate or opponent who was "trash-talking" during a match or how to settle an argument with a friend during a friendly competition. The groups played out these scenarios and participated in

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Camille Pajor '09, '16 Shares Her Experiences of Working With Ukrainian Refugees

BY JOSEPH D'ANDREA

On Dec. 1, 2022, Adelphi alumni Camille Pajor spoke to Dr. Martin Haas' Postmodern Condition class regarding her experiences working with Ukrainian refugees on the Ukrainian-Polish border.

"Clearly the Russian invasion of Ukraine is a defining event of the past year," Dr. Haas said in regards to Pajor's work in the region, "and the personal experience of an AU alumni working with Ukrainian refugees on the Polish-Ukrainian border was invaluable."

Early in her life, Pajor, '09, MBA '16, was exposed to the importance of freedom—both her parents are Polish refugees who left their communist-led country for New York in 1981. They did not only seek economic opportunities, but were also attracted by the fact that they would have more of an ability to freely express their opinions, as well as not having to worry about being drafted into conflicts they didn't agree with. To add to her familiarity with Eastern Europeans, her husband

is a refugee from the Soviet Union who moved to the U.S. when he was five.

By the time Pajor was a senior in high school, she had become knowledgeable

at and living in Adelphi's Earle Hall, Pajor decided to apply for the Peace Corps, a U.S. government agency whose initiative is providing assistance to other countries through



Adelphi alum Camille Pajor visited Dr. Martin Haas' Postmodern Condition class in December to speak about her experiences relating to the ongoing Eastern European tensions. Photo by Joseph D'Andrea

about the ever-changing dynamics of eastern European politics. Once she was studying

the work of volunteers. Pajor was designated
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The Performing Arts Center Debuts Their Line-Up of Spring Shows

BY JOANNA REID

Now that the spring semester is underway, it's time to check out the exciting new season of shows at the Performing Arts Center (PAC).

To kick off the season, in February, the SingStrong A Cappella Festival returns. The festival will hold classes and competitions to raise money for different causes from Feb. 3-5. Five concerts will be held and the Adelphi community has the opportunity to participate or even be an audience member. A past headliner of the festival was



Actor, writer, designer and producer Isaac Mizrahi will appear in the PAC on April 22.

Grace McLean, known best for originating the role of Marya in the Broadway musical "The Great Comet of 1812" and her off-Broadway portrayal of the queen of hearts in "Alice By Heart." This year many different a cappella groups are to perform. Look out for Face Vocal Band (typically known for their rock music), Ball in the House (known for their R&B and soul styles) and Midtown (a barbershop quartet).

After the Festival, Yarn/Wire will perform, continuing Adelphi's New Music series for the sixteenth year. Yarn/Wire is a band made up of two pianists and two percussionists that orchestrate and perform experimental music all over the world. Then on Feb. 17, the comedic drama "Melancholy Play" will hold performances from Feb. 28 through March 5. The play will be directed by acting professor Shoshanah Tarkow.

On March 26, "Adelphi's Best of Broadway" is back. Theater stu-

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A Word from the Editor

Welcome back everyone! I'm super excited to be named editor-in-chief for 2023! I would like to thank our most recent editor-in-chief Nicolas Rontanini, who just graduated, and Professor Liza Burby for giving me this opportunity and for helping me with my first issue in this role. I'm incredibly grateful for all their guidance throughout the fall semester and continuing over the break.

I have a long history with *The Delphian* and with Adelphi University in general; both of my parents attended Adelphi and met as writers for this newspaper at the news desk of the original *Delphian* office in the UC, room 307. My mom, Caren Prommersberger '91, was a sophomore at the time, and my dad, Richard Panchyk '92, was a freshman. My mom was editor of features in 1990-'91 and my dad was assistant news editor in spring of 1989, managing editor of news in spring of 1990, then the following two semesters he was editor-in-chief. My dad had a radio show at Adelphi's WBAU with his friend starting in fall of 1990 called "Beyond the Beatles: From Wings to the Wilburys." The show ran until the station went off air in 1995, and he appeared in a few episodes after he graduated. My mom also worked for the Oracle yearbook, the office being across *The Delphian*, for which she was editor-in-chief from 1989-'91. After graduating from Adelphi, they both went off to grad school, my mom at UConn ('93) and my dad at UMass ('94). They have been married for almost 29 years and friends for longer. My parents still keep in touch with fellow *Delphian* members from their time, and there's even have a brick placed outside of the UC that states "Delphian Editorial Board 1985-1993," containing initials of all the hard-working editors of that period, including my parents: RP and CP.

My passion runs deep for this paper. I am a proud legacy of these two and I can't wait to continue my work on *The Delphian*. We have some great articles in this issue, and I'd like to thank all our writers for contributing over this winter break. I wish everyone a very good start to their spring classes and I hope you enjoy issue number six!

Lizz Panchyk '24
Editor-in-Chief



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Garden City, NY 11530**HOW TO REACH US**
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Alumni Shares Experience in Eastern Europe

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by the Peace Corps to serve in Ukraine from 2009 to 2011, during which time she taught English as a foreign language to those at the elementary to high school levels.

"It was really amazing to have the opportunity to do grassroots work in a space where I had a lot of authorship and ability to impact what was happening," Pajor said. "The Peace Corps taught me about needs assessment and rigorously trained us in the Ukrainian language."

Not only did Pajor work in a more personal space with those who sought to learn English—which would ultimately benefit these future refugees who sought to emigrate to the United States—she also became involved with other volunteers in counter-human-trafficking projects.

Speaking on this, Pajor said: "I was able to develop a nationwide project in which we collaborated with the United Nations. The campaign was about promoting a hotline that the UN still has to this day, which helps victims who have been trafficked, and also people who are looking to migrate or work abroad, and how they can do that safely."

"There are a lot of misconceptions about human trafficking," she continued, "but it typically concerns people taking advantage of others somewhere

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Athletes Helping Athletes Returns to Campus

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effective communication and dialogue.

The final activity of this breakout session was to then compare these "sports" scenarios to a "real-life" scenario. For example, groups were discussing how to handle a situation where a peer was speaking poorly of another student, or if you saw someone cheating on an exam. This exercise reinforces many important life skills that elementary students can relate to as well. The high school students will be speaking to all kinds of different elementary school students, some who are already athletes and some who may become athletes in the future. Relating issues in sports to real-life ethical issues allows the elementary school students to better understand the underlying message.

In addition to problem-solving group work, the students also listened to motivational messages. These groups were led by several guest speakers, including Billy Taylor and Larry Hardesty.

Taylor, a former running back in the National Football League who played for the New York Giants and the Oakland Raiders, joined Athletes Helping Athletes when he was approached by a friend of Breining. Taylor commented on what he enjoys about working for the program. "I love to watch them [high school students] grow and become leaders."

During his motivational speech,

Taylor gave the athletes words of encouragement and advice, stressing the importance of loving what you do. Taylor, an active alumni at Texas Tech University, often returns to the college campus to speak to current collegiate athletes. He said he truly enjoys helping people and wants to inspire the next generation.

Another motivational speaker was Larry Hardesty, who is a current employee of 98.7 ESPN Radio and current co-host of "ESPN NY Tonight with Hardesty and Damer." Hardesty's exercise was focused on bullying and how to combat it. He spoke on the importance of empowering youth and minimizing retaliation. Hardesty does not want the individual to be afraid and scared. Instead, he encouraged students to reach out to a trusted adult, whether that be a parent, coach or even former teacher.

In addition, Hardesty also shared a personal reflection on what working with AHA has meant to him. He said as a father, working with high school students helped him better understand and relate to his son who is currently in high school. In addition, Hardesty also shared career advice. He stressed the importance of versatility and how in the current world you must be familiar with all aspects of the career you aspire to be.

Both undergraduate and graduate sport management students volunteered their time and assisted in

the event. Current second-year graduate student Edwin Chinyemba said, "It was an amazing experience. I've always felt that peer mentoring and coaching works in a group setting."

Chinyemba is also an international student who was not able to participate in this program when he was in high school. "The idea of sharing their experiences with the younger generation as most were ex-professional and college athletes was very powerful and left an impact on me as an observer," he said.

Student testimonies also played a major part of the conference. In one of the breakout sessions, a student who wished to remain anonymous shared a story of sportsmanship, which was the underlying theme of this conference. This track and field student shared an experience that occurred during a long race. A teammate of his gave him a pat on the back during the final lap of the race. This small action gave him the boost he needed to finish strong. Sportsmanship is about demonstrating respect not only to your opponent, but also to your teammate.

The student mentors at this conference learned not only sports skills, but life skills as well. These students will continue to inspire young students and give them the encouragement they need to continue to progress not only as potential athletes, but also as positive individuals.

President Biden's Marijuana Pardon Has Little Impact on the University

BY HEMISH NAIDOO

On Oct. 6, 2022, President Joseph Biden officially announced that he would pardon all individuals in the United States who have been prosecuted and convicted of marijuana possession strictly under federal law. When asked, some at Adelphi shared their own responses to these changes.

Stephanie Lake, a director of both sociology and the criminal justice program at Adelphi's College of Arts and Sciences, said, "What is known is that societal-level shifts in attitudes in the US has led to increased usage among all age groups, both in states that have decriminalized possession and those that have not. As students of criminal justice can tell you, informal sanctions (including peer group, family and societal attitudes and disapproval) serve to better influence individual behavior than formal ones (e.g., law and fear of punishment)." She added that laws criminalizing marijuana seem to have had little effect

in halting the popularity of cannabis. At the same time, the ramifications of prosecuting those for simple marijuana possession has led to instability in the lives of many, in addition to a lack of focus on how to truly solve the issue.

"Much more will have to be done at the executive and legislative levels to address the devastation left in the wake of the decades-long failure many refer to as 'The War on Drugs,'" Lake said. "By finally injecting some level of sanity (and proportionality) to the issue of social harm wrought by substances like marijuana, billions spent hunting down and warehousing individuals convicted of possessing or using a substance most Americans believe should be decriminalized can be redirected to science-guided research and programs that have shown far more success in abuse prevention and intervention."

In fact, the stigmatization of marijuana due to drug laws has even disrupted the lives of some AU students. Alisha Horne, a senior studio arts major

at Adelphi who has Crohn's disease, shared: "Chronic pain had been my best friend for five years. I was caught with weed in my dorm. The consequence of that was being barred from any form of being an RA. I was mandated to do six months of therapy for my 'drug addiction' where, in reality, I was having a mental health crisis. This persecution made me feel criminalized and shunned. The next semester I actually didn't dorm because I did not feel comfortable. I used that time to try and get accommodations and Adelphi still refused."

Horne's experience echoes the sentiment shared by Lake, that using laws as a means to restrict marijuana usage only ignores the possibilities of exploring other, more fruitful treatments.

Sentwali Bakari, vice president for student affairs, clarified that AU's strict drug and alcohol policy will remain static even after President Biden's pardons, in accordance with standing federal laws.

"Applicable Federal law still

classifies marijuana as a Schedule I narcotic and prohibits possession of marijuana on the campus of any institution that receives Federal funds, including student financial aid," he said. "A pardon from the President of the United States or other government official for a prior conviction under Federal or State law would not necessarily trigger a review of our Code of Conduct, which addresses student behavior and has no impact on a student's conduct history."

Bakari said for these reasons, Adelphi's policy regarding drugs has not changed and continues to cover the unlawful manufacture, distribution, dispensing, possession or improper use of any illicit or prescription drugs.

"Our Code of Conduct also includes intoxication, regardless of substance, anywhere on Adelphi's campuses or at any Adelphi activities," he said, adding that the university has an Office of University Health and Wellness for those that need a more personalized approach to mental health treatment.

Pajor Shares Her Experiences Working With Refugees from Ukraine

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along the way in the victims' migration journey, as opposed to someone jumping out of the bushes and putting you in a truck... Essentially we're talking about taking away someone's free will, removing them from their community, and forcing them to work for free."

The efforts she and the team she worked with aided in raising awareness about human trafficking and they did so partially through seminars—created in several languages to allow for more accessibility—which were shared with the UN.

Regarding the ongoing Russo-Ukrainian War, which began in 2014, Pajor currently works with Oxfam International, a nonprofit organization whose primary focus lies in poverty and disaster relief, migration advocacy, and other topics of the sort. Oxfam International was a product of World War II but, as Pajor noted, they have only recently begun to work in Eastern Europe. She serves in the "protection" sector, working directly with refugees, the majority of whom are women and children.

In 2022, Pajor joined a volunteer group called Russians for Ukraine, which was originally formed by a Russian-Kazakhstan man who, along with other volunteers, aided friends moving from Ukraine to Poland. As a part of this group, she translated for different delegations on the border, as well as civilians in hospital care. When speaking of the times when she's been able to interact with others one-on-one, Pajor shared what seemed to be the experiences that have stuck with her the most, some conversations of which took place in these medical tents.

"I met a [Ukrainian] woman from an occupied area, and as we sat in front of the humanitarian center, I saw that she was distressed and crying, so I sat there and talked with her from a psychological first-aid perspective. She talked about how her house was taken over and looted by Russian soldiers... [Her family] felt like they didn't have an escape; that was their reality."

The impact that a war has on a community, no matter the size, does not always have to be military-related or come from

an oppressive state itself, though. As Pajor recalls, the civilian victims also face struggles of their own, on a more personal level.

"Some of my colleagues are refugees from Ukraine, and they often share what their children experience at school," she said. "One of them was talking about her preteen who was being bullied and forced by Polish children to admit that he was allied with Putin, as a Ukrainian... From my perspective, I think: 'how will that child go on to perceive race, Polish and Russian people, their ability to trust others, and so forth.' There's a lot of sadness and tragedy, but a lot of reliance, too, I think."

In winter months, in particular, volunteers and other workers must prepare for the climate, and aid those in need with resources such as hand warmers. "The UN is estimating that 500,000 to 700,000 people will cross this winter because they don't have access to heat, hot water, or electricity 10 to 18 hours a day," she said.

Pajor also explained that—harkening back to her prior quote—it sometimes took substantial convincing for victims to

decide whether or not they could trust her and her colleagues, especially since they work for an international organization. As a result of this circumstance, word of mouth is an important part of allowing the work of those willing to help to be efficient.

"If you have lived through so much intensity, and so many things are out of your control already," Pajor said on the matter, "regardless of who you are, it's not always easy to ask for help... It's very important to be able to connect with people interpersonally [in order to make them feel comfortable]."

For groups of motivated individuals like Pajor, the incentive to provide aid for those in Eastern Europe has never been more prominent than now, and this current conflict goes to show that in times of misfortune, there will always be those who feel obligated to lend a helping hand.

"To me, it's mind-blowing, because I had seen so many war movies growing up and heard about all of these conflicts, and there's been a lot of war in my lifetime, but it's never been so personal for me," Pajor said.

Performing Arts Center Spring Show Line-Up

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dents will work together to perform Broadway numbers from contemporary musicals. Popular musicals like "Rent," "School of Rock," "The Prom" and "Next to Normal" will all be featured. Other performances in March will be The Step Crew and Imani Winds.

April will start with the play "Men on Boats," put together by Adelphi's theater students. The show is based on an 1869 expedition led by a captain with one arm. It will be directed by Lauren DeLeon who also directed Adelphi's production of "Rose Meant to Wither" and has

experience directing on Broadway.

Sara Davis Buechner will also take the stage on April 14. She'll be visiting Adelphi for the first time to present a solo recital featuring music by notable composers: Mozart, Brahms, Ravel and Chabrier. Buechner is a skilled pianist who has been awarded a Bronze Medal in the 1986 Tchaikovsky Competition and a Gold medal in the 1984 Gina Bachauer International Piano Competition.

Then on April 22 renowned actor, writer, designer and producer Isaac Mizrahi will put on his brand new cabaret show alongside a jazz band.

His cabaret is known to incorporate both classic and contemporary songs, as well as a bit of stand-up comedy. As usual, Adelphi's Symphony Orchestra and dance students will be performing throughout April as well.

Additionally, in May the Theatre Department will be staging performances of the musical "Vainities," the story of high school cheerleaders who are best friends. Later they attend college together and have to face the fact that they may be growing apart. "Vainities" will be staged in the Black Box Theatre from May 2-7.

To close out the PAC's spring

season, a legacy concert will be held in honor of Broadway and Tony awarded composer Jerry Herman. Herman wrote the infamous musicals, "Hello Dolly," "La Cage aux Folles" and "Mame." This event takes place on May 13 and is sponsored by the ASCAP Foundation and Spot-On Entertainment. Broadway performers will sing through some of Herman's discography to celebrate his life.

With the vast shows at the Performing Arts Center this season, one is surely able to find something they will enjoy. To view a list of all performances and dates visit www.adelphi.edu/pac/.

Fall Film Festival Brings Students' Works to the Big Screen

BY JOSEPH D'ANDREA

On Dec. 13, Adelphi's Communications Department held their annual Fall Film Festival, featuring the short films of students. Ranging from fictional horror and comedy films to documentaries, the festival, which began in 1970 and takes place each semester, displayed the diverse talents of Adelphi's students, with some walking away with awards.

Professor Joan Stein Schimke, an organizer and speaker for the event, has been teaching courses in the Communications Department for 18 years, including Film and Video Production, Writing the Short Screenplay, Film Aesthetics and Film History.

"The festival provides the students a venue to share their work with friends, classmates and the larger Adelphi community," Stein Schimke said. "There is nothing like having your film screened in front of an audience. There is something magical about the shared experience of watching a film in a room full of people, whether it's hearing the crowd laugh together at comedic moments, or gasp in surprise or anticipation."

For students, the festival not only allows them an opportunity to showcase an idea of their own, but also gives them the experience of working with a team, an essential aspect of making films.

"The festival also inspires the students to collaborate on film and video projects, and challenges them to produce fun and meaningful work," Stein Schimke continued. "We really try to foster that creative collaboration and create an environment where the students can develop friendships and working relationships that last well after they graduate from Adelphi."

Speaking on the selection process for the festival itself, Stein Schimke said, "The first panel is usually composed of professors from the department and sometimes other departments and they choose from the films submitted to the festival to determine which ones will get in."

In regards to the accolades given out after the screening, she continued, "For the second panel, we like to bring in alumni who have either had films in the festival or are working in the field. [They come] to the festival to watch the films and give out awards."

The awards given out at this past Fall

Festival included Best Editing awarded to Olivia Reid and Bethany Goodwin for "Take Two: Reclaiming Queer Adolescence in Adulthood;" Best Documentary to Peter Fudge for "The Last Farm in Queens;" Audience Choice to Jade McClinton-Dorley's "Huggies;" and Jonathan Bauman and Emilia Matarrese took home Best Narrative for their film "Sunday."

McClinton-Dorley, a senior com-

"This was the first time that I've submitted to the Film Festival, so I was really excited to see my work on screen," Reid said. "There's a certain adrenaline rush that comes with allowing other people to see something that you've put a lot of work into. Working with my partner Bethany and the people we interviewed was the most gratifying part of making the film. Particularly since we were making a



Students in Adelphi's Communications Department line up on stage following the screening of their short films. Photo by Joseph D'Andrea

munications major and "Huggies" writer, director and editor, spoke on the positive response her film received by the audience, who were laughing along with the short film as it was screened.

"Going into the Fall Film Festival, I was really excited to see everyone's submissions because I know our department is very talented, and I heard a lot of buzz about the amazing stories people put into the festival, so I was very excited to see it all on the big screen," said McClinton-Dorley. "I didn't expect the turnout to be so massive. When the audience is silent, there's no way for me to know if they like or hate the film until after the festival, so I was really happy the audience had a positive reaction to my film and some of the others."

Reid, a sophomore communications major concentrating in digital production with a minor in theater tech, is one half of the documentary short film "Take Two: Reclaiming Queer Adolescence in Adulthood."

documentary, we had some really incredible conversations, and unfortunately so much of what was said couldn't make it in the final cut, but I really loved being able to get so personal with all of our participants."

Bauman and Matarrese, Best Narrative recipients for "Sunday," both spoke of their excitement regarding the festival and being able to screen their work in front of an audience.

Bauman, a sophomore communications major concentrating in media production and cinema studies with a minor in graphic design, said that he joined the Communication Department because he wanted to learn how to turn his imagination into reality.

"Working with friends and colleagues like Emmy [Matarrese], Noah and Nina makes all the difference when you are trying to convey a message through film," he said. "If I had to make all of my films on my own, they would not achieve the quality, standards or appeal that I strive to achieve."

The most exciting part about the film festival was being able to witness the creative process from my colleagues and strangers, as well as being able to share my ideas on the big screen for everyone watching to enjoy, be inspired or feel motivated by."

Matarrese, a third-year communications major concentrating on digital production and cinema, said, "For as long as I remember, I've wanted to pursue a profession in the film industry. When I first heard about the festival at the beginning of the semester, I knew I wanted to film something to submit. I had several ideas for a short film but ultimately decided on 'Sunday.' Watching all of the other submissions in the Olmstead Theater was a lot of fun, too; I enjoyed seeing what my peers and classmates had been working on during the semester. It was so much fun and I could not have done it without my amazing actors and brilliant director of photography, Jonathan Bauman. Because directing is my long-term dream, it was truly riveting to get a taste of what my future career holds. Film is all about teamwork and that fact was abundantly evident while filming. The actors were extremely cooperative and creative and John always brought wonderful ideas to the table. Though the days of filming were long and tiring, it was overall a great experience and I cannot wait to do it again."

Responding to what their futures may have in store for them, both Bauman and Matarrese expressed a desire to pursue a career in the arts.

"In the future," Bauman said, "I have plans on pursuing a job as an editor, director of photography, or camera/gimbal operator. At the current moment I am freelancing to local businesses to build my portfolio of films and short-form video content."

Matarrese responded optimistically, but realistically, saying, "After graduation, I see myself working in some sort of writer's room until I can make my way up to where I want to be. I do not plan on ever stopping no matter how high I climb the ladder. I will enjoy the fruits of my labor but I do not see myself stopping at any one profession, if that makes sense. Whether I start on a television set, writers' room or as a director's intern, I plan on succeeding in the notoriously difficult film industry."

A Meal for Me, a Meal for You Serves Second Helping

BY KURANA DOOBAY

Not only do meal swipes put a strain on the wallets of college students, but a strain on the rising issue of food insecurity. At the end of the semester, some students are left with more meal swipes than they need, while others are left with little to none. Those wasted meal swipes could be used to feed others in need, and when Joe Sawma noticed the severity of this issue, he felt strongly enough to take it into his own hands.

In the fall 2021 semester, Sawma, a sophomore international student from Lebanon, created an initiative called "A Meal for Me, a Meal for You." Through the

program, students with extra meal swipes would purchase non-perishable food items at spots on campus—such as The Market or In Post Hall—that they could drop off in marked boxes placed at these locations, later to be donated to the Panther Pantry. Toward the end of the fall 2022 semester, when Sawma still felt like there was more to be done, he decided to revamp the program.

"I contacted my past two project mates Jamie Gesell and Ethan Perez and told them about relaunching my initiative," Sawma said. "They were really excited to combine efforts again and they were passionate about getting similar, if not better results since last year."

To spread more awareness on the

program, Sawma made sure to get as much word out as possible. "I contacted my two first-year seminar professors about it and they wanted me to speak about it in front of their class. I went and spoke in front of their new classes, and they were all really interested about it," he said.

As a result, Sawma was able to recruit several volunteers to help plan the goals of the program and work on the most effective ways to achieve them. "Three students were very eager to join efforts with us this year. They were Erica Gibson, Audrie Bowden and Casandra Landrian."

Gibson said, "It was a fun experience. It was a great time to spend time around people who have similar passions as I do."

Sawma said the six students met a couple of times to discuss how they would go about the initiative step by step. "I divided roles based on each person's personal skills and strengths, which allowed us to create a great team ready to support each other," he said.

They got to work, preparing collection boxes, creating and spreading flyers, as well as using the power of social media to be sure the program would produce the best results.

Gesell, a sophomore who helped jumpstart the program with Sawma last year, said, "I helped promote the project by posting it on other social media

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The University's Career Center Provides Keys to Employment Success

BY HUSSEIN ALI RIFATH

Many students at Adelphi intend to enter the workforce directly after completing their college education. That incentivizes them to progressively build their resume as they go through college as doing so would allow them to distinguish themselves as promising job candidates.

However, it can be overwhelming to choose between the many different activities offered on campus. Students are not in this alone: Adelphi's Career and Professional Development Center, located in room 225 of the Nexus building, assists students and alumni in looking and applying for employment or other extracurricular opportunities. It offers one-on-one assistance for resume writing and interview preparation and hosts professional development events geared towards networking and providing Panthers exposure to various career fields.

Gina Fries, an assistant director at the Center, teaches Adelphi's one-credit Internship Preparation Seminar. The class meets an hour a week and is not intended to have a heavy workload. Jonathan Ivanoff, an associate director at the Center, explained: "In the 10 years plus that we have been teaching this, it seems that one hour has been enough to cover all the material. Because it is graded on a pass-fail basis, students who earn a 70 percent or higher on the course receive full credit; students who earn 90 percent or higher in the course will automatically qualify for a paid summer internship through Adelphi's Jaggar Community Fellows program."

The Center also provides one-on-one assistance to help students determine their strengths and next steps. "We go through a certain number of [professional] assessments," said Ivanoff. "We take the Myers Briggs Personality Assessment and we do a skills assessment of competency. We provide interview prep. We go through a lot of foundational work to get the student to know how to look for opportunities, know what to look for in a position, know how to prepare for interviews, know how to apply, how to be competitive for a position, and things to be aware of once they get the job."

When Hashir Zahoor-ur-Rahman, a first-year computer science major, needed help with updating his resume for a job application, he visited the Career Center. "It helped me a lot, and I ended up getting the job. Pretty successful when you think about it."

He said his session took 45 minutes and left a positive impression; he plans on

visiting the Career Center again, and shared this advice. "The first thing you should do is visit the Career Center because they can help you a lot. The resume that they are going to write is something way better than what you may be able to come up with. Honestly speaking, we are still students and we require experience. They are experienced professionals in the office, and it's their job to help us out; their work would be way better. Ask for help whenever you get the chance ... If you feel like you're shy, I would suggest you look for an online session."

Zoha Raja, a first-year biology major, also enjoyed working with the Career Center. "They are very passionate about guiding their students step-by-step through every turn. You will send them a resume and they will send you a revised version. They will give you advice on revising it, and they will tell you to send it to them again until you perfect it. That is a lot of dedication and time that they give to you."

Raja stressed that she felt a strong personal connection with her career counselor. "It was a very personalized experience. They wanted to understand where I was coming from and why exactly I was making the choices that I was trying to make, and wanted to guide me through them. There were so many people that were so encouraging."

The Center now also offers students the opportunity to participate in Kaplan's new Career Core program. "Think of Kaplan Career Core as a complement to what we already have in Career Services," said Thomas Ward, assistant vice president at the Center.

The program consists of two components: asynchronous modules and optional live coaching sessions held over Zoom. Each module can take between 30 to 50 minutes to complete because it is left up to the student to determine how many practice exercises they wish to complete.

"It depends on the student and what the student wants to get out of it," explained Fries. The asynchronous component of the program can be completed in less than a semester.

The program's live coaching sessions are held on weekend evenings by Kaplan's career coaches. Their small class sizes (sessions have a maximum of 25 slots) allow participants to interact one-on-one with these experts, many of whom are experienced in their targeted fields. "We promote the sessions weekly on the screens across campus," said Fries.

The Center sees flexibility as a

strong suit of Kaplan Career Core. "We want to meet the students where they are. It's for their benefit because students are busy—a lot of them have part-time jobs, a full class schedule. This, they can do at their convenience," explained Fries.

At Adelphi, the program has seen optimistic results: "Our university, out of the eight that started this program with Kaplan, has had the most students accessing the system—more than any other university. I was really excited about that," said Fries.

Very few universities ultimately chose to partner with Kaplan to pilot the program. "Adelphi was excited to participate because it could then have a say in shaping it and the future of career services as a whole," explained Ward. The Student Government Association played a leading role in bringing the program to Adelphi and dedicates a portion of its budget towards supporting it so that it remains free for all AU students to access.

Students interested can contact a career counselor at the Center to add them to the program at any time; admissions are on a rolling basis. There are no limits to how many students can take part in the program.

In addition, the Career Center offers students these steps to take in preparation for their future careers:

1. Create and maintain your foundational materials.

Prepare a resume, LinkedIn profile, Handshake profile and a template cover letter for job applications.

2. Get involved and develop your skills.

Participate in clubs and other campus organizations, and explore employment and volunteering opportunities. Complete the Center's Prep for Success program to earn its Digital Badge.

"Those eight NASE core competencies are transferable skills. [...] skills that employers from every single industry want in an individual, whether that's a college graduate or someone older. You need to have these skills," said Fries.

3. Take advantage of what the Career Center has to offer.

Ask a career counselor to help you assess your strengths, weaknesses and goals. Ask for guidance. "It is never too late to connect with us," said Ward.

Students can visit the Center in Nexus Room 225. Those interested can alternatively send an email to career-counselor@adelphi.edu or reach out to a career counselor through Handshake.

Student Poetry Corner

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

The Future Is Female By Aarsha Raghaven (senior psychology major)

This poem was inspired by Rupri Kaur to reflect on the sacrifices that women have made in the past, including the women in our families, to advance our rights that we have the privilege of having today. Not everything has been perfect. There is much room for improvement and advancement of women's rights. Another topic that I wanted to reflect on was a woman's general tendency to nurture, love and encourage others. This nurturing love, often viewed as a weakness, is very essential and more of what we need to see in society. The world also often feels divided, and there are many who still don't see there is inequity between the genders. That is why it is important that we come together to support the rights of women, including the right to an education and many other necessities. I wanted to end this poem by saying that the future is female because when women are educated and given the strength/encouragement to achieve their dreams, they create opportunities not only for themselves, but to make the world better for everyone.

We have walked on the shoulders of
the women of our lineage
who have suffered through countless
hardships so that we as women
can continue
to achieve our dreams
and work for our futures
we believe in
the rights they fought for
and injustices encountered
are a constant reminder
that the world needs to come
together
to encourage love
Foster positivity
And equity
The same love
The women in our lives
Have given us
For countless generations
The future is female

A Meal for Me, a Meal for You: Year Two

Continued from page 4
handles. I also informed other organizations of it, such as the Student Activities Board and even all the event assistants in the Admissions Department."

The program was launched on Dec. 16 and ran until the last day of the semester, Dec. 21.

All the extra efforts and commitments paid off, surpassing last year's

margins. Sawma said that last year they raised around \$1,000 in donations; this year they raised nearly \$3,000.

"We were able to collect up to 20 to 30 meal swipes all at once from individual students," Sawma said. "We thankfully ended up with multiple full boxes everyday until the 21st."

Gibson said, "I truly hope our efforts are helping, not only in the immediate

sense, but in the future, to normalize donating food and normalize the receiving of those donations. I think it will help people have meals without having to worry about shifting around or straining budgets."

So next time, instead of spending multiple meal swipes all at once on more reusable Starbucks cups than you need, think about turning a meal *swipe* for you into a meal for someone in need.

Be sure to check out *The Delphian's* website online at thedelphianau.com for more stories

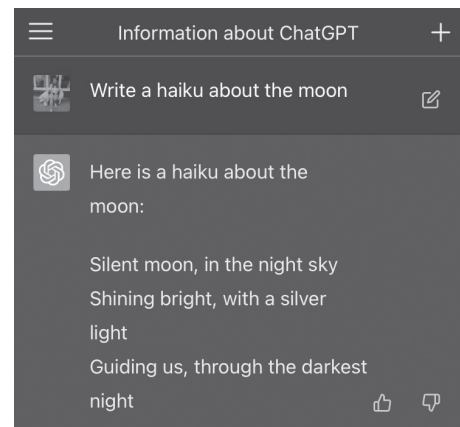
Can the New AI Program ChatGPT Assist in Plagiarism?

BY LIZZ PANCHYK

A new AI program called ChatGPT (Generative Pre-trained Transformer) was launched by OpenAI in November 2022. This is an interactive bot that converses with users and can write entire stories, resumes, recipes and even construct code with just a simple prompt. It is free to use through chat.openai.com with an account.

It is not directly connected to the internet, so all of the answers it comes up with are directly from the bot. The responses are also not automated, so answers will not be repeated or worded the exact same when asked the same question more than once. According to chatgpt-online.net, “ChatGPT is an advanced AI chatbot trained by OpenAI, which interacts in a conversational way. The dialogue format makes it possible for ChatGPT to answer follow-up questions, admit its mistakes, challenge incorrect premises and reject inappropriate requests.” When I asked ChatGPT what it is, I received the response: “I’m an AI assistant trained to assist users with a variety of tasks and answer questions to the best of my ability. I was developed by OpenAI, a research

organization focused on advancing artificial intelligence in a responsible manner.”



Here is an example of the capabilities of ChatGPT when given a prompt.

While ChatGPT’s intentions are innocent, the AI itself has been causing issues in schools. There is worry that instead of essays and other written assignments being created by the student, they will instead be written by ChatGPT. And since the AI comes up with a different response every time, there is no way to know whether or not it was written by a human or the bot. The one way for

schools to immediately prevent the usage of this chat is to directly block, ban and prohibit it through the school, which a lot of schools already have been doing.

Besides school, this can also be an issue for journalists. In news writing, any form of plagiarism is taken very seriously and is strictly prohibited. But is ChatGPT considered plagiarism? It may not be taking words from the internet, but it also comes up with responses that aren’t your words. This could make current writing more difficult as there will be constant questioning surrounding the chat bot.

Princeton actually built an app that detects any AI plagiarism called GPTZero. This will help to weed out any possible academic-related plagiarism in the school. Meanwhile, OpenAI is working on a way to prevent plagiarism, or what they call “AIgiarism.” According to Alex Hern’s article in “The Guardian,” “Now, the bot’s makers, San Francisco-based OpenAI, are trying to counter the risk by ‘watermarking’ the bot’s output and making plagiarism easier to spot.” This digital watermark could help counter any plagiarism that may occur when not innocently using ChatGPT.

This bot overall could be fun to play around with. You can discover a new recipe or just entertain yourself for a while with its human-like responses. What is interesting is that the knowledge it has, although in an attempt to be useful, actually has a cut-off year. It is unable to provide information about events past 2021. So it can give you general information, but nothing up to date, like the knowledge of who our current president is.

The OpenAI website does however list its limitations on ChatGPT followed by examples. They are open to feedback on this new system and encourage people to use it to both learn and recognize its faults.

This is a dangerous tool because of its ease in writing whatever specific prompt you ask it. While it can be entertaining to use, teachers, professors, journalists and writers have to worry about the power this tool may hold in assisting in nefarious manners. Hopefully this issue will be resolved by OpenAI, but for now, indulge in asking the most complicated and intricate questions and be shocked at the response it may give you. Technology is groundbreaking, but also intimidating.

My Performing Stand-Up Comedy Experience

BY MITCH COHEN

Throughout my life, one of my favorite things to do has been making people laugh. For example, I enjoy performing impressions of characters like Stewie Griffin from “Family Guy.” When creating my schedule for the fall 2022 semester, I was interested in taking a class called Performing Stand-Up Comedy because I love the idea of performing for an audience. This class appealed to me because it allows students to create and perform stand-up routines. Towards the end of the semester, on Dec. 11, 2022, my classmates and I performed our stand-up routines at the Westside Comedy Club in Manhattan.

Professor Lauren Buscemi, who started teaching the class in 2018, took it when she attended Adelphi. “I always loved comedy, but I never thought about performing it,” said Buscemi. “Once presented with the opportunity, I realized it was really fun.”

A highlight of the course was watching videos of famous comedians’ sets. While not every comedian appealed to me, it was fascinating viewing each performance because of how different their styles of humor were. One comedian we studied was Tig Notaro. Despite not being a fan of Notaro’s style of humor, watching her gave me a better idea of how comedians perform because through the videos, I learned about the importance of comedic timing and stage presence. Another part of the class I enjoyed was creating my routine.

For the final show, each student created their own stand-up set and performed it. With my set, I wrote about being in a marching band. I reflected on

both the positive and negative aspects of being in marching band, including dealing with constructive feedback. In addition to writing my set, I rehearsed it. Initially, I thought stand-up comedians improvised their routines. In actuality, stand-up requires lots of memorization, as each comedian only has five minutes to perform during the final performance. While this time limit heightened my anxiety, my previous performance experience helped alleviate my nerves.

been involved in performing arts in the past, I had more confidence on stage.

However, several other students didn’t share the same performing experience as me.

Max Mehr, a sophomore graphic design major, had little experience being on stage before performing at Westside Comedy Club. “I remember I was in a talent show when I was about 11 or 12, but that was really about it,” said Mehr.

Like me, Buscemi also had experi-



On Dec. 11, 2022, Prof. Lauren Buscemi’s Performing Stand-Up Comedy class performed at the Westside Comedy Club in New York City. The author is pointing in the back row. Picture taken by Mike Bryk

Before my performance at Westside, I had years of performing experience under my belt, having played bass drum four in my high school marching band. At this time, my bandmates and I performed at football games and competitions in New Jersey and Pennsylvania. Having

ence performing before the show at Westside. “I performed at Gotham Comedy Club, Broadway Comedy Club and some smaller clubs too,” she said.

Ultimately, stand-up comedy is an impressive skill because it allows people to create funny anecdotes based on their personal lives and popular culture.

On the day of the performance, I felt both incredibly nervous and excited. I was ecstatic to perform at a Manhattan comedy club, but on the other hand, I was nervous because I was afraid of forgetting my set. Making matters more nerve-racking was that I was the second student lined up to perform.

Senior history major Athena Miller also felt mixed about performing her routine to the audience. “There’s a piece of yourself you put on the line when doing stand-up,” said Miller. “When it was over, I was incredibly proud, but leading up to it, I was extremely nervous.”

During my routine, I also felt like I was putting a piece of myself on the line due to my personal life being part of my set. Fortunately, once I got on stage, all my anxiety dissipated, as I felt comfortable performing for the audience. My favorite moment of the show was when I asked the audience how they thought my bandmates treated me. This was amazing because it allowed me to give the crowd insight into my personal life. Overall, while I was initially anxious, I had a great time once I got on stage.

Taking the Performing Stand-Up Comedy course was an amazing experience because not only did I learn about how stand-up works, I also created and performed a routine of my own. Performing at Westside was the highlight of my semester since it allowed me to use my comedic abilities in front of a live audience. For students who love being on stage or have an interest in performing arts, I highly recommend enrolling in this class.

Madison Graham Continues to Play a Crucial Role for Women's Basketball

BY ANDREW SMITH

The women's basketball season is well underway and the team is playing hard every night on the court. Madison Graham, a junior sports management major, is playing a crucial role on the team, leading them through a long and challenging season.

Graham has been a member of the team since her freshman year and credited her family for contributing to her success as a collegiate athlete. "My family has played a huge role in my career. Growing up, my older cousins all played and basketball was a big sport in my family so I naturally grew a love for it," she said.

Graham highlighted the role her father played in her love for the game of basketball. "My dad also played basketball when he was younger, so it was always something we could do or talk about together. My family members are my biggest supporters and I wouldn't be in this position without them."

In addition to her family, Graham said there are professional athletes who she has looked up to as role models, emphasizing the importance of Diana Tuarasi in her athletic life and development. Tuarasi played Division I basketball at the University of Connecticut and is now a member of the

WNBA team Phoenix Mercury and the all-time leading scorer in WNBA history who also led the United States to five gold medals in the Olympics.



Junior Madison Graham takes a three-point shot during a match. Photo by AU Athletics

Graham reflected on the time she has spent on the Panther team so far and what memories still remain with her today. "There are a lot of moments that come to mind but I would say my favorite team memories are all the moments in the locker room after a great win or bus rides

to and from away games," she said. "These are the moments we all get to really connect and make everything worth it."

Graham also shared her thoughts

on the current season and how the team is performing. "I think this team is really special and we can really make a run this year. We have had our ups and downs, but the season is still young and the greatest teams are the ones that can overcome adversity together," she said. "We have a

great coaching staff and a great group of girls, so I'm really excited to see what the rest of the season has in store for us."

The importance of in-season conditioning also plays a role during a long winter season, which is from mid-October to March. Graham said the players practice Monday-Saturday from 7-9 am and lift Monday, Wednesday and Friday from 9-10 right after practice.

"With games this schedule changes a little every week," she said. "On game days we will shoot around that morning and we usually don't practice the day after games to give our bodies the appropriate rest."

Graham added, "In-season training and conditioning is different from off-season in the sense that most practices are spent playing against our scout team so we can practice against the opposing teams' plays. Conditioning is usually a little lighter to keep wear and tear on our bodies to a minimum. But most conditioning is mixed into full court drills at practice and through our strength and conditioning coach, Keith Ferrara."

Madison Graham and the women's basketball team is continuing to put in the hard work on and off the court in order to compete for a championship. The team is poised to go on a strong run during the winter.

Softball Looks to Continue Success from Last Season

BY ANDREW SMITH

Adelphi softball (AUSB) had a very successful season last spring. The team made an appearance in the College World Series and competed to the very end of the bracket. Following a strong offseason, the team looks to repeat their success and go even further this season.



Courtney Murphy in the batter's box awaiting the pitch. Photo by AU Athletics

Senior Claire Fon, who recently won NE10 Pitcher of the Year and D2CCA Pitcher of the Year, shared her thoughts on the 2023 season. "I am very excited for this upcoming season. We have some amazing talent on this team and I have no doubt we can be just as successful this year as we were last year. Our coaches have prepared us well and we have many goals to achieve this year."

Sophomore outfielder Courtney Murphy expressed her expecta-

tions by referencing their success from last season and sees those attainable once again. "For this upcoming spring, the Adelphi softball program expects to return to the college world series in Chattanooga, Tennessee."

Junior Kendall Winn reflected on her experiences last season. "After getting the experience of winning the NE10 and East Regional Championship, my team and my coaches have been working really hard to try to make it there again."

Winn added, "Knowing what it took last year to get there has been helpful, so I am really excited to see how we do this year knowing how much more my team and coaches have been doing to prepare for the season."

The offseason presents an opportunity where a team can strengthen their skills and be even more prepared for the challenges a long season presents. Fon commented on the process she and her teammates go through. "In our offseason we focus on working together as a unit by going over plays and getting in our reps."

Murphy added, "During our fall offseason we have a lighter game schedule consisting of a double-header on the weekend paired with three practices during the week. This fall we competed against a variety of teams including UConn [University of Connecticut] and Fordham. Following our fall season we enter individuals until the end of the fall semester where we focus on more individualized skill development."

Winn stressed the importance of holding the softball program to a high

standard. As a result, the team comes together and strives for a common goal and this begins during the offseason.

"The fall is all about learning the AUSB way of hitting, defensive plays, signs and in-game responsibilities," she said. "It is also about creating a team bond that will help us be successful. There are so many different roles each



Kendall Winn (left) cheers on her teammates from the dugout. Photo by AU Athletics

player takes on to help us be successful, and the fall is all about learning what each role requires. We practiced three to five times a week in the fall and played five games. We practiced all the way until December right before finals, and we returned on January 11 for preseason."

First-year player Jordan Pasqueralli also reflected on her first offseason training with the team. "Off season training is a lot but it's worth it when we are able to see it all put together. All the extra

work we put in as a team is worth it when we feel confident in one another."

In addition, the athletes commented on what games they are looking forward to, all expressing their excitement about a road trip to the Carolinas. Murphy stated, "Next season I am really looking forward to our games in North and South Carolina where we

will face some very good competition in preparation for both our conference and non-conference games."

Fon added, "We are traveling to South Carolina in the spring where we will be facing some strong competition to prepare us for the regular season."

The softball team is ready for another strong season and has put in so much effort and hard work during the offseason, ready to surpass the expectations they set last year.



ADELPHI
UNIVERSITY
Performing Arts Center

UPCOMING EVENTS / SPRING 2023

GUEST ARTISTS

SINGSTRONG
A CAPPELLA FESTIVAL
Friday, February 3–Sunday, February 5
Ticket prices vary, so visit
newyork.singstrong.org for
more information.

NEW MUSIC XVI:
YARN/WIRE
Friday, February 17 • 7:30 p.m.

IMANI WINDS
Friday, March 10 • 7:30 p.m.

THE STEPCREW
Saturday, March 11 • 7:30 p.m.

SARA DAVIS BUECHNER,
PIANO
Friday, April 14 • 7:30 p.m.

ISAAC MIZRAHI
Saturday, April 22 • 8:00 p.m.
Adelphi Students: \$10

JERRY HERMAN:
THE BROADWAY LEGACY
CONCERT
Saturday, May 13 • 8:00 p.m.

DANCE

SPRING DANCE ADELPHI
Wednesday, April 26, *through* Sunday,
April 30 • *Various times*

DANCE SHOWCASE
Friday, May 12 • 7:30 p.m. and
Saturday, May 13 • 2:00 p.m.



ISAAC MIZRAHI

MUSIC

ADELPHI'S
BEST OF BROADWAY
Sunday, March 26 • 4:00 p.m.

ADELPHI
SYMPHONY ORCHESTRA
Friday, April 21 • 7:30 p.m.

ADELPHI
OPERA THEATRE
Saturday, April 29 • 7:30 p.m.

ADELPHI
PERCUSSION ENSEMBLE
Wednesday, May 3 • 7:30 p.m.

ADELPHI
CHAMBER ENSEMBLE
Thursday, May 4 • 7:30 p.m.

ADELPHI
JAZZ ENSEMBLE
Friday, May 5 • 7:30 p.m.

ADELPHI
CHORALE and
ADELPHI
VOCAL ENSEMBLE
Sunday, May 7 • 4:00 p.m.

ADELPHI
CONCERT BAND
Tuesday, May 9 • 7:30 p.m.

ADELPHI
IMPROVISATION
ENSEMBLE and
ADELPHI
GUITAR ENSEMBLE
Wednesday, May 10 • 7:30 p.m.



THE STEPCREW

THEATRE

MELANCHOLY PLAY
by Sarah Ruhl
Tuesday, February 28, *through*
Sunday, March 5 • *Various times*

MEN ON BOATS
by Jaclyn Backhaus
Tuesday, April 11, *through*
Sunday, April 16 • *Various times*

VANITIES
by Jack Heifner
Tuesday, May 2, *through*
Sunday, May 7 • *Various times*

FREE STUDENT RUSH TICKETS

One hour before all performances, including guest artists, full-time Adelphi students are eligible to get a Rush ticket for free. Arrive prior to the performance with your Adelphi ID, get in the Rush line and receive one remaining unsold ticket. Subject to availability, not available for every performance. Cannot be reserved in advance. Rush tickets will stop being distributed 10 minutes before the start of the show, so get your tickets early.

Reserve Your Tickets Today!

ALL ADELPHI STUDENT TICKETS
ARE \$7 UNLESS OTHERWISE NOTED.

(Discounts available for students,
Adelphi alumni and employees)

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516.877.4000 | GARDEN CITY, NY

Should you require a disability-related accommodation to participate in a University-sponsored virtual event or program, please contact the Student Access Office by phone at 516.877.3806 or email at sao@adelphi.edu. When possible, please allow for a reasonable time frame prior to the event with requests for American Sign Language (ASL) interpreters, Closed Captioning (CC) or Communication Access Realtime Translation (CART) services; we suggest a minimum of five business days.

