

# The Delphian

July 20, 2020

The Voice of the Students

Orientation Issue

## UC Renovations Progress and Relocations for Fall 2020

BY JACLYN TRACY &  
MARIA GIOVANNA JUMPER

With the uncertainty of what campus life will look like this fall, one spot remains a busy hub of activity: the construction site of the University Center (UC), a project that was started in May 2019.

When the university transferred to online instruction, the UC construction continued by creating protocols for social distancing among the workers. The renovation was deemed essential. James Perrino, executive vice president of finance and administration, said, “Back in early March, Whiting Turner began scheduling tasks and projects throughout the building in a way that allowed social distancing of six feet between people to help stop the spread of the novel coronavirus and to protect the health of the workers.”

Whiting Turner was also working with the unions involved to reduce the amount of people on site at a time by offering workers split shifts over extended hours.

So, construction has been able to continue, leading Perrino to say that some services in the new UC building will open fall 2020 with the full building becoming operational in spring 2021. If you want to read details about everything that has been completed recently, as well as view photos and the live feed, visit [ucprogress.adelphi.edu](http://ucprogress.adelphi.edu) for more information.



Pictured are the planned design (bottom image) and the current progress for the same area of the new University Center. More pictures can be found on the Adelphi University Center Progress page.

As an incoming first-year student it is important to know where to find the services that are usually in the UC. The dining hall has been replaced by the tent on the lawn across from Swirbul Library. This is also supplemented by a number of food trucks in the same area.

Another essential service, the coffee shop, can be found in the Nexus building. Since the renovations began, the university has added another coffee stop in Nexus to alleviate the lines in Paws Cafe. Campus events have been spread across campus as a replacement for the UC ballroom. It is easy to find the new locations on flyers posted around campus.

The bookstore is now in the Center for Recreation and Sports. T-shirts and other school pride items can be found on the second floor, while book pickups have been moved to the Campbell lounges. The Student Counseling Center is now in the Nexus building, sharing an office with the Learning and Writing Center. There are two separate entrances to ensure anonymity.

Finally, the Center for Student Involvement, Interfaith Center and Student Government Association are all found in the lower level of Earle Hall—where you can also find *The Delphian* office space if you want to join our newspaper team.

While this might be a lot to remember now, it will quickly become second nature once you're on campus.

## Looking Towards the Semester While Still Dealing with COVID-19

BY MARIA GIOVANNA JUMPER

After the shutdown in March, the university has been working tirelessly to ensure that we are back on campus in the fall. While what this will look like is still unclear, here is what we know.

The plan has been titled “Restart, Recover and Reimagine Adelphi.” In short, the effort includes changes to move-in, spaces on campus, and the one on everyone’s mind, the updated fall calendar. One of the biggest changes will be the transition back to online classes after Thanksgiving. The university has planned to keep campus open until Thanksgiving break. During the break students will move out for the winter and then finish their classes online. Finals, which begin on December 15 and end on December 21, will also be held via online formats. This will be an adjustment, but the university and professors now have time to plan and gain experience using online formats.

“Our goal is to minimize situations that increase the risk of person-to-person transmission and protect the more vulnerable within our community while providing the atmosphere for an outstanding educational experience,” said Eugene Palma, chief administrative officer and associate vice president.

As you know, orientation was converted to a fully online format for the first time ever in order to ensure student safety. But the plan goes much further than this.

Dr. Sentwali Bakari, vice president of Student Affairs and dean of students, has said for first-year students, “Our ultimate goal is to foster students’ sense of engagement and belonging to the university. We want to affirm their presence and let them know how

significant they are to the Adelphi community.”

### “Restart, Recover and Reimagine Adelphi”

One of the first ways that the virus has changed the start of the fall semester is the extended move-in time. What usually was a few days’ endeavor has been converted to a week of spread out move-in times to decrease congestion on campus.

Additionally, upon arrival, resident students will be given medical kits that will include masks, hand sanitizer and other personal protective equipment (PPE). Adelphi is also working on putting social distancing markers around campus to limit contact between people.

Other new features to resident life will include 10 percent vacancies of on-campus rooms to leave space for

quarantine if necessary and a social contract for students to enforce student protocols.

Dr. Bakari continued, “We’ll need students’ cooperation in being safe and responsible and creating a culture around health safety.”

Campus events, counseling and other resources will also include both virtual and in-person variations. Included will be new virtual options for Jaggar Community Fellows and Panthers With a Purpose, two programs that offer students internship experience with local nonprofits.

Plans for classrooms and public spaces are still developing, but the university has been frequently updating students.

For more information and updates, be on the lookout for emails, especially those from Dr. Bakari or the President’s office. Additionally, you can always look on the Adelphi website under the “for you” tab for more information.



# A Word from the Editor

Welcome to Adelphi and this special first-year orientation issue of our student newspaper, *The Delphian*. I'm Maria Giovanna Jumper, the current Editor-in-Chief and News Editor. I'm also a rising senior who is a double major in economics and interdisciplinary studies with concentrations in political science and philosophy, and a minor in Italian. And I'm an Honors College student. As I look toward the start of my senior year, I recall my own orientation and first-year experience. I can't believe I'm starting my last year at Adelphi University. I can still remember my first day of the fall 2017 semester. I drove to campus, went to class and then went home. I followed this same routine for my first two weeks and realized I needed to be more involved on campus.

In high school I was highly involved in my school. I knew this was something I wanted to continue throughout my college career. The first club I joined was *The Delphian*, which has won Best College Newspaper and numerous other awards. I started as a staff writer for my first year. Some of the topics of my first articles still stand out to me, including covering the university's Constitution Day celebration and other major events. I was excited at the end of my first year to have earned the promotion to Features and Entertainment Editor. I served as the Features Editor for two years before becoming Editor-in-Chief.

As a part of *The Delphian*, I learned a lot about journalism, despite not being a journalism major. I also learned about professionalism and was able to conduct many fun interviews.

No matter what your interests are, I highly recommend getting involved on campus in any way you can. Doing so has helped me meet some of my best friends and feel at home on campus. It was the best thing I ever did. College is a time for growth and change. You'll have many new experiences and learn more about yourself each day. Your time starts now; make the most of it.

If you want to learn more about this award-winning college newspaper and how you can be involved, please contact me or any other staff member listed in our masthead to the right. We all started where you are now, so we can share helpful advice, as well as tell you more about how to get involved in *The Delphian* to gain valuable writing experiences, as well as meet great people to work with.

—Maria Giovanna Jumper  
Editor-in-Chief

# TheDelphian

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## Orientation Issue, Fall 2020

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## LETTERS TO THE EDITOR

Letters to the editor must be less than 400 words and include the author's name, as well as affiliation to the college. Letters may be edited for the purposes of space and clarity. Letters should be sent to [delphian@adelphi.edu](mailto:delphian@adelphi.edu)

## ORIGINAL ART

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*If you want to join the paper as a writer, photographer, designer, advertising manager or social media contributor, contact us at [delphian@adelphi.edu](mailto:delphian@adelphi.edu) to be added to the mailing list. Our first meeting will be in early September, either on campus or via Zoom.*

# Your Guide to the Best Student Discounts and Deals

BY BIANCA VIANA

We all know that attending college can be extremely expensive. However, being a student has a lot of perks due to the immense amounts of discounts and deals offered to us. In the Garden City area alone, there are many places near campus that offer discounts to Adelphi students. Additionally, there are websites and apps that are also aimed at helping college students save their money, sometimes offering special promotions.

A popular discount available to Panthers on the AU2GO app are tickets to the AMC movie theaters. The closest is in the Roosevelt Field Mall. Students can get movie tickets for \$9 at the Panthertainment booth in the PAC or purchase them directly on the AU2GO app. This is such a great deal for students considering movie tickets can sometimes cost almost \$20. In addition, students can easily hop on the Adelphi shuttle bus to catch a ride to the Roosevelt Field Mall theater.

A popular go-to spot for many Adelphi students is 7th Street, which is about a five-minute drive off campus. There are a lot of restaurants there where you can grab a bite to eat at such as Bistro, Garden City Pizza, Go Greek and Food for Thought, with all offering a 10 percent discount to students who show their Adelphi ID.



7th Street in Garden City is a great place to study, grab a bite and meet up with friends.

There are also many other local restaurants that offer discounts.

Further, many clothing stores and other places in the Adelphi area also offer discounts to students. Stores like Express and Banana Republic offer a 15 percent discount when you show your student ID in stores.

You can also get discounts from some big companies, including Apple, Microsoft and Amazon. Apple offers a 5 percent discount on most products for students. In addition, every summer they roll out their back-to-school sale, which usually gives you a discount on MacBooks. This year when you buy a MacBook you can get a free pair of AirPods.

Microsoft also has many student

deals for different products, some equaling over \$100. Amazon offers up to a 50 percent discount for Amazon Prime after a six-month free trial. This is personally one of my most favorite student discounts seeing as Amazon really comes in handy throughout the year whenever I need something, whether it be textbooks or essentials for my dorm room.

We all love our music, and Spotify as well as Apple Music both offer discounts. Students can get Spotify Premium for just \$4.99/month after one month free. Apple Music offers a similar deal with \$4.99/month and free Apple TV+. These are both great deals to take advantage of as a college student because the membership prices are basically cut in half.

Some phone carriers will also offer deals. These include T-Mobile, AT&T and Sprint. T-Mobile gives special pricing for certain devices and some phone plans as well. Students can get a campus exclusive discount, which would cost about \$50 a month for one line. You can also save up to \$100 on devices if you purchase them through T-Mobile. AT&T will waive activation and upgrade fees for students and will also offer discounts on devices. Sprint offers unlimited data for only an additional \$10 per month.

Some insurance companies like Allstate, Geico, Farmers and State Farm also offer discounts to college students. Allstate offers up to a 20 percent discount to single, full-time students who achieve good grades.

Geico offers a similar deal to full-time students who receive a B average or above. Most other insurance companies give discounts for varying levels of good grades. Most students have no knowledge of these deals so don't utilize them, so the best thing for you to do is call your insurance company and see what they can offer.

There are also some magazines and papers that offer discounts and deals. Two examples include "The New York Times" and "The Washington Post." For further information about these, you can check the Adelphi website. Adelphi students can

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## Will a Campus Job Work for You?

BY MARIA GIOVANNA JUMPER

Everyone knows the college student stereotype of living off Ramen noodles, looking for free gifts and being inevitably broke. At the same time, typically, we don't have time to earn money because of our busy schedules. In reality, there are many ways students can work, and the most convenient is to get a job on campus. Adelphi offers a multitude of great options to be employed for year-long, seasonal and short-term job opportunities. Many students take advantage of the fact that the hours are flexible to fit within your schedule and that there are varying opportunities to meet every interest.

Some examples of great student jobs include working at the Alice Brown Early Learning Center, Campus Recreation, the Admissions Office, being a peer mentor and working for campus security. These jobs don't just allow students to earn money, they are also great to put on a resume, giving you experiences that can be useful in future jobs. This

includes learning time-management skills, organization, and depending on the job, proficiencies that pertain to your specific major.

"I've been working at the Alice Brown Early Learning Center for over a year and I absolutely love it," said Chloe Gonzales, class of 2020. "As a nursing major, I've learned so much about how to communicate and care for children as young as 18 months to five years old. The directors Laura and Kathy really appreciate and care for all the student workers. I look forward to coming into work every day since I always learn something new."

Another major part of being a college student is learning valuable time-management and organizational skills and being able to balance multiple commitments.

"As an employee for Campus Rec, my job is to assist patrons at various stations around the facility, as well as to help keep the center clean," said Marissa Doody, class of 2020. "I like working here

because I have met a lot of new people, and the hours are not too much to balance with my academics and other obligations."

She added that her job in Campus Rec taught her valuable communication skills that will help her in her latter endeavors as an accountant.



**Being a student worker on campus has many advantages. Resident Assistants get free room and board for the school year.**

Because a campus job can boost your resume profile, it is important to find the right fit. For instance, like Gonzales said, as a nursing major the Early Learning Center allowed her to learn to care for children.

Personally, I worked in the

Admissions Office and this job taught me important communication skills that will help me in my future endeavors as a lawyer. I learned how to convey information in ways that make it interesting to all different people. I also learned how to take a personal approach to everyone's specific needs to make the best impact on others.

To find a job on campus, check with the Center for Career and Professional Development and through funded academic departments. You can also check Handshake and research all the campus jobs before committing to one. There are many to choose from and much to learn. You can also contact your advisor about the different opportunities for campus jobs. They can help you pick a job that will give you the best experiences to help you prepare for your future.

Note that once you're hired, you'll have to visit the Office of Human Resources in Levermore Hall to complete "new hire" paperwork—all of which leads to solving the money shortage problem in the first place: getting that first paycheck.

## Adjusting to Campus Life Online Isn't As Challenging As It Seems

BY BIANCA VIANA

This past semester was filled with changes that disrupted the lives of all students, faculty and administration. I think I can speak for all students when I say I am excited to be back on campus this upcoming semester, but I am still very unsure of what that will look like. As of this writing, we will be together in person, but the Covid-19 pandemic is unpredictable, so preparing for online learning will be necessary, especially if your class has been categorized as an online class.

The biggest disruption last semester was the switch from in-person classes to online classes. Many students and faculty were not used to learning or teaching fully online. It was a big adjustment from the traditional classroom setting, but by now most of us are at least familiar with it.

Even so, initially the switch to online learning was a leading cause of stress and anxiety for many students and teachers. Some students were especially worried about losing motivation to do work or accomplish the things they were hoping to last semester. In addition, many students and faculty were dealing with the pandemic firsthand at home. For others, being at home with family might have led to a difficult learning environment.

However, university staff was very quick to offer tips helping everyone to get through this new way of life—and these tips hold true going forward. An important tip that helped me and many other students was designating a specific work/study area in your home and sticking to a schedule or routine. Additionally, it was important to continue using on-campus resources that were now available virtually.

The Learning and Writing Center was effective in transferring all of their services online for students to continue

using. Last semester, Meagan DeMaria, an English major from the class of 2020 and Writing Center tutor, spoke about how they were adjusting to online tutoring. "Both centers are increasing operations and scheduling availability so that they can accommodate an influx of new users should that be the case."

Appointments were held using the



**Designate a specific work/study area in your home and stick to a schedule.**

WOnline interface. Small group appointments for the Learning Center were also held on goboard and other online resources.

The Learning and Writing Center also added some tutorials on online learning and improving time-management skills and additionally provided students with links to other helpful resources. The Writing Center also helped their writing assistants in moving their services online. Writing assistants are extremely helpful in that they work with specific classes to help the students with their assignments.

Throughout the semester, writing assistants provided online tutoring sessions. These ranged from providing Google doc comments to having online video chats. This is another great resource that students will be able to utilize throughout this transitional period.

The Department of Health, Outreach & Promotion sponsored many wellness

events via online platforms this past semester. These events ranged from "Online Guided Meditation," to a "Workshop: Coping During Crisis," to "Chat & Chew Lunchtime Hangout." There were many other events held virtually, including a campus favorite, Relay for Life. Checking eCampus regularly will guarantee that you don't miss out on different online events.

Erin Furey, the department's outreach, training and mental health promotions coordinator, offered more specific advice to students. First and foremost, be patient with yourself.

"Nobody has experienced anything like this, and this transition to online learning is very abrupt," Furey said. "Everyone is experiencing these adjustments, so try being patient with yourself as you adapt to all of these changes."

Additionally, she recommended creating a routine for yourself and practicing personal hygiene.

"Anxiety rises when we don't know what is happening or what is planned," Furey said. "By creating a routine and planning your day, you will be able to reduce some of that stress and anxiety. It is important to still get up and take a shower and get dressed how you would for school."

Students who joined the "Coping with Crisis" webinar were given access to an electronic scheduling template to help them create a routine. While doing so, it's important to limit your social media usage.

Furey said, "Reducing anxious scrolling online [is important]. Some stuff online is really negative and dark. Social media has no natural end point, the propensity to keep scrolling until you can't scroll anymore [is great]."

With this being true there are productive ways to use social media. Try

going on for 30 minutes at a time just to direct message some friends, make a post or look up stress-relieving tips. Additionally, keeping in contact with friends should be a part of your daily routine for your mental and emotional health.

Furey added, "Texting is cool and great, but video chatting allows you to see someone's face and this is extremely important to feeling you are being social."

Finally, Furey recommended creating boundaries. Whether this be with family, friends, schoolwork, etc. Often, it is rather easy to feel tension with your parents when there are many adults in the same house. It is recommended that you set boundaries for when you need some time alone at home. Something I often did was go on socially distant walks between classes. This was a great way for me to de-stress, have some alone time, exercise and get out of the house.

It is especially important to create boundaries with schoolwork. Furey stated, "I don't want students to feel like they are locked to their computer."

Set a number of hours you are going to do work and then take a break. It is definitely not healthy to sit in front of your computer screen all day long doing work while not leaving your house. In addition to all of this it is important to make sure that you continue eating, sleeping and keeping to your normal self-care or workout routines.

With all of these changes, remember that while being home you are helping to reduce the transmission of this disease. I am eager to see what this next semester will hold for us, but I know that things will be very different. We have to remember that we are all new to this and that this will indeed be an adjustment for us all.



## Your Guide to the Best Student Discounts and Deals

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subscribe to the “Wall Street Journal” for free. Just sign up through eCampus. There is also a discount for “The Economist.” These websites are extremely important to have access to throughout the year as they are often particularly good sources to utilize when writing papers or doing other assignments—and helping you to keep up with the news. Knowing about these discounts will save you a lot of time and money on reading materials for class.

There is also an assortment of entertainment options with discounts easily available to students. Some examples include Yankees and Mets tickets, Broadway shows and shows at Lincoln Center. At Adelphi, students can learn more about these options at the Panthertainment booth in the University Center. Of course, these aren't options at the moment due to the pandemic, but it's good to know for when we get back to normal.

In addition to this it is in your best interest to check out the University Tickets section on the AU2GO app, as there are new discounted options readily available to students. Some events I have purchased tickets for on the AU2GO app have been Broadway shows and ice skating at Rockefeller Center in New York City.

For most trips into the city Adelphi usually provides transportation via the Long Island Rail Road (LIRR) or a bus, and often a MetroCard with two fares on it. These tickets are usually only about \$10 and include the admission to the event as well as the LIRR ticket and MetroCard. These are such great deals to take advantage of because you are saving so much money. An LIRR ticket from the Nassau Blvd. station to Penn Station can normally cost around \$20 and a MetroCard costs about \$6 for two fares. Admission to some city attractions can often be expensive. So these student savings can make a difference.

A lot of companies do offer discounts to students, but many do not always advertise it. Many online retailers will offer student discounts; you usually just need to confirm your Adelphi email. Always make sure to ask if the place you are at offers any type of student discount.

A great app many students use, including me, is UNiDAYS. There are always different online or in-store offers available right through your phone for so many different places. You should be aware of the many benefits that often come along with being a student.

For more discounts, including local services like hair salons, gas stations and dry cleaners, visit <https://special-events.adelphi.edu/discounts/>. Keep checking, as saving money is practical, as well as fun.

## Mylo's First-Year Experience

BY MYLO FISHERMAN

Before I even stepped foot on campus as a student, I wanted my first year here to be my fresh start full of new people, experiences, and opportunities that I never had before. At the end of my senior year of high school, I had the time to reflect on my time there and realized I had a lot of regret on opportunities that I had and didn't take advantage of at the time. I wanted college to be my redemption, my chance to go all or nothing.

Coming from a small high school where I was with the same people from kindergarten up, I feared that I wouldn't be able to make friends even though that is far from the truth. The friends I made here are friendships that I know will last a lifetime, and we haven't even known each other for a year yet. Most of the friends I made came out of the LGBTQA+ First Year Experience program. This program allowed first year students who were LGBTQA+ identified the ability to interact with fellow first year students who are like them. Over the course of weeks, we bonded over similar struggles and triumphs as well as learning from one another.

One of the things I love about Adelphi is the massive amount of clubs they have for you to get involved in. The two clubs that I personally am involved with are *The Delphian* as well as the Gender and Sexuality Alliance (GSA).



The author, Mylo Fisherman, poses on campus as a first-year in 2019-'20.

I remember going to my first *Delphian* meeting. I didn't plan on going until my friend said she has to leave me to go to the club meeting so I decided to join her. I love writing for the school newspaper, it is a creative outlet that allows you to have your voice heard by your fellow students. Before I even enrolled in classes, I knew I wanted to join the GSA. The GSA is a place for queer students and their straight cis allies to have an hour to relax and just be themselves in a judgment free environment. Over the course of two semesters, I became the club's Public Relations Chair.

The switch from high school to Adelphi was amazing. I feel like I learn a

lot better in Adelphi's teaching environment than I ever did in my high school. I feel as though everything is a lot more individualized. I love getting to know my professors, it's humanizing in a sense. I remember sitting down for my first class here and fearing my professor. But over time I got to know him and he was really nice and had a great sense of humor. Your professors are people just like you and in most cases, they want to get to learn about you, learn from you, and see you succeed.

I love how accessible and easy it is to find a tutor you want for any subject. I was a smart kid in high school, but I never studied a day in my life until I started college. Going to the tutoring center on a fairly regular basis allowed me to keep my grades up as well as not worry too much when I didn't understand a little bit of the material I was learning in class. All the tutors that I had were really nice and wanted to make sure you understood the subject material before you left and if I ever didn't finish what we were working on they let me know when and where I could find them again to get the help I needed to do my best.

Make the most of your first year at Adelphi. It may look different because of the pandemic, but nonetheless it doesn't change the fact that it is your first year of college. It is a time to remember, a time to make memories, and a time to kill it in school and get good grades.

## Advice for Incoming Panthers from the Class of 2023

BY MYLO FISHERMAN

Welcome to Adelphi class of 2024! You incoming first-year students face a ton of big life changes when it comes to starting college, especially during a global pandemic. This time may be full of different emotions and stresses so here is some advice from a sophomore to start your first year of college on the right foot.

### Go to Class

College is not like high school. There is no bell schedule telling you that it's time to go to your next class. You have to be accountable and remember to go to class on your own, whether we are in person or in a Zoom room. A system I found very useful for remembering my class schedule was Google Calendar. You can set reminders for yourself as well as get a visual overview as to when you are busy and when you are free.

### Keep Track of Dates

Your syllabus is your best friend. It tells you when all tests and quizzes occur and when all assignments and projects are due. When your professors give you your syllabus on the first day of class, do not lose it. Put the syllabus somewhere safe as all the dates on that paper are very important. Professors rarely accept assignments that are handed in late, so make sure you know when all your assignments are due and get them done on time.

### Avoid Procrastination

Procrastination is a bad habit that many students have, but just know that college level assignments are not something that you can throw together in a few hours before they're due and think you are going to get a good grade. I know that retaining motivation to do work, especially when we go to remote learning, is hard. But it is crucial for your education to actively avoid putting off work. One thing I did that worked was I tried to always stay at least a week ahead of work so that way if anything happened or if I wanted to have a day off with friends I could do so without worrying.

### Get Involved

I know this is something that everyone says, but getting involved on campus when you are a first-year student is a great way to make connections to fellow classmates as well as faculty. You never know where some of these connections may lead you in your life and your career, so be sure to take full advantage of the opportunities that are presented to you.

### Get to Know Your Professors

Professors sometimes may come off as intimidating at first but in the end, they always want you, as their student, to succeed. Take the time to go to your professors' office hours and talk, whether you need help on an assignment or just want someone to talk to. Your professors are always there for you. In addition to

the support they can provide, becoming close to a professor can allow you to have someone to collaborate with on research or give you a reference to a job.

### Get to Know Your Classmates

Try and make at least a friend or two in each of your courses. This will not only provide you with a study buddy, but also someone who can relay the work and notes you missed in case you were sick. Additionally, you pick up a new friend on campus along the way, which is always a good thing.

### Know Your Resources

You are now a part of the Adelphi community where there is someone who is always willing and ready to help you. If you have a problem with one of your courses, either notify your professor, advisor or someone in the Registrar Office before September 28, which is the last day to drop a course for this semester.

If you are dorming at Adelphi, you can always talk to a Resident Assistant or Residential Hall Director about anything.

If you are commuting to Adelphi, you can always talk to a Commuter Assistant.

All Adelphi students are welcome to go to tutoring for free for any assignment and subject that you need help with.

Additionally, any student is allowed access to the Student Counseling Center, which is free and confidential. Know that on and off campus you are never alone.



# A Robust, Award-Winning Athletic Program Fosters AU Pride

BY MAXMILLIAN ROBINSON

Welcome to one of Long Island's most prestigious campuses, Adelphi University, which was named the “best collegiate sports program on Long Island” for 2019. Knowing that this is a huge honor, it allows our school body to grow more each year. On top of that, sports are what really bring this school together.

Currently, Adelphi has 21 sports teams: 9 men's and 12 women's. These include basketball, baseball (softball for women), tennis, cross country, track & field, golf, lacrosse, soccer and swimming. In addition, there are women's bowling, field hockey and volleyball teams. For those interested in participating, tryouts are usually held in the late summer or September for sports like soccer, and October for basketball, swimming and track. Athletes in our Division 2 program should be prepared for a major time commitment. We also have club teams, which are similar because you travel to play games, but is less of a time commitment. Plus, there are intramural teams here if you like to simply play for fun.

The awesome thing about club sports at our school is that if you're not satisfied with the club or intramural teams, or our school has not offered a sport of your choosing, you can create your own. All you will need is a petition with enough signatures to create your own team, and then you will deliver that paper to Adelphi's Center for Student Involvement (CSI). From there, you will elect a team captain, and they will be the spokesperson for your team in determining what games you will play. The same rules apply for intramural sports, but you don't travel and the play schedule is more flexible for you individually.

Further, we have events that foster school spirit. Every fall semester we hold an event called Midnight Madness, where we introduce the men's and



Adelphi's women's bowling team looks promising after signing recruit Kristen Derr.



Adelphi's field hockey team celebrates with All-American player Julianne Gerbino.

women's basketball teams. The turnout is usually massive, despite the school being a predominantly commuter campus. During this event, there are many festive activities, along with raffle prizes and a chance to have a free T-shirt fall in your lap. We show great pride here at Adelphi and are looking forward to seeing your smiling faces at our next events. Of course, we have to see what happens with social distancing this fall, which might

impact this and other events.

As you can see, AU prides itself athletically and remains unified through our various activities. Every year a new group of students arrive with more expectations. Hopefully, this year can bring an unforgettable experience.

For more information, visit [aupanthers.com](http://aupanthers.com) to see what we offer athletically as a university.

# Whether Virtual or In Person, the CRS Is Prepared for Fall Workouts

BY MAXMILLIAN ROBINSON

Throughout the year 2020, our society has had to deal with an unprecedented enemy, Covid-19. Therefore, we have lived cautiously: within our homes, around our relatives and also while being outside.

The biggest question for many pertains to: When will everything open back up to normal? As for fitness enthusiasts (like myself), there has been a need to get back into the swing of things and visit one of my favorite places on campus, the Center for Recreation and Sports (CRS). Fortunately, the CRS plans to be open for all members of the Panther community this fall. However, this time with more guidelines.

“We are currently still waiting for state guidance and guidance from the university on what is required for our area, but there will be safety measures in place,” said Shaun Rutherford, CRS assistant director.

While I may be eager to hit the indoor bench press, others may feel cautious towards entering into the building surrounded by other people, therefore increasing the risk of an infection. On the other hand, CRS staff members have created a method for those interested in working out, but not too comfortable being indoors, with virtual classes. Since April, the CRS has been offering numerous classes via Zoom, which are recorded and published to the Adelphi Campus Recreation YouTube page.

“We are looking to adopt a hybrid system in terms of our virtual group fitness classes,” Rutherford said. “We will try to have in-person classes to the best of our ability, with keeping our patrons and staff safe, but some classes will also need to be online as well. Communication on what our fall schedule will look like will be made available later this summer.”

Of course, it may seem a bit too early to tell how operations will run this year, mainly because of new data about the virus being released daily, along with new research and studies. But the plan will be completed before the campus opens its doors in late August.

“There will be additional safety measures for the CRS and Woodruff Hall, but we are still waiting on state guidance and guidance from the University on what will be required for our area,” said Rutherford.

Until then, we will all have to play the waiting game and see what's in store for the new and improved CRS. But get ready to work out wherever that will take place.



Adelphi members gathered last year at one of our school's prominent spirit events, Midnight Madness. All photos from AU Athletics