

The Delphian

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The Voice of the Students

Volume 76, Issue 2

Even as the University Increases Awareness of Diversity and Inclusion, Some Students Use Social Media to Share Incidents of Discrimination

BY MARIA GIOVANNA JUMPER

As our country faces continuing Black Lives Matter protests in response to police brutality, we are reminded of the everyday discrimination that students at Adelphi can experience. Recently students have been using social media and other platforms to share their stories of discrimination by some professors and other students, and their messages contain both pain and frustration.

In September, the university became aware of these comments and stories shared on social media, as well as those shared in forums hosted by the Office of Diversity, Equity and Inclusion, according to Sentwali Bakari, vice president of Student Affairs and dean of students.

He said that under President Christine Riordan's leadership, which began in 2015, Adelphi has made anti-racism a major priority and has moved to do even more in light of everything going on, including student concerns, but also the incidents around the country, the Black Lives Matter movement, and "a deeply held value of working for diversity, equity and inclusion."

On Sept. 16, President Riordan sent out an email and shared a video on social media about the university's steps moving forward to combat racism on campus. In her email, she stated: "I want you to know that I am committed to changing the systems that perpetuate racism, sexism, discrimination, bias and inequity in our culture, as

well as in our policies and procedures. With your support, we can make this happen and hopefully become a model for others to do the same."

Included in her email was an "intentional anti-racism agenda," "the 2020-2021 priorities for Adelphi's broader diversity, equity, and inclusion goals with actions, metrics and timelines," and information to contact "diversity, equity and inclusion-focused task forces, councils or committees."

Yet many students feel it is too little too late. Students have shared examples of Resident Assistant programs about diversity and inclusion that displayed pictures of Curious George on their flyers, or students getting away with using the n-word when speaking to or about Black students on campus.

Ja'Various Rogers, a member of the class of 2021, has taken to social media to share his experiences of discrimination on campus.

"Once I was asked by a professor, 'Did your mom know when she named you this that you would be less likely to get good jobs?'" he said.

During his junior year at Adelphi, Rogers completed an internship in Washington, DC. Before leaving he said he was told by a professor, "to lose my 'blackcent (Louisiana accent) before I go because I enunciated words differently than the people in New York."

Additionally, Rogers said he doesn't



Pictured is a flyer used to promote a Residence Hall program about diversity and inclusion earlier this year. Students say the use of Curious George is an example of institutionalized racism. Photo from @javariouso on Instagram.

feel the university does enough to support social movements. "They send out campus-wide emails explaining that they support them... but that's it. What good does just an email do?" he said.

Other students have also shared their stories through more anonymous platforms. A new Instagram page has been started called *Black while attending AU* (blackatau). The Instagram page has made a total of 12 posts so far, but has gained 341

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An Off-Campus Party Leaves Several Students Dealing with Covid Despite University Warnings

BY MARIA GIOVANNA JUMPER

Only three weeks into the semester, despite precautions, the university was already dealing with five positive cases of Covid-19 due to an off-campus party. On Wednesday, Sept. 16, Sentwali Bakari, vice president of Student Affairs and dean of students, sent an email detailing the issue. Over 20 Adelphi students had attended an off-campus event, which had no affiliation with Adelphi University. Since then five students tested positive and another 16 had been quarantined.

The university has opened up an investigation. The event was in contradiction to the New York state health guidelines, the university's social distancing protocols and the Pledge to Protect.

Bakari stated in this email, "While this incident has been brought under control, it should serve as a warning to all who think they do not need to adhere to the rules or who believe that this virus cannot reach them. It can, and it will, if we do not respect the guidelines created to allow us to return to campus this fall."

Bakari added that according to campus contact tracing, no other students were put at risk because of this event. Any individuals deemed to have been in close contact with those who tested positive were told immediately and the correct precautions taken.

Between testing requirements and self-reporting these positive cases surfaced within days of the event. However, since campuses have re-opened, nearly 300 universities have had to move back to online learning across the country. Will Adelphi be next?

In an interview with *The Delphian*, Bakari said, "With great confidence I say that none of us want this to happen to Adelphi."

Yet, if students continue to act recklessly and attend off-campus events this ideal will surely not be realized.

"It took months of intense work to get where we are, and it will take the cooperation of each of us to keep our campus community safe," Bakari said. "Quite simply, it is not fair that the careless and selfish actions of a few have the ability to undo what we have all worked so hard to achieve."

Samantha Napoli, class of 2021, said, "I originally felt safe with the precautions being implemented, but after a major scare with one of my roommates who we thought was exposed (thank goodness she turned out to not be exposed) I no longer feel safe living on campus."

Napoli continued, "I realize how quick safety can change and I truly hope

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New Delphian Website Coming Soon

Home Letter from the Editor All Articles News Features and Entertainment Editorials Sports Defiler Orientation Issue

The Delphian

The Voice of the Students, Adelphi University



The Delphian will be soon releasing our new website. We are excited to be able update the Adelphi community more frequently. Our

website is long in the making and will provide our community with both articles in our normal issues and other news as it happens. The staff is excited for this greater challenge and we hope

that everyone checks it out. Stay tuned on our Instagram for our website launch date. You'll be able to find us at thedelphianau.com

A Word from the Editor

Ruth Bader Ginsburg once said, “My mother told me to be a lady. And for her, that meant to be your own person, be independent.” Justice Ginsburg lived her mom’s advice. She was a role model and inspiration to many, especially to women.

Justice Ginsburg was the second woman to serve on the Supreme Court, also referred to as SCOTUS. There have only been four women in the 231 years of the court. She provided groundbreaking arguments against laws that allowed for sex-based discrimination, and was a pioneer of racial equality and equity, and LGBTQ+ rights.

To me, Ruth Bader Ginsburg has inspired my interest in law and justice. She has shown what it means to be a mother, wife, trailblazer and beacon for hope. She served the court and the country well for 27 years and will be missed greatly by all. Her legacy will be left on the court forever.

As we move toward the 2020 presidential election, the nomination of the Supreme Court candidate Amy Coney Barrett is on everyone’s mind. Vice President Joseph Biden and the Democratic Party have not released who their choice would have been, but President Donald Trump nominated Barrett on September 26, merely eight days after the passing of Justice Ginsburg. The Supreme Court is arguably the most monumental and powerful branch of our government. The legacies, and more importantly, the precedent brought by SCOTUS can lead the country into a new era. Whether you agree with Barrett as the SCOTUS nominee or you don’t, understand how monumental every nominee is. A new person, a new vote, a new era.

Every decision made in the next few weeks and months will determine how we move forward from 2020. It is the duty of all to let their voice be heard, whether that be through social media, as we see in the discrimination piece in our News section this issue, or most of the articles in the Editorials section. Your voice is your way of letting yourself be heard.

As Ruth Bader Ginsburg once said, “Speak your mind even if your voice shakes.”

--Maria Giovanna Jumper
Editor-in-Chief



The Delphian

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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

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Students Express Pain and Frustration About Their Experiences of Discrimination on Campus

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followers, consisting of current and alumni students.

The Instagram bio states, “Here to discuss the institutional racism at Adelphi University. Black Student Run, Black Student Managed.” They have posted information on reporting Adelphi to the FBI for hate crimes on campus, accusing the university of not complying with Title IX, and have posted anonymous student stories. Students are hoping that these new initiatives will help create an equitable university community. Their messages indicate they don’t feel as if their voices are being heard. They didn’t respond to this reporter’s attempt to interview them.

In response to their postings, during an interview with *The Delphian*, Bakari said, “The University has always listened to our students and investigated allegations of discrimination that are brought to our attention. No member of the Adelphi community should be subjected to racial bias or any form of discrimination. The experiences being shared are being heard loud and clear and actions are being taken to address them both internally and externally.”

He added, “While social media is one avenue for sharing experiences, we strongly encourage our students and other members of the community to make a formal report or complaint through Title IX, Public Safety or my office, Student Life, so that we can

address, follow-up, support and investigate in a more constructive manner.”

Responding to students who had said their experiences were either not handled correctly or not reported, James Perrino, the executive vice president of finance and administration, sent out an email on Sept. 30. The email read in part: “The University is engaging an external firm to conduct an operational audit of how we address complaints from Adelphi community members. This thorough, unbiased review will offer a critical analysis of how all formal reports are handled through various offices on campus, including (but not limited to) Title IX, the Office of Student Conduct and Community Standards, and the Department of Public Safety and Transportation.”

There will be special consideration for Title IX cases. According to the email the audit is meant to evaluate how complaints are received, investigated, coordinated with other offices, evaluated and resolved. The email also provides the offices for appropriate channels for reporting instances of discrimination.

On this, Bakari said, “Our intention is to ensure that we are following best practices and have in place a process that is thorough, including a feedback loop that communicates with the complainant regarding the acknowledgement, status and resolution of their complaint.

“Another thing I’d say is that some of

the anger and confusion is related to not knowing the results of all formal complaints and the resulting process,” Bakari continued. “While the processes for evaluating complaints made via Public Safety, Title IX Office or Student Conduct are transparent, the investigations, reviews and results remain confidential, for the privacy we all expect either as a victim or alleged perpetrator and also in compliance with federal laws.”

Bakari added, “We remind the Adelphi community that our conduct process is intended to be transformational, seeking to educate and develop students along their maturation process while repairing any harm with an array of interventions and sanctions including dismissal.”

As *The Delphian* reported in the Sept. 14 issue, the new Equitable Adelphi Action Team, which includes student members, can help mitigate the concerns expressed by the students sharing their experiences on social media. It’s a student-centered council that will provide the University with recommended action steps and suggested strategies for how our community can address and combat racism and other forms of oppression, implicit biases and microaggressions. If you are interested in joining, email multicultural@adelphi.edu.

An Off-Campus Party Leads to Covid Cases

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I’m not putting my family at risk by being here. I contemplated leaving campus to take classes at home but decided against it since cases are low. Although I feel that Adelphi is doing what it can, we are not truly safe. The Covid tests don’t check for antibodies and only determine whether or not you have Covid at the time of the test. The daily Covid questionnaire proves nothing, as one can easily lie, and there is no knowing who enters the residence hall during the day when no attendants are on duty. It is a constant stress in the back of my mind as to whether I’m safe or not.”

Bakari acknowledged, “It can be challenging to regulate students’ behavior and activity when they are not on campus.”

The university plans to continue to educate students on the consequences of their actions. They will also continue to send out Rave Alerts, e-mails, signage and other communication about how to stay safe and protect our campus community.

“The surveillance team has determined that more frequent testing will be conducted of at-risk groups,” said Nicole Guadino, the director of Health Services.

According to Guadino, the staff is adamant that student safety can be ensured and quality assurance is attributed to the thermal scanners in residence halls, manda-

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An Off-Campus Party Leads to Covid Cases

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tory masks, an increase in hand sanitizer stations, reduced capacity of classrooms, installation of plexiglass barriers, safety ambassadors, Covid-19 symptom tracker app, on-campus flu vaccines, as well as a confidential reporting process to those not following campus/public health guidelines.

The administration also has continued to remind students that their actions on and off campus are subject to the code of conduct and they can face consequences for ignoring safety protocols off campus. Even so, some students are wary.

"I work at the Center for Recreation and Sports, but I will not be returning when it reopens this semester," said Gabbi Cisneros, class of 2021. "Although I trust the pro-staff to take proper precautions to keep us employees safe, there is still too much of a risk." [See the story about the re-opening of the Center for Recreation and Sport on page 8.]

Cisneros continued, "What if someone goes to an off-campus party and then comes to the gym the next day? As a diabetic with a compromised immune system, it's completely not worth it. Overcoming Covid-19 is truly a group effort, and incidents like this [the off-campus party] are just a rude reminder that we won't be safe until everyone complies."

How Adelphi Reinvented the Gap Year Experience

BY KATIE FARKAS

A gap year normally provides a student with an opportunity to learn unconventionally. They use this to get away from a traditional classroom setting and learn useful skills that can be carried to college and beyond. However, there is very little guidance for the student when thinking about taking a gap year and the lack of structure is unsettling. Adelphi has taken the idea of a gap year and made it into an opportunity for students, the Gap Year Experience.

With the unpredictability of the Covid-19 pandemic, gap year activities are now limited, so starting this semester, Adelphi created this remote program to help students learn problem-solving skills through a project-centered style of teaching.

According to Graziela Fusaro, director of the Center for Innovation, there are different audiences for this 11-week program.

"So we have, for example, high school students who just finished high school and are joining the program," she said. "Some of the reasons that they are joining are because they don't want to start their college life fully online. And some of the traditional gap year stuff like traveling or getting to know another culture, they can't do this now. So this program is an opportunity for them to take a gap year, but also to do something meaningful that is going to help them to choose their future."

Students who choose to participate in the program will be put into teams of four

to eight and will work toward developing a consulting project for a company. The project could range in topics like strategy, marketing, social work, health, as well as other areas of interest.

"Adelphi's gap year program is an opportunity for participating students to take a gap year, but also to do something meaningful that is going to help to choose their future career and goals and so far I think our return has been excellent," said Fusaro. "It is an opportunity for students to apply what they are learning in the classroom into a real-life project... and we have a one-on-one mentorship program to review their resumes and LinkedIn together besides the time that they are working on their projects."

Students choose whether they want to complete the program for three credit hours at a cost of \$3,630 per term for an undergraduate and \$4,035 for a graduate student, or the certificate experience, which costs \$3,200 per term for both undergraduate and graduate students.

The companies that partner with Adelphi could be domestic or international, nonprofits, start-ups and Fortune 500 companies. Students will be able to choose what they want to do based on their interests. They will be able to participate in activities like guest speaker series, lectures, team exercises, as well as company meetings.

Some of the goals of the Gap Year Experience are for students to learn how to solve a problem by using the other members of their team and being able to break the problem into smaller parts to accom-

plish it. They will use team building and learning how to work with other students remotely and from various backgrounds to accomplish a goal and create solutions to a problem. They will also gain digital professional experience and learn how to work remotely. Lastly, the students will have the opportunity to try multiple projects in different subject areas to determine which they might want to further pursue as a career.

Students who have participated in the program this fall, which ends Nov. 20, said they have enjoyed their experience so far.

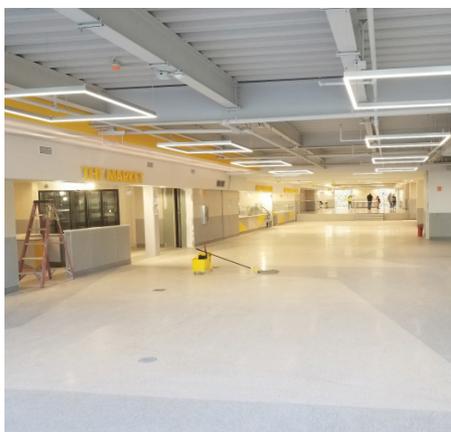
Chloe-Gabrielle Louis, a recent high school graduate in the program, said, "The most valuable experience was working with my team members. Working with them has helped me improve my communication skills by making me realize that if I have something to say, whether it be a question or a suggestion, I shouldn't be afraid to express my thoughts to them."

Thuy Linh Tran, a current Adelphi MBA graduate student, said, "Participating in the gap year program with IBM was one of the most wonderful chances that I have in my studying time in the United States. I will recommend other students participate in this program because of the amazing experiences this program brings to us."

Although the Covid-19 pandemic has created many challenges, Adelphi's Gap Year Experience allows students to make the most of the time they spend at home. Although the program for the fall semester is already underway, they are still accepting applications for the coming spring semester. To learn more or apply, visit adelphi.edu/gap-year.

A New Academic Year and an Almost Complete UC

BY MARIA GIOVANNA JUMPER



This photo features the new lobby of the University Center. Provided by the UC progress page on the Adelphi website.

Although the official opening of the University Center (UC) has been pushed back to spring 2021 due to Covid-19-related delays, some facilities will open this semester, including the new Starbucks, bookstore, improved lobby area and ballroom.

As of the August update, finishing touches were being done on the second and third floors of the building. These meeting spaces should be finished soon with the main work left being on the first floor and outside. On the second floor, the Thomas Dixon Lovely Ballroom is being

fitted with a new acoustical ceiling made from sustainable material, and the flooring is ready for installation. The lower level of the building is also in its final stage. The UC's dining area will be in this section and is nearing completion.

"The dining area's serving stations are finished, as well as its décor featuring Adelphi's signature gold," according to the August 31 UC progress update.

The staircase leading to the first floor is also almost completed. The handrails and stair landing were installed the first week of September.

The outdoor and first floor spaces are where much of the work lies moving forward. The new, full-service Starbucks is complete and the art gallery and Follett bookstore are still being worked on. For the bookstore, the storefront glass of the bookstore was also recently installed.

The amphitheater is beginning to take shape, even after the recent gas leak that was immediately taken care of. The electrical and plumbing work are finished; the next step is installing the pavers.

Although the different areas are nearing completion, the Panthers' Den will continue to be the main dining hall on campus.

Wendy Goldstein, executive communication specialist for the UC project, said, "Certain areas will be opened during the fall semester, with dining services in the

UC opening next semester. The construction team is putting finishing touches on the area that will be able to open, and the move-in of furniture will start soon."

As the finishing touches are nearing completion a date for partial opening should be out soon. As of Sept. 22, Goldstein said, "We were notified by the Village of Garden City that a Temporary Certificate of Occupancy (TCO) was approved for the Ruth S. Harley University Center. This monumental step signified that the majority of the work is complete and that the building meets or exceeds all Building Department, Health Department and Fire Marshall Codes and all Life Safety and ADA requirements have been met."

Only specific staff members may enter the building under the TCO. This allows for furniture delivery and final set up to take place. Once all of that is done and a full Certificate of Occupancy (CO) is issued then students, guests or visitors will be able to enter the building.

Furniture deliveries began being accepted on Sept. 28. Unfortunately, not all the furniture can be installed at this time due to Covid-19 safety precautions.

Goldstein said, "The furniture was planned and ordered before the Covid-19 pandemic started. The rest of the furniture [those that haven't been delivered yet] will be held in storage until such time as

we can safely install it."

Additionally, during the week of Sept. 28, the fencing and scrims around the building started being removed. This allows for workers to complete landscaping tasks, although barriers remain near walkway areas and detours also still remain as the building is not yet open.

There will not be a large re-opening event held in person, but there will be a virtual event that will be live-streamed on Facebook. A date is still being determined.

According to Goldstein, the fall opening of the UC will include a new "reimagined" lobby area, a new and improved Adelphi bookstore and spirit shop, multiple sun-lit student lounges, a new Center for Student Involvement (CSI) suite, gender-neutral single-person restrooms and traditional men's and women's restrooms with changing tables in each, a private lactation room, "a stunning recreation" of the Ballroom, a "spacious, well-lit" Interfaith Center, and an outdoor amphitheater. The modern dining area that will be the entirety of the newly expanded lower level will open in spring 2021.

You can check out the UC Progress page on the Adelphi website to learn more about the project and its progress. Additionally, there is a photo gallery with pictures of all of the progress.

An Unusual Semester Impacts Adelphi's Recent Nursing Graduates

BY BIANCA VIANA

The spring semester was one that heavily impacted the lives of many nursing students, especially seniors, as the university closed down campus and became completely remote in response to the Covid-19 pandemic. For the 34 percent of Adelphi students who are nursing majors in the School of Nursing and Public Health (CNPH), making the switch to remote learning was a disruption, given that many were in their final semester of clinicals—a series of supervised interactions with patients in local healthcare facilities—right before graduation.

Adelphi's nursing program was not designed to be remote, particularly since starting junior year, nursing students are taking clinical courses in hospitals. Clinicals are a vital part of every nursing student's career because they provide important insight and practice that may help to improve patient care in the future.

To find out how the situation impacted our students, *The Delphian* spoke with two recent graduates of the program, Emily Mienko '20, BSN, RN, and Kelly Messmer '20, BSN, RN.

"I really feel like Adelphi tried their best given the circumstances," Mienko said. "I was lucky because I was actu-

ally able to finish my Med Surg 2 clinical given that I was in a Sunday group."

However, she said she was not able to complete her Capstone, a thesis regarding research on a variety of topics related to the nursing field, and instead had to write a paper in its place.

Messmer said that Adelphi tried the best that they could to help senior nursing students, but she was disappointed when it came to preparation for the NCLEX (the National Council Licensure Examination), a nationwide examination for the licensing of nurses in the United States. Nursing students spend four years preparing for it and usually take the NCLEX approximately 45 days after receiving their bachelor of science in nursing.

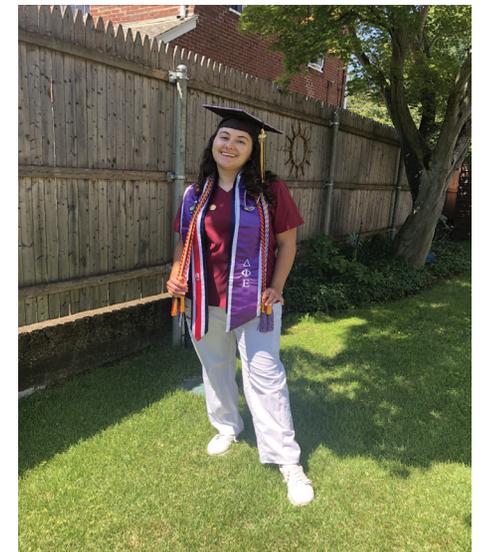
"I feel that I was very lost while preparing for the NCLEX," Messmer said. "I feel even more lost trying to get a job now that I no longer have my original job offer [from clinicals anymore due to Covid-19]."

Not only do the NCLEX scores help graduates to get a job, clinicals also help them to receive job offers that tend to be dependent on passing their NCLEX. Due to Covid-19, test dates became very limited as did finding testing sites in New York.

"When I first got my authorization [to take the NCLEX] originally there was no availability in New York state until late



Kelly Messmer '20 BSN, RN, graduated from the Adelphi School of Nursing and Public Health this past spring. She is pursuing a nursing position in pediatrics.



Emily Mienko '20 BSN, RN, also graduated from the Adelphi School of Nursing and Public Health this past spring. She is hoping to become a labor and delivery nurse.

September and early October," Mienko said. "I decided to take my NCLEX out of state in Pennsylvania in August. However, then New York added more dates, so I was able to take it mid-July on Long Island."

Mienko said that test accommodations were made as a result of the pandemic. The total test time was shortened from six to four hours and the number of questions was reduced to 60 to 130 from

75 to 265.

"They also required everyone to wear a mask and test takers were spread out every other seat," she said, adding that she passed the test.

Messmer had a similar problem getting a free test date, initially learning that she couldn't take the test until October. But by checking the site daily, she was

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The "New Normal:" How Remote Learning and Adapted In-Person Instruction Are Affecting Our Lives

BY BIANCA VIANA

As we already head toward mid-terms, there has been a lot of feedback from students and faculty about their experiences thus far with remote learning. While some students returned to campus, most of the Adelphi community is still engaging in a somewhat remote format. Last semester, students and faculty were given no other choice but to learn and teach remotely. However, this school year though many were looking forward to being able to return to campus full time, many are still adapting to this new reality around us. This semester has not only been an adjustment for students, but for faculty as well. We checked in with students to learn if they think they are gaining the same level of learning remotely as they would in the classroom, and faculty to hear what the experience has been like for them.

Megan Masilungan, a sophomore nursing student, said, "I do not believe I'm obtaining the same level of education remotely as opposed to if I were in-person. I understand that professors are also trying their best, but some classes are difficult to understand remotely and need in-person instruction. I've also felt burnt out at times from trying to stay on top of all my online work for my classes."

Many students are struggling to adjust to time management as they're juggling their home lives, mental health,

working and classes.

Noah Moss, a sophomore sports management major, said, "I feel that my experience with remote learning isn't affecting my ability to learn, but I do enjoy and prefer the in-person experience when it comes to school."

Some are still meeting in person. Jacqueline Olvera, associate professor in the Department of Sociology, is teaching her Freshman Year Seminar (FYS), Beliefs, Morals & Society fully in-person. She said it's too soon to tell if her FYS students are doing well academically in this format.

"However, what I can assure you is that their learning in a pandemic will inform how we think about higher education from this point forward," she said. "One way they'll do this is by redefining the meaning of being a college student and what we should expect from college students."

Olvera said she had thought the biggest challenge with in-person instruction would be teaching while wearing a mask.

"I've learned to manage wearing a mask in the classroom," she said. "Now, I wonder how long it'll be before I am able to recognize expressions of learning (or what professors call that Aha! moment) behind a mask. In a few weeks, I will likely identify a new challenge. My point here is that it takes time and effort to manage a new teaching environment and we're all in a learning phase."



A new reality on campus: classes taking place outdoors as a means to further enforce social distancing and remain safe. Photo taken from @prezriordan Instagram.

At the same time, Olvera said she's already seeing the positive aspect to this semester.

"In the first week of [classes], I was impressed by how eager students seemed to be about coming to campus to learn," she said. "In week three, I found it re-

warding to see that my FYS students were ready to engage big ideas about morality, even in the midst of an evacuation due to gas leak."

Melanie Bush, a professor in the Department of Sociology, is teaching all

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Adjusting to the “New Normal”

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of her classes in a remote asynchronous/synchronous format. She said there are many factors that contribute to a positive and enriching learning space.

“You can have an in-person class that is ineffective in achieving course goals and the same is true for online,” she said. “Some of this has to do with the preparation done by the instructor, though even the question of who is in the class can influence the kind and depth of learning. Not all students have the same access to the internet, quiet spaces, computers, etc. This is particularly true along socioeconomic and racial lines. Students have different learning styles and faculty have different pedagogical strengths.”

Bush added: “Historically this is a tumultuous time. That can impact learning as well as it is easy to be distracted. Some students have lost family members due to Covid. The effect of these broader conditions can make concentration more difficult.”

But Bush said she believes that learning can happen anywhere. “The challenge we have now is that most of us have been accustomed to one format and it takes time to adjust to a new one. Can we do it? Most certainly, though it requires significant effort by all and the willingness to be as present as possible as we learn what works.”

Bush said the biggest challenge in remote learning so far has been “a disembodied experience that makes deep engagement and community more challenging to cultivate. Also, because students have many things happening in their lives at this moment, I think it is also important to have expectations that are high though also somewhat flexible.”

Many of us like to set our standards high and reach for our goals, however we must be flexible with them as well. These are not normal times and we have to take care of ourselves as well. It’s also worth noting that some conversations are difficult to have in person already because they can really be powerful and a lot to process and having these conversations remotely can be even more challenging.

Remote learning has been a roller-coaster full of ups and downs so far but in these difficult times we have to do our best to remain positive. Students and professors are continuing to learn more each day all the while adapting to a remote learning format since students who are attending in-person classes and the professors teaching these classes, are also adapting to the “new normal” of in-person instruction.

For those who need help and support navigating these tough times, the Student Counseling Center (SCC) is available at 516-877-3646 or scc@adelphi.edu.

An Unusual Semester Impacts Nursing Student Graduates

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able to snag a July date.

“But I had a job offer that was given to me last summer that was unfortunately taken away due to Covid,” she said. “And finding jobs is extremely hard because the census of patients has dropped in some hospitals, and so hospitals won’t hire nurses because they don’t need us.”

Kelly Nicholson, coordinator of quality assessment, regulatory affairs and alumni outreach for the CNPH, said there was not much Adelphi could do to help their graduates find NCLEX testing dates, which was beyond their control.

“Many students had difficulty finding dates and sites due to the pandemic,” said Nicholson. “Unfortunately the NCSBN [the National College of State Boards of Nursing] was not forthcoming with information such as when new dates and times or even where testing sites would be available.”

When the College of Nursing and Public Health received information from NCSBN, they forwarded it to the students via email. In addition, they communicated with students one-on-one. But the delayed NCLEX tests also affected the job search for recent nursing graduates.

Even so, Caitlin McElroy, the special assistant to the dean in the CNPH, said there has been a high demand for hiring recent nursing graduates.

“Since about mid-March, we have had major healthcare networks and institutions reach out about hiring our nursing grads constantly,” she said.

McElroy added that current nursing students were in a high demand for hiring during the height of the pandemic, with many of them serving the community as certified nursing assistants.

But for students like Messmer, for whom testing delays led to her job offer being rescinded, McElroy explained: “The healthcare hiring demands during a pandemic are such that at times you might get periods of major bumps in staffing and other times, it might be a little bit slower during less chaotic periods.”

She added: “In our recent experience, we have seen a major jump in our graduates being hired for full-time positions immediately after graduation.”

With the pandemic still a pressing concern, and the anticipation of a second wave, the demand for nurses will increase. Adelphi is doing the best they can to connect with their health partners to offer opportunities to nursing students.

McElroy said, “The job outreach from our major clinical partnership providers like Northwell Health are continuing as the Office of Career Services and Development is hosting a recruitment event in a few weeks specifically looking to hire Adelphi nursing graduates.”

Residential Students Try to Take Covid Scares and Campus Living in Stride

BY JADE DORLEY

While lockdown restrictions are easing up in New York, people’s fears and concerns have not. Several universities have had to shut down because their students have been catching Covid-19 at events that don’t adhere to social distancing and then bring it back to campus. For example, the University of Washington has had 290 cases and of the 290 cases, 165 of them were linked to fraternity and sorority events.

On August 27, Governor Andrew Cuomo declared that schools with over 100 confirmed positive Covid-19 cases have to shut down for two weeks. The school would resort to online learning in the meantime and after two weeks officials would reassess them to see if they should reopen.

As for Adelphi, just a few weeks into our reopening, the entire campus was notified about a social gathering that occurred off campus with over 20 people from the university in attendance, which resulted in five people testing positive and 16 others in quarantine. While that event was off campus, it is still a cause for concern.

What was that scare like for residential students and how is Adelphi continuing to ensure their safety?

Hyacinth Taylor, a sophomore business major, said, “I felt safe on campus. Public safety workers drove past me once in a while and asked me to do the Covid safety screening for precautions. I also had to complete the Covid safety screening to ride the shuttle... The lounge, dorms and bathrooms were kept exceptionally clean. Dining was also organized to keep us safe as well. But I believe dining could have improved on the mobile order app because it only allowed students to use Panther dollars instead of meal swipes.”

Kathryn Lynn, a sophomore marketing major, said, “So far it’s been okay on campus. Everyone seems to be following all the regulations and keeping their distance and wearing masks. I feel safe since I make sure to take all precautions in order to

remain safe.”

Lynn continued, “It seems that so far Adelphi has done a good job dealing with the cases that we’ve had and put in the necessary procedures to avoid an outbreak. We have to check our temperatures daily and do a Covid check on our phones in order to make sure we aren’t exhibiting symptoms. We also are getting tested every few weeks, so we had to get a test before coming on campus and we just took another one next week.”

She added that campus has been emptier than usual. “But I think it’s necessary in order to keep everyone safe. It’s definitely been an adjustment from last year, but it’s all been good so far and hopefully it will remain like that.”

Students aren’t the only ones who are experiencing some adjustments. Guy Seneque, director of Residential Life and Housing, said they’re also hearing from some parents.

“We get some calls from parents who are concerned that their students are not interacting with other students socially,” he said. “We try to engage students with virtual programs (over 50 programs so far). Some students are suffering from ‘Zoom fatigue.’ Res Life is considering ways to implement in-person programming in a safe, contactless way.”

Now that cool weather is likely to force everyone inside, Seneque said, “Normally during this time of the year, students will catch colds as the season changes and turns colder. We anticipate a similar scenario this time around. This fall, however, the housing term is scheduled to end right before Thanksgiving. We hope the shortened semester will reduce the risk of students catching colds from one another.”

As the weather gets colder and spikes in coronavirus are steadily increasing throughout New York, the Adelphi community will continue to update students on the safety of our campus and ways that they can stay safe in the meantime.

Facebook’s New Endeavor: Facebook Campus

BY KATIE FARKAS

As college campuses across the country are facing new challenges because of partially or completely remote classes, Facebook has created a new place for students to stay connected: Facebook Campus. The new platform is a network where students can connect, as well as make new friends, find people who share similar interests, get involved with clubs or study groups, sports and more.

Within the existing Facebook app, there is a dedicated page for Facebook Campus that is separate from a user’s main profile. To get started creating a Campus profile all a student has to do is enter a school-affiliated email, as well as a graduation year and a name and profile picture will be carried over from the student’s main Facebook account.

Once the Campus profile is set up, students can discover a variety of groups and events that are specifically for students who attend their college or university and connect with classmates. Content

that is posted within the Campus section of Facebook is also unique to Campus. When content is shared on Campus, only people that have a Campus account will be able to see it.

Some of the key features that Facebook Campus will include are a campus directory as well as chat rooms. The campus directory allows students to find and meet new people that all attend the same college. A student can find a classmate through class, year, major, as well as a few other search options.

The chat room on Facebook Campus allows students to chat in real-time with their friends and classmates. Students can create their own chat room for things like a club or organization, a dorm floor, or any other group they might want to create.

Currently, Facebook Campus is only available for about 30 schools across the United States, but they are working on expanding in the coming year. Calls to the company to learn about plans to expand to Adelphi were not returned, but as with all social media platforms, it’s successful, popularity is likely to spread quickly.

Trump Downplaying the Virus: A Mistake or Not?

BY JULIA STRACHAN

Executive privilege. Simply defined as the President of the United States being able to withhold information from the Senate, Judiciary and the American public as they see fit. In this instance, the president did not withhold information, but perhaps the entire truth about the impending virus to come.

What President Trump said was, “We don’t want to instill panic. We don’t want to jump up and down and start shouting that we have a problem that is a tremendous problem and scare everybody.” He intended to keep the masses calm and take into consideration the anxiety and panic that most Americans would feel if they were told a massive and deadly virus was on its way to the United States.

Recently we learned through recorded interviews between journalist Bob Woodward and the President for Woodward’s new book “Rage,” that on Feb. 7, Trump told him that he downplayed the coronavirus to the public. However, on Jan. 20, Dr. Anthony Fauci, the Director of the National Institute of Allergy and Infectious Diseases, announced the National Institutes of Health is already working on developing a vaccine for the coronavirus. This would be a significant piece of information needed when addressing a nation of people. Additionally, perhaps another reason for initially downplaying the virus was because at the time a vaccine was being worked on and the virus was still in the process of traveling to the United States.

On Jan. 27 Trump made several moves to get ahead of the virus, and this was still before he was interviewed by Woodward. He made it known to the public that he offered China’s President Xi Jinping to send experts to investigate the coronavirus outbreak, and he gathered the White House Task Force to

meet about helping contain the spread and provide updates about the conditions of the virus to the President.

By the time that the president met with Woodward, he had already declared the coronavirus a public health emergency, announced travel restrictions to and from China, and prohibited any entry into the United States that posed a risk of virus transmission. Additionally, the Department of Homeland Security began steps to limit flights from China to the United States to only seven domestic airports. By this time, the experts



the President offered to travel to China and investigate the virus were still awaiting approval by the Chinese government. By Feb. 5, Trump vowed, “to take all necessary steps” to prevent the spread of the virus and protect Americans.

If the President perhaps felt that he and his advisory committee had the situation under control, why would he release information that had the potential to cause mass panic and hysteria?

Some professors in the Political Science Department at Adelphi disagree. Regina Axelrod, a professor in the department, specializes her research in energy and

environmental policy in the United States, and she was awarded by Sage Publishers for her co-edited book “The Global Environment: Institutions, Law, and Policy.” When asked about her thoughts on Trump downplaying the virus, she said, “President Trump was warned by his national security advisor on Jan. 28 that the coronavirus would be a devastating problem and would be the biggest threat to his presidency. It is difficult to accept that on Feb. 4 in his State of the Union address he ignored the warning because he wanted to always play it down because I

don’t want to create panic.” President Trump is responsible for close to 200,000 deaths so far [as of press time, it was 215,000], with more looming into the unknown future. Besides costing people their lives or long-term disabilities if they get the virus, unimaginable personal hardships, the collapse of our economy, the politicization of the pandemic into red and blue responses and threatened the stability of our democracy, he lied. The President of the U.S. lied and admitted it. He had the information and he lied. We all pay the price.”

Margaret Gray, associate professor and chair of the Political Science Department,

also weighed in. She said, “The Federal Government is designed to respond to a crisis, like a pandemic. When President Trump downplayed the scale of the problem it wasn’t just in words; he didn’t direct the appropriate agencies to act. What resulted was governors attempting to coordinate individual state responses and this created competition for resources and wasted expertise with many efforts, instead of one.”

Disagreeing over politics is natural and considered a conduit for improving the current status. I believe to not cause mass hysteria, the President created a sense of nonchalant comfort in the dealings of day-to-day life, which contributed to the spread of the virus. While I individually may support the President in his immediate action to combat the coronavirus, the war on the disease is long-term and his lack of communication came as a betrayal to many Americans. His abrasive and lax attitude in the months after the interview with Woodward was where the President would have done a better job.

I do foresee this being a factor for some Americans when it comes time to vote. Personally, it seems to me that the job of President of the United States is the hardest in the world. Americans expect him to protect them, their families, their livelihoods and that of other countries across the world that need Big Brother America to clean up. It is in my personal opinion that nobody can consciously imagine the severity of the stress the President faces every day, and I trust that he is doing the best he can with the information he has. If anyone disagrees, it is an American right and prerogative for you to do so. No other country in the world affords such a privilege as outlined in our Constitution. Say, think, believe, write, whatever it is you want. It’s American.

Disney’s “Mulan 2020” Live-Action Remake Receives Backlash

BY JUSTIN KRESSE

On Friday, Sept. 4, Disney’s live-action remake of “Mulan” hit Disney-Plus with a price of \$29.99, as well as a great deal of outrage. Specifically, the media was perturbed by a “thank you” note in the credits of the film referencing the province, Xinjiang, where a great number of Muslims have been forced into mass detention centers. The film also received backlash last year when the lead actress publicly supported the Hong Kong police. Some viewers are now asking: Should Disney have been more careful in the production process of “Mulan 2020”?

In 2019, the lead actress of “Mulan 2020,” Liu Yifei, made a social media post on the Chinese site, Weibo, in which she reposted an image “expressing support for the police there,” according to the “New York Times.” Alan F. Horn, the co-chairman of Walt Disney Studios, had stated that the people at Disney are not politicians, so getting dragged into political controversy was “inherently unfair.” However, it is a fact of life today that one must be careful what they say. Disney should have been more careful with their star, but Liu Yifei should also

have considered the impact of her social media post.

The cries of #BoycottMulan had mostly died down by the film’s release at the beginning of September. Unfortunately for Disney, however, in the credits was yet another problem for the film. Nine minutes into them, the film thanked the Chinese province of Xinjiang, the region where a mostly Muslim, Turkic-speaking group had been forced into mass internment camps. An uproar resulted and Disney was slow to respond. Facing possible problems from either China or the media, the chief financial officer, Christine M. McCarthy, only said that they shot scenes in China “to accurately depict some of the unique landscape and geography.” This response shows how difficult it can be for a national company to walk the line of being supported by China and the media. One can hope that Disney will publicly apologize for the credit fiasco, but that would mean losing support from the Chinese government, and as Horn put it, “If ‘Mulan’ doesn’t work in China, we have a problem.”

Barring all political controversy, I think the live-action adaptation lacks an interesting variation from the original

story. With all the recent Disney remakes, they usually try to alter the story to make it more interesting. Take, for instance, “Maleficent,” which tells the story of Sleeping Beauty from the perspective of Maleficent. Don’t get me wrong – “Mulan 2020” tries to differentiate itself with the new ch’i concept, but it only takes away from the story.

Reader warning, mild spoiler alerts ahead. In the live-action film, Mulan has control of this ch’i power from the beginning, so she doesn’t really need training like in the original. Her only struggle is hiding and then later embracing this power. The ending of the film is problematic, too. In the original, the ending is all about her father accepting her. However, in the remake, he accepts her, and then she receives the gift of a beautiful sword with the Chinese values on it – now including family. By making this gift the big “wow” moment of the resolution, the live-action film takes away from the theme of the story: Mulan finding her place in her society and her family.

In the end, the new “Mulan” film just has too many problems, so if you’re looking for a movie to watch, I would

highly recommend the original over this remake.



Actor Liu Yifei at the 2016 BAZAAR Stars’ Charity Night. From Wikimedia Commons

A First-Year Reflects on University's Reopening and Hopeful Beginnings

BY LIZZ PANCHYK

With the fall season comes a new beginning for all students, whether they be in elementary school, middle school, high school or college. However, this “new beginning” got a rough start as Covid-19 precautions have become a part of our daily lives. Every school has a different approach to reach its maximum safety. Adelphi's reassurances to keep their students safe has made an impressionable impact on all of us.

This includes a wide variety of changes made throughout the campus, such as mask requirements and dining procedures. Students are to wear a mask both outside and inside to keep their fellow faculty and classmates safe. Adelphi has also gone cash-free to prevent further spread of sickness; only ID cards with meal plans or credit/debit cards are to be used to buy food. With that, there are much more outdoor seating areas that are provided throughout the campus. There's a lawn full of chairs right outside the Panthers' Den and a set of picnic tables across from Blodgett Hall. The Nexus Building also has seating surrounding the perimeter of the building for students to enjoy their food or drink from the Paws Cafe. Having outdoor seating available throughout the campus is a great way to help keep people safe, while also giving students the option if they feel more comfortable being outside rather than inside.

Because numerous professors have

switched to online classes, buildings and rooms have been made available at the disposal of students for attending their classes Zoom calls. There is a list of available areas with times on the Adelphi website. Furthermore, hand-sanitizing stations and temperature scanners have also become widespread on campus to be used whenever one feels is necessary. Also, Covid-19 screenings are completed through the AU-2GO app, asking questions about health and further agreeing to social distance and wear a mask while on the campus. Public Safety will ask to see the completed green screens that show up when a student is cleared. This prevents students who are sick from coming onto campus, thus keeping the rest of the campus safe.

Being a first-year at Adelphi, I don't know what college life was like before everything was shut down. So I didn't necessarily have to re-center myself with new additions that were placed on campus. I think that the toughest transition was not being able to properly finish my senior year to further prepare me for attending a university. Other first-years agree.

Courtney Reddan said, “I think Adelphi did a good job and they're doing their best to keep students safe. I feel like the checking of the app to make sure we are cleared has gradually gotten easier. It definitely affects freshmen as it is so annoying that our senior year never ended the way it should've and now our freshman year of college will never be the way it should've been. I am however glad

that they are putting our safety first, although it is still an unfortunate situation.”

We may not have received the senior year of high school, or even the freshman year of college we deserved, but as Adelphi continues to put our health and safety first, life on campus will gradually seep back into normalcy.

While certain aspects of college life have changed, Adelphi's atmosphere hasn't. Adelphi has proven that their priorities as a Long Island campus are to keep their students and faculty safe and healthy and protected from the possibility of becoming a coronavirus campus. Students have quickly accustomed to this new code of safety that Adelphi follows. It may not be easy to learn over Zoom or wear a mask for an entire day, but people all over campus follow the new rules gracefully and do what they can to better or simplify the experience for both themselves and for others. While many are still hesitant about reopenings in general, the only way to make it happen and make it last is to take every precaution necessary or that is required by state law.

With this, we as a campus can recover faster from the spring semester that was taken away from us. This fall semester, though different from others, will allow us to start a new beginning as we separate our wants from our needs and keep our heads up in hopes of a better school year.

Only Accepting Climate Change Can Douse West Coast Wildfires

BY MARIO ESTIVERNE

Though 2020 has been characterized as one disaster after another, those related to climate change have existed long before. Many campaigns, people and petitions stress the concern of our planet dying because of how the earth is being treated, and it is something we should not be ignoring. For several years, the West Coast has been dealing with extreme heat and numerous, seasonal wildfires that are putting firefighters at risk as they combat the dangers of these flames. Many homes and communities—the very houses of families who were there for generations—were burned throughout the storm-like fires that have hit California, Washington and Oregon.

Turning to President Trump for his aid when it comes to handling climate change seemed quite hopeless. There have been countless times the President has shut down the thought of climate change since he believes that the ideas of the planet dying or the thought of climate change is either a joke or a hoax.

I contacted a friend who goes to Pacific Northwest College of Art in Portland, Oregon. It wasn't a hoax to them. They were told to remain inside at all times due to the red skies and hazardous air.

“It got so bad here that my professor had to leave his home and teach from a motel in Utah,” said Jubilee, age 20. “Luckily, I was in the zone where I didn't have to evacuate, but I know some students who had to.”

It feels as though there is never going to be an end to these dangers. However, there can be changes made to reduce the risk of wildfires and prevent environmental damage. That change happens by way of environmental protections and policy, relying on the involvement of everyone who is able to take part in demanding action (petitions, contacting politicians) and voting. This means we need people advocating and voting for the protection and preservation of our environment. And we need to use the government to regulate the use of nature to prevent contributing to climate change. The people need the extra help.



Images from Wikimedia Commons

Panther Seniors' Post-Graduate Plans

BY MAXMILLIAN ROBINSON

Many college students complete several semesters of school without realizing what they truly want to do. Eventually, most people will go on, receiving their cap and gowns, leaving them to wonder: What's next?

The Delphian asked two female athletes what their upcoming plans are after 2021 graduation.

"After I graduate, I plan to take my NCLEX and become a registered nurse," said senior track and field star Victoria Antoine.

Antoine, who notably has received several accolades from her sport (Named

Diverse: Issues In Higher Education Arthur Ashe, Jr. Sports Scholar in 2019 and 2020, and the D2ADA Academic Achievement Award this past spring), has her sights sold on a traditional career path after she receives her certification.

Antoine said, "I would love to become a labor and delivery nurse, or work as a NICU [neonatal intensive care unit] nurse. I would love to work with kids and later on become an educator. I love to teach others and would love to help future nurses."

Some athletes have their sites on professional play.

"After I graduate from Adelphi I would love to try to play overseas if I can," said senior basketball guard Julia Strachan.

"I have Swedish citizenship, and being able to play in the country my dad also played professional American football would be a very cool experience for me."

Strachan added that aside from basketball, she is considering law school "and/or something else in the political realm. That could be anything from running for a local office or working on a campaign."

She added, "I know for sure that I would never be where I am now without the support and love my family has provided, as well as the athletic lessons I have learned from my coaches and teammates here at Adelphi."

Both athletes share their need for a mentor.

"My sister was a big mentor in my life," Antoine said. "She is currently a NICU travel nurse working in two hospitals. I aspire to be like her and help save tiny humans everyday."

Strachan said, "Outside of school, my greatest mentor is Representative Betty Poirier of the Massachusetts House of Representatives. I had the great honor of interning for her the summer after my sophomore year. Her grace as a leader and legislator taught me so much of the kind of leader I also strive to be one day."

Be optimistic, find a mentor, and work hard on achieving your goals. With a set of guidelines to follow, you can be on your way to a successful career after college.

How Athletes Maintain a Positive Mindset During This Non-Season

BY JULIA STRACHAN

Covid-19 has invaded the personal space of every person in the world: including the athletes at Adelphi, who have had their lives disrupted in a massive way. Sports have been cancelled, postponed and put on a biweekly basis of "seeing how things go." The yearly schedule of several sports teams has been modified, so that preseasons are not full-length, games do not start at the typical times, and the amount of games to be played are limited.

How on earth can athletes stay positive during this time? How can they stay ready for game time when this virus has upended 90 percent of an athlete's life?

At the end of September, sports teams were reintroduced to "lift" with head strength and conditioning coach Keith Ferrara leading the charge. He is the first full-time strength and conditioning coach at Adelphi and has been working here since 2014. He previously worked as a strength and conditioning specialist for the United States Tennis Association Player Development.

When asked about how the athletes are doing in their first week back to lift Ferrara said: "I think everyone's been doing great, I think it's good just to get into the rhythm of things. A lot of athletes don't have this opportunity to prepare before their season, especially the fall athletes. It gives us a bigger opportunity to prepare for all the season moving forward. But I think everyone's been doing great, the effort's been great, the

energy's been high. And I just really think it's good for everyone's mindset to get back to working with their team and competing again one way or another."

For many veteran athletes, this is just another opportunity to overcome adversity. Being a collegiate athlete is not an easy task, and it requires 100 percent of your attention, time management, focus and dedication.

Katie Murphy, senior captain of the women's basketball team, said, "I don't get too high or too low. You just have to take things as they are and stay levelheaded no matter how big the win or how bad the loss."

Murphy has been an instrumental leader for the Adelphi women's basketball program. Among her achievements from this past year are NE10 Academic All-Conference (2019-'20), CoSIDA Academic All-District (2019-'20), All-Met First Team (2019-'20), ECAC All-Star (2019-'20), NE10 All-Conference Second Team (2019-'20), and she was also named female athlete of the year.

The same sentiments were shared by Isaiah Salter, men's basketball guard and a transfer from American International College in Springfield, Massachusetts. In his freshman campaign he was named to the NE-10 All-Rookie Team.

"I've just been keeping a positive attitude through all that's been going on," Salter said. "It's been a huge adjustment not only for me, but for everyone and I think it's important to stay positive and continue to stay ready because we never know what can happen next. I am hopeful for the season and am continuing to work every day to make

sure I can give my all to the team when it's time. I think it's important for everyone to be productive through a time like this and continue to support each other so we can all get through these crazy times and come out even better together."

Another decorated athlete at Adelphi, Paolo Maraciano, is a junior for the men's soccer team. His accolades from this past season alone include NE10 Player of the Year (2019), ECAC Offensive Player of the Year (2019), NE10 All-Conference First Team (2019), United Soccer Coaches All-America First Team (2019), D2CCA All-Region First Team (2019), and United Soccer Coaches All-Region First Team (2019).

When asked how he is keeping a positive mindset during this time, Maraciano said, "I think for student athletes keeping a positive mindset is the key to success. It is fundamental to grow and become a winner. In this difficult and unprecedented time where we are unable to play, I keep a positive mindset by focusing on my goals both academically and athletically, training as much as I can to be at my best for when we can return to play."

"A positive mindset helps contribute to successful performances, reduces stress and helps to improve us in general as people," Maraciano continued. "I always try to smile and stay positive in everything I do. I am using this time to improve myself, by setting goals, which I think is a really important skill. I believe with perseverance and hard work these goals can be achieved and I strongly believe that hard work and dedica-

tion always gets rewarded. I am a person that always wants the best from myself and keeping a positive mindset is the solution to face any obstacle."

The sentiment of overall perseverance within the athletics programs at Adelphi holds an overwhelming presence. However, perhaps it is made clear that to be able to do the job of a student athlete, one must be positive in their tenacity towards success.



Men's basketball guard Isaiah Salter.

Photo from AU Athletics

CRS Opens With New Safety Guidelines As Virtual Workouts Continue

BY MAXMILLIAN ROBINSON

As we approach the midpoint of the fall semester, there has been much speculation as to whether the Center for Recreation and Sport (CRS) will physically open its doors to its faculty, alumni and student body. It was announced that as of Oct. 5, the CRS has reopened to the student body and faculty—this time with another approach.

Gene Palma, chief administrative officer and associate vice president, and Danny McCabe, director of athletics and

campus recreation, announced in an Oct. 1 statement that they're opening the facility with a "variety of new policies and procedures in line with local and state health requirements" in efforts to keep our Adelphi community safe.

Changes to equipment placement are in effect. There are new plexiglass barriers at all check-in desks, new hand sanitizer and cleaning stations, signage throughout the facilities and a thermal scanner to check your temperature before entering the fitness center.

Along with these guidelines, there

are also new hours of operations. The CRS fitness center will be open to all Panthers Monday through Friday from noon to 7 pm, while the indoor track will be available from 10 am to 4 pm. After a temporary two-week trial, management will then discuss whether to move forward with these times or to add more hours to the CRS facilities to stay open.

For those who still prefer not to enter the CRS, virtual workout classes will continue. These classes are conducted predominantly virtually (as of now), with few exceptions for in person, one-on-one

training. The goal is to conduct these classes daily, with as many participants joining each session. CRS Director Linda Gundrum said they are looking for "as many as we can get to join" for virtual classes.

"The response to virtual workouts has been mixed," Gundrum said. "People may be less inclined to participate virtually if they are on their computers a lot more for classes and everything else in their lives."

But for anyone who has been waiting to get back inside the gym, by taking the extra precautions offered, you should be able to have a safe and effective work out.