

The Delphian

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The Voice of the Students

Volume 77, Issue 4

Community Concerns About Mask Compliance on Campus

BY KATIE FARKAS

More students are on campus and even more classes are being held in person. According to Christopher Storm, provost and executive vice president, “This semester about 75 percent of our coursework has some form of in-person component. So that’s either a fully traditional, pre-pandemic delivery or hybrid structure.”

Although students and faculty alike are glad to be back to a version of normal, this does come with some concerns about every member of the Adelphi community following the Covid protocol—particularly when it comes to mask compliance.

As stated on the university website, “As of August 10, masks are required at Adelphi for all individuals; indoor at all times unless eating and drinking, and outdoors when social distancing is not possible.”

But some faculty and students have

expressed their concern after noticing others on campus not complying with this mask mandate to the fullest extent.

“Folks have legitimate questions about what happens when some people don’t wear their masks on campus,” said Joe De Gearo, dean of Students and Strategic Initiatives. “And it’s not just students; some people see other folks on campus not wearing a mask. So there are questions regarding what we do when we see this.”

“It is a particular challenge for our instructors,” he continued. “When they are in the middle of class and have to stop and ask a student to fix a mask, how does an instructor make sure that they’re doing their part to ensure that the community is safe while not taking away from the classroom experience for the rest of the students?”

To help mitigate these issues and answer questions from faculty, De Gearo recently held multiple workshops and forums where “we talked about some of the

things that we thought might be helpful like managing classroom disruptions including mask noncompliance,” he said.

“One of the first things that I shared with faculty, instructors or anyone else who comes upon a person who is not compliant, is to ask for the person to comply,” De Gearo said. “As exhausting as it can be for the person who feels like they are always asking, always observing someone not wearing a mask, I find that when the approach comes from a place of concern it is usually not only better received by the individual who is not compliant, but it is a little easier for us when we are asking.”

Majella Venturanza, an adjunct professor in the College of Nursing and Public Health, said that from these forums, she took away suggestions on “how to use Covid time to check if they [students] have uploaded it together with checking if their mask is kept on including the nose and

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Día de los Muertos Celebration Uses Artistic Displays

BY KATIE FARKAS



Cindy Maguire, associate professor of communications, and Ann Holt, an adjunct art professor, with cohosts ISS and LGSSLC, made and decorated sugar skulls to create an ofrenda, a temporary altar to honor their loved ones to celebrate Día de los Muertos (Day of the Dead). It originated in Mexico and is celebrated on Nov. 1 and 2. The AU community are welcome to add a small item to this ofrenda, located outside of Harvey Hall, in honor of someone they have lost. *Photos courtesy of Cindy Maguire*



LGBTQIA+ First-Year Experience Program

BY MYLO FISHERMAN

The LGBTQIA+ First-Year Experience Program (FYE) was introduced to Adelphi in the fall 2019 by its facilitator, Erin Furey, who is Adelphi’s outreach, training and mental health promotion coordinator. The goal of FYE is to allow first-year and transfer students who are LGBTQIA+ identified to easily adjust to college life by building a connection to the university’s broader LGBTQIA+ community. In this program, participants are able to make friends and share their experiences being in the LGBTQIA+ community in a safe space where their identity is affirmed by their peers. FYE also allows participants to get connected with Adelphi’s Gender and Sexuality Alliance (GSA), as well as other resources Adelphi has to offer that will continue to affirm their identity after the program’s end.

This year’s FYE began on Sept. 14 and was held for six weeks with its last meeting held on Oct. 19. Meetings took place every Tuesday from 4 to 5 pm in a hyflex modality on Zoom and in the University Center 116/117 with an average attendance of 17. From the regular participants, the overall feedback of this program was generally positive with its only flaw being that participants wanted it to be longer and to meet more frequently.

“I thought it was fun. It was a great opportunity to get to know some other queer first-year students on campus,” said R. McNeely, an undecided

first-year student.

River Gorman, a first-year psychology student, said, “The LGBTQIA+ First-Year Experience Program was a great opportunity to make friends



The six-week LGBTQIA+ First-Year Experience Program (FYE) gave participants a safe space to make friends and share their experiences being in the LGBTQIA+ community, as well as have their identity affirmed.

Photo by Mylo Fisherman

and find a community where I know I’ll be accepted.”

According to Furey, “I think one of the things that have been the most impactful was that [FYE] has grown in number and flexibility. It has become longer and allowed previous members to come back.”

On Oct. 12, that is exactly what former members of the group were allowed to do.

Monique Østbye, a senior international relations major, who attended the program in 2019, said, “I really enjoyed participating in the FYE. It was nice to get to know other students on campus that I otherwise might not have connected with. It has been great to see this program grow and know that other students are having the same positive experience that I had.”

While the 2019 and 2021 groups were able to experience FYE in-person, the same can’t be said for the 2020 cohort. Kennie Cervantes, a sophomore computer science major, attended the program on Zoom last year. They stated that “it makes me realize I was born in the wrong year, compared to this year my FYE sucked but I met good friends.”

But Furey said that other participants had expressed they felt the online format made it easier. In reference to Covid forcing students back home where they may not be accepted for who they are, Furey states that “queer and trans students needed to get out... the impact of Covid created a need for community.”

Furey emphasized that a secondary goal of FYE has always been to identify and cultivate potential leaders and that she was proud to see that many students who have participated in the program have since moved on to do just that on campus. More than half of the current GSA executive board is composed of former FYE participants. While GSA is the given group for

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A Word from the Editor

Felicitations, Adelphi Panthers, and welcome to another week of school here on our beautiful Garden City campus. For the record, we are a little more than halfway finished with the fall semester, which means holidays and winter break are almost here (so keep going). Also, be sure to spread kindness to one another, giving the benefit of doubt when you are wronged by others, because you never know what someone may be going through. With that said, I'm happy to present here the fourth installment of this school year's newspaper, *The Delphian*.

In the news section, read more to learn about social groups that make up our campus, such as the LGBTQIA+ and the experiences many people within have witnessed while being here. We also have reports on mask compliance issues and how in the midst of a pandemic, national labor shortages and food supply issues are impacting our campus as well. Did you enjoy your Halloween, but felt it was too short? Take a look at the great images from a campus Día de los Muertos tradition. And be sure to save the date for our 8th Annual Media Career Expo, Dec. 1 at 7 pm on Zoom, where you can get career advice from Adelphi alumni professionals who are in the same field of interest you desire after college.

Move along to our features section, which covers a profile story on Adelphi alum Alex Klotsche '17, a story about groundskeeper Robert Connogan, who cares for our campus arboretum, Adelphi history photos, a new cartoon and the events that took place during Spirit Weekend.

Continue onto our opinions section, where we dive into the stress of job searching, the impact of Covid on neurodiverse students, a review of rapper Young Dolph and how the supply chain issues will affect holiday shopping.

Lastly, stop by our sports section, which covers the success of our Adelphi men's soccer team and the dominance of our Lady Panthers in volleyball. We wrap up this section with Panther Spotlight, talking about field hockey star Faith Dillion and her immediate impact on the team.

If you have any questions about joining the delphian or pitching a story, email us (Delphian@adelphi.edu) or contact me directly (maxmillianrobinson@mail.adelphi.edu) for more. Prefer reading online? Visit our website at thedelphianau.com to read every issue there. Have a great rest of your day, and a better rest of the week.

Maxmillian Robinson '22
Editor-in-Chief



TheDelphian

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Save the Date for the 8th Annual Media Career Expo

The Delphian and the Department of Communications are holding the Eighth Annual Media Career Expo for communications, journalism, English and business students on Wednesday, December 1 from 7 to 9 pm over Zoom. Students will interact with working representatives from the print, TV, film, web, radio, marketing and publicity fields to talk about the job marketplace and learn more about breaking in as an intern or future employee. All the speakers have graduated Adelphi in the last 10 years, so they can give you a first-hand, up-to-date representation of the job market, addressing the challenges of building your career during the pandemic. To date our panelists include Jess Campitiello, '19, a member of the strategic communications team at Cornell Tech; Gabrielle Deonath '18, the author of two books; Gabriella Marra '19, a campaign manager at Flashtalking; and Andrew Ryan '16, associate videographer for News 12 Long Island. Watch this space for more panelists.

Community Concerns About Mask Compliance

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emailing students prior to class and individual emails sent to non-compliant students. It is good to know that if we enforce it [the policy related to mask wearing] and reinforce it that there will be support from leadership."

Melissa VanAlstine-Parris, an associate chemistry professor in the College of Arts and Sciences, said, "Students need to wear their masks properly (over the nose). I understand sometimes it slips and that is okay. Not eating or drinking in class is one great way to help mitigate protocol issues. Don't even bring that coffee to class. Yes, we are allowed to remove our masks to eat or drink, but if there is someone who is very concerned about getting Covid they are likely staying away from areas where people are removing their masks to eat or drink and should not have to be exposed in the classroom. Kindness can go a long way right now."

Professors are also not the only ones who are able to mitigate issues with mask compliance on campus. Students are also impacted. De Gearo said that one of the things that some students have done—and he encourages them to continue doing—is "that if they see something in class that is distracting them or a problem, let the professor know. That way the instructor can also deal with it outside of class. Maybe the instructor didn't see it, but if a student expresses their concern, the instructor can address the entire class about the issue and keep the concerned student anonymous."

First-year art major Julia Parlewicz said she has seen some people wearing masks below their noses. "But I haven't really noticed people blatantly being non-compliant. It might be helpful to continue reminding them [other students] to pull their mask up."

Ray Hughes, executive director for the Department of Public Safety & Transportation, also commented: "In partnership with University Health & Wellness and the Provost's office, the Department of Public Safety and Transportation monitors Covid-19 safety compliance and assists in referring violations of our Code of Conduct to the Student Conduct and Community Standards office. Public Safety Officers, drivers, and our trained student-employee Health & Wellness Ambassadors check for daily Covid-19 screenings by looking for the AU2GO 'green screens' and monitor mask compliance on campus. Public Safety Officers also frequently patrol other areas on campus to make sure that the community is following all safety protocols."

During a one-week period, Hughes added "our team conducts approximately 15,000 to 20,000 app checks and 400 to 500 mask corrections and the Department of Public Safety will continue to assist in keeping the community safe and healthy. But in order to be effective, it will require the entire campus community to be on board in assisting all safety compliance efforts."

However, De Gearo said that mask compliance, while a concern, isn't a major

problem on campus.

"Our transmission rate has been well below the county rate and the state rate, which is wonderful and we've been doing really well with that. So on the occasion that we have someone who does not comply for the most part, when asked to comply it has been a matter of 'oh I forgot'," he said. "Some of it is probably mask fatigue or Covid fatigue. We just wanted to be sure, since it has been going on for so long, if there were opportunities for us to keep the conversation going in a positive way, we wanted to take advantage of them."

A Covid Hotline program, in collaboration with the Provost and Health & Wellness offices, was also implemented. Hughes said any faculty or other community member who is concerned about Covid-19 safety compliance can call 516-877-6003 or dial "5" from any campus phone during class hours, and a Health & Wellness Ambassador will be dispatched to the area to have a peer-to-peer conversation with the non-complying individual. The Ambassador will initiate a discussion with the individual to confirm their Covid-19 App Green Screen, which identifies their agreement with Adelphi's mask policies.

"If the student does not comply with the Ambassador's request, the faculty member may call Public Safety who will handle escorting the student from the classroom if necessary, and a report of the student's behavior will be forwarded to the Student Conduct and Community Standards office," Hughes said.

Supply Chain and Labor Shortage Affects AU Dining; Panther Pantry Also Impacted

BY KATIE FARKAS

Labor and food shortages have been impacting restaurants and grocery stores across the country, and locally, Long Island public schools are facing food supply issues that are impacting what's on the menu for elementary through high schools. Adelphi has also been affected by the current supply chain and labor shortages, according to Alain Lanz, executive director of Auxiliary & Event Services. It has also had an effect on Panther Pantry, which has seen an uptick in usage by community members since last year.

Lanz explained that Adelphi works with a national dining company, Chartwells, which has given the university access to their resources. Adelphi Dining Services, in partnership with Chartwells, works with an assortment of vendors, including Boars Head, Hershey, Pepsi, Gordon Food Service (GFS), a national food distributor, and Baldor Specialty Foods, a leading provider of fresh produce, meats, dairy, organics and other high-quality products.

"They [Chartwells] have been very proactive in finding alternative products and vendors when necessary," Lanz said. "With their help, we have increased our on-campus inventories. We've rented an additional walk-in freezer, which is positioned outside Post Hall, and we've made some adaptations to our menus based on product availability."

Lanz explained that Starbucks is a good example of adaptations that have been necessary.

"If you have visited an off-campus Starbucks lately, you've probably noticed

limited food offerings and a shortage of supplies from flavored syrup to Splenda. Our on-campus Starbucks has been aggressive in placing large orders since the beginning of the semester and is now planning for the holiday season when seasonal



Extra stock located in Starbucks in Adelphi's University Center.

Photo courtesy of Alain Lanz, executive director of Auxiliary & Event Services

products may be in short supply," he said.

Lanz added that recently when a Starbucks representative came to campus "he commented on how surprised he was with our inventory levels and product availability when the stores did not have the products. Starbucks has recently placed caps on the number of products that can be ordered which can impact us in the future, but for now, we are very well stocked."

Dining Services also routinely hosts outreach meetings each semester with various student groups such as the Resident Student Association (RSA), the Commuter Student Association, Student Government Association (SGA), Student Athlete Advisory Committee (SAAC), as well as a Dining Advisory Committee that is comprised of students, staff and faculty.

"Students can also use our online feedback form or email us directly at AdelphiDining@adelphi.edu with questions, concerns and suggestions," Lanz added.

"So far this semester, we have responded to 113 student inquiries. The majority of inquiries were answered within 24 hours, with full resolution within 36 hours."

Students can also reach out to Dining via Instagram (@eatingatadelphi) or ask to speak to a manager at any dining locations to go over any concerns they may have.

"We are dedicated to making sure the campus dining operation continues to provide excellent food and service to our community," said Lanz.

Based on this student feedback Lanz mentioned some of the changes that have already been made this semester:

- Added quinoa bowls, individual pizzas and salad options to the late-night menu.
- Introduced Acai bowls at Legends.
- Added heroes to 500 degrees in the UC.
- Increased selections at the Back Bar Grill.
- Offered specialty salads at Innovation Kitchen.
- Included "Breakfast for Dinner" at Post Hall.
- Opened Post Hall for late-night seating.
- And increased mobile ordering locations.

"The one request we are still working on is increasing hours in the UC," said Lanz. "Like the rest of the country, we have been affected by staffing shortages. Our dining staff—the people who make the

food, serve it, unpack deliveries and stock shelves, and the managers—have been working extremely hard for longer hours to offset the labor shortage."

The Panther Pantry, a campus organization that provides vulnerable members of the Adelphi community with basic food items, free of charge, has also been impacted.

Michael Hoffner, coordinator of Interfaith Center & Panther Pantry, said, "As a whole, this year we have seen an increase in the number of Adelphi community members using the Panther Pantry. So far in 2021, a total of 670 orders have been placed. This number is up from pre-pandemic rates when the campus was completely in person. In 2019 we had 597 orders for the entire calendar year. In 2020 the number was 425."

The pantry tackles other needs by offering access to personal care products, clothing and household items.

Hoffner said that in terms of feeling the impact of the food supply shortage, they have experienced some challenges in getting the full number of items they have requested from their distributor.

"Typically, if an item is not available through our distributor, we will be able to access it through Amazon, so we are able to make sure the Pantry remains stocked with essential items," he said.

Members of the Adelphi community can also place orders online for the Panther Pantry 24/7 by going to eCampus and selecting the Panther Pantry icon. Orders are filled throughout the week and an email notification will be sent when it's ready for pick up at the mailroom.

Spirit Weekend Displays Adelphi's Rich Community Atmosphere

BY GERARD FIORENZAI

Adelphi's Fifth Annual Spirit Weekend was one for the books with 3,075 Panthers in attendance. The first-ever hybrid Spirit Weekend featured 34 events hosted from Oct. 14-17. The Center for Student and Community Engagement (SCE) hosted 20 of those events.

According to the SCE, 2,373 participated in the hybrid experience, a 109

percent increase from the previous year's virtual experience.

Adelphi continued their traditional programs for graduates, new students and Panther parents and families with a Contemplative Prayer at Cathedral of Incarnation on Oct. 12. Father Adam Bucko hosted the service in person at the Cathedral, but also live-streamed for 201 Panthers.

Arianna Livreri, the associate

director for the SCE, said the event ran smoothly. "This year's hybrid experience was a success and I think we will continue this tradition."

The events kicked off on Thursday with Daniel Martin hosting the Magic Show. The next night was Casino Night Under the Stars, which had 323 people in attendance. The Panther Carnival on Saturday was an immense success with 1,409 people in attendance who got to experience rides such as a rollercoaster and bumper cars, and there were raffles, an ice cream truck and other entertainment.

An essential component of Adelphi's Spirit Weekend and Carnival was the announcement of our Prestigious Panthers for the year. *The Delphian's* editor-in-chief, Maxmillian Robinson, was among the winners, along with Saira Amar, Sarah Carbain and Vanessa Masih.

Robinson said, "I had a great time being around such a vibrant atmosphere. I hope to see more like this in the future."

Gabriel Nuñez, a sophomore psychology major, said he thought the carnival was great. "It was a nice way to take a break from the mid-semester workload and stress," he said.

Other events included a volunteer service event at Crossroads Farm, Pan-

thers for a Cause 5K and Fun Run, Breast Cancer Walk with Swing Phi Swing, the 10 Under 10 Induction Ceremony and plenty of Panthers athletic competition.

It was a true showcase of the Adelphi Community's unity, students, their families, faculty and alumni.



The Spirit Week Carnival was a success with a variety of fun rides and events such as rollercoasters and a raffle.



The Delphian's editor-in-chief Maxmillian Robinson was among the recipients of the Prestigious Panther.

Alum Alex Klotsche '17 Is Pursuing Multiple Healthcare Paths

BY BIANCA VIANA

This year marked the 10th anniversary for Adelphi University's, 10 Under 10 Young Alumni Recognition Program. The ceremony took place during Spirit Week-end via Zoom on Saturday, Oct. 16. This award is aimed at celebrating, "achieved exceptional career and professional accomplishments before even celebrating their 10-year Adelphi reunion," according to the office of Alumni Relations.

Among the recipients of this year's awards was Alex Klotsche '17, BSN, RN-BC. Klotsche currently serves as a Nurse Care Manager and Chief Nurse Fellow at New York Presbyterian/Weill Cornell (NYP-Cornell). In that role he directs all aspects of in-patient care while developing care plans with the interdisciplinary team to ensure a safe discharge among patients and also reducing readmission rates. Following in his father's path, John Klotsche '79 MSW—a former adjunct professor at Cornell—he has also found his way back to Adelphi this fall, where he started as an adjunct clinical professor in the College of Nursing and Public Health. (Both of his parents are Adelphi alumni as his mother, Lori Klotsche, graduated with a MA in 1998.) Klotsche said he returned because he has "always enjoyed tutoring and precepting nurses and because I was a recent alumnus and felt it beneficial for the students to connect to someone in their shoes."

Veronica McCann, a student in Klotsche's clinical group said, "Professor Klotsche is able to communicate very well with my clinical group. He remembers what it's like to be an undergrad nursing student at Adelphi. He knows what it's like to be in our shoes. Being that he is also a recent graduate he is able to relate to us and I have definitely learned a lot from him."

After graduation, Klotsche went on to serve as a registered nurse (RN) on a blended stepdown/med-surg unit at NYP-Cornell. He was then promoted to charge nurse and preceptor. In these roles, Klotsche supervised nurses on assigned shifts, addressed issues, educated new nurses on the floor and provided the compassionate, emotional, psychological and spiritual care that nurses are known for. During this time, he also went on to pursue his Master of Science in Nursing and Health Leadership from the University of Pennsylvania.

As a student at Adelphi, Klotsche said his fondest memory was speaking at the ribbon-cutting ceremony in 2016 for the College of Nursing and Public Health's pride and joy, Nexus. As the 2016-'17 president of the Adelphi University Student Nurses Association (AUS-NA), Klotsche was asked to speak for this event alongside President Christine Riordan and the Board of Trustees, while



Alex Klotsche '17 BSN, RN-BC was one of 10 recipients for this year's 10 Under 10 Young Alumni Recognition Program. Klotsche currently serves as a Nurse Care Manager and Chief Nurse Fellow at New York Presbyterian/Weill Cornell (NYP-Cornell).

Photo from Adelphi's website

addressing multiple news outlets and the Adelphi community. "It was a very gratifying moment being able to speak and be surrounded by some of the most important people on campus," he said.

His favorite class as an Adelphi undergraduate was Healing of the Arts, he said, which focused on the different ways in which healing can be promoted, such as music, art and animal therapy.

"This was a class that helps me now as a nurse because I am able to engage in some of the techniques now with my patients. I am more aware that these other healing techniques exist in healthcare," he said. "Music therapy and art therapy are two therapeutic techniques that I use on myself and my patients. I have patients play their favorite music, like Frank Sinatra during the end of life. I have found it helps the patients and their families during an unfortunate time."

While Klotsche's success in his career since graduating from Adelphi in 2017 speaks for itself, he said he had to learn to find a healthy balance in his life. He advises students to understand their limitations. He said he believes that in

order to find a healthy balance you must have, "self-awareness and a support system to help you realize when you're taking on too much and will tell you when to slow down. The biggest key is remembering to focus on spending time with friends and family."

This was never more important than during the height of the Covid pandemic when the ideas of self-care and support systems became mainstreamed. For Klotsche and other healthcare workers it became a necessity. About his time working through the pandemic, Klotsche shared, "It was surreal to go into work when you're walking around in an empty city. You're about to walk into your shift and you just don't know what you're going to go into."

He added that daily he'd "watch families Facetime with their loved ones before they died." It was in moments like these he said that self-care and support systems kept him going.

The pandemic led Klotsche to realize that as a nurse there are many mental stressors that people had knowledge of going into the field, but they were never really acknowledged until the pandemic. New York City was one of the first nationwide to be hit hard by Covid. The overwhelming support for the city and the healthcare workers was something that Klotsche said he will never forget. He recalled that each night nurses and other healthcare workers would walk out onto the streets to hear the support from the city.

"Thousands would clap at 7 pm to celebrate our frontline heroes for working around the clock fighting this virus head on. It highlighted what we take for granted [each day] ...it made you realize just how crucial your role as a nurse is. Without nurses the healthcare system would fall apart," he said.

Klotsche said it was his first position at NYP-Cornell as an RN where he learned one of his greatest lessons for his career. Two months off orientation in his new position, he was surprised to learn that he had been removed from being one of his patient's nurses. He said the patient had certain expectations that he was unaware of, leading to a lack of communication and removal from the case. He explained this is a common problem that can occur with many patients when they are not informed of their nurse's other tasks and responsibilities for that day.

But the situation made him step back and realize the need for "understanding your patient's expectations from you as their nurse." He emphasized that it is important to remain transparent with them.

"Being in a hospital can be scary for them and as a nurse the last thing you want is for your patient to feel as if you are not there for them," Klotsche said. "Explain to patients when your busy times are. Be as upfront and honest as you can be. Explain to your patients what you are doing when you are outside of their room. This can ease a client's anxiety during their stay."

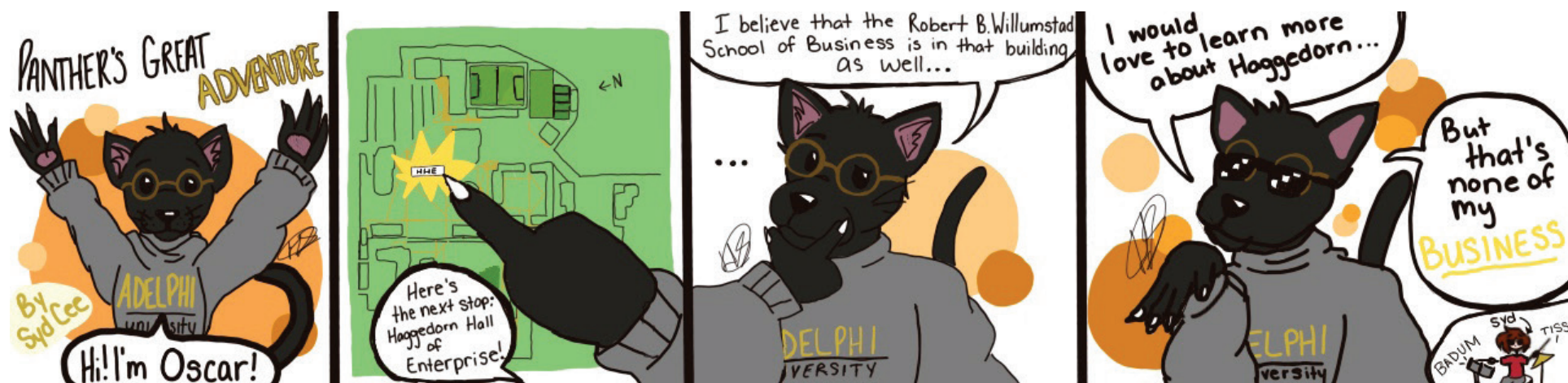
Klotsche has taken on the more administrative role in the hospital as nurse care manager to "have a new perspective to the other side of healthcare. It has been beneficial in understanding the different areas within healthcare rather than your typical healthcare duties as a nurse."

Currently, Klotsche is pursuing his Master of Business Administration (MBA) with a dual concentration in financial management and healthcare management, innovation and technology from Johns Hopkins University. He said this will allow him to further explore his career options outside of a hospital. "Having an RN degree allows you to stand out from other applicants," he explained.

Klotsche is certain that his RN degree will only further help him as he continues to pursue his MBA. "As a nurse you are known for working in stressful environments, having good communication skills and you are known for being able to work well with a team," he said. "With an MBA and a background in nursing there are many other career paths that become available to me. I was between healthcare start-up versus investment banking versus healthcare consulting. However, healthcare consulting is where I ultimately hope to end up."

Although he does a lot, Klotsche enjoys it and believes that each of his experiences have helped him personally and professionally. As for his future as an RN, he doubts that he will return to the bedside, but he hopes to use his background to engage in volunteer work within the community, such as participating in the American Red Cross or Medical Missions.

"I also hope to continue to teach and give back in that capacity," Klotsche said, adding that he hopes to stay at Adelphi University and serve on the Board of Trustees in the near future.



Robert Conaghan: A Man with a Green Thumb Who Keeps University's Arboretum Thriving

BY JAMIE GESELL

Most understand that Adelphi University is an institution that provides higher education to individuals. However, it also serves another purpose. It is one of the few universities designated as an arboretum. Its 75 acres are devoted to 68 different types of trees and shrubs so that wherever you walk on campus, you can see all kinds of plant life like a Weeping Green Beech, Paperbark Maple and American Elm. *The Delphian* was able to interview Robert Conaghan, one of the groundskeepers who tends to the arboretum of Adelphi, to learn more about the grounds and the people who care for it.

"If a room needs to be painted and I put it off for a week or two it is still the same job, but if a plant needs water or has an insect issue and I wait two weeks the plant could be dead," he said.

However, he has always had a passion for the outdoors. When he was younger, he spent time outside and reading stories about the environment. He especially loved reading stories in "Fabre's Book of Insects." (He even traded 10 comic books to get the 1938 book.) Thanks to his youthful outings, he said he loves working on Adelphi's grounds.

It was Conaghan who got the university to be designated as an arboretum.

"A little over 15 years ago I reg-

exist on the campus as well, such as those from the class of 1935 and a 70-year-old Winged Euonymus tree located just south of Levermore Hall.

Conaghan doesn't do all of the work alone, however. He has a four-person crew who helps him maintain the arboretum.

"All have been in the field for over 20 years and are experts in areas of horticulture care and equipment," he said, adding they can classify a plant, identify a fungal disease and do so much more for the arboretum.

One of the most notable challenges Conaghan has faced while working on the school's grounds is getting rid of chemical pesticides. Since 2003 his solution to the matter was using biological pest-eating insects.

"Ladybugs, assassin bugs, green lacewing and beneficial nematodes are just a few that help us control the damage caused by aphids, chinch bugs, white flies, mites and grubs," he said. As a result, chemicals are no longer negatively affecting the plants—resulting in a very green solution.

Conaghan said he listens to what students and faculty have to say about the arboretum and is always on the lookout for new methods and ways to further improve the campus. Most of the suggestions he gets from the Adelphi community are about planting more native plant species on campus.

"Since those requests came in, we have planted hundreds of new native plants and created a native plant garden in the Quad by Alumnae and Harvey Halls," he said.

For anyone aspiring to work in an arboretum, he advises they get involved in the field.

"My advice to someone who wants to work in the horticultural field is to join organizations that deal in this area," he said. "Cornell Cooperative Extension is one of the best that I know. Their monthly newsletter sharing information on insect

and disease reports from the area is outstanding and their education seminars are second to none."



Robert Conaghan

Photo by Professors Minicozzi and McCarthy



Robert Conaghan talking to Freshman Seminar: Learning to Lead class about Adelphi's arboretum. *Photo by Professors Minicozzi and McCarthy*

Conaghan started working at Adelphi in 1980 as a power plant operator. He's taken on many positions and responsibilities since then such as construction manager, facilities manager and mechanical trades supervisor. In 1999, groundskeeping was added to his responsibilities. He admitted that working as a groundskeeper is a lot different from his other duties on campus.

istered Adelphi as an arboretum after identifying some of our beautiful specimen shrubs and trees on campus," he said.

Since then, he has added new plant species to the campus, such as 5,000 yellow Dutch Master daffodils and 40 butterfly bushes. Other new plant species include Coral Bark Maple, Weeping Sargent Hemlock and Japanese Flowering Cherry. Old plants still continue to



Green Hawthorn tree near Blodgett Hall

Photo by Jamie Gesell

For an arboretum plant list and map so you can take your own campus tour, visit www.adelphi.edu/scc/wp-content/uploads/sites/14/2020/06/AUarboretum.pdf. You'll be surprised by just how many different varieties of plant life live here.

The AU Garden City Campus Over 92 Years

BY LIZZ PANCHYK

Adelphi's 125 years of history includes several decades in Brooklyn as the Adelphi Academy was originally founded there in 1863. But in 1929, the university moved to Garden City on the campus we all know well. How did campus look



Woodruff Hall circa 1990 and tennis courts
Photo by Caren Prommersberger



Circa 1940 aerial view of Adelphi University *Photo from National Archives*

when it first started? What has been added since then that makes it the abundant area we are so familiar with today?

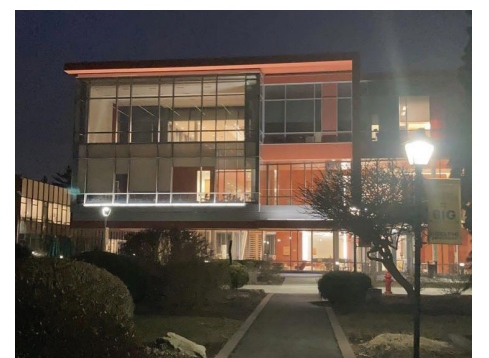
In the early days it was just three buildings: Levermore Hall, Blodgett Hall and Woodruff Hall (now connected to the Center of Recreation and Sports added in

2008), which were designed by architects McKim, Mead and White. As the years went by, more was built on to the campus. In 1963, the campus expanded from these original three to 16. Sports fields were also added along with dormitory buildings and others, such as Hagedorn Hall (formerly known as the Business Building) in 1964, the University Center in 1972 (which has been renovated and reopened as of January 2021), the Swirbul Library in 1963 and many more. The most recent add-on is the Nexus Building, which was completed as of fall 2016.

The campus itself is 75 acres, once covered with grasslands and now home to over 25 buildings. The campus is much more walkable with the concrete paths that lead directly to all the buildings instead of walking through grass. But the overall natural beauty of the campus—

which is also a registered arboretum and includes nearly 70 different types of trees and shrubs—has been kept intact as bunnies still call this campus their home; and so do we.

See the article above to learn more about why this campus is an arboretum.



Nexus Building circa 2021

Photo by Lizz Panchyk

Young Dolph: The Most Underappreciated Rapper of All Time

BY MITCH COHEN

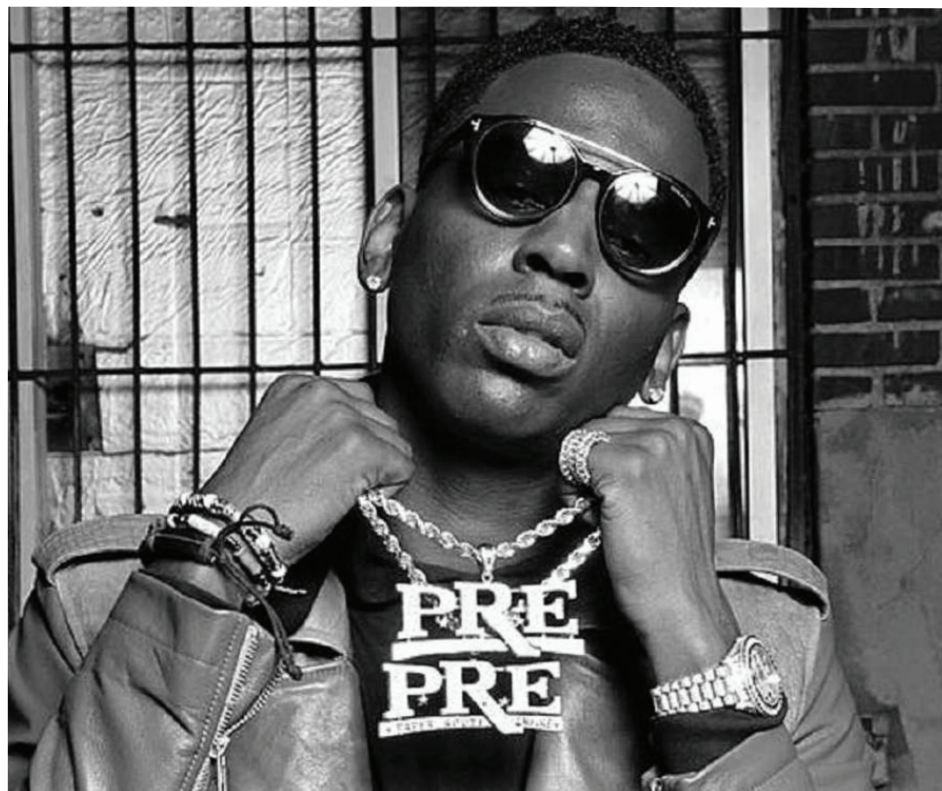
Since rap music is so popular in today's society, it is very easy for people to gravitate towards an artist they love. Some people are more interested in lyrics and technical skills, demonstrated by the likes of Kendrick Lamar, Tupac and Nas. Others are more interested in rappers like Playboi Carti or Future, who make music that is less about lyrics and more about hyping people up. In 2021, these two styles coexist with even more on top of that. With so many rappers both mainstream and independent, many talented artists are overshadowed. Such is the case with Young Dolph.

I first heard of Dolph in 2016 when I was still establishing my taste for rap music. During that time, I listened to more mainstream artists such as Drake, Lil Wayne and Young Thug. While these artists were well-liked by people all over the world, I eventually grew uninterested in them because I wanted to diversify my tastes compared to my peers. Around this time, one song I listened to was called "Cut It" by a rapper named O.T. Genasis featuring Young Dolph. While Genasis was incredibly forgettable in his verse, Dolph was the exact opposite. Even though the song wasn't his, he had an energy that demanded the listener's attention. Looking back to my freshman year of high school, Dolph should have

been a rapper I enjoyed immediately, as his music focused on money, drugs and women. Yet for the next six years, he flew

fully obscure.

While having dinner with a friend one night, he brought up Young Dolph



Young Dolph has a label called P.R.E (Paper Route Empire).

under my radar as my tastes for music started to evolve. While I listened to some mainstream artists like Travis Scott and J Cole, I was much more interested in rappers who were either semi-mainstream or

and told me some good songs to check out. I decided to sit down and listen to some of Dolph's music, which did not disappoint. The first song I ended up hearing was called "Baller Alert." While this song

was simple conceptually, the incredible beat by Izze the Producer and the energy put on display here made this song well worth the listen. As 2021 continued, I found myself listening to several songs across Dolph's discography. Similar to my experience with "Baller Alert," several songs I heard from Young Dolph thus far were simple in concept, yet incredibly entertaining.

I have now listened to 23 songs by Young Dolph. My definitive favorite would have to be "By Mistake." This song appears on Dolph's 2018 album "Role Model" and talks about spending money, cars and women. What makes this song stand out to me is how memorable the chorus is as Dolph talks about speeding down Elvis Presley Boulevard with a model in his car. Overall, it's a song that hypes me up every time I listen to it and I highly recommend it. Another song by Dolph I recommend is "Obey your Thirst." Unlike most of Young Dolph's catalog, this song is much slower-paced due to being produced by OG Ron C. Like the previous two songs, this one has similar concepts. But the slower pace definitely gives the song a trippy vibe.

I'm glad I gave Young Dolph's music a chance. The amount of energy he brings to each track is incredible, as is his beat selection. If you are into rappers who make turn-up music, then Young Dolph is definitely an artist I would recommend.

Neurodiverse Students Were Hit the Hardest by the Events of the Past Year

BY NICOLAS RONTANINI

We all remember when the pandemic first hit and we had to adapt to an unprecedented crisis and navigate a changing social and academic environment. We were all hit hard, but neurodivergent students—those who have been diagnosed with ADHD, dyslexia and autism—were hit the hardest. According to Dr. Lawrence Fung, the director of the Stanford Neurodiversity Project, during the pandemic about 20-30 percent of males on the spectrum experienced anxiety disorder, with a higher anxiety rate in females of 40 percent. Fung noted that some clinics have seen anxiety in patients on the spectrum increase 80-90 percent. A Nov. 13, 2020 "Teen Vogue" article stated the situation has caused some neurodiverse college students to drop out, while others contended with academic and social placements that left them disadvantaged.

The term neurodivergent was first coined in the 1990s by sociologist Judy Singer, who also identifies on the autism spectrum. According to the website

Verywellmind.com, the term was intended to challenge the notion that being neurodivergent meant being broken. As a neurodivergent student, my stress levels only elevated in response to the pandemic. When everything shifted to an online format, I not only had to adjust to altered academic structures, I had to completely revamp my schedule to accommodate it. Not to mention, the different methods of connecting with professors were difficult to navigate and frustrating if you didn't hear a response. The pandemic certainly didn't help my stress levels, but it also taught me valuable lessons.

One of the hallmarks of the pandemic was change, and this can be stressful for everyone. It's especially difficult for neurodiverse individuals who, according to Verywellmind, were reported to feel more anxiety regarding several aspects of life, like safety, getting food or their job status during the crisis. I can definitely attest to this. Most aspects of our lives that we may have taken for granted changed in ways we couldn't have predicted. Before this, we couldn't have predicted the

quarantine and the lockdown. We couldn't have predicted our schedules and routines completely changing seemingly overnight. Even navigating the frequently changing CDC guidelines became a challenge of its own. All of these changes, especially for neurodiverse students, caused tremendous anxiety. The lack of structure the changes brought with them only amplified this feeling.

There was a need for a set of more specific guidelines for autistic individuals released by the CDC. As they noted, some people with developmental disorders, like autism spectrum disorder, can have difficulty with comprehending safety measures or saying if they're experiencing symptoms. Here, the CDC provides tips to care for your physical and mental health, like eating healthy and contacting your healthcare provider in any treatment concerns you have. These are very helpful tips that, when carried out, can actually help you feel calm. But there is one thing they mention that is important for everyone, "recognizing what stress looks like."

From when the pandemic first

started, the rapid changes caused anxiety for many. As such, if you needed help, it became even more important to advocate for yourself. However, neurodiverse students often struggle with this. As Verywellmind noted, neurodiverse individuals often feel the need to mask what they're feeling, either due to external social reasons or shame that what they're feeling is somehow wrong.

I've felt this way before. When it seems like you're the only one who feels anxious in a given situation, it's easy to feel like you need to hide what you're feeling. But it's important to note that you're not the only one who has felt this way. The pandemic stoked feelings of stress and anxiety in everyone.

So, if the pandemic has taught us anything, it's that everyone is going through this. It taught us to see those around us in a different light, and that feeling stressed is nothing to feel ashamed of. In response to an unprecedented public health crisis, anxiety is a natural feeling to have. It's important to remember, feeling stressed isn't wrong; it's human.

LGBTQIA+ First-Year Experience Program

Continued from page 1

former FYE participants to gravitate to, they hold leadership positions all over campus in organizations such as Her Campus, Feminist Alliance and Resident Student Association (RSA) just to name a few.

Whether helping them feel comfortable in their identity or adjust to college life, this program has proven itself to be beneficial to the LGBTQIA+ population of students here at Adelphi. The confidence, support nets and bonds that this program helps to foster aids

tremendously in the attendees' lives as they further their education at Adelphi.

Before the end of this semester there will be an event with first-year and transfer students being invited back. Additionally, there will be a final event of the semester just before winter

break that will be open to the greater populous of LGBTQIA+ individuals at Adelphi.

Students who want to learn more can email Erin Furey at efurey@adelphi.edu.

Adapting to Covid-19's Effect on Job-Searching is Our Best Bet Towards Recovery

BY JOSEPH D'ANDREA

For those who had to face stresses primarily related to their income during the height of the Covid-19 pandemic, an adjustment was required to better navigate life, both emotionally and financially. Whether those affected were small business owners or young adults looking to jumpstart their way into the workforce, the obstacles posed more than just a health-related problem that would have to be addressed.

Building on that, both the up-and-coming workforce, as well as those looking for a job in general, had to cope with fewer opportunities being offered to them. For college students, the importance of earning a paycheck during what is seen by many as the most significant step of our lives—working our way through college—is not only a goal, but a necessity for many. The established plan had been simple: get a job before or during your first or second year of college, work your way up to an internship, and exit college with a dignified resume as your career search begins. However, as many college students around the nation have come to discover all too well, a worldwide interruption became a roadblock in this preparation for a better future; competition notably increased and the options of where to maneuver next became slim and

less flexible.

As the virus continued to impact the world, it was also impacting college graduate job prospects. According to a May 2021 Pew Research Center report, “In October 2020, 69% of adults ages 20 to 29 who had graduated from college with a bachelor’s degree or higher during the previous spring were employed, lower than the share of 2019 graduates who were employed in October of that year (78%). The labor force participation rate for recent college graduates... also dropped from 86% to 79% during this one-year period...” Further, the report said, “Among all Americans ages 16 and older, the employment rate declined from 61% in October 2019 to 58% in October 2020, and the labor force participation rate declined from 63% to 62%.”

With more unemployment comes less initiative in the workforce as well, which has also brought on a nationwide rise in anxiety and depression. According to a report by the Kaiser Family Foundation, Covid-19 has taken a toll on mental health in the country to a large degree, and especially for those getting into new experiences. Being that college students already face various forms of pressure and anxiety, the last thing students want to hear is that they’ve become backtracked.

As a first-year student at Adelphi, I started my first job in September 2020;

the summer before my senior year of high school. This was at the time one of Covid’s highest points, and as I was searching for possible jobs that I could apply for, the process and what followed did not seem as normal as usual. In terms of new hires, quantity seemed to have been valued over quality. Many employees came and went within a month or so, and I felt obligated to stand out among those who were not planning to stay for an extended period, partly to boost my credibility. Having faced a similar issue at my workplace, when I first applied to be a cashier at Michaels Arts and Crafts, there was a conflict of a simultaneous need for businesses to hire, and for them to abide by safety guidelines of the time.

The additional problem of employees being forced to modify their learning pace when it comes to new experiences has certainly been a struggle, and the only way to overcome this difficulty would be to adapt, even if the person facing the predicament is not used to doing so. Though possibly easier said than done, grasping how to approach a situation in a different direction can help not only during a pandemic but in everyday life. Starting a job and having to wear a mask, I felt that took away from my interactions with customers and my co-workers. However, many of us have come to the point where wearing a mask in the workplace is not

deemed necessary, I have begun to feel a genuinely stronger connection with those I encounter.

The main takeaway from a lifestyle-altering development the world saw this past year and a half is that seizing what lies at the end of the tunnel can be beneficial. We’ve had to become adaptable as internship and job opportunities have also changed and experiences we once assumed would be in person have gone virtual. But that has also made it easier to have work experience in different states and even internationally. The will of those affected by anything in life must always be factored in when looking for how many have overcome their hurdles, and in the case of Covid-19’s pessimism-inducing impact, it is important to be someone who fought against a struggle.

Be sure to check out more articles and back issues on *The Delphian* website thedelphianau.com.

Prepare for the Supply Chain Crisis to Get Even Worse for the Holidays

BY JEREMY KAUFMAN

Over the past few months, wherever I shop, I’ve noticed distinct and disturbing changes in the prices, quality and quantity of goods that are offered. For example, prices have soared for meat, eggs, fish and peanut butter. I’ve also seen a resurgence of the massive crowds that would frequent supermarkets mostly before the pandemic. Further, there are distinct shortages of everything from microchips for computers to pet supply products. If you turn on the news, whether it’s CNN or Fox News, it appears that there is a sort of perfect storm affecting our economy.

According to an article published on WhiteHouse.gov, wide-ranging factors resulting from the Coronavirus pandemic have led to a situation where supply cannot keep up with a resurgence in demand. Further, businesses suffered during the pandemic and had to either close or limit their operations. Meanwhile there is a supply chain crisis that is affecting transportation, leaving hundreds of container ships stuck in our ports unable to unload due to shortages in truck drivers who can take those goods out to warehouses and stores. All these factors are a global trade issue.

As a result, I’m not the only one predicting that this crisis will get worse. First of all, the timing of the situation is most unfortunate. We have several holidays approaching. The vast movement of travelers will put pressure on the nation’s fuel supply and we can expect an overwhelming surge of mass consumption due to the holidays. In fact, Black Friday is only a

weeks away. As a result, there may be fewer options and higher prices for those that are available, according to “Business Insider.” It would appear that people are buying more products than earlier in the pandemic. According to the White House article, “Many consumers are making large purchases with savings accumulated during the pandemic.”



Pre-Covid Black Friday shopping at Walmart Photo by laurieofindy

At the local supermarket, I noticed some interesting things. Surprisingly, there wasn’t much in terms of food shortages. This was only at the local supermarket, however. I have seen and heard from other people and online about major issues regarding food at other locations. Locally,

though, it definitely appeared that pet supplies and toiletries were quickly running out of stock. I was surprised about the pet supplies; however the toiletries shortage was quite predictable. What surprised me most was the prices of food. Some brand cereals have gone up to as much as \$5 a box.

I believe that the shortages are

shipping and therefore, the supply chain. It will also hurt electricity and during the winter, heating, driving up prices. According to the Energy Information Administration, U.S. households that rely on natural gas for heating will spend an average of \$746 to heat their homes this winter, up 30% from last winter. This will combine with the effects of the coronavirus to dampen the holidays dramatically.

In the end, the best way is to start shopping and preparing for the holidays earlier. My family has already started buying food and presents. I strongly suggest you do as well, after reading about the store shortages in an Oct. 16 article at CNBC.com that said “experts worry they will be completely empty by the time the typical holiday shopping season begins.”

I do believe that things will get better, however. I am no economic expert. But I believe that this is simply an adjusting period after a global pandemic. After all of this has passed, our economy has a lot to gain, and so do we Panthers. I am confident that the holidays will go on. With most of the vaccinated, we are at a point that we could never have anticipated. The pandemic may not be completely behind us. However, the worst of it is. The same goes for the economic crisis. It will fade away as well eventually. The best way to make it so is to walk into the future with a positive attitude. Perhaps the economic bustling of the holidays may even usher in a period of economic activity that will soon open America up to new possibilities.

closely tied to one major factor that will change life greatly for us: that is, our over-reliance on fossil fuels. All across America, we have seen the prices of hydrocarbons go up dramatically. This will greatly limit travel or make it more expensive, which will add pressure on

Panther Spotlight: Sophomore Faith Dillion is Leading the Field Hockey Team to the Playoffs

BY ANDREW SMITH

The field hockey team has enjoyed much success during this season. They are poised to secure a playoff spot and are currently leading the conference and total goals with 68. Sophomore Faith Dillion has played a tremendous role in the team's current success.

Dillion has always been around field hockey; she started playing when she was eight. She lived in Maine where she played in the youth program that her mother ran as part of the high school team she coached. From there, she transitioned to playing in middle school, travel, high school and now at the collegiate level.

Dillion credits her mother and high school coaches as inspirational figures in her athletic career. Up until she began seventh grade, her mother would bring her to practices at the high school. Dillion explained, "I started playing in the youth program through my mom's high school and fell in love with the sport after that."

For Dillion, inspiration is a key part of her life. "My two high school coaches were big contributors to the successes I've had with field hockey and life," she said. "I knew the head coach since I was in el-

ementary school because she coached my hometown team while my mom coached the next town over. The assistant coach



Dillion preparing to make a pass to a teammate during a game.

Photo by Cosmic Fox Media

was also my mom's college best friend and they played against each other in high school."

She described her coaches as "second moms" as they were always there for her and served as key role models in her life.

She added, "We have always been super close and they have helped me immensely navigate life and for that, I am forever grateful. I also look up to one of the graduates from my high school, Hannah Brown, who was a captain of the USA's indoor field hockey team. I've known her since I was little and I get

to see her almost every summer at our alumni game. She's an incredible field hockey player and has allowed me to use her as a reference when it came to finding a college team to play for."

Dillion said she enjoys participating in many community service events within her town. "I'm excited to get involved in community service as well as having games for different causes such as Tunnels 2 Towers, Island Harvest and our Breast Cancer game. I also am just excited to be a part of the team. Our coaching staff is so amazing and the girls on the team are some of the best people I have ever met. Being a part of the Adelphi Student-Athlete Advisory Committee is also exciting. I love getting involved in as much as I can so I'm pretty pumped about that. Representing Maine is also pretty awesome."

At Adelphi, Dillion is an environmental studies major in the STEP program and plans to become an earth science teacher. She chose to become a Panther because "it seemed like the perfect fit and size."

"After my overnight stay with the team I knew that it would be a great fit for me," she said. "Everyone on the team was so nice and funny, and they were the



Sophomore Faith Dillion

Photo by Brian Ballweg

ones who really made me come to the decision to commit. I also wanted to go to school far away from home, but if I wanted to drive home, I could. I also have family who live nearby so if I ever needed anything I could go to them."

Dillion added she has enjoyed her time at Adelphi so far and looks forward to seeing what comes her way next.

Men's Soccer Pursues Conference Title and Beyond

BY LILYEN MCCARTHY

Despite two tough losses against top teams in their penultimate week of regular season, men's soccer has seen



Men's soccer roster for 2021 season

great success this fall. The team heads into their last game with a No. 3 ranking in the NE10 conference, behind Franklin Pierce

and American International, respectively. No strangers to post-season success in the past, the team is completely confident moving on from regular season play.

"Personally, I feel very positive going into post season," said sophomore defensive player Benji Jones. "We are playing some good soccer right now, and we know we are more than capable of performing at a very high standard against the best teams in the country."

The team has backed up their confidence in the past, only falling to both No. 5 Franklin Pierce and No. 23 American International by one goal in each match up.

Looking forward to future matches, Jones believes staying in shape and knowing the opponent will keep the Panther

men prepared for all levels of play. He said, "Then psychologically we may focus on how we will succeed in order to win the game and progress into the coming rounds."



Sophomore Benji Jones during game play.

This and other photos here from AU Athletics

Freshman midfielder Matthew Lynch attributed the team's success to a great team mentality and like Jones, confidence. He described his experience coming to America to play. "One of the biggest things I noticed coming from Ireland is the support you feel from those not playing. That's a credit to them, playing a massive role in helping those lucky enough to step out and play."

As of press time, there was only one game after Halloween weekend and then the team heads into playoffs. Lynch, who said he's grateful for such huge support from campus students and others, added, "We hope that'll continue into the final home games. It makes such a difference for us, and it doesn't go unnoticed."

Volleyball Battles Top Teams Over Halloween Weekend

BY LILYEN MCCARTHY

Two years since their last competition season, Adelphi volleyball entered the 2021 season with a sixth overall predicted ranking. Halfway through conference matchups, the team held a 3-4 record, ninth overall in the NE10 conference. The team struggled to determine the reason for such a turn of events after a high outlook at the beginning of the season. Junior setter Brenna Valsted attributed some of the unexpected losses to the team's age and lack of collegiate experience.

"The majority of the starting lineup is freshmen or girls who haven't played collegiate volleyball before this semester. It's not volleyball, nor skills. We have that. It's completely mental," Valsted said.

Walking into the weekend with their

ninth overall ranking, the Lady Panthers needed a win over No. 2 Bentley and No. 4 Stonehill to break out of their losing slump.



The team in action against Molloy College.

The game against Bentley on Friday, Oct. 29 went in the Panthers favor: a huge upset three sets to one. Saturday's game on Oct. 30 against Stonehill was an

intense five-set battle, but the Panthers fell just short of victory, losing 18-16 in the fifth set. Despite the disheartening loss against Stonehill, senior libero (four-time NE10 player of the week) Jamie Yonker said she felt the team is finally back on track.

"This weekend just proved what I already know. We are here to compete, and we need to come out with the same mindset we had this weekend and play our game," Yonker said.

The 1-1 weekend record keeps the Lady Panthers at a ninth conference standing with four more conference matches left in the season.

"Consistency has been our downfall," Yonker commented on the previous play. "As long as we bring out the same team I saw this weekend, we'll continue

to do well."

The team's hope for post season lies completely in their hands. Four wins keeps their play going while too many losses could end it. Come support the team at their next home game, Friday, Nov. 12 against Saint Michael's College.



Jamie Yonker serves in a recent volleyball game.