Nassau Community College and Garden City Campus Partnership

BY KATIE FARKAS

Beginning in fall 2021 with 29 students, Adelphi University and Nassau Community College (NCC) teamed up to bring two-year associate degree students the opportunity to live on campus in Garden City and participate in university activities, while being a part of a transfer pathway for completing their bachelor’s degrees at Adelphi.

Kristen Capezza, vice president for enrollment and university communications, said that the idea for this collaboration came from both institutions’ desire “to create a sense of community for two-year students working on their associate’s degree in anticipation of transferring to Adelphi for their bachelor’s degrees. By folding two-year community college students into the co-curricular experience at Adelphi from day one, it would allow them to feel integrated into the community, making the adjustment upon transferring much smoother and likely positively impacting retention and graduation rates. Additionally, it would promote student success and important skill development from the get-go of college studies.”

When the program was announced last summer, Christine M. Riordan, PhD, president of the university, said, “Adelphi is committed to helping students achieve success in individualized ways, and I am pleased that this program offers an equitable and appealing option to students planning to earn a bachelor’s degree.”

“As part of our vibrant Adelphi community from the start of their academic journey at Nassau Community College, students will seamlessly have access to a four-year experience in a way that works best for them,” she continued. “We look forward to building on our strong partnership with Nassau Community College and supporting students’ success in accessible and meaningful ways.”

Although the pandemic may have caused the program some setbacks Capezza said, “it was in the early stages of discussion during the pandemic; having some time in remote and hybrid settings allowed both institutions time to work on the program’s logistics. And, because of capacity in the residence halls, we were able to launch the program in fall 2021.”

The benefits of taking part in this program, listed on both Adelphi and Nassau’s websites, include affordable tuition by beginning one’s studies at Nassau Community College.
Covid Update and Masks

Continued from page 1

Covid Update and Masks

Covid Update and Masks

Continued from page 1

Continued from page 1

couple of years and we have learned how to care for people with Covid and I believe it’s time we lift the restrictions and let everyone go back to feeling normal. I feel like it was the best decision for me personally because nothing has felt completely normal in two years so even just a couple of days of feeling normal was amazing.”

For this semester, the vaccination policy will stay in effect, but those who are not will need to submit at-home tests. Students are encouraged to carry a mask around with them in case a professor or faculty member would feel more comfortable with the usage of them during a class or meeting, and paper masks will still be offered throughout the campus.

Palma said students should adhere to the usage of masks if it is requested while in an indoor area. Students are still required to fill out their daily Covid screening for the rest of the semester. This will ensure a safer environment on the campus while our masks come off, and allow the Health and Wellness team to track those who do come down with Covid and keep them from entering the campus to allow for safety among all students, faculty and staff.

“Our Health and Wellness team considered multiple factors in making the mask-optimal decision,” said Palma. “Among the primary factors are two important ones: the high percentage of fully vaccinated community members on campus and the remarkably low campus positivity rate which is currently at zero percent, as you will note on the University Covid-19 Dashboard.”

The Nassau County rate is also at about a low 1.80 percent. Seeing this low percentage also had an effect on the decision that was made for our Garden City campus. The Health and Wellness team will be on the lookout for rising cases and for any changes that need to be made for the rest of this semester and the ones that follow. “We are committed to implementing evidence-based policies that are informed by the best available data,” said Palma.

This reassures the Adelphi community that the next couple of months and the decisions that will be made during this time will keep us the safest as we continue to follow any necessary Covid guidelines, new or old.

The past couple of years have been rough on students everywhere, but with the steady low number of cases and slowly but surely lifting of mandates, we can hope for a more normal college experience and more in-person classes. We can also look forward to seeing everyone’s faces and their smiles once again, as it’s been far too long.

Sophomore Krissy Piccolo said, “It’s been a long time coming and I appreciate that most professors are giving students the options to mask up in class because pretty much everybody is vaccinated so it’ll be nice to see each other’s faces after two years.”

But the truth is, not everyone may not be comfortable removing their masks just yet. And that’s okay. As a school community, it is important to keep one another safe as well as ourselves.

“I think that given the decrease in Covid 19 cases and high proportion of vaccinated individuals in the nation and especially on campus, that it makes sense to lift the mask mandate at Adelphi,” said associate professor Maria Cristina Zacarini, an associate professor of history in the College of Arts and Sciences. “For the past two years, we have taken all the right precautions and now I feel that this too is the right thing to do. On the other hand, I personally will continue to wear a mask because some students tell me that they have concerns and will remain masked. I would never want any student to feel unprotected and uncomfortable.”

With Covid, we never know what to expect, but hopefully the final couple months of the spring semester will begin to return to a sense of normalcy.

Nassau and Adelphi Partnership

Continued from page 1

College while taking advantage of the four-year, co-curricular Adelphi experience. Students have the option to live and dine on Adelphi’s campus, participate in Adelphi clubs, recreation and leadership development programs, and have access to the Adelphi community and campus facilities, on-campus parking at no additional charge, early academic advising from the Adelphi Transfer Student Success Team, a waived transfer application and deposit fees.

Any NCC students who do choose to live on Adelphi’s campus will be required to pay room and board fees applicable to their housing and meal plan selections. All of these housing options can be found on Adelphi’s housing website along with the meal plan costs.

Todd Wilson, a spokesperson for Adelphi, said, “This does not negatively affect traditional Adelphi students looking to live on campus. The number of rooms set aside and the capacity of the program is dependent on Adelphi’s student demand for housing. Each semester, this number is revisited as needed with first priority going to Adelphi’s degree students.”

Anyone looking for more information regarding this program can find it on Adelphi’s website www.adelphi.edu/admissions/transfer/apply/nassau-adelphi-gateway/ or can reach out to Anna Zinko in Student Affairs, www.adelphi.edu/directory/anna-zinko.
A Day in the Life: Xiao-lei Wang, PhD, Dean of the College of Education and Health Sciences

BY KATIE FARKAS

In this column, The Delphian has been highlighting a different administrator at Adelphi in each issue so that students get to know them better.

Xiao-lei Wang, PhD has been the dean of the Ruth S. Ammon College of Education and Health Sciences (CEHS) since July 2019, a position she said focuses mostly on “leadership, management of the college and outreach.”

Building a college that sets the trend in education, innovative partnerships, sports management and communication sciences and disorders professions is a major goal that Wang wants to accomplish with this position along with becoming a college that leads these fields and has a strong reputation. Wang shared her desires for the college to “build a Ruth S. Ammon CEHS common identity, develop unique curricula and programs responding to the changing needs of different fields and galvanize faculty and staff for innovation.”

Wang mentioned the development of a new doctoral program in Learning Sciences. “We are also thinking of designing a doctoral program in Global Higher Education and Students Affairs. These are niche programs. In addition, since I came to Adelphi, I have created Dean’s Funds for curriculum innovation, scholarship and grants, which have supported faculty to engage in curriculum innovation, research and grant writing” said Wang.

Before coming to Adelphi, Wang worked at two other universities, Pace University School of Education in New York and Northern State University in South Dakota.

“I went through the ranks from assistant to associate to full professor,” she said. “I also served as department chair, associate dean for academic affairs and acting dean. In addition, I served as an elected official for an international academic association. I also served as a journal co-editor and a peer reviewer.”

Throughout her career, Wang said that one of the biggest problems she had to combat were budget reductions, not just at AU, but at other institutions she has worked at as well. Generating revenue through creative, entrepreneurial thinking and action has been how Wang was able to work around these issues. For example, she worked with her faculty colleagues to create “international partnerships with China, Ukraine, France, Spain and other locations, providing international credit and non-credit-bearing workshops, credit and non-credit-bearing programs for teachers and professionals.”

After earning multiple degrees, including a doctorate in educational psychology from the University of Chicago, a master’s of education in early childhood development and education from the Erikson Institute/Loyola University Chicago and a Bachelor of Arts in English and English literature from Nanjing Normal University, Wang said there were many courses that became favorites. But the one that stood out the most was nonverbal communication. She said, “It was and still is impactful because this course helped me to look at human communication with different dimensions.”

Regarding her advice for students, she said, “Building your resume by involving yourself in activities such as volunteer work, student government and making sure you do all the things that students should take part in while in college. These experiences will help you build an impressive resume and a job with success.”

Her favorite spot on campus is Harvey Hall, the building in which her office is located, because “it has historical memories since it was converted from a dorm.” She also appreciates the campus environment and the variety of plants.

When not working Wang likes to take walks, travel and listen to music, mostly classical, with some of her favorite composers being Chopin and Mozart.

Wang also has two multilingual sons. She said they grew up simultaneously with three first languages including French, Chinese and English. Later, Wang said she also acquired other languages including Spanish, High German, Russian and Italian. “I have been documenting their multilingual development longitudinally and have written books about them and also published my research about them in various academic journals,” she said.

Self-Care Was an Important Theme at the Women’s Leadership Conference

Continued on page 1

In the column, “At the Forefront of Change,” a conversation moderated by Manoj Pardasani, PhD, LCSW, ACSW, dean of the School of Social Work, which featured Christine Tiedemann, a NYS certified holistic health coach, and Lynda Perdomo-Ayala ‘78, administrative department head at the Renaissance School of Medicine at Stony Brook University and founding member of Adelphi’s Women’s Giving Circle. Photo by Erica Burns

Audienc members in the UC. “At the Forefront of Change,” a conversation moderated by Manoj Pardasani, PhD, LCSW, ACSW, dean of the School of Social Work, which featured Christine Tiedemann, a NYS certified holistic health coach, and Lynda Perdomo-Ayala ‘78, administrative department head at the Renaissance School of Medicine at Stony Brook University and founding member of Adelphi’s Women’s Giving Circle. Photo by Erica Burns

Continued on page 7
Students Wary of “Cancel Culture” and Its Potential Impact on Their Freedom of Expression

BY MEAGHAN DOHERTY

While many Adelphi University students say they don’t participate in or agree with “cancel culture,” a campus survey found the vast majority say they worry about being canceled themselves and fear the trend will continue or worsen in the future.

Cancel culture, also known as call-out culture, itself is a tricky term to define. Some experts connected it with the #MeToo movement, which coincided with the rise of the term’s popularity online. The #MeToo movement came from the term “Me Too” coined by activist Tarana Burke in 2006 to raise awareness about women who had been abused. The movement went viral and became a globally recognized term in 2017 after actress Alyssa Milano, who was among many women who accused Hollywood producer Harvey Weinstein of sexual assault, shared a Tweet. She asked her followers to respond with a “me too” if any of them had been sexually harassed or assaulted. New allegations of sexual harassment and assault perpetrated by prominent men in the media, movie and TV industries against their female colleagues seemed to come out daily in 2017 and 2018 and public opinion quickly shifted against the accused.

Overs the years the concept of cancel culture appears to have morphed, and many people, including former presidents Barack Obama and Donald Trump, have criticized the phenomenon for harshly punishing people for saying or doing offensive things (75 percent) and holding others accountable for bad behavior and remarks (72.5 percent).

AU Student Responses

So how does the Adelphi student population feel about the cancel culture and its impact? In a survey conducted by this reporter in November 2021 of a diverse representation of 40 AU students to assess their perception of cancel culture, only 22.5 percent said they stop consuming the media of canceled celebrities. Meaning 77.5 percent continue to watch, listen to or read the work of creators even after they have been held accountable by the public for problematic behavior.

According to the survey, a majority of students believe the term could be summed up as “demanding people be fired or boycotted for saying or doing offensive things” (75 percent) and “holding others accountable for bad behavior and remarks” (72.5 percent).

Cancel Culture Student Survey Results

When an artist or celebrity is canceled, Around half of the students surveyed believe it is “a way to call out racism and sexism” (55 percent). Less than half, but still a substantial percentage of students, believe cancel culture is “being intolerant of different opinions” (42.5 percent) and “censoring speech or history” (35 percent).

When an artist or celebrity is canceled, only 22.5 percent of students surveyed said they stop consuming the media of this celebrity.

“The poll doesn’t surprise me. But that’s not the image of students on campus,” said Salvatore J. Fallica, a senior adjunct professor in the Communications Department. “If you listen to Bill Maher or some of these podcasts, they have this idea that students are being sort of like stormtroopers for anti-racism or similar issues. This obviously tells me students are students are being cautious with what they say or post on the internet. Many argue the initial intent of cancel culture was beneficial as a way to call out the bad behavior of individuals such as sexual harassment in Hollywood but has since strayed off course.

“The original idea of cancel culture [was] something that reflected holding individuals accountable and making sure they meet standards. It just ruins people’s lives for incidents and apologizes for their actions, they should be able to move on. However, if they don’t change or apologize their actions should just be held against them.”

Echoing many students’ sentiments, Lavelle wondered aloud, “If someone has a good track record and is helpful in the community, but has one or two slip-ups, does that erase all the good they have done?”

Skyler Reiner, a junior communications major, put it simply: “Cancel culture does not let people grow.”

Other students were flat-out opposed to it. “Cancel culture sucks and doesn’t accomplish anything. It just ruins people’s lives for opinions or mistakes,” said Michael Ruiz, a junior sport management major.

Although younger generations are often scrutinized by the ones that came before, many Gen Z students feel that cancel culture has become more brutal and harsh in the context in which it is used,“ They’re wary of these terms being thrown around. “They’re more sophisticated about it,” he said. “People recognize, depending on who’s using the term, depending on the context in which you are hearing the term and the venue permitting this messaging to be taken into account.”

Students’ responses certainly take this approach as well, which is why for many the entire topic presents challenges with all of the grey areas that arise.

“I think cancel culture is subjective and really depends on the nature of someone’s opinions,” Hossain added.

Garrett Lavelle, a junior history major, agreed. “I also feel cancel culture only becomes applicable for certain people in certain situations.”

But, he added, “I disagree with cancel culture because it can ruin people’s lives for something they said or did in the past. If a person has changed from the time of the incident and apologizes for their actions, they should be able to move on. However, if they don’t change or apologize their actions should just be held against them.”

According to the survey, 82.5 percent of students take precautions in their own lives to avoid being “canceled” themselves.

Diana-Nicole Ramirez, a senior communications major, said, “I’m nervous to post on social media knowing that it could backfire on me one day. Nowadays any mistake could screw you, and it’s really scary to think about. I don’t think I’ll ever be carefree with the internet and social media, even if cancel culture slowly dies out. I’ll always be cautious.”

With concerns of cancel culture and finding jobs in the future, it’s no wonder why
Campus Head Chef Makes Sure Students Can Dine in the UC

BY JASON WU

Michael Russell has a lot of mouths to feed on campus. Fortunately, he has the kitchen to help. That wasn’t always the case. As executive chef of the university’s dining services, Russell has had to deal with many challenges. First, there was the closure of the university’s main cafeteria for two years in 2019 and 2020, forcing him to make do with a temporary tent to serve students and staff food. And then, in 2020 and 2021, there was the Covid-19 pandemic that temporarily shut down campus.

Being a chef is what is in Russell’s blood. Back in his youth, he worked in his grandfather’s luncheonette in Brooklyn. “My grandfather got me more interested in food,” he said. He added that though he was young, he was able to learn how to run the business from his grandfather.

Russell also worked in Aramark services at different accounts such as Citigroup and Bank of New York and practiced catering there. He knew that he liked the businesses when cooking for them. Additionally, Russell worked in culinary arts in Orlando, Florida, at Disney for five years going through a three-year culinary program, which helped him improve. “I worked in different stations cooking breakfast, lunch, dinner and overnight,” he said. “I was also working in catering and all different facets in Disneyworld.”

Prior to coming to Adelphi, Russell worked at Saint John’s University in Jamaica, New York. He said he wanted another opportunity so he looked at Adelphi University. He has been working here for five years.

The pandemic had reduced the workers, which made it hard for Russell to do his work. Organizing tasks became harder within the lack of employees in the University Center (UC), adding that the biggest challenge was getting people to come back to work. Russell also was discussing with his co-workers the challenges they faced. Since the ongoing pandemic began, people were wondering about how they could help rebuild something in order to make the students feel happy. “Storage, proper spacing and making sure that everyone is properly socially distanced was a challenge,” said Russell.

It also helped Russell to prioritize or problem solve in case there are a change of plans. He was able to take it step by step in order to have the UC reopened. It took time for him to order utensils, set up menus and stations and receive pans and food. Essentially, Russell also had to do multiple staff training in order to make the stations in the cafeteria all set.

But his communication skills make teamwork easier. “You need to communicate to get everything done,” he said. “Every team member needs to talk.” He was able to talk to purveyors and set up accounts for purchasing. “It took a lot of time, energy, pre-organizing and pre-planning to hire staff, bring in products and set up menus,” Russell said. “The hardest part is keeping up with the business and issues with the transportation and product availability.”

He thought it could get worse before it got better, but all of the staff members were really happy to get back to the normal routine when the semester started.

“He’s a hard-working chef with exceptional leadership skills,” said Vilma Romero, a cashier in the UC.

Russell has used creativity and dedication to reopen the UC to make sure all students get to dine on campus. His motto? “You should learn something new every day,” he said.

Dance Major is Making a Name for Herself on Stage

BY BRIANAH BUSSEY

Frida Molina grew up participating in informal dance competitions against kids at parties for a dollar prize. Now, the 20-year-old Adelphi University dance major can be seen dancing in music videos and on stage at big events like New York Fashion Week. But in between, there was a lot of hard work. When Molina began formally studying dance as an 11-year-old in middle school at Bronx Dance Academy, she had a lot of catching up to do since most of her classmates had already been learning to dance for years.

After Molina attended Bronx Dance Academy for middle school, she went on to high school at Urban Assembly School of the Performing Arts. She soon realized that the school did not give her the push she needed and transferred to Talent Unlimited High School for her sophomore year.

Although she was a quick study, Molina said her late start and shyness initially held her back. “I have found I was never really an underdog; I just didn’t have the confidence boost I needed,” said the junior from Bronx, New York. “Dancing at 11 felt like a challenge at the time and still does. I’ve always had to train harder and practice/stretch at home more often than not so I can reach the point where other dancers who have started since they were three.”

Molina is now at a level where she can believe in her abilities more. It also amazes her to dance with people she can look up to and who challenge her technique in a different light. She said being a dance major can feel restricting considering the program only consists of ballet and modern style dance. However, she credits the department for not only opening her eyes to what a professional level of dance is, but also understanding the type of dancer she wants to be.

“I know now that I am a diverse dancer who wants to do it all and that there isn’t just one box I should put myself in. All of the styles I dance allow me to use them hand in hand,” she said, adding that department’s ballet and modern dance techniques have strengthened her. “Training at Adelphi has made me a more confident person because it has made me realize that the work I put in every single day shows through my progress.”

She still tries to add more diversity within her artistry so she can have a range of movement in different styles. For example, she is a member of Adelphi’s hip hop club Evolution and also dedicates some weekends going to the city and participating in open level classes.

Molina’s work ethic and skillset are paying off as she’s landed several professional gigs. In July 2021, she was featured in multiple music videos as a back-up dancer for upcoming artists such as a featured dancer for Dominican singer Lo Moyeto’s new single “Baila,” in addition to performing in the 2021 New York Fashion Week with female artist Moe Money.

When in front of the camera she’s “invisible but being more confident and connecting with the artist. In most cases it is also her first time meeting them. Although she used to be shy in front of the camera, she realizes her aura and energy will radiate and motivate everyone else to push through a routine.”

Dance major Frida Molina has been taking to the stage in music videos and events like Fashion Week, as well as at Adelphi.
Adelphi Helps Ukrainians Resist Russia’s Invasion

BY EVA HAISHUN

Expecting something to happen sometimes does not eliminate the surprise of it. Any war comes as a shock to the people living through it, but the Russian invasion of Ukraine has left many stunned. This is especially evident in Europe, where millions of war refugees are seeking safety and shelter. Volunteers from all over the world have stepped up to help the Ukrainian people fight for their freedoms. During these difficult times, small actions made by millions are more helpful than the grand gestures achieved by the few. Therefore it is crucial that all institutions must do their best and contribute to the best of their abilities.

Following the news of the Russian invasion of Ukraine, the University responded by hosting a teach-in on Feb. 28 to help explain the events from international law, historical and US foreign policy perspectives. The one-hour session was attended by at least 50 faculty, students and staff in person and about 161 on Zoom. This teach-in was also recently featured on Fox News. Presenters included Katie Latikianan, acting chair of political science in the College of Arts and Sciences. She said of the event, “What we hope students take away from this is an openness to exploring different perspectives to try and understand challenging events on the world stage and global agenda.”

These conversations are essential to have in order to understand the implications this war may have on everyday life, and they can also encourage community members to help people in crises. As noted by Ryan Hughes, a sophomore interviewed for Fox News, “We’re living in history, not something since World War II. It’s kind of unheard of for big nations to be invading each other or attacking at this scale.”

While understanding the war is the first step, taking action is the next. Organizations and businesses are helping Ukrainians in their fight against Russia through donations to their army, aiding refugees, as well as providing resources for territorial defense. Adelphi has also been helping to simplify the process for students. UNITED-FORUKRAINE Donation Box Drive was available through March 31 for anyone who wants to help. Millions of people are in desperate need of clothing items, socks, medicine, food, diapers, sneakers, underwear and pet food. Even though millions of people are affected by the war, animals, domestic or wild, also suffer the consequences. Therefore, anything in good shape may help someone overseas survive the day at war.

Ukraine is the largest country in Europe after Russia. Ukrainian cultural heritage is the world’s priceless treasure. As Russian troops now destroy the churches and theaters, cultural monuments that have been constructed for generations get buried into the ground. Understanding the conflict without digging into the cultural and historical background is impossible. Therefore, the university is eager to help here as well.

Today from 11 am to 2 pm, AU POL-LAK will be selling handmade ribbons for a dollar. All donations will be sent to the Ukrainian Church in Lindenhurst. Also this month there will be a student-led benefit concert. Students and faculty will be able to see photos and videos taken by photo-journalists during the war in Ukraine. The exhibition in the UC will last for a week and there will also be a cultural event to showcase the Ukrainian cultural heritage.

According to one of the organizers, Angelina Kolobukhova, “During these difficult times, everyone should do what they can. We have decided to organize an event that will shed light on the horrors of war, and we hope that by raising awareness, we will be able to gather help for those in need right now.”

There will also be a fundraiser for the International Rescue Committee (IRC), which is now helping those affected by war. The link will be available for anyone to contribute to university tickets. Further updates with the location and dates will be emailed soon.

During a time of war, any contribution counts, and Adelphi University is providing options for students and faculty to get involved. Ukraine is fighting for their freedom and millions have lost their homes. There are many ways for the Adelphi community to get involved and help those in need right here on campus.

The National Society of Leadership and Success Encourages Students to Achieve Their Goals

BY JOSEPH D’ANDREA

For college students, preparing for their future is a top priority. In order to grow in ways that aid in achieving a goal of success in their careers, students can become involved in organizations that will lead them down a career path full of self-confidence. One method of doing so at Adelphi is by becoming a member of the National Society of Leadership and Success (NSLS).

Founded on Adelphi’s campus in spring 2020, the NSLS teaches students skills that prepare them for the workforce and make them a more suitable and attractive candidate for a position in the future. As expressed by NSLS’ faculty advisor, Trevor Fraser, the club, whose membership has grown to well over 350 students, offers experiences that will impact students’ mindsets in a beneficial way in terms of attaining leadership skills, strengthening one’s own morale and providing a space for students to share their voices.

Speaking on why the club has emerged at Adelphi, Fraser explained, “[Our president] had done an internship with NSLS and realized that the organization was an excellent leadership building resource for students, but had no presence at Adelphi. This motivated her to begin the process of forming a chapter at the Garden City campus, and she expressed this to me... In addition to good grades, leadership building and networking (forming relationships) is what I believe a college experience should provide to students.”

Kianni Johnson, a senior in the Mental Health Counseling Graduate Program, acts as the student president and founder of the NSLS Adelphi chapter.

NSLS provides expertise for members to improve their capabilities in the professional field, while offering not only academic, but career-oriented benefits through one’s membership.

“NSLS is not just an honor society,” Johnson said. “We are the largest collegiate leadership society in the United States with over 650 chapters currently existing at colleges across the country, with more than a million members. Specifically, at Adelphi most honor societies have a specific GPA requirement or are department specific. We also welcome members to submit a request to join NSLS, regardless of their GPA, should they have any interest in the chapter. This allows NSLS to be more inclusive than a traditional honor society.”

As Johnson noted, the club sets out to improve each and every one of its members through a five-step program, “in which they complete the five steps of the Foundations of Leadership: Orientation, Leadership Training Day (LTD), Success-Networking Team Meetings, Speaker Broadcasts, and finally, Induction.”

She also explained that what sets NSLS apart from other AU clubs is that the goal for its members is of universal interest, and it presents a broad range of real-life abilities and other possibilities to be taken from each meeting.

“Students are taught to discover and achieve their goals to develop them academically, personally and professionally,” Johnson said. “NSLS also provides an opportunity for members who are not already involved in an organization on campus to be a part of a society that is widespread across the nation.”

She said that some of the many benefits of being a member of NSLS include access to a job bank with a wide range of employers seeking to hire NSLS members, a personalized letter of recommendation that you can send to employers and admissions officers, scholarships and awards of over a quarter-million dollars available exclusively to NSLS members each year, and partner discounts of membership savings worth hundreds of dollars, including discounts on computers, textbooks, grad school prep courses and car insurance.

Rubí Varughese is a senior nursing major and society events chair for NSLS, overlooking new members throughout their induction process. Discussing what it means to be a member of NSLS, Varughese said, “Our meetings offer new members a way to learn their inner leadership ways and what traits they possess while meeting other leaders in the same group. There is a chance for everyone to get involved and share their voice. We are a true honor society that empowers others to grow in leadership. Having membership on a resume looks great on a resume but we also offer so much more.”

Varughese added, “After completing the foundations of leadership, which is the first certification we offer, there is the advanced and the executive leadership certification. The advanced and executive leadership provides real-world experience in leading and facilitating, training in highly-sought-after management skills, and professional networking to build connections and open doors. It has provided me with more opportunities to apply for more scholarships and enhance my leadership skills.”

The NSLS currently meets virtually on a bi-weekly schedule. More information regarding meetings can be found on myasilife.adelphi.edu.
Fearless Women Share Their Advice at Leadership Conference

Continued from page 3

Moncola emphasized the importance of having emotional intelligence as a leader, stating that it makes you a “better leader and a better listener.” He added that competition doesn’t belong within a team; instead you should be doing what you can to lift the team up. He encouraged others to challenge themselves by asking the question, “What selflessness do I bring to the team?”

Quazi shared her own three 3C’s of what defines as good leadership skills: Confidence, Competence and Credibility. Each of these are skills that we learn throughout our lives whether we learn them from others or from life’s lessons. Quazi encouraged listeners to look for role models around them and to learn from them. She said that once you find the person you admire, “follow their pattern of behavior and spread it.” She also acknowledged the immense stress that kids are under today but added ambition comes with all of that stress as well. She reminded us not to allow for the stress to overpower us.

The other panel, “At the Forefront of Change,” was moderated by Manoj Par-...
The United States is Experiencing a New Inflation High

BY MITCH COHEN

In the wake of the pandemic, the country is still reeling from the resulting economic downturn. The economy was shut down during Covid, effectively halting consumer spending. Once restrictions started to loosen, people were spending more money in a short period of time. As a result, the country has reached a new inflation level, the highest it has seen since 1982. With the recent burst in prices, the question people are asking is whether the inflation level is a temporary or more permanent fixture.

The rate of inflation in the United States

<table>
<thead>
<tr>
<th>Year</th>
<th>Inflation rate (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1980</td>
<td>10.8%</td>
</tr>
<tr>
<td>1981</td>
<td>13.5%</td>
</tr>
<tr>
<td>1982</td>
<td>10.8%</td>
</tr>
<tr>
<td>1983</td>
<td>11.7%</td>
</tr>
<tr>
<td>1984</td>
<td>1.0%</td>
</tr>
<tr>
<td>1985</td>
<td>3.4%</td>
</tr>
<tr>
<td>1986</td>
<td>6.9%</td>
</tr>
<tr>
<td>1987</td>
<td>4.9%</td>
</tr>
<tr>
<td>1988</td>
<td>4.1%</td>
</tr>
<tr>
<td>1989</td>
<td>4.9%</td>
</tr>
<tr>
<td>1990</td>
<td>5.8%</td>
</tr>
<tr>
<td>1991</td>
<td>4.1%</td>
</tr>
<tr>
<td>1992</td>
<td>3.0%</td>
</tr>
<tr>
<td>1993</td>
<td>2.6%</td>
</tr>
<tr>
<td>1994</td>
<td>2.6%</td>
</tr>
<tr>
<td>1995</td>
<td>2.5%</td>
</tr>
<tr>
<td>1996</td>
<td>2.6%</td>
</tr>
<tr>
<td>1997</td>
<td>2.0%</td>
</tr>
<tr>
<td>1998</td>
<td>3.0%</td>
</tr>
<tr>
<td>1999</td>
<td>2.8%</td>
</tr>
<tr>
<td>2000</td>
<td>3.1%</td>
</tr>
<tr>
<td>2001</td>
<td>2.8%</td>
</tr>
<tr>
<td>2002</td>
<td>1.5%</td>
</tr>
<tr>
<td>2003</td>
<td>3.5%</td>
</tr>
<tr>
<td>2004</td>
<td>3.3%</td>
</tr>
<tr>
<td>2005</td>
<td>3.1%</td>
</tr>
<tr>
<td>2006</td>
<td>3.2%</td>
</tr>
<tr>
<td>2007</td>
<td>2.8%</td>
</tr>
<tr>
<td>2008</td>
<td>4.1%</td>
</tr>
<tr>
<td>2009</td>
<td>1.4%</td>
</tr>
<tr>
<td>2010</td>
<td>1.6%</td>
</tr>
<tr>
<td>2011</td>
<td>2.9%</td>
</tr>
<tr>
<td>2012</td>
<td>2.7%</td>
</tr>
<tr>
<td>2013</td>
<td>1.5%</td>
</tr>
<tr>
<td>2014</td>
<td>1.0%</td>
</tr>
<tr>
<td>2015</td>
<td>0.1%</td>
</tr>
<tr>
<td>2016</td>
<td>1.4%</td>
</tr>
<tr>
<td>2017</td>
<td>1.7%</td>
</tr>
<tr>
<td>2018</td>
<td>2.1%</td>
</tr>
<tr>
<td>2019</td>
<td>1.7%</td>
</tr>
<tr>
<td>2020</td>
<td>1.8%</td>
</tr>
</tbody>
</table>

In the wake of the pandemic, the country is still reeling from the resulting economic downturn. The economy was shut down during Covid, effectively halting consumer spending. At best, we will transition quickly to a world of higher, but stable prices and wages, though some will end up better off than others,” Goldberg said. “However, there is a chance that rising prices and wages will prevail for a while, continuing to create dislocations along the way.”

The forecast for stocks thanks to an algorithm

It is important to note, however, that while the rising prices are concerning to Americans, unemployment and the impact on families are also areas to consider. “Economists generally place too much importance on inflation and not enough on unemployment,” Torres said. “At present, I would be more worried about the fact that many millions of American families are living at the margins.”

With inflation’s presence, many students may be wondering what tips exist for them to exercise smart spending in the interim. “This really depends on one’s appetite for risk,” Torres said. “I think that unless one likes to gamble, stay away from crypto and NFTs. Now is not the time to buy stocks either.”

Frank Ocean: Overrated or Underrated?

BY NICOLAS RONTANINI

In the music industry, several artists are either overrated or underrated. Overrated artists tend to be popular, yet their music is overplayed. Then there are underrated artists. These artists release music that goes unnoticed by the general public. To me, no other artist is both overrated and underrated more than Frank Ocean.

For those unaware, Ocean is a singer who was affiliated with rap collective “Odd Future” alongside Tyler the Creator. While I am a big fan of both Tyler and Earl’s music output, Ocean’s music has always been overrated to me. I say this because his fans always overhype his music. On the forum KanyeToThe.com, a user named Tyler claimed that while Ocean is a talented musician, his music is way too overhyped. “Seriously, people hype this guy up like he’s the second coming of Christ,” said Tyler. I definitely agree with this opinion because when it comes to his singing, Ocean is incredibly talented. He has a smooth voice and knows how to tug at one’s heartstrings. However, I do take issue with the type of songs that he makes, as a majority of them are sad, love ballads as opposed to anything fun. Ocean is very similar to Kid Cudi in a way, as they both make love ballads and depressing songs. The difference is that Cudi has songs like “Rockstar Knights” and “Scott Mescudi vs the World,” which are much more upbeat. Several songs by Ocean are just depressing and slow paced, which makes me want to turn them off each time I hear one. But while I think Ocean is praised too much, I also think he isn’t praised enough.

In the music industry, artists frequently post on social media and release new music to promote their brand. Ocean is an exception to the norm as his release schedule is much more spread out. He released his first album “Channel Orange” on July 10, 2012. It was critically acclaimed, with songs such as “Crack Rock” and “Pilot Jones” being pretty enjoyable. With such a popular album on his hands, many thought Ocean would capitalize on the hype and drop more music. But he didn’t release his next album “Blonde” until four years later on August 20, 2016.

While it’s understandable that he wanted to take his time with his music, many fans grew impatient waiting for “Blonde” to release. Even today, fans are still anticipating a new album from Ocean, as it has been seven years since Blonde was released to critical acclaim. As for his social media, he tends to post very rarely; his most recent post was in December 2021. A reason as to why Ocean is so quiet online is due to the struggles in his personal life. For example, he lost his younger brother in a car accident in August 2020. Since this event happened, fans were concerned about a possible retirement due to Ocean’s infrequent use of Social Media. While it’s understandable that fans want new music, they also need to respect his privacy because he too is human and can release music when he wants to. Ultimately, while Ocean is talented, the pace at which he releases music makes it difficult for people to wait for his next single or album.

Overall, Frank Ocean’s music is an acquired taste for many people. People either gravitate to his music and tolerate his spread out release schedule or they claim that Ocean is way too overrated. Nevertheless, I have a lot of respect for Frank Ocean’s music and I am excited to see what he does in the future.
**Why Professional Technology Is More Difficult Than Personal Technology**

**BY JUSTIN KRESE**

Technology is an accepted part of our daily lives at this point. We are constantly using computers — whether it be your phone to text or check social media, your laptop to finish homework, or maybe a computer system at work — but not all electronic devices we use on a daily basis are created equal. Those who have experience with technology in a professional setting will likely notice that it tends to be more complicated and difficult to use. Why is this the case, and what can be done to make professional technology more user-friendly?

So what causes this problem? It mainly has to do with the fact that companies and other large-scale user bases — including schools — have different requirements than me or you. Namely, security is of the utmost importance for bigger organizations that handle a large quantity of sensitive information, especially when they have to use clients’ sensitive information as well. Using older software that’s had more time for security fixes or that just doesn’t require as much use of sensitive data can be a good way to stay safer, but of course it comes at the cost of convenience.

Especially schools, businesses and other organizations tend to use these older technologies because they tend to work with a lot of sensitive information like student records and things like that.

Professional technology is quite different compared to personal technology. Photo from pexels.com

Another reason for the less user-friendly technology in professional settings is because of the targeted audience for that technology. When it comes to personal technology, the targeted audience is the user. So for an app like Instagram, it’s designed so that users like me and you will find it easy to use. For professional technology, the target audience isn’t necessarily the user. For instance, with accounting software, it’s usually designed to make it simpler for the company management or accounting department to use because they are the ones involved in the purchase process for this software. This could mean that average employees have more work to do when logging expenses or even just filing time cards, because the software offloads work from management or accounting onto the other employees. One way to fix this problem would be to include the entire staff in the selection process for technology used in a company setting. That way software could be chosen that would work best for a broader range of users.

Potentially the largest problem of all though could be the fact that bigger professional organizations are trying to do so much with their various technologies all at the same time, and they expect to integrate them all together. Think about it this way: when you’re on your computer writing an essay for school, you probably use a program like Word or Google Docs. Then if you want to listen to music, you’ll switch to Spotify or another music program of your choosing, and you can switch again to say Netflix if you’re done with your work and want to relax. Notice how all those programs are separate on your computer. What bigger organizations try to do — especially places like schools — is to put all different programs like I just described together so they work together.

For instance, at Adelphi there is the eCampus portal website with links to many of the different services offered by the university. Then you use your Adelphi account to access these services. It may seem simple, but a central system like this that interacts with all the different databases and software is much more difficult to manage than just having separate programs.

Even if organizations are able to work their software into one centralized system, there are often trade-offs and problems because the programs are not usually designed to be interacted with from a centralized system. Problems like login failure or lost data can happen and make this a much more difficult solution. The only way to fix a system like this is to use a service run by a singular company that encompasses a large number of different use-cases. The only company I can think of that really does this is Google, but even they do not have software for a number of use-cases.

So it seems there is no solution for fixing the problems with professional technology. But there are ways that organizations can improve their technology. Mainly, they should get feedback from regular users of their technology to see how it could be improved and include these regular users in the process of selecting new technology. And hopefully as technology progresses, there will be better solutions for professional technology that is effective, secure and user-friendly.

---

**Brittney Griner’s Detention in Russia Can Force the WNBA to Change**

**BY EVA HAISHUN**

It is May 17. Brittney Griner, a WNBA star player, is walking down the hall of the Khimkinsky court near Moscow. She is wearing a red plaid shirt with black sweatpants and gray running shoes. Griner, handcuffed to one of the female officers, briefly glances at the person behind the camera before disappearing into the courtroom. We get to see about 10 seconds of the basketball player before, hours later, the Russian News Agency, TASS, releases a statement that the court has ruled to extend the detention until May 19 after Griner pleaded not guilty. The concerns over the possible outcomes grow in the US media: all major news outlets, from CNN to the “New York Post” report on her arrest. But only a few raise the question that is floating on the surface: what was the WNBA star player doing in Russia in the first place?

In February, Brittney Griner was taken into custody at Sheremetyevo Airport (Moscow) for alleged drug-smuggling charges. She had arrived from New York to play for Russia’s premier basketball team, UMMC Ekaterinburg, where she had played WNBA’s off-season since 2014. According to TASS, customs officers discovered vaping cartridges containing the hashish oil in her luggage. Even though the officials had arrested Griner on Feb. 17, the media and the public had no idea why the apprehension two weeks later on March 5.

On March 24, the US Embassy in Russia released a “Do Not Travel” advisory and encouraged citizens to leave the country in response to the Russian invasion of Ukraine. As a result of the war, American-Russian relations have exponentially deteriorated, and, unfortunately to Brittney Griner, the implications may affect her: there are limited US consular representatives available in Russia who can assist on the case and the ones available have a priority to help the US citizens directly affected by war.

Russia has not liberalized its policies against cannabis use, unlike the US. In fact, Russia is notoriously strict about enforcing the law in the field of narcotics. Hashish oil is a marijuana concentrate that contains a high concentration psychoactive ingredient, THC. The most common form of retaining comes in vape pens, like the ones found in Griner’s luggage. According to Tom Firestone, Griner’s attorney, the customs service took Griner’s luggage. According to Tom Firestone, Griner’s attorney, the customs service has opened a criminal case into large-scale drug transportation; it can carry a sentence of up to 10 years in prison. He also added that the detention time so far is not unordinary given the charges. Regardless of the war status and US-Russian relations that add additional complications, the case has few chances to be resolved smoothly any time soon.

The US government representatives speak out about Griner’s case in general terms without mentioning her name. At a March press conference, US Secretary of State Antony Blinken stated: “Whenever an American is detained anywhere in the world, we, of course, stand ready to provide every possible assistance, and that includes in Russia.” He added, “We have an embassy team that’s working on the cases of other Americans who are detained in Russia.”

A few other cases where US citizens have been detained in Russia and convicted of the crimes without credible evidence took place over the last few years. And so far, the US has not been able to negotiate their release with Russian officials. These cases include Paul Whelan (sentenced to 16 years for espionage) and Trevor Reed (sentenced to nine years for a drunken incident).

Last year after the Kremlin order to stop employing Russian citizens, the US Embassy in Moscow reduced its services by 75 percent. Even outside the current circumstance, such a reduction in staff results in delays related to consular services. The Russian News Agency has claimed that the US consulate has not made attempts to meet with the detained basketball player. However, according to the representative Colin Allred, who is working on Griner’s release, consular requests have been potentially “throttled.” He said that she’s been held since Feb. 17 and that the State Department has not been granted consular access, even though they’ve requested that, is very unusual and extremely concerning.” This example demonstrates how the relations between the countries are misaligned. There is a disparity of information from both sides where the US side claims they are doing their best to help Griner, and Russia’s side says that the US has done nothing. It also indicates that achieving consensus any time soon may be challenging.

Officials do not disclose the details of the case, and the family members of the star basketball player abstain from comments at the moment, so it is hard to jump to conclusions regarding the outcomes. It is clear that getting out on bail is hard in Russia for people charged with drug-related cases. It would be significantly more difficult for a non-citizen. Nevertheless, some issues that float on the surface can be pointed out regardless of the outcomes of the case. Griner has been playing for the Russian team since 2014 to earn more money from abroad. To a degree, all the time she was in Russia, her safety was in jeopardy due to anti-American sentiments in an authoritarian government; however, this premise was overlooked by the basketball league.

In fact, over the years, there has not been any significant pay increase that would stop Brittney Griner from earning money in overseas teams. From that perspective, while Russian officials are to blame for her arrest, the basketball league was the one to put her in this position. The circumstances of her detention are unfortunate, but any other female player could repeat Griner’s fate unless all the right priorities are put on the safety of its players. The league should work on finding additional investments to stop their female athletes from playing for foreign teams to sustain their income at risk of apprehension.
Has Our Time Behind Zoom Made It Harder to Interact in Person?

BY JOANNA REID

After spending years trapped mainly indoors and attending school online due to the pandemic, many of us have become more anti-social. We have been forced to attend online events that would normally take place in person. Zoom and other video calling programs allow others to keep their cameras on and microphones off, so most of us are familiar with the feeling of being watched while we are speaking. Many people have said that the pandemic has turned them into introverts and made them more anxious.

But are things still the same? Is it just as easy to strike up a conversation as before? According to a poll on The Delphian’s Instagram page, 45 percent of students voted that they felt more socially anxious now that events are returning in person.

Personally, I have always been anxious in social situations, but being forced to attend online events has made it worse. It seems like everyone is watching me, even when I’m just talking to myself. I feel like I have to put on a show and make everyone think I’m having a good time. It’s exhausting.

When I returned to events in person, it’s almost like I had to start all over again. I feel like I’m back to the beginning, where I didn’t know how to interact with others. I feel like I have to perform in front of everyone, even when I’m just trying to have a conversation.

The pandemic has made it harder for me to interact with others. I feel like I have to be on guard all the time, even when I’m just trying to have a normal conversation. It’s like everyone is judging me, even when I’m just trying to talk to them.

But I think it’s important to remember that everyone is feeling the same way. It’s not just me. We all have to learn to interact with each other again.

The pandemic has made it harder to interact in person, but it’s not impossible. We just have to be patient and remember to take things one step at a time.
Inside Athletics: The Players Off the Playing Field

BY MAXIMILLIAN ROBINSON

When a sports team becomes successful, it's easy to point to the players on the field or court since they're the most visible. What about the moments outside of the games and practices that no one talks about? Or finding new athletes? Meet the Adelphi Athletic Department, the people who are responsible for creating the AU Panther teams, from the coaching staff and players to the trainers who help the athletes grow into young men and women.

Danny McCabe, director of Athletics and Campus Recreation, manages 23 athletic teams consisting of 400 student athletes, as well as 100 employees. And he has a mission for all of them.

“The best part of my job is working with student athletes and ensuring they have a positive experience while here,” Rogue said. “I worked diligently to get a waiver processed for one of our athletes to be eligible to compete, and the student athlete sent me a very nice email thanking me for all the work I put in to get them eligible.”

“Having the opportunities to produce these videos on our coaches, student athletes and fellow athletic administrators allows me to learn a side of them that I have not before,” Schraier said. “It helps us look past the fact that we are more than just the engine that drives an athletic department, or we are more than just student athletes or a coach. It really drives home the personal relationship.”

Without the Athletic Department staff overseeing what goes on, AU teams wouldn't necessarily be as successful. While they may not be playing on the court or field, their surveillance of the games is making Adelphi an awesome place to be for student athletes. “I am extremely lucky and feel blessed to have the opportunity to work with such great people,” Ferrara said.
Running Away From Doubt: Isabel Marsh’s Journey to Confidence on and off the Track

BY ANDREW SMITH

Spring sports have arrived at Adelphi. Athletes have been practicing and have played in their first weeks of the regular season. The coaching staff of each team has been working hard to prepare their athletes for the challenges and grind of a long season. Head coaches William Ianniciello, David Mattana and Gordon Purdie have been working tirelessly to prepare their players for the season.

Since 2012, Ianniciello has been coaching at Adelphi first as an assistant coach and recruiting coordinator. He worked up the ranks to become the interim head coach in April 2021 and now he holds the position of head coach of the baseball team, which plays in the Northeast 10 conference (NE-10).

Before working at Adelphi, Ianniciello worked for the New York Mets for 31 years through 2010. He said for his last 17 years he was vice president of Ticket Sales and Services.

"Starting in my [later] years there, I coached summer collegiate league baseball on Long Island from 2007-2011. In 2011-2012, I was an assistant coach at Queens College. From 2012 through last summer, I have been a head coach in the Hamptons Collegiate Baseball League, featuring players from top college programs around the country," he said.

While the season has just begun, Ianniciello discussed key moments that the team has been able to rally around. "Our returning All-American Honorable Mention third baseman, Matt Alfiano, has already captured [NE10] Player of the Week Honors. Fifth-year pitcher, Andrew Williams, threw six shutout innings in our win against Mercy College. Going forward, we are looking to build upon the success and excitement we enjoyed last year and to continue bringing quality student-athletes into the university and our program," he said.

Mattana has been coaching Adelphi golf since September 2021. Before working at Adelphi, Mattana was the head coach at Nassau Community College for three years. In 2019, he led the Nassau team to a XV Regional Championship and to a tenth place finish at the National Junior College Athletic Association Tournament.

Mattana reflected on the past season and what he is looking forward to this upcoming season. "Our fall season was very encouraging. We had two players: junior, Andrew [Brunozzi] and senior, Luke [Bacca] win individual tournament titles, and we won the team title at the St. Joseph’s College Fall Invitational, the team’s first win in many years," he said.

Regional Championship and to a tenth place finish at the National Junior College Athletic Association Tournament.

Mattana has been coaching Adelphi golf since September 2021. Before working at Adelphi, Mattana was the head coach at Nassau Community College for three years. In 2019, he led the Nassau team to a XV Regional Championship and to a tenth place finish at the National Junior College Athletic Association Tournament.

Mattana reflected on the past season and what he is looking forward to this upcoming season. "Our fall season was very encouraging. We had two players: junior, Andrew [Brunozzi] and senior, Luke [Bacca] win individual tournament titles, and we won the team title at the St. Joseph’s College Fall Invitational, the team’s first win in many years," said Mattana.

Regional Championship and to a tenth place finish at the National Junior College Athletic Association Tournament.

Mattana has been coaching Adelphi golf since September 2021. Before working at Adelphi, Mattana was the head coach at Nassau Community College for three years. In 2019, he led the Nassau team to a XV Regional Championship and to a tenth place finish at the National Junior College Athletic Association Tournament.

Mattana reflected on the past season and what he is looking forward to this upcoming season. "Our fall season was very encouraging. We had two players: junior, Andrew [Brunozzi] and senior, Luke [Bacca] win individual tournament titles, and we won the team title at the St. Joseph’s College Fall Invitational, the team’s first win in many years," said Mattana.

Regional Championship and to a tenth place finish at the National Junior College Athletic Association Tournament.

Mattana has been coaching Adelphi golf since September 2021. Before working at Adelphi, Mattana was the head coach at Nassau Community College for three years. In 2019, he led the Nassau team to a XV Regional Championship and to a tenth place finish at the National Junior College Athletic Association Tournament.

Mattana reflected on the past season and what he is looking forward to this upcoming season. "Our fall season was very encouraging. We had two players: junior, Andrew [Brunozzi] and senior, Luke [Bacca] win individual tournament titles, and we won the team title at the St. Joseph’s College Fall Invitational, the team’s first win in many years," said Mattana.

Regional Championship and to a tenth place finish at the National Junior College Athletic Association Tournament.

Mattana has been coaching Adelphi golf since September 2021. Before working at Adelphi, Mattana was the head coach at Nassau Community College for three years. In 2019, he led the Nassau team to a XV Regional Championship and to a tenth place finish at the National Junior College Athletic Association Tournament.

Mattana reflected on the past season and what he is looking forward to this upcoming season. "Our fall season was very encouraging. We had two players: junior, Andrew [Brunozzi] and senior, Luke [Bacca] win individual tournament titles, and we won the team title at the St. Joseph’s College Fall Invitational, the team’s first win in many years," said Mattana.

Regional Championship and to a tenth place finish at the National Junior College Athletic Association Tournament.

Mattana has been coaching Adelphi golf since September 2021. Before working at Adelphi, Mattana was the head coach at Nassau Community College for three years. In 2019, he led the Nassau team to a XV Regional Championship and to a tenth place finish at the National Junior College Athletic Association Tournament.

Mattana reflected on the past season and what he is looking forward to this upcoming season. "Our fall season was very encouraging. We had two players: junior, Andrew [Brunozzi] and senior, Luke [Bacca] win individual tournament titles, and we won the team title at the St. Joseph’s College Fall Invitational, the team’s first win in many years," said Mattana.

Regional Championship and to a tenth place finish at the National Junior College Athletic Association Tournament.

Mattana has been coaching Adelphi golf since September 2021. Before working at Adelphi, Mattana was the head coach at Nassau Community College for three years. In 2019, he led the Nassau team to a XV Regional Championship and to a tenth place finish at the National Junior College Athletic Association Tournament.

Mattana reflected on the past season and what he is looking forward to this upcoming season. "Our fall season was very encouraging. We had two players: junior, Andrew [Brunozzi] and senior, Luke [Bacca] win individual tournament titles, and we won the team title at the St. Joseph’s College Fall Invitational, the team’s first win in many years," said Mattana.

Regional Championship and to a tenth place finish at the National Junior College Athletic Association Tournament.

Mattana has been coaching Adelphi golf since September 2021. Before working at Adelphi, Mattana was the head coach at Nassau Community College for three years. In 2019, he led the Nassau team to a XV Regional Championship and to a tenth place finish at the National Junior College Athletic Association Tournament.

Mattana reflected on the past season and what he is looking forward to this upcoming season. "Our fall season was very encouraging. We had two players: junior, Andrew [Brunozzi] and senior, Luke [Bacca] win individual tournament titles, and we won the team title at the St. Joseph’s College Fall Invitational, the team’s first win in many years," said Mattana.