

The Delphian

April 4, 2022

The Voice of the Students

Volume 77, Issue 9

125 Years of Women: Adelphi University's 5th Annual Women's Leadership Conference

BY BIANCA VIANA
& KURANA DOOBAY

On Saturday, March 26 Adelphi hosted their Fifth Annual Women's Leadership Conference in the newly renovated Ruth S. Harley University Center. This year's theme was "125 Years of Women in Leadership" and was dedicated to celebrating Adelphi's long history of educating and developing leaders. The conference was hosted in a hybrid format allowing participants to join in from anywhere. There were over 150 online participants and over 200 in-person attendees. The event included a kick-off session, four breakout sessions, and a dinner where the headline keynote speaker was Olympic gymnast Aly Raisman.

The conference started off strong with the first panel, "Leadership Lessons Learned: A Conversation with Trailblazing Women." LeeAnn Black '83, chief operating officer at Latham & Watkins was the moderator for a conversation molded around powerful women and their journeys to getting to where they are today. The panel included the tenth and first woman president of Adelphi, Christine M. Riordan, PhD; Marjorie Magner, a founding member of Brysam Global Partner; and Carmen Ortiz, '78, JD, '12 (Hon.), a partner at Anderson & Kreiger LLP. Each of the panelists spoke about their journeys to success and how they were for a while the only woman in the room. The panel took aim at empowering other young women leaders to fight for the change they want to see in the room. Each panelist is deeply established in their own unique ways and they encouraged every leader attendee to welcome change. Another point that was stressed was the importance of listening to others and working as a team

member even when you are in a leadership role. Their message was that a good leader is one who understands the working dynamics of the team, listens to others' concerns and fosters an environment open to change.

"It was very inspiring to listen and learn from women leaders and celebrate progress

dean of the College of Nursing and Public Health (CNPH). The panel featured Chelsea (Wollman) Imbriano, '14, RN, who works in the Neurosurgical Intensive Care Unit at North Shore University Hospital; and CNPH assistant professors Marissa Abram '08, PhD '17 and Deborah Ambrosio-Mawhirter '81,



Emily Dorko '13, MBA '15 (left), Adelphi's NCAA senior woman administrator for Athletics, and Aly Raisman, America's third most-decorated female Olympic gymnast. At the keynote portion of the event, they spoke about Raisman's career and how she is working towards a better version of herself each day. Photo by Erica Burns

made in our society," said Kevin Carratu, a sophomore molecular neuroscience major who attended. "As a male, I think it is really important to show my support for equality and show others that there are males out there who are also really passionate about women's rights."

In the first breakout session there were two panels available, "Caring for Every Body (and for Ourselves)" and "Shattering Expectations." The former was moderated by Dr. Maryann Forbes, PhD '99, the interim

MS '96, EdD, RN.

This panel shed light on the importance of self care: something that we hear about very frequently but many of us still struggle to define and how to make time for it each day. The panelists delivered the message that life is stressful, but we must hold ourselves accountable for doing something each day that is for us and only us. Each nurse talked about the importance of prioritizing themselves so that they can show up to work and

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Covid Update for AU and Optional Mask Wearing

BY LIZZ PANCHYK

We started out this semester on a rough note as January was a month of once-again rising Covid cases, which went up to the mid to high 40,000s. However, more recently, the cases have been going down to a point where mask mandates are being lifted across the country. Starting March 2, public schools began to loosen their mandates and Adelphi responded by lifting the mask mandate outdoors.

However, as of March 25, Adelphi lifted its mask mandate for all students while indoors but still encourages the option of wearing masks. Why wasn't the mandate lifted sooner in accordance with other area schools and colleges?

Gene Palma, vice president of University Wellness, Safety and Administration, said, "By not lifting the indoor mask mandate until March 25 we are ensuring continued health and safety at



As mask mandates are being lifted everywhere, we've come to a time where we may not need them as much anymore as we prepare for the endemic phase of covid-19.

Adelphi until after spring break (March 14–March 20), a time when many of our community members will travel and attend social gatherings."

It is important to note that traveling can be risky, especially since we had our spring break this semester, unlike last year where we had five non-consecutive days off for "mini" breaks in the hopes of lessening the likelihood of travel.

"When I went away for spring break I went away with one friend to Pennsylvania and it felt really nice to not feel restricted and to feel like there was a sense of normalcy without a mask," sophomore Courtney Reddan said. "I didn't feel comfortable going around without a mask. I feel we've waited a

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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 that, "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

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A Word from the Editor

Happy Monday, Panther people. We hope that you enjoyed our April Fool's *Defiler* edition of the school university's newspaper, *The Delphian*. If you missed it, you'll find it on our site at thedelphianau.com. The end of this semester is less than two months away! Be sure to get involved with school events and become active in our school community. Can you promise that? Without further ado, read into what Issue 9 has to offer.

The 5th Women's Leadership Conference was a festive event that took place on the Garden City campus last week, headlined by Aly Raisman, gymnastics gold medalist for the United States. Read about how she combatted mental health during her career. In addition, we continue our administrator Day in the Life series, covering the Dean of the College of Education and Health Sciences, Xiao-lei Wang, PhD. You may not know that an integration of students from our school and Nassau Community College has been in effect the past two semesters, so read about it here, as well as an update on Covid-19 and our mask removals.

Our hearts continue to go out to Ukraine. In our Features section, learn about ways you can help contribute to the cause on campus. Looking for new people to meet? Read about musical maestra and dance enthusiast, Frida Molina and her quest to super-stardom. The National Society of Leadership and success has alumni who've gone on to be influential in today's world. Read our story about that kind-hearted chef Michael Russell, and the "cancel culture" that is trending in our society.

Women's professional basketball player Britney Griner has been arrested and detained in Russia for over a month, in large part, in suspicion of getting the US involved with the situation in Ukraine. Read about the tension over there, and the tension over here, as some transgender athletes are now being banned from school athletic competition. Moreover, there's a battle between workplace and personal technology, plus, an article about music artist Frank Ocean and the new inflation high. All these are found in the Opinions section.

If hard work and determination were a person, look no further than student athlete, track and field runner Isabel Marsh. Read our coaches' corner article to find out how our athletic teams are doing. In addition, meet our athletic staff team, the people who make it possible for the athletes to participate in any season.

All that and more in Issue 9 of *The Delphian*. If you have any questions or suggestions, email us delphian@adelphi.edu. If you have interest in joining our staff as a writer, reporter, website designer, advertising specialist or social media editor, email me maxmillianrobinson@mail.adelphi.edu. We have one more printed issue this semester, so if you want to be a part of it, then please get in touch with me. Have a good day!

- Maxmillian Robinson '22
Editor-in-Chief



TheDelphian

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Covid Update and Masks

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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 relieving."

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 also 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-optional 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 Zaccarini, 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

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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.

Make sure to check out more news articles on the Delphian website thedelphianau.com.

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, health sciences, 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



Xiao-lei Wang, PhD, Dean of the College of Education and Health Sciences

Photo from Adelphi University website

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 are 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, and 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 connections are all 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 they 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

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take care of others. They said that since nursing is one of the hardest undergraduate careers to pursue, it can become easy to fall into the self-care deficit and burnout that many nurses experience in their careers before a nursing student's career has even begun. Imbriano spoke about how she bought herself a Peloton during the pandemic and it became a great outlet for her to release any excess energy she had and became her form of self care. She admitted that she is still figuring out what self-care really means to her and working on implementing self-care habits into her everyday life and routine.

Dr. Ambrosio-Mawhirter said that she has to pencil in a walk every day or she will forget to take that time. She said it took her almost 30 years before she really began practicing self-care. She added that she ensures each of her students understand the importance of it as well, and that her office is always open for them to unwind and that she is willing to talk and work with them so that they too can find the importance of self-care.

The second panel, “Shattering Expectations,” was moderated by Thomas Ward, Jr. '93, Adelphi's assistant vice president for career development and strategic partnerships. The three panelists included Lois Schlissel, JD, of counsel and former managing attorney at Meyer, Suozzi, English & Klein, PC; Elizabeth Daitz '02, JD, the new assistant commissioner of the Suffolk County Police Department; and Malika Grayson '11, PhD, program manager at Northrop Grumman. The panelists discussed how they persevere

through their respective male-dominated fields all while embracing their gender and using it to their advantage.

Schlissel started the discussion with a point that she built on throughout. When she was a child, her parents told her, “If you study hard, you could be anything you want to be.” Hard work and education are the most



Audience 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

valuable assets you have, regardless of your gender. She described many parts of her journey in her career as time-consuming, but valuable. She spoke about times she would be studying in rooms as the only woman surrounded by men.

Schlissel later said, “I bring my gender with me wherever I go.” Because of this, she advised the audience to “create a presence.” To add to her point, Daitz simply said, “Be a badass.” As a woman working in the police

force, surrounded by strong and intimidating men, she said, “Gender is power.” The words “clear” and “confident” rang like bells throughout the room during this discussion.

Grayson said, “You can have a seat at the table, but you have to speak up when you're sitting there.” Taking the first step and establishing yourself takes hard work, but

you can't stop there. To continue growing as a professional woman, Grayson shared what she called the ABCs to Success: A for Adapt, B for be Bold and three Cs: Create, Contribute and Challenge. She said, “Be the type of leader you want.”

The biggest takeaway from this panel is that being a woman is powerful, and these three women used this power to shatter all expectations.

Between each session was a network-

ing break, in which attendees could personally speak with the panelists.

Rebecca Luther, junior sociology major, said, “It was a great opportunity to hear from inspiring female leaders in a range of fields. After the conference, I connected with multiple panelists on LinkedIn! It was an interesting and exciting event. Can't wait to go again next year.”

In the second breakout session the two panels that were offered for guests to attend were, “Climbing the Ranks” and “At the Forefront of Change.” The former was moderated by Jacqueline Jones LaMon, JD, Adelphi's vice president of diversity, equity and inclusion. The panelists included Nicholas Iadevaio, MBA '00, the vice president of human resources, diversity and inclusion leader at L'Oreal USA; Joseph Moscola, '06 MBA, the executive vice president of Enterprise Services at Northwell Health; and Humera Qazi '93, BBA, a managing director at Morgan Stanley.

Iadevaio started off the panel by reminding all attendees that the journey for each of us is unique and that empathy is a quality that each leader must embody to be exemplary. He spoke to his challenges with mental health over the years and wearing hearing aids his whole life, yet he has always shown gratitude to those around him. He stressed the importance of listening to others and seeing the world from another person's perspective in order to better understand that individual and seeing how you can teach them or learn from them.

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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.

Over 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 simply having a disagreeable opinion.

According to Dictionary.com cancel culture is defined as “the phenomenon or practice of publicly rejecting, boycotting or ending support for particular people or groups because of their socially or morally unacceptable views or actions.”

Paul Thaler, a professor in the Communications Department who teaches a course on free speech, said, “I believe cancel culture was born in response to social inequities that have become even more prominent in recent years. But the consequences from this movement have created their own chilling effect, and we see these repressive elements across the board from the entertainment industry to our university classroom.”

One prominent example is author J.K. Rowling. Fans of the popular author believed based on characters she created and her own liberal politics that she supported the trans community. But after she made what they considered to be transphobic statements in June 2020, the outcry from fans was so far reaching that she wasn't invited to participate in the 20th-anniversary special of the Harry Potter movie franchise that aired on Jan. 1, 2022.

Another recent example is country singer Morgan Wallen who was suspended from his record label, barred from the Academy of Country Music Awards as well as the Country Music Association Awards, made ineligible for any awards and taken off the radio after making a racial slur in a video that surfaced in February 2021.

And comedian Dave Chapelle came under fire for his latest comedy special “The Closer,” which aired on Netflix in October. In it, Chapelle made jokes that were considered by some to be transphobic and racist.

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).

thinking a lot more clearly than the chattering classes give them credit for. So I feel good about that. And frankly, that poll really reflects my own experience with my students. They would also follow this trend.”

According to the results of 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 misstep 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

hatred towards certain groups accountable is absolutely necessary.”

But now many in the Adelphi community believe the movement has suffered from mission creep.

“Cancel culture is a complicated issue because people have made it complicated,” said Ana Rodriguez, a senior communications major. “Rather than just holding people accountable and making sure they meet standards or follow rules, things have gone gray. It’s now become a case-by-case type of issue, which leaves the public unsure of how to go about things.”

Fallica agreed that most people are aware these are words that can be taken out of context. “One of the most important things to understand about language is whether you call it cancel culture, whether you call it woke, whether you call it liberal, whether you call it politically correct, really depends on the context in which it is used,” 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 all has 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 very 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.”

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?”

Skylar 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.

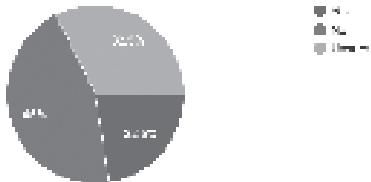
Although younger generations are often scrutinized by the ones that came before and Generation Z is often accused of being oversensitive, politically correct “snowflakes,” Fallica argues that’s an unfair stereotype.

“My current undergraduates are a little bit more sophisticated about it,” he said. “They’re wary of these terms being thrown around. I think they are more mature about social media than previous generations have been.”

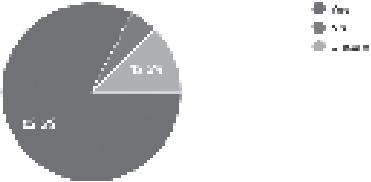
He added, “The poll tells me 77.5 percent of folks are being rational. It makes me feel good. It tells me students are not just following the BS.”

Cancel Culture Student Survey Results

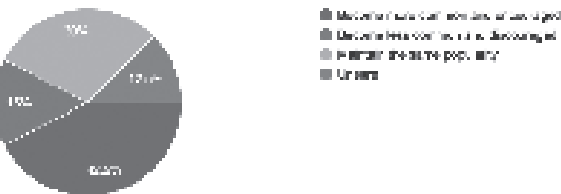
Do you ever stop consuming media of people (like books, TV shows, etc.) when its creator has been publicly “canceled”? (All responses)



With concerns of “Cancel Culture” and finding jobs in the future, do you take any precautions to avoid being “canceled” yourself? (All responses)



In the next five years, “Cancel Culture” will probably:



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 from that 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 responsible for their wrongdoings, [but] has become more brutal and harsh in what the public/media deems as appropriate punishments for their actions,” said Jessica Diaz, a freshman psychology major.

Saeef Hossain, a senior psychology major, said, “Cancel culture definitely has its place in calling out things like prejudice, racism, homophobia, transphobia and sexism (amongst other major contemporary social issues). Holding people who express such

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 learned how to not only be visible but to also capture attention. She steps into her own alter ego while being more confident and connect-

ing 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



Dance major Frida Molina has been taking to the stage in music videos and events like Fashion Week, as well as at Adelphi.

aura and energy are what got her the gig in the first place. Now, she believes she has what it takes to pursue a full-time career as a dancer after she graduates in May 2023. She plans to continue to have her voice heard with the big goals she has for her future. After graduation, she wants to be signed to a talent agency in New York City and Los Angeles. She also

wants to be in a modern dance company and travel while taking gigs, tour, music videos, commercials and live performances around the world.

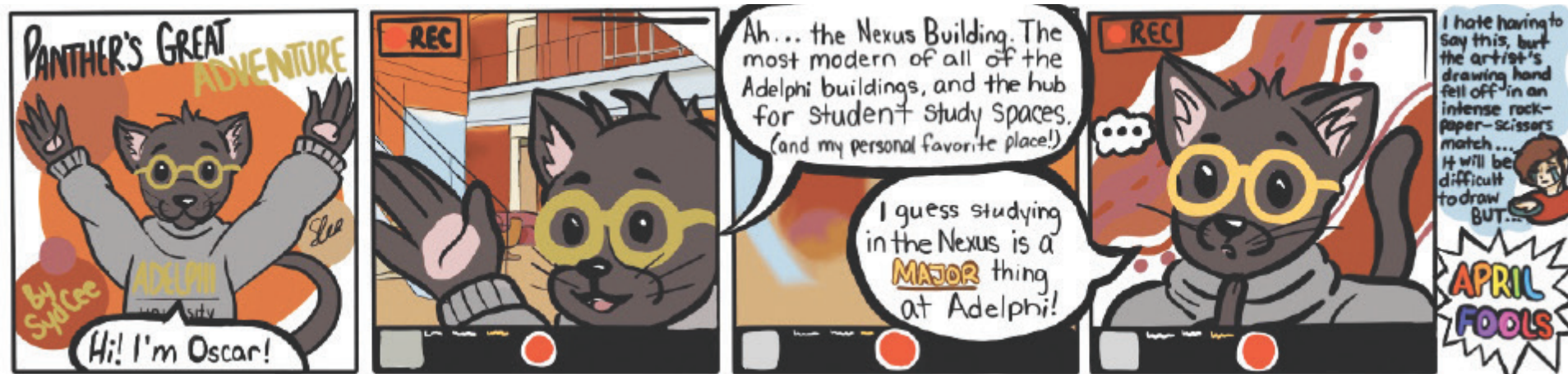
Molina's dance instructor at Adelphi, Jennifer Kreichman, has also seen a difference in the dancer since arriving at the University's program. "I think she's so much more sophisticated in every possible way," Kreichman said. "During her time here she's opened herself up to the idea that there was still so much more to layer on to what she already knew and so much more to then give forth through her performance quality whether in class or on stage."

"It's easy to dance at any age when you have the passion. Once you have that drive you can conquer anything at any age because of your mindset," Molina said.

Molina, who is now back to her black hair, is working alongside Kreichman on a collaboration piece called Code Switch coming to the department's semester showcase of Dance Adelphi in April. "It's a piece regarding both ballet and hip-hop and the fusion in between," said Molina.

Among Adelphi's 65 dance majors, Molina stands out because of her "aura" and "energy," Kreichman said. "She has a genuine presence, and I think that's palpable and when she applies that to her movement it's even more."

Taylor Erickson, Molina's teammate on Evolution and a nursing major, agreed. "I know that when I look over at Frida during a performance her energy will radiate and motivate everyone else to push through a routine."



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



Students at Adelphi attend a Feb. 28 teach-in discussion on Russia's invasion of Ukraine, which was covered on FOX 5.

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 Laatikainen, 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. Thousands of 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, under-

wear 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



On March 16 in Mariupol, Ukraine, a theater that served as a bomb shelter was destroyed by Russian artillery.

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 POLAK 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.

Rubi 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 myaulelife.adelphi.edu.

Fearless Women Share Their Advice at Leadership Conference

Continued from page 3

Moscola 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?”

Qazi shared her own three 3C’s of what defines as good leadership skills: Confidence,

thropy. Both Tiedemann and Perdomo-Ayala spoke about qualities that help them achieve their goals of helping change the lives of those in need.

When asked why she feels such a strong urge to give back to the community, Tiedemann said, “We have a responsibility as a society to do whatever we can.” She shared her own experience of dealing with multiple sclerosis, and then her son’s experience of dealing with diabetes and the way that both of those setbacks only pushed her further ahead.

persistence, which are qualities that are necessary to be in philanthropy.

Growing up, Perdomo-Ayala explained that she came from a family of philanthropists. With that, she discussed that watching those around her give back pushed her to give back as well. For young people who want to go into philanthropy, she said, “You are giving back, even when you aren’t giving financially.” Sometimes, it could just be handing out pamphlets, making phone calls, checking people into events or spreading awareness through word of mouth. “Everything that contributes to an organization as a whole is an act of philanthropy. In that way, anybody can be a philanthropist,” she said.

Perdomo-Ayala also shared something with the audience that she tells her own children, as a way to assess their morals and values. “If you can’t look at yourself in the mirror at night and feel comfortable with the decisions you made during the day, there is something wrong.” Working in philanthropy, people need to be strong on their morals, while still keeping the business aspect of their work in check.

As college students and graduates starting out in their respective fields, philanthropy serves as a great way to network. Tiedemann said, “You never know who you are going to meet.” As college students, getting involved in philanthropy presents itself with opportunities, which not only serve the community as a whole, but oneself as well.

Both women said, “Don’t be shy.” When asking for time, help, money, volunteers, etc., they described that they have had to stand up for themselves and be comfortable enough that they could assert their voice in rooms filled with people of all genders and backgrounds. Perdomo-Ayala stated, “Well-behaved women don’t make history.”

The word that came up most during this discussion was “fearless.” These women taught us that you cannot be on the forefront of change and stand there with fear.

The keynote speaker and headliner of the conference was America’s third most-decorated female Olympic gymnast, Aly Raisman. She was the team captain for the gold medal-winning U.S. Women’s Gymnastics teams in 2012 and 2016. Emily Dorko ’13, ’15 MBA, Adelphi’s NCAA senior woman administrator for Athletics, led the conversation with Raisman by asking her three adjectives to describe herself. Raisman answered with “present, calm and grateful.”

Raisman said she is the oldest of four siblings and so much has shaped her into the person that she is today. Through being an older sister, she learned the value of leading by example, how to treat people the way you want to be treated and believing that no dream is too big.

She said one of the biggest personal goals she is working towards right now is learning how to be more present. She shared that she looks to surround herself with people who are calm and non-reactive and gravitates towards those who find joy in the everyday things. She is finding one thing a day to stay calm and present whether that be gardening, taking walks outdoors, dancing, playing with her puppy or talking with her therapist.

As the conversation shifted towards a discussion about mental health and social

media, Dorko read a line from Raisman’s Instagram bio, “Use social media to spread kindness.” Raisman admitted social media remains a challenge and acknowledged that although it can be used in positive ways, sometimes it can still be toxic. She said she began to pay closer attention to how she felt after using social media and encouraged others to do the same, adding, “Puppy accounts make me happy.”

Raisman said that she tries to be as honest as she can with others because she hopes to foster an environment where others can open up and share in a way that she was never allowed to. She spoke about how there is often a pressure people feel to do what others are doing on social media, but reminded listeners to do what makes them feel happy and to pursue their passions.

Raisman is no longer competing and



Student Government Association Women's Recognition Award recipients at this year's 5th Annual Women's Leadership Conference. Pictured above Melanie Rosa Chaves (left), an undergraduate senior majoring in both communication science and disorders and Spanish. Saira Amar (right) is an undergraduate senior and international relations major.

Photo by Bianca Viana

she spoke about how she is now focused on figuring out who she is outside of being a gymnast and medalist. However, she also spoke about the abuse that she had faced throughout her Olympic career. She said it had become so normalized within the gymnastic community that when she tried speaking up about it to others, people told her that what was happening was okay.

She described her experience initially speaking up about her abuse as being made to feel as if she was the one who was in the wrong. She said this was re-traumatizing for her because as she tried to speak up, she didn’t have the support she needed. However, this reminded her to pay attention to the way she treated herself and encouraged others to do the same. She said, “The way we talk to ourselves is really important.” This is advice we should all do our best to put into practice.

Raisman left the audience with a line most of us hear when flying: “Put your mask on before assisting others.” She explained that being a good leader is prioritizing yourself. She concluded the panel saying, “I’m better when I’m happier.”

Ultimately that’s the positive message that every speaker shared that day.



Adelphi's 10th and first female President, Christine M. Riordan PhD, welcomed guests to Adelphi's 5th Annual Women's Leadership Conference. Photo by Erica Burns

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. Qazi 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-

When she realized that others who were struggling with diabetes in the way her son was did not have all the resources she did, she described it as, “moving,” which eventually pushed her into philanthropy.

She said, “There are so many ways to get involved.” She explained that working in the non-profit sector does not always mean donating millions of dollars at a time. She shared a story reflecting on her son’s birthday one year, where he asked for books to donate to Schneider Children’s Hospital, rather than gifts. “To see his face light up was so rewarding,” she said.



The “Climbing the Ranks” panel was moderated by Jacqueline Jones LaMon, JD, Adelphi’s vice president of diversity, equity and inclusion (far left). The panelists included (from left) Nicholas Iadevaio, MBA ’00, the vice president of human resources, diversity and inclusion leader at L’Oreal USA; Humera Qazi ’93, BBA, a managing director at Morgan Stanley; and Joseph Moscola, ’06 MBA, the executive vice president of Enterprise Services at Northwell Health. Photo by Erica Burns

dasani, PhD, LCSW, ACSW, dean of the School of Social Work at Adelphi, and 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 a founding member of Adelphi University’s Women’s Giving Circle. The discussion focused on working in the nonprofit sector and engaging in philan-

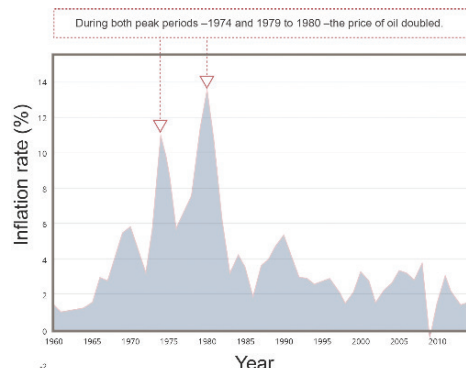
Perdomo-Ayala also shared some personal setbacks. For the first time, she spoke about how she almost did not finish college because of an attack of appendicitis in her junior year. She explained that it made her feel “deflated.” She said, “It’s important to understand that life will throw you a curveball, but you need to catch the next pitch and move forward.”

Her story is one of perseverance and

The United States is Experiencing a New Inflation High

BY NICOLAS RONTANINI

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

There are some reasons the inflation level has reached the peak it has, one being the pandemic. According to the White House website, the pandemic created a disruption in supply chains. When

the economy opened after its closure in March 2020, countless people were spending and traveling, all of which soon yielded a sort of bottleneck effect with high demand. This increase in demand coupled with supply disruptions led to the rise in inflation the economy is experiencing.

As a result, consumer spending is one of the areas affected.

“The price rise is a result of a complex interaction of supply shortages brought on by the pandemic, and the government’s efforts to dampen the effects of the economic downturn by flooding the economy with newly created money,” said Robert Goldberg, clinical assistant professor of business in finance and economics in the Robert B. Willumstad School of Business. “Inflation does not affect everyone evenly. Those with high demand jobs are able to offset the increased costs with higher pay, those with jobs in less demand tend to have salaries that do not keep up with rising costs.”

The prices of consumer products have quickly risen. According to a report in the Bureau of Labor Statistics, the CPI (Consumer Price Index) has risen roughly 6.8 percent, with a 33.3 percent cost increase for energy, and 58.1 increase for gasoline.

However, even with the escalating

rise in prices, some economists are not quite worried yet.

“If inflation were to tick up well into the double digits, then I would be more concerned,” said Mariano Torras, professor and chair of finance and economics in the Robert B. Willumstad School of Business.

There is, however, still the matter of the impact inflation could have on the economy going forward.

“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.”

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.

Last year, a survey was conducted by Country Financial, which found that 88 percent of Americans are worried about the rise of inflation. Many consumers have started to prioritize their budgets, and cut

back on spending by canceling or putting off traveling, buying less clothes, or budgeting their food.



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 MITCH COHEN

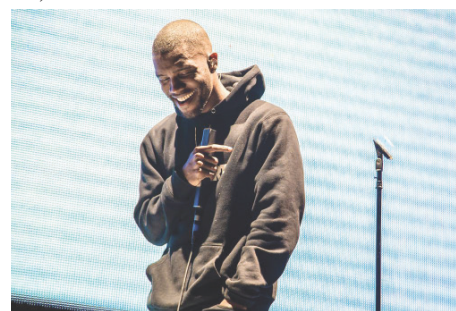
In the music industry, several artists are either overrated or underrated. Overrated artists tend to be popular, yet their music is overplayed. Then there are underrated artists. These artists release music that goes unnoticed by the general public. To me, no other artist is both overrated and underrated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

listens. 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.



Frank Ocean performing at Pemberton Music Festival

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.



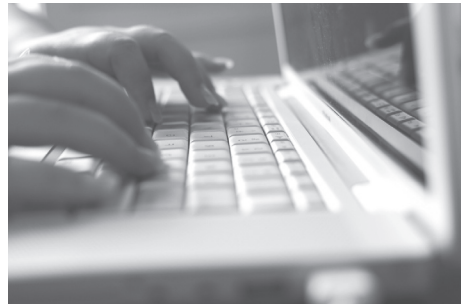
Why Professional Technology is More Difficult Than Personal Technology

BY JUSTIN KRESSE

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 tech-

nologies 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 pixnio.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 say 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 ac-

count 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 broke the news about her 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 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 ordinary 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 consulate 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 denied. He said, "The fact 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 will 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 the WNBA starts to prioritize 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.

Iowa's Anti-Trans Bill: One of Many That is Sweeping the Nation

BY MYLO FISHERMAN

Transgender girls and women will be banned from competing in girls' sports offered by all of Iowa's schools, colleges and universities solely based on their gender identity. This is because of HF 2416, a bill that passed through the House in a 55-39 vote. Iowa's Governor Kim Reynolds signed this bill into law on March 3, 2022.

According to the law, "any inter-scholastic athletic team, sport or athletic event that is sponsored or sanctioned by an accredited nonpublic school, school district or athletic organization must be designated as females, women or girls; males, men or boys; or coeducational or mixed based on the sex at birth of the participating students." The law also states that "only female students, based on their sex, may participate in any team, sport or athletic event designated as being for females, women or girls." In short, this bill directly targets transgender girls and women because these women were assigned male at birth, they no longer qualify to play for the girls or women's team.

Reynolds states in reference to the law that, "Girls have dreams and aspirations of earning a scholarship to help pay for college. Girls have dreams and aspirations of one day competing in the Olympics." She continues, "So it's a fairness issue."

The issue of fairness, particularly in regards to women's sports, is brought up a lot as an argument against transgender individuals in sports because many

think that if we just exclude trans girls and women from playing, cis girls and women can excel. This leaves trans girls and women who are good at sports to be forced to either feel dysphoric playing on a team that doesn't match their gender



As transphobic legislation is running rampant through our nation, people have to fight for transgender rights.

or not play at all. It is a shame that our society is forcing trans athletes to make a decision like that. Trans girls and women deserve to have the same dreams and aspirations of earning a scholarship and competing in the Olympics as cis women do.

The Center for American Progress (CAP) is an independent nonpartisan policy institute that is dedicated to im-

proving the lives of all Americans. In a report released by the CAP, they found that the exclusion of the transgender community from sports excludes them from the overall health benefits of athletics. These benefits include lower risks of

anxiety, depression and suicide, as well as decreased rates of tobacco and drug use. This further emphasizes that banning trans individuals from sports only harms trans individuals.

Last year, at a record-breaking statistic, 34 states introduced 147 anti-transgender bills. These bills touch on a variety of trans issues such as sports, bathroom and medical policies all of

which aim to strip away the rights that trans Americans have to live their lives the same way everyone else does. This year is on track to have roughly 280 anti-trans bills filed for the 2022 legislative session. These bills' introductions, regardless of whether they passed, have had a damaging impact on the LGBTQIA+ community. 2021 and 2020 were the deadliest and second deadliest years on record for trans and gender non-conforming individuals respectively, with 2022 being on track to set a new record.

According to Beck LaBarbera, a sophomore nursing major, "To live in a country where there are active laws being passed to prevent people from being themselves is disgusting. The fact that trans individuals are constantly having bills passed against them by people who truly have no say in what we do with our bodies is absurd." They added, "I hope that as a community we can band together to try and rally against these bills."

Amid the political debate, public opinion voting has indicated a strong display of support for the transgender community. In a poll conducted by PBS, they found that 66 percent of Americans, including 70 percent of Republicans, oppose the anti-transgender sports ban legislation such as the one in Iowa. Although polls have shown positive support for the transgender community, action needs to be taken to support these favorable attitudes in order to ensure the equality of transgender individuals that a majority of Americans want.

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 everyday events that would normally take place in person. Zoom and other video chatting programs allow their user the option to keep their camera and microphone on, so most of us are familiar with seeing black screens fill what's supposed to be our classroom. Now that mandates are being lifted and schools and businesses are opening up, we are finally getting the chance to attend in person events.

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 Instagram page (@the_delphian),

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 before the pandemic I had been doing my best to overcome this. My therapist suggested coping mechanisms and taught me that the best way to confront my social anxiety is to do what I feared most, talk to others. When everything shut down I was no longer able to do this. I feel that the pandemic has set me back and now I think I have a harder time carrying on conversations and approaching people. Even pre-pandemic I struggled to talk with peers and teachers, so one can imagine how difficult it is now that I've been out of practice for months. I wonder if I would have completely gotten over my fears surrounding social anxiety if the pandemic had never gotten in the way. When I returned to events in person it's almost like I had to restart.

When I asked an Adelphi counselor and social worker, Karen Lopez if she noticed any students struggling with anxiety after the pandemic, she said, "I absolutely think the pandemic has had a major impact on students' mental health overall. Last year, when we were completely remote I remember the focus of a lot of my sessions dealt with processing student's anxiety and depression due to

the pandemic. A lot of anxiety stemmed from the modalities of synchronous and asynchronous learning like, logging onto class the right way and at the right time or participating in front of a camera."

Lopez offered some tips to help people struggling with this issue as well. "My advice for students who are struggling with in-person events/classes is that your professors understand that the transition back to in person learning and events will take time and they are willing to listen and work with students. They truly have your best interest in mind when making decisions about how they will teach class. I encourage all students to be kind and patient with themselves and each other."

The reason that the lack of socialization can be so dangerous is because humans are meant to interact. Many were used to meeting new people and having face-to-face conversations daily, but the pandemic has made this more difficult. This has taken a toll on the strong relationships we are to build. Some experts say that if these connections are not made it can damage our mental health and impact how we learn.

The pandemic isn't the only thing that has caused us to feel more anxious. Many have gotten used to conversing online. In the 21st century social media takes

up a big space in our lives. As of last year, the Pew Research Center reported that about 72 percent of adults in the United States use social media and that number is only rising.

Constantly staring at images of seemingly perfect people on a screen and worrying about our presence on the internet can feel like a huge pressure. This can make many feel intimidated to approach others in person. However, it can make it easier to form connections online. Social media has allowed me to talk to people who live states away and even form close bonds with them. I have made a few friends who I started messaging on Instagram, and later met in person. I find it to be less nerve-racking to get to know people online, rather than just directly approaching someone in person. Social media has allowed me to discover what I have in common with others. To me, this is more comfortable because things are already laid out for you. I can easily come up with things to talk about if I already know what someone is interested in. Also I do not have to worry about what I'm going to say to someone within seconds. I get time to plan out my response, unlike talking in person. And for whatever reason it makes it easier to experience rejection when I don't have to see someone's face.

Be sure to check out more Opinions stories on *The Delphian* website thedelphianau.com.

Inside Athletics: The Players Off the Playing Field

BY MAXMILLIAN 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.



Danny McCabe, director of Athletics and Recreation at Adelphi, said it's "very rewarding" to assist student athletes as they prepare for life after college.

All photos from AU Athletics

"Our goal is to provide the best experience for our student athletes and employees," he said. "We also aim to keep our alumni, families and friends of the programs connected to the university. The [campus recreation] portion of our department facilitates all recreation, intramurals and club sports for the entire campus community."

McCabe has almost completed his ninth season at the helm, after working at Fordham University, Fairfield University, the University of Miami, Providence College and nearby Hofstra University.

Then there's assistant athletic director Ian Schraier who lends a helping hand in the process. He's had that role since September 2019, yet his resume spans over two decades within the athletic department business.

"I am responsible for overseeing the promotion and publicity of the university's 23 [NCAA Division II] varsity programs," he said. "While I also handle the school's athletic website, I am the primary media contact for the men's and women's soccer, men's and women's tennis, women's basketball, bowling and baseball teams."

Schraier graduated with a bachelor's degree in broadcasting from Long Island University (LIU) Post in 2007, then handled media relations as sports information director at Molloy College (2008-'13), returned to LIU to become the athletic media relations director (2013-'17) and then was assistant commissioner for strategic communications at the CUNY Athletic Conference from (2017-'19).

Keith Ferrara, director of Adelphi's sports performance, is responsible for the implementation and oversight of the entire

strength and conditioning program for all teams on campus. Currently in his eighth year with the Panthers, he spent three years as the lead strength and conditioning coach of the USTA New York Training Center.

"I am also responsible for management



Ian Schraier, assistant athletic director

of the refueling station where we provide the athletes with bars, shakes and other nutritional options they can grab throughout the day," Ferrara said.

Jessica Rogue is the associate director of athletics for compliance and administration on the Garden City campus. After working nine years in college athletics overall at LIU, University of New Haven, Dowling College, Queens College, Widener University, she will be entering her third year at Adelphi this September.

"[In a nutshell,] my role is making sure everyone, both student athletes and coaching staff, are eligible to participate with teams each semester," she said. "Additionally, [outside of compliance] I am the sport supervisor for our field hockey, softball, women's soccer and men's and women's tennis programs."

These athletic members play a huge



Jessica Rogue, associate director of athletics for compliance and administration

part in the overall team structures for success. Moreover, their positions allow them to make the calls on sporting events, but also bond closer with the athletes.

"[Each week] I have the pleasure of working with our coaches and student athletes," McCabe said. "As student athletes progress throughout their career and assume leadership roles, I have the opportunity to get

to know them better and work with them on various initiatives."



Keith Ferrara, director of Adelphi's sports performance

Schraier said he considers "being 'connected' to the student athletes an imperative part of my day-to-day responsibilities. Not only do I acknowledge the student athletes that I walk past, I am also reaching out to the student athletes weekly, in effort to produce video features on their personal life experiences or accomplishments."

Panther athletes sometimes become a bit "worried" when having to be called into Rogue's offices, but she explains that her bonding time, outside of the compliance office is what makes her connection with them unbreakable.

"I have had the privilege of traveling with the softball team as their sport supervi-

sor for their beginning of the year road trip to North Carolina," she said. "It's times like these that are the most enjoyable and student athletes see me on a different level because I'm not there on the trip to make sure people are following rules."

We may think that the team captains or coaches are the only leaders of an organized sport. However, there are other departments that play a huge role in shaping people to be who they are.

"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.

Breaking the Ice

Saturday April 30, 2022
9am-4pm

Black Men's Mental Health and Wellness Conference

Warren Graham, LCSW | Jason Phillips, LCSW | A. Brian Leander, PhD | Paul B. Williams, LCSW

Ohira Oni-Ekaleh, MBA, PhD, LCSW | Marcel Crooks, LMSW | Silas Kelly, LMSW

Damyn Kelly, JD, PhD
CEO of Lutheran Social Services
Keynote Speaker

Arron Muller, LCSW
Organizer

Register at: <https://www.adelphi.edu/events/black-mens-mental-health-and-wellness-conference/>

AU Adelphi University | Ruth S. Harley University Center | One South Avenue, Garden City, NY 11530

MODIFY WELLNESS

Running Away From Doubt: Isabel Marsh's Journey to Confidence on and off the Track

KURANA DOOBAY

"Dedicated, hard worker, over-comer."

When asked about cross-country athlete Isabel Marsh, these are the words that come to mind for Katie Rees, head coach of Adelphi's track and field team.

Cross country may just seem like running to most. Marsh, a junior marketing major, thought the same thing when her coach in middle school suggested she try the sport. She thought to herself, "Well, I can run. Sounds easy enough."

Now, years later, she said, "I can't imagine not doing this. My life revolves around track."

Marsh has recently won the title of Northeast-10 champion for the 800m race—her first individual victory. She said of her achievement, "It's the first big individual race that I won on my own. I have won relays, but this time it was different because it wasn't a team effort, just me. So it showed me that the hard work I was putting in was worth it. It all finally paid off."

As she was reflecting on the last few moments of her race she said, "As I was [20 meters] from the line, I was like, 'I'm going to win this, I'm going to be the champ.'"

She shared what went through her head when she realized she had just won. "I thought back to all of my races, starting from middle school and I never had a feel-

ing like that. And that feeling was the best feeling ever. It's surreal."

However, her journey to becoming champion has not always been easy. Through her many years of being on the track, Marsh learned that cross country is not "just running."



Isabel Marsh races to the finish line in cross country competition.

"Nobody sees what goes on behind the scenes—all of the [personal] challenges—so when I won, I proved to myself that I am bigger than the problems that I face," she said.

Sometimes, Marsh's biggest competition is not the other runners, but herself.

"I'm still learning this myself, but I think the most important thing to keep in mind is 'don't be afraid of failure,'" she said. "It's easy to lose motivation and become less disciplined, especially during breaks. I get scared when I come back that I might lose a race. I feel like I'm going to fail my coach and my teammates and I really don't want to let them down."

She added, "I have to remind myself that I put in the work and I just have to trust the process. I give it all I have and it's always my best."

Rees agreed with Marsh. "I think that everything in the background that she had to work through to get to her achievement is what really makes her a champion," she said. "The biggest thing I've seen for her is learning not to be afraid of failure. Knowing that she is not guaranteed the outcome she wants, but still willing to go for it and put it all on the line."

Rees described how she has seen Marsh overcome her challenges first-hand through the three years they have been working together. "I see her tackling things more head on now. Before, she would let her challenges get the best of her. Growth wise she has been able to go with the flow more."

Marsh has also learned how to face the competition with more confidence.

"I was always terrified of them, but then I changed the way I thought about

the competition. At first, I thought they were scary, and that they would crush me, but now I remind myself that I got this. I remind myself that I'm supposed to be here too."

Rees said Marsh takes a leadership role on the team. "She is a very subtle leader. She leads by example, sometimes not even meaning to," she said. "She's really blossomed into the role as she has become more confident with herself and her abilities. The other ladies have seen her grow and her confidence gives them confidence."

This season, Marsh has set some goals for herself. "I hope to be a repeat champion, to continue my winning streak. I want to qualify for the [NCAA] finals," she said.

One thing that helps Marsh balance her life academically, athletically and personally is planning. "I have a student athlete planner and I write everything down there. It really helps to keep me manage my time and stay on track," she said.

Her planner includes everything from daily to-do lists to academic assignments, to goal times for races.

Running, both literally and figuratively, has taken Isabel Marsh from a place of self doubt to self confidence. Her journey serves as a reminder to stay on track, even if it is not the kind she is running on.

Coaches' Corner: Team Leaders Share Their Players' Highlights

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 have been working hard to prepare their athletes for the struggles 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 Alifano, 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.



Coach Purdie discussing game strategy with his players. Purdie emphasizes the importance of being both physically and mentally prepared for each game. All photos from AU Athletics

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 [Bucci] 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. "We also saw significant contributions from a talented freshman class. Overall, the team performed at a significantly higher level in virtually every tournament than it had in prior recent seasons. While the fall is our

championship season, we have five high-level tournaments this spring in which we expect our performance to continue to improve. This spring, we are aided by the addition of former St. John's golfer Matt [Sweeney] to the coaching staff."

Purdie, head coach of the men's lacrosse team, was hired in 2007. He currently holds the second most wins of all time for this program. He cites the importance of roster construction for that success.

"We have 18 transfers on our team and while one may think that would be a difficult year the team has united," he said. "The road to success is always under construction. With so many transfers and new players on our squad this season, we have players that are capable of helping us achieve our goals. Although we started our preseason on January 17, we have yet to play a game with our full roster or play our best lacrosse. We look for any competitive edge that can help us be both physically and mentally prepared."

Purdie also shared his feelings on returning for his fifteenth season at Adelphi. "Coming back for my 15th season as the head coach strangely makes me feel like I'm getting old. It seems like yesterday when I was wearing the Adelphi jersey, yet my first game as a panther was over 35 years ago."

The success of a team is rooted in a strong leader. These head coaches are showing that they are dedicated and prepared to lead their respective teams to a successful season.