

The Delphian

May 11, 2020

The Voice of the Students

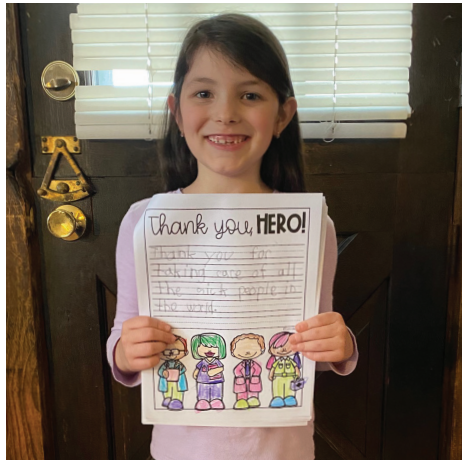
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Adelphi Responds to the Community Effort to Provide Assistance Amid the COVID-19 Pandemic

BY JACLYN TRACY

Throughout the duration of the COVID-19 pandemic, while the world has faced great devastation and grief, there is no doubt that there has been an increased sense of unity among our nation and world to fight this terrible disease once and for all. From 7 pm thank you hours, to businesses donating food each day and night to feed the front liners, to rainbows being hung in windows as a sign of hope, people everywhere are doing what they can to stop the spread and share a smile. Adelphi University is a prime example of an institution that is contributing to the effort.

An email sent out by the university to the Adelphi community on April 17 detailed the ways in which we are providing community support. “With community



Adelphi has partnered with Northwell Health to provide 55 beds in Residence Hall B to health care workers. They were greeted with artwork from students in our Alice Brown Early Learning Center (ELC), who provided their cheerful messages through an ELC Card Campaign. Photos provided by the Alice Brown Early Learning Center

service being a long-held core value for Adelphi, it is no surprise that our faculty, staff, students, alumni and leaders are responding to the COVID-19 crisis by asking, “How can we help?” the email said.

The different ways that Adelphi has been helping include sharing campus facilities, donating personal protective equipment and food, volunteering, offering psychological services and family support, and establishing the Student Emergency Support Fund.

“When the COVID-19 outbreak began to severely impact New York state, the Governor requested that universities prepare to make residence halls, child-care and large venue spaces available for potential overflow of patients,” said Maggie Yoon Grafer, chief of staff and associate vice president of external relations. “As the situation progressed, the state no

longer needed Adelphi’s space, but we felt strongly that offering support to front line workers was something we needed to do as an institution.”

In terms of sharing campus facilities, the locker rooms of the Center for Recreation and Sports (CRS) were offered to emergency medical technicians who work with COVID-19 positive patients to shower and change their clothing before returning home to their families. Also, 55 beds were offered in Residence Hall B to provide living quarters for front line health care workers who cannot return home because they have at-risk family members.

When asked how the community has taken advantage of this, Grafer said, “Adelphi was happy to offer the CRS locker rooms to essential healthcare workers, but to date, no one has needed to use them.”

As for Residence Hall B, Gene Palma, chief administrative officer and associate vice president, said, “We have been averaging 10 to 12 Northwell healthcare professionals per day. A total of 16 rooms have been used to date. Per government and public health policy and social distancing reasons, only a single guest is allowed to stay in a room at Residence Hall B.”

According to Palma, while the guests have access to the kitchen and lounge spaces in the building, they do not have access to other facilities on campus.

“Northwell provides all medical grade cleaning services,” he said. “They sanitize the building on a daily basis. Northwell will also thoroughly clean and sanitize the building when our agreement ends.”

Northwell healthcare professionals staying in Residence Hall B do not have access to our dining facility. Northwell provides dining to all its staff.

As for the impact of this on the students who remain living on campus, Palma said, “The few remaining students who were in Residence Hall B were moved out of the building prior to the arrival of any guests, and offered alternate housing in Residence Hall A or Earle Hall.”

The university has also contributed in other ways. As personal protective equipment (PPE) shortages have been occurring, Adelphi responded by sending 92 boxes of gloves, masks, hazmat suits and portable showers to the New York Medical Station at the Jacob K. Javits Convention Center in Manhattan.

“New York state asked all schools to send PPE supplies to the Javits Center because it was designated as the central-

ized location for distributing to the most needed locations,” Grafer said.

Further, Chartwell, Adelphi’s food service provider, is working with the Cathedral of the Incarnation in Garden City to donate unexpired packaged food



to the Church of Saint Joseph in Garden City, homeless shelters in Hempstead and to frontline workers at NYU Winthrop Hospital in Mineola.

The Panther Pantry is also continuing to provide meals and toiletries to support fellow Panthers through this challenging time, with deliveries processed by Adelphi mailing services.

“With the onset of the pandemic the pantry went to an entirely online ordering system, and during the month of April a total of 44 orders were filled through Panther Pantry,” Palma said.

Volunteering in hospitals is something that is needed now more than ever. In response to this challenge, Adelphi’s College of Nursing and Public Health has collected and provided information from more than 200 student volunteers and shared it with the New York State Department of Health and Northwell Health. Adelphi’s volunteers have included licensed registered nurses, junior and senior undergraduate nursing students and graduate nursing students.

In addition, the Center for Psychological Services is providing free telehealth counseling and psychotherapy to Adelphi faculty, staff and students. Adelphi’s Institute for Parenting launched a Parenting Warmline (516-515-1948) as a community resource to answer non-emergency coronavirus-related questions and concerns from families and caregivers of young children.

Adelphi has also established the Student Emergency Support Fund to assist current students in need of extra help due to the pandemic, and in a short time, more than 220 members of the Adelphi community were able to raise more than \$70,000 through personal donations. These funds will help to assist students facing unfore-

seen account balances, seeking support to safely return home, have access to proper technology, or have unmet medical expenses and food insecurity.

“We have received over 1,200 requests for assistance totaling over \$4.1 million,” Grafer said. “The Student Emergency Support Fund will satisfy a small portion of these requests. The federal government has also made \$2.6 million in aid available to Adelphi students deemed eligible through the Coronavirus Aid, Relief, and Economic Security Act (CARES Act). We will review all applications in the order received for eligibility and funding and will distribute money until it is depleted, and then from the CARES Act funding. We expect to notify applicants on a rolling basis over the coming weeks by email. Awards will be credited to the student’s Adelphi account and a refund will be issued.”

Even the littlest Panthers have been involved in the effort. Grafer said that through an Early Learning Center (ELC) Card Campaign, Adelphi’s Early Learning Center sent an email to all families requesting notes and drawings for healthcare workers staying in Residence



Hall B. Cards made by the children of our ELC were hung in the lobby of the dorm to greet the essential healthcare workers staying there.

As we continue to take on COVID-19, may all we are doing to give back to those affected by this brutal pandemic continue to bring us comfort as an Adelphi community.

BROWN & GOLD
AWARDS CEREMONY

The Delphian is proud to have received Outstanding Organization, Excellence in Marketing, and Keeping the Spirit Alive at the 2020 virtual Brown & Gold Awards held by the Center for Student Involvement on May 4, Thanks to the staff and contributors who helped make this happen.

A Word from the Editor



As I write this and reflect on not only this hectic past semester, but my past four years at Adelphi as well, I am overwhelmed with a mix of emotions. While I am extremely sad that my last semester as an Adelphi student has come to an end the way that it did, I am also extremely grateful for all of the little moments that have become lifelong memories for me and made me who I am today.

Adelphi will always be a very special place that will feel like home to me. Having lived on campus the past four years, it would be hard for it not to. From working at the Bridges to Adelphi program since I was a shy first-year, to stepping out of my comfort zone and joining a sorority and

making forever friendships, to making my way from staff writer to news editor to editor-in-chief of *The Delphian*, I can genuinely say that I have grown so much as a person throughout the experiences Adelphi has provided for me.

From the very first article I wrote for this newspaper, I always took note of how much time and work that the staff and editors put into the paper. I looked to the past editors and was amazed by how much they were balancing with being so committed to *The Delphian*, being students, working, other extracurricular activities, as well as maintaining time for themselves. As a sophomore and junior, I can honestly say I did not really think this was a role I would be able to take on and handle, especially being a second semester senior, writing a capstone paper, and everything else that comes with graduating, not to mention living in the midst of a global pandemic.

Looking back now, I cannot believe I ever doubted myself. Through this position I have gained such valuable journalism and professional experience and met so many intelligent and inspiring people. Through interviews I have done, some of my favorite pieces I've written, late nights editing articles and seeing everyone's faces at *Delphian* meetings, I feel like I've become a hundred times the journalist I was as a first-year, and have been able to really break out of my shell and speak in front of a group of people, which is something I have always shied away from.

However, none of this would be possible without the constant support of our faculty advisor, Professor Liza Burby, who has been a constant mentor to myself and the entire *Delphian* staff and gone above and beyond her role to ensure greatness for *The Delphian*. I am so lucky to have been able to work closely with such a kind, dedicated and inspiring person who shows that she truly cares for her students, and has taught me countless things I will be able to take with me in my future.

My successor as editor-in-chief will be current features editor, Maria Giovanna Jumper. Maria has been features editor for *The Delphian* for the past two years and has shown strong dedication and passion for all of the work that she does. I know that she will do an amazing job leading the student newspaper as editor-in-chief. Reflecting on the enthusiasm and support of the entire staff and Adelphi community throughout the pandemic, I have extremely high hopes for the future of *The Delphian*.

Finally, I would like to end with one of my favorite quotes from Darren Hardy: "Everything you need is already inside you. Don't wait for others to light your fire. You have your own matches."

--Jaclyn Tracy
Editor-in-Chief

The Delphian

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

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2020 Commencement Changes Reflect the Ongoing Need for Students to Mark Their Achievements

BY LOREN NEGOVAN &
JACLYN TRACY

Among the many changes Adelphi students have been dealing with is the reality that graduating seniors are not having the commencement experience this week they anticipated when they started their last year on campus. With all in-person gatherings cancelled due to lockdown and social distancing rules, all plans for the usual pomp and circumstance have been delayed. But the university and some departments and students are finding alternative ways to honor their achievements, at least for the short term.

It all began when it became clear that the May 20 commencement ceremony in Nassau County Coliseum would not be allowed because of state mandates. President Christine Riordan made the announcement in a March 20 email. She said, "I am heartbroken to tell you today that we will not be holding our University's traditional undergraduate and graduate Commencement ceremony this year,

which was planned for May 20, 2020." She also announced that the Commencement Committee, which includes students, would examine all alternatives and suggestions from the community.

Her announcement caused a widespread reaction from the Adelphi community. Students were extremely upset about this decision, as were families who had been excited to be able to celebrate their accomplishments in the traditional way that past graduates have been able to.

Soon after this email was sent out, action was taken by students who shared their feelings that cancellation of graduation was unfair after all of their hard work. One such student was Giovanna Stanco, a senior Spanish major. She created a petition on Change.org titled "Reschedule Adelphi University's Graduation." The petition, which received more than 2,300 signatures reads: "After four years of hard work, commitment to our education and hopes to walk across the stage hearing our name called, this is extremely disappointing. This ceremony is important to

students from all walks of life, from first-generation college graduates to those who worked many hours a week to afford this education, to those who waited for this moment their whole life."

Students also shared their strong feelings. One student said, "All of the class of 2020 has proven our involvement, dedication and support for years of university programming, fundraising and more. Speaking from the point of view of a first-generation graduate in my family, this is heartbreaking."

Another comment read, "Although I'm a freshman, many of the people who helped guide me through my first semester were seniors and I believe their hard work over the past four years deserves to be recognized."

Matthew Bustruc, a nursing major and senior class president, said he was also upset. "This is a situation that is hard to take in after four years of hard work. I knew that Adelphi would do the best for their students to try and resolve the situation when possible as best as they could."

The administration listened. On April 8, President Riordan announced the Committee's decision to postpone the in-person ceremony to a time when it could be done safely. She stated, "We asked our University-wide Commencement Steering Committee, made up of students, faculty and staff, to explore options and alternatives to the large scale gathering we hold each May. After weighing extensive input from our community, the committee unanimously recommended, at a later date to be determined, Adelphi University will host an in-person, University-wide, traditional Commencement for the Class of 2020 as well as a Doctoral Hooding ceremony. The date will be determined once it is safe and allowable by public officials to resume large, in-person gatherings."

Todd Wilson, strategic communications director, said that while there are currently no updates of a set time and date for the ceremony, the community should keep watching for updates via email, on the commencement page and other communications. Meanwhile, there will be

Continued on page 3

Jaggar Community Fellows Program Adjusts to Provide Virtual Internships

BY RAVYN MALVINO

As local businesses and organizations have closed indefinitely due to stay-at-home orders related to COVID-19, summer programs and internships for Adelphi students have been impacted, including the Jaggar Community Fellows Program. The Center for Career and Professional Development has had to modify the 2020 program to adapt to a virtual setting and accommodate students.

The Jaggar Community Fellows Program is a competitive option for nongraduating students and is open to all majors. Since 2010, it has connected Adelphi undergraduates and graduate students

with nonprofits representing health care, museums, education, social sciences and the arts to provide paid, hands-on work experience. In 10 years, the program has worked with over 100 nonprofits. There are already over 500 alums of the program, representing nearly every major at Adelphi. In 2019, 13 of the 70 participants were international students.

But for this year's fellows, there will need to be modifications.

"After hearing that many companies and nonprofit organizations cancelled their internship programs and field placements for students in nursing, education, psychology and social work, we were determined to make this program hap-

pen," said Bernadine Waller, MA '10, LMHC, PhD candidate, who serves as the associate director of experiential learning at the Center for Career and Professional Development. "We have students who are counting on the Jaggar Community Fellows Program to give them the experience they need to succeed after Adelphi, so we were determined to keep the program going."

Waller said usually the Jaggar team plans for the summer program six to eight months in advance. They interview students and nonprofit organizations, conduct site visits and train nonprofit partners on how to host and manage students, all while securing legal paperwork in preparation for the students' arrival at their placement. This summer, the program has been adjusted to operate virtually. So, the work that was typically done for several months to prepare for the program was done in just six weeks. The program committee was forced to assess what nonprofits were prepared to host students, what positions students would be able to secure, and how student safety could be prioritized while still making the program happen.

To allow for the transition to a virtual environment to be as smooth as possible, this year's fellows will include 31 undergraduate and nine graduate students. The program committee connected with the Robert B. Willumstad School of Business Innovation Center to partner with nearly 20 nonprofit organizations virtually.

"In an effort to preserve this signature university program while prioritizing the health and well-being of our students, we have partnered with our colleagues at the Innovation Center to flex this year's program to virtual internships," said Thomas J. Ward, Jr., executive director of the Career Center. "Their expertise in this area has been invaluable to our team. Our students will benefit from this strategic alliance."

Students will work in teams to complete projects to produce weekly deliverables. When the program concludes, the interns will present their projects to the

program's benefactor, trustee Angela Jagger, Ph.D., as well as faculty and administration.

Michael Rienzi, a junior marketing major and communications minor, said he is thankful for the work done by the Career Center to convert the program to using a virtual platform.

"This has given so many students, including myself, a priceless experience," said Rienzi. "I am grateful that we can continue the program and have an advantage in the future to learn something new. This is a test to see how we can cope with a virtual internship."

Although Rienzi initially planned to spend his summer at a dream internship in Manhattan, he is making the best of the situation and is confident he can succeed this summer, despite it taking place online.

Students who were not included in this year's cohort are encouraged to reapply later this year for the December 1 deadline and to take a one-credit internship prep course "as some students were not fully prepared for the rigor of the Jaggar application process," Waller said. There are also individual counseling services.

For any student who had an internship planned for this summer that has been postponed or cancelled, Waller suggested that they should still pursue something.

"I encourage students to take summer classes to get ahead," she said. "Adelphi is offering discounted classes that students should take advantage of."

If summer classes aren't an option, there are numerous virtual volunteer opportunities to take part in.

"Contact organizations where you would like to work and see if you can volunteer there," suggested Waller.

She predicts that when communities return to a state of repair, programs like the Jaggar Fellowship and its sister program, Panthers with a Purpose, will see significant growth and need.

"Employers may not be hiring right away, but volunteering can lead to future opportunities," Waller said. "If you work hard and stand out, you can get hired."



The 2019 Jaggar Community Fellows pose in Nexus. Photo by Kevin Norris

2020 Commencement Changes Mark Student Achievements

Continued from Page 2

virtual events on May 20, which Wilson said are not a replacement ceremony or a virtual commencement.

Mary Aldridge, director of board relations and academic ceremonies, said that the Commencement Committee considered a variety of input that reflected student preferences about commencement in this unusual time.

"Everyone in the Adelphi community is looking forward to virtually celebrating the Class of 2020 in May—and getting together for a traditional university-wide commencement ceremony when that is possible and safe."

Wilson said that on May 20 there will be shared video salutes to the Class of 2020 and a published list of graduates (as would normally be in the commencement program). These will be linked from an

email going out that morning and posted on commencement.adelphi.edu. President Riordan will be introducing the video and sharing congratulations to the class.

There will also be video profiles of some graduating students released this week. You can even find some digital swag at brand.adelphi.edu/design/assets/class-of-2020-celebration/.

Adelphi has been able to deliver on this promise in large part thanks to the students who gave their input on how they wanted to celebrate their graduation, and the staff members of Adelphi who took these views into consideration.

"I am really happy that they decided to postpone commencement, given the circumstances," said Amanda Baptiste, a senior English major. "Although we cannot walk across the stage now, I am looking forward to the day we all safely can."

In the meantime, the university is dedicated to finding ways to celebrate the class of 2020's graduation while we are still physically distant from each other. Wilson said that the celebration of graduating students began in April and continues with Senior Week, The Lavender and Multicultural graduation on May 6, the Business School awards, and recognition of Political Science students, International Studies and Levermore Global Scholars.

Some departments are thinking outside the box so seniors can have some recognition on their day. For instance, the co-presidents of Lambda Pi Eta, Sofia Fazal and Alyssa Striano, are planning an event online for seniors of the Communications Department. They said, "We wanted to put together a video with people passing a diploma (a rolled up piece of paper with a rubber band around it) dressed up in their caps and gowns or the

next best thing, which in my case would be a bathrobe for a whimsical approach to the tradition."

Wilson added, "I know the Adelphi faculty and staff are truly doing all we can to honor the Class of 2020 in these extraordinary and challenging times."

While it is certain that celebrations this year are going to be different than ever before, the class of 2020 will continue to look forward to the day they can walk across the stage in person, prouder than ever.

Congratulations to the Class of 2020 from the staff of The Delphian.

A Trip to Kenya: When Teachers Become Students

BY NICOLE KIELAN

Deirdre McIntyre, a senior anthropology major at Adelphi, caught flights as well as feelings during the January 2020 intercession.

The Massapequa resident spent 12 days in Kenya through Adelphi's faculty-led program where she learned a tremendous amount about Kenyan culture—and even more about herself. She previously had the opportunity to travel to Ireland, Greece and Norway where she studied literature, archaeology and educational

and the environment around them. Due to the lack of resources available, McIntyre had the children model their emotions using natural materials including stones, leaves and mud, ultimately lifting their spirits just by being outdoors.

"Every creation was a happy face," she said.

"Deirdre was tender and loving with the children and a good communicator who came down to their level," said Anne Mungai, PhD, one of the program's leaders and associate provost for strategic initiatives and graduate studies at Adelphi.



foundations of the area. Kenya was her fourth trip abroad, and her most unforgettable. There, she volunteered at a local school teaching mindfulness to a group of fourth and seventh graders who could not fully grasp the concept of expressing emotion.

"We had to show them how to identify happiness and sadness," McIntyre said. "What does anger look like?"

These groups of students, some of whom are orphans, have been growing up in an environment where they have been told how to act and feel. With the help of McIntyre, they slowly began to identify with their emotions using creative techniques. Children associated feelings such as anger, happiness and sadness with the colors red and green. They were taught how to change those negative red feelings into positive green feelings using music

Although the opportunity to teach the children was unforgettable, McIntyre said the kids taught her more than she could have ever taught them.

"Honestly, I could use a few more lessons on how to smile more from those kids," she said.

Lena Demas, one of McIntyre's fellow group mates, added, "We learned what real generosity and pure love is."

According to McIntyre, the children came to school wearing the same few garments of clothing every day, yet when complimented on a bracelet they were wearing, would not hesitate to offer it as a gift. These recurring gestures and demonstrations of love left a lasting impression on her.

McIntyre said she feels very lucky to have been given the opportunity to travel, volunteer and absorb various cultures



around the globe. However, she said this experience was different from her previous travels. During her Kenya visit, she not only faced the eye-opening culture, but also had to truly face herself.

"I knew I was going to be in a place that wouldn't compare to what we have here [the United States]," she said, "but then you're sitting around it, I kind of had to confront my own entitlement."

McIntyre left Kenya with a new outlook on life, where even the simplest commodities such as toilet paper were not taken for granted. Because she wants to be a teacher in the future, McIntyre said she is eager to pass what she has learned down to her own students.

She and the other participants of the volunteer group have started a "GoFund-

Me" with a goal of raising \$3,000 in order to buy new furniture for the classrooms. As of now, the students have a limited supply of chalk and are using rolled up jeans as erasers.

"The goal is to refurbish one classroom at a time, and if we can do that it would be amazing," said McIntyre.

She looks forward to gaining more knowledge from her travels knowing the world and its inhabitants have more to teach her just as she wishes to be able to teach them in the future.

"We forget that even in a world where we believe we have everything, if we're not happy and can't take time to laugh and smile with others, we might be the ones missing out," McIntyre said.



Deirdre McIntyre (second from right) spent the winter intercession working with students in Kenya. Shown are images from the trip.

Mango Pie: An Easy, Traditional Indian Dessert Recipe

BY ASHLESHA PANDIT

Mango pie is a classic Indian dessert made from the tropical fruit mango, which is considered to be the king of fruits in India. You can either use a fresh mango or a can of mango pulp that is available at any Indian store. It has a smooth, creamy texture and the pie crust adds a crunchy, cookie-like taste. The color of the pie is an appealing orange and yellow. Preparation is hassle-free and gives a perfect amount of sweetness and delight compared to other desserts. In addition, it's a chance to try a dessert from another culture.

Ingredients Needed:

1 fresh mango or 1 can of mango pulp (from Indian store)
3 packs of plain gelatin
16 ounces of sour cream
8 ounces of cream cheese

1 cup of sugar (you can also use a half cup of sugar if you prefer less sweet)
3 cups of boiling water
3 Ready-Crust Graham pie shells (from any supermarket)
1 can of whipped cream
3 slices of mango

Instructions:

1. Pour three cups of boiling water into a pot and then mix the three packs of plain gelatin into it until it fully dissolves.
2. Next, blend 1 cup or half a cup of sugar with the required amount of cream cheese into the mix. You can either use an electric mixer or a spoon, but make sure it blends properly.
3. Then, add the required amount of sour cream to the mixture.
4. Add a fresh mango or a can of mango pulp and make sure everything blends well.

5. Then, pour the mixture into the Ready-Crust pie shell one by one until they are filled to the top. You will have a total of three pies.

6. Then, place the pies in the refrigerator and let them sit for 2-3 hours

maximum.

7. Once your mango pies are ready, serve with whipped cream and one mango slice on top to make it more delicious and attractive.



Ashlesha Pandit (pictured here) shared a tasty and fun mango pie recipe. Pictures provided by Ashlesha Pandit.

Senior Reflections

Note from the Faculty Advisor: The Delphian has an annual tradition of publishing first-person essays by senior staff members so they can share what their experiences were like leading the school newspaper, as well as their time

as Adelphi students. Here are two reflections, one by Victoria Grinthal, who has been the editorials editor for two years, and Matthew Schroh, who has served as both editorials editor and news editor. To read editor-in-chief Jaelyn Tracy's senior

reflection, please turn to page 2 for her Editor's Note.

As their advisor for their time serving on The Delphian, I have enjoyed working with them and getting to know them. I am also proud of the leadership and

journalism skills they've learned and how professional their work is. I wish them all the best as they start their careers. I will miss them very much.

—Liza Burby

Opportunities and Challenges Add to Unforgettable Moments at Adelphi

BY VICTORIA GRINTHAL



As I write this at my childhood home during quarantine, I must say this end to my undergraduate college career is a lot different than any of us could have predicted a month ago. This makes it even harder for me to accept that I am graduating, but I know the person I am now was built from my experiences over these past four years.

In fall 2016, I entered Adelphi as a computer science major, even though I had never coded anything in my life. I was small, intimidated and so scared that the real world was inching closer and closer to me than ever before. My collegiate career wasn't successful at first; I switched to a more business-oriented computer science degree since I was struggling in calculus classes. Excitement often battled my anxiety as I was eager to learn and experience as much as possible.

I started writing for *The Delphian* during the fall of my sophomore year. I had always loved to write, and the idea of contributing to a published paper was a riveting thought for me. Not only was I able to do something I had a passion for, but I also got to be involved in a group of people that constantly banded together to create a physical work of art.

It was during winter break of 2018 that then-editor-in-chief Gabrielle Deonath and advisor Professor Liza Burby asked me to be the editorials editor for the paper henceforth. I was honored, excited and determined to accomplish such a task—but it also scared me to no end. I held editorial roles in high school clubs,

but nothing would compare to this kind of preparation and teamwork. While most student writers studied things like communications and English, my computer science major made me a weird fit for the position. Still, I was grateful for the opportunity and the challenge.

This experience has only changed me for the better. Though stressful at times, being editorials editor for officially two years was what gave me confidence in myself as a student and as a person. With my ability to help lead and allow people to express their opinions in words, I was able to accomplish so much more as a college student that I ever would have without it. Since then, I have accomplished a lot that I never would have anticipated: performing stand-up comedy at NYC's Gotham Comedy Club, interviewing the founders of Ben & Jerry's Ice Cream and being awarded for my writing by the Press Club of Long Island, helping the Adelphi University Web team as a student worker, being named Student Worker of the Month (and Semester later on), getting an NYC internship, and helping to coordinate a conference for women in science held at Adelphi. Looking back on my major, two minors and heaps of unforgettable moments, I know none of it would have been possible without *The Delphian*.

I am now graduating—albeit during quarantine—with a bachelor's degree in computer and management information systems, with minors in computer science and graphic design. I hope to find a job that helps me to utilize all of the skills I've learned these past four years, and hopefully find my place in the workforce before I get a specified master's degree. I know this coronavirus situation is a stark contrast to what the Class of 2020 imagined for their college graduation, but at this moment where everything can change in an instant, I hope we can understand the necessity for putting peoples' health above all else.

I want to thank Professor Burby for advising and helping me these two years, including my Editor-in-Chiefs Gabrielle, Nicoletta Cuccio, Olivia Franks and Jaelyn Tracy, and the people I've been blessed to be beside for believing in and working with me. To my successors, Mylo Fisherman and Molly Amick, I wish you all the best and hope you can find the same joy and growth in this position as I did. To my family and friends, I love you. And to everyone, please don't let your passions fall to the wayside.

Congratulations to the Adelphi's Class of 2020, and I can't wait to read the next issue of *The Delphian* in the fall.

Home Away From Home

BY MATTHEW SCHROH



When I was selecting my university, I was down to a handful of schools that, on paper, were evenly matched. I've always been an indecisive person and I was afraid I'd make the wrong call. However, when it was truly time to put down a deposit, and my parents and I had our final discussion to make a choice, I went with Adelphi, because, as I told them that day, it felt the most like home.

Four years later, I can confidently say that I never doubted that decision. My time at Adelphi has been absolutely constructive in shaping the person I am today, through the clubs I have joined, the classes I have taken, and the friends I have made. Though I will still be around next academic year due to my five-year STEP teaching program, I recognize that the end of my undergrad tenure here is the end of an era, in a certain way.

When I arrived at Adelphi in the fall of 2016, the only thing I was sure about was that I wanted to major in history and education—other than that, I had no idea what to expect. As any first-year can attest, it was simultaneously a nerve-wracking and exciting time. At first, I stuck to what I knew: I wanted to study education, so I joined the Future Teachers of America (FTA), and I was the editor-in-chief of my high school newspaper, so I was drawn to *The Delphian*. These clubs and most crucially the people in them helped me find my footing in a new environment. I have enjoyed every moment I have spent taking part in FTA's diverse meetings, from playing Kahoot quizzes and making arts and crafts to hearing guest speakers and learning teaching methods. And writing for *The Delphian* has been an absolute treat, from the heated political editorials to the updates about the goings-on at Adelphi and formulating my own opinions and having the privilege to talk to a variety of faculty members, from security to professors, advisors to administrators. *The Delphian* provided an avenue to truly discover how fortunate I was to be attending such an amazing institution. I would get a similar chance to look behind the scenes with my job at the Ruth S. Ammon School of Education, which I have had since my freshman year, and introduced me to an

affable and thoroughly caring group of administrators and professors.

I would have never expected my classes to be so fun either, but lifelong nerd and avid reader that I am, I got the chance to fall back in love with reading after the reading burnout that accompanied my high school years. My Honors College curriculum in particular taught me valuable critical thinking skills, and I developed a fascination with the classics that has persisted to this day.

As the years went on, I came to enjoy myself and my time even more. I took a variety of classes, some for general education credits and some for fun, ranging from archaeology to creative writing, from acting to American politics, and always found something to love about them. On a more personal note, as a lifelong, lukewarm Catholic, I ended up rediscovering my faith through the second half of my time at Adelphi, and the Catholic Campus Ministry, the Newman Club, and all of the people who made it tick became synonymous with some of my favorite memories at Adelphi.

There were challenges—the coursework wasn't always the easiest, my honors thesis has loomed large over the course of my senior year—but I can say with certainty that the professors and faculty have always been there to lend a helping hand whenever they can, and the friends I have made through classes and clubs have been incredible for moral support and just for when I need a laugh.

As for the elephant in the room, no, I can't say I hoped that I would be ending my undergrad years in my bedroom over a webcam. I think it's fair to say none of us could have expected the situation we find ourselves in right now, and things could certainly be better. But finishing my last week of classes in bed is the kind of story I hope to share with my children someday—as the old adage goes, comedy equals tragedy plus time.

Even with things ending like this, I look back at my four undergrad years at Adelphi and smile. Incoming first-year Matt would have scoffed if someone had told him that, at the end of four years, he would be presenting a fully-completed thesis, singing in a chorale ensemble, carrying around rosary beads, and geeking out over the Homeric epics. I truly have too many people to thank for the incredible opportunities I have received here, so I reserve my true gratitude for the campus environment as a whole.

It has been a tremendous experience, every bit as amazing as I could have hoped it to be. Though Adelphi will no longer be home to me in the same way it is now, it will always be a part of me.

Creative Ways Panthers Have Prevailed During Stay-at-Home Orders

BY DELPHIAN STAFF

We asked Adelphi students, *Delphian* staff members and faculty if they've used their social distancing time to start a new hobby or take action to help others. Below are the responses we received.

Jaelyn Tracy

Class of 2020

Major: Communications, Journalism and Public Relations

During quarantine I have been cleaning out all of my clothes and organizing what I want to keep and what I want to throw away. I found a bunch of old T-shirts that I really have no use for, so I figured I would hop onto the trend of acid washing clothing to make it up to date. I looked up online how to acid wash. All you need is an empty spray bottle, filled half with bleach and half with water, gloves and the clothes you want to acid wash. You can either tie the shirt with rubber bands or lay it out as it is and spray the spots you want to bleach. Instead of spraying, I took the pump off the bottle and just dropped little droplets of the bleach all over the shirt so that the spots wouldn't be so big. I actually really enjoyed it and ended up loving the end product. Up next in my quarantine: tie dying.



Photos by Jaelyn Tracy

Oluwapelumi Akinsanya

Class of 2023

Major: Undeclared

COVID-19 has revealed the grave economic disparity buried at the heart of America. Due to the massive spike in unemployment, millions of Americans are now facing economic hardship. Even with resources such as the aid provided by the Cares Act, Americans are still struggling to keep pace with their financial responsibilities. As middle-class citizens, my family is one of many that were financially affected. I've always been able to endure my own hardship and empathize with others, but until I can actively play a role in the amelioration of people's lives what have I really done but nothing?

In an effort to raise awareness about the drastic effects that economic hardship has on the working class I posted a video discussing my financial situation. Shortly

after, I started a campaign on Go Fund Me to provide relief to students, families or just anyone in need. Within a week I raised \$20,000, which was more than enough to aid my family and distribute to dozens more. It never hurts to ask for help, especially in a time like this. We must understand poverty as a social condition rather than the ill fate of poor work ethic.

The fund is still available and I encourage anyone experiencing financial hardship to contact me: relie4orfamilies@gmail.com. I send my deepest condolences to those who have lost loved ones during this pandemic. I wish you all the best and only ask that you remain strong during this difficult time.

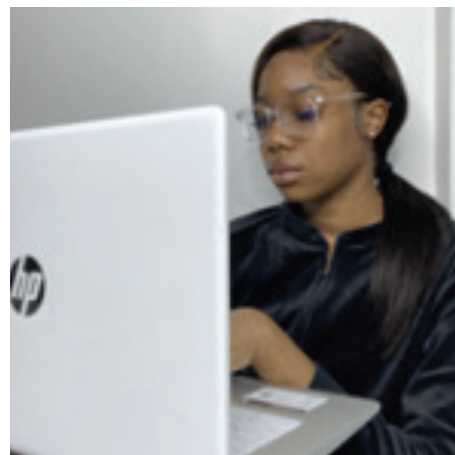


Photo from Oluwapelumi Akinsanya

Maria Giovanna Jumper

Class of 2021

Major: Economics and Interdisciplinary Studies double major

During quarantine I have created a list of books that I either want to read or reread while stuck at home. My favorite place to read is the front deck of my house, where there is shade and a nice breeze. My list includes "The Catcher in the Rye," "To Kill a Mockingbird" and "Of Mice and Men." I plan to continue to read throughout the summer and hope to finish off my list. While I may be stuck at home, I can at least spend some time catching up on some reading I have wanted to do and enjoying being outside.



Photo by Maria Giovanna Jumper

Maxmillian Robinson

Class of 2022

Major: Communications

I've decided to be different, and start a YouTube series documenting: fascinating stories, motivational tips/secrets and weekly blogs about my life. I have many different things/perspectives to offer and now I'm ready to tell the world my story. Please check out my new YouTube series: King Things, featuring myself on my YouTube page (@kingmaxmillian). Episode One has already been released and there will be many more to come, so stay tuned. You can also follow me on Instagram for more details as well (username is also Kingmaxmillian)!



Photo by Maxmillian Robinson

Victoria Grinthal

Class of 2020

Major: Computer and Management Information Systems

My mom taught herself how to play the guitar during high school. Now that we've been stuck at home, she's been teaching me to play with the blue guitar I got for Christmas a few years ago. It takes time, but I haven't played an instrument since high school and I miss it.



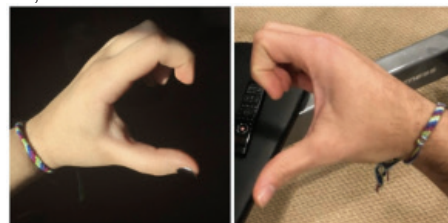
Photo from Victoria Grinthal

Mylo Fisherman

Class of 2023

Major: Math

In the midst of the coronavirus pandemic, I have been forced to find creative ways to make a temporary long-distance relationship work as the quarantine keeps us physically apart. FaceTimes and Nightly Zoom calls have become a daily routine in an attempt to make the most out of our new normal. Virtual game nights with GamePigeon, Cards Against Humanity and Pictionary have become a part of the fun. We also made some playlists together in order to get into each other's music tastes as well as associate each other with music that will always be there when we aren't physically able to be. Additionally, online movie nights have become one of our personal favorite ways to pass the time. We also made each other care packages in which I handmade us matching bracelets with a bunch of knots that represent the strong bond that we have for each other and that no matter how much physical distance is in between us, our love will never falter.



Photos by Mylo Fisherman

Ryan Troy

Class of 2021

Major: Information Systems

Quarantine has given me a lot more time to focus on building a computer, which has been a goal of mine for a while. I spent a week doing research on the best parts and important functionality. Then I spent about three weeks watching for sales

on each part until I ordered everything. The last of the packages are finally starting to roll in and I'm super close now to building my computer.



Photo from Ryan Troy

Amanda Greeff & Jenna Ventura

Class of 2021

Major: Graphic Design

As these current circumstances have limited our contact with each other, preventing us from our usual hangouts and mini adventures, my friends and I have made time for a group movie night every week. Starting every Friday since April 3 we've come together on Netflix Party and watched various movies and TV shows. Along with struggling to get everyone on Discord and FaceTiming every now and then, we may be apart, but we're still as close as ever.



Screenshot from Ferris Bueller's Day Off via Netflix Party

Susan Dinan

Dean of the Honors College

What is most striking about the new working arrangement is that we are always working and the laptop is always nearby desiring our attention. I am sure a lot of us have struggled with finding any degree of work-life balance. I feel very fortunate because I am sheltering in place with my family in New Jersey, and I would usually only see them on the weekends as I rented an apartment near campus for weeknights. I have greatly enjoyed making dinner with my family every night and dining together. I have tried to carve out time to exercise (kudos to the Center for Recreation and Sports for its wonderful online yoga classes) and reading. (I highly recommend Hilary Mantel's "The Mirror and the Light" and I found Ta-Nehisi Coates' "The Water Dancer" very engaging, but the end fell flat for me.) My daughter and I also built the Taj Mahal from Legos, which was fun, but what does one do with a model of the Taj Mahal?



Photo by Susan Dinan

Queer Citizens' Health Care Is in Crisis

BY MYLO FISHERMAN

Although this is disappointing to say, it definitely is not shocking that the Trump administration is once again taking efforts to eliminate another policy that is in place to protect queer citizens.

This time it's Obamacare's Section 1557, which was a crucial section of the Affordable Care Act (ACA), which prevents health care workers from discriminating against patients on the basis of their sexual orientation and gender identity. This was a key component of ACA that greatly increased access to health care for queer citizens who are not only disproportionately unable to see a doctor when necessary, they are also more susceptible to facing certain health problems. When the ACA was originally being written, health care advocates sought to address the disparities in care such as providers who outright refused to treat queer patients or give them substandard care. After the ACA passed, conservative groups sued to block the rule change, and the Trump administration has spent the last three years in office attempting to not only overturn Section 1557, but other nondiscrimination protections as well.

Trump's Department of Health and Human Services issued an unsupported fact sheet last year claiming that it costs

taxpayers \$3.6 billion to guarantee equal access to health care. Additionally, Roger Severino, the current director of the Office for Civil Rights at the U.S. Department of Health and Human Services, has defended

few of the issues that exist in our current government that are obstacles in obtaining equality for queer citizens.

This move to eliminate Section 1557, which would allow hospitals to turn



Amid the coronavirus outbreak, is now the best time to take away LGBTQ+ health care protections?

ex-gay abuse, stating that LGBTQ+ people are acting "against your biology." He has also opposed marriage equality and has said that allowing transgender people to serve openly in the military "dishonors" past service members. These are just a

way queer patients, is particularly worrisome amid the coronavirus pandemic. Moreover, recent research has indicated that queer citizens are more likely to have risk factors that make them more susceptible to coronavirus complications, such as

a compromised immune system or respiratory illness. Now is definitely not the time to argue over whether or not these rights are necessary, especially if they will put lives in danger.

Sharita Gruberg, the director of policy for the LGBTQ Research at CAP, said, "I'm really scared about what that means for testing, for treatment, for people's comfort-seeking care. This is not the time we want people to avoid seeking care and treatment."

Human Rights Campaign President Alphonso David stated, "Amid a global pandemic—which is already disproportionately affecting LGBTQ people—the Trump administration's efforts to remove existing non-discrimination protections for the LGBTQ community is unacceptable, blatantly offensive and cruel."

This blatant disregard of a need for equal health care for all, especially during the coronavirus, is extremely disheartening. It shows the ruthless extent to which the government doesn't care about LGBTQ+ rights. It's sad that even during a global pandemic, health care for some citizens is not a given. One phrase our country was founded on in 1776 was, "Life, Liberty, and the Pursuit of Happiness," and it's quite honestly hard to even fathom that the life part is currently up for debate for queer citizens.

Are We Giving Away Too Much Online?

BY OLIVIA TCHOLAKIAN

Editor's Note: Olivia Tcholakian is a student at Adelphi University studying Cyber Law & Ethics. She submitted this guest editorial to The Delphian.

Do your standards of online privacy fit your practices? Odds are there are probably some discrepancies in how much data you're comfortable giving away, compared to what you actually are. Common personal boundaries and hesitations regarding online privacy don't line up well with current privacy practices and standards. For many, there seems to be a desire for more privacy compared to what data is already being actively collected from them, with their consent.

Oftentimes, it can be easy to adopt the attitude of "I've got nothing to hide." An article from PR Newswire in 2019 found that 70 percent of a surveyed group were willing to share extra personal information to online services, especially if there's a potential benefit for them. But that relaxed mindset can lead to trusting easy passwords to protect you, allowing apps to sell some of your data, and receiving targeted ads, leaving you vulnerable to phishing and hacking.

The potential consequences are not unfounded. Due to the murky laws surrounding the protection of our information online, it can be alarmingly easy to give away more than these online sites and services need. Most likely, that apparel site doesn't actually need your email and phone number, or that game app, your location at all times.

In 2019, "New York Times" writer Stuart Thompson published a piece testing the privacy boundaries of users. Categories like smart doorbell systems and ancestry companies were included. For many of the categories, an arguable majority of voters were uncomfortable with invasive privacy practices that are

of reality.

The range of effects from increased monitoring are far-reaching. On the more serious end, governments around the world are implementing different surveillance tactics to combat the spread of the novel coronavirus. Isobel Hamilton's 2020 article for "Business Insider" stated that



Odds are you're giving away more information than you'd like to the apps and websites you use. The range of effects from increased monitoring are far-reaching.

already currently in use. Ninety-eight percent of readers claimed they would not be comfortable if a social media site could know when they walked into a store based on their location data collected through their phone app, but that's already a part

these methods range from the U.S. collecting geolocation data from advertising companies to prevent large gatherings to South Korea tracking individuals' movements to create an online, interactive map that lets users see where those carrying the

coronavirus had been before being tested.

We can find more examples of giving up more privacy than we might have bargained for in some of the most recently trending apps. With the newly popular FaceApp, there was a huge scandal over the revelation of its sketchy privacy policy. In 2019, a "New York Times" article from Charlie Warzel mentioned that the app asked for "irrevocable, nonexclusive, royalty-free, worldwide, fully paid, transferable sublicensable license" for the pictures of peoples' faces

With the current rise of TikTok, an article from a few researchers with Check Point Research in 2020 criticizes the vulnerabilities in its privacy policy. They've noted some of the weaknesses as allowing hackers to manipulate content on individual accounts, delete videos, change security preferences on videos and share personal information from accounts.

That ad about a new natural deodorant you saw on Facebook after just having talked about it with a friend? It may not be a physical person listening through your phone, but it is because of your online actions that you got that ad. It could be that you searched for it through some Google service, or talked about it on a different account like Instagram, which is currently owned by Facebook.

The bottom line: we're at risk of giving too much away unwittingly. As consumers, we should try to become more aware of where and to whom we give our data, and advocate for greater transparency and awareness regarding what data of ours is being collected.

Reopening the Economy: Has Georgia Jumped the Gun?

BY MOLLY AMICK

In Georgia, stay-at-home orders and business shutdowns are beginning to be lifted under the decision of Governor Brian Kemp. This includes the reopening of basic services such as churches, gyms and salons—which were permitted to reopen on April 24—and extends to entertainment industries such as bowling alleys, movie theaters and restaurants, which were permitted to open on the following Tuesday. This decision was a controversial one, concerning many in regard to the unfaltering presence of COVID-19 in the state, viewing the reopening of nonessential business services as an unnecessary endangerment to Georgia's people. Others, desiring a return to normalcy and concerned for the lack of economic stimulus within the state, wanted to see these businesses coming back. The state also saw an overall decreasing trend in coronavirus cases, prompting this decision to stimulate the economy again.

While this yearning for activities and services is understandable and having businesses up and running again would be ideal, now is not the time to make these changes to lockdown orders. CNN reports that mayors across Georgia showed concern about Kemp's decision, especially considering that the state has actually been experiencing climbing numbers in COVID-19 deaths. Keisha Lance Bottoms, the mayor of Atlanta, advised people to

continue the isolation efforts they've been practicing, warning the state's citizens that "nothing has changed." This concern was warranted: after reopening many businesses May 1, the state noticed a spike in positive cases.



Lifting Georgia's stay-at-home orders may enliven the state's economy, but at what cost?

Though the sudden increase of positive COVID-19 cases was brief, and the state resumed its general decrease of positive tests, it is not inherently safe for the state to resume life as usual. Just because

the state is reporting downward trends in overall cases does not mean people aren't still suffering and dying from the virus each day. It means Georgia is continually observing more new cases than the number of new cases discovered the

previous day. Many people are still getting infected daily. And though this is an improvement from the increasing trend in cases, it doesn't justify the state's reopen-

ing. The rate of infection may be calming down, but those who do (and those who will) continue to contract the virus will be facing the terrible discomfort and possible fatality we know the virus is capable of causing. It is insensitive to jeopardize the health of vulnerable populations such as individuals who are elderly, immunocompromised or in unstable health for the sake of the general economy, even more so when so many Georgia citizens aren't on board with the reopening.

In addition, an important aspect of the data to question is the accuracy of reports. Keren Landman, a specialist in infectious diseases writing for the "New York Times," noted that "among data curves, some of which conflicted with each other, there are weeklong lags in Georgia's reporting of Covid-19 cases and deaths."

Joshua Weitz, who specializes in disease dynamics, added, "Georgia's public health funding is substantially lower than that of other states; you get the data quality you pay for." When a large part of the justification of the governor's order is shown to be speculative, it isn't wrong to be distressed about it.

Considering the seriousness of the virus and the gravity of its consequences, improving the state's economy comes at a risk that is all too high. Ultimately, the safety of the people should hold more weight than the attempt at providing a safety net for the state's economy.

Commentaries in Crisis: World Press Day Celebrated Despite Doubters

BY VICTORIA GRINTHAL

May 3 is an international celebration of journalism and communication called World Press Freedom Day. Since 1993, it has been devoted to honoring those who represent and inform the world through visual, virtual or physical media. For this year, during quarantine, lots of scrutiny was put on the event as people accused the press of multiple claims that greatly varied. As people are disregarding the information and warnings the press has given them, many believe that the press is leading us in a negative direction, thereby ignoring World Press Freedom Day completely.

As the day was spent across the world, some want to highlight the journalists for helping share information and issues with the public, even along the lines of the thanks given to essential workers at this time. Others, however, are set to believe that the coronavirus is not as bad as they say it is in the press, and we should return to normalcy (although as of today, 1.4 million cases have been confirmed and nearly 81,000 deaths recorded in the US). Some protesters have even been comparing this time to that of Nazi Germany, saying we are all powerless under these mandates. In New York, Governor Andrew Cuomo's daily press briefings have now been the stage for loud protests that can be heard behind the information

he is trying to share. Noting that these protesters have mainly been lobbying for a restart to the economy since millions are currently unemployed and need funds to support families, it is clear that times are very tough right now. People have little

that people are getting sick and anyone could be a carrier for COVID-19.

It truly angers me to see that people do not listen to Cuomo or our local legislators, like those near my childhood park, who have ripped the caution signs from



Some people accuse the press of damaging society with their reporting on the pandemic.

money to bring food into their houses, and many who have not been exposed to the virus think that this is an exaggeration over a flu-like bug. That is understandable from an outside point-of-view, but as we on Long Island and New York City are in the epicenter of this virus, it is no question

the playgrounds and do not wear masks while running and sitting on swings. The press, newscasters and journalists included, aren't trying to trick anyone with this pandemic. They want to spread the information that, if trusted, could help us get rid of the virus faster and in turn give

us a quicker restart to the economy.

As a college journalist and editor, I completely get that some sources are better than others, and not everyone has the same intentions for their audiences. However, every journalist is just as vulnerable to this as we are, and yet they work around the clock to inform the public as they also try to steer clear of the virus with their families. This global pandemic has seen the effects on millions of people, including 64 journalists who were exposed while reporting and later died.

Although some people are taking advantage of the population (like those selling masks and hand sanitizer at insane prices), we are all in this together. As sappy as that sounds, we all want this to be over and we won't be able to get there if people don't start listening to their leaders when they say that this is a dangerous situation.

For all journalists, from *The Delphian* and beyond, I want to thank you for your daily service to keep everyone educated and informed during this time. Thank you to every front line worker, from medical professionals and grocery clerks to writers, publishers and broadcasters who share important information daily for the sake of everyone in their communities. I do hope that next #WorldPressFreedomDay can be seen as a celebration instead of being a complicated blur.

Fall Sports Preview: How Some AU Athletes Are Handling the Season

BY JADE MCCLINTON-DORLEY

With the global spread of COVID-19, something that can be full of uncertainty is the future of fall sports. However, luckily according to Adelphi, the fall season will proceed as planned, but with new safety precautions for our athletes. It is no doubt that the community is looking forward to getting back to the sports they love on the campus they've missed.

In this installment of the fall sports preview, we check in with a few of our star Panthers: Paolo Marciano (a sophomore midfielder on the men's soccer team), Isabel Marsh (a first-year on the women's cross country team) and Kaylana Leechow (a first-year defensive specialist on volleyball team) to hear how they have been holding up during this pandemic:

Q. How do you feel about being away from school during such an unusual period of time?

Paolo Marciano: Surely we are living a moment never experienced before. I am a little sad because I would like to be in Adelphi, in class, with my teammates and coaches. I wish everything was normal. On the other hand, I'm happy to be close to my family in Italy at such a difficult time. I hope everything ends soon. I like to be and think positively and I am sure we will come back stronger than before.

Isabel Marsh: At first I was in shock and was thrown off my routine. Having to continue classes online was



Isabel Marsh and her teammates showing off their success. All photos from AU Athletics

a different way of learning compared to being in class. Though it wasn't ideal, it was necessary for these times. Therefore, I learn to adapt to changes and create a well-balanced routine for myself.

Kaylana Leechow: Honestly, at



Paolo Marciano displaying endurance and positivity during a soccer match.

first I was really sad to be away from school and it felt weird to be back home at such an early time, but now that I have been home for some time I actually enjoy it. With everything negative and strange going on right now, my family and I are taking the time to turn it into something positive. We have been spending so much time together and doing a bunch of fun things that we haven't done since I was a child. So honestly, I feel happy and fine being away from school because I have great people around me.

Q. What are some of your daily activities during this pandemic?

Marciano: I do some daily activities because I don't like to sit still without doing anything. I do a lot of personal workouts; I try to train as much as possible. I also spend time with my family. They are at home and take advantage of smart working. Also, I am studying every day to better prepare for the final exams.

Marsh: During this pandemic, I usually spend time doing my assignments and afterwards I like to hang out in my backyard with my dog and sisters.

Leechow: My daily activities have been pretty consistent during this pan-

demic because I love keeping a routine. Every day I either go for a run or if the weather is bad, I am lucky enough to have a bunch of free weights and a treadmill in my house. Besides, staying active and studying, I have also been trying to pick up some new hobbies. Every day I try to find something new around the house such as painting, grooming my dog, baking or even yoga.

Q. How do you plan to prepare for your upcoming season despite facilities being closed?

Marciano: I try to train as much as possible. I will train every day and as soon as I have the chance to go out I will definitely go for a run. I will do everything I can to get ready for the next season. I cannot wait to get back.

Marsh: The good thing about cross country/track is that the sport can be practiced almost anywhere. Therefore, I can go on my runs while keeping a six-foot distance. Having to practice on my own during this time has made me love and appreciate my sport even more. Also going on a run is a great way for me to clear my mind.

Leechow: Planning for the upcoming season despite facilities being closed isn't a concern of mine. From a strength and conditioning standpoint, I am lucky enough to have a home gym. From a volleyball standpoint, I have a million balls lying around the house and fortunately, both my parents are pretty decent at playing and can hit a ball accurately. So, whenever the weather is nice, we always go outside and they make sure I am touching a ball and working on proper footwork and technique even if we are just playing around.

Q. Is there anyone/anything that encourages you to keep going in your sport or life in general? If so, how?

Marciano: I have been playing

football since I was a child. I have always made many sacrifices. It is my passion and I will always defend it. That's what makes me happy. Also, I have a beautiful family. My father and brothers are everything to me. Yes, I have a person who spurs me to do better and better. She is my mom, who unfortunately passed away many years ago and protects me and looks at me from above. Thank you and stay safe.

Marsh: My grandma motivates and inspires me every day. She is such a strong and independent woman that doesn't let any obstacle phase. I strive to be as tough as her.

Leechow: My peers and my family have been encouraging me to not only keep going in my sport, but more importantly, in life in general. At a time like this, I am so grateful to say that the support from those around me has been nothing but positive. Since we all have more time than usual, everyone is encouraging and inspiring each other to use this time to better themselves and improve on their weaknesses. I am so blessed to have such a great support system around me.

The overall message from our fellow Panthers is to stay strong. Although we are all stuck in lock down for a while, find ways to encourage yourself to get through the day, have fun and be productive. Perhaps keep some kind of routine going or try to do new things. (See the article on page 6 for ideas.) Things may not look bright right now, but sometimes we have to struggle with life a little to come out the other end stronger.



Kaylana Leechow (bottom right corner) posing with her teammates.

NFL Draft Gets Huge Ratings for First-Ever Virtual Event

BY JAKE MALONE

"With the first pick in the 2020 draft, the Cincinnati Bengals select Joe Burrow, Quarterback, LSU."

With that announcement, NFL Commissioner Roger Goodell named the first pick of the 2020 NFL Draft on April 23 while the rest of America looked on. Unlike many years when the first pick can be a mystery, fans have already known for months that Joe Burrow was going to be the number-one pick. What fans didn't know was how the NFL was going to pull off a completely virtual draft. With the stay-at-home and social-distancing measures in place to combat COVID-19, the NFL had to get creative if they wanted their annual draft to run as scheduled.

There were many rumors about how the league was going to conduct this draft, with speculation that they may have contacted EA Sports, the video game developer. The thought was to see if they could make virtual avatars in their football video game, Madden 20, and have them walk across a virtual stage to a virtual commis-

sioner to simulate what it would be like in a normal draft situation.

The draft was scheduled to be held in Las Vegas, the brand-new home of the Las Vegas Raiders, formerly known as the Oakland Raiders. Normally the top draft picks would wait at a central location, while decision makers from each team would huddle in the same room at their respective team's facility. This was the first year that all players, coaches, general managers and owners participated in the draft from their homes, unless of course you were Cowboys owner Jerry Jones, who took part in the draft on his \$250 million super-yacht. Roger Goodell made the announcement everyone was expecting to hear, not in Las Vegas, but from his basement in New York. Meanwhile, 58 of the most expected players to be drafted in the first two rounds were also gathered in their homes with a camera provided to them for their reaction if they happened to get picked.

Each time Goodell announced a pick, there was a TV screen behind him with up to 12 fans of that respective team cheering. This added an in-person quality

because fans are usually dressed up in their favorite team's gear and are cheering loudly in person at the draft. With the sporting world being shut down due to stay-at-home orders, fans have had no sports to watch and were eager to be entertained. This allowed the NFL Draft to have immense success as this was the only big news in any sport and gave fans some of the sports TV they have been craving.

According to information from the NFL, the average audience during the first round of the draft was 15.6 million, which was a 37 percent increase over the average audience from last year's 11.4 million. This year's draft also saw ratings up 26 percent from their all-time high viewership in 2014 of 12.4 million viewers.

Overall, the draft was a huge success, as everything went as planned and the fans got the entertainment they desired.

There were a few hiccups during the night such as Roger Goodell changing his outfit at some point during the first round, as well as him getting booed viciously by fans online on the television screen behind him. There were also times where

Goodell didn't know the camera was on him and he was either talking to someone off-screen or simply not paying attention. These minor bumps are to be expected in these circumstances and it didn't take away from the viewership experience. The draft also gave us a sneak peek into the houses of players, coaches and managers, with some coaches and managers having their kids and spouses on the screen as well, creating a more wholesome, family-oriented atmosphere. This is a great image for the NFL because the game is considered by some to be extremely violent and a lot of people are fearful of the deadly consequences the game might have on the health of its players.

Thankfully, the draft was still great TV, even though it was done entirely online. Fans were still able to see players' live reactions to hearing their names being picked, and online interviews were done with the players from their houses so fans could meet their team's new pick. The NFL did a fantastic job keeping the draft date as scheduled and gave fans a few hours of relief from the pandemic going on around them.

Brown-and-Gold Alum Turned Teacher-Coach-Runner

BY WILLIAM DREXEL

Few people can say they are a teacher, coach and runner, but Nick Giampietro has found a way to invest time into all his passions.

The Babylon native has been giving back to his Long Island community through assistant coaching and substitute

teaching. He gets handed a schedule of classes every morning that need filling in for absent or otherwise busy teachers. One of Giampietro's long-term goals is to become a full-time high school history teacher, not just a substitute.

Giampietro finds his teaching and coaching duties to be extremely reward-



Nick Giampietro is Adelphi's assistant coach for cross-country and track and field, as well as a two-time graduate of the university. All photos from AU Athletics

ment substitute teacher. He gets handed a schedule of classes every morning that need filling in for absent or otherwise busy teachers. One of Giampietro's long-term goals is to become a full-time high school history teacher, not just a substitute.

ing. For teaching, the former history major enjoys making connections with students who take great interest in history and watching them grow. For coaching, he enjoys being a part of the big decision of college commitment and helping athletes improve just as he has.

“It's fun to watch students enjoy learning through the activities I'm instructing or even lessons that I created and watching them work,” said Giampietro. “In recruiting for Adelphi, my favorite feeling is when a recruit is ready to commit. Having a recruit sign commitment letters makes me feel like I'm a general manager of some major league baseball team.”

He added, “Creating bonds with athletes or students and helping them succeed and grow as people is a major reason why I teach and coach.”

With the time he has left over, Giampietro dedicates himself to becoming the best runner he can. For the past few months, he's been training hard, day in and day out. He has steadily increased his miles-per-week from 65 up to 75. Each of these weeks include two interval running workouts and two weight room sessions. The longest single run of his current training block was 17 miles. His sights are set on the Niagara Marathon on Oct. 25. He plans on ramping up his training to 100 to 110 miles-per-week in preparation for the race.

Giampietro not only finds intrinsic rewards with running, but something much more meaningful.

“Running is just a part of me now; it's proof to me that if you truly work hard at something you can be successful with it,” said Giampietro. “There are plenty of people faster than me, but I have yet to find someone who started as late in their running career and had as much improvement as I have.”

“To balance teaching, coaching two teams and my own training requires a lot of planning, preparedness and discipline,” Giampietro added. “It's easy to just go home and relax after work, but it takes dedication to get a 10-mile regular run in or drive to Sunken Meadow to do a workout on some hills.”

Along with running-related endeavors, Giampietro has a deep passion and excitement for his subject of expertise.

“History was a subject I always loved, even before high school,” said Giampietro. “My history teachers were also my favorite teachers in school; certain teachers inspired me to want to go into the profession.”

Giampietro has adopted those same inspirational traits, which his former teammates and current athletes take great note of.

“Nick was always someone who could sense if you were having a rough day on a run,” said Steven Mosher, a graduate student on the cross-country and track and field teams. “He transitioned into coaching with a lot of the same behavior by jumping in workouts to help pace his own athletes, making sure they were able to push to their capabilities. He's always been someone to count on which, as a teammate and coach, is a valuable trait to have.”

His fellow coaches also have taken note of his dedicated character.

“Nick does a lot of behind-the-scenes work that most people on the team don't even realize,” said Jose Velasquez, an assistant coach for the cross-country and track and field teams. “With all of

his other responsibilities, we are lucky to have such a dedicated coach.”

One of Giampietro's goals is to make his name more renowned among the Long Island racing community.

“When I line up for a race in the future, I want the runners around me to think, ‘Aww man Nick Giampietro is running? Why did I even show up?’” he said.

Unfortunately, Giampietro's daily life has been thrown out of whack, like many others, due to the ongoing COVID-19 pandemic. He wasn't able to finish teaching the remainder of the school year at Lindenhurst High School and coach the spring season at Babylon High School. On the contrary, he and his fellow coaches have adapted to the current situation and found ways to keep track with all the Adelphi athletes, as well as continue recruiting new athletes to the Panthers.

“Without the ability to visit campus and meet the team, Coach [Katie] Rees, myself and the rest of the coaching staff have been working hard to get into contact and help every recruit the best we can, by either Zoom calling or phone calling them,” said Giampietro. “I think we did a great job making the switch and we have a great freshman class coming in. We have really taken this time to tweak and refine our recruiting process and we have even gotten a head start by contacting 2021 recruits.”

Giampietro has still been training hard, while also taking appropriate precautions during this time.

“Not only have I been able to continue my training, but I have been able to increase my mileage and overall workload,” said Giampietro. “My 95-year-old grandmother lives with us and my family has been taking the extra precautions since she is most at risk. I did start a part-time job at a local boat yard where I can work while staying socially distant from the other workers, and when that's not possible, I wear a respirator mask.”

Giampietro arrived at Adelphi in fall 2015 and became one of the university's top seven runners who competed at the NCAA Northeast Regional Meet.

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