

The Delphian

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The Voice of the Students

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Adelphi Votes Anticipates Widespread Campus Involvement in 2020

BY JACLYN TRACY

It's official: the year 2020 is here. Not only just a new year, but a new decade as well as another presidential election to see who will next lead our country. That's right, one of the most heavily discussed, debated and crucial elections of our time, especially for college students, is approaching and is about to become real life.

The Adelphi Votes campaign kicked off their 2020 on-campus programming the first full week of the spring semester by hosting on-site voter registration/absentee ballot application opportunities in all seven residence halls Monday, January 27 through Thursday, January 30. Although these opportunities are especially accessible to those who live in these residence halls, commuter students are strongly encouraged and welcomed to complete voting forms as well.

For those who are not familiar with what they do, as stated on Adelphi's website, "As a non-partisan coalition of students, faculty and staff, Adelphi Votes collaborates with the Nassau County Board of Elections and the League of Women voters to provide information, educate the community about critical issues, simplify the registration process, and encourage you to vote."

Kathleen Watchorn, coordinator of Adelphi Votes, shared insight into what the year holds for the Adelphi community, as well as how successful campus voting efforts have been in the past and how they are anticipated to be measured up to this year.

"Now that we are in the year 2020, I



The Adelphi Votes campaign kicked off January 27 with a registration rush in Waldo Hall. First-year student Ean Baker registered to vote and had a demonstration of the electronic voting machine by Nassau County Board of Elections. Photo credit: Samantha Bassford, residence hall director, Waldo Hall

do hope there will be more attention paid to voter registration, which would include registering in time to vote in the New York state April 28 presidential primary, as well as the November 3 general (including presidential) election. Besides the residence hall programs, Adelphi Votes will be continuing voter registration through the April 18 deadline for the primary," said Watchorn, who is also Adelphi's coordinator of special projects.

In terms of educating students about different candidates and political parties, Adelphi Votes, sticking to being nonpartisan, directs any questions about political viewpoints or candidates' platforms to the candidates' websites.

However, some topics that are stressed to help students or voters aged

18 to 24 truly see how important it is to make your vote count include student loan debt, affordable health insurance, jobs and climate issues.

In the past, overall interest of the Adelphi community in taking part in voting related events and activities has been modest, according to Watchorn.

"As a whole in the midterm elections, interest was moderate--presidential elections generally create more momentum--even though Adelphi Votes provides almost the same presence in the midterm elections," she said. "Students must understand, however, that voting locally (village, town, county) has a more direct impact on their family and it's just as important to vote then."

The importance of voting this year is

debatably higher than it has ever been.

"The 2020 election will result in the continuation of Trump and his administration or a dramatic change to a Democratic platform," Watchorn said. "Many issues are viewed in different ways by the Republican and Democratic parties, including immigration, DACA, health care and climate, to name a few. This election will depend upon the voter's knowledge and viewpoint as to these issues."

When looking ahead to the next couple of months, with the presidential election getting closer, and the help of constant media coverage, which can be both a good and bad thing, the voter will be given a heightened sense of awareness on candidates, according to Watchorn.

Most importantly, Adelphi Votes wishes for students to really take the time to think about how this year's election and their vote is going to affect their lives long term.

"I would encourage voters to balance their news or media sources; get to know the perspective of both parties, and not to rely completely on social media, which may not always be the best source," Watchorn said. "They should ask themselves: What is important to me now and in four years that may result from the 2020 election? In 10 years, 20 years, will there be an impact on my personal and professional experience resulting from the 2020 election?"

Adelphi Votes will continue to be very involved on campus throughout the semester and upcoming year and is very open and encouraging of student involvement. For more information, contact Kathleen Watchorn at voter@adelphi.edu or 516-877-3660.

Update on UC Renovations

BY JACLYN TRACY

The renovation of the University Center has been an ongoing construction project at Adelphi's Garden City campus over the past year. It has led to the addition of a temporary dining hall, the necessity for some of Adelphi's biggest events to be hosted in different buildings around campus and has temporarily taken away the main spot for students to go and socialize with friends.

While students may feel it has been going on forever, there has definitely been progress behind the scenes. An email sent out to the Adelphi community on January 23, the first day of classes of the spring semester, highlighted changes made over the break by crews who worked even over the holidays.

Starting with the interior, contractors have framed, sheetrocked, spackled and taped the walls on the second floor; framed and sheetrocked the soffits on the second floor; repaired interior bricks on the second floor; and framed the walls on the top half of the Thomas Dixon Lovely ballroom.

Exterior work progress includes masonry walls that have been installed at the loading dock. The UC's foundation walls have been insulated and waterproofed. A transformer vault has been constructed, and dry wells have been installed on the east side.

The University Center Progress team has been in charge of sending out these campus updates throughout the academic year, as well as communicating with the Adelphi community.

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Dean Meet-and-Greet



The Delphian staff met with Dr. Sentwali Bakari, the new vice president of Student Affairs and Dean of Students (far left), on Monday, January 27, to talk about the students' newspaper goals and other ideas. In the photo from left back row: Dr. Bakari, Joseph DeGearo, associate dean of Student Affairs, Jake Malone, Maria Giovanna Jumper, Maximillian Robinson, Liza Burby (faculty advisor) and Liana Driscoll; front row from left: Jaclyn Tracy, Victoria Grinthal and Kathleen Watchorn, coordinator of special projects.

A Word from the Editor

In kindergarten, when everyone stands up and says what they want to be when they grow up, it's highly unlikely, and almost unheard of to hear a kid say that they want to be a journalist or work in the media. Take it from me; I stood up there and proudly said, "When I grow up, I am going to be a movie star." In my kindergarten mind, it was either that or the future winner of "American Idol." I was positive that someday I was going to be a big star.

Fast forward over 15 years and here I am: I have never acted in a play or had the desire to and let's just say I realized singing wasn't for me as early as the "High School Musical" days, when I would try to hit the high notes like Vanessa Hudgens in "When There Was Me and You." But beyond pursuing these innocent and passing childhood dreams, there has always been something that was so clear to me, and that was my love and appreciation for writing, reading and being creative. Whether it be writing stories, journaling, poetry or even essay writing (I know what you're thinking), expressing myself with words has always come naturally to me and has been a place I felt like I could perform my best.

When picking a college major, communications was a no-brainer to me. I'm a girl who grew up tearing articles out of magazines, framing my favorite covers and being captivated by every aspect of news, television production, fashion, beauty and entertainment. Being given the opportunity to serve the Adelphi community as editor-in-chief of *The Delphian*—a newspaper I have written for since my freshman year—during my last semester of college is a true honor, and a commitment I have been preparing myself for since I started at Adelphi.

I have previously served as news editor for *The Delphian*, which I will also be continuing this semester. I have also written for NYCountryswag, a country music online based media brand, and freelance articles, and even received an award from the Press Club of Long Island for one of my *Delphian* features.

More times than I will admit, I have been discouraged from pursuing a career in journalism and told that it is a dying field and will not provide me with a fulfilling life as well as a stable income. I don't think that journalism is a dying field; I think that it is a field that is transforming. In our ever-changing world we need journalists who we can trust, to bring us the truth, ask the hard questions and tell the stories that affect our lives each day, the right way. The life of a journalist is a life of excitement, a life of never knowing what your day is going to be like exactly, and that is a life that I crave.

As editor-in-chief, with the help of our talented and dedicated section editors, as well as hard-working and passionate staff, I hope to bring a bigger name for our student-run newspaper on Adelphi's campus, and to continuously show the Adelphi community why real journalism is still an essential part of society.

--Jaclyn Tracy
Editor-in-Chief

The Delphian

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Jaclyn Tracy

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LETTERS TO THE EDITOR

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

ORIGINAL ART

Original drawings, photographs, and political cartoons can be sent to delphian@adelphi.edu. Please attach name and affiliation to the college.

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*See your name here:
Write news, features, editorials
and/or sports for this award-
winning student newspaper.
Build your resume while also
getting valuable editorial
experience.*



On Friday, November 22, *Delphian* staff members took a trip to Richner Communications, Inc., in Garden City, to learn how this newspaper and the 20 Herald community papers and others are printed. The photo at left is of the paper rolls--weighing 800 pounds each--that are used to print all the newspapers at the company. Here from left are *Delphian* staff members Olivia Franks (former editor-in-chief), Victoria Grinthal (editorials editor), Mylo Fisherman (staff writer) and Jaclyn Tracy (editor-in-chief and news editor). In the photo at right, Fisherman, Grinthal, Franks and Tracy stand in front of just some of the machinery used to print the papers. The trip was one of the events the *Delphian* has made available to students this semester. Photos by Liza Burby

The Best of Adelphi Libraries' Resources

BY CORRADA SPATOLA

A new semester means new assignments and deadlines, but an on-campus resource can help. Adelphi Libraries' Swirbul Library and University Archives and Special Collections on the Garden City campus is home to many user-friendly and innovative resources. It is one of Adelphi Libraries' four locations, all full of opportunity and engagement as soon as their doors open. The libraries also have a presence at the Hauppauge Center, the Manhattan Center and the Hudson Valley Center.

A new feature of Swirbul Library is the first-floor service point that combines circulation, information technology (IT) assistance, and research referrals, an area dedicated to providing students accessibility to the services and resources the library has to offer. This addition allows students to come to one designated place and receive personal help with many of the services and resources that are offered.

Jason Byrd, associate dean of Libraries for Research and Academic Services, said, "This is a one-stop shop for helping students find research resources, connect with our subject expert librarians to help them with research, and connect them with the spaces and services they need in the library."

The collaboration studios are one of the spaces the library provides to students. The device-friendly monitors and writable walls create the ideal place for students to meet as a group to share ideas, work on projects, and study for exams. The studios are also situated close to the libraries' service points, which gives students easy access to help when needed. One of the most helpful resources students have access to are the subject librarians, who are available to specifically help with research by giving direction to library materials, advice on library collections and services, and expertise on multiple kinds of information from a variety of sources. They help Adelphi navigate the 241 electronic

databases provided.

"Having the subject librarians upstairs and being able to go to them for help when students have to work on a paper or to learn specific ways to do research, is very helpful," said Christina Connolly, budget planning and library operations coordinator.

Students like Evelyn Cabrera, a senior nursing major, agree. "For papers for certain classes, I would go to them if I couldn't find a book," Cabrera said. "Or for specific topics, I would go to them and they are always eager to help."

Kezia Jose, a sophomore and speech pathology major, said, "For my developmental psychology class I actually came here to use the databases, like PsychNet. One of the librarians helped us a lot with that. It was really good. I found three articles right off the bat that I needed for my research paper."

Adelphi Libraries provide easily accessible information for the Adelphi community, including some resources for alumni, while making sure to have a balance of physical and electronic versions. Byrd said that for students studying at a distance, at home, on their commute and from other places on campus, digital resources are accessible from anywhere, and the Libraries' robust print collection is available for those who prefer physical copies.

These resources provide the Adelphi community with the ability to grow their knowledge. The Adelphi Libraries will continue providing both spaces and services for a variety of needs, so students can see themselves using the library and their services, Byrd said.

Adelphi Libraries and its innovative resources provided at Swirbul Library are available Monday through Thursday from 7:30 am to midnight, Friday from 7:30 am to 8 pm, Saturday from 8 am to 8 pm, and Sunday from 10 am to midnight during the fall and spring semesters. For more information, visit libraries.adelphi.edu.

Aloha from the Service Trip to Hawaii

BY MARIA GIOVANNA JUMPER

Over this past winter break a group of 28 Adelphi students and three faculty members traveled to Hawaii, where they volunteered with The Institute for Human Services in Honolulu and at the Lyon Arboretum. The Institute for Human Services' mission is "to create and offer tailored housing solutions for those in crisis, and nurture homeless people toward greater self-direction and responsibility." They have eight values, which include caring deeply for others, pursuing excellence, collaboration and cooperation.

The Lyon Arboretum is a public botanical garden in the Manoa Valley in Honolulu that has over seven miles of hiking trails and more than 6,000 groups of tropical and subtropical plants on nearly 200 acres. At the Arboretum, students volunteered and cleared out a section of invasive species from the rainforest.

"Through these volunteer experiences, we were able to see parts of Oahu that tourists typically wouldn't see," said Brigid Lynn, a senior sociology major. "Overall, it was a great experience and I'd

highly recommend Alternative Breaks."

The group traveled from January 5 until January 11, 2020. At The Institute for Human Services, the students worked in the donation center. In the donation room, they sorted donations and organized the room for more ease of access. Additionally, the students painted some of the rooms in the building. They also cleaned one of the storage facilities.

Eric Nelson, a junior computer science major, said, "It was inspiring to see the impact our group made for a community in need, all while taking in the natural beauty Hawaii has to offer."

In conjunction with the community service experience, the students were able to go on other excursions. These included going to a luau, going on a snorkeling boat and visiting the Pearl Harbor National Memorial. Alternative break didn't only give the students the opportunity to perform amazing community service activities, but also allowed them to explore a beautiful island.

If you want to learn more, contact the Center for Student Involvement at csi@adelphi.edu.



A group of students at the Pearl Harbor National Memorial while volunteering in Hawaii. Photo provided by Brigid Lynn

Homeplace: The Affinity Space for Students of Color

BY DAVINA SALTOS

In an institution where students and faculty are predominantly white, students of color need to know about the place they can call home. According to Adelphi student demographics, the university has a growing population of diverse individuals, with the percentage of non-white students being 33.8 percent. With the population growth of students of color and the demand for more inclusion, Homeplace was presented to the Garden City campus on December 13, 2017.

Organizations such as the Latino Student Association (LSA), Black Students United (BSU) and Females of Culture United for Success (FOCUS) will often hold small meetings in the space to show their members what can be done when they speak up for inclusion. These organizations played a big role in advocating for spaces

like this where the multicultural community can feel at home.

Fabian Burrell, coordinator for Programming and Student Engagement, was instrumental in the early planning of Homeplace. "I did a focus group with students of color to see what we needed... and as we were doing that, we said 'let's have a space for students, a home away from home.'"

Burrell strove to accommodate all students, no matter what their background so that they feel comfortable in the place they pay tuition to attend.

Located in Alumnae Hall, Room 111A, Homeplace is equipped with a desktop and printer, comfortable couches, a coffee table and a TV monitor. It also has a separate enclosed room equipped with round tables and a dry erase board for private study sessions.

"We want students to feel that

there is a place that they can come to for anything," Burrell said. "If they need to do last-minute homework assignments, they could print it right there with their print quotas. If they want to watch a movie before class or if they have a film assignment, they can do it here as well."

Germaine Jeanty, a senior digital production major, appreciates the fact that she can meet with her peers in a comfortable setting. "I like that it acknowledges that students of color face an additional set of obstacles and it provides a supportive space where you can communicate with peers who face the same obstacles," she said.

Despite the positive feedback, the affinity space as not gotten much attention from the University. Najee Hunt, a senior psychology major and president of BSU, does his best to promote the affinity space to his members all the time.

"Adelphi is persistent in promoting Greek Life and other events, but when it pertains to beneficial resources that could alter a student of color's experience in a multifaceted way, they leave that up to the students," he said.

With the opening of Homeplace, students of color expressed that they finally felt they were being heard on Adelphi's campus. A space like this allows for conversation and networking between these students because they are more comfortable with individuals who look like themselves. However, Homeplace is not only open to students of color but for their allies as well.

"In the beginning, it was just Latino students and black students, but now white students come, and I don't turn them away. All are welcome, which is why we named it a Homeplace for students of color and their allies," Burrell said.

Homeplace is open from 8 am to 8 pm Monday through Friday.

This Student Entrepreneur Puts Your Best Foot Forward

BY ALICIA MASSEY



Jeff Joseph noticed that college students love sneakers, but they don't do a good job at preserving them. Recognizing that the sneaker game is a billion-dollar market, Joseph decided to monetize it in his own way.

Joseph, an Adelphi junior, is the founder of his own shoe cleaning business called To God Be the Glory (T.G.B.T.G) Shoe Clinic, which was established in August 2019. He learned to use various methods to clean the shoes by watching others online and doing research on different types of sneakers, while also learning what cleaning agents go with specific fabrics.

"I utilize different kinds of brushes depending on the material of the shoes and the depth of the dirt that are on the shoes," said Joseph. "My brushes range from soft

to hard. I apply my cleaning agent into a container, add water to dilute the solution and then proceed to scrub away. Once that's done, I place them in the washing machine using cold water and regular blue laundry detergent because they work best in removing dirty stains."

It takes Joseph 48 hours to prep, and thoroughly clean a pair of sneakers. He spends two hours soaking and washing them. The next day, he allows the pair to air-dry because, he said, putting it in a dryer may speed up the process, but would destroy the sneakers. Because Joseph relies on air-drying, rain is actually one thing that can set him back.

Joseph said he has always been interested in entrepreneurship since he was young and has been investing in different stocks.

"What I want to do in the future is to be able to have my own spot where I can hire people to run the business for me," he said. "I don't believe that working a 9-to-5 will keep me paid and keep me where I want to be in future, so by having my own business I will have my own money making money."

His mentor Jeff Lindor was one of his first clients. Lindor is the owner and founder of the Gentlemen's Factory, a social hub located in Brooklyn for leaders and businessmen who want to better themselves and their brand. Furthermore, Joseph said he has been attending entrepreneur mixers and introducing his business to others.

In addition to being an entrepreneur, he is full-time student studying biology on the pre-med track, as well as a resident assistant (RA) in Res Hall A with four on-campus positions. Two positions include working for Campus

the Center for Student Involvement and one as a hall attendant in Res Life.

Joseph figured his friends would promote the business through word-of-mouth. He created an Instagram account, @_shoecclinic, for his business, which shows the sneakers in their original condition and then after he fixes them. People can direct-message him on Instagram and either drop off the shoes to him or he will pick up and deliver the finished product for an additional fee.

"I trusted him 100 percent that he would keep my shoes in good hands because of how passionate he is about cool sneakers," said Brianna Collazo, an Adelphi senior sociology major. "I was so pleased with how they looked. They looked like a brand-new pair of sneakers. I can't believe he managed to take out creases and scratches I had on them."

Joseph was able to raise his prices in September because college had resumed, and business was at its peak. He originally charged \$20 for cleaning and charged \$25 for restorations,

any other shoe repair place, it would've been expensive. Not only did I get an affordable price, but my shoes were completely restored to their original look. I'd definitely recommend Shoe Clinic and their services to any and everyone."

Being an RA has its advantages and disadvantages as far as Joseph's business is concerned. Joseph is able to set up his equipment for cleanings and restorations of sneakers in the privacy of his single room. However, as an RA one of his responsibilities is community engagement and development. In order to accomplish this, Joseph has to make programs that are fun but informative. He is required to put on a lot of programs that target specific pillars such as service, civic engagement, diversity, scholarship, leadership, wellness and life skills.

"Being a resident assistant takes a lot of time," said Joseph. "I have to host a lot of events and make sure I know my residents and engage with them individually. The way I do it is I handle the business at night after class, but during



Junior Jeff Joseph founded a shoe cleaning business last year and already has a following. Shown are some of his tools of the trade and his process.

which includes cleaning of the shoe and repairing slight damages such as paint chips.

"My customer base has increased tremendously," said Joseph. "I was expecting only college students to really follow the trend or to be my target audience. However, people in their late 30s and a lot of sneakerheads have hit me up."

Currently, he charges \$35 for professional cleaning and minor restoration, \$40 for full restoration and a \$5 additional fee for him to pick up. A full restoration may require Joseph to take apart the sneaker. If he messes up a pair in his possession, he has a 100 percent refund policy. In one instance, Joseph has had to purchase a new pair to replace sneakers that were given to him.

"I chose Shoe Clinic because I had seen images of shoes he cleaned/fixed and I saw how affordable it was," said Kevin Nalisa, and Adelphi sophomore business management major. "If I went to

the day I work on resident assistant and homework."

When Joseph first started his business, he designed his own shirts to give to customers. He said he had to stop because of the amount of time and money it took. He was not breaking even but losing money.

Joseph has recently partnered with a clothing brand called Conquers Apparel. He and Conquers Apparel help each other by promoting one another. He has Conquers Apparel make shirts that customers receive if they spend \$50 or more.

Joseph hopes to have a website up and running this spring. His cleaning services as well as products would be featured on the website.

"I want to have my own cleaning products and brushes (specifically for sneakers)," said Joseph. "I want to have my own product line, insoles etc."



Adelphi Continues Free Stop the Bleed Training to Students

BY EDITH JEON

How long does it take for a person to die from bleeding out? Five minutes. Unfortunately, the length of time between a call for help and the arrival of Emergency Medical Services (EMS) is approximately eight minutes, and many victims and bystanders are left with no option but to wait. It is crucial, however, to intervene at the start of blood loss to prevent death, and the responsibility can often be in the hands of the people closest to the site of action--us.

According to the U.S. Department of Homeland Security, 40 percent of trauma-related deaths are due to bleeding out, making it the leading cause of preventable death. Stop the Bleed is their national campaign to empower people with the knowledge and training to control bleeding emergencies before professional help arrives. Adelphi University officially began offering this free training to its students in fall 2018. Dr. Jacqueline Johnston, previous director of Health Services and now faculty in the College of Nursing and Public Health, brought the program to campus due to increased national mass shootings, terrorist attacks and natural disasters, as well as everyday incidents such as automobile crashes and machinery accidents.

"As a school, we felt like it would be significant to make it accessible to the



Two-hour Stop the Bleed training is available for everyone on campus who wants to learn how to handle an emergency.

students, staff and faculty," she said.

But the most concerning reason to bring Stop the Bleed to the campus is the increasing rise of shootings at schools nationwide. The most recent program held on September 24, 2019 was provided with hostile intruder training as a collaborative effort between the Health Center and Public Safety.

"Stop the Bleed training is necessary because unfortunately the world and specifically the United States has seen way too many mass shootings," said Robert Davis, who is a certified instructor. "If we can train lay people to help stop



bleeds in the event of a tragic incident, we can potentially reduce the amount of lives lost."

The two-hour training begins with an introductory presentation to introduce the three-step process: 1. Apply pressure with hands; 2. Apply dressing and press; and 3. Apply tourniquet(s). It also instructs students on how to properly use the bleeding kit, which includes a tourniquet, QuikClot bleeding control dressing, gauze and compression bandage. Then, the participants practice using the tourniquet on each other, and they move from station to station set up with various situations

and models. One of the models is a leg mannequin that actively bleeds until the steps are properly applied to stop it.

"It is a truly amazing hands-on experience. Anyone who is willing can be trained," Johnston said.

However, the training sessions are not being held monthly as originally planned. She said that they are having difficulty finding staff to host the sessions. They are currently planning with Adelphi University's United Students Nursing Association (AUSNA) to certify student nurses to train other students as a community service. This plan is to be implemented this semester.

She emphasizes the training is not just for nursing students. "I do not want individuals to think this is just for medical because it is actually geared toward non-medical," Johnston said. "This is training that can help anybody. I really believe it's important for everyone on campus."

Monica Rosenberg, a certified Stop the Bleed AUSNA member, agreed. "As unfortunate as it may sound, it's becoming more and more relevant with the increase in mass violence and tragedies. I wish it wasn't the case, but I'm happy to have these skills under my belt. You can be what stands between life and death for someone in a tragedy."

To keep up to date with the Stop the Bleed program on campus, visit health.adelphi.edu/stop-the-bleed/.

Successful Program Brings University One Step Closer to Becoming a Hispanic Serving Institution

BY JACLYN TRACY

What exactly makes a place feel like home? Is it the comfort it brings you, that feeling of family and friends surrounding you, the ability to be yourself, the feeling of safeness? Currently, 19 percent of Adelphi's student body who consider it home are of Hispanic descent. However, this number is not enough for Adelphi to be officially designated as a Hispanic-serving institution by the Hispanic Association of Colleges and Universities. In the effort to work towards reaching that number and having Hispanic students truly feel celebrated, welcomed and honored at Adelphi, this summer, the

Office of Diversity and Inclusion debuted the Hispanic Community Partnership Program.

Established in August 2019, it offers 20 rising high school seniors the chance to live on Adelphi's campus for three nights to take part in workshops and activities designed to ready them for a successful college career, free of charge.

Estefania Zea, project coordinator for the Office of Diversity and Inclusion, took part in the planning of this program. "It was an initiative created to attract Hispanic students to Adelphi as the institution works towards becoming a Hispanic-serving institution," she said.

However, this was not the only goal. According to Zea, they also wanted

to emphasize the importance of higher education, no matter which college they decide to attend.

Some of the programming included critical reading and writing, exploring the college library, yoga, science, math and technology advancement and movie nights. There were also group discussions on what college means to them, time management, and an ice cream social with storytelling on overcoming adversity.

Jolie Correa, a senior at Valley Stream Central High School who took part in the program, shared some feedback on what the experience was like for her.

"I learned a lot about responsibility, independence, and about help you can give yourself by expanding socially with peers," she said.

Being that this is a brand-new program, current Adelphi students of Hispanic descent have not received the chance to experience it.

Senior communications major Davina Saltos feels that she could have definitely benefited from this program as a rising high school senior.

"I would have loved to be a part of a program such as this one for diverse individuals like myself. It would have prepared me in aspects such as choosing the right career path, managing financial aid, and knowing where to get the best resources on campus," she said.

In order to be eligible for this

program, you must be a rising high school senior, reside in the tri-state area, be in good academic standing and be nominated by anyone, including teachers, guidance counselors, parents, friends or family. According to the application, self-nominations are welcomed and encouraged.

"We looked for students that showed promise and potential, students that went through hardships but managed to get good grades, stayed involved in school, and still balanced their responsibilities or family obligations," Zea said.

Athena Fernandez, treasurer of Latino Student Association, said, "By offering this program to students, Adelphi is showing how much they care about their incoming students feeling supported as well as the future of the community."

Upon completion of the program, students who took part in it are awarded a certificate acknowledging their time spent. "I would definitely recommend the program to incoming seniors," Correa said. "It is a great way to interact with people your age and help guide one another through the college process while gaining friends."

In terms of the future of this program, those in charge of it certainly hope to watch it expand and grow.

"We plan to continue the program next summer," Zea said. "If budget allows, we would like to extend the program."



Rising high school seniors took part in the first Hispanic Community Partnership Program, which gave them the chance to live on campus for three nights to take part in workshops and activities designed to ready them for a successful college career. Photo by Statia Grossman

Grossman

Student Tragedies: College Suicides in New Jersey Emphasize Mental Health Communication

BY MOLLY AMICK

Throughout the course of the past semester, New Jersey's Rowan University suffered the loss of three students by suicide. While these devastating events have undoubtedly affected the friends and families of the individuals who are no longer with us, they've also touched the hearts of many college students at Rowan University and beyond. In response to the tragedies at this university, a group of students organized a vigil to commemorate those who lost their lives, providing a space for students to grieve and support one another while honoring those who died.

These deaths leave us saddened, mortified even; they act as evidence of the very real dangers that result from poor or declining mental health, along with the lack of support/mental health resources for students. In a new or high-stress environment especially (which college can be for some students), we're reminded that resources like counseling centers, therapists and psychiatrists can be critical to a person's well-being.

Three student deaths in a semester is an abnormally high number for Rowan University, alarming many. And they're not alone in experiencing an increase of student suicides. The University of Southern California reported having lost three students to suicide since the beginning of the fall semester. Rowan

students resorted to online criticism, holding the university accountable and causing change: those connected to Rowan University have been prompted to share their dissatisfaction online about the number of professionals the university employs for this purpose.

It's important we learn from these losses and allow them to engender discussions about our emotional wellness and our satisfaction with the help offered by universities.

Rowan University's president, Ali Houshmand, shared the following in an online statement: "While our current level of 15 counselors puts us at the high end of the national standard of one professional for every 1,000 to 1,500 students, we are concluding searches for three more professionals who will join our staff at the beginning of next semester to provide even more capacity."

It is reassuring that their university is taking steps in the right direction to offer more support to students, but raises concern in that one professional for every thousand or 1.5 thousand students is considered to be the "high end" of the national standard. While the majority of students may not seek professional help, it should be readily available should the need arise for students to access these resources. Demanding colleges to hire more mental health professionals and promote their resources would be more financially

demanding of these institutions, but when the wellness, happiness, and ultimately the lives of students are at stake, it seems to be an indisputable choice.

A major area of improvement we, as a community, should also focus on is the stigma perpetuated around mental illnesses and seeking help. Living in a culture focused on positivity may make it feel wrong to be sad, stressed, overwhelmed or anxious, but that is far from true. Life is bound to be a tumultuous endeavor (occasionally, at least), and it's only natural our emotions reflect this. Speaking about mental health and emotions may be a difficult or daunting process, but is essential to improve mental and emotional health.

And though experiencing great stress, anxiety, depression or whatever it may be, feels isolating, it's more than likely you'll realize your peers aren't strangers to feeling a similar way.

Editor's Note: Adelphi's Student Counseling Center (SCC) provides confidential and professional mental health counseling services, resources and referrals without additional charge. Counselors are available to help students cope with a variety of stressors and personal issues. The Center also supports students who may be feeling suicidal or in crisis. Call 516-877-3646, email scc@adelphi.

edu or stop by the SCC. If you need immediate assistance, walk-in services are available Monday-Thursday, 8:30 am-7 pm; Friday 8:30 am-4 pm. Additional information can also be found by visiting scc.adelphi.edu.



UC Renovations Update

Continued from page 1

"Currently we have an average of 65 contract workers on site each day," said Joseph Battaglia, '05, MS '14, director of project management and assistant vice president and a member of the UC progress team. "As the project continues, this number will increase to approximately 70-75 workers on site each day. This includes various trades such as electricians, plumbers, carpenters and more."

A project of this magnitude, however, is highly unlikely to go without any delays or setbacks.

"Like any renovation project--and especially a renovation of this scope--we have encountered some challenges," Battaglia said. "From unforeseen delays in building permits to surprises in the walls when you open up a building that was constructed 48 years ago (1972), there are bound to be setbacks. But we have an exceptional general contractor in Whiting Turner, and they have worked closely with the University to manage unexpected challenges and to try to keep the project on track."

James Perrino, executive vice president of finance and administration, is also a member of the UC progress team who has been a part of this process. He said, "Our goal is to have the UC up and running in time for the start of the 2020-'21 academic year, and student-centered areas are scheduled for earliest completion to ensure they are ready for the building's opening."

For photos of the progress and a complete list of what has been done so far, be sure to check your Adelphi emails for updates from ucprogress@adelphi.edu as well as the link they included with 43 photos of the construction and access to a live feed.

Stay on Top of It: Keeping Resolutions in the New Year

BY BIANCA VIANA

I'm pretty sure I speak for everyone when I say keeping a New Year's resolution is hard. Life always gets in the way, and I completely understand that. I often make excuses to avoid keeping on schedule, but this year I am determined to change that. I've set two goals for this new year: to lose 15 pounds and write more. I've been wanting to lose weight for some time now, and I was getting on track last semester when an injury set me back and made me temporarily immobile.

As for writing, I'm a nursing major so I am not taking many related classes, but I do have a passion for it. After taking "Introduction to Creative Writing" with Professor Alexa Kober, I realized that I really want to start enjoying a hobby I often tell myself I don't have enough time to do. We all have various goals that we're eager to achieve, so I decided to research how to stay on top of them.

First, set a realistic goal. Being someone who doesn't run on a regular basis, it's not ideal for me to run a marathon by the end of the month. It's important to start off small instead of reaching for something that is not within our means. We should all have aspirations, but we have to be realistic at

the same time, and this is where setting up a timeline might be helpful. Deciding to run for 15 minutes each day and then increasing that time as I adapt can keep me on track to run a marathon soon.

Keeping your goals physically in front of you can definitely help to ensure that you don't forget about them. Use a planner or a calendar to help make sure you're staying on track. Breaking down your goals into a daily or weekly schedule can really help to keep on top of things because again, life gets busy and we all have a lot going on. I plan to write out my weekly workout schedule at the beginning of the week, so I don't walk into the gym clueless as to what I do. My main goal is to lose three pounds each month. As for my writing, I'd like to dedicate some time on the weekends for it, preferably one to two hours.

My next tip might sound a little weird, but I promise it works: Tell people. If you tell your friends and family, they will also keep you on track because they'll hold you accountable to your goals. I understand it's uncomfortable to share your setbacks. However, these are people who care about you, they've seen you at your best and worst and all they want to see is you achieve your goal. When you tell them about the milestones you've reached to help you get to that goal, you'll get praise because they're going to be proud of you. I told my roommate that I

want to start working out more and found that she does too, so we will keep each other motivated for our goals. A teacher I've remained close with since high school has offered to monitor my writing, so I know she will be expecting new work from me each week.

Last, but not least, commit to yourself. In the end, you and you alone are able to achieve this goal. You're the one who has to put the hours in at the gym. You're the one who needs to stay late at the library to study and ace that test. You're the only one receiving the diploma that will help score your dream job. It's all on you at the end of the day. Commit to yourself in the beginning but remember to re-commit yourself each time you fall as that may happen along the way.

You might not always meet one of your milestones in time, which may feel discouraging. If anything, this should only push you to try harder. If you realize this keeps happening, then maybe it's time to reevaluate. Maybe your schedule is becoming too overwhelming, so you need to decide how many hours you can go to the gym or how many hours you can work in a week without stress.

We can't let life deter us from reaching our goals, even if that means extending our original deadline to meet them.

As Swimming and Diving Heats Up, Baseball and Softball Are Around the Corner

BY JAKE MALONE

Experiencing a mild winter can make you forget that spring is less than 40 days away. We may not be begging spring to come around just yet, but something we can look forward to are Panthers sports, with the swimming and diving teams ending their season just as baseball and softball gear up to take the field.

Men's and Women's Swimming and Diving

Adelphi men's and women's swimming and diving teams will close out their season with the NE10 Championships February 6 through February 9 and the ECAC Spring Championships February 27 to March 1. Coming fresh off a sweep at the College of Staten Island, the women's team set the tone by winning the first 10 opening events and took a 137-64 decision. Rachel Kuenzler's top swims in the 200-yard IM and 100-yard backstroke highlighted the victory, as well as multiple wins from Crystal Zhang.

The men's team won their overall competition 116-93 and were led by multiple wins by freshman Asher Kocalis, as well as the relay team of Jason Rosen, Matthew Mazur, Andrew Nazareno and Eian McKeon, who had the fastest 200 freestyle relay time of 1:37:18. The team will look to ride this momentum into the NE10 Championships and finish their remaining meets on a positive note.

"My teammates and I worked hard all through winter break and it all paid off against College of Staten Island," said Mazur. "My relay teammates really came through for me and I did the same for them so we could get a win. I'm just hoping we can keep doing what we're doing and



From left: Tom Ambrosino, Lawrence Cicileo and Tyler Becker

succeed at NE10's."

Men's Baseball

The Adelphi men's baseball team will kick off their season with a seven-game homestand against Northeast-10 Conference champion Franklin Pierce University, Bloomfield College and Southern New Hampshire University, beginning February 29. After their homestand the Panthers will be heading to Boca Raton where they will be playing eight games, including a day/night doubleheader against Barry University on March 16.

After an impressive 34-win, 9-loss season last year, the Panthers suffered heartbreaking losses in the NE10 playoffs, as well as the NCAA tournament. The team finished 16th in the nation in the final NCBWA D2 poll. The 2020 team captains Tom Ambrosino, Lawrence Cicileo and Tyler Becker will look to guide the team to another strong season.

Dom Scala, who will be going into his 17th season as head coach, will be

looking to Ambrosino to fill the hole made by Ed Baram, who was the team's number one starter last season and was drafted to the Oakland Athletics in the 30th round of the 2019 MLB Draft.

"Ambro was a clear-cut choice for me, regardless of the sensational year he had last year," Scala said of the pitcher. "He has steadily improved throughout his years here at Adelphi and accepted any role he was given. Because of his unselfishness, positive attitude and work ethic, he is respected by his teammates enormously. He will most likely change roles and be my number 1 starter in 2020."

The men's baseball team is certainly looking forward to competing at a high-level next season.

Women's Softball

Another team looking to improve this season is the Adelphi women's softball team. Finishing with 32 wins and 19 losses last season, the Lady Panthers lost a classic 10-inning game in the NE10 Championship game and were ousted in the NCAA Tournament following back-to-

back losses to LIU Post and New Haven.

With many familiar faces returning for the 2020 season, the team will be led by sophomore Emily Whitman, who busted onto the scene her freshman year pacing the team with a .390 batting average and a .638 slugging percentage. Whitman won Rookie of the Year honors in the NE10, as well being one of eight finalists for the NFCA National Freshman of the Year Award.

Head coach Carla Campagna will be bringing in three transfer students from LIU Post to round out the roster as well. Seniors Abbey Fortin, Allie Laird and Megan Sneed will join the Panthers to finish out their collegiate careers. In her three seasons at Post, Fortin hit .320 and was named ECC Rookie of the year and All ECC First team as a freshman. Laird hit .304 over 152 with LIU was named to the NCFCA All-Region First Team. Sneed, a catcher and outfielder, hit .315 last season with 34 runs batted in. These three will look to make a huge impact for the Panthers after they were a big part of guiding LIU Post to the Division II College World Series last season.



Emily Whitman led the Panthers with 69 hits in 2019.

Women's and Men's Panthers Push for the Playoffs

BY MAXMILLIAN ROBINSON

The Adelphi women's and men's basketball teams are on a roll this season. The women Panthers have been astounding. Through 20 games, they hold a record of 18-2 overall, 9-2 versus their conference opponents, while holding a comfy three-game advantage for first place in the NE10 Southeastern half of the conference.

"Our motivation this year has been a great culture," said junior forward Maeve MacNeill. "We all play for each other and put our team over ourselves on and off the court. One of our core values are: WE over ME."

This statement is just another example of how the women continue to dominate in everything they do. Team captain and junior guard Katie Murphy said she's ecstatic about the season so far.

"But there are many more games left to play. We take it one game at a time, and we know that we have to come ready to go for each and every game," she said. "Each game is a battle, and we will continue to push to improve our record."

The men's team is having a good season as well. Over their last 10 games,

they have an 8-2 record, while also going 6-3 against their conference opponents. This is all while sitting in a cool second place atop the NE10 Southeastern half of the conference.

"We have been able to keep the intensity going because we have players that just love to play," said sophomore guard Ronnie Silva. "Our energy is great, and we just want to get better every day and that starts with the preparation we put in before every game."

This team sat at an almost neutral 5-3 record before going on to win eight straight games, sending a message to all the teams in their way that they mean business.

"The message we communicate to our players varies game to game," said assistant coach Nick Stanton. "A lot of it depends on the different things each opponent does. However, common themes we talk about are playing hard all the time and being mentally and physically tough for 40 minutes. Those things apply to any opponent and are necessary to beating anyone."

With 10 games left in the regular season, the time has come for a late season



Katie Murphy (middle) talking to her teammates focusing against Assumption College.

playoff push. The women's and men's teams are fully loaded and geared to make a playoff run.

All photos on this page from AU Athletics.

ADELPHI UNIVERSITY

Performing Arts Center

SPRING 2020

COMING SOON

GUEST ARTISTS

SINGSTRONG A CAPPELLA FESTIVAL

Friday, February 7–Sunday, February 9
Various ticket packages available

TRIO SOLISTI

Saturday, February 15 • 2:00 p.m.
Adelphi Students: \$5

ANN HAMPTON CALLAWAY: THE LINDA RONSTADT SONGBOOK

Sunday, February 23 • 2:00 p.m.
Adelphi Students: \$10/\$5

NEW MUSIC XV: COUNTER)INDUCTION

Saturday, March 7 • 8:00 p.m.
Adelphi Students: \$5

THE WONDERFUL MUSIC OF OZ

Friday, March 27 • 7:30 p.m.
Adelphi Students: \$10/\$5

LEA SALONGA *SOLD OUT*

Saturday, April 18 • 8:00 p.m.
Adelphi Students: \$10/\$5

AMARCORD

Tuesday, April 21 • 7:30 p.m.
Adelphi Students: \$5

ISAAC MIZRAHI: MOVIE STARS AND SUPERMODELS

Friday, May 8 • 8:00 p.m.
Adelphi Students: \$10/\$5

BISCUIT

Saturday, May 9 • 2:00 p.m.
Adelphi Students: \$5

CHAMBER ORCHESTRA OF NEW YORK

Saturday, June 6 • 7:30 p.m.
Free Event

MUSIC

DISTINGUISHED FACULTY RECITAL

Saturday, February 22 • 8:00 p.m.
Adelphi Students: \$5

ADELPHI'S BEST OF BROADWAY

Saturday, February 29 • 8:00 p.m.
Sunday, March 1 • 4:00 p.m.
Adelphi Students: \$5

WEDNESDAY RECITALS

March 4, March 11, March 25, April 1
1:10 p.m. • Free Event

ADELPHI VOCAL ENSEMBLE

Thursday, April 16 • 7:30 p.m. • Free Event

ADELPHI JAZZ ENSEMBLE

Friday, April 24 • 7:30 p.m.
Adelphi Students: \$5

ADELPHI SYMPHONY ORCHESTRA AND ADELPHI CHORALE

Sunday, April 26 • 4:00 p.m.
Adelphi Students: \$5

ADELPHI HONORS RECITAL

Thursday, April 30 • 7:30 p.m.
Free Event

ADELPHI OPERA THEATRE

May 1–May 2 • Various times • Free Event

ADELPHI IMPROVISATION ENSEMBLE

Monday, May 4 • 5:00 p.m. • Free Event

ADELPHI GUITAR AND ADELPHI FLUTE ENSEMBLES

Monday, May 4 • 7:00 p.m. • Free Event

ADELPHI CONCERT BAND

Tuesday, May 5 • 7:30 p.m. • Free Event

ADELPHI PERCUSSION ENSEMBLE

Wednesday, May 6 • 7:30 p.m.
Free Event

ADELPHI CHAMBER MUSIC ENSEMBLE

Thursday, May 7 • 7:30 p.m. • Free Event

FILM

MOZART'S

LA CLEMENZA DI TITO

Saturday, March 14 • 2:00 p.m.
Adelphi Students: \$5

PONCHIELLI'S

LA GIOCONDA

Sunday, April 19 • 2:00 p.m.
Adelphi Students: \$5

MOZART'S

LE NOZZE DI FIGARO

Saturday, May 16 • 2:00 p.m.
Adelphi Students: \$5

THEATRE

ADELPHI ONE-ACT FESTIVAL

February 25–March 1 • Various times
Adelphi Students: \$5

QUILTERS

WRITTEN BY MOLLY NEWMAN AND
BARBARA DAMASHEK

DIRECTION BY NICHOLAS PETRON
March 24–March 29 • Various times
Adelphi Students: \$5

THE MARVELOUS WONDERETTES:

GLEE CLUB

CREATED BY ROGER BEAN

DIRECTION BY BRITTANY MILLS

April 28–May 3 • Various times
Adelphi Students: \$5

DANCE

SPRING DANCE ADELPHI:

RASTA THOMAS

April 15–April 19

Various times

Adelphi Students: \$5

DANCE SHOWCASE

Saturday, May 9 • 2:00 p.m. and 7:00 p.m.
Free Event



STUDENT RUSH TICKETS

One hour before all performances, including guest artists, full-time Adelphi students are eligible to get a Rush ticket for free. Arrive prior to the performance with your Adelphi ID, get in the Rush line and receive one remaining unsold ticket. Subject to availability, not available for every performance. Cannot be reserved in advance. Rush tickets will stop being distributed 10 minutes before the start of the show, so get your tickets early.

CONNECT WITH US TODAY!

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Should you, or your guests, require an accommodation based on a disability, please contact the Student Access Office by phone at 516.877.3806 or email at sao@adelphi.edu. When possible, please allow for a reasonable time frame prior to the event with requests for American Sign Language (ASL) interpreters, closed-captioning or Communication Access Real-Time Translation (CART) services; we suggest a minimum of five business days.

