

The Delphian

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The Voice of the Students

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UC Renovations Progress Amid Campus Shutdown

BY JACLYN TRACY

While the majority of campus has been closed and classes have gone online, one spot remains a busy hub of activity: the construction site of the University Center, a project that was started in May 2019.

In a news piece published to the UC progress website on March 24, Adelphi administrators explained what is going to change and remain the same in terms of progress being made: “While we all have been consumed by precautions and adjustments surrounding the COVID-19 public health crisis, work has continued to move steadily forward on our Ruth S. Harley University Center. As of this writing on March 24, 2020, working together with our contractor, Whiting Turner, we have secured approval from New York State to continue work on the renovation as an ‘essential service.’”

While the renovation was deemed essential, James Perrino, executive vice president of finance and administration said, “Back in early March, Whiting Turner began scheduling tasks and

projects throughout the building in a way that allowed social distancing of six feet between people to help stop the spread of the novel coronavirus and to protect the health of the workers.”

Whiting Turner was also working with the unions involved to reduce the amount of people working on the site at a time by offering workers split shifts over extended hours. Workers could stay clean and prevent spreading germs at several



Progress made on the University Center will not stop due to the COVID-19 pandemic. However, many new safety measures are in place. Photo by Liza Burby

hand washing/sanitizing stations, and any necessary meetings between project managers were taking place online. With these preventative measures, Adelphi was able to keep workers on site six days a week and ensure that the project was continuing to move along.

However, while that update was posted on March 24, Perrino explained that in the interim, changes were made at the state level that affected how construction would move forward.

“On March 18, Governor Andrew Cuomo signed the New York State Policy to Assure Uniform Safety for Everyone (PAUSE) executive order. This act required dramatic reduction of on-site workforces across the state, ultimately resulting in a 100 percent reduction of non-essential personnel,” Perrino said. “On March 27, we were required by NYS to put the project on hold as it didn’t—at the time—meet the requirements of essential work.”

According to Perrino, the university pursued all possible options for getting the site approved to allow for continued construction, and received some approval to continue some limited work to secure

the site for closure. Then, on April 9, the governor’s office announced an amendment to the restrictions that would allow construction projects at public and private schools to resume, and after careful review with Whiting Turner’s leadership team and attorneys, it was determined that the project could move forward.

“While these evolving policy decisions have been disruptive, the progress on the UC renovation never completely stopped,” Perrino said. “Our team worked to secure the site for possible closure and continued administrative and planning tasks, including procurement and supply chain management, identifying new sources when suppliers were impacted by COVID-19, and arranging off-site manufacturing of necessary components whenever possible.”

On an optimistic note, Perrino said that having the UC operational by fall 2020 is still their continued goal.

If you want to read more details about the UC status, as well as view photos and the live feed, visit ucprogress.adelphi.edu for more information.

Despite the Closure, Some Students Still Remain on Site Out of Necessity

BY HYACINTH TAYLOR

When Adelphi University made the announcement in March that in-person classes were cancelled for the semester and that resident students had to move home, many scrambled to change their spring break plans and pack their dorms.

But not everyone was able to leave. Though the campus is essentially closed, there are still some students living here, as is the case for most of the other colleges on Long Island. They are either international or out-of-state students who were unable to fly home due to travel restrictions or because in some cases they don’t have a home available to them.

Initially there were about 65 students on campus, but as of this writing, there are just under 50 as many have found ways to safely return home.

“Universities all over the country moved swiftly to ensure the safety of all members of their community, and Adelphi took special care to personalize students’ transitions out of housing or into limited housing options,” said Daniel Matishek, residence hall director of Eddy Hall. “For students whose home countries issued travel restrictions, or domestic students who were unable to travel home, accommodations were made to provide hous-

ing until students are able to safely leave campus.”

Of course, all of this has meant that staff have had to manage logistics. For instance, for those on campus, Mathishek said that with a few exceptions, approved resident students remain in the room they have occupied since the start of the academic year. But everyone’s situation has been different, he added.

“We are working with residents individually to identify what they need in order to be successful, and students’ situations change every day. Some needed only



While almost the entire Adelphi community remains off campus in quarantine throughout the COVID-19 pandemic, there are some students who remain due to travel restrictions and personal circumstances. Even so, you’d never know it to look at these photos.

a few days, others need a few weeks, and each request is reviewed on a case-by-case basis.”

That doesn’t mean the students have been on campus alone. Mathishek said

that limited staff have been reporting to the campus every day.

“Personnel from Residential Life and Housing, Health Services, Public Safety, Dining Services and IT, among others, are supporting students near and afar, in-person and online,” he said. “We’re hosting programs on our social media platforms (and Zoom, of course), moving forward with plans for next year, and checking in with students to see how we can support them.”

In addition to the services listed above, many offices are now offering

hosting frequent programs to keep students connected with their favorite clubs and organizations.

Through it all, supporting the students during a stressful time has been a paramount concern.

“We understood that pandemic created a number of hardships for our students,” said Sentwali Bakari, vice president for Student Affairs and dean of students. “Thus, we wanted to express compassion and support our students remaining in the residence halls who have travel restrictions or extenuating circumstances.”

The students seem to have adjusted to their circumstances. *The Delphian* spoke to a few of them about what residential life on campus has been like with this ongoing pandemic. Sidnei Daniel Samm, a first-year communications major and California resident; Pelumi Akinsanya, a first-year undecided major from Brooklyn; and Teddy Zixuan-Wang, a first-year finance major and international student from China, all weighed in about what life is like on a mostly empty campus.

Q: What is it like isolating yourself in your dorm with social distancing?

Sidnei Daniel Samm: We as a col-

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A Word from the Editor

For many people, the past month has been anxiety filled each time you turn on your TV and listen to the news. It may feel like it's almost inescapable: when you check your phone, turn on the radio or even go for an essential errand run, we are constantly being reminded of everything going on. And it's not pleasant. This is why I wanted to dedicate my editor's note to some of the positives that have happened throughout this pandemic, to hopefully bring a smile to our reader's faces and spread some sunshine.

On April 13, a perfect rainbow appeared in New York City over the Hudson River. The Himalayan Mountains have become visible for the first time in decades due to reduced levels of pollution resulting from India's lockdown. Celebrities such as Rihanna, Kylie Jenner, Lady Gaga, Donatella Versace, Ryan Reynolds and Steph Curry have all made generous sizable donations to coronavirus relief. The Global Citizen concert took place on Saturday, April 18 with performances by artists such as Billie Eilish, Lizzo, Stevie Wonder, Alicia Keys and Camilla Cabello to raise money for the World Health Organization. It was a major success and raised more than \$35 million. John Krasinski from the "Office" set up a Youtube show dedicated to reporting positive news only called "Some Good News." People around the world are hanging up rainbows in their front windows to spread hope and unity. In Oregon, a WW2 veteran celebrated his 104th birthday after making a recovery from coronavirus. Governor Andrew Cuomo announced that 6,000 mental health professionals have signed up to volunteer for a new program where residents can call their hotline and schedule a free virtual session. The water in Venice, Italy is the clearest it has been in decades, and swans, fish and even jellyfish started to appear in the canals. Numerous restaurants and businesses are donating food and masks to health professionals on the front lines.

All of which is to show that there is good coming out of the pandemic. If you have a story of hope or even something you've been doing to help others, please share it with us at delphian@adelphi.edu.

Meanwhile, stay strong, Panthers. Try not to let the news overwhelm you, and find something positive in each day. After all, it is our attitude and outlook on life that will make this pandemic so much more bearable.

--Jaclyn Tracy, Editor-in-Chief

The Delphian

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Adelphi Offers Four New Major Options

BY MARIO ESTIVERNE

Incoming Adelphi students, as well as those who are undecided, now have the opportunity to explore four new majors: a Bachelor of Arts in Ethics and Public Policy, Bachelor of Science in Statistics, Bachelor of Science in Environmental Science, and Bachelor of Science in Anthropology. All four were introduced in fall 2019, and currently enrollment is open for students to take advantage of them.

"The BA in Ethics and Public Policy provides students with an interdisciplinary course of study that combines the strengths of Adelphi departments of philosophy, political science and economics," said Shawn Kaplan, PhD, associate professor and philosophy department chair and director of the ethics and public policy program at Adelphi.

Students will also gain a balanced foundation in theories of ethics and justice from philosophy and political theory, policy issues and debates from political science and analytical tools from economics.

The Bachelor of Science in Statistics program is one of a kind on Long Island, according to Josh P. Hiller, PhD, assistant professor of mathematics and computer science.

"It is an industry-focused, data-centric, educational program which allows

students to study and solve real-world problems from their first day at Adelphi."

When solving problems and other tasks, most people use clues and other forms of investigation to gain the information they require; using numbers and other forms of data is also another use when solving real world problems.

"This major gives students the skills and hands-on training to launch a rewarding career in virtually any industry, from business and finance to government and logistics," Hiller said.

The Bachelor of Science in Environmental Science lets students dive into ways they can aid our environment. To be more critical, students would be speculating on ways to help reduce the suffering of our dying planet, the rise of sea levels and the strangely warm winter.

As was first reported in *AU News*, there is a growing need for environmental scientists, specialists and policy makers who can devise solutions to critical environmental issues such as climate change, environmental degradation and sustainability. Adelphi's new Bachelor of Science in Environmental Science program will give students the knowledge and training to address even the most critical environmental challenges.

One of these students is Chani Lieu, a sophomore who was originally a nursing major, but said she discovered a strong

passion for learning about the environment, particularly after she attended the climate change strike in the city last fall.

"This inspired me to change my major to environmental science," she said. "There is a wide variety of classes I could take, such as marine life or sustainability. The faculty and the counselors are always there to help. They gave a lot of opportunities, like a research job, and it was given before I officially switched over to the major, so there are always ways to be engaged. I like that in environmental studies, there is an accelerated program. I could get my master's degree in five years instead of six, and the major is more hands-on. You just need to put yourself out there in order to get the experience."

Bryan T. Wygal, PhD, director of environmental studies and sciences at Adelphi and associate professor of anthropology, said that with the additional input specifically designed with maximum flexibility, this interdisciplinary degree offers a solid foundation for future policy makers, earth scientists, resource managers and community leaders interested in taking immediate action on issues of global climate change and sustainability.

The Bachelor of Science in Anthropology program will prepare students to tackle the most urgent challenges of the 21st century, from globalization, nationalization, racism, inequality and unequal ac-

cess to resources. Students will learn how to conduct research in both the laboratory and out in the field, gaining an understanding of scientific methods, as well as quantitative and qualitative analysis.

Most people will compare anthropology to paleontology. Paleontology is a study of dinosaur bones, or to be exact, life prior to human life. Anthropology is the study of the human and not just human bones, but everything about us.

"The BS in Anthropology degree is truly interdisciplinary, as it incorporates the study of cultures along with the scientific method to address some of humanity's most pressing problems," said Hanna Kim, PhD, chair and associate professor of anthropology. "This new degree is specifically designed with flexibility in mind for the student who has many interests and is considering different career paths, including medicine and nursing. Classes from a wide range of natural sciences, including biology, chemistry, environmental science, and math and computer sciences may be applied toward the BS in Anthropology."

With the four new majors laid out, the decision for what each student will pick is entirely up to them. Each will give students a new understanding of what they are aiming to learn and what they hope to receive at the end of their learning experience.

In Light of COVID-19, AU Implements New Pass/No Credit Option for Spring 2020

BY LOREN NEGOVAN

There is no doubt that the COVID-19 crisis has caused many students stress over their grades and their academic performance. With the new resulting changes, such as the swift shift to online classes, and thus a whole different format, there is a high potential for students to be worried about their academic performance. It is safe to say that most students are not accustomed to learning online, and that grades may suffer as a result of the switch to virtual classes. Thus, taking this into consideration, Adelphi has introduced an option to switch one's letter grade to a pass/no credit for this semester.

The option has several benefits. First, having the choice of a pass/no credit grade will allow students to still pass particularly difficult classes. It also will not have any effect on GPA, so students will be able to take better care of their mental health in these times of hardship. According to the March 27 email Adelphi sent out about the grading option, "This approach supports you in working to your highest potential, but does not penalize you with an 'F' if the sudden conversion to remote learning results in unexpected

challenges and a lower than expected grade in any courses."

Peggy Cassidy, professor and chair of the Communications Department, explained that what this translates to is no student will get a "fail" grade if they opt for the "pass/no credit" option.

"Normally it would be 'pass/fail,' in other words, a C- or better gets you a 'pass' and a D+ or lower gets you a 'fail.' This time, a C- or lower will translate into 'NC' or 'no credit' on the student's transcript so it will have no impact on GPA, no matter what grade the student gets."

Peter West, associate provost for student success, played a part in making the decision to offer this grading option.

"The Provost's office began discussions on a pass/fail option once we made the decision to move to remote learning," he said. "Like so many other institutions, we are very aware of the fact that changing teaching and learning formats in the middle of the semester poses a great challenge to our students."

While a student-made petition requesting pass/fail to be offered to students circulated around the first week of online learning, West explained that while they were made aware of it, discussions with

faculty about how to craft an appropriate policy for Adelphi were already far along.

Of course, students have something to say about this, and the feedback has been mostly positive.

"I think it's a good thing," said Valery Vasquez, a first-year student. "This semester has become really crazy and not everyone is able to participate at their full capacity because they might have to take care of family. With the pass/fail option, GPAs won't be affected so much so everyone can be able to focus on their health rather than their grades."

But there are still exceptions for certain majors. Nursing, accounting, physical education, art education and music education will be more limited in how they can use the pass/no credit option. Communications sciences and disorders majors, as well as students in the Scholar Teacher Education Program (STEP), will also have these limitations.

"I strongly recommend that students with questions about how the policy applies to their major or program speak directly with their chair or program director," West said. "It's important to understand that when we were crafting the policy, we knew that 'pass' or 'no credit'

grades bring with them a whole list of questions and ambiguities. There are rules about financial aid, for example. Also, in programs that lead to certification, we might have accrediting bodies that don't allow a pass grade to count towards their degree requirements."

Some classes, by their nature, are simply not made to be online. Mylo Fisherman, another first year student, said, "I am taking one class in particular that has been extremely stressing me out as it was a class that works better in person, and if I end up not doing as well as I want due to this, I may take the pass/fail option."

Hopefully, the new grading policy will be an asset as well as a relief to students. West made it clear that he wants students to know faculty are deeply committed to supporting them, now more than ever.

"In light of everything that's happening right now, this policy offers students a way of making sure that they can do their best in the coming weeks and then make the decision about the grading option based on what is best for their own academic and professional careers when the semester has ended," West said.

Students Who Remain on Campus Share Their Stories

Continued from page 1

lective have been socially distancing in our own way because Adelphi itself is isolated, so we hang out, we see each other, but other than that I'm alone.

Pelumi Akinsanya: Isolating myself in my dorm has been peaceful. The vacancy of campus came with quietness, which then brought peace. I don't naturally socialize or go out often so the routine of waking up and staying in my dorm feels habitual to me. I'm actually practicing social distancing, but I leave campus for work at a local grill and juice bar where I interact with my coworkers/customers. We wear masks/gloves and try to keep our distance from each other though.

Teddy Zixuan-Wang: During the quarantine, I was grateful that the dormitory still provided us with water, electricity and cleaning services, and that the university still had security to protect the students living in the dormitory. The number of students living in my dormitory is very small, maybe no more than 20. I don't like to go out, and I like to play games in the dorm, so it was easy for me to stay in isolation. During the day, I do my homework online. In the evening, I listen to music, play games and use social media to chat with friends. If we want to order takeout, we have to go to the security office to get it. This makes me feel safe, and I support this approach because the social distance is very important.

Q: What changes have been made to dining?

Samm: It's open at convenient times, 10:30 am to 6:30 pm with a break in between. It's good enough to get by. I think the small batches are great for quality control and it tastes way better now.

Akinsanya: The biggest changes that were made to dining were hours of operation and dining locations. There's brunch from 10:30 am to 1:30 pm, then dinner from 5 pm to 6:30 pm and that's it. The Eatery (Post hall) is the sole dining location open on campus. Thankfully, Panther Mart is open from 10:30 am to 6:30 pm.

Wang: We were only allowed to take food with us when we went to the school canteen. Everyone takes turns to go in and order food, but we can't do it ourselves. The staff will do it for us. The school staff wear gloves/masks and smile. Brunch and dinner are served each day, and there are still drinks, desserts, snacks, vegetables, fruits, meat, fish, eggs, etc.

Q: What is it like taking online



Sidnei Daniel Samm (left) and Pelumi Akinsanya have adjusted to current life on campus.

classes?

Samm: Online classes are a drag. Like most people I didn't sign up for online classes when I went to college for a reason, so it's hard, but it's manageable. The pass/fail grading option is definitely a plus.

Akinsanya: Online classes are more

difficult than I anticipated. As a student who's accustomed to a classroom environment, it's hard to engage through a computer screen. It's like, yes, the world is battling a pandemic and our health, and the lives of loved ones are definitely at risk and it's been suggested that we're headed into an economic recession. But I have to now concentrate all my efforts into teaching myself [insert course here] for my online exam on Tuesday. It's a lot.

Wang: Online classes are so interesting that I now even want to have online classes forever in the future. I meet professors on Zoom at appointed times. Sometimes answering questions in online classes can be nerve-racking because I need to turn on the camera and answer



questions. Yet, missed classes can be watched on video, which I think is great.

Q: How do you communicate with people back at home about your well-being on campus? What are their concerns?

Samm: Everyone at home that I talk to are just waiting for me to come

home. We are all in the same boat, so it's hard for them too, but we get by with our antics, just continuing to behave as normal despite the circumstances.

Akinsanya: My family and I call each other to check in. Their concerns are mainly for my health.

Wang: I talk to my mother on the phone every day. My father listens to my mother and my mother is not worried about me at all because she thinks the school is very safe. In fact, the school is now much safer than any other area. Because there are only students and staff in the school, we can live without leaving the school, and the school has sufficient supplies.

Q: Do you think students will be able to come back in August?

Samm: I think by the latest Adelphi should open is September, and that regardless they should host commencement for the senior class. If I were to pay for four years of college I would want to walk across a stage.

Akinsanya: I can't provide a direct response because I can't predict how long this pandemic will last. However, I can hope that this will be all behind us by then and if so, then I would say: come back better and stronger.

Wang: I think students can go back to school in August in the US. As I know, schools in China are starting back after three months of online classes. So, I guess we can go back to Adelphi in August.

These students aren't the only ones who hope that things will return to normal next semester.

Bakari said, "We look forward to seeing all of our students return when it is deemed safe."

How a Social Media Campaign Turned Negatives into Positives

BY CHRISTOPHER ALVAREZ

As we turn by necessity to increased social media consumption, two seniors have found a way to spin that into a positive choice by reviving the Adelphi University Communications Department's Instagram account. Sofia Fazal and Alyssa Striano said their purpose is to show students that life is not over yet.

This is a new learning experience for the department. Fazal, a communications major with a media studies concentration, said she hopes to get students and faculty more involved in their social media campaign by sharing their stories and showing that we can still lean on each other during these stressful times. To date, Instagram @aucommdept already has 275 followers.

"We wanted to make sure that everyone was still able to be connected and feel together even though we weren't together," said Striano, a 22-year-old communications major.

This new social media initiative all started on March 4, 2020 when the two besties were inducted into Lambda Pi Eta,

the National Communication Association Honors Society, and named co-presidents. At first, the Instagram account was aimed at spreading awareness about the new communications organization. But when the university shut down in response to the pandemic, the medium changed its focus into a stress reliever for the students.

Kimberly Lavery, an adjunct professor and advisor to the Lambda Pi Eta, said Striano and Fazal have been doing a great job with the Communication Department Instagram.

"The revival came as a great way to connect students and faculty, promote ideas and creativity, and use the platform to reach the greater university community and beyond," said Lavery. "Their messages are inspirational and could not have come at a better time."

"What's been really popular on Instagram right now are those games you add to your story and people are tagging their friends. A lot of people seem to enjoy it," said Fazal, 22. "Given the situation, people are just trying to find light in anything and everything."

And this is exactly the result. To date, four professors and technical director Jack Furtado, all of the Communications Department, have participated in #motivationalmondays, sharing positive messages. Students are enjoying the content, playing the games and some have even signed up for take-over Sundays, where students control the account for one day and show the audience's life through their eyes.

The stellar results are in part because of the dynamic friendship these students have been able to build.

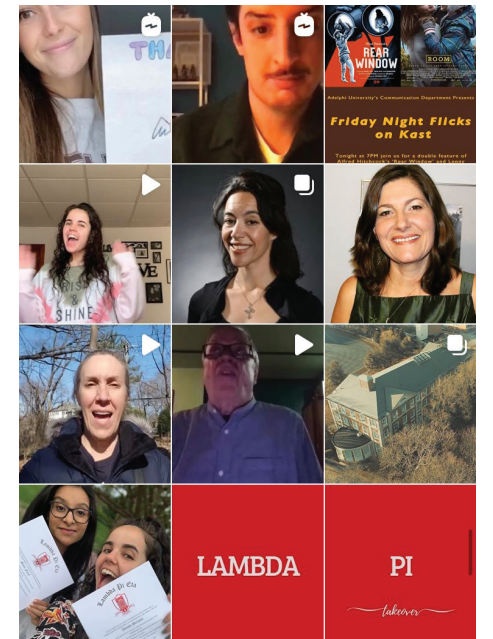
"Working with Sofia is fantastic," said Striano. "We grew something small into something bigger."

The Class of 2020 has gone through a lot, but in Fazal's eyes they will come out to be more resilient.

"We had something taken away from us, sure but we've also gained so much more from that," said Fazal. "That's an important thing to recognize as well."

Both Fazal and Striano wanted to leave their last paw prints as Panthers, and they succeeded with their revived Instagram account.

You can connect with the department and choose to get involved by following them on Instagram @aucommdept.



The AU Communications Department Instagram featuring student and faculty profiles. Provided by @aucommdept on instagram

"Miss Americana" Is a Can't Miss Documentary

BY MARISSA JEZIERSKI

Regardless of whether or not you're a fan of Taylor Swift, her Netflix documentary, "Miss Americana," provides tremendous insight into what life as one of the greatest artists of our generation looks like.

From the surface, it may seem glamorous and fantastic, but this documentary showed what it can really be like at times from the inside: lonely, constantly being judged, and not what anyone would expect. If I had to describe this documentary in one word, I'd say "human."

If you are looking for an eye-opening and revealing documentary that brings up important issues such as cyberbullying, sexual assault and body image, as well as a take on the current political landscape of the United States from one of the most influential voices on the planet, then "Miss Americana" is for you.

One of the biggest storylines of this documentary is Swift finding her voice within politics. No longer is she, who many used to consider "America's Sweetheart" or "the girl next door," going to continue to sit back and let the current political landscape of the United States take shape. She wouldn't let this happen without voicing how she feels, regardless of potential backlash.

Her music may not be everyone's cup of tea, but what should draw people's attention to the documentary is how honest and genuine it is, as well as how it shows even the brightest stars go through their own darkest times.

Swift is a 30-year-old who has achieved what most can't in their entire lifetime. She is someone who has an army of fans, won hundreds of awards, performed on a record-breaking tour in

2018, and has a net worth of \$360 million. But she is also someone who is a survivor of sexual assault and an eating disorder, is currently dealing with her mother's battle with cancer, has overcome an online bullying campaign against her that at one point was trending on Twitter; and yet still has found her voice for the sake of the greater good, regardless of what anyone may say in response. This is just a simple overview of what "Miss Americana" has to offer.

After watching it for the first time, it would be easy to understand how authentic and revealing the documentary was. It's not every day that you hear about a world-famous artist being open about their toughest personal struggles and how they became stronger than ever because of them. As I mentioned earlier, you may not like her music, but in this case, that doesn't matter. It is an empowering, human interest story that many can find inspiring.

But you don't have to just take my word for it. After watching it, a friend of mine from SUNY Cortland said, "Miss Americana" made me really emotional; seeing her be so open publicly was so admirable and brave..." The same sentiment was shared by a friend from Las Vegas, who said, "I thought it was absolutely remarkable. It showed a side of Taylor that few people have ever seen before. For her to feel that vulnerable while being one of the biggest pop stars in the world is a true sign of how strong she is."

The documentary has also been well-received by critics. Rotten Tomatoes gave it a rating of 93 percent. And Wesley Morris of "The New York Times" put it best: "We see a star that is self-critical, grown up and ready, perhaps to deliver a message beyond the music."

Grandma Maria's Cream Cheese Pound Cake

BY MARIA GIOVANNA JUMPER



For as long as I can remember, my grandmother and my dad made me a special pound cake, which I call Grandma Maria's cream cheese pound cake. Every birthday, holiday, dance recital and other event they would trade off making it. The cream cheese pound cake has been a family staple. As we are all stuck in the house, and more people turn to baking for entertainment, this is a fun and easy recipe you can try. The cream cheese pound cake is a simple and sweet dessert or snack.

Ingredients Needed:

- 1 8-ounce cream cheese
- 2 sticks of sweet, unsalted butter
- 2 cups of sugar
- 6 eggs
- 1 cup of milk
- 3 cups of sifted self-rising flour
- 1 tablespoon of vanilla
- confectioner's sugar

Directions:

1. Beat eggs, set aside.
2. Cream the cream cheese, sugar and butter.
3. Add in thirds, the eggs, milk and flour.
4. Add vanilla.
5. Grease and flour a 10-inch Bundt pan.
6. Bake cake at 350 degrees for 45 minutes to one hour.
7. Garnish with confectioner's sugar.



A cream cheese pound cake made for the last family party I had before quarantine. Photo provided by Maria Giovanna Jumper

Ways to Beat Boredom When Your Social Life Has Been Reduced to Home

BY MYLO FISHERMAN

Now that we're socially isolated under governor's order until at least May 15, we all have some extra time on our hands with no clue how to spend it. It is important to find some ways to keep yourself occupied in order to avoid boredom setting in. Here are some ways to spend your time while quarantined.

Pick Up a New Hobby

Have you ever wanted to start a new hobby, but never had the time? Now is the perfect time to start one. Learn how to bake, cook or home in on the culinary skills that you already have. Start that creative project you never got around to. Learn how to play that instrument. Write a song or cover one that you love. Painting, drawing and coloring are some other ways to get creative, but you could also pick up poetry or photography. Learn that TikTok dance. Read that book. Nothing is getting in the way of you doing what you want to do; time is on your side.

Editor's Note: We're interested in hearing from you about hobbies you've picked up—or continued—during this time. Please send us photos of you displaying what you've made: bread loaves, 1,000-piece puzzles, masks, whatever. And we'll publish your story in the last issue of the school year next month.

Movie/TV Show Marathons

You know that show or movie that you always wanted to watch? Now is the time to catch up. From old classics to new shows and movies that are a must-watch, there is something for everyone. Additionally, if you wanted to see anything that was supposed to be in theaters, check your local streaming services as some movies went straight to streaming as movie theaters shut down due to the virus. Also, you don't have to watch your TV shows and movies by yourself, even if we are in quarantine. With an active Netflix

subscription and the Netflix Party Chrome extension, which is free, you and your friends can simultaneously watch anything on Netflix together and discuss what you are watching using the chat feature.

Get Organized

Getting organized means a lot of things. It doesn't just mean cleaning your room. It means setting a schedule for yourself and finding some normalcy in this time that is very chaotic. It means cleaning your computer and getting rid of unnecessary files and filing ones that you need for later away neatly so you can find them again. It means organizing your music playlists, if that's what you are into, and maybe even making new ones. It means going through your clothes and getting rid of, repurposing or donating pieces that don't fit or aren't being worn. It means getting into that work-out routine. (See page 9 for the virtual workouts the Center for Recreation and Sports is offering.) All of these things classify as organization and will definitely make you feel productive.

Get Some Fresh Air

Being cooped up inside your house or apartment all day will not do you any good physically or mentally. Although Governor Andrew Cuomo has mandated wearing masks when social distancing may not be an option (i.e. walks in the park or down the block), you can still leave your house for a little while. Take a bike ride, a walk or a run. Get your blood flowing, feel the breeze in your hair and the sun on your skin.

Socialize

This seems counterintuitive as we are in quarantine, but there are so many ways you can socialize although we are physically separated. Host some virtual game nights and use online platforms such as Zoom, Google Hangout, FaceTime or Skype to connect with everyone in a non-physical way. Additionally, continue

checking MyAULife for programs to connect with your fellow Panthers as most groups and organizations are still hosting events, but virtually. Remember that you are not alone and although this is a stressful time for everyone, try not to isolate yourself. That is one of the worst things you can do for your mental health.

Finally, remember throughout this quarantine there is always something to do; you just have to find something that interests you and do it. No matter what happens, the people who had your back before this outbreak will still have your back if you need anything. All you have to do is reach out.

The Brilliance of "My Brilliant Friend"

BY MARIA GIOVANNA JUMPER

If you are looking for a new show to binge, I recommend the HBO series "My Brilliant Friend." The show is a look into the life of poor families living in Naples, Italy in the 1950s. It offers a new perspective that many don't know about Italy.

It's based on author Elena Ferrante's series taking the translated name of the first book, which is titled "L'Amica Geniale." Like the book, the TV show is all in Italian, with English subtitles available.

"My Brilliant Friend" follows the life of two friends from childhood into adulthood. The two friends are Elena "Lenù" Greco and Raffaella "Lila" Cerullo. The first season, which came out in November 2018, shows the origins of the two girls' friendship and watches as they move through their school years, to their teen years, and finally early adulthood. The second season, which was released in February of this year, continues right where the first season left off.

The most amazing part of this show is how authentic the Southern Italian experience is portrayed. The characters portray life in Italy in an area where tourism isn't common, and people live on the little that they have.

Additionally, the show frequently uses the dialect of Naples rather than the "proper" Italian of Florence. Since the time of Dante's writing, Florentine Italian has been considered the proper Italian

for the country. Social class has been decided based on the dialect you spoke. Those who used Northern Italian dialects were traditionally thought of as wealthier and of a higher class, while those who use Southern Italian dialects have been seen as poor and of a lower class. Ferrante decided to use the native dialect to her characters and her own native dialect.

The show is enjoyable, fast-paced and fun to watch. The first season is available to stream and the first four episodes of the second season are also available, the rest of the season airs weekly on Mondays.

"My Brilliant Friend" covers both light and fun topics and more serious topics like poverty and violence, while keeping things interesting. It is a great watch and will be interesting to binge while stuck at home. As a bonus: You can learn a new language.



From the HBO TV show "My Brilliant Friend," the picture shows a young Elena Greco (left) and Raffaella Cerullo (right).

You Can Conquer Online Classes, But It's Okay to Make It Fun

BY BIANCA VIANA

You're definitely not alone if you're struggling with online classes. We are all trying our best to adjust because for most of us taking an online class is a fairly new concept that we aren't really familiar with. I think I can speak for everyone when I say that online classes are much more difficult than we had all anticipated them to be.

Aside from not obtaining the same level of instruction as you would in the classroom, there are a lot more added distractions at home. So, in the past few weeks I have been trying out some different ways to stay focused better in class as well as staying on top of my assignments.

When it comes to getting ready for online class it definitely will make you feel much more awake and aware if you change out of those pajamas you've been wearing for what feels like forever.

When online classes started, I would just wear my pajamas, throw my hair up in a messy bun and keep my camera off. My mom was the one who encouraged

me to start actually getting dressed and wearing something other than my pajamas for class. When she first said this, I told myself that requires way too much effort, but I tried it one day and it really made a big difference in my ability to pay attention and focus in class.

In addition, I started turning my camera on for class because I felt that if I had to look like I was focused, then maybe it would be easier to focus and that made a really big difference as well.

When it comes to where you should take your online class, my first piece of advice is do not take classes from your bed. Trust me; I know we all want to, especially when we have an 8 am. However, you are definitely not going to be as focused and you might just end up falling asleep and missing half of your lecture.

Try your best to sit in a quiet place, which I know is very hard to do when your entire family is in your house with you. Try to set aside a place in your home where you have a space to yourself during your designated class times. If you have a desk in your bedroom, definitely try work-

ing there. If you don't, try to set up a space for yourself at your dining room table.

The one distraction that is probably an issue for us all is our phone. For some reason it's a lot harder to put our phones away during online class than it is to do in the classroom. It feels impossible to not pick up your phone every time you get a new notification, especially when that one group chat is blowing up. I first tried just placing my phone face down on my desk, but the minute I got the tiniest bit distracted out of habit I would just grab it and before I knew it, I missed time in class that I couldn't get back. So, what I've decided to do is put my phone in an entirely different room while I am in online class because it's not within my reach of getting it and so it has forced me to stay focused on my classes.

Staying on top of our work is something else that we all need to continue doing as well. Being stuck at home means having a lot more time to just lounge around, and catch up on our favorite Netflix series, and as much as that is a lot better than doing our work, we still have to

get it done.

Since I have been home, I have been trying to plan out my days as best as I can because, if I don't then my work does not get done. I try to keep on top of my deadlines as best as I can writing out a certain set of tasks to complete each day. With all this extra time we have you would think it would be easier to get our assignments done on time rather than procrastinating, but it is not necessarily the case. So definitely take some time to write out the assignments you have due each week and which assignments you plan to work on during your class breaks.

We are all in this together. Do not let online classes defeat you. I was really struggling with it at first, as I am sure many others were as well. However, these tips have really helped me. I've seen a lot more progress in what I have been able to get done by following these simple and easy tips each day.

We will all get through this, and only come out of all this stronger than before. Hang in there, Panthers!

How Do You Really Feel About Music?

BY MARIO ESTIVERNE

Does age affect your taste in music? As everyone is stuck at home, many are looking to music as a distraction. Artists



like Tyler the Creator, Billie Eilish or Lil Nas X all came a long way with their music; each to their own when it comes

to the music genre. Others beg to differ though. One example is listening to Tyler the Creator's song "Magic Wand" (from his album "Igor"), which he performed at the Grammy Awards in January with different flows of lights and a lot of other visual effects. I enjoyed the performance and the song. It was like music to my ears. But music tastes sometimes are associated with age and genre preference. The reason I say this is that during the performance, someone I was with who is much older than I am did not enjoy the performance at all. I heard comments ranging from, "Is this the music you people listen to?" "Why is there so much red and why is it aggressively flashing?" to "I don't understand what he is saying and why is he screaming into the microphone?"

Other than hearing the complaints about Tyler's performance, the people around me also disliked other performances that night. When Lil Nas X and BTS performed "Old Town Road," also known as "Seoul Town Road," the reaction to the performance was not that different than for Tyler.

So, does age affect your taste in music? To a certain degree it can be true. Music should not really be associated with someone's age because you can find a child as young as seven possibly who will perhaps come across a copy of your Queen CD or Elton John CD and find their music to be the best thing since sliced bread.

Factoring in how the person was introduced to music and how their standards

are built is an important influence to their taste in music, especially if you think of the environment they grow up in and the music they end up being associated with. There are people who are 21 years old and younger who despise the music of today, whereas people much older than 21 are having the time of their lives with the music of today.

How someone normally feels about a certain genre and how it is portrayed can change. For example, my music taste was found thorough a relative and then my taste in music branched out on its own and soon I became aware of different types of genres. I think enjoying the music you listen to and what you do with it is your choice.

Seeing the Future: Facebook's New Product Could be a Response to Social Distancing

BY NICOLAS RONTANINI

Facebook recently announced the developmental advances of their newest technological feat: production on something called "smart glasses." They are being designed to replace smartphones. Users can take calls, show information to users via a smaller display, and record their vantage point to any social media friends and followers, according to CNBC.



To produce the glasses, Facebook has partnered with the company Plessey to imbed microLED technology into the glasses, since these screens are emissive and don't need backlighting. This makes for a smaller overall package and a lower power requirement. Facebook owner Mark Zuckerberg has talked about the company's focus on the glasses, but limitations with power, screen displays, and connectivity have made a practical prototype difficult to produce.

Given that the glasses will be remarkably similar to smartphone usage, what exactly is the point in making them? It could be related to similar glasses that Google revoked a few years ago. The problem those glasses faced was that people claimed an invasion of privacy, as they could record others without their consent. Maybe Facebook could be trying

to fix the privacy issues users had with the Google glass.

If that is the case, it might be important to note that Facebook has had some issues with privacy in the past, including the Cambridge Analytica scandal last year. Is Facebook inherently an untrustworthy company? No, but their privacy scandals should be noted, given that the Google glass experienced a similar criticism when it was released.

Whatever reasons Facebook might have for working on the glasses, one question stands out: Why continue production when most Americans right now are more concerned with their own safety? Perhaps they're hoping to give a sense of business as usual, given the unprecedented and confusing nature of the current situation.

Still, Facebook is a business. Since most businesses are closed or slowing activity—and are consequently losing money—they may be trying to get some kind of advantage. From this point of view, it's a smart business decision, because it offers an advantage that other companies might not have. Since they have something in the works, this may have allowed them to continue their production efforts during the crisis. This could also give them a lead ahead of their competitors, as they have a new project to work on.

On the other hand, maybe it's more than just business behind why Facebook is continuing production on the glasses. The company might be working on the project because it offers what social-distancing people might want right now: connection.

Whatever reason Facebook has to develop the glasses, is now the best time to work on a project like this? Maybe not. But with the glasses offering some kind of social interaction, and the pandemic requiring people to stay at least six feet away from each other, people start to miss the social activity that was so prevalent before. Perhaps the time isn't optimal, but with everything going on, it might just be what we need to carry on.

As Humans Grow Ill, the Earth Begins to Heal

BY JADE MCCLINTON-DORLEY

Amidst the pervasive panic we're all experiencing, there is a bright side: our earth is healing. You read that correctly. Prior to the outbreak of COVID-19, millions of people were debating about whether climate change/global warming was real and let the record show that it is real; just ask the polar bears in Antarctica floating on melting ice pieces. We could have done a lot of things to help our earth get better, or at least, prevent global warming from getting worse. For example, more people could use solar panels as an energy source, waste less food or drive fuel-efficient cars. But not enough people care or try hard to help the cause. Now we are in 2020 where the coronavirus pandemic is forcing millions of people across the world to stay indoors to stop the spread of this virus.

If you were to step outside right now (although I don't advise you do), it might look like a scene from "The Walking Dead," because almost everything is abandoned, and nobody is really outside. Nonetheless, it is because millions of people across the world are staying indoors that our earth is healing. Yahoo! News reported that because fewer people are using mass transportation and cars, seismologists noticed an astounding drop in seismic noise within the earth. Apparently, the fact that there are fewer

vibrations in the earth's crust can actually help seismologists better detect volcanic activity and small earthquakes.

Aside from the earth's vibrations gradually decreasing, the global air quality has also improved. China is one of the largest countries in the world and it is known for having air quality so bad that people had to wear masks before the pandemic because the air would make people sick. However, since the lockdown started, the air in China is way less polluted than it was prior to social distancing and lockdown measures, as reported by "The Atlantic." Even Italy is experiencing some earthly healing. The mysterious, murky waters of Venice have started clearing up since there is little to no boat traffic within them. The fish, swans and other birds have returned to the canals, as stated by "Country Living."

I could go on about other ways that the earth is healing during this worldwide pandemic, but even the few examples mentioned above are enough to blow anybody's mind away. They might even make you think harder about how much human behavior and activity play roles in climate change. Let's see how much our earth will change and grow stronger in the weeks or months to come. Although the situation is horrific, it might teach us more lessons about our world than just how to support humankind.



Zooming into Issues Doesn't Have to be Permanent

BY CHRISTOPHER ALVAREZ

Is quarantine really a state of isolation? Or an acceptance route to invasion of privacy? Every day our society is being shaped by new technological improvements (or in some cases, malfunctions). The site that Adelphi and thousands of other groups have been using for online gatherings, Zoom, is receiving some backlash after gaining 200 million users in the month of March alone, as reported by CNBC.

Zoom is a video-conferencing service company aimed at providing social interactions online, like meetings. The coronavirus continues to affect many of our loved ones, making personal connections harder to maintain by the second. With the ability to connect with thousands at once, Zoom is now being used for many purposes like gym sessions, education classes and cocktail parties. However, recent allegations might put a stop to the growing juggernaut company.

For starters, Zoom has been found selling their users' private information to other companies. As of April 8, Google, SpaceX, NASA, the German Foreign Ministry and the Australian Defense Force removed Zoom from use and banned their employees from using it on company computers. Jose Castaneda, a Google

spokesperson, explained to the press: "Recently, our security team informed employees using Zoom Desktop Client that it will no longer run on corporate computers as it does not meet our security standards for apps used by our employees. Employees who have been using Zoom to stay in touch with family and friends can continue to do so through a web browser or via mobile." Elon Musk also took measures to ban Zoom as it raises "significant privacy and security concerns."

People should not be exposed to or feel any more risk for trying to maintain their friendships after being constantly concerned with contracting this virus. Companies and countries around the world are right in taking action and limiting risks. However, they must also be careful with limitations, as some people might feel like they are being stripped from their freedom to take advantage of the opportunities technology has to offer. The question of privacy and freedom has always clashed, and so the right question not only becomes how people have to adapt to this new way of life, but also when should the government intervene? To what degree should they get involved? From an economic perspective, the governments of certain countries are right to intervene now as Zoom is already producing externalities, a side effect of a commercial activity that affects other parties.



How much intervention is needed is still a pressing problem.

"Zoombombing" is the new hacking epidemic that has been a major driving force for countries and states to ban Zoom, along with other privacy uncertainties. Singapore and Taiwan are two of many countries that have done just that. According to a "Guardian" article, a hacked history class is what called for Singapore's government to issue a Zoom ban. "One incident involved obscene images appearing on screens and male strangers making lewd comments during the streaming of a geography lesson with teenage girls." Another incident that forced Taiwan to take banning measures, was the traffic that was being sent through Beijing. New York City has yet to issue a statewide ban, but some schools have banned teachers from using Zoom and the Department of Education encourages schools to abandon Zoom and switch to a

service from Microsoft.

Zoom, meanwhile, has apologized for such events and promised to improve its security and privacy features. Sadly, apologizing does not fix the inappropriate images children have been forced to see during these "zoombombings." They do not fix the additional fear that people have the next time they host a meeting.

Zoom, now a happiness theft to some, is increasingly reputed as a dangerous environment for gatherings. Questions about the future are now rising: Should we really be so dependent on technology? Or is it something that must be adapted to fit the new reality? We do not have to be limited to just these two possibilities. There's more to life than being glued to a screen. Life is what you make of it, not what someone tells you to do. Zoom may have caused us to zoom into more issues, but it is up to us to not fall into the trap and zoom in to a more meaningful life.

Hidden Heroes: The Workers on the Food Supply Frontline

BY MOLLY AMICK

With the quick rise of the coronavirus cases in the United States also came a rapid onslaught of fear and panic in many Americans. Many states are on lockdown and the estimated end dates of this government-mandated isolation seem to be pushed farther and farther back. The people are faced with uncertainty about when this will all blow over, and only essential businesses remain standing in the face of this storm. These businesses, crucial to Americans and their survival and prosperity, have been overwhelmed with new challenges to face as the public is in crisis. Grocery stores, postal services and takeout restaurants have been hit with a sudden wave of customers as Americans fret over keeping their kitchens stocked, their families fed, and their households supplied with necessary products.

What we fail to acknowledge is the indisputably essential hard work the employees of these businesses provide to ensure these things are possible. The supply of necessary goods to people helps them to self-quarantine and do their duty to ensure a safe public environment. However, the workers who are responsible for the stocking of shelves, delivering goods and preparing food are put in more inherent danger just by interacting with customers and having contact (or even just sharing space) with fellow employees. "The Washington Post" reported that some workers from Trader Joe's, Walmart and

Giant have lost their lives to COVID-19. The workers providing sometimes basic and simple tasks are also in higher demand than ever. NBC News discloses that some states, like Vermont and Minnesota, are beginning to classify grocery store workers as "essential emergency workers."

Essential businesses aren't having fewer customers; they're busier than ever. Their employees are risking their health in order to have a source of income and sustain themselves, but also to serve the people in a time that is absolutely essential to have these workers. Without them, the basic needs of the American people would not be satisfied, and we'd surely have an anarchic situation in our hands.

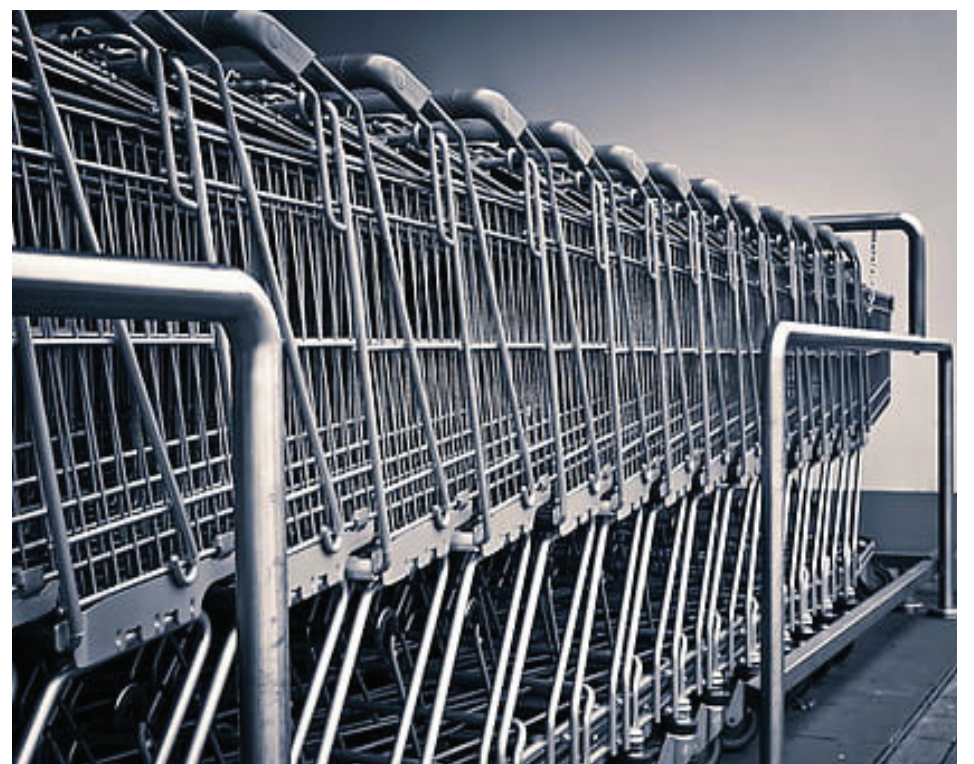
As a grocery store associate, I see the rise in customers; it puts strain on us remaining workers. Some leave due to illness or fear of contracting the virus. The hostility of customers doesn't help either. It is evident that many people are stressed and struggling to get the items they need. This doesn't make arguing over the last pack of toilet paper or the last bottle of hand sanitizer worthwhile.

One new practice many stores have been implementing is the regulation of the number of customers permitted in the store at a time. This is an important feature that gives shoppers the ability to social distance within the store, as well as decrease the risk of exposure to the virus to the employees. Because stores are lowering the capacity of persons permitted to enter, many must form lines for the

customers waiting to enter. Causing a wait isn't ideal for anyone, but when it comes to battling the reckless spread of the virus, no precaution can be taken for granted.

I work at a grocery store, so I understand the new systems of social distancing and waiting in line are nobody's favorite thing to do; they can make for a more stressful and time-consuming shopping experience. However, the complaints and resentment towards the businesses and employees are unwarranted—we are doing our best to protect your health, and by extension, the health of your families. We

are doing our best to protect our health and well-being, too, ensuring we can continue to workday after day to provide the goods and services you rely on during these times. We show up so that you can buy the food you need. We work hard to generate income, so we are able to do the same. We are keeping the store as clean as possible, sanitizing carts, displays and checkout surfaces to decrease the likelihood of virus transmission. The circumstances we're dealing with are nobody's friend, so let's strive to keep our communities safe together.



NCAA Spring Senior Athletes Granted Extra Year of Eligibility

BY MAXMILLIAN ROBINSON

When the pandemic caused campus to be closed in March, the full semester calendar wasn't even midway through. One of the resulting losses was to the spring sport athletes (specifically seniors), who had to forego their last season at the collegiate level. However, in response to this, the NCAA council voted in favor of a proposal, granting all seniors playing within the NCAA another year of eligibility to compete alongside their peers.

That means all Adelphi spring teams—baseball, softball, track and field, lacrosse, golf and tennis—will be given the opportunity to keep their seniors, while also adding the new first-year recruits to the team, without roster limits. With this new rule in place for next season, spring sport seniors can be referred as “auxiliary athletes” due to the fact that they’ve competed for four years athletically. However, they’re granted another season due to their fourth year being cut short. The NCAA ruling also can help boost team morale because senior players are coming back, and they can provide leadership for the new incoming first-year athletes.

Daniel P. McCabe, Adelphi’s athletics director, was pleased with the proposition.

“Granting the spring sport athletes another year of eligibility to be pursued at a school or at another institution was the right choice,” he said. “We all had sympathy for the situation in which those student athletes were put. We’re glad that the students, especially the seniors, have another chance to take the field.”

The ruling specifically allows schools to self-apply waivers in order to give an additional season of competition, with an extension of eligibility for spring



Senior Kelli Smith (front), women’s track and field star, said she’s glad about the new NCAA ruling to give seniors another chance to perform. Photos courtesy of AU Athletics



Senior baseball outfielder Lawrence Cicileo (center) said he only got a chance to play nine out of nearly 50 games before the season ended due to the pandemic.

sport athletes. Usually, NCAA athletes have four seasons of competition that must be completed in a five-year window. Which means, if you’re a student athlete, the NCAA gives you five years to compete athletically for four years. The fifth year is added as a redshirt year and is usually used when a player gets hurt or injured. That way, they can sacrifice a year to rehab while still being able to compete for four years athletically (even if they graduate).

“I think it’s great that the NCAA is giving an extra year of eligibility to their athletes,” said Gordon Purdie, Jr., a graduate student and men’s lacrosse team player. “For someone like me with a second year of grad school to complete, it’s going to be great to be able to play an extra year.”

Senior Kelli Smith, women’s track and field star, is also grateful for the new rule.

“I am so glad the NCAA gave all

the seniors another chance to perform,” she said. “I was so sorry to think that my senior teammates didn’t get the chance after their years of hard work and training. When you work on a goal for years, to think you never get an opportunity to showcase your skill is devastating to athletes, especially in track and cross country when your sport is year-round.”

Senior baseball outfielder Lawrence Cicileo agrees.

“The NCAA made the correct decision by granting another year of eligibility for seniors. It would’ve been very disappointing to have my last year of eligibility taken away after playing just nine out of nearly 50 games,” he said. “It’s a sad and complicated situation because not every senior will be coming back, even after the granted year. I feel bad for those who won’t return to complete their final season, but I already planned to go for my masters anyway.”

In addition to allowing seniors to continue to play, the NCAA council is adjusting financial aid rules for institutions, which means expanding rosters in order to ensure teams have space for additional scholarship athletes without kicking them or pushing away other athletes or incoming recruits. Returning athletes, specifically seniors, will not count against roster limits. This allows the incoming recruits to not be in jeopardy of losing their scholarship to the program.

Lastly, this statement urged the NCAA to allow the eligibility to address “immediate support for housing and food” for athletes who plan to live on campus.

As AU athletes play the waiting game, only time will tell which “auxiliary athletes” takes advantage of the opportunity.

How to Successfully and Routinely Commit to Yoga

BY CORRADA SPATOLA

Yoga is a spiritual discipline that includes breath control, simple meditation and the adoption of specific bodily postures, and is widely practiced for health and relaxation. No matter where you practice, experts said the benefits are extensive.

According to Michael Cirisano, a chiropractor in Franklin Square, people who regularly perform yoga tend to be in better physical condition.

“Their weight is usually better; their muscle tone is usually better; and their flexibility is usually better,” he said.

But Cirisano said that to reap yoga’s many benefits, you should consider making it a lifestyle.

First-timers should visit various classes to get a feel for the variety of styles and approaches, suggested Nilda Festa, owner of L I Tae Kwon Do, a yoga studio in Franklin Square.

“Participate in what’s going on,” she said. “Instinctively you will know if this is right for you, if this is the right teacher because of the level of comfort ability that you have in the class.”

Before you even step into a studio, you can also get a feel for yoga via apps that specifically target yoga beginners and their needs.

For instance, Daily Yoga provides class plans, step-by-step instructions to guide you through every movement, and teaches you how to safely master challenging poses once you get more comfortable. It includes more than 50 workout plans to help you get fit with yoga, and a global community to stay motivated.

Cristina Diaz, a yoga instructor in Hewlett, said beginning yoga can be as simple as laying on the ground with palms facing up and focusing on your breathing.

“Closing your eyes helps to stay on the breath, but eventually the mind will wander no matter how you cut it,” she said. “Instead of trying to ‘get rid’ of the thought, I advise a person to allow it to happen, and once it has passed refocus on the breath.”

Once you start classes, a great way to become more confident is to adjust and modify the positions to your body and what you can handle.

Diaz said that confidence is something you must learn with time and practice, since everyone is different and not all teachers are knowledgeable enough to know all modifications you may need. Most teachers will be respectful of this boundary. She suggested holding your ground, but trying not to confuse this with teachers adjusting you so that you can benefit from the pose.

“Body awareness can only go so far and if someone tells you to pull out a bit, it is likely because your alignment is off and it will defeat the purpose of the pose energetically and physically,” said Diaz. “Your alignment allows safe practice, your body to open in new ways, and to reduce the risk of injury.”

This is best achieved when you make yoga a lifestyle choice and practice routinely, said Cirisano. “Repetition will build skill and strengthen stamina and endurance.”

Diaz said the first step in becoming consistent with the practice is simply showing up.

“Some people use the adage that you will never regret going to a class.

But getting yourself to go is the part that shouldn’t be regretted because that is where the discipline comes from, which makes way for the mental and physical advancement.”

Festa said that with any other physical challenge, practice makes perfect.

“Obviously the more often that you practice something, the greater the benefits will be and the sooner that they will come to you,” she said. “The improvement curve improves dramatically when you’re practicing at more than two times a week, but you can still gain benefits from practicing two days a week.”

Making yoga a lifestyle choice can benefit anyone mentally and physically in countless ways. To reap all benefits possible Diaz suggested keeping an open mind and your ego in check.

“Yoga is a delicate dance between listening to the instructor, respecting your personal boundaries, or maybe even realizing what those boundaries are,” she said. “Even if you don’t ‘love’ the class, it does not mean it is a waste of time. Just practicing for the sake of practicing is a lesson unto itself.”

AU Tennis Players Return Home to Bermuda to Wait Out the Pandemic

BY JAKE MALONE

For Luke Stirling, a junior on Adelphi's tennis team, getting back to his home in Bermuda is never a simple task. When COVID-19 struck our country, all Adelphi students were forced out of their dorm rooms, as classes were to be conducted online for the rest of the year. The prospect of moving their belongings and getting everything back home was an unexpected challenge for all residents.

The news was especially difficult to handle for Stirling because he was on spring break when he found out.

"I was actually skiing in Colorado with my family when I heard the campus would be closing for the year," Stirling said. "They even closed down the resort I was staying in halfway through my trip. My family and I had to pack up everything and leave in one night."

The Stirlings were in a panic: re-scheduling flights back to New York and Bermuda, canceling hotel rooms, dealing with returning their rental car and ski gear and trying to get a refund for everything.

"We managed to make it back to New York where I had to move out from Adelphi," he said.

If that weren't enough, the Stirlings' flights back to Bermuda got canceled. They eventually were able to get seats on the last flight out.

While that week was an especially stressful time for Stirling and his family, the past few weeks have certainly been a change of pace.

"Back home we are also in a strict



David Leader, a 2015 state champion at his prep school in Florida, is a junior on the AU tennis team who is now looking forward to his next spring season on the courts.

lockdown period. You can only leave to go to the store, doctor or gas station. You can leave your property once a day for exercise for an hour, but you can't go more than half a mile away from your house," Stirling said.

As of today, the island has 99 confirmed cases, 39 recoveries and five deaths.

Stirling isn't the only AU tennis player who is back home on Bermuda. David Leader is another junior on the team and a good friend of Stirling's. Fortunately, Leader was able to get on a flight back to Bermuda rather easily. The only difficult task for him was finding a way to get his belongings back home.

"I took as much as I could back home with me on the plane, but most of my stuff is at my girlfriend's house on Long Island," he said.

Luckily for these two players, who still have unfinished business on the court, they will be returning for their senior year.

When asked what his biggest disappointment was about this season, Leader said: "As much as I was looking forward to this season, and as much as I am disappointed about having this year canceled, I am way more upset that the seniors ended their season this way. Some of them never even knew it was their last match they played."

Stirling shared his concerns for new players.

"The biggest disappointment of the season is that we have a lot of new players that joined the team, so overall the team was fresh and it felt like a new start, but that was ruined," he said. "The bright side is that we ended the season undefeated in our conference at 1-0."

Both players are extremely motivated and excited to come back to school in the fall.

"I am most looking forward to seeing all my friends as it will have been six months since I last saw them and resuming my tennis season at Adelphi will keep me motivated all break," said Stirling.

Leader added that he's most excited about seeing his friends and teammates next year "and catching up on what everyone has been doing since I last saw them."

The men's tennis team will look to improve with a roster full of young and talented players for the 2020- '21 season.



Luke Stirling was an NE10 All-Conference Third Team player during the 2018-'19 season. Photo courtesy of AU Athletics

CRS Provides Free Virtual Live and Recorded Workouts to Students

BY MAXMILLIAN ROBINSON

For many students who were used to working out in Adelphi's Center for Recreation and Sports (CRS), that was just one more pandemic-related closure to cope with. How can you work out and keep fit when you can't visit your campus gym?

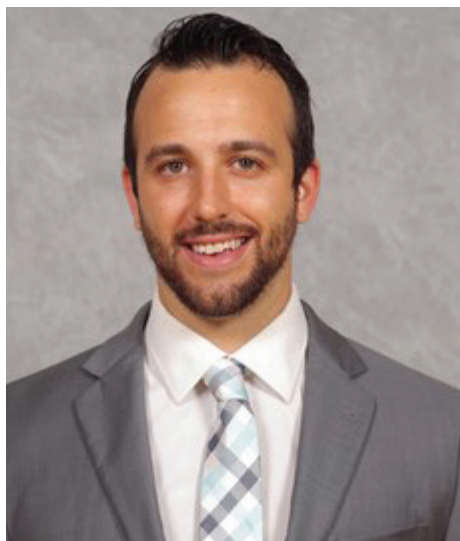
You may not be able to come to the CRS, but thanks to new virtual classes, the CRS can come to you either live or recorded to view on your own schedule. For the past few weeks, the CRS and its staff have orchestrated workout sessions consisting of various exercises proven to keep you feeling fit.

Shaun Rutherford, assistant director of campus recreation, said that the CRS is offering numerous classes via Zoom, which are recorded and published to the Adelphi Campus Recreation YouTube page.

"We have five different types of yoga—yoga flow, yoga healing, Vinyasa yoga, yoga with meditation and beginner Vinyasa," he said. "There's also a 30-minute abs class along with a strength and conditioning class."

For students stuck at home, these classes are a healthy lifeline.

"I think virtual classes are a great way for people to continue being physically active at a time of social distancing," said first-year student Mitch Cohen. "It's still important to maintain a routine. I'm thrilled about the 30-minute abs classes



Strength and conditioning coach Keith Ferrara offers workouts for athletes via Instagram. Photo courtesy of AU Athletics

because crunches are my favorite exercise."

While senior Valencia Saint-Louis hasn't yet participated in any classes, she

said she understands the importance of working on your health and well being when your usual activities are curtailed.

"It's great that the CRS is doing their part to encourage exercise and movement for everyone while we're at home," she said. "I could imagine that if a student is used to going to yoga or strength and conditioning sessions, suddenly not having that practice can throw them off of routine. I think these live recorded sessions hosted by the CRS are great for the physical and mental health of students."

Classes are being offered on a variety of days and times to accommodate as many schedules as possible.

"We have classes at 1 pm and at 5:15 pm, depending on the day," explained Rutherford. "Yoga flow classes are conducted on Mondays at 5:15 pm. Strength and conditioning classes are run on Tuesdays (same time), and Vinyasa and meditation classes take place on Thursdays (same time as well)."

All other classes follow the 1 pm schedule: 30-minute abs on Tuesdays, Vinyasa yoga on Wednesdays, yoga for healing on Thursdays, and beginner Vinyasa on Friday.

The CRS staff also can see how many viewers take part in the workout sessions that are run daily.

"We regularly see 10-plus people watching per session," Rutherford said. "We have people sign up for the classes ahead of time through IMLeagues.com, which is still accessible through the campus portal. However, those who did not sign up beforehand can still participate in the classes as well."

For more information on where you can find the exercise schedule, visit www.imleagues.com and click on the group fitness tab.

Even Adelphi's athletes have a chance to continue their physical training with the university's strength and conditioning coach, Keith Ferrara, who has been with the Panthers' organization since 2014. He said he's determined to make our athletes the best they can be, while instructing proper technique and keeping athletes healthy—especially during the pandemic. So he's created an exclusive workout routine that is specifically for athletes to improve their overall skills. He emails the athletes a complete rundown of workouts to do individually while they're at home. He also offers his weight lifting routines on Instagram @Adelphistrength.

Well, there you have it: no excuses not to workout at home.