

The Delphian

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The Voice of the Students

Volume 76, Issue 1

What Do Campus Changes Mean for Commuters?

BY ALEXI BHATTACHARJI

After moving to remote learning for the second half of the spring semester, the fall 2020 semester is now a mixture of in-person and online classes—yet another new, unfamiliar experience for students. The semester looks to be challenging for every Adelphi student, but with about 6,900 undergraduate and graduate commuters and/or remote learners, what do all these changes mean for them?

Students who returned to campus are expected to follow various safety measures. A daily health check available on the AU2go app must be filled out 24 hours prior to arriving on campus. If someone is experiencing symptoms related to Covid-19, they will be asked to stay home. Masks are required and social distancing must be practiced at all times.

Sentwali Bakari, vice president of Student Affairs and dean of students, stressed the importance of following these measures. “We’ll need students’ cooperation in being safe and responsible and creating a culture around health safety,” he said. “If we’re able to follow this guidance, it’s going to pay dividends in terms of being able to have students on campus.”

If a student has a mix of in-person and online classes on the same day, or they have a break between classes, they can find a space to sit and work. Anyone uncomfortable being on campus between classes can sit in their car without being ticketed for idling unless it becomes a safety issue. However, idling is not allowed in underground lots.

For others, Adelphi has ensured that

there will be plenty of space for students. Buildings like Nexus and the Swirbul Library are open with specific seats being off-limits to adhere to social distancing, and collaboration studios will only allow one student per studio. Post Hall and the Panther Den are also options if Wi-Fi is needed.

Additionally, over 260 outdoor spaces have been added around campus, including two outdoor tents that are inclusive of power and Wi-Fi. Students must social distance and wear masks, but will be able to attend remote classes, work or simply relax. A list of these spaces will be made available, but it is not without its flaws. When



Students in Nexus social distancing and wearing masks between classes. Photo credit @ prezriordan

asked about their opinion on these spaces, some students said they didn’t know these areas had been added.

Samantha Rooney, a sophomore commuter student, also expressed concern about the spaces.

“I think one major issue that could arise is noise control,” she said. “Some students may want to socialize with their friends, while others are trying to complete

a Zoom course.”

While there are still concerns and questions unanswered, commuters still have a chance to have fun and get involved. Participating in clubs and activities is a large part of a commuter’s college experience, and the Center for Student Involvement (CSI) is working to ensure students have plenty to look forward to. While in-person events can be held in socially distanced groups of 10 or less, many will be virtual.

CSI director Anna Zinko said, “Despite things looking a little different, we’ve got an exciting lineup of events for students to participate in starting with Welcome

Weekend. We are also actively working with our student organizations to ensure they can continue to engage their members.”

One of these organizations is the Commuter Student Organization (CSO), who are planning a virtual commuter appreciation week among many other commuter events. Sloanne Somerstein, a junior sociology major and the public relations chair for

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A New Diversity and Inclusion Action Team

BY MARIA GIOVANNA JUMPER

With racial tension continuing across the country, Adelphi has responded to include voices of students, faculty and administrators by creating a new diversity and inclusion action team this summer, the Equitable Adelphi Action Team. Formed by the Division of Student Affairs, the Equitable Adelphi Action Team, is “a student-centered council that will provide the University with recommended action steps and suggested strategies for how our community can address and combat racism and other forms of oppression, implicit biases and microaggressions,” according to Sentwali Bakari, vice president of Student Affairs and dean of students.

The university has been vocal about combating oppression on and off campus. They have even come out to talk about university responses to student social media posts that propagate racism.

Bakari said, “Posts displaying hatred of any sort do not represent the values and ideas of Adelphi University. Although free speech is a constitutional right in America, we will not tolerate acts of racism among our community and will not allow intolerance or bigotry to find ground at Adelphi.”

As a part of their efforts, the university is depending on students reporting incidents. The Division of Student Affairs has created the Bias Incident Report Form to provide students the means of reporting acts of racism, hatred or threats of violence seen on campus.

Bakari said that Adelphi is a campus that is committed to celebrating diversity.

“We are a proud university with exceptional students who value compassion, integrity and equity,” he said. “Use this moment in time as an opportunity to exert leadership within our Adelphi community and within the communities in which you live, work and operate.”

The project to create this team was initiated by Bakari and from there it took off. Anna Zinko, the director of the Center for Student Involvement (CSI), said, “We always want to center student voices in our work in the Division of Student Affairs and we felt that student voices were critical to helping guide our diversity efforts.”

The purpose of the action team is to provide feedback on and recommend policy changes, according to Zinko. “The goal of this team is to help create a more equitable, inclusive and just Adelphi University community.”

The group meets monthly with the Division of Student Affairs and other

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The Facts Behind the University’s Tuition Increase

BY BIANCA VIANA & MARIA GIOVANNA JUMPER

A very pressing issue many students across the United States and right here at Adelphi are currently facing is an increase in tuition rates. Many students are especially upset about this given the fact that they are receiving a majority of online classes this semester.

The recent pandemic has caused financial stress for both students and the university. Some students have lost their jobs or no longer have certain campus jobs available to them, like Hire a Panther. The university has had to endure extra costs for personal protective gear (PPE) and other resources. With all this being considered, students are still wondering why they are paying more.

James J. Perrino, executive vice president of finance and administration, informed students in an email sent on July 1, 2020 that they “have held the increase

for undergraduates to 3.5 percent and for most graduate programs to 2.75 percent.”

When *The Delphian* contacted him, he reiterated that they tried to “minimize increases to the fullest extent feasible, despite the significant new and unexpected costs to support the technology, service, and health and safety needs of a world-class remote learning experience and a safe return to campus.”

Although there is still an increase in tuition, Adelphi has frozen university, technology and library fees at the 2019-‘20 rates. Additionally, Perrino stated that they have also reduced the cost of housing and meal plans for fall 2020 to reflect the shortened time on campus.

Understandably, students are upset about this slight increase given that many of their families have lost jobs due to Covid-19 and will now struggle with paying for their tuition for this upcoming year.

In the previous academic year of 2019-‘20, the average estimated cost for a resident student was between \$54,880 and

\$61,270. With the increase this year, the average cost of a resident student based on Adelphi University’s website is \$63,330, including indirect costs.

For a commuter student living with a parent, the estimated cost for the 2020-‘21 academic year is \$42,500, not including indirect costs. In the 2019-‘20, academic year the cost of tuition for a commuter student was \$40,980, not including indirect costs.

The listed costs in tuition do not reflect any financial aid or scholarships offered through the university, which Perrino stated is “more than \$80 million in renewable institutional aid to its undergraduate and graduate students.”

However, the increase in tuition is there and it is approximately \$2,000 more for residents, as well as commuter students.

In an effort to help those in the Adelphi community struggling, the university

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A Word from the Editor

Welcome back to campus! This year we are welcoming three new staff members. Molly Amick and Mylo Fisherman are our new Editorials Editors, and Bianca Viana is our new Assistant Features and Entertainment Editor. We are welcoming back Jake Malone, who has switched from co-Sports Editor to Features and Entertainment Editor. We are also welcoming back Maxmillian Robinson, who is continuing as our Sports Editor.

I'm Maria Giovanna Jumper and have been the Features and Entertainment Editor for the past two years. I am now starting my time as Editor-in-Chief and News Editor. I am a senior economics and interdisciplinary studies double major and I have a minor in Italian. I have been dedicated to *The Delphian* for the past three years and I am very grateful to be the Editor-in-Chief.

With all the changes to campus life we are excited to be able to report the voice of the students. In this issue we dive into the realities of the tuition increase on campus. With the Covid-19 pandemic still rampant across the country this came as a shock to many students and we have some answers for you. We also cover the new Equitable Adelphi Action Team that has formed as a response to the need for change across our campus and country.

In features we remind you of ways to get involved on campus, specifically while still remaining socially distant. We also share the new developments in the Resident Assistant program and how resident life has had to change in response to the pandemic.

The Editorials section discusses issues driven by the pandemic, including a new technology surge and education during this time. It also kicks off this election cycle with an article on voting.

Finally, the Sports section gives you updates on the recruitment process during this time and how athletes are staying in shape, even as our sports program is on hold.

As the world continues to change and things develop we will provide you with timely updates and hope to share valued student input. As the voice of the students *The Delphian* is always here to help impact change and growth on our campus. Look for alerts about our virtual meetings so you can contribute your voice to our student newspaper as well.

Maria Giovanna Jumper
Editor-in-Chief



The Delphian

Editor-in-Chief
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If you want to join the paper as a writer, photographer, designer, advertising manager or social media contributor, contact us at delphian@adelphi.edu to be added to the mailing list.

Our first meeting will be September 16 at 1 pm via Zoom. Contact us to get the link to join.

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

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The Delphian Wins in Best College Newspaper Category at PCLI Awards

The Delphian recently won second place in the Best College Newspaper category from the Press Club of Long Island (PCLI), a local chapter of the Society of Professional Journalists. This marks the ninth consecutive year of placing in this category. In addition, staff writer Christopher Alvarez, '20, won the Disability Journalism Scholarship for the articles he wrote for the paper.

Alvarez said of this honor: "This scholarship means a lot to both my family and me. Writing was never a good talent of mine in my early education days but *The Delphian* newspaper at Adelphi helped me gain confidence and find myself in what I truly love. I'm not the best writer but I can now say, I am a writer and a winner of a great scholarship, all because of my *Delphian* family."

Liza Burby, who is faculty advisor for *The Delphian* and a senior adjunct professor in the Communications Department, won second place in the Education category for her Adelphi University magazine article, "Community Improvement by Design." She also won third place for an article in *Newsday* in the Food & Bever-

age category, "Accounting for Taste."

Usually the awards are announced at a ceremony in June, but because of the pandemic, winners were informed via email on July 20. To learn more about the awards, visit www.pcli.org.

"For the ninth consecutive year, The Delphian has placed in the Best College Newspaper category in the Press Club of Long Island awards."

New Diversity and Inclusion Action Team

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University leaders. Additionally, it will consist of both undergraduate and graduate students. So far over 30 students have signed up.

Tommy Severin, the assistant director of CSI, added, "We do ask that students make a commitment to participate for the full academic year to ensure continuity and make sure we are able to effectively follow up with issues.

"Students on the team shared a variety of concerns, which the Student Affairs staff have developed suggested follow-up plans for," Severin continued. "At our upcoming meeting, we'll review these suggested actions for student feedback, alter plans as appropriate based on their feedback, and then move forward with implementation."

Two students have become greatly involved in the Equitable Adelphi Action Team. Teddy-Ann Miles is a senior nursing major and the new president of Black Students United. Niamh Condon is a sophomore nursing major and the vice president for external affairs in the Student Government Association (SGA).

Miles stated, "In the height of Covid-19 and a cry for social justice, the Equitable Adelphi Action Team was created to

respond to years of injustices in our society, which trickled down in every aspect of our daily lives."

Miles specifically mentioned the goals of bringing about change in academia and campus life. "The action team is composed of a group of student voices who are given the opportunity to help faculty who are in charge of creating opportunities, rules and regulations for those choices that will be in the best interest of all students and faculty at large."

Condon added, "As an organization, SGA found it imperative to speak out against the racial injustices in our society that underlie the deaths of countless people of color such as George Floyd, Ahmaud Arbery and Breonna Taylor. At the first meeting, individuals discussed their rationale for joining the action team and explored their desire/wishes for what they hoped to see accomplished by the action team in the future."

The Equitable Adelphi Action Team is still being developed. This is a great opportunity for students to get involved, have their voices heard, and help establish a new team on campus. If you are interested in joining, email multicultural@adelphi.edu.

Fall Semester Starts With New Classroom Safety Protocols

BY MARIA GIOVANNA JUMPER

With the evolving public health crisis still in full swing, Adelphi has had to make major adjustments to campus safety protocols. Campus had to be retrofitted in order to accommodate students' safety. Further, classes are being provided in a few different modalities. Traditional classes are all or nearly all in-person instruction; hybrid/blended classes are come in-person and some online (usually asynchronous) instruction; and online classes come in a variety of forms including synchronous, asynchronous and combination. There are hyflex classes where students may choose to attend either in-person or via live-streamed sessions. Classes will occur on campus through Wednesday, November 24, after which they will move to a fully online setting.

One major change is the mandatory mask rule. Since students returned to campus they have been required to wear masks in all public spaces, including class, at the library or moving throughout campus.

"We have over the last several months worked to educate the campus

community about their role in a safe reopening of campus and our centers—via social media, emails, e-newsletters, videos and for new students and orientation," said Todd Wilson, strategic communications director for University Communications. "A big part of that is an emphasis on personal responsibility for ensuring our own and others' safety by adequately



covering mouth and nose, social distancing and not coming to campus if one is not feeling well or may have been exposed to others with Covid-19—all of which are part of the daily health monitoring checklist. These personal commitments have been included in the updated code of conduct and are part of the Adelphi Pledge to Protect, which all students, faculty and staff have been encouraged to take as part of their duties in maintaining a safe environment at Adelphi."

Wilson added, "Additionally, Public Safety staff and trained student safety ambassadors will remind those who aren't following the requirements and direct those who don't have an adequate face covering to a campus location where they can get one."

In addition, classrooms are equipped with freestanding mobile health barrier screens to provide a moveable barrier and enable a faculty member to move about the front of a classroom without being constrained to a fixed location.

As Sentwali Bakari, vice president of Student Affairs and dean of students, stated, "Students and their families want a quality experience, and that's what we're doing our best to provide. We want to welcome students back to campus in a very safe and responsible way and try to mitigate as much risk as we possibly can.

Classroom capacities have been reduced to ensure safe distancing between students. Additionally, the university has upgraded signage to dictate which way you must walk down hallways and which stairwells are for up and which are for down to create a smooth flow of traffic as students go to and from class.

Workspaces like the Swirbul Library have been updated to adhere to social distancing. Collaboration studios will only hold one student at a time and workspaces will tolerate a limited number of students. Students are also not permitted to hang out in groups larger than 10 at any time.

Amanda Capasso, a senior psychology major, feels it's the students' responsibility to follow all safety protocols.

"I felt pretty safe in the few classes I attended on campus," she said. "Adelphi is doing what they can, but the safety of everyone is definitely in the hands of the students."

The university has also added daily health checks. Students must fill out a health check-in 24 hours before arriving on campus each day. This health assessment can be found on the AUtogo app and asks questions including: have you come in contact with someone who tested positive, have you recently tested positive, and do you exhibit any of the known symptoms on Covid-19?

As a campus and community, we are all working to ensure safety in the classroom and on campus while still enjoying the semester to come.

The Facts Behind the University's Tuition Increase

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has offered multiple payment plans for students to enroll in as well as to help those who are struggling with the increase in tuition for this upcoming school year. According to Perrino "the university issued more than \$80,000 of emergency grants from private donations and \$2 million of federal CARES emergency grants to date, to assist our students and families during this challenging time."

In the same email, Perrino stated, "We have permitted students with outstanding balances to register for fall; we have provided additional payment plan options to allow students and parents additional time to settle their account balances; and we are waiving late fees on tuition payments through October 15, 2020."

Many other universities across the country are also raising their tuition rates this semester, with some operating fully remote, and not offering any in-person instruction.

When Adelphi made the quick switch to remote learning in March 2020 new resources and technology were needed, like Zoom for virtual classes. Although Zoom is a free application, the university is still paying for Education Plans, which allow class times to run longer than the standard 40-minute free period. In addition, many other organizations on campus also used Zoom to hold meetings.

Additionally, software such as the Respondus Lockdown Browser, which was used by many professors this past semester when administering exams, also has a yearly fee, that at around 8,000 students costs \$4,595 annually.

Todd Wilson, the strategic communications director for University Communications, said, "There have been substantial investments in the Zoom Educational Platforms, as well as online teaching



President Riordan's dog and Paws the Panther masked up for the start of the semester. Photo credits @prezriordan

academies for faculty, course development materials for online and hybrid classes, technologies to equip the classrooms on campus for remote and hybrid learning, added laptops and software for students, faculty and staff, along with other technology supports."

According to Perrino, the university also absorbed the cost of many other services needed to ensure the opening of campus this fall. This includes items used for preparing campus: social distancing signage, health and testing requirements and plexiglass barriers, the new technology needed to be able to hold hybrid-flex classes, and enhanced cleaning.

They have additionally claimed that they are still doing their best to offer all resources, whether it be having their Learning and Writing Center Tutors work remotely or continuing to offer at-home workout classes once offered in the CRS. Perrino reminded students that they will have access to all on-campus services, whether their classes are fully online, in person or somewhere in-between.

In an email to *The Delphian*, Presi-

dent Christine Riordan, said, "We know the pandemic has created financial challenges for many of our students and their families." She urged students to check out the July message sent out that helps families and students understand the increase in tuition.

Yet, with many other universities already having to close down after the first week of classes, many students are worried that they will be back home before they get the chance to enjoy the offered services. The university has also taken refunds off the table if the campus does get shut down.

Wilson explained that "in the event that the campus experiences an unforeseen shutdown, we are prepared to shift to remote operations, continuing a high quality educational experience for the remainder of the semester and therefore not necessitating tuition refunds.

"We would not be providing room and board refunds for circumstances such as a health pandemic, which falls beyond the University's control; however, we have reduced housing and meal plan costs to reflect the shortened scheduled time on campus," Wilson continued.

Mackenzie Banks, a senior political science major, said, "At first glance the tuition increase made me angry. Our resources are being limited, for most students in-person instruction no longer exists, and it feels as though the quality of our education has been compromised. However, after being on campus for the last three weeks, I understand the sacrifice of an increased tuition bill. With the new health and safety measures, which I believe Adelphi is doing well with, the university has truly taken precautions to ensure the safety of the students living on campus."

What Do Campus Changes Mean for Commuters?

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CSO, said, they are having a CSO Pop Up this Wednesday, September 16 from 11 am to 3 pm.

"Commuters will be able to socially distance while meeting some of the E-Board members and have the opportunity to pick up a journal," Somerstein said. "To help commuter students adjust, we are sending out CSO newsletters with commuter tips and an update on weekly upcoming events. We also plan to keep in touch with our commuters through social media."

Their first meeting will be today, Monday, September 14 at 1 pm via Zoom. CSO is a great organization for commuters to join to become more involved on campus.

Additionally, the Commuter Assistant program is a great resource for all commuter students. Commuter Assistant Jessica Bellomo, a senior mathematics major, said, "The Commuter Assistants (CAs) are trying our best to still host events throughout the semester that are fun and safe for students."

This year the Commuter Assistant program has seen a decline in participation since their main advertisement tool was the in-person orientation, which did not happen this year. Yet, the CAs are still offering a lot of the same resources.

Bellomo said, "The biggest thing we had to change was moving our Commuter Assistant desk hours from the desk in Nexus to online Zoom hours. But we are still available for any help as if we were at the desk."

Commuters face a daunting semester ahead of them, but Adelphi has implemented safety measures and accommodations that will allow them to complete all their work while still being able to have fun.

Changes to Residential Life on Campus

BY LENA MAFFEI

Now that the 2020-'21 academic year has begun, it seems like students are finally returning to a somewhat normal college experience—with some unique adjustments. The university has welcomed back residential students and re-opening many in-person classes, although some classes and services still remain online.

However, despite the progress that has been made, things are not completely “back to normal” yet. The virus is still a threat, and students and faculty alike need to be conscious of that fact if Adelphi intends to stay open.

I am one of the people who spent much of their summer vacation worrying about this. As the school year approached, I became increasingly concerned with both how residential life was going to change to adapt to the current pandemic and whether it would change at all. As more of the classes that I took and the services that I utilized on campus became available online (and sometimes only

online), I had to ask myself whether it was still worth it, both financially and in terms of the experience, to live on campus this semester at all.

Fortunately, Samantha Bassford, Waldo Hall director, was able to direct me to a Zoom session where other students and I could have our questions about Residential Living. We asked about a variety of topics, from whether students could still set up their video game consoles in the lounge to whether the shuttle buses to and from campus were still operating. (The answer to both of these was yes, in case anyone is curious.)

What I was able to gather from that meeting is that this year's Residential Living and last year's Residential Living are mostly the same. The main difference is that there are stricter rules regarding certain aspects of dorm life in order to ensure that people are careful. Many of these rules concern the people who enter and exit the buildings. Students are no longer allowed to bring guests from outside their own dorm, and residents returning from

outside will receive temperature checks. The lounges, while still usable, are now required to be socially distanced.

As someone who didn't often bring guests over and avoided the lounge if it was too crowded, these changes don't bother me much. But even the people who are bothered should be able to acknowledge that it's a small price to pay for safety on campus.

Resident Assistant Carla Crump, class of 2022, from Linen Hall said, “Being a new resident assistant at Adelphi University has already been an eye-opening experience. From the training to the building prep, and now getting to meet our residents it has all been worth it.

“With the procedures and policies, we now have to follow because of the Covid-19 virus, the position of a resident assistant is going to be a little different,” Crump continued. “Our goal as resident assistants this year is to engage and interact with our residents as much as possible.”

This year on campus will require

some sacrifice for residents. Students may no longer roam the halls without a mask or have other guests over if they are not from your building.

“In a time where class and events are online and interaction is at its all-time low we want to be there for our residents and make the most out of this experience,” Crump said. “It'll be a little different since there are going to barely be any in-person programs, but I know for a fact that the resident assistants are going to pull it off.”

Crump added: “We want to make their time here worthy, but at the same time enforcing and following the rules to enhance everyone's safety here in the residence halls. So, let's make this semester one we will never forget.”

With a semester filled with changes on our hands it's unsurprising residential life will look different, but our student resident assistants are ready to help out and make this semester count.

How to Make the Most Out of This Year's Opportunities

BY JAKE MALONE

There has never been a new college semester quite like this one. In the spring, students were sent into a frenzy when forced out of their dorm rooms and back home in a moment's notice. Students were asked to adjust on the fly as schools scrambled to finish out the already half-completed semester as effectively as possible. Today, although students may not have had their normal first-day jitters about where to eat on campus or which friends to catch up with first, there is still a world of opportunity out there for those who are seeking it.

It would be easy to chalk up this semester, and perhaps the entire school year, as a waste and decide to slack off, doing the bare minimum. You can use the challenging situation we have found ourselves in as an excuse, or you can see it as a chance to capitalize on a world of chances.

Getting connected with at least one of your professors would be a terrific way to succeed. Frank Supovitz, an adjunct professor in the sports management department, agreed it's helpful to interact with your professors this semester.

“When you're sitting in the classroom, your enthusiasm and body language show how actively you are engaging with the instructor and the coursework. It's no different online, but it definitely takes more effort,” he said. “It is more important than ever to ‘be present’ and to break through the postage stamp of the Zoom window.”

When it comes to socialization, if you happen to be a resident this year, connect with students who live in your residence hall. Resident Assistant programs will be 100 percent online this semester

so you get to meet new people who live in the building while also doing some fun activities. Additionally, the residence hall lounges are open for you to socialize with your hallmates.

Going to events on campus can be intimidating if you have to go by yourself. These days all you need to do is sit in front of your laptop from the comfort of your room, which should ease the pressure.

It has also never been a better time

I have been a resident at Adelphi for three years and the number of friends I have made just because they lived in the same building as me has been really surprising. Bringing your whole building together this year can make you forget that you aren't allowed to be in any of the other residence halls.

Throughout the semester Adelphi will also be holding many online events that can help you sharpen your skills. The main website will be filled with events

ance at www.adelphi.edu/career-center.

There are also great clubs on campus that will still be operating online. For instance, *The Delphian* offers an opportunity to develop your professional writing skills. Even if you don't want to become a professional writer, this experience will help you to become a stronger thinker, help you to get your points across efficiently, and you can write about topics that are interesting to you. If there is a topic you feel strongly about, you can most likely write an article to be featured in our school paper.

Lastly, Greek life is still alive and well at the school. Recruitment week is an effective way of meeting Adelphi students. Most of the events will be online, so there is much less pressure than having to go somewhere by yourself. Being a member of a fraternity on campus was one of the best moves I could have made during my time at Adelphi. The connections and friendships you can make can help you both professionally and personally.

“Joining a sorority is a great way to get involved on campus,” said Sophia Muratore, a senior nursing major and the president of the Panhellenic Council, said. “Although this semester isn't what we thought it would be, fall recruitment is happening for four different sororities. Each sorority is so excited to recruit some new members and meet everyone.”

Muratore continued, “Virtual events, chapter meetings and other things are still going on within Greek life and going through fall recruitment for a sorority is totally worth it. We are making the most of this semester and I hope you can too.”

This year students can choose to see it as a unique circumstance that you can use for your benefit instead of wishing it was just another typical year.



The new RA staff of Resident Hall A get set to welcome back their residents for a new fall semester. Photo credit @reshalla_au on Instagram

to really get to know your floormates and all the other students in the building since, according to the restart guidelines, you are only allowed to have guests in your room who live in your building. Some look at this as a negative, but it has the capability to help you get out of your comfort zone and make new friends you may not have come across in a normal school year.

that are going on during the semester that you can take advantage of. A lot of learning can be done inside the classroom, but there is a lot of learning that can be done outside of class that you may not necessarily be taught, such as how to network or how to go on a successful job interview. Check in with the Center for Career and Professional Development for guid-

Coronavirus Is Not Our Only National Health Crisis

BY NAVEED SHAH

If asked to remember the many aspects of 2020 that stood out to you, what would come to mind? Would it be the excessive baking, Zoom calls, toilet paper shortage, homeschooling or the embarrassing TikTok videos that we're hoping the world will soon forget? It is safe to say that the year 2020 is like no other.

As the world continues to grapple with the coronavirus, it has become quite clear that this is not the only emergency facing the country today. Following the release of the video that exposed the tragic, unjust killing of George Floyd this summer there was an immediate uproar across the United States and throughout the world.

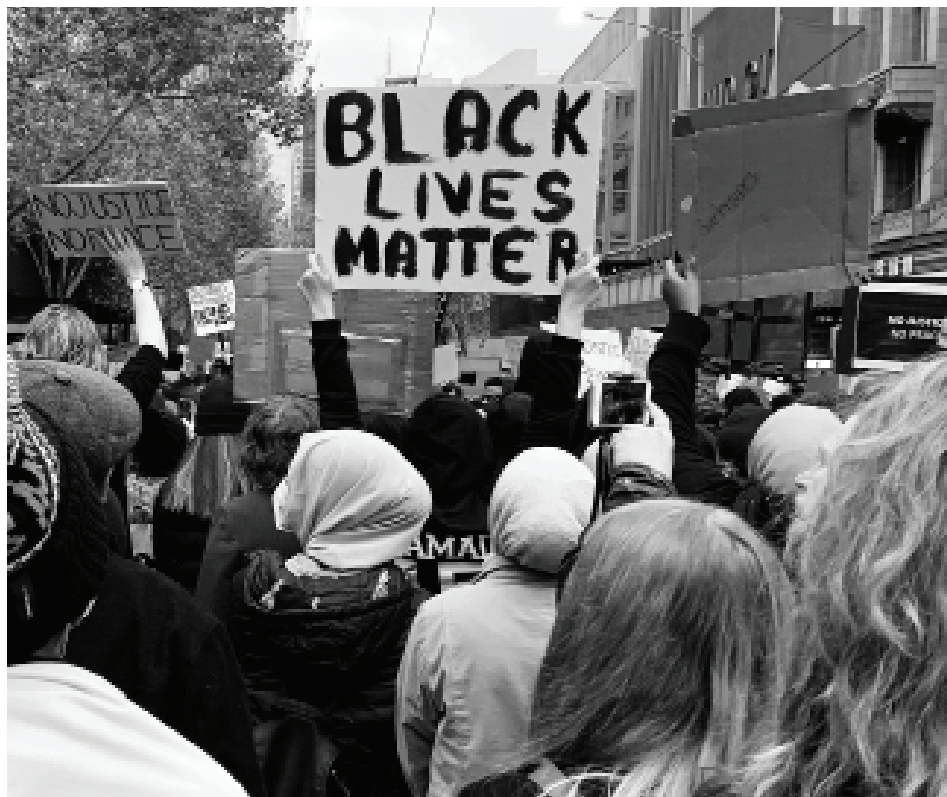
There is no denying that there is a massive problem with racism in this country. Some cities have been acknowledging it as a public health crisis. The coronavirus exposes these problems of racial inequity; racial and ethnic minority groups continue to be hit the hardest by this virus.

There are myriad factors that have contributed to differences in health outcomes between various racial and ethnic groups, which have allowed minorities to historically be disproportionately affected. One such example is access to healthcare.

According to the Centers for Disease Control (CDC), racial and ethnic minority groups are more likely to be uninsured when compared to their white counterparts. Between 2010 and 2018, compared to white people, the uninsurance rate for Hispanics was 2.5 times higher. For African Americans, this number was 1.5 times higher, and American Indians and Alaska Natives had an uninsured rate that was 2.9 times higher than whites. Studies have shown that those who are uninsured are more likely to delay receiving care or disregard it altogether.

Other problems include language

barriers, lack of transportation or childcare or busy work schedules. Moreover, the historic discrimination present in healthcare has led to problems associated with trust. Many racial and ethnic minorities may be hesitant to step foot in a hospital if they or a loved one has experienced discrimination there.



This institutional racism is prevalent; the CDC establishes that Black women face a maternal mortality rate of more than double that of white women. Research on racial disparities in healthcare involved patients describing their experiences with inequity. "The Washington Post" found that the pain of Black women is more likely to be disregarded by medical professionals, endangering their health and lives.

Discrimination has been a systemic problem—one that is found in educational

systems, housing, criminal justice, and, of course, healthcare. According to the CDC, discrimination leads to chronic and toxic stress, which in turn takes a large toll on the body. This increases susceptibility to immune disorders, chronic fatigue and metabolic disorders. These health problems further increase an individual's risk

may also belong to cultures in which homes are shared by multiple generations. If many of these frontline workers are returning to shared homes, they risk exposing the virus to their families.

Now that the problem of systemic racism has been established, how do we ensure that those of racial and ethnic minority groups are protected? The CDC recently released strategies that aimed to promote health equity amidst Covid-19.

The first strategy highlights research to understand factors that contribute to the disparities of coronavirus in racial minority communities. The next strategy is to expand Covid management services, providing high-risk populations with options for testing, isolation and contact tracing, followed by measures to protect frontline workers. Lastly, expanding the healthcare workforce to be more diverse is essential to achieving medical equity.

To begin to solve these problems, we all need to educate ourselves on barriers affecting racial and ethnic minorities. Many of these problems are prevalent in our own communities, schools and workplaces.

I hope to see a greater initiative to make healthcare more accessible to minority communities that are experiencing a shortage of physicians. To bridge the communication gap, I hope to see more physicians and healthcare professionals who are fluent in another language, as well as medical schools providing opportunities for students to learn another language and receive education about racial discrimination and bias.

To reduce the fear associated with healthcare that minorities experience, I hope to see more outreach programs for such communities. Overall, I hope to see greater diversity in the medical field, with physicians equipped with cultural competency and understanding of challenges specific racial groups face.

to the coronavirus.

Employment has also contributed to racial disparities in health outcomes. Individuals were faced with job loss or had no choice but to continue working, exposing themselves to the virus. According to a recent analysis of demographic data of frontline workers, African Americans were more likely than any other worker to be working front line jobs, and African American women making up a disproportionate number of those unemployed.

Racial and ethnic minority groups

Your Duty to Democracy: Voting

BY MOLLY AMICK

With fewer than two months until the 2020 presidential election, it's time to get serious about voting. The importance of voting should never be understated. However apolitical you may see yourself as, you and the people you surround yourself with are undeniably affected by the decisions the American government makes. Because this year is a presidential election, the gravity of your vote is even stronger—making voting a necessity to be treated with care, consideration and education.

Young voters have a reputation of low voter turnout rates that precedes us. According to the United States Census Bureau, only 46 percent of eligible voters of the ages 18 to 29 actually cast their ballots. Compared to the older age groups, the younger generation vote at a disproportionately low rate. Voters of the age groups 45 to 64 and 65 and older have

turnout rates of 67 percent and 71 percent, respectively. Considering that the young generation is arguably most vulnerable to the outcomes and policies that come from the elections, why don't we vote more? Helier Cheung of BBC News suggests that young voters receive less information about the voter registration process, as well as the candidates on their ballots. In addition, young people may feel hopeless about the political climate. When young people don't feel adequately represented, voting feels redundant. Regardless of the reason, we need to seize the opportunity to vote.

This year alone has brought to light many issues this country has been struggling with; be it the disproportionate rate of police brutality that Black people and people of color face or the job and income loss concerning many Americans in the wake of coronavirus. This year has not followed the trajectory many have imagined it to. But the events we're living

through have also prompted many Americans to learn more about the role of race in America, to reflect upon and scrutinize the current Administration's handling of a pandemic, and to overcome adversity with a sense of togetherness. This has likely caused you to consider your political beliefs and stances on the myriad of issues we're juggling in present day USA, and this is exactly why it is important to vote in our upcoming election. Plus, your ballot allows you to cast votes for senators, representatives, and in many states, judges; so, vote regardless of your opinion on the presidential candidates.

Registering to vote, voting by mail, requesting an absentee ballot, and voting from out of state are steps you may find yourself needing to take in order to vote this year as a college student. These obstacles may appear complicated or confusing but are likely quicker and easier to accomplish than you'd anticipated. In order to participate in this election process, you'll

have to start with voter registration. This process varies state by state, but most states allow for online voter registration. An excellent and easy-to-navigate resource for voter registration and other election information is vote.org--you can also use this site to check if you're registered to vote. Once you're registered to vote, begin to research polling places near you (if you plan to vote in-person) or request an absentee ballot (if you are unable to vote in person). Vote.org makes requesting an absentee ballot simple. The site will redirect you to your state's voter services website where you can access the application for your ballot. You may still choose to vote by mail by requesting a mail-in ballot regardless of your ability to vote in person, too.

You can also get information right here at Adelphi with the Adelphi Votes efforts. To learn more, visit www.adelphi.edu/vote.

The Pandemic-Driven Surge in Technology Can Make Us Lazy

BY JADE DORLEY

The day is January 1, 2020. Everyone is ringing in the New Year with their friends, family and loved ones. Little did we know about the impending doom that was about to befall us in the months to come: the coronavirus pandemic. It is now September 2020 and the pandemic may have slowed in other countries, but it is still raging in America. There are over 6 million cases of coronavirus, a number that is a new milestone, according to the Centers for Disease Control, and a number that is still growing. America has the highest number of cases in the world. It is amazing how countries like North Korea and Turkmenistan have zero Covid-19 cases, that's right zero, but the U.S. seems to be the only country in the world still struggling with this virus at a disastrously large rate. From people not wearing their masks, to huge crowds without physical distancing, there are so many reasons that Americans are catching coronavirus. This pandemic won't get under control and things won't get better here because a lot of people don't follow basic safety precautions to stay healthy. Until then, we have to mostly stay indoors and rely on technology for everything to avoid contact with the people and things we want or need.

As devastating as this may sound, it is our new reality. And in this new reality, everyone has turned to technology as a necessity. Whether it be a Zoom conference

for work or a Facetime session with your best friends, technology has become an essential part of everyone's life now. Most big and small tech companies around the world are scrambling to update and think of new innovative technologies that would be beneficial to everyone during this pandemic. Meanwhile, other companies are just racking up their profits during the pandemic from what people were already using such as Spotify and Netflix. So many people were ordering from Amazon that they had to prioritize the shipping of essential items like medical supplies. Netflix has earned almost 15.8 million new subscribers and that was only during the first half of the pandemic.

People are getting so used to doing things online now, that they may continue to do everything virtually in the future mostly because it is convenient. The technological advances during this time are not only convenient, they are useful. From contactless food delivery to Covid-19 tracking apps, we have reached an age where we basically

have everything we need at our fingertips. Also, more and more people have access to technology now than previously. It's like that Disney movie "WALL-E," but maybe without the hovering chairs.

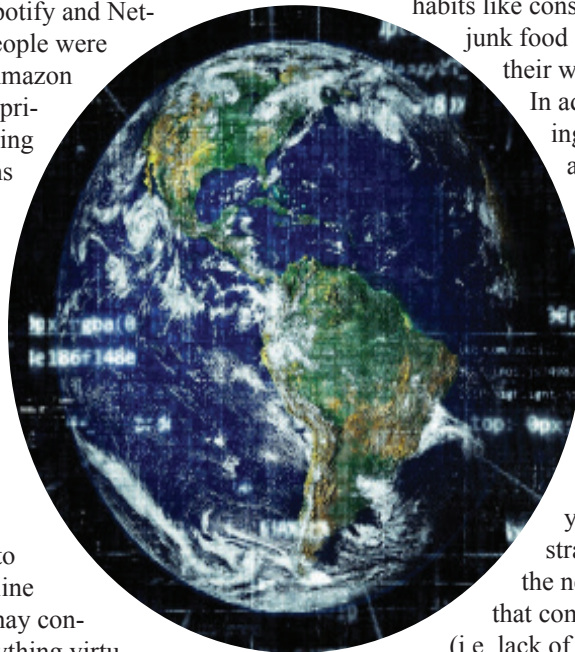
The thing about having everything at our fingertips is that could make us lazy. People could slack off at work because there isn't a supervisor hovering over them. People may succumb to unhealthy habits like consistently eating junk food or not completing their weekly workouts.

In addition to building bad habits, the amount of screen time people absorb daily can be harmful to your eyes and overall health. Not all technological devices have a blue light filter, which protects you from eye-straining and all the negative effects that come with blue light (i.e. lack of sleep, etc). Now that everyone is using technology almost constantly, this can be detrimental to your health unless you invest in a blue light filter or just try to limit the amount of time spent on your devices.

In all honesty, I admire the tech-

nological advancements being made in the world today during this pandemic and how access to this technology has expanded so much. Now that so many people have access to technology, they can use their voices through the internet and other tools to raise awareness on issues and things that matter to them. For example, the Black Lives Matter movement is getting global attention and you can see protest videos all over the news and social media. To see people making each other aware of things that matter is an amazing development.

However, I do not think it is good for everyone to constantly stay inside and work on their computer, not just because it is bad for your health. Even if it's not for work and you are just scrolling through social media, to do so for hours on end because you're bored could become harmful. Social media in excessive amounts is understood to worsen mental health and self-esteem. I think we should keep goals to do activities that prioritize our physical and mental wellness. Things like going for a walk (with your mask, in case you cross paths with someone), a physically-distanced meetup with a friend, or getting a pet to spend time with can be fun. It's a big world out there and although we are still in a pandemic, there are so many things that you can do now. But just note that if it's online, try to limit your screen time because when you're always looking down, you're missing what's around.



Are the Risks of In-person Education During a Global Pandemic Worth It?

BY NICOLAS RONTANINI

With the prevalence of Covid-19 and schools operating their classes predominantly online, everyone has faced challenges when it comes to getting a good education during a pandemic. After being remote for several months, some establishments are opening their doors. People have begun to yearn for a return to in-person learning. However, safety concerns have people discussing whether schools should actually do so.

In-person learning certainly has its advantages in teaching hands-on lessons, particularly for classes that require physical practices in their curriculum (think about art, music and science labs). Many ordinary things that are easier in person are harder remotely--such as keeping schedules--as classes and extracurriculars changed due to the pandemic.

Students are accustomed to a classroom environment and the rules that accompany it. Acclimating to a new and unfamiliar learning environment can be difficult. It tests the focus of students, demands for students and teachers to be comfortable and competent with technology alike, and calls for a level of discipline, which doesn't come easily to many.

For these reasons, the desire to return to the classroom is understandable. Finding the motivation to keep going

was hard enough at times, but rushing the return to the classroom may not be the safest option. The Centers for Disease Control has said that "highest risk" lies in returning to normal classing. Even classes that are socially distanced carry the risk of infection.

Perhaps, resuming normal operations is not the safest option right now. Remote learning had no shortage of challenges but is likely a safer alternative at this time. Remote learning still provides the basic functions of the classroom.

Students can log on and learn the same material they would in the classroom, instructors can still hold office hour appointments and help students if they need assistance, and instructors can still provide feedback on assignments.

Remote learning is an effective—albeit difficult—method of learning as the pandemic continues. It allows us to connect with peers and instructors and not have to risk exposing ourselves and our families to Covid.

Unfortunately, some students may not have the same resources at home that their school typically provides them. Income levels and Wi-Fi access suddenly become great determiners in the academic performance of students.

Many students and professors also prefer in-person learning for the more communicative environment a class pro-

vides, allowing for better subject comprehension and collaborative work. For this reason, it can be advocated that in-person learning would be more beneficial.

Because both learning styles have their benefits, having the option of only in-person learning or entirely remote learning can be frustrating. For this reason, Adelphi has developed a method that might just work. Some students have returned to campus for the start of classes, some remain at home, classes can be conducted either remotely or in person depending on the needs of students and professors, and some classes will be a combination of in-person and online teaching.

Students who desire a return to the classroom can do so. Students who might not want to return to campus will have the possibility of remaining at home. Adelphi will also be utilizing plexiglass dividers to limit physical contact. This way, people can return to campus while reducing the risk of infection.

My classes this semester are all online, but I have no issues with it. I am willing to give this another chance, as I think we all should. I have no doubt it will prove difficult but returning too soon could lead us back to online learning anyway--and lead us back sooner. If we prioritize health and safety now, we will surpass the pandemic sooner.

I understand that people are anxious to return to normal, but it might not be the right time to do so. I feel the same way, I want nothing more than to get back to the way things were. But we have to be patient and considerate for a while longer. This too shall pass, but it is better to persevere through the difficulty now. It's like the cheesy commercials say: We may be alone, but we're alone together.



How Athletes are Staying in Shape During the Covid-19 Halt to Team Sports

BY JULIA STRACHAN

Fall sports at Adelphi have been cancelled, but winter and spring sports are still expected to continue. With a pause on team sports and training since March, how have our student athletes stayed prepared so that when the pause is lifted, they'll be ready to answer and compete for their school?

Student athletes at Adelphi have been challenged to do what they can with what they have to stay in peak physical and mental shape. *The Delphian* heard from a few Panthers about how they've been managing.

Emily Miccile, a rising senior captain of the Adelphi women's basketball team, said: "At the beginning of quarantine I started out with just straight long-distance running for endurance and then HIIT workouts at home through the Peloton app for cardio. As it got warmer and we started getting closer to preseason, I began incorporating sprint interval runs instead of just long-distance running to get in better basketball shape."

Miccile added that she's also been able to play pickup basketball games with some local NE10 players to get back into the true swing of playing in a competitive basketball scenario.

"Other than that, I go and get shots up during the week and lift weights two times a week now that gyms are open," she said. "Ultimately, it was both easy and challenging to work out during quarantine. It was easy because there was so much free time, but it was difficult because there were not nearly as many resources available as there usually is."

Ronnie Silva, a rising junior, whose list of accolades includes NE-10 Rookie of the Year (2018-'19) and NE-10 All Conference First Team (2019-'20) for men's basketball, said, "I didn't have access to a weight room during quarantine, but I was lucky enough to have access to a basketball court near my house. I would do strength and agility workouts like push-ups, planks, squats, sprint mechanics and defensive slides. Also, I would do my basketball workout every morning and every night

working on different drills for ball handling, shooting and finishing."

Barbie Quagliardi, a rising junior of women's tennis, echoed the overall sentiments of her fellow athletes. "I exercise at home by watching fitness videos on YouTube and do the movements that can be easily adapted to the home setting," she said.

While the NorthEast-10 Conference has unfortunately cancelled all fall sports, that has not deterred the Adelphi men's soccer team from rallying together and maintaining a cohesive team environment.

When asked about his efforts to stay in shape, senior George Yussuff said, "I was doing a lot of online workouts with the team, which included captain's practice. The captains have been very active and as a team we have all joined a running app where we put our workouts and compete against each other."

Competition and team collectiveness have stayed alive amid Covid-19.

Similarly, although coaches have had zero in-person contact with their

athletes, they have been able to stay in touch via Zoom calls.

Missy Traversi, head coach of the Adelphi women's basketball team, has gone above and beyond to maintain contact with her team.

"As a staff during this quarantine, we have often discussed the importance of daily habits," she said. "Whether it be diet, exercise, sleep, chores or any part of someone's routine, we understand how easy it can be to fall into unhealthy and unproductive patterns. So, we have placed a major emphasis on the importance of maximizing time by creating good habits, no matter how small. These habits will in turn be the foundation of our behavior, as we transition to the demanding workload of a student athlete during the school year."

These student athletes exemplify the sacrifice they make by staying true to their athletic responsibilities even through a global pandemic. While they all look forward to getting back to competition, they're not letting current circumstances stop them from being ready.

Panther Crews Take on Pro Sports Resuming During the Pandemic

BY MAXMILLIAN ROBINSON

It's been a long time since pro sports have been available to us, but now the hiatus is over and sports are officially back. At a time of uncertainty many people, including athletes, have spoken out about continuing their season. While there were many skeptics, the masses wanted sports to resume this year.

The NBA and NHL are playing in an isolation bubble or "the Bubble" in which all teams (who have qualified for the playoffs) are joined together in a hub city, such as the NBA is doing in Orlando, Florida. In this city the playoff teams are situated in one hotel resort and are stationed to be on the campus until the season is concluded, therefore crowning a champion. On top of this, players are to be isolated in their own rooms quarantined, left alone with no family members inside, and not to mention will need to take a Covid test daily to ensure no problems in the future. If they test positive, a player must be situated in another hotel on campus by themselves for 14 days or leave with no return.

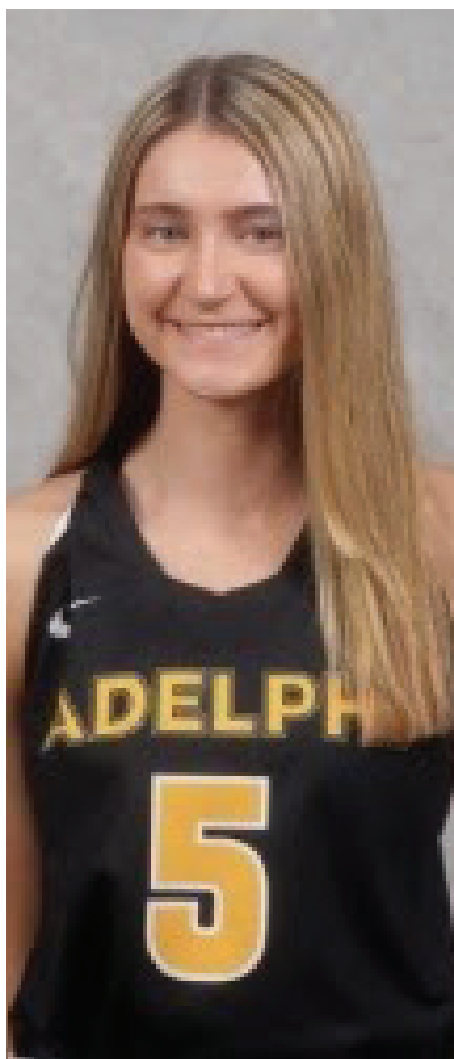
The NE-10 conference, in which Adelphi competes, recently cancelled the fall collegiate season until 2021. This leaves the rest of our Panther athletes to live their lives, almost as regular college students. So we asked our fellow Panther athletes how they feel about this new normal for their favorite pro sports.

"I appreciate what the professional sports are doing to try to get their games back in the safest way possible," said men's basketball guard Ronnie Silva. "Obviously, things are not better yet to



Men's basketball player Ronnie Silva said he supports the NBA's and WNBA's resumption of play in "the bubble."

get games back in a regular environment, but as long as the professional leagues are doing the right procedures to ensure their players, coaches, medical staff and media members' safety with testing, wearing



Women's basketball player Katie Murphy said that the safety precautions for the NHL and NBA are good for players and fans.

masks and social distancing away from their games, then I can support it."

Women's basketball player Katie Murphy said, "I think that it's a good thing to have the athletes continue playing

during the quarantine. With the proper precautions that each league is portraying, it keeps the players safe and the spectators safe at home. It also gives the fans something to watch and look forward to during the quarantine."

Knowing that the NCAA has decided to postpone most fall sports, this leaves some of the athletes (who were in favor of continuing the season), disappointed.

"If I was a player in this, I would feel the same way as a fan," Murphy said. "As long as they are taking the right safety protocols it is nice for the players to be able to play live games. I like the way the NHL is going about their season. First off they are having all of the players in a 'bubble' in order to keep the athletes safe. It is also exciting for the fans since the games are tournament style and using this time for the playoffs."

Murphy isn't alone in her approval for bubble sports. Silva also understands the task at hand.

"I would feel all right about playing only if it was safe," Silva said. "For example, what the NBA and WNBA is doing with a bubble environment is a great strategy. I like how the NBA and WNBA are continuing their season and keeping it safe for everyone in the bubble."

While we may not be able to cheer on our Panthers until 2021, the safety precautions that our professional athletes are taking can be used as an example for our own athletes moving forward.

Photos on this page by AU Athletics

Panther Preview: A Unique Sports Season Ahead

BY MAXMILLIAN ROBINSON

Despite the uncertainty of what this semester will bring in terms of the coronavirus, our Panther athletes continue to be hopeful about a new season beginning. Even so, with new protocols in place, the offseason has numerous changes for these athletes, starting with how players can return.

Gary Book, men's soccer head coach, said that are far more questions than answers at this stage of the proceedings.

"There remain so many unknowns and so many complications and issues, particularly in terms of our international athletes, some of whom are currently unable to even enter the country due to the restrictions that are in place," he said.

"Adelphi has done an outstanding job in terms of communication and preparedness. Getting used to the new normal is going to take some time, but much of those issues will be off the field," Book added. "If players get the opportu-

nity to return fully to play, we do not feel the on-field dynamic will be that different. Our program is focused on controlling the controllable. On the field playing is where they feel safest and most at home."

At least Book won't have to focus on recruiting players to join his team this fall. The following season is another story.

"We had pretty much completed this year's recruitment before the pandemic took hold," he said. "For 2021, we have already moved more towards an online recruiting format, hosting Zoom meetings and virtual ID information sessions with potential recruits. Soccer being such an international sport has always been heavily invested in the provision of online video of recruits. In that respect to this point at least we have been able to continue to evaluate most players to a reasonable level."

Adelphi's coaches also will have some speculation about their returning players coming back to the facilities in shape and ready for the season.

"This has been a very unique spring

and summer," said men's basketball coach David Duke. "We have not had any workouts, so we have not been able to put an athletic focus on any one thing this postseason. The guys are home working on individual skills."

For every sport, the coaches have relied on the players to be disciplined enough to find time to stay in shape for the season. It's up to the players to not only fulfill that wish from the coaches, but for the captains of each sports team to bring unity towards all the players for this upcoming season. (See the related story on page 7.)

"Some of the responsibilities of being a one of the team's captains is being a leader both on and off the field," said Jackie Brown, senior field hockey captain. "Players come to us with any issues big or small and we try to help them as best as we can. Whether that's advice on stick work or academic issues. Anything we can't help with we pass it along to our coach. We organize team-bonding activities and keep a positive atmosphere, es-

pecially with our season being cancelled. On the field, we approach the referees with any issues or concerns. Overall, we act as a bridge between the players and coaches."

But Panther athletes are meeting the challenge.

Women's basketball player Maeve MacNeill said, "I am just hungry to stay in shape and constantly better myself for my last season. At this point in my college career I know what is needed to be at my best in the fall."

MacNeill, who is a senior, explained the team has a small number of returners and typically they'd meet their teammates at the start of the semester.

"But we have had many Zoom calls to get everyone more comfortable with each other," she said.

While no one knows all the answers about collegiate play this season, the motive stays the same: work hard, stay focused and stay ready to return to the game.

How Adelphi's Athletes Occupy Themselves During Quarantine

BY MAXMILLIAN ROBINSON

As of July 16, 2020, the NE-10 conference in which Adelphi participates issued a statement ordering all sports canceled until 2021. The conference's council of presidents voted "unanimously" to suspend all competition through December 31. This prompted Adelphi's President Christine Rordan to say about the ruling: "It was a heartbreaking decision to have to make—to delay our student athletes' play and competition further, especially knowing what they have sacrificed already."

In the meantime, our Panther athletes are not idle. They may not be participating in the sport they signed on for just yet, but they're not letting that stop them from pursuing other interests.

"Aside from babysitting and spending time with family and friends, I have really enjoyed cooking the past couple months," said track and field runner Gabrielle Buissereth. "Definitely not an expert, but I've made some progress."

Paolo Marciano, an Adelphi's men's soccer player from Italy, also shared an interest in cooking. "During this difficult time, I have re-discovered my passion for cooking, this is something I used to do with my grandma when I was little. My favorite hobby during this pandemic has been cooking with my family and especially with my dad. I have prepared a lot of dishes, but my favorite meal is to make pizza. In my home country it is a tradition to make homemade pizza and something I really enjoy doing.

"Another hobby that I have picked

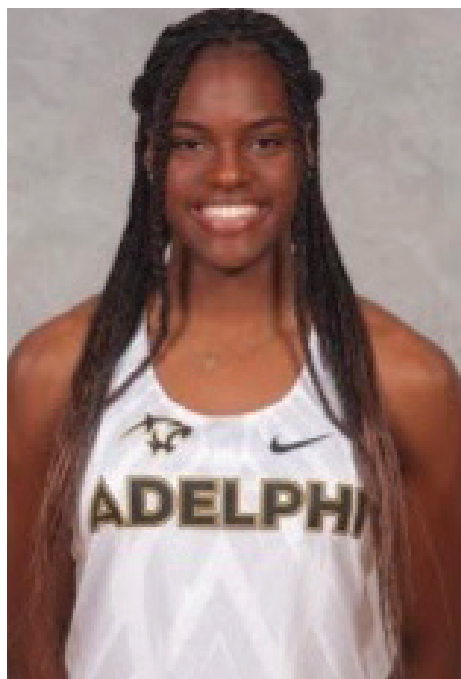
up during this challenging time has been reading books," Marciano continued.

"My favorite books to read are autobiographies and biographies about famous people and their life story."

Bianca Banchin, a women's field hockey player, said, "During this pandemic I have spent a lot of time reading and painting. I've really enjoyed having extra time to partake in these hobbies."

This hiatus from sports for these athletes gives us insight on what their lives would be like without the sport they play.

"Aside from track, I'm currently at Adelphi to become a registered nurse," Buissereth said. "If I weren't an athlete, I think I would use that free time to do



Track and field runner Gabrielle Buissereth has been cooking and focusing on her nursing studies.



Women's field hockey player Bianca Banchin has been reading and painting during the sports hiatus.

a service project abroad with my close friends. I think it would be such an enriching experience with great memories."

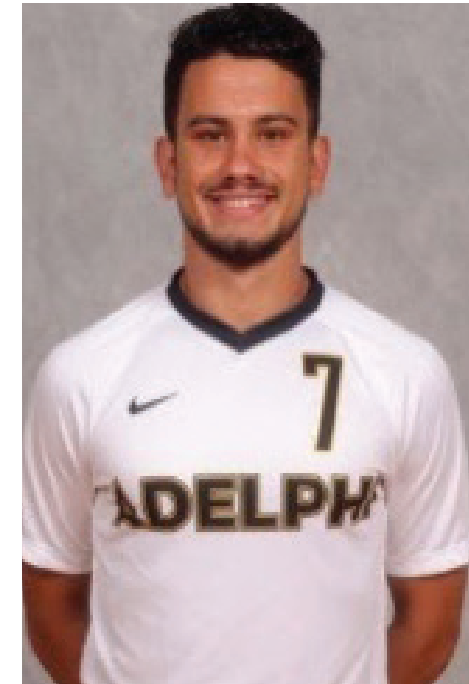
Banchin said that if she weren't an athlete, "I would spend my extra time working with individuals with disabilities. I am very passionate about helping and caring for individuals with disabilities and would spend my time being involved in the Adelphi Bridges program."

What makes athletes unique? What skills have our players adapted, or maybe genetically inherited, that makes them so special?

"During my time at Adelphi, I am acquiring skills and knowledge that is helping me in both my career as a student and as an athlete," Marciano said. "I consider myself a social and bright

person and I like to make new friends. I have leadership skills, an attentive mind and I like to set goals and do my best to achieve them. All of these skills are continually helping me perform well in my sport. Setting goals is an important skill for me and I believe with perseverance and hard work these goals can be achieved. I believe that hard work and dedication always get rewarded. I consider myself someone who always wants the best from myself in every situation and aspect of my life."

Consistency is key. Just ask Buissereth. "When it comes to staying consistent, I really rely on my ability to self-discipline and focus."



Paolo Marciano, men's soccer player and NE-10 player of the year last season, has been cooking and reading. Photo credits: All photos on this page from AU Athletics