

# The Delphian

December 10, 2020

The Voice of the Students

Volume 76, Issue 4

## Deonath '18 Hopes to Create More Minority Representation with New Anthology

BY JACQUELYN SMILEY

Gabrielle Deonath, an Adelphi alumna who graduated with a bachelor's in communications in May 2018, is the co-editor of the new anthology, "untold: defining moments of the uprooted," which will be released in March 2021 by Mango and Marigold Press. The focus is on representing Muslim and South Asian females.

During her time at Adelphi, Deonath—a Guyanese-American Muslim writer, editor and content creator—learned many skills she used when creating the book. She credited writing workshops, taught by English professor Katherine Hill, for equipping her with important skills that she tapped into when collaborating with the anthology's contributors.

"Many of the notes that Professor Hill gave me when I was in her classes are the same notes that I gave writers at different points," Deonath said. "It's an

extremely vulnerable thing to share the intimate truths of your life with the world, so my co-editor, Kamini Ramdeen, and I tried to push the writers out of their comfort zones but in very gentle ways. In those moments, I often thought of Professor Hill's advice."

Deonath's beginnings as an editor are rooted on Adelphi's campus. She was not just a writer, but also served as the editor-in-chief of *The Delphian* in her senior year.

"Being an editor on *The Delphian* and working as a tutor in the Writing Center taught me how to help others tell their stories or communicate their message through writing," Deonath said. "That was essential experience to have on this project because some of the 'untold' writers are being published for the first time, sharing very personal stories. I

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Gabrielle Deonath, Adelphi alumna '18, writer, editor and co-editor of "untold: defining moments of the uprooted," available for preorder now.

## Next Steps for Company Picked for Operational Audit of Title IX and Discrimination Cases

BY MARIA GIOVANNA JUMPER

In the October 12 issue, *The Delphian* reported in the article "Even as the University Increases Awareness of Diversity and Inclusion, Some Students Use Social Media to Share Incidents of Discrimination," that students have been expressing their frustration with incidents of racism and discrimination they have experienced on campus. One student, Ja'Various Rogers, class of 2021, shared his experiences with this newspaper and his feeling of being silenced about racist comments and actions he saw on campus.

Around the same time, the university announced the need for an audit after hearing complaints from many students. On October 23 a university-wide email was sent from James Perrino, the executive vice president of finance and administration, stating that an external firm was chosen for the complaint process audit. Perrino wrote, "We are pleased to update you that Baker Tilly US, LLP, a nationally recognized higher education accounting and advisory firm, has been selected."

Additionally the email informed the Adelphi community that the audit would begin October 26, 2020. Baker Tilly US, LLP, will review "the processes and procedures for handling complaints in academic, administrative and student life matters, such as dining, housing, academic support, student counseling, public safety, student financial services, alleged violations of the Code of Conduct, and allegations of sexual misconduct, discrimination and bias, including those which fall under Title IX," according to Perrino.

In the same email, he added, "The firm will review the University's policies and procedures and offer us insight and advice on whether there are areas that could be improved."

Additionally, the auditing firm will be speaking with groups of staff and students to use their input in their recommendations to the university.

In a recent email interview with *The Delphian*, Perrino stated, "Baker Tilly has been making good progress thus far. They have been gathering information on policies and procedures and have done numerous interviews and meetings with members of the community. I would

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## Adelphi Communication Grads Offer Advice at the Virtual 7th Annual Media Career Expo

BY MARIA GIOVANNA JUMPER

The 7th Annual Media Career Expo, sponsored by *The Delphian* and the Adelphi Communications Department, was held virtually on November 18 from 7 to 9 pm. At the event held via Zoom, five Adelphi alumni spoke to over 25 attendees about their career paths and gave students advice on how to get into the profession.

Included on the panel were Janine Perez, '14, Rachel Voorhees, '14, Victoria Chiesa, '15, Ben Nichols, '16, and Gabrielle Deonath, '18. Deonath and Chiesa are former editors-in-chief for *The Delphian*, and Voorhees was previously the entertainment editor.

Prompted by Liza Burby, moderator and faculty advisor of *The Delphian*, students expressed in the Zoom chat that they were worried about job prospects in the communications industry. Yet, all the panelists were able to reassure them by explaining different routes to getting your dream job, which is exactly the point of this annual event, Burby said.

"We think students benefit from hearing what their peers experienced when they were searching for their first jobs, so each year we make sure to invite former communication majors who graduated

The 7th Annual Media Career Expo was held over Zoom. The panelists are the three from the right in the top row and the two on the left in the second row.

Photo by Maria Giovanna Jumper

from Adelphi within the past 10 years," Burby said. "Who better to explain the steps they took while still at Adelphi and how they navigated the job market once they entered it?"

The panelists' jobs ranged among different fields within the communications industry. Chiesa and Nichols both work with sports. Chiesa is the current content producer and editor in the corporate communications department of the United States Tennis Association (USTA) and Nichols works for JLab Audio where he is a part of the marketing team, partly working with soccer players as the company is the MLS league sponsor. Perez is the senior marketing manager for Random House Children's Books and Deonath is a writer for the Girl Scouts of the USA and the curator and editor of "Untold: Defining Moments of the Uprooted." (See the feature about Deonath above.) Voorhees is the communications manager at The New School in Manhattan.

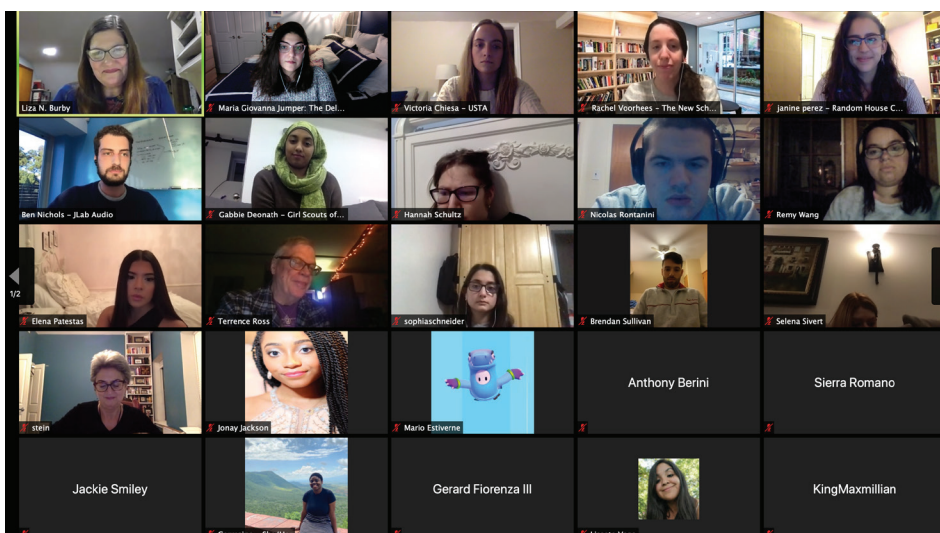
The panelists spoke about their internship experiences from their collegiate careers and then their post-graduation work that led to their current positions. They gave advice about networking and creating opportunities, as well as how to organize resumes and portfolios.

Nichols suggested creating a website that holds your portfolio. "But remember to be critical of your work and not just post everything you have," he added.

The panelists stressed utilizing Adelphi's Career Development Services when writing your resume or cover letters.

Students often wonder how to net-

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## A Word from the Editor

As finals approach, the end of semester is upon us. This year it looks different than ever before. We have now all transitioned to online again for the end of classes and, of course, final exams. As we get back home and to our families we have to remember to be safe.

Across the country Covid cases are spiking, especially after Thanksgiving celebrations. Remember to keep getting tested and socially distance, even more so if you've been traveling. Taking these precautions may be inconvenient, but they can be life-saving for your family members. As the holidays come around it is a time to rest, relax and remember all the good that we have in our lives. Things are dark now, and they may be for a while longer, but they won't be forever.

After finals be sure to take a break and unwind. The stress of the semester would have been enough, but this year we've had to deal with a pandemic and more. Binge watch a new TV show, bake some cookies, start a new workout routine, video-chat some friends, anything that will help you reset.

As I look forward to my last semester of college, this is definitely not what I have pictured. I had thought about hanging out with friends before we all graduate, going to formals, or even just walking into the library to sit at a table with friends all day and study. Yet, I am still hopeful that I will be able to walk across a stage at graduation.

Finally, I want to express my well wishes for all of *The Delphian* readers and all of our campus community. I hope everyone enjoys the holidays and is able to see family, friends, loved ones, even if it is virtually. I would also like to add the Student Counseling Center contact information for anyone who needs it throughout these next few months being home. They can be contacted—confidentially—[scc@adelphi.edu](mailto:scc@adelphi.edu) or by phone at 516-877-3646.

Please keep checking our website throughout the holidays and the winter break for any news and information that we post. Check it out at [www.thedelphianau.com](http://www.thedelphianau.com).

--Maria Giovanna Jumper  
Editor-in-Chief



at

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## Next Steps for Operational Audit

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characterize their work as about 50 percent complete at this point."

Additionally, Perrino said that they should receive some preliminary recommendations in the next two weeks and a full in-depth report by the end of this semester. Although the Baker Tilly firm has not reported anything at this point, they have told Perrino that they have received useful input from students and staff.

Perrino added that he and Sentwali Bakari, vice president of student affairs and dean of students, have met with a number of student organizations on campus to talk about the review.

"We have generally heard support for the review," he said. "As part of the review Baker Tilly will be doing meetings with both students and faculty to hear any of their concerns directly."

## Alumni Offer Career Advice

*Continued from page 1*

work. All five panelists stressed that social media is a great tool, as long as your accounts are professional. Chiesa said, "Be authentic... it all comes towards showing the well-rounded person that you are."

Other questions posed by Burby to the panelists covered areas of study and picking a career focus. They explained how between internships and different post-graduate jobs they have changed their paths many times and that is totally okay.

"Your dream job is going to change, so take the jobs that come your way," Deonath said. "Think about how these jobs can help you towards your dream. Sometimes you have to shift your thinking when an opportunity comes up."

Deonath said that while she was always passionate about women's empowerment, she never thought she would be writing for the Girl Scouts of the USA,

nor is it the type of writing she thought she would be doing. However, the job has given her a new opportunity within her overarching dream and has given her vital experiences.

The event was open to attendees to ask panelists for specific advice. The alumni stressed that while the Covid pandemic has temporarily changed the job market and how employers hire, this is also a time to adapt and make your own path.

Peggy Cassidy, chair of the Communications Department, said, "The Career Expo was well attended, and the alumni panelists were terrific. It is always so interesting to listen to our early-career alumni talk about their process of transitioning from student to professional. They offer information and insights and very concrete advice that is so important for our current students (and for all of us who teach and advise them)."

## Deonath Has New Book Out in March

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know firsthand how tricky telling your own story can be."

According to Deonath, who is now a full-time writer for the Girl Scouts of the USA, she has carried the lessons that she learned from her time at Adelphi into her adult life and career.

However, college was not Deonath's first taste of publishing. She began writing professionally at age 16. Her first published piece was a personal essay about her decision to wear the hijab while in high school, which she submitted to a popular Islamic blog. By sharing her life experiences and creating spaces for others to share their own, Deonath said she hopes to increase representation of minorities, especially Muslim and South Asian girls and women.

"Representation is a matter that has been very close to my heart. As a young girl with South Asian roots, I had to turn to Bollywood films to see faces that looked like mine on screen," she said. "Being Muslim, I learned at an early age about the consequences of misrepresentation in popular culture, not just in TV and movies, but also in the media. That's one of the reasons why I decided to become a journalist. I saw a problem and I wanted to be part of the solution."

In her sophomore year of college, she also found Brown Girl Magazine, the multimedia company behind "untold." She started as a staff writer, but soon became

an assistant editor for the politics and Indo-Caribbean teams, under managing editor Ramdeen. Five years later, she is not only an editor of the anthology alongside Ramdeen, but also author of one of the 31 narratives in this joint creation on the South Asian experience in the diaspora. In her story, she revisits the same topic she started her career with—her choice to wear the hijab—but this time, through the creative nonfiction genre.

Deonath said that her participation in the anthology is among her proudest accomplishments to date because she was able to help bring forth a book that would give representation to a minority group that is not highlighted in mainstream media often enough.

"I'm so honored to be an editor on this project because I haven't come across an anthology that puts the voices and stories of everyday South Asian women living in the diaspora at the forefront like this before," she said. "Many of the topics that these stories cover—divorce, addiction, mental health, infertility, LGBTQ+ issues and more—aren't spoken about openly in the larger South Asian community."

"untold: defining moments of the uprooted" is available for preorder. While the book will be officially released in March 2021, online orders through Mango and Marigold Press will be shipped as early as January. To order a copy, visit [mangoandmarigoldpress.com/products/untold-defining-moments-of-the-uprooted](http://mangoandmarigoldpress.com/products/untold-defining-moments-of-the-uprooted).

## Delta Phi Epsilon's Virtual 65 Roses Gala Raises Record-breaking Donations

BY BIANCA VIANA

Every year Delta Phi Epsilon (Dphie) holds their annual 65 Roses Gala to raise money for the Cystic Fibrosis Foundation. This year, however, things looked very different as their gala, held on October 28, was fully virtual. Yet it was one of the most successful yet, with the sorority raising a record-breaking \$7,388. Over 200 students, family and friends attended.

Cystic fibrosis (CF) is a hereditary disease that affects the lungs and digestive system. Thick and sticky mucus clogs the lungs and obstructs the pancreas. CF has no known cure to date. The gala gets its name of 65 Roses from a young boy who was diagnosed with CF who was unable to

pronounce the name of his disease. The event is held to raise awareness and all proceeds are then donated to the Cystic Fibrosis Foundation.

"A lot of hard work, strategic planning, collaboration and advertising went into this year's gala," said Nicole Fabian Peña, the vice president of philanthropy (VPP) for Delta Phi Epsilon. She added that with a completely virtual event "... this year more than ever before it was up to the sisters to make sure we were promoting the event, raising awareness about cystic fibrosis and fundraising as much as we could to help the Cystic Fibrosis Foundation fund research to make CF stand for Cure Found!"

Peña said that since fundraising is

a very big part of the 65 Roses Gala, the sisters made every effort they could to spread the word. "With all of the generous contributions of our family and friends we were able to surpass our goal and raise \$7,388, more than we have ever heard of our chapter raising," she said.

Peña is a senior, so along with many in Dphie, this was her last gala as an active sister. "The most rewarding thing about this gala was the sense of excitement and support that was felt prior, during and after," she said. "Despite it being virtual this year, it still felt as magical and inspirational as it is in person."

The featured guest speaker was Amanda Prestia, a DPHIE alumnae who has CF. Peña said that hearing her speak

was moving "and reminded me why this philanthropy is so close to my heart and the hearts of our sisters. I think that the 65 Roses Gala was a complete success."

Carla Crump, a sister of Delta Phi Epsilon, said, "Our recent gala really showed what Delta Phi Epsilon stands for as a sorority. It showed that we as a sisterhood put so much effort in our philanthropies and want to raise awareness for all that are going through CF. Seeing the expression on [Amanda's face] after we shared how much money we raised was just so heartwarming and how just the slightest thing can really make a big difference in someone's life."

## A Virtual Visit to the Museum of Chinese in America Highlights Damaging Stereotypes

BY CATHERINE WHEATLEY

Disagreements over the severity of the Coronavirus, the effectiveness of certain approaches, and how the virus became so severe, have divided not just our country, but the world as a whole. At the focal point of many of the disagreements that have taken place is China, the home of the first known case of the virus. A virtual program on Nov. 4, "I am not a Virus' Revisiting the Perpetual Foreigner Stereotype in the Time of COVID-19," dug into the past to explain the present issue of Chinese-blaming rhetoric towards the virus. The event was organized by Peer Assistant Leaders and the Center for Student Involvement and was a virtual visit to the Museum of Chinese in America (MOCA). It was a remotely guided program using primary and secondary sources from MOCA's collections and others to analyze the history and impact of the perpetual foreigner stereotype, with an emphasis on how that stereotype has affected, and continues to affect, people of Chinese heritage in the U.S. during the

Covid-19 pandemic.

Nora Chen, the presenter at the virtual event, began by highlighting the implications of stereotypes aimed at Chinese people, such as that they're especially intelligent and excel in math. Chen said this is harmful because it generalizes a population, and can even put pressure on Chinese people to live up to such stereotypes.

Additionally, Chen discussed the derogatory term "Chinamen" that was used in the 19th century when Chinese men were hired in large groups to do labor in the United States. Instead of using a worker's actual name, the white men in charge would instead refer to the workers as such. In order to fully grasp the disrespect that was displayed, Chen highlighted that in Chinese culture, one's name is very meaningful to them. Names are carefully chosen to reflect a parent's wishes for their child and to disrespect one's name is to disrespect their culture.

The generalization of a group of people is harmful as it strips away one's individual identity and assigns them characteristics that may not be valid.

Stereotypes and this sort of grouping don't always have a base in actuality, but are shaped by harmful rhetoric. Such harmful rhetoric about groups of people can incite violence and hate crimes, as we see today.

Chen also mentioned the history of hate crimes and explained the parallel that is seen today against Chinese people, including harmful rhetoric such as calling Coronavirus the "China Virus" and blaming China for the outbreak. Viewers also learned about Vincent Chin, a victim of a hate crime in 1982 after he was murdered by a man who assumed Chin was Japanese. The racial animosity that man felt towards Japanese people was so strong that it led him to murder Chin who was not even Japanese, but Chinese. The assumption of how another person acts was deadly in this case and is in many other cases.

Callum Ferguson, a student who attended this event, said, "It was nice to be able to still have opportunities to learn outside of the classroom. The virtual trip was both fun and educational."

Looking into the past to see how

racial stereotypes can pose a lethal threat to a group of people serves as a reminder to continuously be aware not to employ stereotypes and assumptions when interacting with others, as it diminishes their own characteristics. In these challenging times it's important to remain connected with others and to take advantage of opportunities such as this one offered by Adelphi University. You can always look at University Tickets on your AU2GO app to find different programs you can attend.



A new reality of virtual museum tours being offered by the Museum of Chinese in America (MOCA). Photo courtesy of [mocanyc.com](http://mocanyc.com)

## Staying Safe this Holiday Season and What to Expect Next Semester

BY RAVYN MALVINO

With the holidays approaching, many students have already traveled home to see family and friends. However, no one wants the virus to travel with them. The Adelphi administration worked to ensure that students and their families remain safe upon their arrival home while also preparing for their return in the spring.

"As the semester comes to a close, we realize many members of our community will be traveling home," said Nicole Gaudino MS, AGNP-C, Adelphi's director of health services. "In an effort to ensure that travel is safe for all, and to help prevent community spread of Covid-19, Adelphi performed mandatory coronavirus testing for all our residential students prior to their departure from campus in addition to random surveillance testing of

our commuter population."

Residential students completed their free mandatory testing via Vault Health.

"Recognizing many people would be traveling home, I released a Travel Safety communication, which addresses steps individuals can take to stay safe," said Gaudino. In this advisory, Gaudino encourages the Adelphi community to get their annual flu vaccinations, continue practicing social distancing, proper hygiene measures and mask use, in addition to self-quarantining at the first sign of illness to prevent transmission to others.

Students should take safety precautions during travel, especially if using any public transportation, and use a disinfecting wipe to clean any touchable surfaces in the vehicle in which you're traveling. When traveling domestically, private transportation by yourself or with family members is the safest option. If you're

riding in a car with others outside of your household, wear a mask and sit in the backseat if someone else is driving.

"Furthermore, retesting once home with travel completed is strongly recommended," said Gaudino. "I encourage anyone with questions in regards to quarantine, travel restrictions, or Covid-related concerns to email me at [healthandwellness@adelphi.edu](mailto:healthandwellness@adelphi.edu)."

Since Thanksgiving, all classes are meeting remotely. As of now, the plan is that we can return to campus for the spring semester beginning classes on January 26, 2021.

"As noted in our recent residential life communication, Important Steps and Deadlines: Returning to Residence Halls in Spring 2021, we will once again require all residential students to provide recent negative test results prior to move-in this spring," said Gaudino.

Before returning to campus, students will need to have a negative Covid-19 test result from a test taken at home within 72 hours of their arrival in New York, quarantine for at least three days upon arrival in New York, and take another Covid-19 test on their fourth day of quarantine with a negative result allowing them to leave quarantine.

"Similar to this semester, all Adelphi Covid-19 policies and procedures will remain in effect in spring 2021, including daily health monitoring on the AU2Go app, social distancing, hygiene and mask protocols, as well as our regular surveillance testing programs of both commuters and residential students," said Gaudino.

Gaudino added: "I encourage our Adelphi community to hang in there, continue to make good decisions, and by doing so, have a pleasant and happy—even if non-traditional—holiday season."

## University Alumni Joins Prestigious Dance Company During Pandemic

BY CAT CARUNCHO

Fresh out of college, in the middle of a pandemic and during a nationwide economic shutdown, 21-year-old Jared Stern, '20 from Seaford, Long Island, somehow landed his dream job.

The "interview" process however, was anything but typical for the dancer and most Adelphi alumnus.

"It was such an experience," Stern said. "The whole [process], start to finish was all done online."

Like many during the pandemic, the arts industry was suffering. Auditions were put on hold. Dance companies were going out of business. Luckily for Stern, Graham 2 was accepting new members for their touring company.

Graham 2 is a pre-professional company based in New York City and is made up of the most advanced students of the Martha Graham School. While in Graham 2, dancers are supported by a generous scholarship and receive integrated training through technique classes and rehearsals. Graham 2 dancers may also be given the opportunity to perform with the Martha Graham Dance Company, which was founded in 1926 by Martha Graham, a pioneer in modern dance. Approximately, 70 percent of the current main company members started their careers as members of Graham 2.

Stern credits Adelphi and his former high school, Long Island School of the Arts, for exposing him to concert dance, which included the Martha Graham Dance Company. Prior to entering college Stern was simply a competition dancer for his local dance studio.

"When he first came [to Adelphi] he was all razzle-dazzle Broadway," said adjunct professor Adelheid B. Strelick. "He had character and personality. What worried

me was that he only wanted to do that and I thought, 'Yes you can do that, but you need to be versatile. So, try and open yourself up.'"

After discussing his future goals with his professors at Adelphi, being accepted into the Graham 2 company became a part of Stern's plan and ambitions.

Stern said, "Graham was really kind of my plan since I started college from the first semester, freshman year. The Graham [technique] classes were really the only classes that I truly felt comfortable and welcomed in for many reasons, but it was also the technique that really drew me to it."

Despite his familiarity with Graham 2, he faced many challenges in preparing for his audition. Normally dancers audition in person, but in Stern's case he had to follow a remote process that was quite involved. He was tasked with recording five sections: programmed combinations, a floor work technique section, a performance section, a solo choreographed by himself and a solo from one of Martha Graham's dances.

With just two weeks to prepare, Stern said certain sections were difficult to learn.

"All of the videos were from the 80s that they had on their website, so not only did we have to learn off of a video from a 1980s quality, we had to reverse the whole thing because it was just a video of a performance," he said.

Stern explained that most of the videos provided were not in a form of a tutorial or mirrored so this made learning the choreography that more challenging.

As the severity of Covid-19 forced students everywhere to study remotely, naturally, as his audition grew closer, Stern became more nervous.

"We were coming from [Adelphi] having Graham [classes] twice a week to only have Graham [classes] once a week and only doing floor work," he said. "We used to have

two full hour-and-a-half Graham classes a week doing all floor work, center work, across the floor work, to only having it once a week and never coming off the floor."

Stern began to spiral, so he turned to his friend for some advice. "I was telling my friend about this audition," he recalled. "It's the only thing that's happening. I'm really nervous. What's going to happen if I don't get in? I'm not going to be dancing. I thought she would try to make me feel better. She told me, 'Yeah that's really hard because everyone else is filming and you know they're going to film it until they look perfect.'"

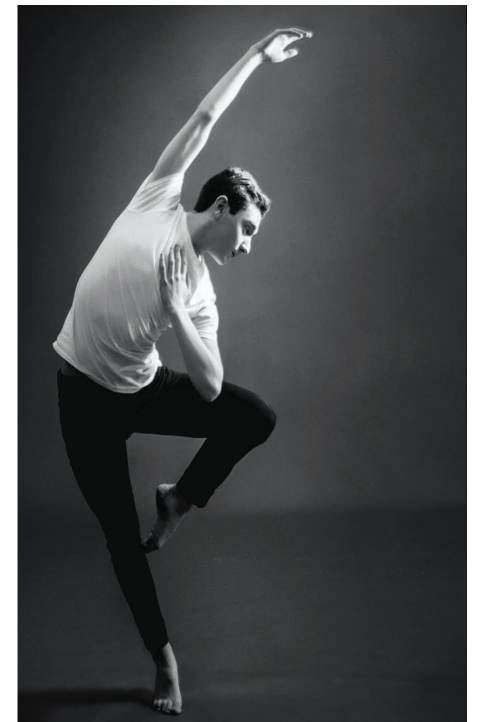
That's when Stern realized this was going to be more work than he thought. "I can't just press record, do my little dance and send it in," he said. "You know when you go to a live audition, you take a deep breath and you only have one time to do [the dance] and that's it. But this really took a lot of re-filming and watching it back. I know every other dancer fighting for this job is doing that, so I need to be doing it too."

Luckily, another one of Adelphi's adjunct professors and former Martha Graham Dance Company member, Oliver Tobin, guided Stern through his audition process.

"Jared did a very good job of working with what he has anatomically and physically in order to make the Graham technique work for him," Tobin said.

Despite these difficulties along the way, Stern managed to impress the company directors. Normally the company takes 12 members with two understudies, but recently they only took six members, three of whom were returning members from the previous year. The other three dancers were new members with Stern being the only new male member.

Rehearsals began for Stern and the rest of the Graham 2 company on Sept. 1 with virtual technique classes and rehearsals



**Jared Stern '20, has recently been accepted into his dream dance company, Graham 2, despite the uncertainty of the pandemic.**

held over Zoom. On the first Monday in October, they began an in-person "A" week and "B" week schedule only for technique classes. The dancers switch between virtual technique classes and in-person technique classes. "They can only fit so many people in the studios and they take social distancing very seriously," Stern said.

Due to the pandemic, it's unclear when the company will put on its next performance. "They're hoping to have some sort of open performance for the spring," Stern said. "Whether [or not] the dancers can be together and we're going to livestream it to an audience." He added that, "the dancers [will also] be on some sort of Zoom livestream and will be broadcasted to a virtual audience."

## Tamika Guishard Carves Her Own Space with a New Media Course

BY MARIO ESTIVERNE

Joining a group and hoping to become part of the team is often a nerve-wracking career step. But for Tamika Guishard, it's one she's happy to have taken. Guishard, 39, of Queens, New York, joined the Adelphi Communications Department this fall as an adjunct professor of new media. She brings with her a new teaching style.

"Professor Guishard is just what the Communications Department at Adelphi needed. She brings a wealth of experience, knowledge and energy that is infectious and inspiring," said Associate Professor John Drew. "Her dynamic background and deep roots working with various youth communities in urban settings on various media and game development projects positions her perfectly to help build out our growing new media concentration."

Professor Terrence Ross said of the interview process to hire Guishard that "everyone on the panel was so impressed with her talent and her positive energy as well as all the programs and initiatives that she had started or been part of, that we immediately agreed that we had to find a way to get her into the department."

Guishard said, "A lot of new media is

like being your own expert and kind of carving a space. The main skills that my students are coming away with is a stronger sense of self and empowerment. This will help them make their own space in the digital world."

Guishard also works with Hats & Ladders, a gaming app based in New York. Their primary goal is to empower teens and young adults with career-building experiences, skills and opportunities so they can take small steps now that lead to big leaps later. The idea is to empower youth as career thinkers, capable of making their own connections between who they are, who they want to be, and how to get there.

"Being a storyteller, it's always important to me to make sure that we're telling multiple stories and with the racial uprising and activism being on the tip of everyone's tongue," Guishard said. "I felt that with this career-thinking app, it could be a very great tool to introduce the tenants of activism and social justice to young people."

Working on Hats & Ladders was a stretch into another kind of storytelling, specifically into a form of new media. Before her involvement with this website, she would also tell stories during her time as a seventh-grade social studies teacher, as a dancer and a park ranger. One might think, what does a park ranger have to do with

storytelling? Guishard explained that park rangers can encounter many forms of culture and wildlife and the experiences they share with others can give them a bigger appreciation for nature and humanity.

Guishard graduated from New York University with her master of fine arts in film and TV. She was the only African American woman in her class. While she is also the only African American woman in the Communications Department, Guishard said she doesn't feel separated from the rest of the staff. But when she was a student at NYU, she often felt disconnected. Even so, she didn't stop growing as a storyteller and soon after her graduation Kasi Lemmons became faculty at NYU. Lemmons is an African American film director who directed the films "Harriet" and "Black Nativity."

"Being able to grow and shape my experiences throughout my career caused me to search and build a community, a community where students can feel welcome and accepted," Guishard said.

Her goal, not as a professor, but as a human, is to be a reflection for other students of color and mainstream marginalized voices in our chorus of humanity.

"I'm in a space that doesn't have a lot of people looking like me. I like to be a reflec-

tion for other students that were like me that were kind of just looking for people that look like me," said Guishard.

The new media professor wants to help students grow within Adelphi's community and to help them achieve their goals.

"Once I feel like I have settled, I look forward to giving you all more opportunities to connect outside of class," she said.



**Tamika Guishard joined the Adelphi Communications Department this fall as a new media professor.**

## Even With Biden's Win, Americans Need to Hold Leaders Accountable Over the Next Four Years

BY MOLLY AMICK

This election season, the American people turned out in astounding numbers to exercise their voice through their vote: a projected 161 million of them, which is the highest turnout in modern history. The results are in, and Joe Biden has been elected as the next President of the United States, with another record-setting 80 million votes. Joe Biden and Kamala Harris won this monumental election, flipping Arizona, Pennsylvania, Georgia, Michigan and Wisconsin. With pressing social issues and massive movements taking place over the past four years for racial equality, environmental justice and women's rights—just to name a few—this election clearly revealed the need for systemic attention to America's deeply rooted issues. The people have spoken and the next four years for our country will look different under leadership that has drastically different approaches to serve our country. So, where are we going from here?

To begin with an immediate concern: the coronavirus. Biden has outlined measures he will take to protect the health of all Americans. While the United States has neglected to effectively manage Covid within a reasonable timeframe compared to other countries, it's difficult to eradicate a pandemic in a country with central values of freedom and civil liberty. Biden plans to make testing free and accessible to all, as well as equipping medical professionals with the supplies necessary to handle potential shortages, considering the country's cases are climbing once

again.

One key focus for Biden is addressing climate change and revolutionizing our energy. With many leading scientists and climate experts warning our country of the danger we're in, it's imperative that we make large-scale changes to protect the environment. We can't deny that Donald Trump's climate change denial has alarmed many, and Biden's comparatively more progressive stance on environmental issues was an essential factor to his election. To address our greenhouse gas emission rates, Biden has plans to invest in more sustainable energy and farming, with the goal of achieving net-zero emissions by 2050. Along the lines of environmental justice, Biden recognizes water as a human right and agrees to tackle unsafe drinking water in communities that are affected. Biden has also shown interest in tightening regulations regarding fossil fuel extraction with the ultimate priority of reducing pollution from big industries.

However, contrary to these outlined goals, Biden has appointed Cedric Richmond as an adviser. This has alarmed many environmental activists as Richmond has received ample donations from the fossil fuel industry in his campaign. So, while Biden has placed emphasis on the critical issue that is our climate crisis, this decision of his could be hypocritical, and may require displays of dissatisfaction on behalf of Americans in order to hold Biden to his word.

Another way in which Biden contrasts Trump in leadership is the President-elect's acknowledgement of social and



The new administration will not guarantee us a more progressive government without our continuous demands for change.

economic equity issues that are pervasive in our country. Biden has recognized that race plays a role in the economic mobility of Americans, and that environmental issues are highly discriminatory. Black and brown communities are the ones endangered by pollution as well as being prone to worse air quality and toxic substances, which is a public health concern. Biden outlines that he'll strive for equity through the sequestration of billions to Black and brown owned businesses to promote economic growth to those disadvantaged in this country.

Another predicted policy to bring economic benefit is Biden's tax plan. First, this consists of raising the federal corporate tax rate from its current 21 percent (according to the Tax Policy Center) to 28 percent. While Biden's tax plan has been controversial, this corporate tax shouldn't be alarming; prior to the 2017 Tax Cuts and Jobs Act, the federal corporate tax rate was 35 percent. Raising the corporate tax rate is controversial to some, but when

we look at the tax cuts that large corporations and the utmost wealthy received under Trump, it seems much healthier to the economy (especially for middle-class Americans) that we return to a more substantial taxing of corporations. Citing the Tax Policy Center, Biden's website states "Tax experts estimate that over the long run, 83% of Trump's tax giveaway will flow to the top 1% of earners in this country." Instead, Biden speaks of giving tax cuts to the middle class to encourage more small businesses to succeed and keep healthy market competition.

Biden has a decisive vision for the United States of America, but under his administration just as much as any other, it is us, the people, who are responsible for holding our leaders accountable. Although Biden shows a progressive front and has arrangements to confront coronavirus, income inequality, environmental problems and social inequity, the path towards a more robust and righteous America will be a treacherous one.

## Mental Health Matters Now More Than Ever

BY MARIO ESTIVERNE

With classes now fully online since the Thanksgiving break, students' mental health is more of a concern. Speaking from my own experience, at the beginning of the pandemic, I felt fine when initially making the shift from in-person to online classes. Time eventually progressed and I slowly became aware of what I was about to miss out on, and how few things I was able to safely do, and it started to take a toll on me.

My plans for the future and the many other tasks I had hoped to accomplish came to a screeching halt as industries and opportunities began to shut down right in front of me. Every day I would constantly refresh the news in hopes of a brighter day, but instead, life kept on getting more and more bleak. Despite this reality, there have been moments where I was able to grow and shape some parts of myself.

Not everyone is capable of coping with the stress, anxiety or depression that comes with such drastic social changes.

Sometimes, individuals need to rely on an external source. With many public areas beginning to close again, there are limited opportunities and limited outlets that you can rely on for help. The sun is going down much earlier with daylight savings and the oncoming winter; it's darker for longer hours of the day, and typically, that causes people to want to stay inside much longer since it creates a feeling of nighttime.

With this being the case, while the seasons begin to change and the pandemic once again builds momentum to rage on, it is natural that worries begin to float around our minds more and cause us to panic, feeling as though we have more work than we can handle. This can potentially cause more stress to us and our mental health slowly deteriorates and eventually worsens. Mental health and academic success are both intertwined in some form. Some people may lack the motivation, or they feel like there is too much for them to do and handle, so they begin to drift away from their academic obligations. If the student were to drift away from the work they have

to handle, they will slowly fall behind on the academic curve and then potentially feel as though college was not meant for them or that they potentially cannot handle the work that is lined up for them. Many are overwhelmed during this time, and our goals feel less tangible when we are limited in our daily routines.

Widespread distribution of a potential vaccine that can slow the spread of this treacherous virus is still months away. When learning more about the virus and what it is capable of, my sense of security began to drop slowly each day. The more this virus is being studied and analyzed, the more paranoid and uncertain we are. Having a sore throat is now something that will immediately give you reason to head to the hospital. There is constantly something to look out for and to be aware of because no one really knows the direction we're going to take.

Some people rely on communication with their friends and close ones to feel better, some rely on being by themselves, and some rely on outdoor activities to meet their

mental needs. There are many other things people rely on to regulate themselves. I personally drive out and park my car somewhere that is not busy and I just sit there and collect myself again.

Our best chance of making it through this mess is to stick to the routine we hold dear to us and modify it to ensure that our mental stability remains intact. Mental health and stability within our growing youth is very important and it is best we do not lose it.

If you can, find what keeps you feeling your best. Even when it gets hard, try to make time to do things that maintain your health. And while the stigma surrounding professional mental health care is intimidating, seeking professional help can be life-changing and life saving.

Here at Adelphi, the Student Counseling Center (SCC) offers different support groups as well as individual counseling sessions with a qualified individual to help you feel your best. If you think you could use some support, take a look at the services that SCC offers here: [www.adelphi.edu/scc](http://www.adelphi.edu/scc).

## What to Expect for Covid's Projected Second Wave

BY NICOLAS RONTANINI



Climbing rates of Covid cases demand us to demonstrate we learned from the initial hit of the pandemic.

If we looked at the news this week, we saw updates surrounding Covid, including the surging number of cases in the country. Given the nature of the pandemic so far, most people are understandably worried about what this means going forward. According to the news, the rate of infection is likely to keep increasing. The onset of the pandemic has led to a variety of problems already, and it might very well cause new ones.

According to CNN, about 49 percent of Americans said they would shelter

in place should the order be given. This is down from 67 percent who said the same in late March and early April. The pandemic was a main topic throughout the election, with both political parties having very different views on the severity and how to handle it, which continues to do damage because of misinformation. Cases around the country are rising and the states that seemed to have a grasp on the situation started backsliding. In New York, for example, the daily positivity rate, according to CNN, rose to over 3 percent on at least one day, whereas the seven-day average and the 14-day average rose to above 2 percent. That was vastly different than 0.8 percent early in September. Nationally just this week, the seven-day average rose to 2,249 deaths, breaking the previous mark of 2,232 set on April 17 in the early weeks of the pandemic, according to the "New York Times." Further, the U.S. is now approaching 300,000 deaths.

The positivity rate is also up worldwide, especially in Belgium and the Czech Republic. Cases in these countries have significantly increased, with the positivity rate in Belgium rising to 18 percent in October from their previous

2 percent in mid-September. Belgian epidemiologist Pierre Van Damme said that universities reopening was a driver for new cases, with students going home on the weekends and spreading the infection to their parents.

With these facts in mind, it's understandable why people might be worried about the months to come. Health officials and aides to Mayor Bill DeBlasio have told the public that broader restrictions would be put into place should the positivity rate exceed 3 percent, including school shutdowns in New York. Some restrictions have been put into place, such as the rule for restaurants to close at 10 pm and for UrgentCare to close 90 minutes earlier each day since November 16. Due to the spike in cases, there is concern that households and individuals who have contracted the virus may even catch it again. With the holidays approaching, officials have advised that families should find alternative methods of celebrating, according to the "Washington Post."

However, we can't let ourselves be completely overtaken by panic. This climb in cases is certainly worrisome, but if we

take precautions, a second wave can be avoided. Health officials are doing what they can to keep people safe. A long-desired vaccine seems to be on the way. Regardless, we also have to be sure we're taking the proper precautions. Wearing a mask when going outside, washing our hands frequently and maintaining social distance are important preventative measures we can take to make sure that the events of this spring don't repeat themselves.

It's important to say that it's okay to be a little worried. These are difficult times, and nobody knows exactly how to navigate them with total certainty. It's hard to see the light at the end of the tunnel, and even harder to try and stay positive. Nothing about this is easy, but we can get through it. If we keep the right attitude, we'll make it to the other side. We just need to learn from the way our country responded to the arrival of Covid in the spring. Patience and discipline are necessary. We must hold ourselves accountable for preventing the spread, taking preventative measures to protect those around us. Keep in mind for the coming months: we can, and will, pull through.

## Apple Moving from Intel to Arm Processors in Their Computers

BY JUSTIN KRESSE

On Tuesday, November 10, Apple hosted their "One More Thing" virtual event. During the presentation, they revealed their new M1 processor, which they designed themselves, along with three different computers – all using that same processor. This isn't the first time Apple has had a big transition with their computer processors, and it's definitely a welcome advancement.

In January 2006, Apple announced their first computers using Intel processors instead of PowerPC processors. Now, more than 14 years later, the engineers at Apple have done it again. With the new M1 processor, Apple should be able to bring a major performance boost to their machines and increase the battery life of their mobile computers. This move is likely because of the lack of advancement at Intel lately.

Intel's mobile processors have not been performing at the standards that Apple would like – partly because of the lack of efficiency. This means that the Intel processors were draining the batteries faster while not delivering great performance. With the M1 chip, Apple has attempted to create a much more efficient system.

The new processor has everything in one chip – the processor cores, the integrated graphics, the RAM, the thunderbolt controller and more. This means that it takes less energy and time for the different pieces to talk to each other and you get a smoother experience.

With Apple's switch from Intel to Arm

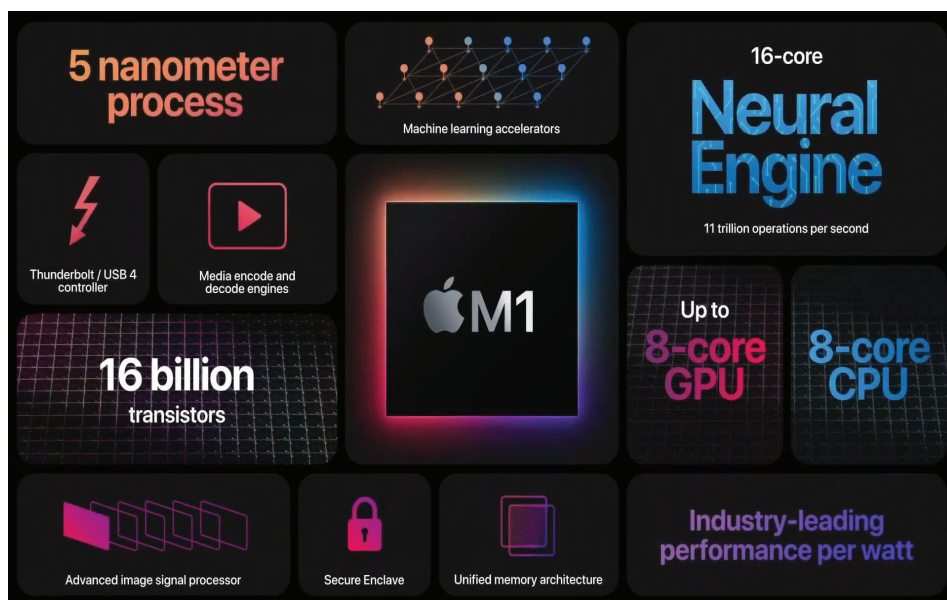
processors, they also get the advantage of more compatibility with the iPhone, iPad and possibly even the Apple Watch. All these mobile devices use Arm processors, which means that the apps that have been designed for iOS and iPad OS should be easy to port over to Mac OS Big Sur on the new Apple silicon computers.

Possibly one of the most important parts about this move is that Apple will now have full control over everything in their Macs. They already control the software and now they'll also control the hardware going into the Mac. This means that the new Macs should be even more optimized. It also means that modifications to the hardware and software are going to be even more difficult. For instance, building a "hackintosh" – a traditional PC computer (likely using an Intel processor) that you install Mac OS on illegally – could become impossible once Apple only supports their own processors in the newest version of Mac OS.

Looking at the three Mac models that Apple just released – the Mac Mini, MacBook Air and MacBook Pro – we can see that Apple is less focused on the performance of each machine and more interested in the form factor. All three computers have the same M1 processor (though the base-model MacBook Air only has 7 GPU cores instead of 8). The only difference is the chassis they are in.

The MacBook Air has gotten a big boost in performance and it doesn't even need a fan (a pretty big achievement since many MacBooks have had thermal problems with the Intel processors recently).

The MacBook pro is very similar,



Screenshot from Apple "One More Thing" event November 10, 2020

though it has a slightly larger form factor and includes a fan to give it a little bit of a boost in performance. The Mac Mini is obviously a desktop computer, which means the efficiency of M1 is less helpful, but it still packs a punch – especially at a quite reasonable (for Apple) \$699 starting price.

However, these new Apple silicon computers are not perfect, and you may want to wait a generation or two if you are considering upgrading to one of them. They only have two Thunderbolt/USB 4 ports on the left side – a minor inconvenience – but I would hope that Apple figures out how to include more than one Thunderbolt controller in their next processor.

There are also, of course, concerns

with the compatibility of software. Apple did talk about Rosetta 2 and how it will allow users to run apps made for Intel-based Macs on Apple silicon, but they likely won't be as efficient as they could be if run natively. Adobe isn't even ready with Apple-silicon-ready versions of Lightroom and Photoshop. Other apps, especially older ones, might never get ported over to Apple silicon. So, if you're considering ordering one of the new Macs, take a look at your App library before hitting the "checkout" button.

Overall, the new Apple computers using the M1 chip should be very interesting. I'm excited to see what this could mean for future Apple computers, but I know that I'll be sticking with my trusty Intel Mac for at least a couple more years.

## Panther Practice Procedures Have Changed, but Player Dedication Remains

BY MAXMILLIAN ROBINSON

Since Sept. 22 our Panther athletes have returned to their “normal” routines, as all athletes were cleared to continue daily practices with their respective teams.

But, there have been some changes.

“Before practice for us athletes on the track and field team, we must perform the necessary precautions to keep myself as well as my teammates safe,” said runner Lindsay Shine. “This includes washing our hands often and wearing a mask. We also must fill out the quick survey on the Au2go app.”

Shine added that when entering the facility for either practice or rehab, she must show her “green screen.” (This is a checklist that asks several questions pertaining to if you have symptoms of covid-19. Once cleared, a green screen will pop up). This provides proof that she is cleared to be on campus, followed by a temperature check. During practice, the team breaks into units called “pods,” which consist of 10 people in a group who practice together for their warm-ups.

Since the track and field team has 65 members in total, these pods were created to help this team stay socially distant while practicing together. The athletes are required to wear masks in pods, but the coaches eventually ask them to take their masks off once the workouts begin.

Similar protocols are in place for other

teams as well.

“Before practice everyone has to fill out questions to make sure no one has any symptoms,” said men’s soccer player Chris Freidlander.

Men’s basketball player Adonis Williams said that prior to practice all team members have to fill out the daily Covid-19 screening questionnaire. “Then we must take our temperatures before going to the locker room to get dressed. We do a weekly Covid test to ensure that we do not have the virus. After each member of the team tests negative then we can continue to practice,” he said.

The players said all these new procedures have impacted them both mentally and physically. Before practice was approved, several athletes didn’t have the opportunity to consistently train over the summer. They were forced to go home, stay in quarantine and not only fear having to protect themselves, but protect their loved ones in the process. Athletes who live with their elderly members can’t come in close contact with them after working out with others due to the risk. This has definitely left players frustrated with the world’s current situation.

“This pandemic has definitely taken a toll on me, both physically and mentally,” Shine said. “Running and hurdling has always been an outlet for me whenever I just need a break from schoolwork or

any other stressors in my life. When the spring ‘20 season got canceled, it almost felt like a slap in the face. While it was best for everyone’s health, both myself and my teammates were hard at work each and every day, preparing for what we believed was going to be a competitive and phenomenal season.”

Other players said that not even a pandemic can change their outlook on the impending season.

“This has not affected me at all,” Williams said. “It is just more of a daily reminder to take the proper precautions so that we can continue to practice.”

That doesn’t mean teammates

aren’t being innovative about coping mechanisms. Williams said that the basketball team has decided to play music during practice, “which helps everyone remain in good spirits.”

Others, like Shine, said the focus is on remaining healthy.

“For the most part, all the rituals I’ve done in previous seasons are still the same, but for this year particularly, I’m focusing on my physical and mental well-being extra,” she said. “The last thing I want to do is compromise the semi-normalcy of seeing my teammates and training for what we hope is a great, safe and healthy season.”



Lindsay Shine competing in a hurdling competition event.

## The BLM Movement Has a Positive Impact on AU Teams

BY MAXMILLIAN ROBINSON

The year 2020 has been plagued by coronavirus and political propaganda, as well as the ongoing problem of systematic racial injustice. The latter has led people around the country and the world to be proactive and protest what they see as unfair treatment that needs to be changed. Much of this has been through the Black Lives Matter (BLM) movement, where being an active voice is vital to bringing about change.

Adelphi’s athletes have been part of this movement. Earlier this year, members of the track and field team took to the streets for a peaceful protest in honor of the late Ahmaud Arbery, who was fatally shot and killed by two white men while he was jogging in Georgia. These athletes have also been very vocal in their community gatherings by speaking out for other victims of racial injustice, such as Breonna Taylor and George Floyd. On top of this, most of the track and field team went to the polls and voted in the past election, favoring Joe Biden over Donald Trump.

“I feel Black Lives Matter has had a positive effect on our team,” said track and field player Kevin Nalisa. “Our team is one of the most diverse and inclusive teams on campus. We all feel strongly and greatly moved by the BLM movement and are always looking for ways to support and make a difference on campus and in our communities.”

His teammate Ronan Smith said that the BLM movement has particularly impacted how the team communicates with each other.

“While the track and field team is usually a very diverse team, in the past we did not typically address these issues at practice or with our teammates,” he said. “However, this year it has become a prominent topic and with the social media exposure that has been cast upon it, we have definitely opened up a dialogue about the movement, whether it be between coaches or athletes.”

Men’s tennis player David Leader said although most of the team has not been around this semester, BLM has been a topic of discussion for the remaining players present.

The conversation of equality and fair opportunity carries over into team meetings, pre-practice times and even on the athletes’ free time. Coaches, staff and alumni are doing the best they can to inform the team regarding ways to help educate others on what minoritized figures face on a daily basis. The team staff are also giving tips on how to be involved in their communities the best way possible to fix racial inequality in society.

“Our team meetings have been a culmination of forums talking about BLM, injustice and hearing stories from people’s involvement in the movement, as well as meetings on the best way to deal with Covid,” Nalisa said. “Our head coach has also been doing a great job of keeping us up to date on everything going on in the NE-10, how the season/track meets might look, and when we can look forward to getting back on the track.”

Leader said that at the meetings, “we mostly talk about practice plans, as well as what we should expect for the spring semester. Since many of our team is at home overseas we have a chance to

catch up on each other.”

Smith added that the track and field team has done a great job in providing ways to help players get involved in their communities to help create social change. This includes connecting the players to community organizations, cultural beliefs and events that players are welcome to participate in. To help them push forward when times are rough, coaches and captains provide support, the players said.

“Our team captains and our coaches have really helped to bring us together,” Smith said, “whether it be by providing emotional support or giving us the opportunity to take part in some very important discussions regarding race and inequality.”

Leader credits tennis captain and roommate Luke Stirling. “We always try to bond as a team off the courts and reach out to each player. I give credit to the coaches too. Without the team meetings it would’ve much bigger challenge to keep in touch with the team.”

While some things may seem minor, one thing is clear: These athletes are all on the same page with each other, which is vital for making a change.



(Left)  
David leader in action playing tennis.

Photos on this page from  
AU Athletics

(Right)  
Kevin Nalisa posing for the camera to show his excitement for the impending season.



## The Highs and Lows of D2 Competition During an Unusual Season

BY MAXMILLIAN ROBINSON

Being a college athlete is no easy task. There are only so many athletes who are fortunate to compete in high school. Even fewer, if selected to compete at a higher level, move on to play collegiately. Competing after college is when some players are considered part of the elite few.

So, how did some of our Panther athletes end up playing for the Brown and Gold?

“After my last year of being in the Amateur Athletic Union, I had gained some attention from some coaches and I had received three scholarship offers,” said men's basketball player Ronnie Silva. “I didn't achieve any major accolades in high school. I got my recognition from my team winning in AAU tournaments.”

The Amateur Athletic Union (AAU), is a nationwide program that helps players from all skill ranges to compete in national tournaments and receive more exposure with the hope of playing collegiately, even professionally.

Silva, a former AAU player, said that without his recognition from being on a winning team outside of high school basketball, he may not have been recognized the way he is today.

Other athletes have a different story to tell in their recruitment process.

“The recruitment process for me in high school was very interesting,” said women's basketball player Katie Murphy. “I was actually being recruited for cross country, basketball and lacrosse. Being all-state in cross country and all-county in all three of my sports (cross country, basketball and lacrosse), I was noticed by a lot of different coaches for all levels of play.”

Murphy was also fortunate enough to win the Dellecave Award, which is awarded to the top female and male student athletes in Suffolk County, New York, where she resided.

Why did these athletes ultimately choose Adelphi?

“I felt like it was the best decision for me financially, academically and with basketball,” Silva said. “When I visited campus as a senior in high school, I fell in love with it and being close to New York City. Coming to Adelphi was an experience that I was looking forward to and I'm just grateful for the opportunity.”

“I decided to choose Adelphi because I wanted to pair great academics with great athletics,” Murphy said. “The NE-10, which is our conference, is one of the most competitive conferences in the nation and the appeal of the Honors College allowed me to fulfill my academic goals. I am close to home (about 40 minutes away), and the class sizes were very small. I like to get to know my professor and this was a great fit for me.”

While adjusting to the college curriculum academically can be difficult, how much more difficult would it be to balance that with playing against better



Katie Murphy (left) is getting ready for the new season.



Ronnie Silva (left) practices for the upcoming season.

Photos on this page from AU Athletics

competition athletically?

“The biggest transition was the speed of the game in college basketball and lifting weights,” Silva said. “Through playing and watching film, I got to analyze my individual game and begin to slow the game down in my mind. With lifting, I never had a strength trainer like Keith [Ferrara] that pushed me and educated me in the weight room, and I began to see real progress in my game.”

“The biggest adjustment for me was just the physicality of the play,” Murphy said. “Going against older and stronger players allowed me to adjust to that kind of style and build my own strength.”

Being a student athlete takes a lot of skill, and each Panther player brings a unique perspective to their game.

“The quality that helped me to be successful at this level is to be curious,” Silva said. “I'm always asking myself how I can be a better player, a better teammate, a better student, a better leader and a better person everyday. Then, I would put in the effort to turn those flaws into strengths.”

Murphy said: “Some key qualities that helped me to become successful at this level was definitely staying confident in myself and working as hard as I can. These are long seasons, and they could feel like you are riding a roller coaster, so staying level-headed and confident really helps. I also think my work ethic has helped me to become successful. I strive to be the hardest worker on and off the court, and I train and study to help make that possible.”

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