

# The Delphian

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The Voice of the Students

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## Transitioning Back to a More In-Person College Experience

BY MARIA GIOVANNA JUMPER

After two-and-a-half semesters of mostly online learning, Adelphi University will be transitioning back to a more traditional in-person experience for the fall 2021 semester. With more people getting vaccinated the state guidelines have been updated to reflect possibilities for in-person learning, research and other creative activities.

On April 28, an email went out from President Christine Riordan and Gene Palma, the vice president of University Wellness, Safety and Administration, outlining the plans for in-person learning. Many of the classes offered in the fall will happen in-person or through hybrid and HyFlex modalities.

Additionally, a smaller number of online courses will still be available to meet the needs of students. President Riordan and Palma wrote, "This portfolio of options will allow students, in concert with advisers, to build schedules that match their personal needs."

Students are encouraged to choose the modalities that work best for them and expect that they will remain in that modality for the entire semester. However, they also recognized that the realities of the pandemic can shift at any time, which may force them to

change their plans for the fall semester.

The email stated, "Should any courses require adjustments for health and safety reasons, we will be sure to share that information with students."

Melanie Andreopoulos, a member of the class of 2023, said, "I am very happy that classes are going to be in person. I personally had a very difficult time learning remotely this semester, and had a very hard time paying attention. In-person classes will hopefully help me regain my attention span and learn better. I'm also looking forward to socializing with people in my classes and actually meeting people."

Besides classes, student life on campus will also be returning. Clubs and organizations will be offered as hybrid formats for meetings and events. This will allow for higher levels of student engagement with organizations on campus. In addition, student support services, including the Student Counseling Center, the Learning and Writing Centers and Academic Advisement, will provide both in-person and virtual support.

More information is to come on vaccination and testing protocols. Universities across the country have been requiring different levels of testing and vaccinations. Some universities



**As more people get vaccinated, the University hopes that an almost full return to campus will be possible this upcoming fall semester.**

*Photo from @adelphiu on instagram*

will be requiring vaccines while others will keep up with testing. Adelphi will be releasing their plans soon so students can be prepared for what is expected of them.

Additional information to come will include updates for international students, move-in details, health and safety expectations, and updated policies for living and learning. Plans for the fall will evolve as more guidelines are released by New York State as well as the CDC.

## Students Called on to Help Pick a New Provost

BY JACQUELYN SMILEY

Adelphi University has begun the steps to hire a new Provost. This important position is the Chief Academic Officer of the institution. According to the University website, "the Provost leads the University in its academic planning and sets goals, policies and practices in the context of shared governance. The Provost has leadership and oversight responsibilities concerning a complex set of activities that are vital to the University's success as an institution of higher learning. Equally important is working closely with various internal and external constituencies and partners."

A search committee kicked off the process on March 17 and there are now two finalists, Dr. Marsha Tyson Darling and Dr. Christopher Storm. Whoever is hired will be expected to "offer visionary leadership, the ability to move things from concept to implementation, and the ability to manage a variety of leadership challenges and opportunities."

They are responsible to promote academic quality; support faculty scholarship and teaching; support diversity and inclusion; develop and provide oversight to budgetary and resource allocation; focus on student success; and work closely with President Christine Riordan on strategic initiatives, including Momentum, Adelphi's strategic plan.

The Search Committee arranged forums with both candidates earlier this month, and that they will have several rounds of interviews with different campus committees before we will know who will be picked.

Dr. Darling has been at Adelphi for over 20 years and is the Director for the Center for African Black and Caribbean studies, Director for the Diversity Certificate Program, and the Director for the Truth Racial Healing and Transformation Campus Center. Dr. Storm has been at Adelphi for 14 years and currently holds the position of senior associate provost for faculty advancement and research. He is also an Associate Professor in the Department of Mathematics and Computer Science.

In the student forums the week of May 3 candidates made 20- to 30-minute presentations followed by a Q&A through Zoom. Students had the opportunity to ask the candidates whatever questions they chose and have their opinions voiced throughout this process. Questions were focused on topics such as vaccines, career research, improving the community

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## The Eighteenth Annual Scholarship and Creative Works Conference Goes Virtual

BY JUSTIN KRESSE

The Eighteenth Annual Scholarship and Creative Works conference at Adelphi was held virtually for the first time on April 27 from 9:45 am to 3:30 pm. Last year's conference had to be cancelled due to the pandemic shutdown. Alexander Heyl, one of the conference co-chairs and an associate professor of biology, said there wasn't enough time to shift to virtual then. "This year, to provide a safe environment for faculty and students where they could highlight their research and their creative works, we chose to use an online format."

Nathan George, the other co-chair and an assistant professor in the Derner School of Psychology, noted, "The opportunity as a psychology professor to go see what a student in biology is doing or what a student in dance is doing and to really get the full breadth of what's going on at the university is really exciting."

He added, "We also really want to



**Some attendees and presenters found the format of the tabletalk platform confusing to navigate, but the Scholarship and Creative Works Conference was still able to showcase great student work.**

*Screenshot from Erin McElhone's presentation provided by Professor Nathan George*

provide a space where students can get excited about getting involved in those things."

The result was an increase in attendance from 450 at the 2019 conference to about 700 this year—though the number of presenters stayed about the same, showing the pandemic didn't put a stop to collaboration and research. In fact, this year's conference brought many positive changes, such as the ability to welcome back alumni who couldn't participate in last year's conference and allowing Emily Graslie—the keynote speaker who lives in Chicago—as well as presenters and participants living farther away from campus, to join in the conference. The online format also allowed for an increased variety of people to share their progress and finished work, and receive valuable and encouraging feedback.

The goal of the conference, which used to be known as Research Day, is to celebrate the efforts of students and their professors and expand the classroom learning experience through research. Students are able to build their presentation and communication skills, learn to discuss their work and engage with other scholars, and develop an appreciation for scholarship and what it contributes to society.

This year's conference started off with a few introductions, but the first main event was a talk with Graslie, a science communicator and museum professional. She first talked about her experience majoring in studio art, then her work for the Field Museum of Natural History, and how that allowed her to start the YouTube channel, "The Brain Scoop" and later help with the PBS TV series "Prehistoric Road Trip." Throughout the talk and the subsequent discussion, Graslie stressed, "Our goal [for her projects] was to demonstrate that

scientists come from all walks of life [...] and they don't always wear lab coats."

It was an important message, especially because of the increased variety of presentations and performances at this year's conference, ranging widely from dance, poetry, communications, environmental studies and other sciences.

After Graslie's discussion, there was a quick overview of the "building" layout, a virtual conference center through a program called ePosterBoards. It consisted of virtual tables where participants could present or just talk, with sections for oral presentations, posters and a "lobby." At around 11:30 am, participants were brought back to the "lobby" for the event to begin.

There was a great variety of presentations throughout the day. For instance, Matthew Mackey read his poem about the experience of being a nonbinary individual and discussed changing the cultural narrative. Haley Franke created a pre-recorded video that participants could watch individually through the virtual platform—another positive result of the online system. And Dori-Jo Gutierrez, an alumnus, presented her senior thesis, which was a series of songs about female mythical individuals such as Medusa, bringing their stories into new perspectives.

Apart from the big change from in-person to online, another major change at this year's conference was a switch from the previous judging model to a more relaxed and supportive mentoring model, which many seemed to agree was very positive. With the change to mentors, George said, "We wanted to treat this as coming together to celebrate all students"

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**BROWN & GOLD**  
AWARDS CEREMONY

**The Delphian is proud to announce that we received Outstanding Organization at the 2021 Virtual Brown and Gold Awards. The awards took place on May 10. Thank you to all of the writers, staff and faculty who helped make this possible.**



## A Word from the Editor

Congratulations, Panthers on another successful semester and academic year! As this semester draws to a close, be sure to continue being safe. As outlined in "Transitioning Back to a More In-Person College Experience" (page 1), the university is hoping to be largely back in person next semester. This does count on all members of the community being safe, getting vaccinated and taking steps to lessen the spread of Covid-19.

The path back to normal college life is underway. With in-person commencement options increasing for both the classes of 2020 and 2021, normalcy seems to be on the horizon. Read more about this on page 3, "In-Person Commencement Ceremonies Announced Following Updated Guidelines." Additionally, learn more about the Laverne and Multicultural Awards, another ceremony celebrating our graduates on page 4.

The pandemic has changed our perceptions of the world and the careers we choose. In the Opinions section, read about how more people are choosing to study nursing on page 7. The pandemic has increased the desire to go into the healthcare professions and be active in helping to end this health crisis.

Finally, in Sports read about the post-season for softball, as well as what players have been excited about for this season.

*The Delphian* is proud of the work we have done this academic year. As Editor-in-Chief I am proud to have introduced the website while holding this position, and of the reporting we have done throughout this time.

As a graduating senior I would like to take this time to introduce the next Editor-in-Chief, Maxmilian Robinson. Max came to *The Delphian* in his sophomore year and has since served as the Sports Editor. Max has shown dedication and enthusiasm for working on the paper and will do a great job.

—*Maria Giovanna Jumper*  
Editor-in-Chief



# TheDelphian

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Letters must be less than 400 words and include the author's name and affiliation to Adelphi. Letters may be edited for the purposes of space and clarity. Send to [delphian@adelphi.edu](mailto:delphian@adelphi.edu)

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## Scholarship Creative Works Conference

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work equally, and also to promote all students' work equally to allow for them to gain valuable insight and practice and really have a good connection with another faculty member who can provide insight into their work."

George was optimistic, stating how the mentoring aspect of the conference "is something that we intend to keep moving forward."

Looking at the future, there was hope that the conference could be back in person. Susan Dinan, dean of the Honors College and a mentor at this year's conference, said, "Having people in person talking about a poster or giving a short paper [allows for] a connection there that is lost when you are on Zoom."

However, that is not to say that there aren't aspects of this virtual event that could be brought forward to future conferences.

"People who might not have been able to come to campus could participate – I think it is another bonus," Dinan said. "I thought the keynote speaker was spectacular, and I wonder if in the future it wouldn't be possible to have a keynote speaker who perhaps addressed an audience virtually, so you could really get somebody epically awesome, but maybe not have to get them to Long Island to do what they're going to do."

Of course, just like any of the other events that had to be moved online this year because of the pandemic, the Scholarship and Creative Works Conference did have a few minor difficulties. Unfortunately, some of the first presentations in the morning had problems – mostly based on participants' difficulty with the virtual layout. Terrance Ross, a professor in the Communications Department, said, "It was an interface that was confusing to me, but wasn't confusing. If you live with [it] for an

hour or a half an hour, or if you're just good with newer technology, it would have been very clear."

This idea was echoed by others: the ePosterBoards software might have seemed "a little quirky" at first, as Dinan put it, but "once you got the hang of it, it was pretty easy to see where you were supposed to go."

One part of the planning for the conference that maybe could have been implemented better was a practice run for the presenters. Co-chairs Heyl and George said there was an available practice for presenters to sign up for, but it was not mandatory.

Presenter Mackey wasn't aware of the practices and said it would have been helpful. Maybe, if future conferences are virtual or involve a virtual component, practice could be more widely advertised or even required for presenters. Dinan also said that one student's computer was not able to run the web software, a problem that can at least be identified during a practice run before the day of the conference.

Overall, however, this year's conference was certainly a new and different experience. Luckily, thanks to great work by the planning committee, mentors, presenters and everyone else involved, it went smoothly and even allowed more students to present their work in different ways.



Image of Erin McElhone's performance at the conference, "Not Sexy."  
Image courtesy of Erin McElhone

## Students Help Pick New Provost

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aspect of Adelphi and ensuring a welcoming and equitable community. Recordings of these interviews are available at <https://intranet.adelphi.edu/hr/recruitment-and-searches/provost-search/> along with a survey that will be administered to their Adelphi emails after viewing the forum for each candidate so students can share their thoughts about who they believe to be best suited for the position of Provost.

When asked by *The Delphian* why they want this position, both candidates had a lot to say. Dr. Darling responded: "I have applied to be the Provost at Adelphi University because I will bring academic leadership and values and principles aligned with the changing world that we live in; vision regarding what is important at our institution and in the world; deep experience in academia regarding teaching, scholarship and service; experience building relationships with faculty stakeholders; and two decades of mentoring students and faculty across Adelphi's colleges and schools."

Dr. Storm said: "As Provost, I will be a consistent voice to ensure that the benefit of our students is at the core of academic decision making. We must meet our commitment to be relentlessly dedicated to student success by offering clear paths to timely degrees and an education that promotes agency, socio-economic mobility and a life of fulfillment. We must also make the University a place where students of all backgrounds and perspectives are welcomed, included and able to freely engage in honest intellectual inquiry."

Students and other Adelphi members can voice their perspectives about the candidates by completing a survey that will be emailed to all students immediately after they view the forum. This feedback will be compiled and presented to the Board of Trustees and President Riordan. They will meet with both

candidates to make the final decision.

The job of Provost is critical to decision making that affects all students. With two candidates who bring very different experiences, this is a very important opportunity for the Adelphi community to make their views known about what the university will look like in the coming years. Students are encouraged to make their thoughts known in the surveys and study the candidates' curriculum vitae and the provost job description.

The Instagram page @BlackAtAU has already shown their support for candidate Dr. Darling on their social media pages. There students and alumni are indicating they back Dr. Darling's commitment to the University and the success of diverse students.

Black Students United e-Board member Monique Marcelle, said, "I believe in what Dr. Darling can bring to the campus. They have always been there to listen to what students' concerns are and have extensive experience for both academic and faculty leadership. In these complex times, I trust Dr. Darling to look at the big picture and lead the university towards the goals of equity and equality."



Meet the candidates for Provost: left, Dr. Christopher Storm, PhD; right, Dr. Marsha J. Tyson Darling, PhD.

Photo from the Adelphi Insider



## In-Person Commencement Ceremonies Announced Following Updated Guidelines

BY RAVYN MALVINO

In accordance with the updated guidance from New York State, Adelphi has announced that in-person Commencement ceremonies will be possible this year for the Class of 2020 and 2021, in addition to the already scheduled Grad Walk Experience and virtual Commencement ceremonies. Students had until May 9 for the option to attend an in-person Commencement ceremony on May 22, 23, 24 or 25.

Students are required to wear graduation attire at in-person Commencement. This means that graduates must wear a cap and gown. Adelphi will cover the cost of each cap and tassel.

Amanda Capasso, a member of the class of 2021, said, “The Grad Walk is a nice idea, but the fact that we’re at a point where we can have larger ceremonies [in-person] means the world to me and my parents.”

Each graduating student is allowed to bring two guests to the ceremony. To enter Commencement, each individual must show a form of identification that includes your name and photo such as Adelphi ID card for students, driver’s license, passport or other form of identification for their guests.

Students and guests must also submit documentation of full vaccination (completed at least 14 days prior to Commencement) or a negative Covid test. Antibody tests are not permitted. Proof of negative results from a PCR Covid test taken within 72 hours before the ceremony or proof of negative results from an antigen/rapid Covid test taken within six hours before the ceremony are required. Acceptable tests and timing requirements are detailed on the In-Person Commencement Ceremony Vaccination and Testing Requirements page.

Students may upload documentation to the Health Portal through eCampus, on your browser or the AU2GO app. Guests may email their documentation to covidclearance@adelphi.edu, including their graduate’s name and

ceremony date and time.

Prior to arrival on campus, students and guests must complete Adelphi’s daily Covid-19 health screening. Students must complete the screening using the AU2GO app and guests should complete the screening using the online Covid-19 Self-check Form.

If any attendee or household member of an attendee is experiencing symptoms of Covid-19, no member of the party will be allowed entrance to the Commencement ceremony.

All attendees will be temperature checked upon arrival on campus. Masks must be worn at all times on campus and social distancing is required at all times on campus. Restroom facilities will be limited on campus and refreshments, including water, will not be available at the ceremony.

Students who do not want to attend an in-person Commencement ceremony this May will still have the opportunity to walk across the stage and attend a virtual Commencement. The Adelphi Grad Walk will allow students the opportunity to walk across a decorated Commencement-style stage. The Grad Walk has taken place by appointment from April 26 through April 29 during Senior Week and will continue from May 20 to May 22 in the Ruth S. Harley University Center’s Thomas Dixon Lovely Ballroom.

Graduates will be allowed to have two guests attend their scheduled Grad Walk. All individuals on campus must comply with Adelphi’s health and safety protocols by maintaining social distance, wearing a mask and completing the health screening on the AU2GO app or on a provided paper copy.

Additionally, there will be a professional photographer in attendance to capture the moment and each Grad Walk participant will be given a free photo.

At the Grad Walk, students have the option to wear their cap and gown if they would like to, but do not have to. Each student will also receive a cap and tassel from the Univer-

sity, as well as a diploma cover. Graduates will be allowed to remove their mask when being photographed onstage.

Adelphi schools and colleges will also each hold virtual Commencement ceremonies to recognize graduates and officially confer degrees. These virtual ceremonies will air Monday, May 24 for the Class of 2021 and Tuesday, May 25 for the Class of 2020. The ceremonies will also be recorded and posted online for the Adelphi community to view and share.

Additionally, candidates for 2021 graduation should review required steps and deadlines necessary for formal graduation.



Students have been utilizing the in-person Grad Walk experience to celebrate their upcoming graduation.

Photo from @adelphiu on instagram.

Visit the Commencement website (<https://www.adelphi.edu/commencement/>) and Commencement FAQs (<https://www.adelphi.edu/commencement/faqs/>) for details, important next steps and deadlines. Also, reach out to [commencement@adelphi.edu](mailto:commencement@adelphi.edu) via email for any questions.

## University Rolls Out Vaccine Incentives But No Mandate Decision

BY MARIA GIOVANNA JUMPER

As some area universities mandate vaccines for this fall for all students returning to in-person instruction—to date all SUNY and CUNY schools and nearby Hofstra University—Adelphi is offering incentives only. At Hofstra, there will be a procedure for those who have medical or religious exemptions. But Nicole Gaudino, executive director of University Health and Wellness, said that for now, no decision about a requirement has been made about Adelphi.

But that doesn’t mean it’s not a university-wide preference that all students, faculty and staff get vaccinated. Community members can be vaccinated through a state-administered site or through an authorized vaccination site, including hospitals and pharmacies. Additionally, Pfizer vaccines are still available on campus. To make an appointment you can contact health services at [healthservicescenter@adelphi.edu](mailto:healthservicescenter@adelphi.edu). When making an appointment for the first vaccine on campus be sure to remember that you must be in the area 21 days after your first vaccine to receive your second dose.

To incentivize getting the vaccine, on May 10, Gaudino sent out an email urging students, faculty and staff to get vaccinated and to voluntarily notify the University of your vaccination status. In exchange, anyone who can prove vaccination is eligible for certain prizes on campus. Proof of full vaccination can be submitted between June 1 and August 1, 2021 to be eligible to receive a \$25 gift card. All Adelphi community members can choose between \$25 Panther dollars, which can be used at any dining location on campus; \$25 Adelphi Bookstore and spirit shop gift card; \$25 Panera gift card or a \$25 Starbucks gift card.

The same email also stated that fully vaccinated community members will be entered into a raffle, where they could win one of six larger prizes. These prizes include a reserved parking space on the Garden City campus for the fall semester, two tickets to a New York Mets game, two tickets to a New York Yankees game, two tickets to an Adelphi PAC performance, two round-trip LIRR tickets to New York City, and wellness gear, such as folding bicycles, air fryers and blenders.

Additionally, anyone who submits proof of vaccination will not have to participate in random Covid-19 testing next year. Resident students can also be entered into a drawing where 10 students will be chosen to receive a \$500 housing credit for the fall semester.

To submit your proof of vaccination, scan or take a photograph of your vaccine card, go to eCampus, click on the Health Portal, and follow the instructions on the portal.

## Virtual Event Highlights What Educators Have Learned This Year

BY KATIE FARKAS

From the perspective of educators, the world and the way we teach and learn has completely changed. That was the focus when over 100 alumni from the School of Education at Adelphi, faculty, representatives from the S.T.E.P. program, undergraduate and graduate students all got together to discuss what they have learned at “Lessons Learned During COVID-19,” a virtual event on May 3 hosted by the College of Education and Health Sciences and the Alumni Relations Office. Participants all shared how they worked through the positive and negative changes that came along with the events of this past year and what it taught them. The panel of Adelphi alumni discussed topics like how they dealt with the stress of constant uncertainty, what teachers might have learned about themselves, and challenges and opportunities when it comes to equity and inclusion through the pandemic.

Common themes among teachers were that students struggled, socially, emotionally and academically. Educators struggled too. They have dealt with the ceiling fan view on Zoom, the pets, sib-

lings and family special appearances, the nappers, the tiktokers, and the bad connections. A preschool teacher wondered if he would be able to keep the interest of the students while the availability of distractions is so high. The uncertainty that came along with this pandemic in the education setting was unlike anything anyone has dealt with before. Participants made it clear you can have a plan but plan to change the plan and learn to go off script because you need to do what is best for the students in front of you.

Jennifer Godinho '20, who graduated from the College of Education and Health Sciences, said, “We have learned this year that we must be flexible and meet our students where they are, and we must work to build strong relationships with students in order to support their success.”

Building relationships even virtually could truly make a huge difference in someone’s experience, both for teachers and students. Speakers spoke about how humanism is at the core of what educators do. It isn’t just a number of students; they are people and they are human beings and we all have unique experiences. Teachers aren’t just pushing kids along, preparing them for tests. They give students an op-

portunity to speak and be heard and seen, whether it is on camera or in person.

“Covid-19 has impacted our professional lives and the lives of the students and communities we serve,” said Maddie Dressner, BA '13, MA '14 and an adjunct professor. “The responsiveness of educators in attendance to the social and emotional lives of their students, colleagues, and school communities was inspiring and energizing.”

It is through these opportunities that people build relationships and build connections. As an individual, you can’t do it all. These Adelphi alumni remind us to connect with other people both within and outside of our discipline, because we might need something extra. Maybe not today or tomorrow, but eventually you will need to lean on others for support and this year has been no exception.

“Our gathering, albeit remotely, was spirited and energizing. Our shared conversations were positive and uplifting,” said Professor MaryJean McCarthy in the Childhood Education Program. “I am proud of and inspired by the resiliency, creativity and steadfast efforts of our alumni supporting their students’ holistic growth.”



## Your Mental Health Matters Beyond the Stress of Finals

BY LIZZ PANCHYK

College students know just how difficult finals season can be, especially after a long and weary Zoom-filled semester. During the spring semester especially, finals season is even more dreadful. Being on the brink of summer vacation, with weather getting nicer, it is extremely difficult to focus on studying for finals.

Each class is different, so you may end up working on a group project, writing a paper, doing an oral presentation or having an old-fashioned final exam. Because finals can mean a variety of things, students may have to prepare differently for each assignment. As the semester comes to an end, however, it is important that we remember to keep our mental health in check, even after finals. With the whole world still grappling to adjust to the pandemic brought on by Covid-19 a little over a year ago, it may be hard to think of this summer as this possibility to get away, relax and unwind.

The spring semester was harsh on both faculty and students as spring break was far from “normal.” We didn’t receive the usual consecutive week off, which made the semester feel longer. But as we head into finals this week, students will be long overdue for a nice break after a lingering and intense semester that almost felt neverending.

One Adelphi first-year is preparing. “I plan on working, taking a class and hanging out with friends,” said Courtney Reddan. “I’m really going to try to not let myself get too stressed over this summer.”



Mental health is important all the time, not just during extremely stressful times like finals. Image from PxHere.com

Another first-year, Kenneth Dionisio said, “I actually signed up for counseling recently and aside from that, now that I have vacant time, I can resume some of the hobbies that I love such as writing poetry, painting and cooking.”

Like Dionisio, it’s important to give ourselves breaks, to manage time and to break up the days a bit more so we’re not overloading ourselves. Sit down, make a list of things you have to get done and

make deadlines for yourself, because only you know what you’re able to handle in a day. And before you know it, the semester will be over and we’ll be able to celebrate, in a safe way, and give ourselves a well-

tally or physically.

Erin Furey, outreach, training and mental health promotion coordinator for the Student Counseling Center (SCC) shared that as a department staff “encourage students to engage in daily self-care in small ways—drinking water, taking breaks for fresh air, movement, food, sleep and most importantly—establishing a daily practice of self-kindness.”

Furey added, “We want students, especially now, to be their biggest fan, not their worst critic. It’s so important that students begin to tell themselves positive messages instead of only being self-critical. Our brain is a powerful muscle and the kinder we are to ourselves and those around us, the better we are able to manage stress and anxiety!”

A word of advice from Furey and the SCC that she hopes to share with all students is “begin to be kind to your mind.” There is no need to always be hard on yourself, so remember to step back and admire just how far you have come.

Never stop taking care of yourself, and let this summer be an opportunity to thrive off self-care and restore your brain capacity in preparation for the next semester.

The SCC is a service that remains available to students throughout the summer. Contact them by emailing them at [scc@adelphi.edu](mailto:scc@adelphi.edu).

## The Lavender and Multicultural Graduation Celebration

BY JACQUELYN SMILEY

The Lavender and Multicultural Graduation Celebration was hosted on May 5 by the Center for Student Involvement (CSI), the fifth year at Adelphi for an event that is starting to be celebrated at campuses across the nation. While this celebration does not replace this month’s Commencement ceremony, it is a chance for underrepresented students to receive their recognition for their time at the University. The Lavender and Multicultural Graduate Celebration celebrates and recognizes graduating students who identify as part of or an ally to the LGBTQIA+ community, the multicultural, College Science Advancement Program (CSTEP) and mentoring communities. Students were given the opportunity to sign up for this celebration on MyAuLife before May 1.

**Senior Kelsie Lewis said, “Sometimes as a student at a predominantly white institution (PWI), you can feel like you are invisible and your struggles aren’t heard. The Lavender ceremony helps students know that their peers, the administration and faculty care about them and are proud of their accomplishments.”**

The ceremony was virtual on Zoom and included several speakers for a total of 65 people with 22 of them being students. Speakers included Chotsani West-Williams, the executive director of Diversity

Equity and Inclusion; Anna Zinko, the assistant dean for Students and Community Engagement; Martha Giraldo-Romano, CSTEP assistant director; Sentwali Bakari, vice president of Student Affairs and dean of students; and Jacqueline Jones LaMon, vice president for Diversity Equity and Inclusion. With messages centering around equity, equality and unity the Lavender and Multicultural Celebration helped to give each individual department the recognition that they may not receive when it comes to everyday living.



Diversity and inclusion are core values at Adelphi, which is why in lieu of in-person events, the Lavender and Multicultural graduation celebration was held virtually to celebrate the accomplishments of graduating LGBTQIA+ and multicultural students. Image from Adelphi website

The color lavender is a symbol in the LGBTQIA+ community. With the combination of pink and black, men in concentration camps during the Holocaust were forced to wear these colors, so the

gay community reclaimed it in the late 1960s.

Senior Teddy-Ann Miles said of the celebration: “It’s important because it highlights our differences. Oftentimes we celebrate our similarities, but differences are what makes us beautiful. Multicultural excellence should always be highlighted.”

Senior Kelsie Lewis said, “Sometimes as a student at a predominantly white institution (PWI), you can feel like you are invisible and your struggles aren’t heard. The Lavender ceremony helps

students know that their peers, the administration and faculty care about them and are proud of their accomplishments.”

The celebration was able to include the people who have helped the students

throughout their undergraduate career. As a gift from the Student Government Association, diploma frames will be sent to everyone who signed up to participate in the ceremony.

To end the ceremony, Alexa Grosskreuz, CSI senior director, said, “Adelphi’s Lavender and Multicultural Graduate Celebration was a moving and impactful evening recognizing the outstanding accomplishments of 22 of our LGBTQIA+ students and allies, multicultural students and students in CSTEP and the Mentoring Program. Our honorees are dedicated, resilient individuals and I cannot wait to see what they accomplish next.”

When given a chance to unmute at the end of the ceremony, everyone gave a round of applause to the graduating class of 2021.

*Be sure to check out these and other articles for The Delphian on our website, [thedelphianau.com](http://thedelphianau.com).*

**The Delphian would like to congratulate all of the graduating seniors of the class of 2021. We know this year has been tough, but you have been stronger. Now go do great things!**



## Senior Reflection: Maria Giovanna Jumper

BY MARIA GIOVANNA JUMPER

*Note: Each year it's a tradition that graduating Delphian staff write a final editorial about their time at Adelphi and this newspaper. Maria Giovanna Jumper is the Editor-in-Chief and this is her last issue at the helm.*

In my junior year of high school, an effort was made to bring back our school newspaper. I knew it was something that I wanted to be a part of, but unfortunately after only two issues, and due to a lack of support, the paper would not continue. I was someone who loved to express herself through writing and did not have the outlet to do so. When I committed to Adelphi, and received my eCampus login, the first organization I joined on MyAULife was, *The Delphian*.

I can remember walking to the basement of Earle Hall on a random Monday afternoon, confused about where I was

going and worried that I would not be a strong enough writer to take on any articles. My first article came out in the second issue of volume 73 of *The Delphian*. That first article outlined a Constitution Day Event back in 2017. I think the event took place in the old University Center building. I remember walking into the event after class and being nervous about writing down the right information to write a good article. At the end of the event, Professor Traci Levy called me over to ask the speaker a few questions and I stood there frantically writing down every word he said. When that issue finally came out and I was able to see my byline in black and white I was thrilled to keep working with *The Delphian*.

Since then, I have written more articles than I can remember and have held the positions of Features and Entertainment Editor, News Editor and Editor-in-Chief. Throughout my time here at *The Delphian*, I have become more confident

in myself as a writer and journalist and have had opportunities to interview members of the university administration as well as guest speakers, including Van Jones.

Being a part of *The Delphian* has been an incredible experience that I will cherish well after graduation. I truly believe that the skills I learned from being an editor have helped me when writing my senior Honors College thesis, as well as my law school personal statement. In addition to that though, the newspaper has given me an opportunity, and a voice to express my thoughts during the many unprecedented events over the past year alone.

As my time at *The Delphian*, and at Adelphi University, draws to a close I have been reflecting a lot on classes, events, etc. It is bittersweet to be ending my undergraduate career at such a tumultuous time. Yet, I am still thankful and excited for all of the graduation

activities that are to come, and to start this new chapter of my life. I will miss *The Delphian*, the Honors College and the Adelphi community, but I know that I will always have a place to call home as I embark on my future endeavors.



**Maria Giovanna Jumper is a Senior Interdisciplinary Studies and Economics double major and the Editor-in-Chief of *The Delphian*.**

## Caffeine Consumption is Brewing Concerns on Campus

BY PABLO MARTINEZ-SISTAC

Caffeine is not only the most consumed drug in the world, but also a popular addiction at Adelphi University. A recent poll reported alarmingly high numbers on the consumption of caffeine by the student population. Most importantly, it projects an unhealthy reality in both physical and mental health that must be addressed, according to campus experts.

The poll, which surveyed 110 random students in April, revealed 81 percent have at least one caffeinated drink a day in many different forms. These include coffee and tea, as well as sodas and energy drinks.

Although one caffeinated beverage a day won't do too much harm, the danger is it can lead to craving and consuming more caffeine, which can lead to health problems. The consequences of caffeine are far more than the widely known insomnia it can cause.

According to Scott Zotto, Adelphi's coordinator of substance abuse counseling and prevention programming, caffeine is a stimulant that provides momentary "jolts" to the body.



**Some students at Adelphi consume unhealthy levels of caffeine throughout their day.** Photo from @eatingatadelphi on instagram.

"When these short-term effects wear out, we crave more," Zotto said. "Students will drink a coffee before class or while studying and then feel low. Then they will drink another one to feel good again."

When situations like this become a pattern, and vicious cycles are then formed, that's when addiction begins.

"That's the danger behind saying 'I can't study without coffee,'" Zotto said.

Experts warn that besides affecting sleep, too much caffeine can also cause anxiety and harm mental health. It can also be financially costly, as the average price of a small drink at the newly opened Starbucks in the University Center goes for about \$5.

Despite the risks and costs, many students insist they can't perform without caffeine. The poll revealed an increase in intake during exam season, with 63 percent reporting drinking more caffeinated beverages during midterms and finals.

"I'm just too overworked and coffee helps me deal with stress," said Megan Trivolis, 22, a senior nursing student.

Grace Lardner, 18, a first-year theater major, said, "It gets me through my classes and assignments. I also have a job."

Adelphi's dietitian Jessica Jaeger isn't surprised caffeine has become a staple for Panthers. "According to a study published in 2019, college-aged students consume slightly more caffeine than the rest of the population," she said.

However, she cautioned that there's no definitive proof caffeine actually improves student success. "The studies offer mixed results, but generally suggest that caffeine consumption does not improve academic performance," she said.

Jaeger believes caffeine addiction isn't a cause for concern for many people because they don't see it as a drug. "Since it does not induce an altered state of being, people overlook the fact that it's a drug. It is now normalized and seen as a part of everyday life," she said.

This normalization, however, can also lead to addiction. In the poll, 30 percent of students declared themselves addicted to caffeine. But school officials take caffeine addiction seriously and offer assistance to students who feel they have a problem and want help. Erin Furey, mental health promotion coordinator of Adelphi's Student Counseling Center, has dealt with caffeine addictions on campus. Although she said most students she works with use it for studying or for exercising, she sees casual consumption as the biggest risk. But Furey conceded it's difficult to change what are lifelong habits for many people.

"People don't realize caffeine comes in different forms and we're given caffeine from a very young age in soda and candy," she said. "As we age, coffee becomes present at breakfast and study sessions. Then there are coffee breaks at work, and a whole culture surrounding coffee shops. Also, some cultures will have a strong tradition of tea drinking or coffee."

She said she wants to raise awareness of mental health being directly linked with psychoactives—a term applied to chemical substances that change a person's mental state by affecting the way the brain and nervous system work—and that most people are not aware of the amount of caffeine they consume. Even a "daily fix" can affect an unresolved issue unknown to the drinker or not.

"Sixty-two percent of college students will experience overwhelming anxiety and a stimulant like caffeine can only exacerbate it," she explained.

Students who are concerned they may have a caffeine problem can visit Furey at her office in Nexus 141. For those who prefer to continue their caffeine habit, she advised they drink water to prevent dehydration and to become conscious of the different effects it has on ourselves.

"Just like alcohol, figure out your limits on caffeine so you can fully enjoy the experience," Furey said.

### *An Insider's Look at Our Coffee Habits*

Coffee culture at Adelphi is based around the University Center's Starbucks where peacefully lounging students are usually found along hectic waiting lines—even during this pandemic.

Taylor Ferraro, marketing manager for Dining Services, shared sales information via email. The average number of customers they serve in a day is 275. These customers decrease on weekends because there are tighter schedules and no commuters.

The busiest times of the day are between 9 am and 11 am and then between 1 pm and 3 pm. The tendency makes sense since it occurs around breakfast and lunchtime when students get a "pick-me up" drink before classes.

Ferraro said she had noticed an increase in sales during exam season at both the Starbucks and the Paws Cafe.

Regarding the popularity of caffeine, she wrote: "I think the appeal is the fact that you can customize your beverage however you want it and to fit what you're craving. Customers don't have to stick to traditional coffee orders anymore."

Starbucks is aware most people order drinks with more than just caffeine, usually opting for sweeteners and creamers. Ferraro reported the Strawberry Acai Lemonade Refresher as their most popular drink. This is not just a caffeinated drink, 45mg according to the online menu. It also contains 32g of fat and 32g of sugar. Just like the Refresher, most drinks sold contain more than just coffee. They contain sugars, fat and the chemicals found in flavorings and syrups.

Sugar, like caffeine, can also create short-term crashes and long-term dependency. Along with caffeine those are equally striking ingredients to be in a single cup and to consume daily.

--Pablo Martinez-Sistac



## Technology Is Not Our Foe

BY VIREN SACHDEV

Fearing technology and innovation is understandable, but in the industry and the new world, technology has revolutionized every human's life.

I get it; people are worried that technology will destroy the world and the human species. I have a different perspective on technology in our lives. Let me begin by admitting that some inventions went a little off-track. The creators at Facebook invented the "like" button to spread happiness and positivity. They could not have predicted that too many or not enough "likes" might affect the mental health of Gen Z. But, where there is a problem, there is often a solution. We do not need to stop technology. Instead, we should change the way young people think about themselves and educate them about infinite opportunities worldwide.

If you think about it, the worries people have about technology are similar to the time when people did not know that the earth was round. People were terrified to travel to distant places. When we discovered this basic fact, the world changed and new doors opened. Technology has created so many opportunities that keep changing our lives. A decade ago, video

call technology made it possible for us to see and speak to someone on the other side of the world anytime we want. This is what experts call time-space compression.

Despite the positive changes made possible by technology, there are counterarguments, worth responding to:

**1. Technology eliminates people's jobs.** That's what tech is made for, to make life easier for people, not by taking away their jobs but by doing it more efficiently and quickly. When tech eliminates roles in a company, the company saves wages and is able to expand, which creates more jobs rather than taking them away.

**2. Technology will take over the whole planet.** Hasn't it already but in the right way? Connecting us are wires and optical cables everywhere, under the ocean floor and in the roadways. These cables keep the world up and running.

**3. Technology is addictive.** Have you heard the phrase "Anything in excess is bad?" Same goes with technology. A good example can be that if we compare a software engineer, who knows technology in and out, it is very likely that they are deficient on social media or do not have an account. On the other hand, a high school teenager can spend as much as 10

hours a day alone, wasting their time on the Internet, which takes us to the topic of the Internet. Everything has a bright and dark side. Some websites that help you to waste your time like Facebook and Instagram are the dark sides of the Internet, whereas the rest of the places you are getting to learn something new. For example, if you can't solve a problem, it's highly likely that someone in the world solved it and put the solution on the Internet.

It's time that we stop blaming tech-

nology for all our problems and start recognizing that it has revolutionized human life. In fact, there are technologies that we have yet to discover. In the future, things that seem impossible to us right now, like increasing the power of the brain through biotech, will probably be a reality. With the help of neural links and time travel predictions using AI, we may be able to one day understand some of the biggest mysteries of the human species. I am very excited about the future of technology.



Has technology become more harmful than helpful to Gen Z? Image from pxhere.com

## A Letter to My Future Self: Experiencing the Pitfalls of Technology as a Generation Z Teen

BY ANTHONY FOTI

Recently I've been thinking a lot about the future. Not necessarily regarding my physical health, money or even job status. I'm concerned about technology and what it does to our mental health and stability. In 2021, most Gen Z teens are so glued to technology and cell phones, it's almost as if real conversations are a rare sight. It's hard to ignore the recent skyrocketing levels of depression, anxiety and isolation in my generation. I'm just hoping that by the time you read this letter, you haven't gone down that path and fallen into the cracks of these awful trends.



Especially during Covid-19 times, we rely on and use technology and social media more. Becoming aware of how much we use devices is important to making changes in our lives. Image from pxhere.com

As I sit here writing, I can't help the urge to check my buzzing phone. Before I know it, 20 minutes have gone by. I like to tell myself that I'm not one of these people who rely on technology, but that's nearly impossible today. Believe it or not, half my day is spent on this iPad. With this Covid-19 year of college, I've spent more time doing online school than I have talking with other people and making friends as a student, and that is really disappointing. We are isolated. We are so drawn to our phones that we find it nerveracking to talk to others in person. My parents tell me all of these stories about how they would go knock on each other's doors to ask to hang out. Imagine

having to actually get up and walk to your friends, just to find out they are busy?

Without a doubt our cell phones are helpful. We use them to communicate and for school, but in reality we need to educate ourselves more about their negative aspects.

In class, we read about technology and its connection to depression, anxiety and suicide among Gen Z teens. According to Professor Jean Twenge, a psychologist at San Diego State University, teens who spend three hours a day or more on electronic devices are 35 percent more likely to have a risk factor for suicide.

This is just one of the scary statistics related to this issue. Kids are becoming used to feeling excluded and left out because of experiences with technology. These feelings have a direct correlation to the nasty effects of this way of life. Twenge also states that boys' depressive symptoms increased by 21 percent from 2012 to 2015, while for girls the increase was 50 percent. Yes, that's more than twice as much, just in the last three years. The scariest part is that this surge in technology and its obsessions are not slowing down, only getting worse. This generation is the prime example of how we fall under pressure and get stuck there without using our voices.

Most teens don't think this can happen to them, but they could be sitting there alone, isolated, sad and thinking about why your post has more likes than your friends, getting down on yourself because of it. We need to live more in the moment and find happiness without

phones, tablets and other technology. But, it's more easily said than done. Somehow our lives and reputations rely on our social media status. People in my life, including family, have had very bad experiences with technology: friends who have become suicidal because of cyberbullying. I can't believe that we've gotten to a point where a device can be so closely correlated to a decision about life or death.

There needs to be a line drawn; there needs to be change. The ways in which teens use phones and interact on social media needs to be changed in order to prevent an even greater problem. Teens are the future of our world. All of the "likes" and "follows" shouldn't be worth the risk.

If you weren't aware of the changes **Without a doubt our cell phones are helpful. We use them to communicate and for school, but in reality we need to educate ourselves more about their negative aspects.**

that technology is making in our lives, I hope you now are. We need to create awareness and use these tools for our benefit and not our downfall. We need to be the generation that has proved the nasty side of technology wrong. We need to learn to use it to find the benefits in these blessings and love each other in the process.

I hope you are doing well, future Anthony. I hope you haven't fallen to the pressures. Be the change!



## There Is No Debate. Reparations Are Needed Now.

BY AMBER WILKINS

On January 20, 2009, I was in the middle of a crowd of nearly 2 million people, who all had their phones above their heads as they tried to capture a life-changing moment. A dignified voice echoed throughout the District of Columbia, and as his intonation increased, the crowd grew more determined to get a sighting of an historic icon—the first U.S. Black President.

A similar energy was present after the world became aware that Kamala Harris would be the first Black female Vice President of the United States. As a young Black woman, this announcement comforted my soul, almost the same way it did in 2009. Profound joy was the immediate emotion for many after Former President Obama's and President Joe Biden's inaugurations.

However, for those who didn't share this jubilation, these accomplishments have become a distorted sign that Black Americans have healed from America's past and sadly, current injustices. Just consider the ignorance of former Republican Senate Majority Leader Mitch McConnell, who, according to Laurie Kellman of The Associated Press, around mid-June 2019 stated: "We tried to deal with our original sin of slavery by fighting a civil war, passing landmark civil rights legislation, electing an African-American president. I don't think we should be trying to figure out how to compensate because it would be hard to do so."

I refuse to waste time on how nonsensical his remarks are, but simply put, they emphasize the disdainful idea that the current and past suffering of Black people is unworthy of recognition and resolution. In addition is the misconception that because of such accomplishments, like electing our first Black president, that Black people are healed from the hell that their ancestors—my ancestors—have endured.

Having Black Americans increasingly elected to national leadership roles is undeniably a major achievement for the Black community, but it is unrelated to showing remorse to descendants of Black slaves from America—descendants including my family and myself. Until there is a true sign of repentance and willingness to repair the damage amongst Black people,

my community continues to remain broken and neglected.

The previous injustices implemented by former American leaders have had prolonged negative socioeconomic effects. So not only is a national formal apology needed to be delivered to the descendants of African slaves from America, there's also a need for monetary compensation. Both would come in the form of reparations: financial or social redress for the historic and lingering injustices experienced by African Americans in this country.

First, I want to clarify who the U.S. government is responsible for distributing reparations to: descendants of Black people enslaved in America who were subject to oppression in the U.S. up until the Civil Rights



Many believe that reparations are still desperately needed in order to start to atone for America's history of slavery. Image from Wikimedia Commons

Act's passage in 1964. Too often, the Black experience is generalized, and the truth is that not all Black people in America have borne the same level of affliction. According to the Pew Research Center's Monica Anderson, "the modern wave of Black immigration to the U.S. began when U.S. immigration policy changed in the 1960s," right on the brink of the Civil Rights Act. Although some Black Caribbean immigrants trickled into America before this point, the pattern means that many Black immigrants—and their ancestors—from places such as the Caribbean, Africa and South America, were not directly wronged by the U.S. government.

I am not one to compare grievanc-

es, but besides the U.S. government's likely disinterest in giving reparations to those who were not wronged by its government in the past, if reparations were to be given to the overall Black population, it would not have the same meaning as giving it to those who were directly wronged by the prior U.S. government. Frankly, it is offensive to compensate those who do not bear the same anguish and socioeconomic ramifications.

But let me be clear, my Black brothers and sisters who have ancestral ties to other regions deserve compensation from their country of origin, of course if slavery was implemented in that region. All Black descendants of slaves deserve reparations, but where the compensation comes from, and how it is used, should be relative.

Beginning with the sin of slavery, as many of you should know, Black people have been dehumanized in America for centuries. From being stolen from their African homeland, to the days that my ancestors were mocked and abused in the American South, to experiencing the torment of the Ku Klux Klan, the prejudices were painfully recurring and cannot fully be verbalized. This racial injustice eventually translated into economic injustice, as a stark wealth gap between Black Americans and white Americans has widened over time. According to the Brookings Institution contributors, Emily Moss, Kriston McIntosh, Wendy Edelberg and Kristen Broady, "in 2019 the

median white household held \$188,200 in wealth—7.8 times that of a typical Black household (\$24,100); notably, this gap has expanded upon the onset of the coronavirus pandemic."

Due to the extent of this gap, the immediate way to mend it is through direct cash payments on behalf of the federal government. I also advocate for the option of temporary tax cuts to the descendants of Black American slaves. Although these measures may be "progressive," the grave reality that Black Americans live with warrant these initiatives.

In a "Guardian" article, Dedrick Asante-Muhammad, director of the Racial Wealth Divide Project CFED, claimed that the federal government could annually give, "\$20,000 to Americans with an enslaved ancestor, and since we live in an age of trillion-dollar economic bailouts, this cost shouldn't be an obstacle." Moreover, the U.S. has previously provided reparations for wronged ethnic groups, including to Japanese Americans, who, according to Erin Blakemore, History.com contributor, "received \$20,000 checks in 1988 as compensation for Japanese American imprisonment." Blakemore also mentions that the federal government "awarded \$1.3 billion to 176 Native American tribes," who faced prejudices and who were deprived of land that was originally theirs.

So the U.S. government is capable of enforcing reparations, but why are we so slow to act? It's shameful that no formal apology has been established and there hasn't been more done to narrow the gap, which is literally costing Black lives and prohibiting Black people from having the opportunity to succeed. Race should not dictate one's wealth and, thereby, one's health, housing and food security. I hope that the majority of Americans are aware of this fact.

Nothing will ever fully compensate for what was done to enslaved people—my ancestors. No amount of money or words. But the federal government must properly pay its respects to the descendants of American slaves, who remain burdened. America must formally recognize the heinous nation that it has been in the past. Only at that point can America be characterized as striving for the "the pursuit of happiness" of all.

## The Pandemic Led to an Increase in Nursing School Enrollment

BY NICOLAS RONTANINI

When the pandemic first began, life as we know it effectively changed. From schooling and job applications, the world had to learn how to adapt to an online environment. Instead of a classroom, students instead attended a class through Zoom. People had job interviews and the job itself through Zoom.

Covid had several negative effects on students, especially nursing students. They were unable to perform their necessary training in person due to pandemic restrictions. Yet nursing school enrollment has actually increased. Since Covid led to an increase in the need for nurses, many students have found a passion and availability for the profession.

Since Covid hit, sickening 157 million people worldwide and causing 3.27 million to die, people in several schools

have wanted a chance to fight back. When people are stuck at home and lack the ability to go out and help, nursing becomes an enticing alternative. It provides an opportunity to make a difference, one that the pandemic effectively limited. By seeing clear visibility of nurses on the front lines all throughout the pandemic, many would likely be inspired to pursue it. With this, it makes sense that some people would want to give back and that enrolling in a nursing program would be the way to do so. We see this happening in many schools, including here at Adelphi.

According to Stephanie Espina, who works in admissions for the nursing school, interest in the program—and resulting applications—has been received in a steady flow. As of now, more enrollment deposits are coming in than this time last year, though that was due mainly to disruptions caused by the onset of the pandemic. The school's trend seems to be more in line with two years ago, during more normal

operations. There has also been an increase in applications for the 14-month accelerated program that starts in the summer 2021, for adult students looking for a career change. Alongside this, there is a slight increase in applications for transfer students, but pacing consistently for enrollment deposits.

While students faced many negatives during the pandemic, nursing students were given a career path that could prove fruitful. Especially now, nursing has proven to be a good field to enter. The Bureau of Labor Statistics even announced that the demand for nurses caused by Covid rose to 7 percent, as opposed to the 3 percent for other occupations. Even before Covid, there was always a high demand for nurses. With the pandemic, that demand has steadily increased. Hospitals are admitting more patients daily, and some hospitals have had to deal with staff shortages and quarantine requirements.

Despite the negatives, this is a

good thing. With almost everything going remote, and few in-person opportunities available, finding your passion was made even harder. The pandemic has been very draining; this I can attest to. When you feel drained, it's difficult to find what excites and motivates you. But for many, nursing has filled that gap. More than likely, these positions would be in person, but there has been a room for opportunity. Some nurses even set up telehealth calls for patients, and Adelphi's nursing program has now added this skill development to the graduate nursing curriculum.

As it is, nursing is likely one of the most sought after professions as of now. With nurses in seemingly endless demand, finding work might not be extensively challenging after graduation. It is still important to note, however, that safety is a very large part of it. But I have confidence in the Adelphi minds that will soon enter the field.



## Panthers Express Appreciation for a Season That Almost Wasn't

BY MAXMILIAN ROBINSON

Though this athletic season beat out last spring when all sports were cancelled due to Covid-19, the pandemic still changed the experience for Adelphi's Brown and Gold players. Each day they would have to take Covid tests and maintain distance before and after practices, all while balancing in-person and Zoom classes. As the athletic year comes to close, it's only fitting for athletes to reflect on the season. Panther senior stars, tennis player Luke Attride-Stirling, golfer Nicholas Maclean and softball player Nicole Mengel explained their motivation behind having a great season.

"My goal this year was to take initiative as captain and guide my team to perform as best as we could this season," Attride-Stirling said. "We have a relatively new team compared to when I first joined Adelphi [men's tennis] as a freshman and because of this, our team bond had grown exponentially. We trained hard, motivated each other which was an aspect, which had never really existed on our team due to problems we faced within the team the previous three years."

He was referring to injuries and the Black Lives Matter movement, which he said brought the team closer.

Mengel said, "My inspiration for the year has been that it is my last year of collegiate softball and I want it to be the best along with great memories."

For Maclean, the importance of honoring the people who got him this far mattered the most. "My inspiration this

year has been my family," he said. "Due to Covid-19, they have not been able to come visit or watch me play, so I played for them. I would mark my golf balls with their initials, just so I had a piece of them with me at my tournaments. This helped me through the tough stretches because I would see the initials and it would remind me what really matters."

While these athletes may value the accolades or achievements that they've already accomplished, the fact that the season has been impacted by continued Covid restrictions affected them.

"We were unable to play in my last tournament ever [due to Covid-19], so it was definitely not the end I had envisioned,"

Maclean said. "If I had known it was going to end this way I would have told myself to cherish every last bus ride, practice and tournament like it was my last. I took for granted that there would be another tournament and now I cannot get that experience back."

Attride-Stirling shared that sentiment. "The main thing that I would do differently would be to have more trust in the process, taking every rep, every routine seriously. Working hard into the early morning practices, lifts and to have faith in my teammates to put in the work. There is no doubt about this and therefore I am extremely proud of my team this year."

But Mengel was more direct. "I

have no regrets about this season so I don't need to go back in time."

The theme is clear: The appreciation for the season is here living inside each of these three athletes, with Stirling returning to compete again next season, Mengel with her softball team heading into the NE10 tournament as the #1 seed, and Maclean giving us a bittersweet tribute to his time at Adelphi.

"I will be graduating in a couple weeks and I just want to say thank you to everyone at Adelphi," Maclean said. "This was truly an unforgettable experience!"



Maclean taking note of score during the match. Photo from AU Athletics



Luke Attride-Stirling took pride in the opportunity to be team captain this season. Photo from AU Athletics

## How Joining a Fraternity Helped a Student Become a Fitness Guru

BY THOMAS LEUTHNER

Growing up Justin Khan considered himself to be the ordinary "chubby and lazy kid," a kid who, while extremely interested in sports, led a sedentary lifestyle with little interest in physical activity. However, after just two years at Adelphi University after joining a fraternity, he's transformed himself mentally and physically as he recently became a certified fitness trainer.

"It was like a dream come true, receiving something after working so hard for it," said the 21-year-old business major.

The fraternity scene at any college or university can be stereotyped as one full of parties and even irresponsibility; however, Khan credits his newfound passion for fitness to his fraternity that he joined at age 18.

**"Keeping yourself on a set schedule and knowing what you are going to do as soon as you wake up is the best thing you can do," Khan said.**

"I was never able to stay committed to something; I always gave up," said Khan, who attributed this to a lack of good time management skills as a youngster.

Once Khan arrived on campus,

his main focus was extremely far from physical training. He rushed his fraternity during his second semester and got the majority of his exercise from intramural sports. In the fraternity, Khan met someone who would soon become his trainer, and further work with him during the completion of classes in order to receive his certification. Mike Annese—an Adelphi senior and one of Khan's best friends—would constantly encourage Khan to go to the gym and stay on a strict routine.

Khan was aware that in order to have the capability to train others, he would need to transform his lifestyle first. For the next few months, Khan focused his fitness goals on endurance training, with a goal of completing long walks or bike rides, which amounted to around 8 to 10 miles.

Physical activity was not the only aspect of Khan's lifestyle that changed, as he would completely revitalize his diet to include whole foods and a gallon of water each day.

At the end of his sophomore year, Khan was on the path to success in this field. He received his certificate in the summer of 2020, becoming an official trainer. Khan then began working under Annese's personal strength and training company: Annese PT Services.

Khan felt successful after receiv-

ing the certificate, but even more successful after training his first client. After one training class, Khan helped his client burn calories while using his training program.

"There is no better feeling than helping someone achieve their goals," he said.

Khan said he believes that helping others is a very beneficial aspect of success, but before starting to help others, you need to help yourself. Getting himself onto a set schedule of waking up early and doing cardio has helped not only his clients and himself, but his friends as well.

Khan's former roommate Luke Bucci, an Adelphi junior business major, said, "I never enjoyed actually going to the gym until Justin showed me all the benefits it has on my body."

"Keeping yourself on a set schedule and knowing what you are going to do as soon as you wake up is the best thing you can do," Khan said. He is a firm believer that a person should always have their schedule for the day already planned. This along with remaining motivated and passionate are the concepts in which Justin believes will help people to be successful.

"The most difficult thing to me up to this day, is managing my time. I have to balance out schoolwork, my fraternity and my job all at the same time," Khan said.

Khan said he understands that

getting where you want to be is not easy, but in the end it will be worth it. "When starting my journey, I never thought I would be where I am today but I am happier than I've ever been."



Justin Khan has transformed his lifestyle and is helping others to do the same through fitness training.



## Despite Delays, Softball Has Soared Through Spring

BY SIMONE WALKER

Adelphi's softball team finished 26-4 in regular season competition and resides on top of the Northeast-10 Southwestern Division.

Despite major uncertainty for months leading up to the 2020-'21 season, the Adelphi softball team made sure they were prepared for any season they would be granted. And when spring sports were allowed to commence in March, all their hard work paid off.

Senior catcher Hannah Pineda expressed her gratitude for the opportunity to play the game she's always loved. "The 2021 season has been great. Being able to get back on the field with my teammates for the last time has been so surreal considering the circumstances we have all faced due to the COVID-19 restrictions," she said. "Even though my teammates and I have always been appreciative of the game, the restrictions made us even more grateful for any opportunity we have on the diamond."

Her teammate, Nicole Mengel, a senior, also appreciated the opportunity to pitch for the Panthers. "[My] favorite moment of this year so far would be having the chance to play this season," she said. "It was always our hope that we would get

the chance, but now that we're halfway through the season, I am just so thankful."

It was not always smooth sailing for this talented squad.

Head Coach Carla Campagna acknowledged some bumps in the road the team had to overcome. Such as the 10-day pause at the beginning of the season, the numerous Covid-19 tests taken every week, and following all of the University's health protocols in order to keep the student athletes safe.

Despite the chaos and what is now considered the "new normal," Coach Campagna had high praise for the university and athletic department for all the hard work they have done.

"The Adelphi Athletics Department has allowed us to have a minimum level of setbacks and I speak for myself and the staff when I say, how lucky we are," she said.

Heading into the playoffs, the team is excited to put a cap on what has been an unforgettable season.

"The team is excited for the playoffs," Campagna said. "We have veteran pitchers that have been in this position before and anxious freshmen and sophomores to experience the entire process. Any chance to be on the field this year is a chance for each of them to show and

prove that their off season has truly made an impact for this year."

As seniors, both Pineda and Mengel were looking forward to being present and enjoying every moment of their last playoffs as Panthers. They beat Lemoyne on May 6 and New Haven on May 9 twice in a double-header.

"Something I am working on entering this postseason is being able to be present in the moment and not letting past plays dictate the next," Pineda said. "Whether I hit a homerun, or struck out looking, being able to have a balanced mindset will help me be successful with my team. Furthermore I am working on finding the positives in even negative situations. Positivity and good attitude is contagious and it just helps the team atmosphere all around."

Following graduation this spring, Pineda plans on taking her National Council Licensure Examination (NCLEX) exam in order to become a registered nurse.

Mengel also plans to continue her education in the medical field in doctorate school for physical therapy in the spring of 2022. Mengel has a job as a physical therapy aide waiting this coming summer and fall.

As for now, these two outstand-

ing seniors, along with the rest of the softball team, have business to take care of in the NE-10 Championships.

**Editor's Note:** On May 14 the team fell short in the Northeast-10 Conference championship series to Saint Anselm, 7-3 and 2-1. Their record was 27-8.



Nicole Mengel throwing a pitch during a 2021 Adelphi softball game. Photo from AU Athletics



Hannah Pineda posing for the 2020-'21 media day. Photo from AU Athletics

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