

The Delphian

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The Voice of the Students

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Bridges to Adelphi Program Updates Sensory Room for Neurodiverse Students

BY NICOLAS RONTANINI

When the pandemic first hit, it created problems that everyone had to contend with. Neurodiverse students especially had several pandemic-related issues to overcome, like sensory overload, increased anxiety and feeling burnt out. These issues can be difficult to face alone. However, due to campus programs like Bridges to Adelphi, neurodiverse students receive help in dealing with these situations. One method comes from the updated sensory room, opened in 2018 as the first of its kind on a college or university campus. It's a calming refuge for students and others in the campus community with autism spectrum disorder (ASD) or other sensory special needs.

Bridges to Adelphi is a campus program that offers social, academic and vocational support services to neurodivergent students. In an effort to accommodate the needs of its students, Bridges has evolved and grown the sensory room, a quiet place in their office where students can go to decompress and utilize the environment that has a soft, textured floor, a sensory wall, a suspended pouch swing, oversized bean bag chairs and low lighting.

"Our program is all about highlighting and supporting those who think differently, so the pandemic wound up being another reason to think outside the box and find

solutions with a different perspective," said Stephanie Grindell, associate director of the Bridges program. "With that said, one of the aspects students did miss most was getting to utilize our sensory room."



Newly updated sensory room in Earle Hall for neurodivergent Bridges to Adelphi students. Photo by Nicolas Rontanini

This semester, the Bridges program has returned to an in-person format, allowing students to visit the sensory room again.

"We were able to reopen our sensory room once we understood more about Covid and were able to consult with Health and Wellness at Adelphi to keep our room sanitized," said Diana Damilatis-Kull, Bridges director.

Some of the new additions featured

include a light-up pegboard, which allows students to play around with different patterns, and the hurricane tube, which changes colors. Other features include stuffed animals, bean bags, pillows, kinetic gel pads



and a projector that displays calming shapes and colors. According to program leaders, these newly incorporated placements help students with emotional regulation and sensory stimulation.

The room is also supposed to be a quiet space for students, asking no one to play music out loud or talk on the phone. Students who need noise reduced further

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A Day in the Life: Provost and Executive Vice President, Chris Storm

BY KATIE FARKAS

In this new column, The Delphian will highlight a different administrator at Adelphi University in each issue so that students get to know them better. We'll focus on what their administrative position is at Adelphi, their background and how they came to hold their current position.

Chris Storm is the provost and executive vice president at Adelphi. He was hired to this position in July 2021 after working at the university since 2007. So what does a provost do? Storm said the position is like the chief academic officer. "I am responsible for and really look to ensure that all of our academic programs have integrity and quality," he said. "So I am very concerned with the student learning experience with things like pedagogy, how things are taught and what our degree programs are."



Chris Storm, PhD, provost and executive vice president at Adelphi University. Photo from Adelphi University website

Prior to becoming the provost, Storm worked as the associate provost for Faculty Advancement and Research for five years. He was the associate professor and departmental chair for the math department for three years and an assistant professor for six years.

"I joined Adelphi in 2007. I began as an assistant professor of mathematics, so effectively my first job out of graduate school," he said. "I taught in the math program on pretty much all levels. I enjoyed calculus, but would teach all the way up to senior-level mathematics coursework. At one point I actually developed a course called games mathematicians play."

With his new position, he is looking to make research, internships and other professional opportunities something that every student participates in at Adelphi.

"Adelphi is very committed to its students on an individualized and personal level. Some programs are very good at placing with internships, some programs are very good at

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"IA" Has Been Added to LGBTQ+ for Campus Inclusivity

BY KATIE FARKAS

LGBTQ+ is an evolving abbreviation. The current acronym, LGBTQIA+, although changing to create a more inclusive environment, stands for lesbian, gay, bisexual, transgender, queer and/or questioning, intersex and asexual, agender or ally. "IA" was added to the acronym because there was an opportunity for it to be more comprehensive and these additions to LGBTQ+ are not just specific to Adelphi. It is part of a larger effort to make the community as inclusive as possible.

"This change is new, approved in April 2021, and went into effect in summer 2021, and we are still learning what impact it has on the Adelphi community," said Scott Zotto, coordinator of Substance Abuse Counseling and Prevention Programming. "I can say that we did receive two proposals from committee members to create programs centered on intersex issues. That is a first for us and we hope these proposals increase in frequency and quality."

Zotto said the energy behind the acronym change came from the Adelphi Pride Committee, but he added that "as with most

work we do, we never do it alone." He said representatives from the Gender and Sexuality Alliance (GSA), Office of Diversity, Equity and Inclusion, the Office of Alumni Relations, and the LGBTQIA+ Task Force have seats on the committee and all agreed that the acronym, LGBTQ+ though inclusive, should be updated to LGBTQIA+.

"I sent an email on behalf of Adelphi Pride to University Communications and they were very responsive and affirming of this change," Zotto said. "The change spread across the Adelphi website and the university's guide to inclusive language was updated at the start of the fall 2021 Semester."

It has gotten positive feedback, including from Carol Sussal, associate professor in the School of Social Work, who has been at the university for 45 years and founded Adelphi Pride 12 years ago.

"Where I go back is to when I was first coming out, which was in the 70s when I was doing a doctorate and a post-doctoral diploma. The acronym was only LG. Once we got to LGBT our understanding began to grow about the landscape of our sexual orientation and experiences," Sussal said. "I have five degrees from Adelphi. In my first three

degrees, I was straight, and in the last two I was coming out, and now I am a very proud lesbian. I am grateful for that. There has been a tremendous amount of growth on campus with Adelphi Pride."

Sussal added she founded Adelphi Pride "because at Adelphi it really was something that was missing. It made the campus community more equitable and accepting."

Luis Merino, a sophomore political science major with a minor in gender and sexuality studies, said the addition of "IA" to the LGBTQ+ acronym is essential. "It allows for an even more direct, yet broader inclusiveness approach. Not to mention, it has been a larger campaign to include all identities within the community and the 'LGBTQ+' acronym is simply not as inclusive as it should be."

Merino continued, "Although I, as a cisgender gay male, it has not affected me, it does affect my colleagues and friends who feel excluded from the LGBTQ+ acronym. They feel as if it does not include them since all of them are distinct in their own respective ways."

Merino said while he can't speak

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A Word from the Editor

Happy Holidays from me and the marvelous newsroom that is *The Delphian*. We hope you'll enjoy this issue with full-color pages, in-depth reporting and a holiday gift guide complete with 25 suggestions in seven different categories. I also want to make sure you know that in collaboration with the Communications Department, we're holding the 8th Annual Media Career Expo on Wednesday, Dec. 1 virtually from 7 to 9 pm. (Please see ad below for details.) I recommend this event because you'll be meeting professionals who happen to be alumni, while also having a chance to make new connections that lead to job opportunities. You'll always miss 100 percent of the shots that you don't take, so I hope to see you in attendance.

Our News section highlights the updates to the sensory room within Adelphi's Bridges program. We also talk about the community that formerly identified themselves as LGBTQ+, now known as LGBTQIA+ and why the change is so significant to our campus. Read about Olivia Maybee, who is trying to increase awareness on campus about indigenous people, and how the university is helping students manage the adjustment of being back on campus.

In our Features section we cover athletes and mental health and how Adelphi is responding. We also have an article about volunteering for the holidays, and while you're reading it, consider Giving Tuesday tomorrow, Nov. 30, which all Panthers can take part in. Also, check out career opportunities through the IC and Career Center, a profile story on an PAWS radio and our holiday gift guide.

In our Opinions section, we have a few polarizing reads that may change your perspective, including about the tragedy that took place at Travis Scott's concert. NFL football player Aaron Rodgers refuses to take the vaccine, leaving many people questioning what kind of leader he is. There are also opinions about toxic positivity and stress relief for the holiday season.

Now that basketball has returned after over a year of no play, read about how the season is going for our Panthers. This isn't the only sport to come back, however, so read the profile about senior women's swimming athlete, Rachel Kuenzler, and about bowling team captain Skylar McGarrity. Lastly, take a look at how some athletes will celebrate the holidays.

If you have any questions, inquiries, or interest in being a writer and/or graphic designer, please reach out to us (delphian@adelphi.edu) or (maxmillianrobinson@mail.adelphi.edu). I wish you all a safe, fruitful and happy holiday season. See you in the new semester in 2022!



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8th Annual Media Career Expo

Get job search tricks from recent college graduates who have all landed their dream jobs.

This **virtual** event is sponsored by the Department of Communications and *The Delphian*.

Every student who attends will be automatically entered in a drawing for two prizes!

Our speakers are all Adelphi graduates who work in the print, TV, web, book, advertising and marketing industries. They'll discuss how they got their big breaks and tips for navigating the job search process. This is also a great opportunity to network for internships and your own career. Panelists include **Jess Campitiello '19**, digital communications assistant at Cornell Tech; **Gabrielle Deonath '18**, author of two books and an associate writer for Girl Scouts of the USA; **Samantha Hollinde '14**, videographer and editor with TYR Sport; **Gabriella Marra '19**, a campaign manager at Flashtalking; and **Andrew Ryan '16**, news photographer, editor and truck operator for News 12 Long Island.

Contact the Communications Department or email Liza Burby at burby@adelphi.edu with any questions.

Date: Wednesday, December 1

Location: Via Zoom @
<https://adelphiuniversity.zoom.us/j/98481244328>

Time: 7:00 pm – 9:00 pm

Should you, or your guests, require an accommodation based on a disability, or need to request an ASL interpreter, please contact the Student Access Office by phone at 516.877.3145 or email at sao@adelphi.edu. Please allow for a reasonable time frame prior to the event; we suggest a minimum of five business days.

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Bridges Updated Sensory Room

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are offered noise-cancelling headphones for use while in the room itself or in the greater Bridges lounge.

"The sensory room has many different facets where students can engage in hypo or hyper stimulation," said Amanda Ashe, Bridges social coordinator. "This can help individuals self soothe and even better their sensory integration."

With the introduction of these changes, the room allows students to cope with the stresses brought about by the pandemic. As such, students have been responding positively.

"We have received a lot of positive feedback from students that not only is the room calming, but stimulating in a soothing way with features such as the light-up peg-board or hurricane tube," Grindell said.

The pandemic created many stressful situations students had to navigate. Doing so can be difficult, especially with unfamiliar circumstances like Covid. However, Bridges to Adelphi has tried to lessen the anxiety students can feel from this.

When facing academic and pandemic pressures, it's useful to have a place to relax.

"With our sensory room being open once again, we are able to offer our students a safe place to relax and be mindful," said Damilatis-Kull.

"IA" Added to LGBTQ+

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for the overall community, he believes the LGBTQIA+ acronym is vital to ensure a safe, welcoming and accepting community at Adelphi. "This change will not only promote inclusiveness, but also empower the values that Adelphi upholds: community and collaboration, global awareness and diversity, respect for the individual and truth and integrity," he said.

Within the Adelphi community, there are many resources and organizations for students to build community with other students and faculty, including the LGBTQ+ Student Empowerment Group with contact Scott Zotto at the Student Counseling Center; the Gender and Sexuality Alliance, a club that meets weekly and is a safe space for all members of the LGBTQIA+ community and their allies; as well as Gender Inclusive Housing that is available in Chapman Hall, Waldo Hall and Residence Hall A and B where people of any sex or gender identity can live together.

For more information about the LGBTQ+ Student Empowerment Group, students can email the Student Counseling Center at scc@adelphi.edu. To get involved with the Gender and Sexuality Alliance, students can email gsa@adelphi.edu or follow them on Instagram @adelphigsa. And for information about gender inclusive housing, students can contact the housing department at housing@adelphi.edu.

Managing Complex Feelings About a Campus Return

BY LIZZ PANCHYK

As a majority of students have returned to campus this fall semester, the transition has been different for everyone. To help with these complexities, a student forum organized by the Health and Wellness team, “Transitioning to the New Normal: Managing Feelings about Returning to Campus” was held on Oct. 18 to discuss the stress that students have been under during this difficult time of Covid-19 and transitioning back into an on-campus environment. This forum extended a helping hand to students who were concerned or had questions and offered solutions. It included panelists K.C. Rondello, MD, clinical associate professor in the College of Nursing and Public Health and University Epidemiologist; Nicole Gaudino, RN, NP, executive director of University Health and Wellness; Carol Lucas, MSW '02, PhD '13, LCSW-R, director of counseling and support services; and Scott Zotto, MSW, LCSW, coordinator of substance abuse counseling and prevention programming.

Gene Palma, vice president of Wellness, Safety and Administration, said they held two forums with a total of more than 150

participants on dealing with feelings about returning to campus this fall, one for faculty and staff and another for students.

“We understand that after more than a year and a half into the Covid-19 pandemic, many people continue to deal with feelings of stress, uncertainty and fear,” Palma said. “As students return to classrooms, labs and studios and resume participation in co-curricular programs, events and activities such as clubs and organizations, we wanted to offer you the opportunity to learn about how best to care for yourself, how to support the people around you and how to recognize when it’s time to reach out for help. And to that point, we wanted to ensure that all Adelphi community members are aware of the resources that are available to you.”

During the forum, Dr. Lucas provided solutions of how we can properly express our feelings.

“Don’t fight the feelings. Often, we try hard to suppress our emotions,” she said. “Let emotions come and go like waves in an ocean. Feelings are not wrong or right; they are sensations. Avoid resisting them or clutching onto them; let them come and go.”

These words remind us that feeling is

perfectly okay. It’s been a rough couple of years and it’s helpful to know that we have support systems right on campus who are available to us whenever we need or want. The transition from in-person to online and then back to in-person took a toll on many so it’s important that they know they can reach out. *The Delphian* spoke with students who, although they didn’t attend this forum, shared their thoughts on how they’re transitioning back to the “normal” campus lifestyle.

“Ever since transitioning to a physical classroom from being on Zoom university, it has been a very complex experience,” said sophomore Luis Merino. “Although commuting to campus is simple, dealing with this new style of hyperflex modality, it is definitely challenging. The professors try their best to accommodate everyone’s needs and requests, but it all boils down to the individual. Myself, for instance, have been dealing with it very well, but it has taken a mental toll on me.”

Megan Wilson, a sophomore, said she prefers being on campus. “I think being in person is less stressful than online learning because it helps me pay attention. I didn’t learn much on Zoom because it wasn’t

working for me as a style of learning. And I like seeing people and being immersed into campus activities. Having online classes and hybrid classes during freshman year leading to sophomore year being in person made the transition into college a little easier though.”

Recognizing that the transition might be ongoing for all of us, Dr. Lucas said the Health and Wellness team will host another forum in the spring semester. In the meantime, her office has added more tools for students.

“We’ve partnered with the popular mindfulness app Headspace to offer students a free one-year subscription to Headspace’s science-based meditation and mindfulness tools, which can help support your mental health and make you healthier, happier and less stressed or anxious,” she said.

You can also go to the Student Counseling Center on the first floor of Nexus, the Interfaith Center on the third floor of the Ruth S. Harley University Center, or our Health Services Center on the first floor of Waldo Hall if you need to speak to someone, and these are all confidential areas. Our campus is willing to help our students in every way possible.

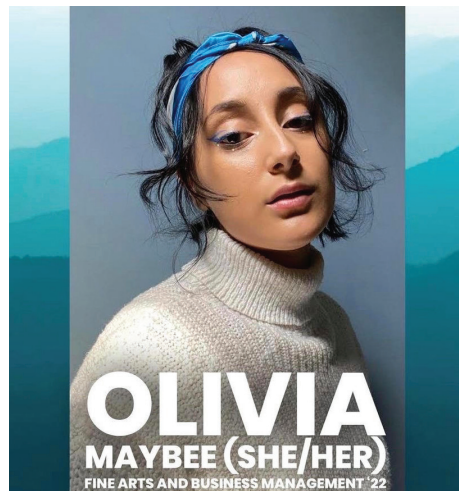
Indigenous Nuance: Olivia Maybee is a Change Maker

BY MAXMILLIAN ROBINSON

In 2020, Olivia Maybee, now a senior fine arts major, advocated for better representation of Native voices and issues on campus. Maybee, who was born in Buffalo, New York, and grew up on the Cattaraugus territory, part of the Seneca Nation, joined with Sophia Powless '20, a member of the Onondaga Nation, to launch the Indigenous People’s Awareness Coalition (IPAC) at Adelphi.

Out of an undergraduate body of 4,939 students, only 0.5 percent identify as Native American. That’s why IPAC highlighted November, National Native American Heritage month, to celebrate America’s indigenous culture. IPAC worked with AU leadership to host the first celebration on campus, which included virtual educational programs like, “The Origins of Lacrosse,” which explored the traditional origin of the sport. This year, since Maybee is the only undergraduate leader of IPAC left, IPAC will be discontinued after the fall 2021 semester because she is graduating in May.

But recently, *The Delphian* had the chance to catch up with her to ask about her



Olivia Maybee, a member of the Seneca Nation and a fine arts and business management major, hopes to make a difference by spreading awareness for BIPOC members.

Photo from Instagram: @bambi_om

recent works of art, her nonprofit Wenotawisas of Sacred Land and its importance and the future career plans she is considering.

The Delphian: How have your personal experiences helped create an impact while

attending Adelphi?

Maybee: Having the unique background of being involved in federal-tribal politics at a young age gave me the perspective that I would even have the power to create change as a singular individual, especially at a higher academic institute. When sharing my outlook and perspective through IPAC, I have received lots of praise/recognition from the students, faculty and staff for my initiatives and visions for the future. It has been the first time that I have experienced this level of support from a university. I credit Adelphi for having a unique diversity and support system, ultimately attracting me to attend.

Q: What is your role in the nonprofit Wenotawisas of Sacred Land?

A: After the end of the spring 2020 semester, I returned home to my territory. A community member was found murdered. That was when the Missing and Murdered Indigenous Women epidemic became a reality for me. I was then inspired to create a nonprofit women’s group founded on empowerment and upliftment of Seneca women. We started in July 2021, conducting meetings and sharing ideas to spread more awareness.

Q: Do you feel that Adelphi can improve culturally and socially? Are there any steps you believe we should take in regards to diversity?

A: Changing Columbus Day to Indigenous Peoples’ Day. We should also offer scholarship opportunities to youth from federally recognized tribes in the New York State school system.

Q: How can Adelphi and our student body help fix any misconceptions about indigenous people moving forward?

A: The core of answering this question stems from lower education and more specifically the NYS curriculum. We need to better educate our youth on the true and real history of the United States. We have to tell the full story, show the true side of this country’s past so we don’t make the same mistakes against humanity again.

Maybee plans to continue her advocacy, outreach and initiatives within and outside her community, through her nonprofit, which can be found on Instagram @Wenotawisas_of_sacred_land. Be on the lookout for her senior showcase in the spring, which is a multimedia exhibition highlighting her community and roots.

A Day in the Life: Chris Storm

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engaging students in undergraduate research or clinical. But we haven’t put it together as a full university to say every student in this university will have an opportunity to engage in some authentic experience like that,” Storm said. “So I think knitting that together in a real way would be very powerful in terms of what the university does.”

Prior to his almost 14-year career at Adelphi, Storm did both his undergraduate and graduate degrees at Dartmouth College in New Hampshire, although he is originally from Armarillo, Texas. All of his degrees are in mathematics.

“That’s one of the things about higher education in fact is that often the degree and the credentials might be a disciplinary degree that really prepares you to do research in that discipline and you figure out the rest as you go,” he said.

Storm can speak both French and Spanish, although he may need some refreshers.

“I did study abroad in France for 10 weeks. So I lived with a host family, took classes at a university in France, and actually a year later I was able to do another study abroad, but this time as the teaching assistant for the program,” he said. “The first was in Toulouse and the second was in Leon. I think

those really stand out as more formative, global types of experiences.”

He also went straight from undergrad into graduate school. But Storm said what is probably his most notable activity is that he played the card game bridge. “I was one hand away from representing the United States in international competitions so in that time period I was fairly serious in that domain. I did play against Bill Gates at one point too.”

Storm also mentioned he is “a big believer in getting a lot of sleep.” He has a standard poodle puppy named Shadow and a 15-year-old black cat named Zeta. He is married and has two children. He said his wife

Vivian works for Nassau Suffolk Law Services as a public interest attorney who works to help keep people in housing. He also has family living in Spain, France and Belgium, and said, “we tend to be a little more international than one might expect.”

When asked about any advice he could give to current students, Storm said, “It’s easy to give advice, but it’s challenging to know what to do. What I would suggest is that the world has so many things to offer in it and it throws so many things at you so quickly that it is always worth pausing for a few minutes and thinking about whether or not the things that you are doing are things that you enjoy.”

Tips for Juggling the End-of-Semester Stress

BY LILYEN MCCARTHY

Thanksgiving break has just ended, which means that the longer break between semesters is that much closer. But between us and that break are end-of-year projects and finals. Adelphi's Student Counseling Center (SCC) finds the end of the semester and holiday season in general to be the most stressful on a majority of the student body.

"You guys are just so hard on yourselves when it comes to academics. It doesn't help that holidays can add to the stress for all situations, those going home, those staying here and those who don't have a home to return to," said Erin Furey, Health, Outreach and Promotion coordinator for the SCC. "Setting boundaries is difficult, especially boundaries with family."

Stressing over finals can be harmful to your health, both mentally and physically. Furey said, "During finals, students stay up late to study, forget to eat and lack self care in general. The more time you spend tearing yourself down, the less you spend building yourself up."

Redirecting anxious energy into something productive can calm the stress. Some options could include organizing,

going on a walk, getting a load of laundry done or reading a couple chapters of a book just for fun. Completing a task outside of schoolwork during a study break can help you get back to a long study session.



Kennie Cervantes (third from right) and the eBoard for the Gender and Sexuality Alliance. Cervantes said that while he can get overwhelmed by his workload, periodic breaks give him something to look forward to.

Sophomore Kennie Cervantes handles stress by giving himself something to look forward to during more overwhelming weeks. "If I have a test on Monday, I'll go out to the UC or 7th Street with my friends if I have free time."

In addition to majoring in computer science and minoring in communications, Cervantes is the public relations manager

of the Gender and Sexuality Alliance (GSA), a Peer Assistant Leader (PAL) and a clerical assistant at the Division of Student Affairs. So he already has a busy schedule before finals.

"On a good day, I have anywhere between five and eight hours of work. I do get stressed out by the overwhelming workload," he said. "Most of the time I'll give myself something to look forward to and make sure to take periodic breaks throughout my work."

Academics easily take over most aspects of life, but at the end of the day, self care triumphs a test score. It is easier said than done, but taking some time to do a face mask, meditate or go to bed early instead of worrying over final projects and essays is often beneficial. Taking the time to fuel your body throughout the day, drink plenty of water, get enough sleep and take care of your general health is always important. Taking care of your body seems like a secondary priority during stressful times, but hunger and fatigue don't help a stressed mind while studying or sitting in class during final review.

Junior Miguel Velasquez said he has had to learn to handle stress, often with little time to do so. He is a history major

in the Scholar Teacher Education Program (STEP) on an adolescent education track. He's also part of Greek life in Pi Lambda Phi and the InterGreek governing council, the Student Activities Board (SAB), a Resident Assistant (RA) for Waldo Hall, a social media intern and works off campus for the county executive. Juggling so many activities, he had to come up with many different ways to handle the stresses of school.

"Something that helps me is to map everything out," Velasquez said. "Prioritizing the right things at the right time means the unknown will be known. I delegate responsibilities and remember that it's okay to ask for help. I listen to a lot of music. Lately my favorite artists have been Jhene Aiko and Sza."

Velasquez added, "My favorite activity to relieve stress is going on drives with friends just to rant and build relationships with other people outside my own residence hall."

As students, balancing academics, a fulfilling social life and maintaining basic health can become difficult. For extra help, contact Adelphi's SCC services at 516-877-3646 or scc@adelphi.edu.

The Career and Innovation Centers Offer Students Résumé-Boosting Work Experience

BY EDWARD JANSEN

For anyone hoping to build their resumes with career experience while still in college, the university has two offices that provide everything from career advice to hands-on virtual and in-person work opportunities, both paying and for-credit, that are open to all students. The Center for Career and Professional Development located in room 225 in the Nexus Building and the Innovation Center located in Swirbul Library both have unique programs for students.

Adelphi's Center for Career and Professional Development incorporates a team of career educators intent on preparing students for the job sector and making connections with opportunities beyond campus.

Junior Nina Tchavtchanidze, a teaching assistant in the Chemistry Department and Jaggars Community Fellowship Program student worker, explained that there are many different career opportunities available for students on and off campus.

"The Center for Career and Professional Development prepares students to network and land internships and jobs, starting from their freshman year to when they graduate," Tchavtchanidze said. "We help students to prepare résumés, help to prepare for internships, teach them how to look for jobs and write cover letters. Anything that regards professional development can be found in our office."

The Jaggars Community Fellows Program (JCFP) is a 10-week paid summer internship with nonprofit organizations open to every major that provides students with hands-on experience. JCFP has been in operation at Adelphi for over 12 years and has seen students off to internships in healthcare,

business, education and museums, to name only a handful of destinations. The Center for Career & Professional Development is currently accepting student applications for this summer's Jaggars Community Fellows Program.

Speaking from personal experience, Tchavtchanidze said she believes, "students should choose based on both major and interest. You'll want to do something you enjoy, while also furthering your career."

In the particular interest of education majors—or for anyone who wants to gain experience in front of a classroom—America Reads/America Counts is a program that enables students to go to schools and teach subjects that they are knowledgeable in. America Reads is a national campaign among 1,200 universities that was initiated in 1997 intent on helping children learn to read well and independently by the end of elementary school.

The Center for Career and Professional Development also offers a one-credit internship preparation seminar. Tchavtchanidze, who has seen the instruction first-hand, firmly believes that it "prepares you to network, build a résumé, create a LinkedIn account and to be a professional while being a student." Learn more at www.adelphi.edu/career-center/.

Another opportunity for students to build their resumes while getting hands-on professional experience is through the Innovation Center (IC). The IC, which launched in February 2020, prides itself on a steady history of getting students out of the classroom and into the front doors of corporations.

Zeynep Atabay, the IC operations manager, said, "The Innovation Center itself

is basically a department that works with every college. Our goal is to connect with every college and find ways to implement experiential learning. That's a fancy way of saying 'project-based learning,' meaning we take things that are inside the curriculum or the class and then we design a project with a real company or organization."

The IC has a licensed IBM course as well, specifically in artificial intelligence and design thinking. From this program, students can earn an IBM Artificial Intelligence Certificate, distributed by the company as a demarcation of skill that can be used on LinkedIn and other social media platforms. According to Atabay, this "gives you not only the opportunity to network, but to gain insight from people in the industry."

Tchavtchanidze, who took the design thinking course virtually over the 2021 summer, said, "It was very helpful and open to all majors. The course was designed in a way that you don't have to have a core understanding of calculus and mathematics. As a biochemistry major, I already know how to implement data. For students who don't know that, it was a great help."

Atabay said that the Design Thinking Workshop is beneficial to students because "not only are you good at problem solving, but you're going above and beyond to learn these techniques, something that many companies value greatly. The Innovation Center gives you the opportunity to build a résumé that has actual, applicable skills."

At Adelphi, the IC is a pioneer of digital badges, being the first among all career-based institutions to offer them on campus. For Atabay, their mission is all about partnering with large companies and corporation leaders to enhance the education

of students.

The IC has been particularly active with Adelphi's Physics Department. ThorLabs, an optical equipment company in Newton, New Jersey, donated \$15,000 worth of optics equipment to intensify research and create an IC Physics Lab. There are also programs in place with the Robert B. Willumstad School of Business.

Business analytics is another sphere that has found a niche in the IC. According to Atabay, "for business analytics, we worked with a company to sponsor two-graduate students for a full year for projects." It's an opportunity that can definitely be adapted for any hard-working business major.

The IC, much like the Center for Career and Professional Development, helps students attain internships, often an 11-week experience through the semester, consisting of three weeks of training and eight weeks of projects.

There are also LiveClasses in which students work with companies and organizations on specific projects under the guidance of professors. Because many experiences right now are virtual, that broadens the opportunities to international organizations as well, including those in Ecuador and Honduras.

The IC has been struggling to gain attention from Adelphi students, but for Atabay and her team, it is only a matter of time before the IC possesses a widespread reputation of success and dedication to students on and off campus. Learn more at www.adelphi.edu/innovation-center/.

For more career advice, attend the 8th Annual Media Career Expo on Dec. 1. See the ad on page 2 for details.

PAWS Web Radio: A Hub for Student Expression

BY JOSEPH D'ANDREA

Nowadays, it feels like everybody has a podcast. But, is that necessarily a bad thing? The Adelphi University PAWS Web Radio surely doesn't think so. PAWS Web Radio is the university's very own podcasting platform in which members are given an outlet to talk about any subject they wish, from food to music to sports and everything in between.

The club has operated on and off over the past couple of years at Adelphi, but is attempting to revamp itself this year in particular, especially after having been inactive for some time. On the bright side, there's no better time to do so considering the aforementioned popularity of podcasts growing over the past decade, which is supported by Edison Research's study showing that "62 percent of the U.S. 12-plus population, around 176 million people, are now weekly online audio listeners, an all-time high for this category."

What may set this club apart from others is that members have free reign to discuss what they want over whatever length and however frequently they desire. As too many college students know, schedules can get in the way of your interest in participating in activities. AU PAWS Web Radio gives members much-needed flexibility so that they can work around their schedules. Not to mention, it's a great way to be both a part of Adelphi life and to speak about what might be on your mind.

The club's president, psychology



AU PAWS Web Radio gives members much-needed flexibility so that they can work around their schedules. Not to mention, it's a great way to be both a part of Adelphi life and to speak about what might be on your mind. Photo by Joseph D'Andrea

major Tekhira Francis, a senior, wants to spread this message of giving students a platform.

"I think it gives the student body a clear voice while being a way to express the multiple interests and personalities that we have on campus," she said. "For those in the club, they are able to share their passions with the community or even open discussions on topics or issues that they find important. Meanwhile the listeners get genuine and

unique content while also finding someone who can be like them."

A concern that students who are debating joining the club may be wary about is that becoming a member requires too large a time commitment. But the student leaders understand and will work with you.

"I would say to just bring yourself," Francis said. "I don't expect any of the members to be experts in radio or any kind of high standards. I only hope

that they join the club because of their general interest and can use it as a way to be creative."

Not only does this club serve as a space to vent, but it also offers an opportunity to meet new people. Sophomore Nadja Alexandra, who's also majoring in psychology, said, "I joined PAWS Radio because I really needed a creative outlet and to connect with new people. I felt that this network would really help with that."

There's also an opportunity to learn new skills. Alexandra added, "Even if you don't consider yourself a creative person, there are positions like producers, managers, tech that can be really fulfilling roles."

Currently, there are shows running, such as "The Panthers' Movie Den," a weekly movie discussion podcast that comes out every Friday, highlighting a different movie each episode. It is run by three Adelphi students and can be found on the club's YouTube channel PAWS Productions. There are several other shows presently in development, such as Alexandra's own scripted show called Lone Pine Radio, "which only has the skeletons [for] at the moment, but PAWS has made it possible for me to be more comfortable with my creative side since my major is one that isn't necessarily artistic."

AU PAWS Web Radio meets every Friday at 4 pm in Earle Hall Lower Level Room 014 and gladly welcomes any new members. The club's president can be reached at pawradio@adelphi.edu.

Volunteer Opportunities So You Can Give Back During the Holidays

BY JAMIE GESELL

With the holidays around the corner, it means a well-deserved break for college students. Many of us are fortunate to spend time with our families and eat lots of holiday treats. But this is also the season to be aware that others may be struggling, so this is a chance to think about ways to give back to help our local communities. There are numerous volunteer projects students can participate in that are very rewarding.

"Long Island has many volunteering opportunities like creating small care packages, beach clean ups and dog toy making," said junior psychology major Gabriel Silva. "I love volunteering because there are endless opportunities for you to make a difference in our community. No matter how big or small the project is, you have made a difference."

Take a look at some of the volunteering events that you can participate in during the holiday break.

Interested in a food drive? Try joining the Island Harvest Food Drive here at Adelphi. This drive, lasting until Nov. 30, is hosted by the Bridges to Adelphi program. It focuses on fighting

hunger and ensuring food security. They are collecting canned or nonperishable food to be donated to the Island Harvest food bank in Melville.

Charlie Simon, a first-year Bridges member who is helping with this collection, said they're contributing "by delivering food to all communities that are starving." He added they expect to collect about 40 pounds of food.

For donations and inquiries about volunteering, you can visit their offices in the lower level of Earle Hall. Also, you can view it on the CORQ app.

Another food bank to help out at is Long Island Cares located in Hauppauge. According to their mission statement on their website, "Our goals are to improve food security for families, sponsor programs that help families achieve self-sufficiency, and educate the general public about the causes and consequences of hunger on Long Island." With 40 years of experience, they have handed out over 300,000 meals to people in Long Island. To sign up as a volunteer for a specific time, visit <https://www.licares.org/how-to-help/volunteer/> or email licvolunteer@licares.org for more information.

Rather hand out food than collect

it? Then volunteer for Community Solidarity in Hempstead. They help package food into boxes and pack it into underserved individuals' cars in the town.

"What started as a few bags of bread became a few cars of food, then a few dozen carloads," said founder Jon Stepanian.



Angels of Long Island Donation box
Photo from www.angelsolongisland.com

It happens every Sunday at 2 pm in a parking lot at the intersection of Cooper Square North and Washington Street. All you have to do is show up to volunteer. For more information, visit <https://communitysolidarity.org/food-shares/hempstead#volunteer>.

Want to get your feet wet for vol-

unteering to help the environment? Then join Operation Splash in Freeport. They help pick up trash and debris in the waterways and beaches of Long Island. Their motto is to "Think Globally, Act Locally." To see their boat schedule and time slots, visit www.operationsplash.com/boat-schedule/.

For anyone who likes to work with clothes, try volunteering at Angels of Long Island in Patchogue. "Our goal is to empower people to overcome poverty and live prosperous lives. We aggressively provide a wide range of services and goods to people in crisis," they say on their website. You can volunteer at one of their thrift stores and help out by giving out clothes. You could also donate clothing in their drop boxes too. For more information, visit www.angelsolongisland.com/.

We hope this has informed you of the many volunteering opportunities happening around Long Island. It's always good to spend your free time giving back to the community. The holiday break is definitely a chance to take advantage of that. For even more volunteering opportunities not listed here, visit <https://longislandvolunteer-center.org/#/>.

2021 Holiday Gift Guide

BY LIZZ PANCHYK AND JAMES GESSELL

Finding the perfect gift ideas for our friends, family and coworkers can be challenging. We've compiled a way to make that easier, highlighting 25 new products that are popular this season. We organized them into easy-to-use categories for everyone on your list and at a wide price range to fit every budget. We think it's perfectly okay if you take our suggestions and use them to hint to others what you'd like to receive as a gift as well.

Dorm/Bedroom Decor



Storage Idea

\$25.99 on Amazon

Lib Bedside Caddy can hold electronic items like your phone, computer or tablet. It can be attached to your bed, desk or table and comes in six colors. A perfect gift for a neat freak!



Inviting Lighting

\$12.98 on Amazon

Ohbingo 30 LED Light String is 12-feet of warm white LED lights, perfect for attaching pictures if you use it indoors, but it can be used outdoors as well.

Seating Options

\$30.72 on Amazon

Never have enough seating for your friends? Try Intex Inflatable Empire Chair, a blow-up chair in three different colors. Inflated it's 44 inches x 43 inches x 27 inches.



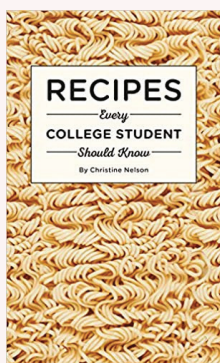
Cool Down

\$72.99 at Best Buy

For anyone who needs to keep it cool, this Woozoo Fan has multiple power settings and a moveable base. It even includes a remote so you can control it from the comfort of your bed.



For Book Enthusiasts



Cookbook for College Students

\$9.99 hardcover and \$5.99 for Kindle from Barnes & Noble

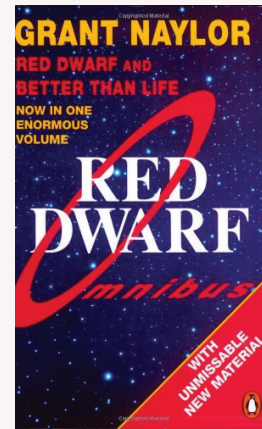
Recipes Every College Student Should Know by Christine Nelson is a pocket guide to healthy snacks and meals that are easy to make, like egg salad sandwiches and tuna wraps. Perfect for anyone who has a passion for cooking.



A Sci-fi Comedy Classic

\$15.99 hardcover at Barnes & Noble

The Hitchhiker's Guide to the Galaxy by Douglas Adams was first published in 1979, but it's still a must-have book for any college student. It follows the adventures of Arthur Dent, a guy whose house gets demolished and soon his planet is invaded by aliens. He and his alien best friend Ford Prefect escape the invasion and go on wacky space adventures with eccentric characters.



Another Cult Favorite

\$22.69 on Amazon

Red Dwarf Omnibus by Grant Naylor is another classic from 1992, which follows the adventures of space crew member Dave Lister, his dead annoying crewmate Rimmer, a well-dressed and smooth-talking cat humanoid, and a clean obsessed robot as they wander aimlessly through space in the Red Dwarf spacecraft. Definitely a worthwhile read.

Tech-nically Speaking

Get Charged

\$19.99 for black and white or \$25.99 for red and blue on Amazon

If you're someone who has no luck snagging an outlet in public to charge your phone, 2-Pack Miady Dual USB Portable Charger is for you. With a battery capacity of 10,000 Milliamp Hours and 5 volts, this handy device can charge your phone for hours.



Bring on the Noise

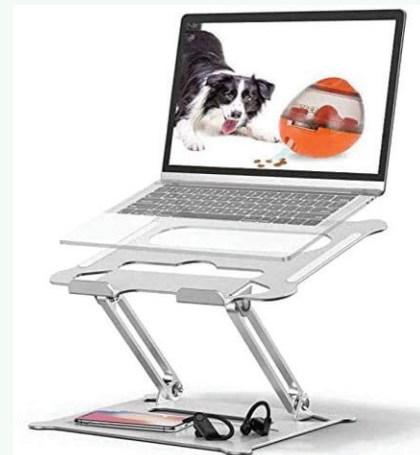
It comes in different colors, starting at \$25.99 at Walmart

It can be a challenge to find headphones perfect for gaming, but the Bengoo G9000 Stereo Headset will work on your PC, Xbox or Playstation. Built in is a noise-isolating microphone that can be used to chat with your friends while gaming.

Stand at Attention

\$25.99 on Amazon

Whether you're dorming or you commute, everyone is in need of some technology gadgets. The Suturun Adjustable Laptop Stand adjustable desk for most laptops will allow for unlimited movement and will be especially useful for completing Zoom classes and online assignments.



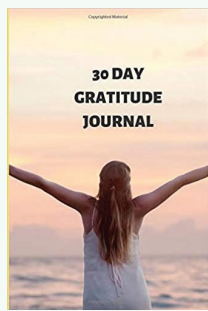
For Self Care



Aromatherapy

\$49.95 at Walmart

Pure daily care Ultimate Aromatherapy Diffuser and Essential Oil Set acts as dehumidifier, air purifier, ionizer and night light. It includes 10 essential plant oils to use ranging from eucalyptus to jasmine to sweeten the deal.



Practicing Gratitude
 \$5.99 on Amazon
 30 Day Gratitude Journal by Honey Bee is a great way to start the New Year and help improve your mental health with tips and exercises to boost your positivity and practice gratitude.

Tie-Dye Socks
 \$22 on Bombas.com
 Women's Tie Dye Calf Socks made of merino wool, a natural, soft fiber, are comfortable and stylish. For every purchase, a pair is donated to people in need. They're men's styles too.



Skin Therapy
 \$8 on EveMilanny.com
 Skin Calritea tea from Eve Milan is great for improving your skin. It can also fight off hormone-caused blemishes by detoxifying the liver and blood. A great product to benefit your physical health

New Top Seller



American Classics
 \$20 on OutofPrint.com
 If you love the American classic *The Great Gatsby* by F. Scott Fitzgerald, show your love for this great piece of literature by buying a tote bag. Other literature is also available. For every purchase, proceeds go to fund literacy programs and book donations to people in need.

Fitness Gear



Thirst Quencher
 \$39.99 at Dicks sporting good
 The YETI Travel Mug with Stronghold Lid can carry your water or even protein shake when you go to the gym. It can also work on a hike, road or boat ride.

Just For Fun

Coffee Run
 \$50 at planetarydesign.com
 The OVRNDR Travel Press is for people who need coffee on the go. It allows for both brewing and drinking wherever you are. It's the perfect gift for coffee lovers and brews up to 24 ounces. It comes in four different colors.



Go to the Mat!
 \$24.99 at Best Buy
 TRX Mat is made of an anti-slippery ribbed material so you can do all kinds of exercises such as planks, push-ups and burpees. It's for anyone who hates doing physical activity on hard floors.



Hot Topics
 \$29.99 on Amazon
 Looking for a new game to play with friends that will stir up some hilarious conversations? Off Topic Adult Party Game for two to eight players is a race against time to come up with topics that you may just have to defend.



Mini Massage
 \$7.99 at Best Buy
 If you ever get sore and need something to sooth your muscles that isn't expensive, then HoMedics Quattro Mini Massager is for you. It has a comfortable hand grip and special massaging nodes to help massage your muscles. Great stocking stuffer.

Musical Picks
 \$20 on UncommonGoods.com
 Do you know someone who loves playing the guitar? Make Your Own Guitar Pick Punch will set them up so that they never have to buy new picks again.



Tennis Ace
 \$19.99 at Target
 Beginner players will appreciate the Wilson Fusion XL Tennis Racket, which includes stop shock sleeves to reduce vibrations and an Airlite Alloy frame to make it lightweight.



Gift Cards for Gamers
 \$20, \$50 or \$100 on SteamPowered.com
 If your friend is a big PC gamer, then a Steam gift card is right up your alley. Steam is an online digital distribution system for video games run by Valve. With an assortment of over 30,000 games, there's lots to buy and play.



Gifts That Give Back



Retro Fit
 \$45 on social-goods.com
 For any 70s fans, this 1973 Retro Affirmation T-shirt is a must-have to show your love for the decade. For every purchase, \$5 is donated to the National Institute for Reproductive Health to help support public policy.

Another Gift Card for Gamers
 \$5-\$100, Gamestop.com
 Try the Nintendo eShop gift card for Nintendo fans who own a Switch. This lets you buy games like *Zelda Breath of the Wild* or *Metroid Dread* on Nintendo's digital store and play them through the Switch.



A Guide to Apple's AirPods Models and Why the AirPods Pro Take the Cake

BY JUSTIN KRESSE

You may already be aware of the new development in the audio industry within the past few years: true wireless earbuds. Arguably popularized by Apple's original AirPods (and their choice to conveniently remove the headphone Jack from many of their devices), true wireless earbuds have made things like listening to music or taking phone calls a little easier and simpler.

And out of all the companies on the truly wireless earbud bandwagon these days, Apple is certainly the one that stands out the most. They are currently selling their AirPods (2nd generation), AirPods (3rd generation), and AirPods Pro.

The AirPods (2nd generation) are still a stellar choice for the \$120 they are usually found for on Amazon (and keep an eye out for possible sales around Black Friday). They have great battery life (even better than the AirPods Pro), wireless charging and automatic switching between Apple devices connected to the same Apple ID—all important improvements over the first-generation AirPods. They don't have noise cancelling or the more comfortable fit of the AirPods Pro, but if you're looking for earbuds with Apple's signature "they just work" feel—and you can do without some of the "Pro" features—these will work just fine.

The AirPods (3rd generation) that Apple released at the end of October occupy an awkward position compared to its siblings: they are currently priced at \$175 on Amazon—only \$25 less than the AirPods Pro—and they seem just to be worse versions. Just like the Pros, they have spatial audio (they sound kind of like audio coming from all around you instead of just the left and right side) and adaptive EQ (the earbuds change the volume of certain sound frequencies to make them sound better for your specific ears), but no noise-cancelling or transparency modes. Unless \$25 is a big issue for you—in which case you might want to look at options like Edifier's NB2 Pro wireless earbuds at \$80 on Amazon—or the AirPods Pro don't fit well in your ears, it's probably worth stepping up a rung.

The next rung, of course, is the AirPods Pros (\$200 on Amazon). These earbuds have decent battery life, spatial audio, automatic switching, noise-cancelling and transparency modes, adaptive EQ and wireless charging. In short, they have all the "Pro" features and they offer the trademark Apple "they just work" magic.

Apple also now owns the Beats by Dre brand, and has recently released the Powerbeats Pro, Studio Buds and Fit Pro. The Powerbeats Pro only really appeals to the athletic community because of the ear

hook that provides more stability than other Apple wireless earbud offerings. The Beats Studio Buds—currently on Amazon for \$130—don't have the H1 chip, so they lack some of the ease-of-use features of other Apple earbuds. They do have noise cancelling, though, so if you need that feature and don't want to jump up to the AirPods Pro, the Beats Studio Buds might be for you.



The AirPods Pro are arguably the best of Apple's true wireless earbud offerings—maybe even the best altogether—thanks to their great features and simplicity of use.

Image by Justin Kresse

The Beats Fit Pro offers similar features to the AirPods Pro for the same \$200 price on Amazon. Their battery life is a bit better and their design could be better for sports applications, depending on the shape of your ear. And all the Beats earbuds offer various color options as opposed to the white-only

offerings of the AirPods line.

I just want to give a quick word about knock-offs: there is an abundance of wireless earbuds claiming to be exactly like Apple's various offerings but for less. I myself was even swayed to purchase a pair of original AirPods knock-offs, and I can tell you that they are not the same. Knock-offs just can't live up to the real deal. They lack features and plainly just don't sound as good, not to mention the annoyances that can arise from cutting corners on the production. So for this reason, I would not recommend purchasing any wireless earbuds that claim to be like some version of the AirPods or have a name that is eerily familiar, like AirBuds Pro or something along that line.

After examining all these Apple wireless earbuds, it's only right to pick some kind of winner. For me, it's the AirPods Pro. Sometimes, Apple just knows how to make things easy, and the AirPods Pro encompasses this. They automatically pair with your Apple device, switch between your Apple devices and have surprisingly good noise cancelling and transparency modes. The addition of spatial audio is an added bonus, but one that I see as being mostly a gimmick as of the moment. Still, they sound very good for wireless earbuds and are quite comfortable. They're not perfect, but they just work.

University Responds to an Increased Awareness About Student Athletes' Mental Health

BY BIANCA VIANA & NICOLAS RONTANINI

This past summer tennis champion Naomi Osaka of Japan declared, "It's okay not to be okay" in response to being fined for needing to miss French Open press conferences to take care of her mental health. Then at the Tokyo Olympics, American gymnast Simon Biles, who has won 32 Olympic and World Championship medals, withdrew from most of her events when she experienced extreme anxiety she called the "twisties," a mental phenomenon in gymnastics in which athletes find themselves suddenly unable to perform familiar skills. By being forthcoming, these two young champions opened the door for other athletes to talk about the mental health stigmas and issues that are common throughout the sports world. It also enabled a conversation among Adelphi's student athletes, through both a six-week workshop this fall called, "Let's Talk About Stress: Workshops for Student-Athletes" and a guest appearance by Julie Ertz, U.S. Women's National Soccer Player and Olympian on Nov. 8.

"The press about the two Olympic athletes this summer definitely helped destigmatize mental health for athletes," said Jessica Miller, a counselor in the Student Counseling Center (SCC). "We've been trying to engage with student athletes for years. There has been a lot of interest for individual counseling for athletes this year and for the six-week stress workshop for AU athletes. We plan to offer more workshops for athletes throughout the year."

These workshops acknowledge that

student athletes face a lot of stress that remains unseen. Between the vigorous scheduling of games and practices, classes and extracurriculars, student athletes are constantly in motion.

"I am currently a physical education permanent substitute at the Harborfields Central School District, a full-time graduate student for Health Education, and a student athlete for the women's lacrosse team," said Kailey Broderick, a women's lacrosse player and AU graduate student, who attended the event with Ertz. "My schedule is busy and many times overwhelming."

Dealing with a full-time schedule, jobs off-campus and athletic requirements, it is easy to feel overwhelmed. However, Adelphi has made strides in helping student athletes with their stress. Miller said the six-week workshop for student athletes that began Sept. 27, was designed to provide them with a place to talk about how stress impacts their academic and athletic performance, relationships and overall well-being, and covered a variety of topics from coping and self-care to academics and procrastination. She explained that each week the workshop focused on AU athletes and stress.

"We had about 10 athletes express interest in the workshop this semester and five to six attended per week," Miller said. "Groups and workshops can be challenging to establish due to students' busy schedules (especially athletes), and the desire for individual and immediate support when a crisis arises. These athletes, with the help and support from their coaches, decided to make the six-week commitment to discuss stress and the athlete experience proactively. They didn't wait until they were struggling or there was a crisis or

emergency to seek support. It was really nice to watch the group grow and bond over the semester. We're looking forward to getting started with a new group of athletes in the spring. It was definitely a unique workshop as athletes from all different sports came together to explore and compare their athletic and college experiences at Adelphi."

Miller explained that tips discussed in the workshop included not handling stress alone—reaching out to teammates, coaches, friends, parents and roommates. Another topic was listening to their bodies and giving it what it needs—rest, stretching, sleep and nutrition—and creating a healthy balance in managing their time.

An emphasis on making room for a little "me time" is what Broderick said is the hardest thing to do. "Especially when you have a busy schedule, but it is essential to be able to deal with your stress," she said. "Having 'me' time is anything I enjoy that is relaxing; it's a time out from my constantly moving life."

Miller said the athletes also talked about "reminding yourself at times why you got into your sport in the first place, what you love about it, what makes it fun, and using meets, games or practices in a positive way to improve performance in the future."

Seeing Olympic athletes talk about their struggles was inspiring for students going through a similar experience, according to Miller.

"[With Biles], you look at the best gymnast the world's ever seen, and she pulled herself out of the Olympics. So athletes were like 'even the best need help,'" Miller said. "It normalized it in a way, that it's okay to

get counseling, that it's okay to say I need to take a mental health day, okay to say I need support. I can't speak for Osaka, but I have followed Biles through the media since the Olympics and have watched her perform in person since. She seems better than ever. She does not appear to be plagued by anxiety and seems to be having fun and performing amazing tricks in the sport she loves."

In addition to the six-week workshop, Adelphi athletes had the chance to hear Ertz speak about the issues surrounding mental health at the "Mental Health Matters, No Shame in the Game" conversation held on Nov. 8. Among the topics covered, she also advised young athletes that self care is of utmost importance. She talked about having a support system and that person who is willing to pull you out of situations. She advised athletes to step away when a situation may be harmful to your mental health. However, Ertz, urged all attendees to always give their best wherever you are and remember that comparing yourself to others can be harmful.

Miller saw all these conversations this semester as a positive development. "Adelphi's Student Counseling Center continues to work with athletes and teams as we have done in the past," she said. "We are thrilled that athletes are becoming more comfortable discussing mental health, continue to come in for support and services, and that they are excited about the unique workshops being offered to them."

Being an athlete can come with challenges, and taking care of yourself is one of them. If you are struggling or need help, the SCC is available to all students and is reachable at scc@adelphi.edu and 516-877-3646.

The “Anti-Vax” Vindication of Aaron Rodgers

BY CLAIRE TSANATELIS

Green Bay Packers quarterback Aaron Rodgers is officially back on the field after being activated from the Reserve/Covid-19 list amidst media controversy over his vaccine skeptic comments. The 37-year-old athlete, who tested positive for the virus earlier this month, stirred quite the media backlash after revealing during his guest appearance on “The Pat McAfee” show that he is adamant about his decision to remain unvaccinated.

“I believe strongly in bodily autonomy and the ability to make choices for your body, not to have to acquiesce to some woke culture or crazed group of individuals who say you have to do something,” he said.

By describing the media as engaged in a witch hunt that wants to shame and denigrate everyone who hasn’t been vaccinated, Rodgers has been outspoken about individuals “doing what’s best for their own health” because health is not a “one-size-fits-all for everybody.”

His rationale for his personal health decisions is what triggered an onslaught from journalists, sports commentators, late-night television hosts and scientists. As a result, he has been targeted as an object worthy of mockery and ridicule through the narrative concocted by pop culture and the entertainment industry.

“Saturday Night Live” aired skits portraying the three-time MVP football

player as an anti-vax moron, and the same condemnatory rhetoric has been echoed by popular media personalities, such as Stephen Colbert, Trevor Noah and Jimmy Kimmel.

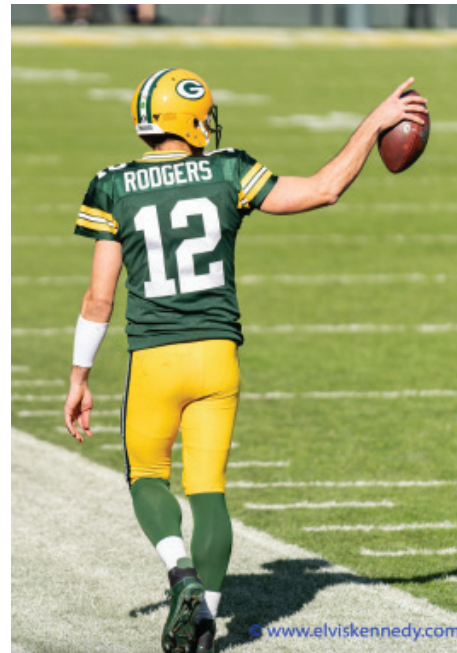
American radio personality Howard Stern blasted Rodgers as a “liar” during a vulgarly articulated diatribe on his SiriusXM radio show, where he called for the Super Bowl champion to be kicked out of the NFL for initially misleading the public on his vaccination status back in August. Rodgers had already confirmed that everyone in the NFL, NFL Players Association and the Green Bay Packers knew he wasn’t vaccinated, including some of the media who did have prior knowledge of this information but didn’t choose to harp on about it until the league later confirmed his diagnosis in November.

It turns out what he meant when he said he was “immunized” was that he received a homeopathy protocol, which is enough to make the media recoil because these health methods are not endorsed by the multi-billion dollar pharmaceutical industry.

Public figures appear to be militantly in defense of the Covid-19 vaccine and seethe at any individual’s opposition to taking the jab, whether that’s due to an allergy to one of the vax’s ingredients, concerns on long-term effects for such a newly developed vaccine created from ambitious technology, or a preference for using a less invasive and more traditional

antidote to mitigate symptoms of the disease.

All of the above are applied to



Quarterback Aaron Rodgers
Photo from Flickr

Rodgers’s case, in which he explained in a decent level of detail on “The Pat McAfee” show, but those comments weren’t allowed to make headlines in the mainstream media without a swarm of fact-checkers—reporters and doctors—attaching the misinformation label by supposedly debunking each concern vaccine skeptics like Rodgers still hold to this day.

Although this scientific “transgression” hasn’t been detrimental to Rodgers’s career, and one of the only Covid-related consequences he’s endured has been a measly little \$14,650 fine for not diligently following the NFL’s strict Covid protocols, it could still be damning to his reputation in the public eye. Or at least for the large sector of the population that gathers all their information from ESPN and other cable news entities.

This ultimately raises the question of whether celebrities with ordinary education backgrounds should be permitted to publicly counter the narratives that already have an established consensus given by (bought and paid for) experts and professionals. Amid a public health crisis during an ongoing global pandemic, the nature of the situation is darker and more personal because people’s lives are at stake. That should explain the emotional upheaval relating to this subject matter.

If a high-profile star athlete like Aaron Rodgers can go off the grid and use his platform to spew what the powers-that-be deem as harmful “misinformation,” then thousands, if not millions of people may follow suit and believe words of an “entitled and misinformed quarterback” rather than our prestigious institutions that feed us all the information we’re allowed to know. Or at least that’s what they’re scared of.

Astroworld Festival: Travis Scott’s Wakeup Call

BY MITCH COHEN

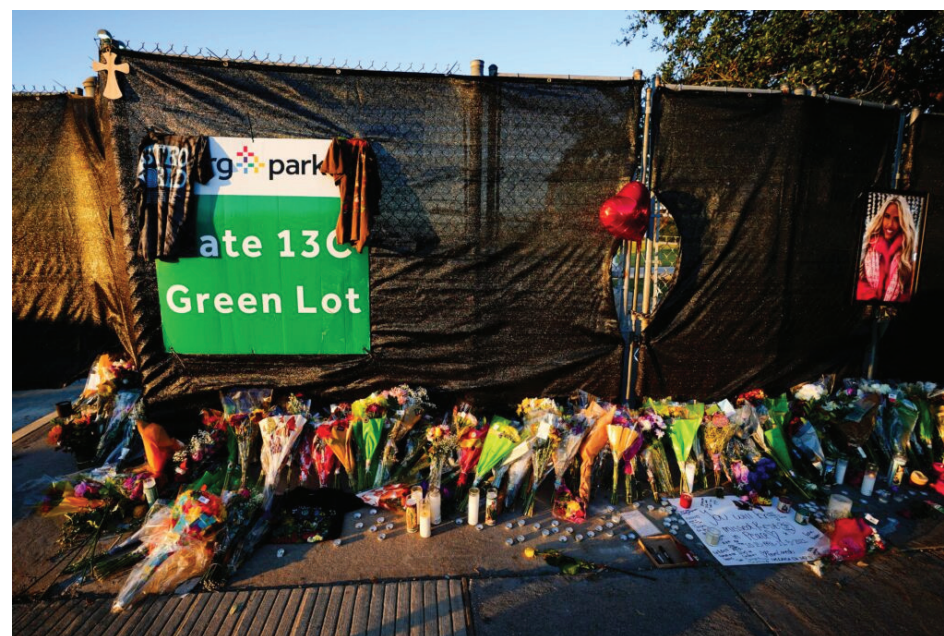
There’s no denying that Travis Scott is one of the most energetic rappers of all time. While his songs have little substance lyrically, they make up for it with incredible production and a grandiose sense of scope that no other rapper can match. As for his live shows, they are infamous for their pyrotechnics and for being incredibly rowdy. However, this rowdiness can become deadly, which was, unfortunately, the case with Astroworld Fest 2021 after which to date, 10 people have died, including a nine-year-old.

Originally, this festival was going to be two nights of performances from the likes of SZA, Master P and several others. Sadly, this festival grew to become one of the most infamous concert events of the year thanks in large part to the number of people in attendance: 50,000 fans. They were so excited to see Scott that they ended up rushing through the gates and trampling fellow concertgoers. Around 9 pm is when the situation grew from bad to worse, as Scott took the stage.

“The crowd for whatever reason began to push and surge towards the front of the stage, which caused people in the front to become compressed; they were unable to escape the situation,” said Houston Fire Department Chief Sam

Peña.

The crowd was so large that it caused people to pass out and in several cases, like that of the nine-year-old boy, to become trampled. As of Nov. 24, 177 lawsuits have been filed against Scott,



A memorial for the fans who passed away at Astroworld Festival 2021.

concert promotion group LiveNation, and even Drake, who was also accused of inciting a riot. Even though Scott agreed to cover the funeral and medical costs of those who were injured or killed, fans are outraged at him for endangering the lives of concertgoers. In an interview with

ABC-10, frequent concertgoer Jasmine Smith said she was planning on attending the Rolling Loud Hip Hop Festival in December. However, after hearing about people dying from the crush, she quickly changed her mind. “I’ve heard of passing

On the one hand, I don’t blame Scott for causing the deaths. Due to how loud a concert environment can be, it must’ve been hard for people to communicate properly. But I agree with the media about stopping the show early. When people started passing out, Scott should’ve taken it as a sign to stop his set and help those who were crushed in the surging crowd. As for the lawsuits, these will hopefully serve as a wake-up call for Scott to be less reckless at any future performances. Performances before this were also marred with controversy, such as the 2017 concert that left a fan paralyzed.

What needs to change for future performances is the presence of stronger security measures. At the festival, there were security guards who had never worked at a concert before, which put a lot of pressure on them to keep everyone safe. I feel like LiveNation did a poor job of organizing the event, as the venue had way too many people there at one time. To make this festival a success, the organizers should’ve limited the number of people who entered the premises.

Despite all the controversy, I still support Travis Scott as a musician. However, I hope these lawsuits will give both him and the organizers the wake-up call they need to prevent disasters like this from happening again.

The Holiday Blues Are Real so Be Prepared With Self Care

BY GERARD FIORENZA III

The holiday season is upon us. It's a special time intended to be both wholesome and joyous. It's a time for traditional gift giving, sledding in the snow, ice skating at Rockefeller Center, watching holiday films and especially making cherished memories with friends and loved ones. The winter season is one full of relaxation for all the college students who complete their first semester in the school year. However, while the season is meant to bring jolly good feelings to all, many Americans express an increased feeling of stress and even in some cases depression. In fact, the holiday blues or holiday depression is a real psychological condition, especially for those who are already experiencing some form of mental illness. According to the National Alliance on Mental Illness (NAMI), 64 percent of people with an existing mental illness report that the holidays make their condition worse.

There are many causes of holiday blues, including financial stress from spending too much money or not being able to afford gifts for family and friends, politics being brought up at the family dinner table

(meaning plenty of family tension), feeling overwhelmed by the preparation, lack of sleep and overindulgence in food and alcohol, loneliness and unrealistic expectations.

For most people, the blues will pass with the holiday—though experts warn that if you're still experiencing depression for an extended time you should seek medical help. However, despite the many stressors the holiday season brings, there are also many ways to de-stress and be proactive against feeling overwhelmed.

Making a schedule for yourself is always a safe place to start, as you put into perspective the specific dates and times for activities. In doing so, one could obtain a firmer grasp as to how realistic these activities will be. Some might still be bombarded with an overwhelming plethora of events to partake in. It may be judicious for one to set their priorities straight. This could be done by writing a list of all the activities you can engage in, and only picking the ones you like to do. For example, you can go Christmas caroling and send cards to your family, but if baking isn't much of a priority for you, you could toss away the idea and replace it with something else like making holiday arts and crafts. If you're overwhelmed with the

idea of sending cards to all your friends or acquaintances, you don't necessarily have to do away with the idea, but merely send cards to those with whom you are in regular and consistent communication. The point is you don't have to do it all.



It's important to take time to enjoy the holidays without all the pressure.

Photo from Massachusetts Office of Travel and Tourism

The holidays are stereotypically a time for people to come together, yet many often feel lonely for a variety of personal and specific reasons. This can be aided by gathering a group of friends. If you enjoy helping people, consider volunteering for community service (see the article on page 5 for local opportunities), and in doing so,

you'll meet people with a common interest in providing for others.

Sometimes, you may feel overwhelmed by being around other people too much, and if that is the case, you may feel the need to recharge your social batteries. This can be done via practicing self care. Watch a Netflix Christmas film while snuggled up in bed sipping on hot cocoa. Listening to some holiday tunes is also an efficient way I immerse myself into the season, which I highly recommend.

While it's always good to indulge yourself, it's also essential to have a healthy balance where you don't put physical health at stake. Whether it be eating healthy, working out or getting adequate sleep, if your physical health is sound, the same should hold for you mentally. Holiday sweets such as candy canes and cookies are certainly a must when indulging yourself, but moderation is key.

In essence, the holidays are a fun time to delve into a wide range of exciting events, as well as spend valuable time with the people around you. However, you matter as well, and it's always important to check in on yourself to ensure you're taken care of.

What Toxic Positivity Is and How to Combat It

BY MYLO FISHERMAN

If you ever had a bad day you may have been comforted with something by the likes of "think positive" or "everything happens for a reason." While these words may be reassuring at the moment, they represent a part of our culture that can do more harm than good: toxic positivity.

According to Tabitha Kirkland, a psychologist and associate teaching professor at the University of Washington's Department of Psychology, "Toxic positivity is a way of responding to your own or someone else's suffering that comes across as a lack of empathy. It dismisses emotions instead of affirming them and could come from a place of discomfort."

It is important to understand that not all positivity is bad when we are talking about toxic positivity. Positivity itself falls under two related, but distinct categories: our emotions and the emotions we project to others. Toxic positivity is not meant to cause harm. Typically, the intent is to help someone. However, without the means to physically help them, toxic positivity results from your kindness. For example, if you tell a friend who just failed a test, "You'll

do better on the next one" you are actively telling them to dismiss the feelings of defeat they feel for failing their current test and to do better next time. It dismisses how hard they may have studied to get a good grade this time around and dismisses the amount



Why turning that frown upside down is not the motto you should be living by.

of time they may have spent tutoring.

In addition to toxic positivity being a way to deal with negative emotions in others, it is also a way to deal with negative emotions within oneself. It is completely okay to not want to deal with negative emotions that we may face throughout our lives, but when you force yourself to put on a brave face and have a positive attitude when you aren't feeling it has adverse effects on your mental health.

According to Kirkland, "Some research suggests that people who avoid their own negative emotions just feel worse later on."

This is because forcing a smile can cause you to feel guilty for not feeling happy. I have personally struggled with this for years. As an involved student, I often throw myself into school-sponsored activities when I do not feel the best. I force a smile on my face and attempt to enjoy life when I am hurting inside. This can honestly be very difficult as I am distant from the emotions I should be feeling. In speaking with a therapist I have learned that it is oftentimes best to feel your emotions but not to the point where it is overwhelming.

According to McKenna Prining, a writer and editor for UW medicine, if you want to try and end your cycle of toxic positivity, the first step is to admit when you are doing it. Whether you admit it at the moment or not, try and recognize when you cut your friend off and gave them toxic positivity. Apologize for dismissing their feelings and not being empathetic to their situation. Do the same when you try to put a happy face on when you struggled to get out of bed in the morning. Acknowledge the

extra effort it was to pretend like everything was okay when it wasn't.

Know that it is okay to make these mistakes. We are all human and have flaws. With a bit of acknowledgment, it could change our outlook drastically.

As finals are approaching, be kind to yourself and others. If you are feeling stressed out, anxious, or upset about a grade, it is okay to feel those feelings. It is okay to feel upset or angry if you did your very best and didn't receive the grade you want. Allow yourself the time to feel the emotions and then allow yourself to move on. Likewise, if a friend comes to you about a low test grade or anything else that is upsetting them, allow them to feel it out and avoid phrases like "don't cry" and "it happens to the best of us."

As Kirkland states, "All emotions are functional and have a purpose. They are a signal to the person experiencing them or the person being communicated to."

If you need help dealing with your negative emotions, you can reach out to Adelphi's Student Counseling Center by phone at 516-877-3646 or by email at scc@adelphi.edu.



Tis' the Season to be Cheesing: Holiday Fun with the Panther Athletes

BY MAXMILLIAN ROBINSON

As the calendar year winds down and we turn to the gift of a holiday season, no matter how you celebrate, time off relieves us from stress and being around loved ones and supporters helps make things easier. That's why *The Delphian* asked our Panther athletes how they plan to spend their holidays after a season of competition and hard work. We heard from three of our black and gold players.

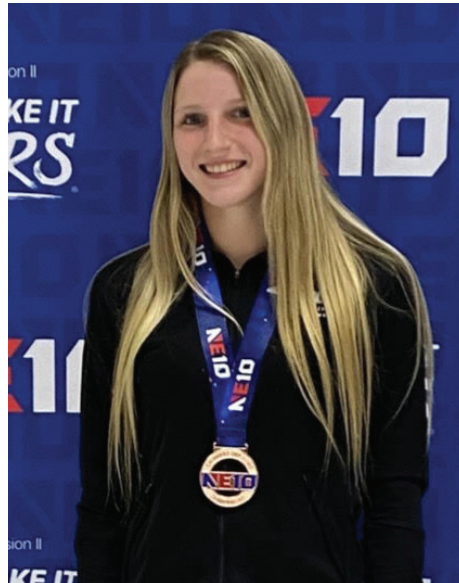
"I will be celebrating Christmas and New Years this holiday season," said junior women's swimming athlete, Skyler Nenadich. "I will be celebrating Christmas over at my uncle's house because I don't get to see them that often. That's why this year, it's so important to me. For New Years, I will be with my friends celebrating the night out and about."

Men's soccer player, senior Filippo Peri, said, "I will be celebrating Christmas over the holiday season. I will be going back home [in Italy] to celebrate with my family."

Peri is not the only one heading home to Italy. Senior men's soccer player Paolo Marciano said the two most important holidays he'll be celebrating in Italy are Christmas and Epiphany. "We have a big dinner with family. It is a time of joy, happiness and relaxation. I really love to spend this time with my family after being away for several months in the US," he said.

Marciano isn't ruling out the idea of trying a new excursion this season. "I love travelling and I would also like to visit a new place for a few days during the holiday time, but I did not organize anything yet."

Others aren't too focused on the idea



Skyler Nenadich fell in love with swimming when she received a club membership for Christmas from her parents.

Photo from AU Athletics

of traveling, but instead, having the time to make memories locally.

"The thing that excites me the most is being with my family, friends and cherishing moments with the people close to me,"

Nenadich said. "I also love the happiness and excitement that comes with the holiday season."

Many people, including our athletes, plan to use this time away from school and work to sit back, relax and take in the essence of life. This is something we often tend to forget and overlook because of the things we do in life on a daily basis. However, these athletes are not taking this holiday season for granted.

"When I was a child this was the holiday that I was waiting to find out what gifts I was receiving," Marciano said. "Now that I am a little bit older, I take this moment to relax, spend time with family and friends and recharge to be ready for the new year."

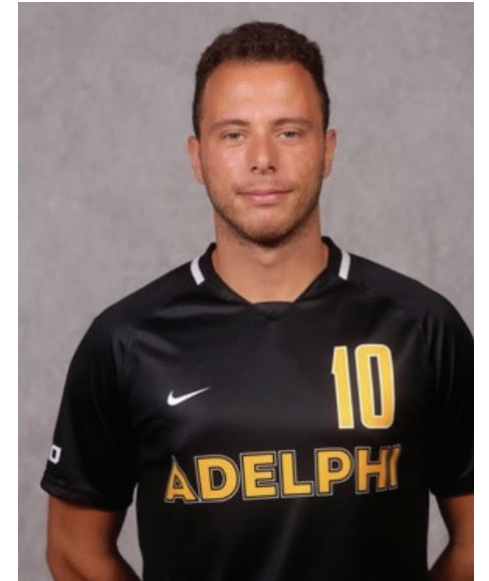
Nenadich said, "Whenever Christmas comes around, I'm always reminded of the time when I was 12 years old and my parents gifted me with my first swimming club membership. That is where my journey began."

Peri agreed about not taking this season for granted.

"The most exciting aspect of the Christmas holidays for me is to reunite with my family after four months away from them," Peri said. "Spending time with them after a long time without seeing each other makes Christmas time even more special for me."

Peri shared a memory from last year's holiday. "A funny moment I recall from

last year is when my uncle decided to show up at our family dinner dressed like Santa Claus."



Filippo Peri is looking forward to going home to Italy for the holidays and spending time with family. *Photo from AU Athletics*

"The event that I love most is Christmas day," Marciano said. "It is very nice to see all the family reunited for the whole day without any distractions. It is something that brings me a lot of joy and happiness."

Ah yes, home for the holidays. It's clear to say, there's no better place to be during his time.

Graduate Student Skylar McGarrity Raises the Bar of Success

BY ANDREW SMITH

The Adelphi bowling season is well underway with graduate student Skylar McGarrity as team captain. McGarrity, who graduated in May 2020 with a bachelors in English and is pursuing a masters in adolescent English education, serves as a strong role model for the younger athletes.

McGarrity has always loved the sport. Her bowling career began at age five. Her grandmother, who she called, "Ginga" belonged to a league that McGarrity often visited. According to McGarrity, "My Ginga got my brother, who is seven years older than me, into bowling and I wanted to be just like him."

Her grandmother passed away in 2004 from amyotrophic lateral sclerosis (ALS), but her memory lives on. She said her brother and grandmother serve as her inspirational figures and encouraged her to begin her bowling career and pursue her love of the sport.

McGarrity also mentioned that she looks up to Liz Johnson, who is a member of the Professional Women's Bowling Association. McGarrity describes her as someone who "carries herself well and knows her pedigree, no matter how she performs."

McGarrity also explained how much it means to her to represent Adelphi Athletics. "Being able to represent Adelphi bowling means so much to me. Being a graduate student, I have had the opportunity to learn and grow from each and every person I have been on this team with," she said. "I think I'm simply most proud of being able to represent Adelphi across my chest on and off the lanes.

Our program has come such a long way and I truthfully am so lucky to be a part of our constant changes and our success!"

In addition, McGarrity elaborated what it is like to be a captain of a team that mostly consists of younger athletes. "I think being a



Skylar McGarrity is a graduate student and bowling team captain who has had to overcome health challenges to participate in the sport. *Photo from AU Athletics*

captain plays a role simply for the fact that it's my fifth year and this year we were an almost entirely new team. I love being able to share my experience with the team since I've been here so long, with a variety of teams made up of so many different, amazing athletes."

McGarrity faced several challenging medical obstacles at birth which she was able to overcome. She said she has suffered from vision issues her entire life. "I was born pretty

much blind and through therapy I gained vision in my right eye. I have limited depth and peripheral vision in both eyes as well and always have."

She elaborated on how this related to bowling. "When it comes to bowling and

my vision, it's completely muscle memory to me and the pins look like a blob of white, so I've learned to adapt and be comfortable asking what pins I left so I know how to adjust and stand for the spare," she said.

She has not only had to overcome her vision impairment. In eighth grade, McGarrity was diagnosed with a rare brain disorder that can cause strokes. She was at a very difficult point in her life when she received

this scary diagnosis.

"When I was diagnosed, I lost myself and I didn't think I would find myself again," she said. "I had to quit swimming, which I absolutely loved and wanted to continue in college, but passing out in the water during a race was a wake-up call for me for many reasons. Having to quit swimming, I questioned what I was supposed to do with my life because I've always loved being active. I felt sorry for myself for about 48 hours and then decided I wasn't going to let my chronic illness change my life anymore. And that's when I decided I would put all my time into bowling and I couldn't have made a better decision."

However, her disorder never got the best of her. McGarrity continued to remain strong and never gave up on her passion.

"Bowling is and has been an out for me. I've been on the brink of a seizure, crying because of pain and throwing up in between shots at tournaments to prove to myself that I am bigger and better than my illness and I never plan to stop," she said. "I fight my illness everyday and will for the rest of my life, but it has taught me how strong I truly am. I am also so thankful for my past and current teammates for constantly pushing me to fight my illness, because it truly is only a small part of me in my eyes."

McGarrity's story is quite inspirational. She never allowed her diagnosis to take over her life. She continued to fight and her persistence has led her to become a captain of the team and a role model to many young athletes. The Adelphi community can be encouraged by McGarrity's strength, determination and bravery.

Shooting for Success: Adelphi Basketball Returns

BY MAXMILLIAN ROBINSON

After not participating in collegiate play for over 365 days, the time has come for the ball to hit the hardwood again, under meaningful circumstances. The men's and women's basketball teams began competitive play in the Northeast-10 (NE10) conference during the post-pandemic stage on Nov. 3 for the women and Nov. 13 for the men's team. Both teams are off to a prestigious start. As of press time, the men were at 3-1, while the women stood at 1-3. Both teams share excitement about being back on the big stage.

"There's no better feeling of competing with your teammates and winning," said men's basketball forward Chris Coalmon, a graduate student. "I believe we are ready to take the world by storm."

"It's an amazing feeling to be back," said Kayla Hall, a graduate student who plays forward for the women's basketball team.

Disregarding the outcome of not being able to participate in college basketball last year, both teams used it to their advantage instead of creating a lost season.

"Last year was tough, just having to practice with no games to look forward to," Hall said. "It was also hard to see other teams have the chance to play and us not being able to compete. From day one, we were all looking forward to playing in the season. But, now that we are back, we are super excited to be back in action."

Sophomore men's forward Andrew Delaney said, "It was definitely tough

having our season cancelled last year. But, I feel like our team handled the adversity well. We used a majority of last year's time to work on team concepts, individual skill development and strength in the weight room. We trust



Graduate student Chris Coalmon is off to a great start, as of Nov. 21, averaging 15 points, 5.6 rebounds and 2 assists.

Photo from AU Athletics

all of the work that we've put in, and we're ready to go."

While the season is already underway, both aspects of the basketball program gained several skills that were produced over the offseason and in their personal lives that helped to make them into the best athletes possible for this season.

"On the court, I've worked on finishing around the rim and getting

stronger physically to rebound, set screens and guard people harder," Delaney said. "Off the court, I've spent more time studying the game, but also studying great players and how they approach the game. One of the reasons our basketball team leaders [Ronnie Silva and Chris Coalmon] are great is because they practice great mental habits. They stay focused and they've taught me a lot about mindset and mentality."

Hall said that during the off season, she was working out on campus with strength and conditioning coach Keith Ferrara. "If I didn't lift with him, I would lift with my sister, who is a personal trainer. I would also come to use the shooting gun to make sure I was getting shots up and working on different things that needed improvement."

Being isolated from their teammates for long periods of time could have caused an imbalance in chemistry, making it harder to gel with each other once they hit the floor. The basketball program made a valuable effort to prevent the matter over the offseason.

"We've gone to many events on campus as a team to support other teams," Coalmon said.

"[Last year] we would have a lot of team Zoom meetings, go out as a team for dinner, and have a team trip to Manhattan," Hall said. "This year, we had a team picnic where we listened to music and played different games. We also continue to go to dinner occasionally as a team. Of course, having partners to go shoot with is a way of building chemistry."

In the midst of what looks to be a successful season for the Brown and Gold team members, the future looks bright. That assumption is well deserved, due to the integrity and grit that all team members have shown over the past year, having the patience to wait for this season to arrive. The



Andrew Delaney credits his team captains and mentors for where he is in his basketball career today. *Photo from AU Athletics*

only thing that remains is what goals do these players hope to realistically accomplish?

"We're in pursuit of an NE-10 Championship and the NCAA Tournament to follow," Delaney said. "From an individual standpoint, I'm looking to do whatever it takes to help us win. I want to celebrate with my guys with a championship ring on my finger."

It looks clear. We're in it, to win it. All.

Swimming to Success: Kuenzler Plunges Back into Competition Along With Teammates

BY MAXMILLIAN ROBINSON

It's the season to dive into the pools for the collegiate men's and women's swim teams. Adelphi has been competing in collegiate play since the 70s, with many accolades won in swimming. Holding 23 single season school records is something this school has been proud about. Yet, out of those 23, four of those records belong to a certain individual.

One athlete, senior women's swimmer Rachel Kuenzler, holds the best record for the 100 free, 200 free, 50 back and the 200 individual medley swim. Kuenzler has gone over the distance as a college athlete here at Adelphi. She reported to *The Delphian* about how she feels to return to collegiate play and her expectations for the season.

"Being that this is my last season, it's awesome being back in the water," Kuenzler said. "I'm looking forward to this season, especially being out of the pool for so long [due to Covid]."

Over this tumultuous period, there was lots of idle time for these athletes:

time away from competing in their sport; time away from their on-campus life and their routine; and for some, time away from their families. So what occupied Kuenzler's free time when she wasn't in the pool lanes?

"I have been a [CrossFit] athlete for the past four years," Kuenzler said. "Being out of the water made me focus on CrossFit and lifting more, and it's definitely paying off [in the water]."

For Kuenzler, what kind of individual success, along with team expectation, does she feel is necessary in order to have closure for their competitive play?

"Individually, I am looking to improve my times and get back up on the podium at [NE10's]," Kuenzler said.

Kuenzler is no beginner when it comes to competing for success. Last year during the 2020 Northeast-10 Conference Championships, she broke three Adelphi records at the event and was a member of the quartet (four swimmers) group that broke a five-year mark in the 800 freestyle relay. She also finished her time in the 200 individual medley at 2:09.76, smashing the

previous (school) record by over four seconds, overall, placing third at the NE-10 event. But despite her individual



Rachel Kuenzler hopes to achieve individual and team success this year.

Photo from AU Athletics

successes, she's also aware of being there for her teammates.

"For the team, using my past experiences to help the underclassmen

through new experiences at the collegiate level, to swim fast, support each other and overall have a good time," she said.

She and her fellow teammates even found a way to stay in touch during the pandemic.

"On Saturday mornings, we have mental training together, which stresses visualization and positivity," Kuenzler said. "Also, swimming is a very individual sport. I think the main way we all gain chemistry and camaraderie with one another is cheering one another on in our races, motivating each other through tough sets, and all putting our max effort into everything we do. That's what really makes swimming special, especially with a good team. That's our chemistry. Struggling through sets together definitely builds strong relationships."

Already in play, the swim team has competed in two events so far, with the next event scheduled for Dec. 3 as part of the Eastern College Athletic Conference (ECAC) championship series.