

The Delphian

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The Voice of the Students

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XOXO

Special Valentine's Day Issue

XOXO

VP LaMon's Poetry Recognized by NAACP Image Awards

BY BIANCA VIANA

The NAACP Image Awards is an annual ceremony with the intent to honor outstanding performances in five different categories, including film, television, theater, music and literature. This year marks the 53rd NAACP Image Awards and one of our own community members is being nominated for their Outstanding Literary Work. Jacqueline Jones LaMon, Adelphi's vice president of diversity, equity and inclusion (DEI), has been nominated for her poetry collection "What Water Knows." The Awards will air on BET (Black Entertainment Television) Saturday, Feb. 26 at 8 pm

"What Water Knows" is LaMon's third poetry collection and she said she is "extremely honored and grateful that the NAACP has chosen to recognize my work, along with this amazing panel of nominees."

LaMon said she drew inspiration for this collection of poems from the aftermath of Hurricane Sandy in 2012. Her own home and community faced a lot of damage, but something beautiful came out of this: unification. LaMon and her neighbors came together to rebuild their community as one again.

LaMon discovered her passion for writing poetry at a young age after an introduction to the works of Walt Whitman in the third grade. However, it was later in life when she really expanded on her passion for poetry, "reading everything I could get my hands on and studying how poems are crafted."

As the vice president of DEI, LaMon works hard daily to aid in the advancements of diversity and inclusion resources and programs on campus. Yet, she still tries to make it her priority to schedule time for her writing.

"I try to write daily, mostly very early in the morning, before the day fills up with turning my attention to other peoples' needs," she said. She described her writing as a practice. "I don't give myself the luxury of relying on inspiring motivation; it's something I do every day. I'll give myself prompts. I'll make lists. Sometimes I'll write about something that's happening in the news and play, 'what if... ' I'll read work by other poets and writers. I'll go for a walk. I'll watch TV."

If LaMon does find herself struggling to write, she uses that as her inspiration to write. "I might write about feeling stuck—and



Jacqueline Jones LaMon's poetry collection, "What Water Knows," has been nominated for the NAACP Image Awards.

how that inertia shows up in our lives. The important thing is to get pen to paper, keys on the keyboard and work through it."

She said her work is very important to her, but she doesn't write with the sole purpose of ensuring her readers take away a lesson from her work. "I write a lot of narrative poetry: poetry that tells a story, and persona work, poetry written in the voice of others."

LaMon wants each reader to "walk away feeling that they have experienced a

variety of perspectives and been exposed to different times, different places—they've had valuable experiences as a result of reading my work."

As an activist, LaMon believes that each individual has the ability to cultivate change and she hopes that her poetry can inspire the younger generation of activists. She strongly believes that "all of us contain multitudes of gifts and talents. It is up to each of us to recognize, cultivate and utilize those talents for a purpose that will advance us as a society."

She added that activism starts when we observe ourselves and the world around us. She asks: What is it that you notice in your life? Ask yourself what it is that you can do to impact change and make a difference, beginning with one small step. Every individual has a platform and even though it may not feel as if your voice holds the power to enact change, it does.

"You may not have a million followers on social media, but you have the ability to say something when you see someone you know being bullied or mistreated," LaMon said. "Change does not need to start on social media or with the public. We all have the ability to start change in our own home. You have the ability to disagree with a family member who may say something about a group of people that you feel is wrong. Make art. Write a paper."

These actions are what LaMon referred to as necessary activism and is ultimately "the very beginning of dismantling societal beliefs that foster systemic oppression. Those are the actions that will contribute to changing the world."

A Day in the Life: Director of Counseling and Support Services, Carol Lucas

BY KATIE FARKAS

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

Since 2008, Carol Lucas has been the director of counseling and support services at Adelphi. She oversees the Student Counseling Center, the Student Access Office (SAO), as well as the drug and alcohol and mental health promotion and outreach programs.



Carol Lucas, PhD, LCSW-R, came to her current career after working in the corporate world.

"I also teach in the School of Social Work, which I love doing," said Lucas. "I believe that knowledge is like currency, it's like money. It has no value if it's not in circulation and I really believe [as a social worker], that you need to reach your hand down and pull the next one up and train the next generation."

Lucas did not start her social work career until late in life, not finishing her PhD until she was in her fifties.

"My undergraduate is in economics and finance and I took the corporate route. I come from a blue-collar family and it was all about making money," she said, adding she did well in the corporate world. "I was always promoted because I do have a really strong work ethic. I think it's called workaholicism now. But I wasn't happy. I always wanted to be a social worker, but that wasn't something that was supported in my family."

Lucas did her undergrad at four different

New Addition to Title IX Staff Focuses on the Reporting Process

BY KATIE FARKAS

On January 31, Adelphi welcomed Leah Saxtein as Adelphi's Title IX coordinator and director of Equity and Compliance. She was previously employed by the New York County (Manhattan) District Attorney's Office where she has served as assistant district attorney for the past 11 years. Since 2018 she has worked in the trial division of the special victims bureau, sex crimes unit, most recently serving as the supervising attorney in that unit. She will lead the Title IX office "in its charge to sustain and promote a working, learning and living environment free from discrimination, harassment, sexual misconduct and retaliation of any type," according to a recent email sent to the Adelphi community by Gene Palma, vice president of University Wellness, Safety and

Administration. Saxtein will report to Allison Vernace '13, chief of community concerns and resolution, who just began her new role in

August 2021.

"Over the next few months, I hope that Leah is able to become acclimated to Adelphi and engage with our community members through trainings and attending departmental meetings/events," Vernace said. "In this role, Leah oversees the University's Title IX and sexual misconduct reports and compliance, in addition to looking at best practices when it comes to trainings and educational opportunities for the community."

Saxtein said that all her years of experience helping people from all walks of life navigate sensitive and traumatic experiences will be essential to her new role as Title IX coordinator.

"I have always been passionate about seeking justice for those who were harmed



Pictured is one of many Title IX posters located around campus with contact information for the office.

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A Word from the Editor

Happy Valentine's Day! Whether you are in a relationship or single, this issue is filled with all the love you need to make this day more meaningful. We also want to honor Black History Month by pointing out some campus events, so be sure to join our university's embroidery night on Wednesday, Feb. 16, from 6 to 7 pm. Also, check out the African-American Read-in 2022 the following day, Feb. 17, from 4 to 7 pm. You can register for both events through our school's official website (adelphi.edu). In the meantime, read through our timely stories.

We would like to extend our congratulations to Adelphi administrator Jacqueline Jones LaMon who is a nominee for the NAACP Image Award for her poetry. Read about her on page 1. Further, we're continuing our "Day in the Life of an Administrator" series, this month featuring Carol Lucas, director of counseling and support services, along with a follow-up about new Title IX staff—as well as how you can report any incidents involving you or someone else.

Head on over to our Features section for a plethora of enticing, seasonal reads. Still need a gift for someone you love? Browse our holiday gift guide highlighting affordable items and learn about free gifts to give as well on Valentine's Day. Get plenty of relationship advice with an article about how online dating has been impacting couples (is it really better than meeting in-person?). Plus we have important information about how you can keep yourself healthy and safe when expressing love in a relationship. Next, take a look at our "Love Song" list, which you can listen to today in the spirit of affection. Read about a game changer, first-year student, Joe Sawma and his unique solution to handling unused extra meal swipes to benefit others. Other highlights of this issue are articles about the new Spoon Club, streaming service options and a review of "West Side Story."

In Opinions, we talk about the declining college enrollment, mask mandate policy, December tornadoes (new record high), tourism and how to handle FOMO today if you are single.

Lastly, in our Sports section, you'll get a first-hand look into how our athletes balance their sport, education and relationships. On top of that, read a coach's perspective on the bowling season's success, an article about the state of the women's basketball team, and a feature focused on the career of Adelphi golf star, junior Andrew Brunozzi.

Any questions or inquiries about *The Delphian*, reach out to our email delphian@adelphi.edu. If you have any interest in being a journalist, email me (maxmillianrobinson@mail.adelphi.edu). Have a LOVE-ly day!

Maxmillian Robinson '22
Editor-in-Chief



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A Day in the Life: Carol Lucas

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schools and it took her about 20 years because she went to secretarial school right out of high school.

"I think I started out in [SUNY] Farmingdale and then I went to Hofstra and a school that was out east that closed down. I finished up at New York Institute of Technology NYIT, then I came to Adelphi for my masters."

She earned both a masters and a PhD in social work at AU. "This was the first and only place I ever worked as a social worker. And one thing that I love about working for a private university rather than a public school, which really has a lot of bureaucracy, is that Adelphi has let me do whatever I want to do, as long as it doesn't cost a lot of money. That's how I was able to build the Bridges program. That was the first program of its kind at any college."

She explained that the Bridges program, which launched in 2007 and provides individualized academic, social and vocational support services to Adelphi's neurodiverse students, was a model she developed in her doctoral work.

"It was a paper that I wrote," she said. "I knew that there was a gap in services for students that have executive functioning difficulties and neurodivergent populations and the original director Mitch Nagler and I started it with just two students. It has just grown and blossomed and it's wonderful. Now it's its own standing program."

Lucas also spoke about her experiences in education, specifically that she's the kind of student who loved all of the courses she took.

One of her favorites was public speaking.

"It wound up being my favorite course, but I was petrified to take it. I took it over the summer during undergrad. If you know about summer courses, it was like every single day, so every single day we had to give a speech. For example, we had to find a song and play the song and then give a speech about why that song was important to us. I remember the song I picked was by Regina Belle called 'If I Could.'"

She said the course was transformational because it tapped into passions she hadn't experienced with other classes. "I was no longer afraid to speak in public and I recognize that I learned to lean into that fear instead of back away from it. That wasn't the only course that was impactful, but it was the first course that changed my view."

Lucas was also influenced by her family. She's originally from Brooklyn but moved out to Long Island when she was 12. "I just never got used to it because I was a city kid and that's what everyone called me, the city kid."

She was also raised in a family of musicians and to this day when they get together "it's just so cool because all of my nieces and nephews all play instruments. At Christmas, somebody sits at the piano. Somebody gets guitars out and now my nephew is an opera singer so he comes and sings with them. So much of my family life was centered around music and it was country music, reggae, every kind of music, but my favorite would be just instrumental," she said.

Lucas said she likes to hike, plant and "chill."

"I recently bought seven acres of property up in [Berkshires] Massachusetts, so I'm to eventually put a house on it. A small little cottage house for just vacations because I love spending time in the woods."

But if she can't get away to Massachusetts, her favorite place on campus is behind the library, over by Res Hall A. "That's my place if I get overwhelmed or I just need to walk for a little bit," said Lucas.

She has advice for students about the education process, namely that "it's a journey."

"It's not a race; it's not about the finish line," she said. "When I got hooded for my doctorate, my brother turned to me and asked how it felt to spend 50 years in school. You don't need to study and be what somebody else wants you to be. I didn't find my passion until I was in my forties and I say to people, 'don't be Carol.' Choose your passion. Your parents might be pissed but they'll get over it, but when you choose your life based on what somebody else wants it's going to create mental health issues because it doesn't fit you."

This advice pertains not only in academic settings but also to students' identity and self expression. Lucas went on to share that she didn't come out until later in life "because I didn't know who I was. I went to Catholic schools and everybody told me who I was and I was raised to be straight and to be in service to men and to be a cis-gendered woman, so I say to people don't wait. Find your tribe. Find those people that are going to enhance your life, that are going to encourage you to move into your authentic self."

New Title IX Staff

Continued from page 1

by others. As an Assistant District Attorney, I investigated and prosecuted hundreds of cases involving sex crimes, domestic violence and hate crimes," she said. "I have spent time with hundreds of survivors, witnesses and defendants and worked with the New York City Police Department, victims' advocates, counselors and other healthcare professionals to ensure well-rounded support of survivors. I deeply understand the importance of conducting a thorough and prompt investigation to bring resolution to an already traumatic experience. It's with this background and passion that I will support our Adelphi community members with care, sensitivity, discretion, impartiality and professionalism."

Saxtein said she believes education and transparency are paramount for any community to be and feel safe, welcoming and respectful.

"I will provide trainings to students, employees and faculty on Title IX policy and procedures and other related topics that interest the community. Also, the Title IX office will ensure that the process of reporting, next steps and a potential investigation are transparent and easy to understand. And, my office will be committed to supporting everyone who makes a report by addressing all reports in a respectful, thorough and prompt manner."

Madison Fisher, a former Resident Assistant (RA) and junior, explained the role of an RA in this type of situation and how they are a safe outlet for students who live on campus and can help connect students with the

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International First-year Student Creates His Own Food Drive on Campus

BY JAMIE GESELL

Meal plans are essential to college students. Each semester, they're renewed. But unused meal swipes don't transfer into the next semester. Instead the funds are wasted, and one student sees this as akin to wasting food. First-year Joe Sawma from Lebanon started his own food drive event here on campus to do something about these unused extra meal swipes. His project, "A Meal for Me, A Meal for You," helped collect food donations from students to be given to the Panther Pantry in Post Hall.



Joe Sawma started the food drive project A Meal for Me, A Meal for You.
Photo courtesy of Joe Sawma

Sawma said he was inspired to start his food drive at the end of the fall 2021 semester in December when he realized that a lot of students had extra meal swipes to spare and didn't know what to do with them.

"I started noticing that many students on campus had an excessive amount of meal swipes and were concerned about how they should spend them," he said. He saw that most of them were purchasing things they didn't need. Some of his friends bought two or three meals at lunch and only ate a little

bit before throwing the rest away. He said he even saw people at the UC Starbucks buy many plastic cups just to use their extra meal swipes.

He thought that those unused meal swipes could instead be used for something more productive and beneficial, like food donations for people in need. He then came up with the idea of A Meal for Me, A Meal for You to achieve this goal. The idea is that students can donate meal swipes for goods "that would be donated to the Panther Pantry where students that are actually in need of it would be able to benefit from it," he said.

The Panther Pantry on campus provides food to Adelphi community members. In addition to food, the pantry also provides personal care, clothing and household items. All use of the pantry is kept confidential to ensure the privacy of individuals.

Ethan Perez, a classmate of Sawma's from the Freshman Seminar Learning to Lead class, was one of the people who helped him with his project. "To be honest, I wasn't expecting this project to be as successful as it was considering the time restraints. Because of this, I'm excited to see the results of Joe's project this semester, now that we will be more prepared," he said.

They met numerous times to plan and organize the food drive. Sawma contacted the pantry and school officials to coordinate and approve the project. Then they used their printing dollars to print out around 60 flyers Sawma made to spread the word of the food drive. After that, they made and decorated a collection box to be used for collecting food and "to fit the vibe of our project," he said.

During the collection days, they checked on the box, which was located in the UC Dining Hall, to see the status of the collections.

First-year student and EMT Ari Azoulay donated around 40 meal swipes. "With everything I do outside of school I just love to help others and not expect anything in return," Azoulay said.



Some of the food donated to Joe Sawma's food drive project, later given to the Panther Pantry. Photo by Joe Sawma

However, there were challenges along the way with the project. According to Sawma, it was very time-sensitive because it all occurred during the last week of the semester.

"The amount of bureaucracy we had to go through was significant and with minimal positive response," he said. He would contact certain faculty members for help and wait three to four days for a response. If they did contact him, he received little help from them. "The answer was always hanging in the gray with no bold yes."

When collecting the first batch of donations, the box had been removed from its designated spot. To resolve the matter, Sawma and his classmates "swiftly," as he puts it, relocated to another place on campus (the UC Starbucks and store area) to continue collecting donations. They also manually changed the flyers to say the new location of

the donation spot.

In the short period, Sawma's food drive was able to collect more than 100 meal swipes, which equals to more than \$900. Although he admitted he hasn't participated in food drives before, he couldn't resist the chance to start his own here on campus.

"I found an opportunity for a social issue and could not help but seize the moment," he said, adding he's proud of his accomplishment. "Our results reminded me that the greater good will always prevail no matter what stones are thrown at you while pursuing your goal."

He is looking forward to an even stronger initiative this semester believing that more accomplishments will be made. He plans to continue the food drive in the spring with the hope of bringing in more donations to be given to the Panther Pantry.

"We are continuously looking for ways to help address food insecurity on campus, so we were very thankful for Joe for coming to us with his plan to collect donations," said Michael Hoffner, coordinator of the Interfaith Center and Panther Pantry. "At the end of each semester, many students have extra meal swipes on their card, so I think it is a great idea that those swipes be used for the common good to help support the Panther Pantry and the Adelphi community. We are grateful to Joe for organizing this effort to get students to purchase items using their extra swipes to donate to the pantry. Thank you to all the students that donated items. It is inspiring to see how many people got involved to help out and a great reminder that the Adelphi community as a whole is one that cares deeply for the wellbeing of each of its members."

For more information on the Panther Pantry, visit www.adelphi.edu/life-at-adelphi/health-wellness-safety/panther-pantry/

Spoon University Cooks Up Tasty Events as a New Club

BY JOANNA REID

Spoon University is a new addition to the roster of clubs at Adelphi, perfect for foodies, with chapters nationwide. It was reinstated on campus in fall 2020 thanks to the efforts of club leader sophomore Sophie Breslow.

"Before college, I was aware of what Spoon was and knew that I wanted to join the Adelphi chapter once I was a student," Breslow said. "However, I soon found out that our chapter disbanded a few years ago and I instantly knew that I wanted to restart it. I wanted to be able to write articles about food for our chapter, but I also wanted to create a community on campus for all students to come together who share the same love of food that I do."

Spoon members appreciate food and creating food-related projects. They also enjoy documenting food through articles because they are able to share their culture and lifestyle with others. The club also gives members good writing experience, especially for those who want to become a food journalist. Spoon is involved with creating articles that are posted on a popular website that publishes recipes, restaurant reviews, lifestyle articles and more, spoonuniversity.com. Colleges all over the

United States have Spoon chapters and their articles make up the entire site.

Currently there are 12 student Spoon University members at Adelphi. A typical meeting consists of updating everyone on upcoming events, photo and editing ideas



From left: Emma Itskovich, Spoon co-president and marketing director; Sophie Breslow, president and electoral director; Emily Cheng, photo director; and Rudderline Cazi, treasurer and event planner
Photo from @spoon_adelphi on Instagram

and discussing pitches for new articles. Often fun events are incorporated into the meetings, such as in November when members got to create "Oreo turkeys" in the spirit of Thanksgiving. Even at regular meetings snacks are almost always provided. The club gives members the freedom to write about all food-related topics, but if you're not much of a writer,

there are other ways to get involved. You can contribute by taking photos, creating social media posts and videos or helping plan events. Of course, many meetings involve eating and cooking. Some past events have been making your own snack jar, baking challah bread (in partnership with the Chabad club) and a movie night with, of course, snacks. Sometimes these events happen at the regularly scheduled meeting time and sometimes they are held on separate dates. Meetings occur biweekly on Thursdays at 6 pm in room 212 of the University Center. They are also held over Zoom.

Breslow said she worked hard to form the club. "I started by posting about Spoon on Instagram, on Snapchat and in my class Facebook group, letting my peers know what Spoon was, that I was restarting our chapter. Through that, our chapter started gaining members, and from there, I went on to select the rest of the e-board. We have worked together to not only run our chapter successfully, but to get us approved as an SGA-recognized organization on campus, which we accomplished at the end of last spring semester."

According to faculty advisor Rachel Taney, an assistant professor in nutrition

in the Ruth S. Ammon College of Education and Health Sciences, Spoon University is a great addition to the student clubs offered at Adelphi as it is a place for students to combine writing and a love for food.

"When Sophie approached me about becoming the club advisor, I was very impressed with her leadership skills and tenacity," Taney said. "Sophie has been a strong advocate of this club and has worked diligently to obtain registered student organization status and become recognized at Adelphi University."

She added, "As Sophie says, Spoon University gives students a creative outlet to express their love of food. It's a place for students to come together and connect over their common interest in food and to ultimately have fun. Spoon University has been a positive presence at Adelphi during its first year and I am looking forward to beginning our second year this semester."

Students can join by contacting their Instagram @spoon_adelphi or by email at spoonuniversity@adelphi.edu and or by joining our MyAULife page. The club hopes to grow in members and have entertaining events for months to come.

New Title IX Staff

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Title IX office. RAs attend a Title IX training every semester, “so we are trained to support residents that report incidents to us and how to report that information to Title IX,” Fisher said. “Any resident that comes to us with a sexual misconduct report will also be encouraged to speak to Title IX directly and told their rights including who they would like to know, whether they’d like to be involved in the investigation and if they’d like to go to the police and press charges.

“Any resident can report incidents to any of the RAs or Assistant Directors (AD) by emailing us, calling the duty phone, or coming to speak with us in person,” Fisher continued. “They [a student] can come to us during our office hours, catch us in the hallway or schedule a time to meet with us. This goes for any incident that a resident may need to report or speak to us about, whether or not it regards policy or safety, such as feeling homesick. The only limit to reporting is that if an RA or AD is not on duty, we may not be able to stop and talk at exactly the time a resident comes to us.”

All resident halls have someone on duty for emergencies and lockouts between 6 pm and 8 am, Fisher added, and 24 hours on weekends. “Residents can contact us via the duty phone number (different for each building) or by coming to the office from 7 pm and 11 pm (or until 2 am on Thursdays). If a resident has an emergency outside of our duty hours they are encouraged to contact public safety directly or visit the AD office hours for reporting incidents.”

Fisher said anyone not directly involved in an incident can and should report incidents to RAs or the Title IX office directly.

“If someone has disclosed an incident to their friend and they come to us or someone overhears talk of an incident, it can still be very helpful for them to come to us, public safety or Title IX, as we may not yet be aware of an incident,” Fisher said. “On the Title IX incident reporting form, there is a space to note how you are involved with the incident, and if the information is disclosed to any housing staff or public safety, we will make a note that it was reported by the person who came to us and how they are involved.”

Both the incident reporting form for general incidents and student conduct and the Title IX reporting form can be found on the Adelphi website, and students, faculty and staff can also seek assistance with any issues through various personnel and offices at the university as listed above.

Fisher emphasized that “residents can and should come to the RA if needed or if they feel more comfortable that way, but to protect their privacy it’s important to note that every office on campus reports directly to Title IX in an instance of sexual misconduct, so any student has the option of reporting their incident directly to the Title IX office or even the Garden City police without going to another office first.”

For more information on how to report and who to contact at Adelphi regarding a Title IX issue, as well as other health and safety issues, see “The ABCs to S-E-X: A Guide to Relationship and Health Safety” on page 5.

Online Versus Traditional Dating: Which Is Better?

BY JOSEPH D’ANDREA

The dating scene for both college students and older adults has experienced a change in regard to how relationships begin and most significantly, where they begin. The number of users taking advantage of online dating has seen a steady increase over the past five years, according to 2021 statistics from Statista Research. There were 44.2 million users of online dating services in the United States in 2020. And with the pandemic shutdowns and other forces interfering with how couples can meet, it could be said that this way of mingling is beginning to replace traditional interactions.

On the surface, this may raise questions and give off a pessimistic view on how dating has evolved, but nevertheless, online dating has its advantages. Equally important is looking at the demographics of online dating, and how it may not be as constrained to young adults as the common consensus may claim. This brings up the wide-ranging dilemma of if there is a “better” way of dating—online or through “traditional” ways—and what it means for the culture as a whole.

As almost anyone old enough to date prior to the Internet will tell you, meeting your partner requires conversational skills and putting yourself out there in public. Though this is not mutually exclusive from the modern day, dating apps such as Tinder do some of the steps for you. It’s like a public personality resume for

their anxieties.

Josephs dispelled some of the previously hinted-at misconceptions about younger generations being the sole consumers of the digital-meet-cute that is online dating.

“In terms of generational differences, dating apps were first used by more middle-aged singles who couldn’t find people to date in person,” he said. “Initially, there was a prejudice against using dating apps as it was thought that only ‘losers’ who couldn’t find someone to date would use a dating app... As online dating has become more normative for all generations, the prejudice against it has diminished and this is rapidly becoming the standard way of meeting people to date if you’re not meeting anyone in person that you like.”

Though maybe not viewed as conventional to those of older generations, the authenticity of dating still remains preserved to a certain extent, even through cell phones.

But when it comes to finding a partner, the traditional encounters at school, work and other places college students hang out do still happen. In a poll conducted with Adelphi students currently in relationships, 12 of the 18 who participated stated that they met their partner in person as opposed to doing so online.

Junior Mylo Aspen met their partner their freshman year at Adelphi on the Quad “as they were having a free food tent because the UC wasn’t open yet. They

stayed in touch after they both graduated, becoming a couple six years after meeting. Now they’re planning their wedding this summer.

Deonath sees benefits to both online and in-person meetings. “Online dating gives you the opportunity to connect with people that you may have never crossed paths with otherwise. After you graduate college, your circle of peers in the same age group dwindles. Even in the time of Covid, it can be hard to meet people organically in person. This is where online dating can be helpful in building new romantic connections,” she said.

But she added that the benefit of becoming friends on campus before dating gave her and her boyfriend a strong foundation.

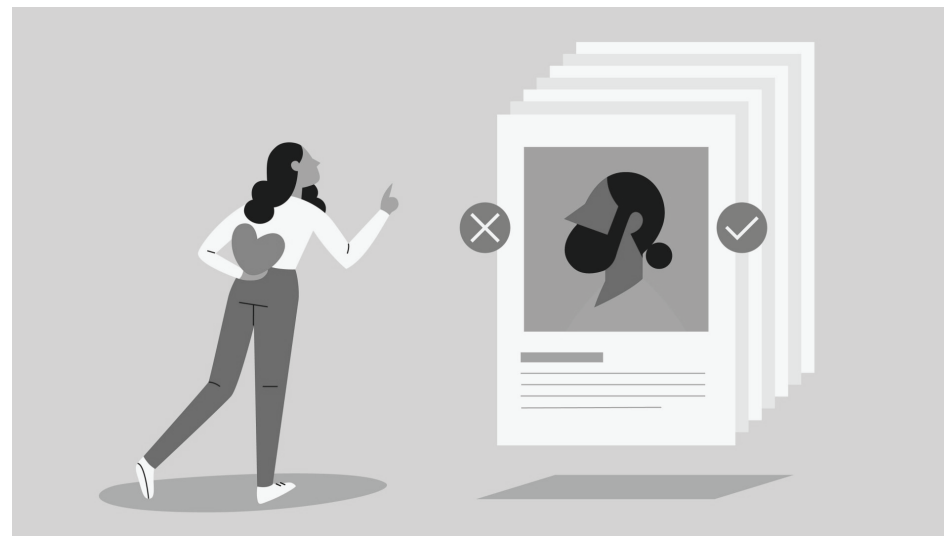
“Relationships aren’t easy. During those times when we struggle as a couple, our friendship and all the personal experiences we’ve shared are what keep us grounded and push us to be better partners for each other,” Deonath said. “When you meet someone online, you often start from a superficial place of physical attraction, but it often takes a lot longer to learn who someone is as a person and who they are outside of your particular relationship. You go into a relationship with high expectations based on the little you know, and it leaves a lot of room for disappointment. I’m not necessarily saying that meeting someone in person is better than online dating, but I do think being friends in the real world first sets you up for a stronger, longer-lasting connection.”

Josephs agreed there are downfalls that come with online dating—particularly that it is easy to use deception online to attract dates. “You can use pictures of yourself when you are much younger or that hide aspects of your physical appearance that you don’t want others to see. You can write things about yourself that aren’t true because you most likely don’t know anyone in common that could expose the deception,” he said. “Research has found that people who are high in narcissism and low in authenticity prefer online dating for this reason.”

Although that aspect of online dating is very much a valid criticism of the format, it can serve as a gateway for a more genuine connection.

“Despite these cons as online dating becomes more normative, more people are finding their life partners online and finding ways to work around the pitfalls,” Josephs said. “People can gradually develop an online relationship before choosing to meet in person and then can meet in person for coffee to keep it casual. Then if meeting for coffee goes well a more traditional date, like dinner and a movie, could be arranged as the couple gets to know each other in person. After that it’s just like any other in-person dating relationship.”

Though online dating does strip some of the more customary, raw experiences from in-person dating, there are shown benefits to this digital alternative to meeting a partner.



Despite the criticism that online dating faces, it has only grown in popularity in recent years, and can actually serve as a gateway for a more genuine connection.

anybody willing to seek it can make for a simpler way of jumpstarting a relationship for some.

Lawrence Josephs, a professor in the Derner School of Psychology at Adelphi, said, “The obvious pro to online dating is that it provides a way for single people to meet an almost endless supply of other single people to date when your life situation is such that there are few ways to meet single people in person to date. This is especially helpful for singles who are not comfortable meeting people in bars.”

His last point focuses on yet another advantage to the online way of dating: those who may feel self-conscious in public can use online dating as a way to quell

were brought to a tent by a mutual friend and through conversation we instantly clicked.”

When asked about whether traditional contact is a better alternative than online dating, the psychology major replied, “I personally believe traditional interaction is better than online, but that’s also because my love language is touch. I prefer being able to see someone’s body language and to give and get hugs and kisses to show love.”

Gabrielle Deonath ’18 also responded to the poll and shared that she and her partner were introduced by a mutual friend on Sept. 4, 2014 outside the doors of Swirbul Library. They became friends while running a club together and

The ABCs to S-E-X: A Guide to Relationship and Health Safety

BY KURANA DOOBAY

Maybe you're in a long-term relationship and want to switch things up, or maybe you're meeting someone for the first time, or maybe you're seeing your sneaky-link for the third time this week. Whether you're getting some V or D this Valentine's Day, make sure you know the ABCs to sexual safety: A for Agreement, B for Boundaries and C for consent.

First letter, A, is for Agreement. The first step to maintaining sexual safety is to make sure everyone is on the same page. It can be as simple as, "Wanna have sex?" If the answer is not a solid yes, at least your mattress will stay solid.

Now that all parties are in agreement, it's time to learn about B for Boundaries. Carol Lucas, director of Adelphi's counseling and support services, said, "Setting boundaries in sexual situations can be awkward, but setting boundaries means deciding what you are comfortable with and communicating this to your partner."

As college students, it is naturally quite uncomfortable to have serious conversations, but they are imperative to maintaining a safe and healthy sex life. If you don't feel comfortable having sensitive conversations about sex with a partner, maybe it's time to reevaluate who you're having sex with.

Lucas said, "Knowing what you like and don't like can take time and exploration. Think of your boundaries as a road map for sexual pleasure and emotional wellbeing within your relationship."

After figuring out that road map, you can find yourself looking at the letter C, which is for consent. Adelphi's "Sexual Health Safety" brochure explains sexual health as, "knowing, voluntary and clear permission by word or action to engage in mutually agreed-

upon sexual activity."

To give consent, you and your partner must be sober (not to the point of incapacitation), fully conscious and of age. It also states, "Consent to some sexual contact cannot be presumed to be consent for other sexual activity. . . . Consent given on a prior occasion does not constitute consent on a subsequent occasion. . . . Consent can be withdrawn at any time during a sexual encounter. If that happens, the other person must stop immediately."

Also remember, the absence of no is NOT the presence of yes.

After you've gone through the A, B and C of safety, the next step is making sure you're staying healthy.

Adelphi's student health services encourages you to be educated about your sexual health resources to support safe sex behaviors and reduce sexually transmitted illnesses (STIs) and HIV transmission. The staff of the Health Services Center respects an individual's choice and continuously engages in education to maintain high levels of self-empowerment and choice. The center is open 24 hours a day, seven days a week to support questions on sexual health, prescribe and advise on use of contraceptives and to address any other questions.

The Student Health Services Center in Waldo Hall provides the following resources to empower students to maintain safe sexual health:

- Distributing free barrier method contraceptives; 24-hour vending machines are available.
- Emergency contraception is available for a decreased cost (24-hour vending machines are available). No visit or prescription is required.
- The Health Services Center offers free HIV testing, as well as HIV prevention with PrEP.

Find more resources on the Sexual Health page of the health center website, www.adelphi.edu/health. Find resources specific to LGBTQ+ health and wellness there too.

The absence of agreement, boundaries and/or consent makes for an unsafe sexual environment, which can lead to a sexual assault. Leah Saxetin, Title IX coordinator and director of equity and compliance at Adelphi, said, "Sexual assault is gender neutral and describes all forms of sexual violence that are committed without consent, or by the use or threat of force, or where the complainant is incapable of giving consent."

Adelphi University prohibits and seeks to eliminate all forms of sexual misconduct, which includes sexual assault, domestic violence, dating violence and stalking.

In the event that you are sexually assaulted, it is important to go to a safe place and contact the proper authorities right away. There are several safe and supportive options to do so.

For immediate, urgent assistance on campus, contact the Office of Public Safety so they can quickly assist you and provide appropriate safety and security measures. Dial 5 on any campus phone or call 516-877-3507. You can also call 911 for assistance for law enforcement.

If your assault takes place off campus, you can still report it to Adelphi's Office of Public Safety by calling 516-877-3507. Or you can dial 911 for assistance from law enforcement.

If you are more comfortable approaching a trusted mentor at Adelphi, do so immediately and ask them to help you involve Public Safety or the Title IX office.

Remember that timely medical care is of the utmost importance for you. Adelphi's Student Health Services can assess a student's immediate needs and make all necessary

medical referrals. Additionally, try to be mindful of preserving possible evidence. You can directly contact the Title IX coordinator and director of equity and compliance Leah Saxtein at 516-877-4819 or by emailing titleix@adelphi.edu. If you don't want to make a report, you can still, always, choose to speak with someone confidentially at three different centers on-campus:

- Student Counseling Center, 516-877-3646
 - Health Services Center, 516-877-6000
 - Interfaith Center, 516-877-3113
- If you are off-campus, or if you are not comfortable speaking with any members of the Adelphi community, there are other resources available for you in the community.
- Seek the assistance of a trained counselor or therapist.
 - Connect with a victim/survivor advocate or support group in your area. The National Sexual Assault Telephone Hotline can help you find some.
 - The Safe Center Long Island provides counseling, education and victim advocacy. Call the Safe Center's 24-hour hotline at 516-524-0404.

- Long Island Crisis Center provides 24/7, free, confidential programs and services. It also offers telephone hotlines and chat options.
- The New York State Domestic and Sexual Violence Hotline: 800-942-6906
- NotAlone.gov and/or nycasa.org (New York State Coalition Against Sexual Assault)

Safety is sexy; at least way sexier than STIs. Remember your ABCs this Valentine's Day, and every other day of the year, to make sure you're maintaining healthy and safe sex.

For more information about our Title IX office and reporting, see the article on page 1.

Remake of "West Side Story" Updated for a New Generation But Keeps its Classic Appeal

BY JOANNA REID

"West Side Story" is a classic musical written by Leonard Bernstein, Stephen Sondheim and Arthur Laurents in 1957. Though Laurents wrote the book for the original Broadway musical, the script was adapted by Ernest Lehman for the original 1961 screenplay, which starred Natalie Wood as Maria, Richard Beymer as Tony, Rita Moreno as Anita and Russ Tamblyn as Riff.

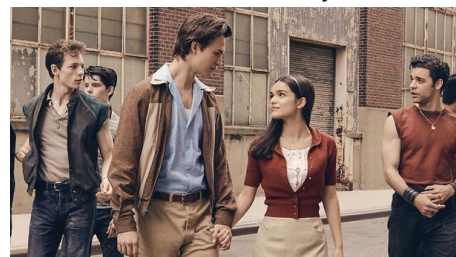
The 2021 film was created to bring the everlasting story to a new generation. It stars Rachel Zegler as Maria alongside Ansel Elgort as Tony, David Alvarez as Bernardo and Mike Faist as Riff. The new screenplay is written by Tony Kushner and directed by Steven Spielberg. The film is rated PG-13 due to the violence and harsh themes depicted.

Moreno makes an appearance in the new film as Valentina, the character that acts as Doc from the original. In the 1961 film, most of the main cast's singing was dubbed by professional singers. For example, Marni Nixon recorded all of the

singing for the part of Maria, rather than Wood, who we see on screen. Something I find to be especially problematic with the original is that most of the actors playing the Sharks and Puerto Ricans were not of Hispanic descent. Not only is this an issue, but it weakens the plot since Tony and Maria's love is forbidden due to their races. Maria is Puerto Rican, so the fact that she is portrayed by a Russian actress in the original is questionable.

However, in the 2021 version, all of the Hispanic characters are portrayed by Hispanic actors and all of the actors did their own singing. Both films are set in 1950s New York City, where everything is divided. Some of the main differences I noticed between the two movies were the scene that takes place at the dance, the Officer Krupke scene and "America." Originally at the dance, the rival gangs are forced to dance with each other and Riff is the first one to initiate this. However, the dance scene in the recent film is much different. The gangs don't even attempt to dance together, despite being told to. As this quickly becomes out of hand and hos-

tile because the Jets and the Sharks show their competitiveness through dancing. The aftermath of this sparks a fight. Additionally, the original dance scene incorporates effects, which I think are really beautiful



"West Side Story" is far from your typical forbidden love story, and delves into the love of two teenagers from different ethnic backgrounds

and capture Maria and Tony's essence. One of the effects is the transition between Maria spinning in her dress as colors surround her to everyone on the dance floor. These are missing in the updated version, possibly because when Tony seeks out Maria through the crowd they meet behind a set of bleachers. This differs in the original because everyone can immediately see that Tony and Maria are eying each other.

The scene that features the comedic song, "Officer Krupke" didn't include Riff like it originally does. This gives the rest of the Jets the time to shine, especially Mouthpiece (Ben Cook). And arguably the new one is better because of the choreography, energy and setting. It takes place at the police station instead of outside Doc's shop. I think it makes more sense and it reiterates to the audience that the Jets are truly criminals, despite the fact they seem just like rambunctious and foolish teenage boys.

I liked the "America" scene better in the new version as well. It was more interesting as Anita and Bernardo are walking down a crowded city street, while the original scene takes place in the dark on top of a building, though neither of the scenes lack dancing. The placement of songs was slightly altered, but that was to compensate for how the writers changed the plot. Specifically, "I Feel Pretty" is sung after the rumble in the new version.

New characters were added to the new film; some combined into one

Continued on Page 7

A Valentine's Day Gift Guide

BY GERARD FIORENZA III

It's Valentine's Day, a holiday meant to spread good feelings of love and displays of appreciation. What better way to do so than purchasing a gift for your friends, family members—including the four-legged ones—or a significant other? We've compiled a catalog of suggestions that should make everyone's heart sing.

Warm Decor



XL Double-sided Cozy Blanket

\$69 from naturallife.com

This double-sided blanket is perfect for snuggling up with a good book or snuggling around a campfire.



Love Peace Perfect Fit Tee

\$29 from naturallife.com

Soft with a slim silhouette; a perfect combination with jeans.



Gourmet Peanut Butter Cups

\$32 from uncommngoods.com

Jessica Taige's variations of the peanut butter cups include roasted raw peanuts, Belgian chocolate, dark sea salt, Oreo, pretzels, PBJ and choco-hazel.



Worry Doll

\$6 from naturallife.com

According to Mayan tradition, if before you go to bed and tell your worry doll all of your concerns, you'll wake up the next morning with a worry-free outlook. (Handcrafted as a dog, llama or angel).



Fluffy Luxe Heart Pillow

\$45.50 from pbteen.com

Fluffy heart-shaped pillows in pink, white or gray are a great way to spruce up a dorm or bedroom.



Love Wire Ring

\$9 from naturallife.com

A heartfelt gift that should fit most fingers.



Valentine's Day Chocolate and Teddy Bear Gift Box

\$49.99 from gourmetgiftbaskets.com

An enticing assortment of candy with a teddy bear as an added plus.

For Pet Love



The InstaLove Leash

\$12.60 from lucyandco

An adorable addition to your pet's wardrobe decorated with kisses and hearts.

Apparel/Jewelry



You Are So Loved 2-pair Gift Bag

\$29.98 from notestoself.com

Offer words of affirmation to someone you care about with two pairs of socks, a white "I Love You- Loved" and a red "I Love You- Forever."

Tasty Treats



Love Messages Shortbread Cookies

\$36-\$39 from uncommngoods.com

Celine Zhou's vanilla shortbread cookies are sweet, both in taste and the affectionate messages written on each one.

Trinkets



Shaped Secret Message Candle

\$19 from naturallife.com

Surprise messages are hidden beneath the wax and are brought to light when it burns away. A bonus is it can be used as a trinket dish.



The Lovely Bandana

\$20.00 from lucyandco

Sure to add some pizzazz to your dog's appearance, this bandana is adorned with hearts.

... for Everyone You Love



Goody Box Valentine's Cat Toys and Treats

\$24.99; [chewy.com](https://www.chewy.com)

Treat your cat to some Kittles, Churu and fun toys to play with.

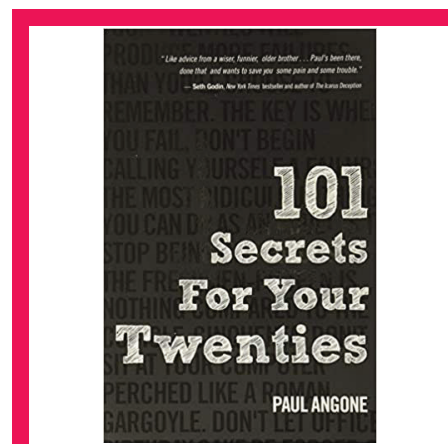
Helpful Reads



"Self-Care Master Plan: A Framework for Feelin' Good"

\$12 from [amazon.com](https://www.amazon.com)

Get yourself a gift. This features a list of topics for you to fill in yourself, setting a framework to keep you grounded and resilient.

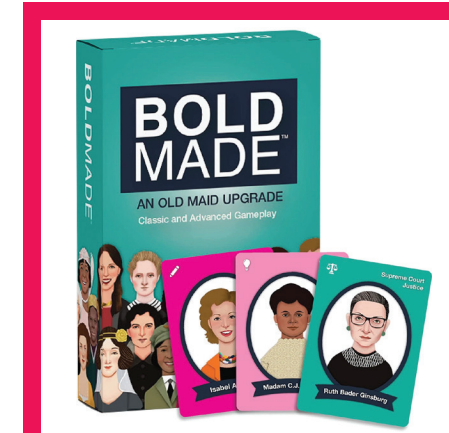


"101 Secrets for Your Early 20s" by Paul Angone

\$8.36 from [amazon.com](https://www.amazon.com)

The early twenties can be a tumultuous time ripe with change and confusion. This book claims to have answers to solve all your problems and help you navigate in this trying time.

Just for Fun



BoldMade Card Game

\$14.99 from [boldMade.com](https://www.boldmade.com)

An adult twist on Old Maid and Go Fish. Perfect for a party, travel or a family game night.

Spend Less on Valentine's Day by Buying the Gift of Experience

BY MYLO FISHERMAN

Valentine's Day is a day of love and romance. When it comes time to buy a gift for your significant other, money shouldn't be the main concern. Some people spend up. Much like the title of the 1964 Beatles song, "Can't Buy Me Love," your partner does not care how much you spend on them. If you are in a relationship, odds are your partner knows that you love them and no amount of money thrown at a gift will change that fact.

When attempting to save money on a gift, think about the gift of experience. There are a handful of experiences where you do not have to spend a ton of money. Experiences are a more valuable gift, regardless of how much money is spent on them, as spending face-to-face time with your partner while doing an activity will allow you to create memories that will last longer than a materialistic gift. The following are just a few gift ideas you can choose from.

Cook a Romantic Dinner/Dessert (\$20±) You do not have to be the best cook in the world to make a meal with your partner. There are thousands of recipes you can find for free online. Go to the grocery

store and check out some ingredients to make a dinner/dessert for your significant other. For a more personal touch, you can get the ingredients to your partner's favorite meal. You can also share the trip to the grocery store. Cook a meal you never made before but want to try. Regardless of how the meal turns out, you'll have the memory of cooking with each other. This is one of my go-to's with my partner. We've cooked everything from cajun shrimp to home-made lo mein.



Ditch the teddy bears and roses and opt for the gift of experience as a way to save money this holiday.

Go to a Museum (Free+) Many New York City museums have free admission with the request of a donation, but the donation is not necessary. Additionally, a handful of museums on Long Island are free with a pass from your local library.

This is a fun and educational experience to share with your partner. You can spend a minimum of an hour there and the memories will last a while. My partner and I went to the Cradle of Aviation and the Firefighters Museum in Garden City for free a month ago and we still reminisce on what we learned and did while we were there.

Go on a Picnic (\$10+) Pack a bag filled with your favorite foods, desserts, tableware, tablecloth and cleaning supplies and go. There are plenty of places you can go for your picnic (weather-permitting, of course). Adelphi is an arboretum so you can plan a picnic among the trees (and flowers in the spring), and although we are in the middle of winter you can also have a picnic on the beach. Of course, you can also go to your local preserve and have a picnic as well. Be one with nature and put your phones away. Enjoy the in-person, romantic relationship you have with your partner and immerse yourself in the experience.

Watch a Movie Together (\$5+) Order in your favorite delivery food and stock up on your favorite snacks, beverages and, if you want to spend a little more, buy matching pajamas. Pick your favorite movie to watch and enjoy the night of

snuggling. You can pick from movies you know you'll enjoy, childhood choices that always make you smile or a horror movie that will make you hold your partner extra tight if you are scared.

Make a Playlist Together/For Your Partner (Free+) If you both take a lot of car rides together or in general just spend a lot of time listening to music, then this is the gift for you. Making a playlist together ensures that you'll both always enjoy the music that is playing when it comes time to listen. If you decide to make a playlist as a gift, this allows them to listen to songs that you choose that remind you of them and that is quite a beautiful thing. Music is a universal language and often it is a great conveyor of love. If you are willing to spend a little bit extra you can buy a Spotify Duo account or burn a CD with the playlist on it. (Check out the "Love Songs" feature on page 8 for ideas.)

Use Valentine's Day to spend meaningful time with your partner. When purchasing the gift of experience you not only save money, you are also creating time for you both to bond and communicate. You are carving out alone time away from the digital world that we all live in and that is truly beautiful.

Updated "West Side Story" Appeals to a New Generation

Continued from page 5

character and some scrapped altogether. I didn't find this to be an issue. It was commendable to have the role of Anybodys played by a transgender actor (Iris Menas) as the Jets constantly refer to Anybodys as a girl. (In the 1961 version, the character was played by actress Susan Oakes.)

I was hoping that Maria would be updated to represent a strong female character, but she seems to be just as naive in the original as she is in the remake. However,

Zegler performed to the best of her abilities as Maria, a mostly one-sided character, reminiscent of Shakespeare's Juliet Capulet in "Romeo and Juliet." Zegler is a radiant and talented singer and actress who was deserving of the sizable role.

On the other hand in this version, Tony was lacking. Elgort portrayed Tony as strange and almost creepy, especially when he seemingly stalks every window in his neighborhood to be reunited with Maria after sharing a single dance with her.

Upon locating her, he shouts, "I've found you!" and that was off-putting. Beymer did a better job making Tony seem young and innocent.

The two actors who stuck out to me the most were Ariana Debose as Anita and Faist as Riff. Debose strengthens her character and creates a tear-jerking atmosphere by the end of the movie. Faist is an intense dancer, singer and actor. His work as Riff is so captivating and put me on the edge of my seat. He brings such excitement to the

new film and almost makes it feel like a live musical. All of the actors who played the Jets and Sharks were talented and did a fantastic job capturing the vibe of their character in the original.

The 2021 "West Side Story" film was updated for a new generation, but still stays true to its original source material. And it can't be forgotten that the music and lyrics are what makes this musical so imaginative and beautiful.

Which Music Streaming Service is Right for You?

BY JUSTIN KRESSE

Let's face it. Streaming music is convenient, and if modern technology has taught us one thing, it's that convenience is king. Sure, vinyl and even CD and cassette sales are making a comeback, but you can trust that streaming services are here to stay. So if streaming is sticking around, maybe it's finally time for you to sign up, or maybe you're thinking about switching platforms. Well fear not, because I intend to go through all of the major music streaming players to see which one is right for you.

First let's cover what to look for when comparing services. One new technology that's become popular recently for streaming services is high-resolution audio. Many music streaming services previously used audio that wasn't the best quality. The songs on these platforms took the original song file and reduced the sampling rate, reducing the amount of audio information. Streaming services like Tidal, Deezer and Qobuz have offered streaming of higher-quality, uncompressed audio for some time. More recently though, Apple Music and Amazon Music Unlimited have both added this feature as well. Last year, Spotify announced that they were working on high-resolution music for their service. They even said they'd start rolling the feature out in 2021, but it's not available yet, and I'm not expecting it to come out soon.

The other streaming service companies have been touting high-resolution audio as a breakthrough, but it will only make a difference to a select few. Mainly, it could be a factor worth considering for audiophiles using either decent wired earbuds, headphones or another music system that supports high-res-

olution audio playback. If you listen through Bluetooth devices like AirPods, you don't need to worry about it because it only supports compressed audio. If you're interested in learning more or want to test if you can tell the difference between compressed and uncompressed audio, NPR has an article about "How Well Can You Hear Audio Quality" that's worth a look.

Another feature that some music streaming services have been using recently is music mixed in Dolby Atmos. Dolby is a company that has created a lot of formats for theater surround sound, and their recent Dolby Atmos format utilizes point-based surround sound processing to create extremely immersive sound. Of course the most likely way you'll listen to Dolby Atmos music is through a pair of earbuds or headphones that support spatial audio—a technology that Apple especially has used to simulate a surround sound feel from stereo devices. In my opinion, spatial audio is an interesting gimmick worth a listen but not much more. However, if you have a home theater with surround sound and something like an Apple TV to play Dolby Atmos music, this feature is worth considering.

If you're one of the select few who want and can use the best sound quality, then Tidal may be the way to go. They offer a lower tier for \$10 a month (\$5 for students) that gives you access to all their songs in CD quality, uncompressed audio. However, if you want that extra quality or you want to try out Dolby Atmos music (though it has a smaller selection of Atmos songs), you can upgrade to the HiFi Plus option for \$20 a month (\$10 for students), which also comes with songs in Master Quality Audio and even higher sample rates and bit rates compared to CD quality.

For those who can settle a little, Amazon Music Unlimited for \$10 a month (\$8 for Prime members or a dollar for students) has high-resolution audio even better than CD quality, though no Master Quality Audio. It also has a large selection of songs in Dolby Atmos as well as Sony's 360 reality audio. This should be more than enough for 99 percent of users to get a taste of all the possibilities in music streaming today. Amazon also offers Amazon Music Prime, which is included free with a Prime subscription and gives users access to a significantly narrower selection of Amazon's music catalog with the option to download songs and no ads.

Fun Fact: The three most popular songs on Spotify on Valentine's Day are "I Will Always Love You" by Whitney Houston, "Make You Feel My Love" by Adele and "Just The Way You Are" by Bruno Mars.

However, it's limited to compressed audio and doesn't have Atmos or 360 music.

Apple Music is comparable to Amazon's Music Unlimited service at the same \$10 a month (\$5 for students including Apple TV+). Apple also includes high-resolution audio—again no Master Quality Audio—and Dolby Atmos music with their service. Apple doesn't have any free options though. The main difference between Apple and Amazon is probably their music libraries, so if you're debating between them, it might be a good idea to get a trial of each and see which one has your favorite songs and whether they're both in Atmos or what quality audio they use—if that's important to you. If you're listening

to mainstream music both should have what you're looking for, so price could also be a significant factor—or extra included services.

Spotify, while not offering high-resolution audio or spatial audio as of this writing, does have a very large collection of music—some of them even being songs that artists recorded specifically for the service. The playlist sharing and searching does allow you to discover new music a little easier though, and their student plan of \$5 a month with Hulu and Showtime is a compelling deal (\$10 a month regular not including Hulu or Showtime). After all, high-resolution audio and Dolby Atmos are not going to be important for a lot of listeners, so why not get the best deal?

Spotify's free tier is also probably the best music service for those who don't want to pay anything. It does add commercials intermittently as well as only allows mobile users to shuffle music instead of playing specific songs. (Quick trick: If you really need to play a single song but it goes to an ad when you click play, close out of the app and relaunch it to play the song right away.) It does give you access to their whole music catalog and you can always switch to a computer or tablet if you need to select a specific song.

There are plenty of great options for music streaming services to pick. Spotify is the most popular with 165 million subscribers as of January 2022 compared to the 88 million subscribers of Apple Music and 70 million for Amazon Music. However, if you're looking for more features, Spotify is probably not the way to go. Amazon and Apple both offer more for similar prices. And if music quality is more important to you than cost, you might want to join Tidal's 3 million subscribers.

The Top 10 Love Songs for Valentine's Day

BY JUSTIN KRESSE

Once you've decided on a streaming service (see the article above), in honor of Valentine's Day, you might want to consider listening to selections on this list of the top 10 best love songs. Many have simple musical backings—mostly piano or guitar—so you might even consider learning one to play for your significant other. That is, of course, if you're feeling especially romantic.

1. "Can't Help Falling In Love" by Elvis Presley (1961) The king of rock and roll could do more than just dance and gyrate. He could sing. Perhaps no song proves this better than this one. His smooth-as-butter vocals have absolutely no comparison, with just a slower, minimalist backing track that helps to make this song an utter masterpiece.

2. "All Of Me" by John Legend (2013) Switching gears to the 21st century, this entirely more dramatic love song combines a striking piano track with Legend's bittersweet-sounding voice to create the perfect song that expresses what words simply cannot do.

3. "You Are So Beautiful" by Joe Cocker (1974) Originally written by Billy Preston and Bruce Fisher, Cocker's cover (he recorded a version even though he didn't actually write it) slowed down the tune to better express the singer's emotions. It's yet another song with a minimalist piano back-

ground track to better highlight the vocals—especially when he screams his heart out—with only a beautiful string accompaniment being added for emphasis.



"Can't Help Falling In Love" by Elvis Presley might just be the best love song of all time. Photo by Justin Kresse

4. "Into My Arms" by Nick Cave & The Bad Seeds (1997) What? It's another love song with a minimalist piano track and one lead vocal? True, but maybe that's part of what makes these songs so beautiful. They draw focus to the singer and their words of love. If that's the formula, then Nick Cave & The Bad Seeds have certainly got it down-pat with this tune—though they do add a touch of sorrow into the mix. If that kind of music isn't your jam, don't worry. The next song switches things up a bit.

5. "I'll Stand By You" by The Pretenders (2004) Maybe better classified as a rock love ballad, this song starts out similarly with a beautiful piano track complementing

Chrissie Hynde's vocals, but gradually ramps up with drums and guitars to the end with a full-fledged gospel choir. It's a beautiful message to the listener about how the singer will always be there for them—reminiscent of the words often spoken during a marriage ceremony.

6. "Something" by the Beatles (1969) How did the Beatles get put all the way down here on the list? I guess it's pretty tough competition. Kidding aside, George Harrison's "Something" is a different kind of love song entirely. It's much more focused on the musical accompaniment, adding strings for just a touch of sappiness, as well as the guitar and organ. That's not to say that vocals aren't important too. Harrison's voice expresses the stress of adulthood but retains just enough of that "boy from Liverpool" energy to round out the track.

7. "Just the Way You Are" by Bruno Mars (2010) If you're more of a pop music listener, this might be the love song for you. It retains the piano presence in pretty much all of these love songs—I guess there's something especially moving about those melodic keystrokes—but adds distortion as well as some peppy drum beats to make it a much livelier take on the traditional love song format. Mars' words are still just as beautiful and heartfelt: "Girl, you're amazing just the way you are" expresses exactly how love accepts you as you are.

8. "Come Away With Me" by Norah Jones (2002) Some singers just have a voice that takes your breath away. If you don't know what I mean, then I would urge you to listen to this song (or any other one) by Jones. It sounds effortless yet extremely emotional. As to the melody itself, this song leans more on a guitar backing track, though the piano is not so far behind. The lyrics focus on escaping with your significant other rather than love itself, but still express a deep connection between the singer and listener that's perfect for the season.

9. "You're the Inspiration" by Chicago (1984) An 80s song through and through, this track tells the listener just how important they are to the singer. If you're looking for a sappy or cliché song for a laugh or that extra bit of meaning, this is the perfect choice.

10. "Thinking Out Loud" by Ed Sheeran (2014) Sheeran really knows how to do a song justice and this one is no different. He starts out with just a guitar, but adds the piano and guitar for added texture, breaking away for a moment at the start of the chorus to really pull the listener in. His voice is yet another on this list that is perfect for a love song—strained enough to convey the meaning in his words. And when he goes high, you can feel it. Even his "la la la"s add something extra to the musical performance.

Not Everyone Loves Valentine's Day, Especially When You Have FOMO

BY MITCH COHEN

When people think of Valentine's Day, often they think of couples spending time together. However, this holiday has a downside as it's challenging for single people who have to deal with FOMO otherwise known as fear of missing out. This means feeling left out when others are having fun, celebrating being couples with gifts and public displays of affection.

Of course, the candy and roses holiday isn't the only time of year people experience FOMO. Miracle Duffin, a junior nursing major at Adelphi, believes FOMO is bad all year because people want to be involved instead of being alone. "It's not just Valentine's Day, people have the constant fear of missing out. That's just how society is," said Duffin.

According to website Appsthatdeliver.com, FOMO is mainly experienced by the millennial generation, 69 percent of them. Making matters worse is that some people cause FOMO in their own friend group. This point relates to me because I've been

in friend groups where I felt left out. While many people desire a relationship, others focus on themselves. Anthony Bitalvo, a sophomore economics major, feels no different about FOMO because he prioritizes himself and his studies. "When you focus on yourself, you have nothing to miss out on," said Bitalvo.

Maybe that's why there are people who use this holiday to celebrate self-love. According to fee.org, 35 percent of Gen-Z use Valentine's Day to purchase a gift for themselves. I think this is a good alternative for single people because despite not being in love, they can feel validation without the need to be in a relationship.

With how common FOMO is, does social standing make it easier to fall in love? Brian Combari, a freshman exercise science major, believes that social class makes it easier for people to find relationships. "[Body] language and how people respond to what you say impacts your social standing," said Combari. Social standing dictates opportunities you have because by acting kind, it's

more likely you won't experience FOMO. If you are rude, you won't have many social opportunities.



FOMO is short for fear of missing out, which can be particularly an issue on Valentine's Day.

While being social is easy for many, it's much harder for others. Beth Ceriello, a sophomore history major, believes that there are people who have a hard time finding friends. "Sometimes they need a push to put themselves out there," she said.

According to Psychologytoday.com, leaving your comfort zone allows you to deal with change in a much better way. For me, using dating sites such as Bumble helped me

develop conversation skills with women. The question is FOMO caused by engaging too much or not engaging enough?

It's easy to feel lonely when people are too shy to engage. Darius Jones, a freshman music major, believes that people are afraid because they don't want to be offensive. "People are afraid of getting judged," he said.

This is true when someone joins a new friend group. According to senior communications sciences and disorders major Anjana Menghrajani, FOMO is caused by not feeling included. "If something draws you in with its exclusiveness and you want it, you feel left out if you can't have it," said Menghrajani. This happens in places like clubs, as noise makes it difficult to engage with others.

FOMO is a challenging part of Valentine's Day because it makes single people feel excluded. But you don't have to accept that. What's most important this Valentine's Day is spending time with friends, family and those who care about you.

Are Storm Increases at the Close of 2021 a Harbinger for 2022?

BY LIZZ PANCHYK

The year 2021 involved not only the continuation of the Covid-19 pandemic, but also the increase of storms and natural disasters. As global warming continues to rear its ugly head, storms continue to brew and much more frequently, particularly tornadoes and hurricanes. This also means that hurricane season has the potential to expand out to other months as the heat sets in earlier and stays out longer.

Hurricane Ida was one of the most damaging storms of the year at a category 4 with winds as high as 150 mph. These winds are destructive and can leave permanent damage as they blow down trees into power lines and cars and houses. Rains can flood the streets and houses as well, leaving many people stranded and waiting to be rescued. That storm alone caused \$60 billion worth of damage, according to NPR. But that storm was just one of the many; there were so many storms that the World Meteorological Orga-

nization ran out of names. This list includes hurricanes Elsa, Henri and Wendy.

This is a decade where we've seen storm activity slowly but surely increasing. The year 2021 was the third most active hurricane season as there were 21 named



The December tornado caused serious damage in Mayfield, Kentucky.

hurricanes. "The busy 2021 season is eclipsed only by the 27 named storms (and one unnamed storm) that were recorded in 2005, and by the record 30 named storms of 2020," according to NPR. The "usual" standard amount of storms per year is 14.

December 2021 was a record month for tornadoes as there were 163 confirmed in the United States. That month would normally be the least active tornado season, at least on a normal scale. One tornado blew through over 122 miles in the southern states, while another that was on ground for a whopping 166 miles in Kentucky. These consistent tornadoes in the month of December caused 90 deaths throughout the affected states. This number could rise as the number of storms also increases. We've seen just how dangerous these storms can get, no matter how they categorize.

While not entirely unheard of to see a tornado in December, it is definitely a rare occurrence and could be linked to the likelihood of warm, damp air, which ties into climate change. Humidity and moisture tend to be the firestarters of incoming storms, so it is not surprising that the warmer temperatures in the past few years have been coinciding with the abundance of storms. But overall, there does need to be a better understanding

of how and why this is occurring. Tracking storms, especially tornadoes, can be fickle and they've only increased exponentially in the past few years.

So what can we expect to see in 2022? We've already kicked January off with some winter weather advisories, icy conditions and two snowstorms. In fact, Long Island saw a record amount of accumulation of snow during the blizzard of Jan. 29, for the single highest daily snowfall total of 22.9 inches in Islip. And that's only month number one. Seeing how these storms no longer seem to care when their designated "season" ends, we may end up with another record year.

According to "The Washington Post," "studies have shown that the most likely time for increased tornado activity in a warming climate is during the colder months of the year. In that sense, it's certainly possible December 2021 is a harbinger of our future winters."

There's no telling what's to come, but we can certainly be prepared.

We All Need to Know How Tourism Impacts Climate Change

BY NICOLAS RONTANINI

It's no surprise that with recent events, like the record-breaking heat wave this past summer, destruction tornadoes and increased coastal storms, the topic of climate change has become a focal point in the media and the political landscape. While issues like transportation-burning fossil fuels are known to contribute to climate change in some way, there is another area people might not think of: tourism. When the pandemic hit, tourism was effectively shut down, but now, it's beginning to make a comeback.

When we look at the relationship between climate change and tourism, we see significant adverse effects. The industry is linked to roughly 8 percent of global carbon emissions, as well as natural areas becoming both degraded and overdeveloped, according to the "Guardian." This is likely from road

or air travel. Many people deny the human influence on climate change, but scientists saw significant changes due to quarantining. During the peak of the pandemic, carbon emissions noticed a steady decline and wildlife flourished. For example, a type of turtle in Thailand called the leatherback turtle laid more eggs than they had in two decades.

With this information on its own, it's easy to see the negatives in regards to tourism. However, the full scope of its relationship with climate change can't be seen without the larger context.

While tourism can degrade natural areas, it can also lend a form of awareness to these issues, like problems with bleaching of the coral reefs, and species at risk of becoming extinct. What tourism, more specifically, the lack of it, has taught us is that the economics of it can be beneficial to many people. Conservation efforts are assisted with

tourism-generating funds for them. It even brings about economic help for the areas visited, which might have other forms of industry, as stated by an article in the "Guardian." The article also noted that the lack of tourism during the pandemic affected areas like developing countries, which saw families having difficulty with getting food and a rise in poaching.

There is a complicated relationship underlying tourism and climate change. One affects the other and vice versa. We've all heard of the disasters that have taken place over the last few months, like countless wildfires and rising sea levels. The negatives associated here are significant, but we have already seen the adverse side effects created by tourism's halt. The positives are significant in their right, but tourism has contributed to a growly dangerous problem. With every extreme weather event thus far, could tourism

see its end?

Well, no, climate change won't be the end of the industry. However, this isn't to mean there won't be complications. Tourism often relies on places like coasts, areas of natural beauty. Many of these are affected by the changes in weather, like the Himalayan mountains growing more hazardous as the snow and glaciers continue to melt and beaches on low-lying islands getting destroyed as a result of rising sea levels, according to "Time" magazine.

Tourism will likely not end, but if you plan to travel somewhere, it might be beneficial to consider the impacts on the climate. It might be easy to want to stop traveling all together, but you don't have to jump there. This is a complicated situation and answers can be as well. While that is true, hopefully the information I've provided can help you as you decide for yourself.

Unmasking the State Debate Over the Mask Mandate

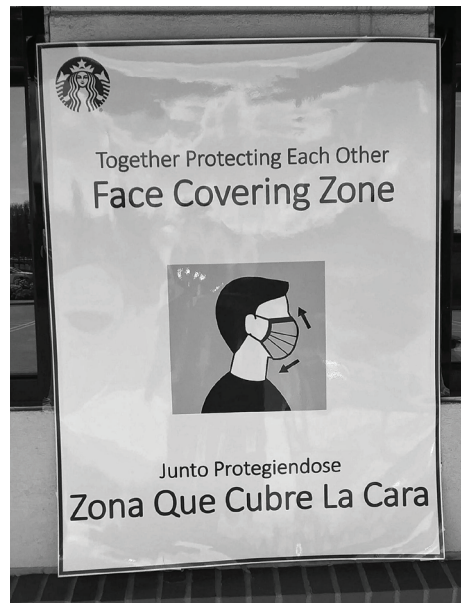
BY JOANNA REID

New York state reinforced the mask mandate as Covid-19 cases rose due to the Omicron variant. Governor Kathy Hochul reintroduced the mandate on Dec. 10, 2021, which requires that all people over the age of two must wear masks indoors in public spaces or show proof of vaccination. Originally the mandate was put in place for a month and was extended for businesses till Feb. 10 and schools until Feb. 21, as long as Covid cases decline. This has led Adelphi to require students and staff members to wear masks indoors and outdoors regardless of vaccination status when on campus.

But the governor lifted the restrictions on Thursday, Feb. 10. Masks are still required in hospitals, doctors offices, transportation systems, homeless shelters and schools—though the latter is being re-evaluated and an announcement is expected on Feb. 28. Some medical experts agree with Hochul’s decision and believe New York is ready to unmask, while other medical experts believe we still need some time.

There is no doubt that the mask mandate has caused lots of division among people nationwide. Medical experts and the CDC have stated it’s the best way to minimize the spread of the virus. Others believe this is infringing on

their freedom. Parents in Northern New York got together to form a protest against requiring masks in schools. They said they believe they deserve the right to choose.



A sign of the times, just one of many that remind us Covid is still a concern.

And many who agree are relating this stance to the “my body, my choice” movement that has to do with abortion rights. According to a student poll posted on The Delphian’s Instagram page (@the_delphian), 79 percent agree with the mandate in place and 21 percent people disagree.

A first-year psychology major, Meli

Rappaport, said, “The mask mandate is super important. I’m glad we have it. I feel safer knowing that everyone has to wear a mask inside and outside. As someone with an autoimmune disease, I feel better entering buildings and know that I’m not as likely to get sick. I believe Adelphi is doing a good job at enforcing this rule.”

On the other hand, Communications major and senior Robert Rehxa, said, “I think that the current mandate is too strict. I don’t see the need to mandate masks when most of the school is vaccinated and online classes are available for those who aren’t comfortable with being on campus.”

Both students make fair points. However, I believe that the mandate is really important too. I think Adelphi has created a strong foundation to ensure that their community stays healthy. They could be stricter in enforcing those rules. Despite the ongoing pandemic, I’ve seen numerous people who still do not wear masks in public spaces. Whose job is it to enforce these rules both on and off campus?

I think we can all agree that we want life to go back to “normal,” or as normal as possible. So I think the best way for the community to heal from this fast-moving virus is to get vaccinated and wear the safest masks when in public, like an N95 mask. The CDC explains,

“Masks are primarily intended to reduce the emission of virus-laden droplets by the wearer,” meaning the main purpose of the mask is to stop the spread of saliva and air from person to person. This is vital because the virus spreads through close contact, so if one’s saliva or oxygen is contaminated it can infect others.

I know it can be hard because it’s in human nature to want to indulge in socialization. However, hanging out in large groups is only likely to increase the spread. I don’t believe that this should be a political issue; this is about empathy. Some people need to come to terms with the fact that the only way New York can decrease Covid-19 cases is if we all are focused on doing what’s best for the common good.

CNY Central news reported that the courts could extend the mandate to March 2. It’s possible that this will happen because there is a surge in cases. As of this deadline, there were 189 new daily Covid cases in Garden City alone. And New York state averages 6,817 new cases weekly, according to daily tracking by “The New York Times.”

Public places now have the choice to enforce a mask policy. We will have to wait and see how Adelphi reacts to this change.

College Enrollment is Steadily Declining, but the Pandemic Isn’t Entirely to Blame

BY NICOLAS RONTANINI

As the semester’s workload steadily increases, we begin to realize the stresses that come along with college. Tuition payments and finding a job after graduation can be overwhelming to think about. As of last March, Bestcolleges.com reported an 18.9 percent decline in enrollment for first-year students when compared to the fall of 2019. While the economic downturn of the pandemic had some bearing in the situation, reduced college enrollment isn’t to be blamed completely on the pandemic. Colleges had noticed a decline in numbers since before the onset of the pandemic, with students asking, “Is college worth it?”

There are several reasons for the question. Many students worry about finding a job after graduation and learning employable skills. Since the pandemic, more jobs have opened and created a “job seeker’s market.” In fact, job openings are nearly the highest they’ve been, which might be luring away prospective students.

People might look at workers who didn’t attend college and they appear to be doing well, working and earning increasing wages, according to Doug Shapiro, executive director of the National Student Clearinghouse Research Center (NSCH). According to the 2014 documentary “The Ivory Tower,” many students experience difficulty finding a job after graduation, even with an advanced degree such as a masters, incurring hundreds of thou-

sands of dollars of debt. It’s only gotten worse since then. Over the past decade, the student debt level has risen to 144 percent, according to “Business Insider.” This means that around 45 million people are being forced to contend with a level of debt in the form of \$1.7 trillion. While scholarships are available to help cover the cost, like the Pell grant, according to “The Ivory Tower,” the grant was originally enough to cover the full tuition cost, whereas today, it only covers a fraction of it. This led to the rise of the student loan industry, which was never supposed to get so large.

While the economic downturn of the pandemic had some bearing in the situation, reduced college enrollment isn’t to be blamed completely on the pandemic. Colleges had noticed a decline in numbers since before the onset of the pandemic, with students asking, “Is college worth it?”

Knowing this, it becomes important to understand prospective students’ mindset. Traditionally, college is seen as an investment in one’s future, gathering skills so that one day you could transfer those skills into a career.

Prospective students are questioning the value of earning a college degree. In fact, according to a January 2022 article in the “Washington Post,” only 29 percent of high school seniors have applied for financial aid, the same as the previous year. The article details that completion

of FAFSA forms among these students is down more than 10 percent. This holds a bleak note for colleges, as fewer students are enrolling.

Adelphi University has felt the impact as well.

“For my part, I am very aware that the demographic trends in the Northeast of the United States mean that there will be fewer students graduating from high schools in the coming years, which will likely result in overall declines in traditional undergraduate enrollment within our region,” said Provost Christopher Storm. “That does not necessarily mean Adelphi will see declining enrollment, just that we need to be very aware of offering the highest quality programs that will attract and serve our students.”

The provost said that Adelphi’s overall enrollment this year is lower than it has been in previous years, adding that this is in part due to impacts from the pandemic and a smaller class that the university matriculated in fall 2020. “This year’s first year class was one of our largest, which is a positive sign and reflects the value of an Adelphi education,” he said.

Kristen Capezza, the vice president of enrollment management and university communications at Adelphi, added, “As we begin to recover from the impacts of Covid, we were quite proud of the fall 2021 record-setting first-year class, a positive sign and indication that students and families recognize the value and return on investment in an Adelphi education. In the coming years, we anticipate significant

growth in the graduate, adult and online markets as well—all which will help combat the declining counts of traditional undergraduate prospective students.”



Growing concerns and other possible opportunities have led many individuals to choose a path that doesn’t include a college education. Photo from Pixabay.com

College can be difficult to navigate and tough to figure out. But the nature of college is that it’s supposed to be tough. It teaches you career-based skills and gives you opportunities to apply them. You get out of college what you put in. I was able to learn how to improve my writing skills and was given the chance to apply that knowledge. Moreover, I was able to meet other people and become a more efficient communicator. I was able to grow and learn because of my decision to come to Adelphi. And I think people are sharing a similar view.

College enrollment is something to be taken seriously, especially when applying. It may be difficult, but with work, it can be worth it.

Panther Spotlight: Best of Brunozzi, Golfing for Greatness

BY MAXMILLIAN ROBINSON

Sports can be considered fun to most, if not all, people who consider themselves to be active. On the other hand, playing sports in an organized manner requires a bit more discipline. Many athletes, including our own Adelphi Panthers, have been playing their prospective sport since their childhood. One in particular, junior men's golfer Andrew Brunozzi, a native of Syracuse, confirmed that. The business major said he has photos of himself from age three holding golf clubs provided by his parents. *The Delphian* had a chance to ask Brunozzi about his collegiate career, early days and post-grad plans.

Q. Who [or what] inspired you to play golf competitively?

A. Brunozzi: My [self] love for the game and eagerness to play inspired me. I was always a super competitive person and wanted to win at everything I did.

Q. What is your favorite aspect about the game?

A. It's the mental side and the resilience you need to have. You need to be able to block everything out and focus on nothing else but what you're doing during the round. [Very] difficult to do but when you get into that "zone" it feels so good, almost like nothing else matters.

Q. What was going through your mind when you had your best finish in the 18-hole and 36-hole match in 2019 (breaking two records for the same event at the Lake Shore Yacht & Country Club)?

A. During my best finish this season I knew coming down the stretch I was in the lead or very near the lead. I made a [double] bogey on the second-to-last hole and that kind of put a wrench in everything. I was upset going to the last hole,

but I knew I needed to make a good score to have any chance. My thoughts were to just get the ball into a scoring position and whatever happens from there happens, sort of like a control what you can control sort of situation. I managed to get the ball into position and make a birdie on the final hole in front of my whole team which happened



Brunozzi carrying his golf clubs to the next hole in the course.

to give me the win for the tournament. It was a great feeling knowing I had won but I was even more proud of the team as we had our best finish and best team score that I have ever been a part of in college while going through the transition of having a new coach for only a month.

Q. What was it like adjusting from playing in upstate New York, compared to the competition in Long Island? What major changes were there?

A. Adjusting from the high school level to the collegiate level was tougher for me than others, but overall was a good

experience. I wasn't playing my best golf when I first came to Adelphi and that time period of struggle humbled me as a player. I just knew I had to keep grinding and believe in the game I had and after a month or two I started to settle in.

Q. How did the pandemic affect your play [or how tournaments usually would

go]? Did it help or hurt you?

A. The pandemic definitely was a challenge that we had to overcome. I had the mindset that if I wasn't spending the [newfound] free time that I had at getting better that I would fall behind because there were going to be other people that were spending the time getting better. Golf was also a big escape for me during the pandemic; it was something that still felt somewhat normal and was a good release for me. I don't know what I would've done if I couldn't play during the pandemic.

Q. Did the pandemic help or hurt

your performance on the golf course?

A. Anytime you have a good finish in a tournament it is a great feeling. You grind all week for [two] rounds of golf that really matter and when you're able to achieve what you want and compete at a high level it is always a great feeling. You always have to take some time and celebrate but also have to stay focused because the next tournament is always only a few days away and you need to get back in that competitive mental state.

Q. What are your three major goals after you graduate from Adelphi?

A. One, play golf at a high level as long as I can, whether that is to continue on the [amateur] circuit or give it a shot at playing professional mini tours. Two, do something in the golf industry whether that is teaching kids how to play or directing and setting up tournaments to grow the game. Three, take what I learned at Adelphi and apply it to try my hardest to be successful at whatever I do and don't let the time slip by and waste it.

Be sure to check out more articles from your favorite section on *The Delphian* website: thedelphianau.com

All is Fair in Love and Sports

BY LILYEN MCCARTHY

The closer it gets to Valentine's Day, the closer we get to the end of "cuffing season," the period of time when single people look for short-term relationships. Technically it ends after February 14, so those looking for a significant other around campus to pass by the colder months are running out of time. Anyone walking around campus can catch a glimpse of some happy couples eating lunch at the University Center, or holding hands on the way to class or working out in the Center for Recreation and Sports (CRS). What about some of the busiest students on campus? Our athlete lovebirds have to navigate their busy schedules and budding romance all at once.

A common theme for athletes and their partners in relationships is limited time. But what helps them to navigate the challenges is focusing on communication as a priority.

Sophomore softball pitcher Lindsey Hibbs met her girlfriend, Amanda Montiel, through other athletes on the softball and basketball team.

"When we [first] started talking, Mandi went into quarantine and then right

after she got out, I went into quarantine," said Hibbs about the beginning of their relationship during the pandemic. "Our conversations over the phone definitely made my feelings grow stronger and made me realize I didn't just think of her as a friend."



Lindsey Hibbs (right) with her girlfriend Amanda Montiel

Freshman nursing major Amanda Melillo doesn't play a sport for Adelphi, but her boyfriend is on the men's lacrosse

team. While their busy schedules and lack of time could have created a divide in their relationship, Melillo said communication keeps them together.

While talking on the phone was nice when they could, "little [dinner] dates or just sitting in the library [doing homework] together is so much better than not being together or talking," she added.

Juggling practice, lift sessions, class and schoolwork, athletes have little time for social hangouts and date night, especially in season. The only time to see a significant other may be short time periods in between classes or later at night when the day's activities have ended.

"I stayed away from the [dating] world for a while just to focus on my schoolwork and softball. It's a lot to manage," Hibbs said, reflecting on dating life before meeting her girlfriend. "When [Mandi] and I started talking, I realized we could communicate and handle our schedules together."

At the same time, having to handle so many responsibilities at once contributes to many athletes choosing to stay single during college or not enter a serious relationship. They may want to focus on their sport or school before taking on

another person in their life as a commitment. Even meeting the right person may come at the wrong time.

"Although those little moments in time I get a break and get to see my girlfriend are nice, sometimes that 10 minutes just isn't enough. I feel bad, but it's just things I can't control," Hibbs said. The pair share their schedules and remain in constant communication with each other in order to ensure they'll have some time together.

The struggles of juggling busy schedules with limited couple time might be tough, but the athletes in comfortable relationships can attest to their happiness with their situation. Having a partner who understands the lifestyle helps.

As a [nursing] student, Melillo is just as busy as her athlete boyfriend.

"Being a nursing student and working a part-time job during school makes it difficult to keep up in a relationship," she said. "Even when I see my boyfriend, he is usually sore from practice."

But she added, talking to your partner about wants and needs in the relationship is really important for its success.

Returning Players Serve as Role Models for New Teammates

BY ANDREW SMITH

The Adelphi women's basketball season is well underway, with two veteran players, Emily Miccile and Emma Cuccurullo, who serve as role models for their 15 teammates. Here they, along with head coach Sade Jackson, share where they feel the women's basketball team stands to date.



Senior Emma Cuccurullo

Miccile, a graduate student who has been on the team for five years, said, "I think that our team is finally starting to put the pieces together this season. While our record might not show it, we have a team that plays with a lot of heart and that is a lot better than our record indicates. We have battled [injuries and setbacks] throughout this season, but I think the pieces are starting to fall into place with

this team."

Miccile, who is a guard and can also play a stretch forward, said the team has a fresh roster full of new coaches, freshmen and transfers. "It has been a learning curve for everyone and I think we are finally starting to figure out what we need to do to all be successful together and individually."



Grad student Emily Miccile

The team is building a strong foundation through team unity. Cuccurullo, currently a senior and a forward, also expressed the importance of team improvement. "The team this year has really progressed and made improvements as the year has gone by. People have really adjusted well. I am excited for the rest of the season."

Coach Jackson said that given only two of the 17 players have experienced

play at Adelphi prior to this season, there has been a need to allow for team growth. "With a handful of new players and a new coaching staff, it has taken some time for us to learn one another's strengths and weaknesses, but I think we are adjusting pretty well."



Head Coach Sade Jackson at center court

Team growth can occur gradually throughout the season, even through early losses, said Jackson, adding that these have served as a turning point for the team. "I believe two back-to-back losses earlier this month was eye opening for us as a team. It has helped us realize the commitment that is needed on the defensive end to win games. We have made some strides since then, but there is always room for improvement."

Both Miccile and Cuccurullo also

discussed how each game matters and served as turning points for the team to build upon.

"I think one turning point this season was right around our holiday break," Miccile said. "We had two games canceled and two games postponed, which really put into perspective how much each game matters. This also really puts into perspective how quickly games can be taken away from us, which makes each game matter even more. I think realizing the importance of each game and how it can affect our rankings and postseason play is what has motivated us in these recent weeks to step up our performances."

At the same time, Cuccurullo said a win streak can serve as another turning point. "We put [three] wins together in a row. I am hoping this momentum will carry us through the rest of the season and into the postseason."

While the team entered the season with a fairly new roster they are ready to compete. "I would say we are all looking forward to growing into the team that we know we can be," Jackson said. "Our goal to start the year was to win a [Northeast 10] Championship and we are certainly moving in the right direction."

Coach's Confession: How the Bowling Team Continues to Succeed

BY ANDREW SMITH

Women's bowling is on pace to make a run for the East Coast Conference Championship (ECC). The team was able to return from their winter break and win a tournament. Head coach Dennis Kearney has high hopes for the remainder of the season.

"We are in good shape to make a run for the ECC," he said. "The entire team has been contributing. This team is deep and there is strong unity amongst the players."

Kearney is currently in his eighth season as the head coach of the women's bowling team and led them in back-to-back ECC Championships for 2015-'16 and 2016-'17. He has also coached on the high school level for six years before joining the Panther community.

While the current team has a strong chance to win the championship this season, Covid-19 took away a chance in the past. Kearney said the pandemic affected the state of the team in the "worst way possible."

The women were on pace to contend for the ECC, but due to the pandemic the season was cut short. He emphasized his disap-

pointment because he felt that the championship was taken away from his players. "The cancellation of the season really disrupted the

point for how they were able to return to play in a successful way. He said that graduate student Skylar McGarrity and senior Megan

make another run at a championship. They have won several important tournaments to date. Kearney emphasized the idea of "flow" within the season after not having normalcy over the past two seasons due to the cancellation of games and tournaments.

Kearney stated, "Winning the tournament following the break was big for us, it was a great thing to build upon."

It is very impressive to be off for almost six weeks and return to full form immediately.

"This is a deep team," Kearney said. "We all come together in all moments of the game, whether that be if we are winning a game or losing. We all have one common goal, which is to win the ECC. Leadership has played a key role in this season. We have six players who have never competed on the NCAA level."

The women's bowling team is united under one goal, to win. This goal allows them to rally together and to continue to support one another despite any pandemic setbacks.



Kearney talking with his players before a match. Photos on this page by AU Athletics

swing of things and the flow of the team."

By not playing for almost two seasons, the women's bowling team had to come out strong in their return to play. Kearney highlighted the team leadership as a major

Wehmeier were able to serve as role models and brought the team together during these hard times.

This season the women's bowling team is demonstrating amazing potential to

