

The Delphian

October 29, 2020

The Voice of the Students

Volume 76, Issue 3

Is Greek Life Coming to an End?

BY MARIA GIOVANNA JUMPER

In response to recent racial tensions across the country, students have begun to question the integrity of their Greek organizations. Many institutions have had racist incidents surface in relation to their fraternities and sororities and they have begun to question whether those organizations still have a place on college campuses.

The historically white Greek system was established in the early 19th century for white college-educated men. Dating back to 1825 at Union College, John Heath, along with several others, chartered the first Greek life organization, Kappa Alpha Society. Today, Greek life has expanded to over 2,913 chapters on more than 630 college campuses. It has had a controversial history because many Greek organizations remained exclusively for white people until the late 20th century.

Naturally, something dating back as far as the 1800s will have practices that are now outdated and engender protest, like the new Abolish Greek Life movement.

A recent “New York Times” article, titled “The War on Frats” stated: “Greek life is exclusionary, racist and misogynist, as well as resistant to reform because of the hierarchical nature of the national Greek organizations, which control local chap-



Emily Campos, member at large for Delta Phi Epsilon Photo provided by Emily Campos

ters,” when explaining the reasons behind this movement.

Adelphi is home to numerous Greek Life organizations. Their student leaders and Tommy Severin, the Center for Student Involvement (CSI) advisor, take this



Elias Higgs, brother of Pi Lambda Phi and member of the Greek Life and Social Fellowship Diversity, Equity and Inclusion Work Group Photo provided by Elias Higgs

movement very seriously. Severin said that there have been no complaints about Greek organizations themselves in his almost two years at Adelphi. Additionally, when complaints do arise about specific students in Greek life, Severin reports those complaints to Student Conduct so they can be directly addressed. Severin said he and the student leaders have been committed to being proactive to ensure equity and inclusion for all those on campus.

“Over the summer, a group of incredible student leaders from the Greek life and Social Fellowship community came together to form the Greek Life and Social Fellowship Diversity, Equity, and Inclusion Work Group,” he said.

Severin explained that this Work Group examined three major components of our community: membership experience, campus and community relations and education and training. The group created a report, which provided recommendations for the campus, chapters and councils for how to make strides in addressing racism, discrimination and other forms of injustice within our community that have begun to be implemented at all levels.

The group has published their findings

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The Administration Cautions Students About Halloween Activities

BY RAVYN MALVINO

If you were planning to attend a Halloween party this year, the scariest sight you’ll see will likely be the spike in Covid-19 cases the following week. This year, students are advised not to party during Halloween weekend. The Adelphi administration has plans in place to encourage students to put the safety of the community as well as their own safety first this Halloween weekend and to not risk the remainder of the semester while putting others at risk.

“While we all would love to go back to the way things were before, we must keep in mind that the coronavirus will not take a holiday this year,” said Nicole Gaudino, Adelphi’s director of health services.

Covid-19 is one of the most contagious diseases in our lifetime and it doesn’t take much to start a cluster of infected students making the possibility of large, Halloween-themed gatherings, especially those that will take place indoors, even more worrisome.

“We saw this around the country on Memorial Day, Fourth of July and Labor Day—even in crowds that were largely outside. Limiting gathering sizes, keeping social distance and minimizing mask-off time is crucial,” said Gaudino. “With

Halloween falling on a weekend this year, the likelihood of larger gatherings is more likely.”

Don’t assume because you’re asymptomatic you can’t be a carrier. Cameron Wolfe, MD, an infectious disease specialist at Duke Health in Durham, NC, said, “When we’ve looked on our college campus at the amount of virus that’s shed by different students, I am consistently shocked that some of the most prolific shedders of Covid are completely asymptomatic. If there’s a message there, it’s please don’t fool yourself into believing you’re safe just because your symptoms aren’t there. If you know you’ve had an exposure please take that seriously even if you’re feeling well. There’s a reasonable chance you can be infected and just not know.”

The Adelphi administration is aware of the risks that may arise this Halloween and are taking precautions.

“With the holidays approaching, we strongly encourage students and other members of our community to continue to be responsible and make safe choices that reflect the values of our Code of Conduct and protect our Adelphi family,” said Sentwali Bakari, vice president for student affairs and dean of students.

“With few exceptions, the Adelphi family has behaved responsibly and we

believe that will continue through the semester,” said Bakari.

He was referring to the 20 Adelphi students who attended a recent off-campus event that seemed to contradict New York State health guidelines and Adelphi’s social distancing protocols and Pledge to Protect. Of these 20 students, five tested positive for Covid and 16 were quarantined. While this event was handled, Bakari emphasized that violators of these policies on and off campus will be held accountable. Ahead of this weekend, the administration plans to send emails and RAVE alerts, reminding community members of the risks and how to be safe.

Despite some instances of Adelphi students disobeying Covid-19 prevention policies, most have complied with the rules enforced by the administration.

“To date, our testing program, social distancing, daily health checks and observance of the Pledge to Protect ourselves and others has held down infection rates at Adelphi,” said Gaudino. “Let’s keep it that way as we continue the in-person campus experience until Thanksgiving.”

Kathleen Beatty, a senior and president of the Inter Greek Council, encouraged her peers to stay safe this Halloween to ensure that she can finish her Adelphi experience on campus.

“I personally want to finish my se-

nior year on campus and I hope that other people also take the steps to be careful so we can enjoy having a certain amount of normalcy,” said Beatty. “I definitely think that if people don’t take into consideration the protocols that there is a high chance of going back home early.”

This year, rather than attending Halloween parties during Halloween weekend, students should find other ways to have fun for the holiday.

“Adelphi students are bright and creative. I believe they will creatively figure out a way to celebrate and mark upcoming occasions, including Halloween, in a fun but safe way,” said Gaudino.

Beatty plans to celebrate Halloween this year by grabbing some ice cream and having a movie night with her roommate in a safe, socially distanced way and hopes her classmates will do the same.

“I think Adelphi students have handled things really well so far and I’m hoping that Halloween will be reimaged like we’ve done with other holidays this year so we can all enjoy our experiences,” she said.

SAVE THE DATE:
7th Annual Media (Virtual)
Career Expo, Wednesday,
Nov. 18 from 7-9 pm

A Word from the Editor

It is hard to believe that this fall semester is halfway over. Throughout this semester we have shown our commitment to keeping the Adelphi community safe, and have been resilient through all the changes and challenges. We must remember this moving towards Halloween weekend and the end of the semester.

It is only through our continued respect of safety guidelines that we will remain on campus until Thanksgiving. It is our duty to protect our fellow students and community members and we must continue to do so through following safety guidelines and protocols.

For information on how to do this, especially with the upcoming holiday, see our articles in this issue outlining ways to have fun while still being safe. Specifically, look at the features and editorials sections.

Additionally, we also have other duties: that is to vote. Election Day is Tuesday, Nov. 3. It is your right to have your voice heard and vote for who you believe can lead this country. Voting is vital and helps those in government hear the voice of all of us. For information on both candidates see our articles in the Editorials sections on page 7. Find out more about both incumbent Donald Trump and former Vice President Joseph Biden. Adelphi also has information about voting. See the related article on page 3.

2020 has been a hard year, but your decisions will determine what 2021 will be like. Whether these decisions are about following social distancing guidelines or who to vote for, know that these will have an effect on the year to come.

--Maria Giovanna Jumper
Editor-in-Chief



TheDelphian

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Is Greek Life Coming to an End?

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on the Greek Life and Social Fellowship MyAULife page. In this report, they also created recommendations for chapters to implement.

Members of this Work Group were from Delta Phi Epsilon, Delta Sigma Theta Sorority Inc., Delta Delta Delta, Delta Gamma, Pi Lambda Phi, Delta Sigma Pi, Delta Chi, and representatives from the Inter Greek Council, Interfraternity Council, Panhellenic Council, and the Multicultural Greek and Fellowship Council.

One recommendation for membership experience is that "all chapters will either create a position with responsibilities around promoting diversity, equity and inclusion within the chapter and educating their membership or incorporate these responsibilities into an existing position beginning in spring 2021."

Delta Phi Epsilon (Dphie), has turned this recommendation into action. They have come together in recent times to promote more inclusivity within their chapter, and have created the Global Inclusive Coordinator to work under the Member at Large (MAL) position.

Emily Campos, the MAL of Dphie, holds the responsibility of making sure all sisters are feeling welcomed.

Campos said, "The concept of the position came about because in the midst of what occurred during the summer and pandemic it came to [the Leadership Team's] attention that there was more as an organization that we can do."

Campos added, "At first the position

was going to tackle racism and be called a Diversity Coordinator. However, with educating myself I didn't want to label it that way and also, with more thought and consideration I wanted to broaden it. The amazing thing about our sisterhood is that we come together for our philanthropies, but we also encourage our sisters to pursue their individual passions. Many of our sisters are advocates for various organizations such as advocating against racism, oppression and human trafficking."

Throughout the summer, many Greek organizations at Adelphi took to their social media accounts to show their support to the Black Lives Matter (BLM) movement, as well as their sisters and brothers of color.

Delta Gamma posted a statement to their Instagram (@deltagammaau) on June 4 that read: "Delta Gamma was founded upon the ideals of doing good through social responsibility, personal growth and friendship... We are working as a chapter to educate ourselves on the importance of solidarity and what it takes to be an effective ally."

Additionally, the post included an anti-racism resources list, which can be found at antiracismforbeginners.com. The post also highlighted ways to help in the BLM movement, including where to find petitions to sign and where to donate.

Kappa Sigma also took to their Instagram account (@aukappasigma) to acknowledge the racial injustices many are facing in our country today. On June 3 they made a post stating: "Kappa Sigma

is a diverse organization. While many of us cannot come close to comprehending the unique experiences and challenges that many of our members continue to face everyday... Together we stand as Brothers united against all injustice, racism and violence -- for our mutual protection." The caption also read "Injustice anywhere is a threat everywhere #blacklivesmatter."

Sigma Lambda Upsilon or Señoritas Latinas Unidas Sorority, Inc. is a Latina-based sorority on the Adelphi campus. SLU also took to their Instagram (@alu_alpha_kappa) to share books with their followers, as a means to spread awareness to resources available to educate yourself. The post also read, "We must educate ourselves as people seeking to enact change and inspire justice. We follow the lead of Black and Brown writers and activists. We must work towards a better future for all folks -- today, tomorrow and always."

These posts are just the start of the learning and education Greek organizations are taking to be allies and support social justice.

The Work Group also added recommendations in Education and Training, stating, "All chapters will require all members to participate in a training focused on issues of social identity, privilege and oppression annually beginning with the 2020-2021 academic year."

Additionally, the Work Group said: "The Center of Student Involvement will develop a Greek Life & Social Fellowship Diversity, Equity, and Inclusion resource

guide to provide information on available services and support, topical readings and other resources as appropriate to chapter leadership to aide in their efforts to create an inclusive and affirming fraternal experience for their membership."

These are just some of the many recommendations provided by these student leaders. For more information, see the Greek Life and Social Fellowships MyAULife page. On this page you can also find a guide for understanding and addressing racism among members of your organization.

Severin has also been a part of the creation of the Equitable Adelphi Action Team (EAAT), where he has worked with students who are involved in Greek life and those who aren't to create recommendations for the university's response to racism.

On this Severin stated, "I'm hopeful that the work of the Action Team will create a more just and equitable Adelphi community that will improve the experience for all students. I also think that working with the EAAT keeps campus issues on my radar that might not otherwise be in my view when I'm only working with the smaller Greek segment of the Adelphi community."

Elias Higgs, a brother of Pi Lambda Phi and member of the Work Group, shared his experiences with Greek life. Higgs, who was previously on the Interfraternity Council executive board, is now the educator for his fraternity, where he educates his fraternity's newest members. Pi Lambda Phi, the first non-sectarian fraternity in the

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Recap on Activism & Advocacy: Local and Global Perspectives

BY BIANCA VIANA

A virtual panel discussion titled “Activism & Advocacy: Local and Global Perspectives” was hosted on Tuesday, Oct. 13 by Professors Tatiana Bryant and Peter DeBartolo of the Levermore Global Scholars (LGS) program, Rabbi Glenn Jacob and Liam Elkind. The panel discussed just how students can take their ideas for action and really turn them into a reality.

Bryant talked about the history of civil rights activism on Adelphi University’s campus. DeBartolo, who is also the administrative director to the LGS program, spoke about the different methods of activism that exist. Rabbi Jacob, who is the executive director of NY Interfaith Power and Light, as well as a LGS adjunct professor and Jewish Chaplain at Adelphi’s Interfaith Center, described his notable history for climate change at the New York Senate, and his past history of activism. Elkind, a co-founder of Invisible Hands, explained how and why he felt it was really important to start a non-profit to help secure groceries and other essentials to those of vulnerable communities during the Covid-19 pandemic.

This event was insightful and helped to shine a light on all of the different ways in which activism exists. In light of recent protests, we have come to see just how powerful our voices can be, and why it is important to take action and advocate for our ideas and beliefs. Bryant began by sharing the long-standing history on Adelphi’s campus, in particular during the Civil Rights Movement. She shared some of the many important events held on campus by students in the sixties and seventies.

“Black students held a takeover of Levermore in the late sixties in demand of a Black Studies program at Adelphi University. They demanded the hiring of Black faculty, the establishment of scholarships for Black and Brown students, desegregating student housing, and anti-discriminatory admission policies,” she said.

Adelphi has a history of activism and it



This photo was used on the promotional materials about the event.

is one that many students probably don’t know much about. Bryant added. “Students should know that historically and currently campuses (students and faculty) are integral to and engaged in political and social movements of their times.”

Bryant urged students: “Make an effort to escape the filter bubbles social networks and Google algorithms have personalized for you. And take time to connect with students on campus, as well as at other colleges and universities locally and beyond. The events we experience now are interconnected, a part of ongoing legacies.”

Although *The Delphian* is the voice of the students, Bryant said it did not always do enough to bring light to the social injustices that were occurring on campus, especially in the sixties and seventies.

“After decades of dissatisfaction with inadequate coverage in *The Delphian*, Black Adelphi students created their own student newspaper in the 1980s, ‘Afrika Unbound,’ which ran for years.”

Bryant added that in addition to being the voice for Black students on campus, the paper celebrated Black culture and offered Black students a space to give advice on making it through college and dealing with racism. “Afrika Unbound” stopped publication in 2000. However, all of their issues are accessible through the university’s Archives and Special Collections.

DeBartolo discussed exactly what social

activism really is about at its core, describing it as “putting indirect pressure on trying to get the decision makers attention.” He said there are many different methods of activism aside from some of the more commonly seen ones such as protesting, marching and picketing. DeBartolo mentioned that there are over 198 tactics of nonviolent resistance accessible to all.

He added that there are many resources available to Adelphi students on campus in regard to being able to take action surrounding the social injustices facing many today.

“Adelphi offers students many ways to get involved in combating social and global injustice,” DeBartolo said. “The Collaboration Project, The Center for African, Black & Caribbean Studies, The Office of Diversity, Inclusion, and Equity, and the Levermore Global Scholars Program are all just a few of the various resources available to our students. Each has its own unique history with this work and also brings distinct strengths and opportunities to the campus community.”

He added that The Collaboration Project has been a campus leader in this work for many years. “Countless faculty, students, administrators and staff have united under its banner to fight for human rights, social justice and equity. They’ve collaboratively planned, organized and supported numerous campus events, programs and projects, such as the Racial Justice Matters initiative, among many others,” he said.

DeBartolo said the LGS program continues to be a key resource for students interested in positive social change in our world. “Additionally, we offer various experiential learning opportunities through which students can gain meaningful training, mentorship, skills and experience in connection with community-based organizations, social justice projects and nonprofit advocacy campaigns...LGS is very invested in helping students make a difference in their own way.”

Students at Adelphi and other campuses are the future and they also carry the responsibility of advocating for change, DeBartolo said. “Students always have a lot more power than they realize. They have been the key to many social movements throughout U.S. history, and they continue to be a crucial part of the movements for racial justice, climate change action and other important social issues in this country.”

In a conversation with *The Delphian* after the event, DeBartolo said, “In this season of crises and uncertainties, we must also realize that we have a unique opportunity right now to rethink, reevaluate and restructure current systems and dominant patterns of behavior that don’t serve humanity. A better world is possible and, by elevating the voices and experiences of change-makers, activists, innovators and advocates, it is the hope of LGS that students will become inspired and involved in helping to create more just and sustainable societies.”

Annaliese Lewis, a sophomore nursing major, said that she left the event, “feeling so empowered after listening to what was said. I felt as though I had the power to change the world in my hands. Overall it was a very encouraging and inspiring discussion around activism.”

Gabriella Palumbo, a sophomore STEP major, said, “I left feeling inspired to do more. It opened my eyes. I realized that through collective action, positive change can happen.”

LGS holds many events each semester geared towards educating the Adelphi community and raising awareness to current issues. These events are open to all students.

Make Your Voice Heard: #AdelphiVotes

BY BIANCA VIANA

As we approach the upcoming election on Tuesday, Nov. 3, the Center for Student Involvement (CSI) is offering a unique opportunity to students: a blog series. It’s titled “Make Your Voice Heard: #AdelphiVotes” and the main focus is on the importance of voting.

For many college students this upcoming election is their first time voting for President of the United States. This is a great opportunity to inform students about the importance of voting, a right as a U.S. citizen that ensures your voice is heard. On Election Day, we have the opportunity to vote in government leaders and our democracy relies on our participation.

For the blog series, Amber Torvund, an intern at CSI, said, “Students are encouraged to write a short essay about a relevant topic of the importance of voting and being educated on the upcoming election.”

There are many students who do not believe their vote will make a difference.

However, many recent elections have shown just how important it is to vote. Voting can prevent elections from being left to chance. Through voting we have a say in making sure certain issues that we are passionate about are addressed.

Before voting, however, it is important that we learn about the candidates and their views on issues that are important to us, so that we can vote in support of our beliefs. This new blog series is a great way to inform voters on the importance

of issues such as climate change, foreign policy and LBGTQ+ rights to name a few. Some topic ideas suggested by CSI are: “Why voting is important to you.” “If you’re not eligible to vote, why is it important to you that others exercise their rights?” “Top 10 reasons to vote in the 2020 election.” “Highlight a specific issue that motivates you to vote.” Students aren’t limited to only these ideas and are welcome to write about what they feel is the most important.



Get out and vote. There has never been a more important time to use our voices. This is a zoom virtual background available to all members of the Adelphi community on the adelphi.edu website.

Aside from informing the study body and other members of the Adelphi community, Torvund said there’s an added incentive. “Students who submit blogs have the chance to win a \$100 Amazon gift card.”

To submit blog posts, log-in to My-AULife, and follow the link at the top of the page.

Additionally, Adelphi’s Department of Public Safety will be offering free shuttle rides to polls on Election Day, Nov. 3. Remember that there are no classes on that day so that students are available to vote. You can learn more about early voting sites, as well as where to drop off your ballot at www.adelphi.edu/vote.

After the election, you can join a virtual “Post-Election Analysis” with the Political Science Department on Nov. 4 from 1-2:15 pm. Join Political Science Professors Maggie Gray and Traci Levy to discuss the 2020 election—even if we don’t know the results. Register by noon on Nov. 4. Contact them to register: Traci Levy, levy@adelphi.edu or Maggie Gray, gray5@adelphi.edu.

The Panther Pantry and Food Insecurity

BY KATIE FARKAS

Food insecurity exists all throughout New York and this is not just a problem in big cities or small towns; it affects people everywhere, of all circumstances.

Adelphi's Panther Pantry was created to take on this issue of food insecurity within our own campus. The pantry provides vulnerable members of the Adelphi community with basic food items, free of charge. The pantry also tackles other possible needs by offering access to personal care products, clothing and household items. After only two years, the Panther Pantry has helped numerous students and faculty members who struggle with food insecurity. The goal of the pantry is to allow members of the community to not let food insecurity get in the way of their success.

In the past months, the global pandemic has definitely had an impact on the pantry. Michael Hoffner, coordinator of Interfaith Center & Spirituality Services at Adelphi, said, "Covid's impact on unem-

ployment rates has resulted in a lot more people and families looking to food assistance programs for help. A lot of local food programs across the country are struggling to meet the needs of their local communities. The pantry serves around 75 people a month, the largest group being undergraduate students and then grad students and then staff/faculty. Since Panther Pantry orders were already able to be placed through an online portal prior to the pandemic, we were able to move to a completely online system easily and seamlessly."

Although the pandemic has had a severe impact on the number of people who need food assistance, this is not the only reason for an increase in food insecurity.

"As the cost of living continues to rise, and wages remain stagnant and supportive, benefits such as SNAP [Supplemental Nutrition Assistance Program] are being cut, we are seeing an increase in food insecurity across the country," Hoffner said. "It is a travesty to think that in the wealthiest country in the world people are going to be hungry, either barely able to put food

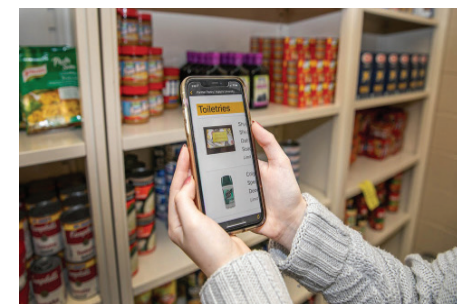
on the table or in too many cases, not able to put food on the table at all."

Hoffner added, "Food insecurity does not have to exist. It is not for a lack of resources, because we have plenty of resources. Food insecurity is the result of a lack of empathy, willingness, creativity, and desire on the part of those in positions of power to solve the problem."

Adelphi's Panther Pantry is always available to help the Adelphi community by providing those of vulnerable populations with basic food items all free of charge. The pantry is located on the lower level of Residence Hall A on Adelphi's main Garden City campus.

All members of the Adelphi community can do their part in helping the Panther Pantry. Although the pantry does not accept food donations, they do accept financial support. Additionally, the pantry also relies on volunteers to staff the physical location, distribute food, take orders and shelve items. If a student is interested in helping out, please contact the Division of Student Affairs. Also, just simply spreading the

word about all that the Panther Pantry does for our community can help them out as well.



The Panther Pantry is a service available to all members of the Adelphi community.
Photo from adelphi.edu

The Panther Pantry Intake form is available via eCampus and is accessible to all members of the Adelphi community. All orders placed through the Panther Pantry remain confidential. Orders are filled on Tuesdays and Fridays and they can only be placed online.

Drive-In for Black Lives: A Student Organized Movement for Action

BY JACQUELYN SMILEY

Awareness. That was Caribbean Students Union (CSU) president Juliacie Dieuve's goal for the Oct. 24 event Drive-In for Black Lives. In collaboration with Black Students United (BSU), African Students Association (ASA) and Levermore Global Scholars (LGS), the event was something new for Adelphi. With Black Lives Matter being at new heights not only in the media, but also becoming a larger part of daily conversation, this awareness could not have come at a better time.

While facing a global pandemic on top of the murders of George Floyd and Breonna Taylor, people all over the world, including Adelphi students, are finding ways to make their voices heard. Black Lives Matter is a human rights issue, and there is a new sense of responsibility to educate people on surrounding topics. With

Matter and other social issues from the news, but this drive-in will also allow for new conversations within the Adelphi community," said Amanda Capasso, president of LGS.

Kelsie Lewis, CSU's event coordinator, said, "We wanted to host this event because during times like this African-American

Bressack, the assistant director for the Center of Student Involvement; and several other Adelphi peer leaders.

With a screen set up and a radio station provided so participants tuned in from their cars, it was a way for everyone to come together during Covid-19. Public safety managed to space everyone out with a six-



BSU's eboard from left to right: Monique Marcelle, Sariah Principal, Teddy-Ann Miles and Jacquelyn Smiley

students not only at Adelphi, but all over the world are being affected by systemic racism and police brutality. The purpose of this event was to create awareness on Adelphi's campus on Black Lives Matter, as well as be a safe space for students affected by this. We hope that students, faculty and staff who come to this event will walk out more educated on the issues African Americans face, but also listen to their peers to hear their stories."

Just like Take Back the Night, which occurs every fall, CSU is creating not only a learning atmosphere but one of acceptance.

CSU included a series of video speakers, including Sentwali Bakari, vice president of student affairs and dean of students; Chotsani West, the executive director of Diversity Equity and Inclusion; Athena

foot-plus distance.

During a surprise clip from the Oprah show, participants were able to see how Black people were discriminated against before the term Black Lives Matter was coined. With the comparison of brown eyes people being superior to blue-eyed people, it was able to show a different perspective on why discrimination is not okay.

The event ended with not only an understanding of what is happening to Black people in America, but also a special tribute to #EndSARS for the people of Nigeria.

If you are interested in attending a CSU meeting, they meet on Thursdays at 7 pm via Zoom. These meetings are open to all who are interested in joining.

The End of Greek Life?

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United States, has the Elimination of Prejudice week where we host an event every day relating to this issue. Our biggest event that week is our walk a mile event where we have brothers walk in heels to bring awareness to domestic violence and people can donate."

He continued, "And we have also worked very hard to diversify our organization so every perspective on campus is expressed within our organization."

The founding principles of many Greek organizations have to do with acceptance and upholding justice. Although Greek organizations were once founded upon racist and segregationist ideologies, students in the Adelphi community are working to educate themselves and separate themselves from this past.

Higgs said, "I personally have not experienced any racism towards me within Greek life. However, I can understand why people on the outside may have that opinion about Greek life and this also doesn't mean that it does not happen. Every organization should be held accountable for their actions so that we can uphold a high standard within our community, which will make us all act accordingly."

Higgs said that throughout the summer he participated in protests and was active in advocating for justice. "I felt supported by my brother while I was going to protests as most of my brothers came with me to these protests and some of them went to their own protest separately."

Although some campuses and their Greek organizations are facing a lot of backlash and there are rising concerns about ending Greek life, Adelphi's Greek community remains committed to promoting inclusivity and standing up to any discrimination that may occur during recruitment or within Greek organizations.



CSU's eboard

Black men and women losing their lives every day, it is important to speak up on these issues. CSU, as well as the other organizations helping to host the event, think that all students, not just a specified group, will benefit from this space.

"This event will not only help to educate their peers further on Black Lives

Ways to Enjoy a Covid-Safe Halloween on Long Island

BY LIZZ PANCHYK

As we all know, Covid-19 has put a damper on celebrations all over the world. With Halloween rapidly approaching, Long Island is coming up with new ways to celebrate in a safe and sanitary way. Trick-or-treating will not be encouraged this year as it requires being face to face with others while accepting candy from someone else's house. This is now more of an uncomfortable situation, as the pandemic has changed daily life to a maximum. But that doesn't mean Long Island doesn't have other fall-friendly options this weekend.

The Milleridge Inn in Jericho always takes holidays very seriously. The Village is themed for the occasion and they've expanded their Halloween into a much safer setting, taking precautions where necessary. Event tickets can be purchased through their website, and these events take place Friday, Saturday and Sunday through Halloween night. Visit milleridgeinn.com to learn more.

The Great Jack O'Lantern Blaze is another Halloween event, which is new on Long Island. It takes place in Old Bethpage Restoration Village and is running Wednesdays through Sundays until Nov. 8. This is a walk-through of thousands of carved and lit pumpkins in different designs, and it makes for an exciting but safe experience. Check out their site at pumpkinblaze.org/blaze-long-island.html.

If you like haunted houses, try the four unique drive-through or walk-through experiences Gateway Playhouse is offering this year. Three of the attractions: Brigand's Run (an outdoor walk-thru experience), Not So Scary (a daytime version of an outdoor walk-thru experience), and Gateway's Haunted Playhouse Drive-in Theater will be held at Gateway in Bellport. The fourth attraction, The Forgotten Road, is a drive-through haunted house at Southaven County Park in Yaphank, giving you the opportunity to be terrified from the safety of your car from 7 to 10 pm on Oct. 29 and until 11:30 on Oct. 30 and Halloween. Learn more at gatewayshauntedplayhouse.com.

Fall is often associated with pumpkins: pumpkin patches, pumpkin picking, pumpkin spice lattes; they all make up a large portion of autumn. Of course, pumpkin patches have increasingly become popular due to the outdoors and social-distance aspect of it. Schmitt's Family Farm in Melville has a large variety of fall activities. Their Fall Festival includes photo ops, hayride wagon rides and mini golf. This farm also contains a great pumpkin patch for annual pumpkin picking, as well as a sunflower field where you

can pick a sunflower to buy. Their site is schmittfarms.com.

Looking into more local areas, there's a smaller pumpkin patch in Garden City at the Unitarian Universalist Congregation of Central Nassau on Stewart Avenue, only a short drive away from Adelphi. The church has a beautiful display and selection of pumpkins and mums, which create a colorful picturesque-like atmosphere on a busy road. An added bonus is that their pumpkins are sourced from the Navajo nation in New Mexico, so your purchases benefit them and the church. Going to pumpkin patches is a great activity for family and friends during a time where accomplishing normal yearly rituals becomes difficult.

Another locality that dresses up for the season is Hick's Nurseries in Westbury. Hick's always does a walk through inside for Halloween and Christmas, which they were still doing this year, with a few modifications. The line to see Otto the Ghost's story is outside instead of inside, and only a certain number of people are allowed in at a time. While hayrides and feeding the animals is not available to the public this year, there are plenty of pumpkins to go around. You can find a pumpkin as small as a tennis ball or as big as a watermelon. They also have gourds that come in all shapes, sizes and colors. Halloween decorations can be bought here, as well as delicious pies and the very popular apple cider donuts. Learn more at hicksnurseries.com.

Halloween is not cancelled, it's just that the definition of how to celebrate has been extended. While we may not be coming home in a Party City costume with bags full of sweets, we can still enjoy a quiet Halloween in our homes, watching scary movies and baking pumpkin-flavored treats, or go out in the crisp air and be surrounded by the warm colors of the season. It could also very well be possible that Halloween won't be celebrated as vividly this year.

First-year Nicole Cecere said, "This year since Halloween is on a weekend, and I can't really go out with all my friends, I'm going to work. I can be out and see my coworkers while still making money."

With a few exceptions, Long Island has surely made it possible to enjoy this fall and this year's Halloween with plenty of events and outdoor activities to keep us entertained and occupied. While Covid may stop us from having a normal Halloween, it won't stop us from enjoying what's been given to us instead.



The Great Jack-O-Lantern Blaze is a walk-through experience with thousands of carved and lit pumpkins in many different designs, an exciting and safe experience for this Halloween. Photo from Historic Hudson Valley

Candy Fun Facts for a \$2.4 Billion Halloween Industry



Halloween wouldn't be the same without candy, which this year, the National Retail Federation said is expected to reach \$2.4 billion in sales, down slightly from \$2.6 billion last year due to expectations that Covid will put a damper on trick or treating. Still, that's a lot of candy. If you plan to buy any for yourself or potential trick or treaters, you may want to know what is the most popular—and least popular—candy this year. Candystore.com, which studies annual candy industry trends, said that Reese's Peanut Butter Cups rank number one nationally as everyone's favorite, followed by M&Ms, Snickers, Skittles, Sour Patch Kids, Twix, Kit Kat, Butterfinger and Nerds. Licorice is the least favorite item to get stuck with. In addition, the organization created this map showing America's most purchased Halloween candies by state. New York's favorite candy is shown to be Sour Patch Kids, with Hot Tamales coming in second and candy corn at third. It turns out that if you prefer chocolate, you'll have to move to Connecticut where the Milky Way is number one. For more Halloween fun facts, visit NRF.com and Candystore.com. Image courtesy of Candystore.com.

Marriage Equality Now at Risk

BY MYLO FISHERMAN &
EZRA LAHEY



On June 26, 2015, the Supreme Court case of *Obergefell v. Hodges* was decided in a majority 5-4 decision for *Obergefell* declaring that the Equal Protection Clause of the Fourteenth Amendment extends to marriage rights for same-sex couples.

Samuel Alito and Clarence Thomas, two of the original justices who dissented from this ruling, urged the court at the beginning of October to reconsider their

decision. This coupled with Ruth Bader Ginsburg's recent passing, and Amy Coney Barrett's subsequent appointment to the Supreme Court this week poses a significant threat to the rights of LGBTQ+ individuals across the country.

Justice Thomas wrote, in an opinion joined by Justice Alito, "By choosing to privilege a novel constitutional right over the religious liberty interests explicitly protected in the First Amendment, and by doing so undemocratically, the court has created a problem that only it can fix."

Shortly after, the justices issued a four-page statement criticizing the harm that *Obergefell v. Hodges* has done to religious freedom, published in response to a case concerning Kim Davis, a Kentucky county clerk who had been sued for refusing to issue marriage licenses to same-sex couples.

In this, Justice Thomas states, "Due to *Obergefell*, those with sincerely held religious beliefs concerning marriage will find it increasingly difficult to participate in society," and "*Obergefell* enables courts and governments to brand religious adherents who believe that marriage is between one

man and one woman as bigots, making their religious liberty concerns that much easier to dismiss... In other words, *Obergefell* was read to suggest that being a public official with traditional Christian values was legally tantamount to invidious discrimination toward homosexuals."

These statements come at a time when conservative justices now have the majority of the Supreme Court. First, Justices Thomas and Alito are evidently against marriage equality. Justice John Roberts also dissented from the *Obergefell v. Hodges* decision. Justice Neil Gorsuch and Justice Brett Kavanaugh were both appointed by President Donald Trump and are conservative-leaning. Amy Coney Barrett, Trump's pick to replace Bader Ginsburg, refuses to offer her position on this topic, though she has previously shown that she is conservative-leaning. Finally, three members of the consenting majority remain on the Supreme Court. Now that the appointment of Amy Coney Barret has been approved, and she has been sworn in, the Supreme Court has a 6-3 conservative majority.

While marriage equality is at risk because of the majority conservative

Supreme Court, the means by which it is being scrutinized is also unjustifiable judicially. Justice Thomas and Alito's main argument is that marriage equality impedes on the Freedom of Religion aspect of the First Amendment, specifically the Free Exercise Clause.

Alternatively, if the court case were to be overturned, it would be unjustified because it would be breaking the Establishment Clause of the First Amendment. Under the Establishment Clause, the church is separated from the state meaning that the government is barred from favoring one religious view over the other.

Additionally, marriage equality isn't forcing anyone to go against their religious beliefs. The ruling simply ensures that same-sex couples who wish to marry and reap the accompanying societal benefits can do so.

It is sad to think that we are approaching 2021 and the country is divided, still fighting tooth and nail for civil rights. It seems to be that gaining civil liberties has become a one-step-forward, three-steps-back ordeal and progress is always lost in the long run.

Pandemic-Friendly Halloween Ideas

BY NAVEED SHAH

This year's concept of a Halloween mask may be a bit different from previous years. It's safe to say that we might be a bit scarier if we decide not to put one on in public. Also, going door to door trick or treating would not be the wisest thing to do during a global pandemic.

Gasp! Halloween with no trick or treating! Say it ain't so! How will we possibly celebrate Halloween without it? Well, there are myriad ways to still celebrate without trick or treating door to door. For example, trick or treaters could instead have a socially distanced costume parade. Everyone can dress up (with masks on of course) and show off their costumes (keeping six feet apart). This can be made into a friendly competition for most scary, most creative, most unique, etc. This can be taken a step further, by

connecting virtually with friends and family and having a virtual competition via Zoom.

Another way to celebrate would be to visit a pumpkin patch or orchard. Families or friends can get together to pick pumpkins and enjoy cider and other treats. Afterward, the pumpkins can be carved and decorated. However, according to the Centers for Disease Control it is important to wash your hands frequently or use hand sanitizer, particularly after touching frequently touched surfaces, such as the pumpkins.

Another fun idea would be to go to a corn maze. Just ensure that this is a one-way corn maze and social distancing guidelines are being met.

Or you could just try trick or treating. I know, I just said no trick or treating; however, trick or treating does not have to be eliminated. Rather, it can be modified. For example, parents can hide candies throughout

the house and in the backyard and kids can go door to door (in their home) finding the candy. This can be a fun alternative to going around the neighborhood.

Decorating the house with inflatables, lights, spider webs, tombstones and pumpkins is another way to get in the Halloween spirit. Afterward, it would be a great idea to take a walk around the neighborhood (with a mask and social distancing) to check out the neighborhood decorations.

Since many of us will not be collecting as much candy as we have in previous years, you might consider baking Halloween-themed desserts or cooking Halloween-themed meals. For example, chocolate pudding with crushed oreo and brownie crumbs topped with candy worms makes a delicious yet grotesque "dirt pudding."

A homemade pizza can be decorated with ingredients like mushrooms, olives,

jalapenos, and pepperoni to give it a scary touch. Another great idea is cutting out a jack-o-lantern face from an orange stuffed bell pepper to make it appear like a pumpkin.

Finally, watching Halloween movies and spending time with your families at home is another great way to celebrate the holiday. Some of my personal favorites are "It's The Great Pumpkin, Charlie Brown," "Halloweentown," "Twitches" and "Hocus Pocus."

Although this year has given us enough of a spook and scare to not need another day dedicated solely to getting scared and binging on desserts, we shouldn't forget the joy and fun that is Halloween. So put on your costume, get your pillowcase full of candy, and watch the scariest Halloween movie you can find.

For places on Long Island to visit this weekend, read the article on page 5.

Shopping Small for the Upcoming Holiday Season

BY JUSTIN KRESSE

Amazon's "Prime Day" may have already occurred on Oct. 13 and 14, but you can be sure that big businesses are still planning ahead for Black Friday on Nov. 27 and Cyber Monday on Nov. 30—all in an attempt to take your hard-earned money.

However, especially with Covid-19 and the effect that it has had on the economy, I urge you to consider shopping small this holiday season, and here are a few tips and tricks for how to support small businesses and still get some great presents for your family and friends.

One of the greatest benefits of shopping at smaller, local businesses is that you get a more unique and personal experience. The items for sale at some local shops can be distinctive and sometimes even handmade—unlike the machine-made goods you can buy at a larger business. They are also sometimes locally sourced, which means that your purchase helps both the local business and the person who originally sold them the goods.

By shopping locally, you will also be helping out your community rather than giving money to a multi-billion-dollar company. Around 67 cents out of every dollar spent at local businesses was found to stay within the local economy, according to American Express. Also, 44 cents were said to go to the owners' and employees' wages. That means your money is going back into the local economy and helping other local businesses stay open.

However, in the digital age where anyone can order anything with the click of a button, sometimes taking the time to visit a store is difficult. Consider the short drive to a local shop—because that's how you get more of a unique experience and great customer service.

There are also online alternatives where you can shop virtually from local businesses. Some local shops have storefronts on websites such as Etsy or even eBay. While this method of purchasing items isn't ideal—both websites take a cut of the price of the item—it's better than going onto Amazon, a company that could care less.

Another alternative you might consider, especially if you are worried about Covid, would be to call the local business and ask whether they would allow you to order an item remotely and pick it up. If you do make a purchase at a local business and are satisfied with your experience, leave a positive rating for the business on Google or Yelp. Ninety-seven percent of people say that they have read online reviews of local businesses and 93 percent say that those reviews impacted the purchases they made. You might also consider creating a post on social media about the local business.

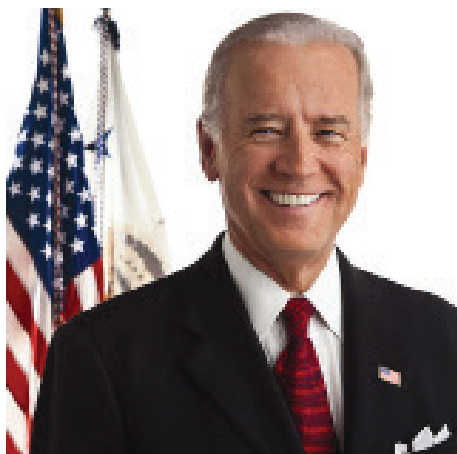
I know that spending more money on a gift when you know you could get it cheaper somewhere else can be difficult, so if you're really tight on cash and need a great deal, look at your local thrift stores. Some people might not prefer used items, but thrift stores can have older items that are still in the box. There are also items like electronics that don't really need to be new—they should work just as well used, and you can save a quick buck while still supporting local businesses.

Small Business Saturday on Nov. 28 is another opportunity to get some great, one-day deals at your local shops. Instead of the terrible lines and proximity to a large number of people on Black Friday, wait a day and check out the Small Business Saturday deals that some of your local stores should have. There are also special events and offerings that happen on this day, so it can support your local stores and get a little extra out of it.

Shopping at small businesses is a great way to help out the people in your community. You're not just helping the store owners. You're helping the employees, the people who provide the goods to the store, and any local businesses that those people shop at.



Biden: A Pivotal Step to Prosperity



BY MOLLY AMICK

Our country has grappled with an unpredictably and indisputably tumultuous year so far, one which leaves us on the doorstep of the Presidential election feeling desperate for hope, stability and direction. In this uncompromisingly bipartisan political climate, we see hostile division and charged discourse among citizens who are concerned about the direction of the United States of America—and at this point in time, considering the many major events we’ve observed recently—it is safe to say we all fall into this category. Though we each have different stances on political policy, we share the desire for seeking the fundamental concepts of liberty and freedom we cherish.

At this moment, I believe reelecting Donald Trump poses a deep danger to the American people and their abilities to reach prosperity. A vote for Democratic candidate Joe Biden is crucial, and I’ll show you why.

Over the past four years that Trump has served as president, he has proven to lack trustworthiness. He has a consistent record of lying to the American people: The “Washington Post” reports over 20,000 dishonest claims made by Trump. He also exhibits a clear absence of empathy for the American people, which was demonstrated boldly by his knowledge about the severity of coronavirus and simultaneous inaction. While Trump understood the danger coronavirus posed, he continued holding rallies and later admitted to downplaying the virus. Biden has spoken about how he would have made testing and treatment more accessible from the beginning of the outbreak.

Aside from the falsehoods rendering Trump an ineffective leader, he is not a president for the people as a whole, but for specific demographics. While he has been revered as an icon by right-wing extremists and hate groups, he has failed to protect and advocate for the diverse populations our country holds. To begin, Trump has failed to listen to or acknowledge the injustices that indigenous, people of color, and specifically Black people, in this country face. The Black Lives Matter movement has become one of the largest social justice movements of all time, and the president has responded with threats and hostility. If our own president is incapable of empathizing with protestors, acknowledging the way race contributes to one’s privilege, or considering the ways in which our country’s history impacts communities of color today, how can we expect to build an equitable society and keep peace?

We’re all familiar with Trump’s damage toward the LGBTQ community; he is responsible for the removal of healthcare protections of transgender people as well as the ban of transgender people serving in the military. To pile on these atrocities, the Trump administration has passed a rule permitting homeless shelters to deny transgender people access to housing, directly endangering the lives of our trans citizens, a population that is already significantly less safe than their cisgender counterparts. In a survey conducted in 2017, 30 percent of transgender individuals reported experiencing homelessness at some point.

Scrutinizing the current leadership of this country is an easy task when we look to the inhumane response to the pandemic, ignorance of science and disheartening refusal to listen to the experiences of minority groups.

But how does Biden approach these same issues?

Finding equity in prosperity for U.S. citizens will not be a timely accomplishment under any president’s administration, but while Trump has exacerbated the prejudices of discriminative people, Biden has made no secret of being in support of equal rights. Biden stood for marriage equality under Barack Obama’s presidency, and maintains a position of advocacy now; publicly commenting about the tragedy of transphobic violence and how it is demanding to be attended to.

One of the most pressing issues of our time is the climate crisis. Having a president who listens to scientists and considers the future generations and the impact our current environmental policy has on them is crucial.

A leading climate scientist, Michael Mann, states “four more years of Trump would mean ‘game over’ for the climate,” according to “The Guardian.” The consensus among scientists is that the deregulation of environmental protections, removing climate change from the list of national security threats, and cutting Environmental Protection Agency funding are all actions of the current president that have worsened the already pertinent issues that climate change poses.

Biden has a plan to reach net-zero emissions by 2050. To do this, he will create millions of jobs while reforming the electricity sector, as well as providing zero-emissions public transportation to large cities. Biden has also stated he would rejoin the Paris Agreement, as well as fight environmental injustice and environmental racism, pledging to hold polluters accountable.

The next four years are going to be intense, carrying the momentum of a hectic time and a stressful election season. It is crucial to our wellbeing as a country that we elect Joe Biden as president and Kamala Harris as vice president to attend to vicious environmental threats, to take the voice of the people seriously, and to act upon the social inequalities.

We need Biden so that we may meet this whirlwind of disorganization and divide in our country with consideration for the future generations.

Trump 2020: An Endorsement of the Sitting President



BY CLAIRE TSANATELIS

With arguably the most important election of our lifetime days away, there is still a little bit of time left to shift the vote for undecided voters. In my case, as someone who is casting their first vote in a Presidential election, I am more than happy to be endorsing Donald J. Trump for U.S. president and I will tell you why.

When Trump won the 2016 election, this was the first and only hope of posing a legitimate threat to fight the neoliberal institutions that have destabilized the tenets of Americanism since the second half of the 20th century. Electing a foul-mouthed, billionaire playboy, reality TV star wasn’t ideal. But when he sacrificed his lavish New York City penthouse lifestyle to publicly acknowledge topics of concern that no other American politician would, and sentiments that average Americans have suppressed for decades, it isn’t a mystery why he became the most hated man in the world. His ascendancy among his base of white non-college educated voters continues to flourish.

Both our domestic and transnational elite do not have our best interests at heart, and we see this after decades of being sold out and betrayed by endless foreign wars, cheap labor, unwarranted mass migration and watching our family units crumble before our very eyes.

At the same time, we have seen our American culture erode into something unrecognizable, where all of the characteristics of the traditional American nation have been subverted into being seen as “evil” and “oppressive,” which justifies the persecution of religious freedom that has pushed God out of our homes and schools.

All three branches of government and the two-party system have been complicit in letting the degradation of our culture, our homes and our people take place. The demoralized American had no chance of political representation until Donald Trump ran for president on a platform that addressed these three main issues of foreign policy, trade policy and immigration that aims to put the nation and the American people first.

Having Trump as president has not saved America in four years, and neither will it in eight years because these problems are so deeply embedded that they will likely take generations to resolve. Having him in the Executive Branch is still a reminder that there is a political solution to gaining our country back, and this builds in more time

to strengthen and prepare ourselves for the hardships that are destined to come.

If we have Donald Trump as president for four more years, you can expect to retain your gun rights, while living under an administration that is tough on crime, promotes law and order, strict border control, and cherishes the history and the heritage of this great nation.

With Trump as president, we have seen the building of 400 miles of border wall; illegal immigration down by 92 percent; calls to strip Big Tech of their Section 230 protections that have allowed social media to censor conservative voices; and the proposal of the 1776 Commission that seeks to promote patriotic education to counter the efforts of the far left who are trying to teach a version of American history that villainizes and denigrates the country, as seen through the 1619 Project curriculum.

This is the last chance for a proper reactionary movement to thrive and gain momentum, before being permanently shut down through social media censorship. It’s bad enough that our positions get no representation through mainstream media, the entertainment industry, academia and Hollywood. Having Trump in the Oval Office, while also having the ability to freely communicate our ideas to the masses through platforms like Facebook, Twitter, YouTube and Instagram, are the only options our side has before we are silenced.

If we do not succeed in re-electing Trump, this could very well affirm Trumpism as a failure, calling for a reconstruction period to heal our nation of how Trump “ruined” and “divided” the nation, expelling any rhetoric or America first ideas he represented.

If Trump loses, it’s game over for those of us trying to win back the country we know and love, before it is radically reformed to the point of no return under a progressive regime. Our message framed around our love for God, our people, our families, our children and our history shows that we are not deserving of being written about in the history books as the “bad guys” by people who either hate us or fail to understand everything for which we stand.

As a college student and a member of Generation Z, I know that I am in the minority of young people both casting support for Trump and rejecting progressive politics, but in no way is this smaller metric a way to measure the impact of people who share similar ideals of traditional Americanism with me.

We are out there, and while our numbers may dwarf in comparison to progressives, this is not an overwhelmed minority. This is a lively, productive and capable minority, who may be silent for fear of social ostracization, and rightfully so, but once we take action with our principles, we can achieve quite a lot.

Donald Trump may win or he may lose, but one thing is certain, if you are considering or planning on voting for Trump, please do so by mail-in voting, early voting or going to the polls on Nov. 3. This may be your only chance at successfully defending the history and the character of the classic American nation.

Panther Spotlight: Senior Chris Coalmon Keeps His Eyes on Goals

BY JADE MCCLINTON-DORLEY

This issue of *The Delphian* focuses on Chris Coalmon of the Adelphi men's basketball team. Coalmon is a senior and a physical education major. He finished his first season at Adelphi scoring 317 points with a field goal percentage of 46.5 percent. He hopes to become a physical education teacher and start an Amateur Athletic Union program for kids. In this interview, we get insight on how Coalmon's basketball career has been impacted by the coronavirus pandemic and his overall background.

Q. How has Covid-19 impacted your basketball career and abilities? If it hasn't impacted you then why?

A. I would say Covid has impacted me from a basketball standpoint because of not being able to get into a gym for about two months. I had to find different ways to go work on my game. It was interesting and also fun. I had to literally drive around in my car and find a hoop to go shoot on. If I couldn't find anything to do, I would dribble the ball up and down the street. However, despite the difficulties, my eyes have never left the goal, which is becoming a professional. In fact, it enhanced it.

Q. What do you do to keep yourself safe during this pandemic?

A.: I wear a mask almost everywhere I go and I only see a selected few people.

Q. What does basketball practice look like these days?

A. Basketball practice is a little bit different now with the pandemic. We are required to wear masks when we lift weights, but not when we practice together as a team. Our coaches wear masks and gloves when they are with us on the court.

Q. What do you consider to be your greatest achievement so far, basketball or



Chris Coalmon shooting a three-point goal. Photo from Adelphi University Athletics

non-basketball related?

A. My greatest basketball achievements are scoring 1,500 career points on the island, being able to play major minutes in championship games in both freshman year and senior year, being All-Long Island multiple times, and being blessed enough to obtain a scholarship for playing basketball for Division 1 and 2 schools. A lot of people don't get that opportunity, so I am forever grateful for that. My greatest non-basketball achievement isn't an achievement yet, but it's my ability to help others and teach. My biggest joy in my life is when I see a smile on a kid's face when I teach them something and it works.

Q. What, if anything, has your basketball career taught you so far?

A. Patience and perseverance. People always wonder why I'm so patient, because basketball has taught me that. As a young player, we can get so caught in the hype that we see from other people and we want that same success. It doesn't work like that. You create your own story. I learned to be patient and let my success come to me. One thing

I've preached in my life is to keep your head up no matter what it is. It was easy to say because I've never really gone through anything in life. My sophomore year of college really blindsided me with adversity. It felt every time I would stand up I would be right back on the ground. One of the things that really got to me was the passing of my grandfather. On top of that, I wasn't playing at all at my other school. I really questioned if I was going to ever touch a ball again. However, I stuck with it and continued to push myself regardless of my situation.

Q. What motivates you to keep going every day?

A. A lot of things keep me going every day. One of the things is I always feel like I have something to prove. A lot of people still count me out. I take it very personally. I am determined to show them why they passed on me or why they should've chosen me. You hear those stories about how Draymond Green can recite all those players that passed on him. I remember all the schools that passed on me too. Secondly,

what gets me going is my future family. My father and grandfather always told me what you do in your early twenties will determine what your fifties will look like, which holds truth in my opinion. So I always think about putting my future children in the best position possible.

Q. What made you want to come to Adelphi?

A. The coaching staff of the men's basketball team. After I entered the transfer portal, I just wanted to work on my game and take a year off to see where I was mentally. The coaching staff here gave me back my confidence as a player by constantly showing me interest. I couldn't say thank you enough for that.

Q. What is your ultimate goal when you graduate from Adelphi?

A. The ultimate goal is to be able to play professionally as long as I physically can and to teach the youth.

Q. What inspired you to become a physical education major?

A. After my sophomore year, I came home for the summer and I decided to work at my high school. My high school has the biggest basketball camp in the state. A lot of people who've gone to this camp are currently playing in college today. So, being able to coach and create a bond with the players is what made me change my major.

Q. Are there any words of advice or positivity you wish to give readers?

A. To the people who read this, the best is yet to come. Continue to push forward with your lives. Be the best versions of yourself and inspire others. Everyone goes through something in their lives. It's how you respond to adversity that makes you who you are today. You can be anything you want to be; just go pursue it.

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SOCIETY OF PROFESSIONAL JOURNALISTS

Consistency Is Key: Panther Athletes Resume Daily Practices

BY MAXMILLIAN ROBINSON

Seven months. That's how long it had been that our Panther athletes were prevented by the Covid-19 shutdown from seeing each other in person, talking to their coaches face to face and most importantly, getting back into their facilities. But as of Sept. 22, all sports departments have returned to some sort of physical practice, according to Ian Schraier, the assistant athletic director for sports information. Since then, athletes have worked their way back into a regular athletic schedule, from individual/small group practices, to now participating in full roster scrimmages.

"Practice restarted in phases," said head men's soccer coach Gary Book. "We worked in small socially distanced groups from September 22 until October 11. October 12 was the first day of regular practice with our full roster."

Book said that practices are held daily, Monday through Friday, from 12:15 to 1:45 pm.

Head volleyball coach Dani MacKnight, said. "We have been practicing Tuesday and Thursday for an hour progressing to two hours as of this week. We are also adding Wednesday practices this week."

When the volleyball team resumed

practices on Sept. 22, one player particularly chimed in on her experience so far.

"Because we took a huge break without training and playing our sport, the first week of practices have been kind of welcoming us back into our routine," said volleyball player Sofia Pinzon. "Physically it is going to take a few more practices to fully get back into volleyball shape. I think me and my team are all on the same page of wanting to get back to tough competition as quickly as possible, so we are taking these practices one day at a time."

Pinzon, who is entering her second season, is very eager to continue winning with her team. Without a set date to begin their in-game season, she continues to hope that the volleyball team will be back on the road competing again.

"Right now, we would be in season traveling every week, so this season feels completely different," Pinzon explained. "I have so much time on my hands this fall and not nearly practicing as much as we did last season. I miss the busy schedule I had last year and cannot wait to go back on the road to compete with the team after this pandemic is over."

Men's tennis player David Leader also commented on resuming practices.

"For me it was hard to practice in the first few weeks simply because of my class schedule," said Leader. "Once I

began it was a little challenging to find a rhythm. I had missed out on a few weeks of practice just before classes started since I had to quarantine as an international student."

The current rule in place for Adelphi is if you are an international student or someone from a state with high cases of Covid-19, then you must quarantine for 14 days upon arrival. That had a major impact on Leader, who is a native of Bermuda.

"Personally there hasn't been much change in my routine. However I do try to get as much sleep as possible," Leader said.

As there has been no official ruling yet as to when the season will begin for our Panthers, how have they continued to stay consistent during times like this?

"Sleep is the number one thing I make sure to do to get prepared for the season," Pinzon said. "This makes sure I am energized for the practices."

"This season feels different for many reasons," said Leader. "Tennis is a spring sport, but in the fall we normally would still have occasional tournaments and friendly matches. With all that's going on that hasn't been possible."

Whether it's rest, new eating habits or a change in the work schedule, one common denominator is for certain, these athletes will stop at nothing to prepare for the quirky season ahead. Consistency at its finest.

All photos on this page from Adelphi University Athletics



Sofia Pinzon (#10) expressed her excitement for the impending volleyball season.

How to Lead a Sports Team During a Pandemic

BY MAXMILLIAN ROBINSON

1, 2, 3, Panthers!

Teammates and coaches huddle up after a challenging practice, regaining their stamina and integrity after a long hiatus from the sport. As most of the players head back into the locker room and hit the showers before classes, the coach calls out one of the players to share a word with them. That's the team captain.

Being a captain of a sports team is no easy task. These players are some of the elite few, taking the high road in every situation, checking on their teammates and making sure the coaches are on the same page with how the players feel. This is not based on luck; rather it requires skill to accomplish the many different tasks of these athletes.

"The responsibilities I have as a captain on my team is to make sure everyone is upholding our team values: accountability, dedication and family," said Grace Wegmann, co-captain of the women's volleyball team. "If team members stray from these values, my co-captain, Katie Schloss and myself ensure our players get back on track. We are also the direct line of communication between the team and our coach."

This sentiment of being a team leader gets overlooked often when it comes to all the nonessential factors that come with having that responsibility.

"As a team captain, it is my responsibility to motivate and lead my teammates to perform their 100 percent on and off the court and spread the messages from Coach Rebecca to the teammates," said co-tennis captain Barbie Quagliardi. "Since our season has been postponed to spring for this year, many of my teammates are not back in the United States and we are not able to practice as a team, which is a big discouraging factor during this time. That's why, for this semester, I dedicated myself to communicate with my teammates and make sure they are pumped up for our season next semester."

However, Wegmann said perhaps the most important duty she has as captain is to rally her teammates when they're down in a game.

"I know what each individual player needs after she makes a mistake, along with checking in on my teammates to ensure their mental and physical health," she said. "We also cultivate an environment where everyone is respected and their voices are heard; one that promotes enjoying the game and

each other, while working hard to achieve a common goal.

"There's a wide array of skills needed as a captain. However, the three that stand out to me are being personable, having the confidence to speak up for your team and being level-headed," Wegmann added. "Teammates need to feel comfortable enough to speak with their captain about any given situation no matter how difficult or emotional the conversation may be. This not only builds trust, but allows for open communication, which is essential if conflicts arise throughout the season."

Wegmann stated that captains must also have the confidence to speak up for their team because they are usually the direct line of communication between the players and the coaching staff.

"If the players want change, the captain needs to be able to voice their concerns to the coaching staff without apprehension," Wegmann said. "A captain must also approach difficult situations with a clear head in order to make the decision that will most benefit the team. They need to tackle situations with a level of composure despite the potential chaos surrounding it. As a captain, you learn to put the interests

of the team above anything else."

While there may be much skill required to obtain a position like this, where did the skills needed to become captain derive from? How were these athletes influenced to gain these skills?

"People that helped me the most during my time as the team captain were my Coach Rebecca and Assistant Coach Karen," Quagliardi said. "I learned from Rebecca how to handle crisis situations with proper decision making. From Karen, I learned how to be less stressed and enjoy the thing I am doing, which is going to help me with how I will approach my teammates as a leader. But one of the most important things that they taught me is that a great captain doesn't care just about tennis, but also the life of a person (the mental health)."

Wegmann said, "I can't narrow it down to one person that has helped me during my time as captain because there are several. My co-captain, teammates (both present and former), coaches and parents."



(Left)
Co-captain Grace Wegmann (middle) sets the tone for her teammate to spike the ball onto their opponents.

(Right)
Co-tennis captain Barbie Quagliardi getting ready to serve it up in her tennis match.

