

The Delphian

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The Voice of the Students

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Student Mental Health Issues on the Rise Due to the Ongoing Impact of the Pandemic

BY MARIA GIOVANNA JUMPER

The transition to online learning has not been easy for students, professors or other members of the staff. With the one-year anniversary of shutdowns just reached, students have been facing a year of isolation and mental health crises. Much of the year has been spent isolated from loved ones, friends, classmates and a former co-workers. A recent PBS report, titled "How the pandemic is impacting college students' mental health," stated that 3 out of every 4 Americans between the ages of 18 and 24 have experienced and reported poor mental health in conjunction to the pandemic. According to the report, these students have felt isolated on campus and there has been an overall increase in depression and suicidal thoughts among college students over the past year. Adelphi has seen consistent statistics, although not identical, as many students struggle with the impact of Covid-19, according to Joshua Altman, the associate director of the Student Counseling Center.

"There is a heightened sense of anxiety and isolation that students are experiencing," he said. "One of the most important aspects of college life is the interpersonal relationships and sense of community that students build on campus, and due to CDC social

distancing guidelines many folks don't have access to that sense of community."

Among the students who reach out to the Student Counseling Center, there have been numerous issues that they've shared that are leading to anxiety, depression and other mental health concerns, according to Erin Furey, outreach, training and mental health promotion coordinator. She said they have been reporting their struggles while isolating from friends and classmates for health safety, while also dealing with complicated family dynamics.

These dynamics include needing isolation to be able to study, when many may not have their own bedrooms or homes. Furey said that some have to juggle hiding courses in subjects their parents don't approve of, like humanities classes when their parents value STEM more, or classes in gender, race and sexuality that their family may find issue with.

Other students have reported that they have had to hide their identities from their families, according to Furey. Specifically those students who identify as LGBTQ+, but who are not able to be open about it to their families or in their homes. These students have had to deal with the mental health crises associated with hiding their identity in their homes when they do not need to on campus.

Then there's the fact that the conse-



Image from Pixabay.com

quences of the pandemic are ongoing, and after a year, students are still struggling with the adjustment to life in lockdown. One of these is Julia Bacarella, a junior nursing major. "The lockdowns have definitely taken a major toll on my mental health as a whole," she said. "I went into lockdown very optimistic, picturing an extended spring break. That spring break then turned into the longest months of my life."

Here Bacarella is referring back to the extended spring break we experienced around a year ago. We were all caught off guard when campus shut down and did not open for in-person classes until the fall semester. This was the start of the heightened anxiety and stress that would continue to this point.

Continued on page 2

Which Students are Eligible for the Vaccine?

BY RAVYN MALVINO

In New York State, there are more than seven million eligible to be vaccinated in Phase 1B. With New York state currently receiving only about 300,000 doses of the vaccine each week from the federal government, the demand for the vaccine exceeds the amount available. Therefore, it is estimated that it will take about 12-14 weeks for all those eligible in Phases 1A and 1B to be vaccinated.

"According to Centers for Disease Control and Prevention (CDC) guidelines to federal, state and local governments about who should be first to receive the new Covid-19 vaccines, healthy college students fall into Phase 2," said Nicole Gaudino, MS, AGNP-C, Adelphi's director of health services.

There are several exceptions for students who currently meet the eligibility criteria to be vaccinated. For example, the following are all eligible for the vaccine: students who work as high-risk hospital staff, affiliates, volunteers and contract staff, following the clinical risk assessment guidance; any staff administering Covid-19 vaccinations, including volunteer nursing students, teachers and education workers; first responders, including law enforcement and fire service; restaurant workers; public-facing hotel workers; people with developmental disabilities; and hire vehicle drivers.

Additionally, individuals with comorbidities are eligible for the vaccine. These include cancer, chronic kidney disease, heart conditions, Type 1 and 2 diabetes, intellectual and developmental disabilities, including Down syndrome, and pulmonary disease including COPD (chronic obstructive pulmonary disease), asthma (moderate-to-severe), pulmonary fibrosis and cystic fibrosis.

For a full list of qualifying comorbidities and information about vaccination eligibility, visit the New York State Phased Distribution of the Vaccine website (<https://covid19vaccine.health.ny.gov/phased-distribution-vaccine>).

Gaudino added: "The 'Am I Eligible?' app is the quickest way to see if you're eligible and make an appointment. You can also call the New York State COVID-19 Vaccination Hotline at 1-833-NYS-4-VAX (1-833-697-4829)."

Even if you have received the vaccine, Covid-19 health and safety protocols should still be followed. Always wear your mask, wash your hands and maintain social distancing.

A New Look for Adelphi's Research Conference in April

BY KATIE FARKAS

Each spring semester, the Adelphi community holds the Adelphi University Scholarship and Creative Works Conference to celebrate and showcase the high quality of work being done by Adelphi students. This day-long event includes formats such as oral and poster presentations of scholarly work, computer game demonstrations and performances.

"Students have the opportunity to share their hard work with their peers, faculty members and visitors," said Nate George, co-chair of the conference. "In taking part in the conference, the students are able to build presentation and communication skills and learn to defend the work they have done."

This year the event will take place virtually on Tuesday, April 27 from 9:30 am to 3:30 pm. All of the traditional formats (e.g., talks, posters, creative exhibitions, etc.) will



A previous presentation at the Adelphi Scholarship and Creative Work Conference. Photo from the Scholarship and Creative Work Conference website.

still be offered through a digital conference hosting platform. The keynote address will be given by Emily Graslie, known for her work on the Brain Scoop YouTube channel.

"In many ways, we hope to recreate the traditional conference experience as best we can in this new virtual format," George said. "While we all wish that a celebration such as this could be in person, we are also excited about the opportunities that a virtual conference provides."

For the first time, George said they will be welcoming back alumni whose presentations were canceled last year due to the Covid-19 pandemic.

"We are excited to provide them this platform that they so deserve and in doing so, to fold in the broader Adelphi community, an element we hope to expand on in the future. We are also embracing a more 'roundtable' approach to oral presentations, as opposed to larger audiences, which we hope will facilitate more in-depth conversations between our presenters and the attendees," George said.

Although the conference is going to look a little different this year, there are numerous benefits for the participating students. George said one significant benefit is learning how to communicate your work to an audience beyond your chosen field.

"As a developmental psychologist, I have to be able to discuss my work with the parents, educators and policymakers who affect the everyday lives of children," he said. "Similarly, a biologist or chemist may need to work collaboratively with those in the medical field or engineers who can help to develop

manufacturing protocols for new innovations. And the author of a script has to speak about the value of their work with producers, marketers and others who can help to create and promote their project. Because this conference brings together the diverse interests and expertise of our community, it provides a platform through which students can hone this skill. We also encourage students to present works in progress, which has the added benefit of getting feedback that can be used to strengthen their work in their remaining years at Adelphi."

Sophie Meyers, a former student participant in the conference and now a graduate student in SUNY Oswego's M.S./C.A.S. School Psychology program, said, "Presenting my research, entitled 'False Memories and the Misinformation Effect: Impacts on Classroom Learning' at the conference has made me more confident and comfortable when public speaking. This is helpful for me in both my courses and my future career. It also pushed me out of my comfort zone, which is benefiting me now because graduate school is full of new experiences and new things that learn that require you to step out of your comfort zone."

Meyers added: "I would absolutely recommend that other students participate in the research conference. I got so much out of presenting at the research that has helped me and will continue to help me reach my goals. It was a fun experience that not everyone gets to have, and a bonus is that it looks really good on a resume."

A Word from the Editor

We have officially made it through half of this spring semester. With the end of mid-terms upon us, and only a few months until summer, it is easy for motivation to begin to dwindle. This is especially true with everything else that has been going on. Between the recent spike in Covid cases on campus and the constant readjustments to the pandemic, it is hard to believe that it has already been a year since the world changed.

The past year has been one we will all always remember, and *The Delphian* has done our best to cover it and keep all students informed. It has been my, and the rest of the staff's, job to bring forward the voices of the student body and share them for others to read. We have discussed the pandemic and how students are handling it; we have covered the protests that have worked their way around our country; the recent elections and even had some lighter topics like new hobbies students are enjoying and book reviews from alumni authors. We have worked to promote the voices of all students and their stories.

As I look toward the rest of this semester, my final semester at *The Delphian*, I am proud of the work that we have done and look forward to seeing the continued work on the paper. The commitment to representing the voices of all students is one that I hold to be of the greatest value to this newspaper. With this said, I encourage students to share their stories. Whether they involve mental health, as can be explored on page one, or recent political events, as stated in the opinions section, *The Delphian* is an avenue open to all students to share their views.

With the recent events in this country affecting students on our campus I want to make sure that all students understand their ability to share their views and experiences.

Additionally, I want to state that *The Delphian* does not condone any acts of violence against people, especially those that arise from hatred and bigotry. The recent events in Atlanta are unacceptable and justice must be brought forth. The other recent hatred and violence against Asian-Americans comes from coronavirus being called the "China Virus" and the "Asian Virus" by political leaders. This hatred must come to an end and justice must be served to all those who perpetrated this hatred.

—Maria Giovanna Jumper
Editor-in-Chief



TheDelphian

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Student Mental Health Issues on the Rise Due to the Pandemic

Continued from page 1

"It got to the point where I was having daily anxiety attacks because being in the house was unbearable," Bacarella continued. "I felt alone and vulnerable even though I was simply with my family who I love. Although online classes did sway my attention and give me something to do, the anxiety of trying to focus and feel all caught up was just too much. I know my professors did the best they could do during these unprecedented times, but I still felt incredibly overwhelmed as I'm sure a lot of people did."

Another issue that has caused widespread anxiety and depression has been the ongoing national struggle for social justice and the riot that took place in the Capitol on January 6. The Counseling Center has been a resource for students who are struggling with these issues. Furey said, "The Center functions from a social justice standpoint. We were ready to educate students during the Black Lives Matter protests and were ready for the forums and in all forums someone from our staff was there. Students were saying they are hurting. White students were confused on how to help; students of color were hurting, so we started a support group."

Additionally, Furey said that students have mentioned the Capitol riots in group sessions and have spoken about the uncertainty and stress that unfolded that day.

But perhaps the stress that is most common for Adelphi students at this time comes from their classes. Furey encouraged faculty to "develop more flexibility and empathy for students." Ways of achieving this are sending out recordings of classes, being flexible with deadlines and dates, and even transparency in grading.

"Students have a lot going on with

their mental health and familial responsibilities," she said. "It is a great help for these aspects of flexibility to be present."

Another way to support students is by allowing them to keep their cameras off during class. This will especially help those who do not have privacy. Additionally, the Counseling Center will be starting a support group for faculty and staff to help them adapt to this crisis and learn ways to support their students. They understand how hard it can be to notice signs of crisis when students are over Zoom.

"I do feel like the beginning of the pandemic last March, professors were very lenient with school work, pushing backtests, etc.," Bacarella said. "I lost a loved one due to Covid-19 last April and it took a large toll on my motivation. I reached out to my professors and they were 100 percent understanding and even extended some of my assignments so that I could grieve without worrying too much about school."

"However, I feel like professors aren't as lenient as they were last year. I do understand they are under a large amount of stress the same as we are, but I just wish things could be different," she said.

Some have also stated that the ongoing pandemic has affected their motivation. Bacarella said this was true for her. "I am a very visual learner, so I have to be in class. Although I have adapted to online school, it is definitely something that I would not wish on anyone. On top of that, I have two six-year-old brothers that live with me so that also definitely makes it hard to focus when I am in class."

Bacarella added, "I try to stay as motivated as I can by reminding myself of my future goals and aspirations and how I can

achieve them."

Furey said one of the concerning consequences of the past year is that the Counseling Center has reported an increase in substance use and abuse among students, which is consistent with nationwide numbers. Furey said, "Students who used substances in the past are tending to overuse or abuse; students who never really did are beginning to now."

She said the turn to alcohol and drugs as a coping mechanism has been expressed through TikTok videos and other social media content and students have picked it up.

Another issue that has caused widespread anxiety and depression has been the ongoing national struggle for social justice and the riot that took place in the Capitol on January 6.

Although this year has been hard on everyone, practicing self-care and self-compassion can help us keep moving forward throughout this difficult time. For Bacarella, focusing on self-care made a difference. "Over the past year, I started going to therapy, which definitely has helped me cope with everything going on in the world. I have also started journaling a lot more and meditating, which has helped tremendously."

"I would definitely say to don't hesitate to reach out to friends and family for a helping hand during this time," she continued. "I found the most comfort in reaching out to my best friend and calling her nightly just to talk. It gave me a sense of normalcy and the feeling that I was most definitely not alone."

To help students cope with all these stressors, Furey recommended they utilize the Student Counseling Center's resources. Here

students can learn preventive measures for managing stress and anxiety. Additionally students who have turned to substance abuse can go to the Center without getting in trouble for the actions they have taken. Furey, who can be seen around campus wearing a "Be Kind" mask, emphasized that the Center is there to support students and help them through times of crisis, not to punish them. They can be reached via email or phone and appointments can be made for either in person or online. Additionally, if you are living at home and those living with you do not believe in counseling, you can email the Center to find ways to connect without risking your safety in your home.

Furey also mentioned that in the coming days there will be 1,000 free subscriptions to the app Headspace. Headspace is a meditation and sleep app that Furey recommends, but knowing that paying for its service may not be possible for all students the university was able to secure some free subscriptions. More information can be found on the Adelphi news website. (See "Student Counseling Center Partners With Headspace to Offer Mindfulness App to Students.") Additionally, students are welcome to take part in group sessions where they can hear from both mental health professionals and their peers.

Furey added that the Center has many options for meeting with students, including over Zoom. "We talk about counseling, we talk about coping skills, self compassion and kindness, and never underestimating the power of students being kind to themselves. Tell yourself something positive about yourself everyday."

If you need support at this time, or any other time, please contact the Student Counseling Center. They can be reached at scc@adelphi.edu or at 516-877-3646.

Campus Covid Cases on the Rise Prompting Yellow Alert

BY RAVYN MALVINO

Earlier this month, Adelphi University's Covid-19 alert level was elevated from blue to yellow after reaching 50 positive cases among the on-campus population of 3,560. (Blue means the active positivity case rate is less than 3 percent or active cases are less than 50 and yellow indicates the active positivity rate is more than or equal to 3 percent and less than 4 percent or has active cases greater than or equal to 50, but less than 75.) According to Adelphi's Covid-19 tracking dashboard, of the 50 cases, 10 are staff members other than faculty, 35 are commuter students and five are residential students. Sentwali Bakari, PhD, vice president for student affairs and dean of students, sent out a campus wide alert on March 3 indicating that reaching 100 active positive cases among our on-campus population will trigger a campus shutdown, according to current New York state regulations for public health and safety.

This 1.4 percent positivity rate



Low to Moderate Risk

The active positivity rate is more than or equal to 3% and less than 4%, or has active cases greater than or equal to 50, but less than 75.

ALERT LEVEL INFO →

Adelphi's Covid case classification moved from blue to yellow earlier this month.

is likely due to an increasing number of students socializing and dining in groups and a lenient following of public health protocols like wearing masks, social distancing and limiting large gatherings.

"In regard to our recent change to Blue status I believe Dean Bakari said it best," said Nicole Gaudino, MS, AGNP-C, Adelphi's director of health services. "The uptick in Covid-19 positivity is occurring at colleges across the country, not just at Adelphi. Relaxing our attitudes toward mask-wearing and social distancing threatens not just our students and

campuses, but our surrounding community as well. If we do not remain vigilant, we put in-person instruction and our campus operations at risk."

Students are encouraged to follow the same behaviors as in the fall in order to help keep on-campus active cases below 100 and the Adelphi campus operations open as they proved to be effective. Students must take responsibility for their own health and the protection of others and help keep the Adelphi community safe from the spread of Covid-19 by taking the Pledge to Protect.

They should also avoid in-person social activities, especially those that are indoors without masks, such as dining. If students are dining indoors with others, they should still practice social distancing and wear a mask when they are done eating and drinking, even if they are still seated. The Adelphi community should also avoid crowded spaces and group gatherings. Always wear your mask, wash your hands and, when possible, maintain social distancing.

As the Covid-19 vaccine continues to be administered, the Adelphi community may also wish to check their eligibility to be vaccinated. Even if you have received the vaccine, Covid-19 health and safety protocols should still be followed.

Additionally, Adelphi is continuing to require testing via Vault Health and the AU2GO Health Check to be filled out daily to help monitor and prevent the spread of Covid-19.

Zoom University: The Real Platform We Are All Earning a Degree From

BY BIANCA VIANA

It has been a year since the on-going pandemic drastically changed all of our lives. A year ago this month, Zoom was an application that probably most students had never heard of and probably thought that they would never have to use. Fast forward to today, and Zoom has become an everyday word in our vocabulary. Millions of students and faculty across the world are using Zoom as a means to communicate, learn and teach daily.

Zoom has significantly changed the future of higher education, and many are not happy about it. Zoom can be beneficial in that we can actually see human faces, interact with others while learning and we can stay connected. But Fernando Krause, an adjunct professor in the Psychology Department at Adelphi University, called it a double-edged sword.

"I believe Zoom is here to stay. On the one hand, Zoom has facilitated people's access to the classroom since you can watch your class from anywhere you want. That means, people can stay at home with their family, sometimes even out of state, and still have the education they seek. This could also represent saving time and money with commute and other expenses."

However, the side effects of using the program include Zoom fatigue, unstable internet connection, and finding a quiet space for class. We have all been kicked out of a Zoom meeting or missed a chunk of class because our computers froze. The difficulties of using Zoom are there and it needs to be talked about.

Michael Moore, an assistant professor in the Psychology Department, also weighed in on how he thinks Zoom has changed the future of higher education. "I think the more-or-less mandatory switch to online instruction, mostly via Zoom, means that now every instructor and college student in America (and in most other countries, as well, I suspect) has experience with online education," Moore said. "We have all made this transition to online education, and many of us are still adapting to it today. For many, we have grown up in the classroom having face-to-face interaction with others and learning directly in

the classroom for pretty much all of our lives. Having to adapt to online school within days was challenging and it still is."

Moore added that for students, "... it has clarified why they sought out in-person education in the first place and the value of having face-to-face interaction with an instructor."

The idea of online education when having face-to-face instruction may have seemed amazing at first but we have all reached a point where we would do anything to be in the classroom. The level of education students are receiving online versus in the classroom is not the same and no matter what efforts are made that won't change. If your internet cuts out and you miss what the professor said you automatically get shy to cut in and ask for them to repeat what they said. If you have a question while your professor is lecturing it is hard to just unmute and interrupt without sounding rude.

Moore said, "For faculty, I think the difference between high-quality online instruction and low-quality online instruction (e.g., just putting PowerPoint slides and some supplementary videos on Moodle) is clearer. Good online instruction requires a lot of preparation on the part of the instructor and can definitely come close to the in-person experience, when done well."

Many students have had a variety of

experiences with online classes and the way in which the material is presented to students can really impact the students' outcome in the class.

Only making things worse for many of us is our work-from-home situations. Many of us live at home with parents, siblings or other loved ones, which we continuously have to ask not to disturb us. With other people who may also be learning from home or even working from home we have to learn to tune them out as they take a Zoom call of their own. Sometimes we find ourselves having to scramble across the floor to grab something from behind them. Many students do not have the luxury of a private space to work from at home, making online school all the more challenging—and unequal.

Moore said he had to make some adjustments as a professor. "We all have had to learn how to work from home.... [some of us] restructuring the physical space, figuring out where there is a quiet, private, temperature controlled space with sufficient internet access. However, for many, this space doesn't exist in their home and work/study from home has really highlighted systemic inequities as a function of socio-economic status, race, ethnicity and gender identity, to name a few."

As Moore pointed out, with online school many challenges come about, and some of these are not often considered by many

faculty members. Not all students have access to the essentials that are needed for being a successful online student. Some students were already facing difficulties to affording a private education, and now with the added stresses of the pandemic and having to attend school from home it only makes things harder.

Krause said that Zoom is really changing universities and other institutions of higher education. "It is a big deal since they can get more students without having the limitations regarding location. In fact, I also think the hybrid or mixed models of education will be a factor. I can see, although that's just my opinion, how classrooms might accommodate both in-person and online students at the same time."

Zoom is cost-effective for many universities and might be a reason why we continue to see Zoom being used even when things return to some sense of normalcy.

Krause added, "We see this possibility with the fact that Adelphi has updated all classrooms on campus to fit this model."

Adelphi is already offering hybrid classes where students are given the opportunity to come to class or watch from a livestream right at home.

However, as Krause pointed out, there are downsides. "On the other hand, it is going to be hard for universities to justify their tuition when most of their classes, or a good part of them, are online and not in person. Students pay high tuition rates with the expectations that they will have the college experience and will start their lives as independent adults."

Since the pandemic Adelphi has raised tuition by about \$2,000 for all undergraduate students in this academic year. Many students were upset for the same reasons mentioned above. Having an increase in tuition all the while not feeling satisfied with the current mode of instruction is hard.

Zoom will most likely not be going away any time soon. The vaccine, however, does offer hope in possibly seeing a full reopening of campus in the fall semester. The more we continue to practice social distancing and other safety guidelines, the quicker we can hopefully kiss Zoom goodbye.



Zoom has had a drastic effect on our education and is changing the future for higher education. Distance learning via Zoom is here to stay.

Adelphi Alumna Writes a New Book About Her Life Experiences Hoping to Empower Others

BY JACQUELYN SMILEY

Melanie Chartoff '70 is the author of the new book "Odd Woman Out: Exposure in Essays and Stories." Now that she feels like she "finally has an ending" to the story of her life, she wrote a memoir that is full of humor, yet realistic at the same time. Chartoff's book

details her life experiences in a sincere, yet amusing tone as she talks about her performances on Broadway and being the voice actor for Didi Pickles in the popular "Rugrats" series cartoon.

She also tackles the biases on gender and age and has managed to spin a story where no matter your age, you're able to connect with what she has to say.



Melanie Chartoff '70 is the author of the new book "Odd Woman Out: Exposure in Essays and Stories." She was arts critic for this newspaper when she was an AU student.

From her childhood to her first marriage at the age of 65, Chartoff shines a new light on what it means to be a woman. She covers her teenage years when she questioned topics like sex and how her image of being the perfect Jewish girl was affected while living in West Haven, Connecticut as she tried to build a career, to becoming a theater arts and television directing major at Adelphi.

Reflecting on her time at Adelphi, Chartoff told *The Delphian*, "I loved Adelphi's proximity to New York City via the Long Island Railroad, so I could begin getting work in New York, starting my career while in college," she said. "I was able to do walk-ons in soap operas, audition for summer stock, get a grown-up perspective on what it would be like to be a working actor."

As the arts critic for *The Delphian*, she said, she used her press pass "to see ballet and theater of high caliber."

In an email, Chartoff offered advice for today's Adelphi students. "The #MeToo movement and BLM have eased females' passage in both school and life, which may make it tougher for males than they are prepared to confront. The challenge for us all may be advancing

our careers via virtual platforms in lieu of in-person interviews if the pandemic persists."

She also gave advice to empower all women, while also building up their own personal spirits. "It's important that young women melt any glass ceilings inside themselves before they enter any classroom or workplace. Any inner surrender to patriarchal influences should be jettisoned as they prepare to step foot as equals into a new world."

Redefining the word "appropriate" because it is what "makes men comfortable" is just one of the ideas that Chartoff hopes to teach women. She told *The Delphian*, "It is not our job to make them [men] comfortable. It is our job to pursue our own agenda in a confident, audacious way."

With a coaching business, Charismatizing.com, Chartoff is now able to help people realize their potential in new ways. On her website she has coaching sessions and classes where she assists people in realizing their true potentials.

Her book "Odd Woman Out" (Books Fluent, \$12.99), released in February, is available at all major retailers.

Close the Deal: Practical Skills for Landing a Job

BY MAXMILLIAN ROBINSON

"So, tell me a little bit about yourself."

That was how the discussion began on the Zoom call March 15, as two people began to conduct an interview. The interviewer, Michael Graziano, asked several questions of the interviewee, Dorian Fuller. "Why do you want to work for us? What skills do you have? What are you looking for from us?"

Fuller answered: "Uhh, I don't know what I applied for; I like to dance, do homework and eat lots of food; I'm looking forward to getting this job after we're done talking."

Thankfully, this was a mock interview and the two guys are co-workers. It was an event presented by the Leadership Certificate program (which helps students with leadership and professional skills), the Center for Career and Professional Studies, the Center for Student Involvement, and the Robert B. Willumstad School of Business. The speakers were the managing director (Michael Graziano) and the head of diversity (Dorian Fuller) of BNP Paribas, a financial bank firm based in France. They spoke from 5 to 6 pm to Adelphi students about how to impress an employer during the interview process.

Tara Gerke, the moderator and a graduate student advisor at Adelphi, handled the questions, but let Graziano and Fuller take it away to express what key qualities are needed to lead a successful career. They had no trouble sharing their advice with the 20 students who attended the event who also got a chance to ask them questions.

Graziano highlighted all the things that his colleague Fuller did wrong in

the mock interview—emphasizing you should avoid doing them at all costs. These included being disheveled—Fuller was wearing sweats—not asking questions about the company or even being unfamiliar with your own resume. This shows an employer that you don't have what it takes to fill the role at their firm.

"Dress for success," Graziano said. "Please don't show up in a sweatshirt and sweatpants. We've seen it happen before and the interview went down from there."

If you're not sure what to wear for an interview, Graziano mentioned visiting the websites brooksbrothers.com and talbots.com. These sites offer quality casualwear for men and women looking to impress their employers' initial thoughts through their wardrobe.

"Even now, [virtually] companies are holding job interviews and right away employers judge you from the way you look in Zoom," Graziano said. "If you have bad lighting, voices in the background, slouched posture, this can be a detriment for you."

Fuller chimed in. "Zoom interviews are important from the time your camera turns on. But on top of that, one thing that many people don't shed light on is writing a thank you note once the meeting has commenced. Not only should you write one, but you should write detailed notes about how the interview went. That makes a huge difference when determining who to hire."

Fuller also emphasized the importance of correct spelling. "Grammar is important. 'Misspelling words on your resume or writing portfolios can show that you're not a true professional.'"

They added it's important to know what to put on your resume. Not everything

should, or will, be related to the occupation you're going after, but focusing on the logistics will help.

"Honestly, I only read the first page," Graziano said. "As an employer, right away I'm looking to know who you are, what you have done, and can you do the job asked. Two-to-three-page resumes are worthless."

For Graziano, it's the first document he sees before conducting an interview with a candidate. There are times he has "five minutes or less" to read what's on paper, so it's important to have what's necessary up front and center.

"All experience is good," Graziano said. "I had a military job. I was loading powder cartons into a carriage. Then I was hired by Merrill Lynch. I wanted to be a stockbroker for them, but I ended up a secretary. Either way, it was good preparation for the job that I have today because it gave me the necessary skills to become better at my current position. Even a cafeteria job is good to put on there."

Experience can come in many ways, including through languages.

"I also worked for a Chinese construction bank," Graziano said. "It was the first office in the western hemisphere. They had to apply for licensing, hire managers [like myself], and bring in people from [China] and [Americans] who knew Chinese. I did not speak Mandarin and most of the others I worked with didn't speak it, but I met someone who knew both languages. Businesses can look for people who know language skills."

They explained that companies are very keen about having a first-class employee, someone who has a clean image with no legal issues. Oftentimes, human

resources (HR) will look on an applicant's social media page to see if they're about the right things.

"LinkedIn is such an expanding tool," Fuller said. "You look up companies of different interests and you can talk to people who are in a unique position to help you."

LinkedIn is used as a marketing tool to help people find jobs of their interest in a professional manner. Other apps on the social platform, however, can be used against you.

"Facebook and Instagram are in a different category," Graziano said. "HR will look into that and see what you're really about. If you're posting pictures at the beach, drinking with friends and using explicit languages, take that down immediately."

Graziano mentioned that Glassdoor is another app that many use to search for jobs, eventually then moving those connections back to LinkedIn.

"Having a LinkedIn account alone won't do much," Fuller said. "You can put two to three words under your name. There's a tab on where you can show your skill, like financial analysis, that can really help you earn views on your page. Also, it wouldn't hurt to reach out to people and ask questions. While everyone won't answer, some will and from there, you engage in conversation."

Bottomline: Make a LinkedIn account and express yourself. This will help you attract recruiters and people who will help you further your career. And when you do make your account, make sure to add Graziano to your network. He'll "buy you a coffee" on Adelphi's campus.

The Digital Transformation of Business Opportunities in the Post-Pandemic Era

BY MAXMILLIAN ROBINSON

A tech-savvy meeting took place the afternoon of February 23, where five essential workers came together to discuss the future of the workforce post-pandemic. They were invited by Adelphi's Robert B. Willumstad School of Business to speak about the daily operations of their jobs and how the pandemic has affected their businesses. The goal was to provide students with information on how to navigate corporate America after graduation, with the hope of adapting to the post-pandemic job field. In addition to the business school, the virtual event was presented by Adelphi's Elizabeth and Allen Don Center for Innovative Technologies and Decision Sciences and Ridgewood Savings Bank.

The moderator was management professor Gita Surie, who is also director of the Elizabeth and Allen Don Center, which provides funding and encouragement for knowledge and scholarship in technology, innovation and decision sciences. Panelists included Jessica Kowalski of Amazon Web Services, Alexandru Oanca of Salesforce Services, Karam Kapur of Colgate-Palmolive, Gaia Dempsey of Metaculus and Mark Schlesinger of Broadridge Financial Solutions.

Their initial discussion made it clear that the Covid pandemic had had an impact on each of the panelists' businesses.

"Amazon was pretty well conditioned for Covid," Kowalski said. "I say a lot to our customers. Covid accelerated our plans, not the other way around. We had a plan in play years ago, but now we used this time to speed up the process."

"We had an increase in demand for products," said Oanca of Salesforce Services, a software company headquartered in San Francisco. "We provided a platform for communication as a team. We also realized when the pandemic took place, we had to pivot our strategy for the next season for online learning instead of enhancing books and services for a classroom."

For the most part, all panelists stated that Covid increased their revenue, given that this problem spans worldwide. However, certain companies needed a different plan of approach.

"We are people focused," said Kapur of Colgate-Palmolive, a household consumer products company. "We needed to find out how people were changing for the long term or the short term. From innovation, how are our values shifting? How do I reduce our plastic waste for the future? How do we engage in our customers differently?"

Other panelists dove right into their concerns.

"The first thing was that do we think it will be an anemic year?" said Schlesinger of Broadridge Financial Solutions, a financial services company. "We needed to think

financially. We budgeted for a tough year, but market volumes were thankfully in our favor."

Broadridge was among many firms that went virtual this past year, and the panelists said the virtual workspace has opened a new way of expansion, even when seeking new talent for their firms. Due to Covid, recruiters have more time to search the talent pool, increasing competition for a job. Before the pandemic, Schlesinger said, many jobs wouldn't even give you a chance if you weren't referred to them or had a connection to the company.

"The talent market has changed," Kowalski said. "Now we're at a place where you can look for talent for any role over a wide range of participants over the Internet."

Schlesinger added that another benefit of virtual meetings is that "we see everyone now and we all have an equal voice."

The adjustment to working online had one panelist revamp their entire schedule. "Our approach is that we're on site with clients Monday through Thursday, but now we have to do it online," Oanca said. "We had to change our gatherings. We used to brainstorm meetings and talk aloud but now it's very quiet, but easier to engage."

Another thing that has changed—possibly for the long term—is the idea of travel plans when it comes to regional meetings.

"Business travel is basically dead at this point," Schlesinger said. "We'd be wasting our time traveling to London or India. Know-

ing the risks, it's better to solve our issues in the company virtually."

When the questions turned to this year's graduates, many of whom are proficient in STEM skills, students asked the panelists about some of the game-changing skills they need to master to be hired.

Kowalski said, "When it comes to data sciences you need to understand problems and listen and devise ways to create solutions. AI [artificial intelligence] and tech are important as well. A higher level of reasoning is important."

Dempsey said many companies have downsized due to the pandemic, which can make the job search more challenging. But Oanca provided a helpful solution: "Opportunities are available, using YouTube and looking up how to do certain things can actually help you get a job and I believe we need to promote it more."

Oanca advised students to plan ahead now. "Develop new skills in the tech field, communicate through different mediums and expand on what is already established. In a diverse field, it would make the most sense to step outside the box in thinking," she added.

Dempsey said that regardless of how businesses have run in the past, Covid has taught everyone that embedded assumptions about how things have to be can change, so students should be hopeful.

How Residential Students on Campus are Managing This Spring

BY RAVYN MALVINO

As we pass the one-year mark of the start of the Covid-19 pandemic when Adelphi's administration asked everyone to leave campus, including 1,097 students in dorms, residential life has resumed. But it looks very different from the past.

"Campus life during the pandemic means I am in my room more often than not," said Adelphi sophomore Julia Smith. "Whether that be on Zoom or a movie night with my roommates, campus life feels safest in my residence hall."

Guy Seneque, director of the Office of Residential Life and Housing, said, "I would be mistaken if I said campus life was not different for students now than in previous years. Covid has changed the way we live, breath, eat, work, study and interact with one another."

Despite the Office of Residential Life and Housing's efforts, some students still feel disconnected. "While the RAs and residential community are trying to make things better, there is still a disconnect between residents," said sophomore Rebecca Luther. "Instead of feeling like a full community, people seem on edge and distance themselves."

Even though this year is different, Luther is still glad she decided to move back to campus. "I still love living on campus with my roommates and having my freedom here at school," she said.

Seneque noted that campus has been much quieter this semester since fewer students are living in residence halls on campus. Compared to the nearly 1,100 students living on campus last spring before lockdown, there are now only 598 students living in residence halls during the spring 2021 semester, and 686 lived on campus during fall 2020. Seneque said

that even with fewer students residing on Adelphi's campus, the RAs, RSA and Hall Councils have become experts at leading virtual programming events. "To date, they have collectively hosted 208 virtual programs with 1,780 students in attendance."

Smith agreed that these Covid-friendly programs have enhanced her experience living on campus this year. "Many clubs and organizations like hall councils and Resident Student Association have made living on campus entertaining through programming and giveaways," she said.

Adelphi sophomore Iyana Baskerville thinks the new University Center (UC) has had a positive impact on campus and is enhancing her experience as a resident. "The new UC has given a whole new feel to the campus," said Baskerville. "It's a great place to study and has really good food, and I think it promotes social interaction in a Covid-safe way."

Smith agreed. "The new UC has revitalized our campus. It has transformed my student experience and I look forward to utilizing the outside seating areas when it gets warmer outside."

"I am so impressed with what Facilities Management has done with renovating the UC," said Seneque. "Students and staff seem to love it. I hope students make great use of it. My hope is that when students are eating, they are doing it in a safe and socially distant manner."

In efforts to keep students safe, especially after the recent update regarding the increased number of positive Covid cases on campus, Residential Life staff are increasing signage, reducing lounge capacities by blocking off lounge chairs, and reminding students to remain vigilant with mask wearing and to practice social

distancing.

"RAs are also tasked with enforcing policy by making sure resident students are complying with mask-wearing, the residence hall guest policy and social distancing," said Seneque. "The Residence Hall Directors (RHDs) have worked with Health Services and Dining Services to quarantine students who have been exposed to Covid all year."

RHDs have also delivered food to over 120 students in on-campus quarantine since the fall semester.

Meghan Snowdale, an Earle Hall resident assistant, described this semester as "different" and said that while it has been challenging due to new Covid-19 protocols, the Adelphi housing team has been managing to still cater to resident's needs.

"Mental health has definitely been a challenge for students, especially first-year students and underclassmen," said Snowdale. "Students have been coming to us asking how to make friends and get involved on campus while still following Covid guidelines. This has made us gear a lot of our programs towards meeting new people, making friends and building a community, even if it is on Zoom."

While Adelphi is attempting to keep its community safe, some students think they can do better.

"The safety protocols in place regarding Covid-19 seem adequate, but are not effective," said Luther. "Our numbers have been much lower than other schools, but on a day-to-day basis, I see a lot of people not wearing masks and breaking guidelines. The protocols are working, but if they were more strictly enforced I would feel safer."

While some policies can be more strictly enforced, other policies



Students on campus exploring the newly renovated University Center.

Photo courtesy of @reshallb_au on Instagram.

have helped students feel safe. "I like that, in addition to the protocols already in place, we are always ready to move a class from in-person to online, to close the school for a few days, or to send residents home whenever Covid presents a threat," said Baskerville. "Even though these can be disappointing, it's important that the school always chooses to do what's best for everyone's safety."

Seneque also encouraged the Adelphi community to keep their fellow students' safety in mind. "Although spring is here and there are only two months left in the semester, we are not out of the woods yet," he said. "At any moment things could get worse if we are not careful. We need everyone to work together to continue to wear masks and stay socially distant. It will take a village working together to make sure we are getting through safely together."

Texas' Loss of Power During Winter Storm Could Have Been Prevented

BY LIZZ PANCHYK

The past couple months have been brutal in terms of snow, ice and even wind. We had a total of three snow days at Adelphi University and three weeks of continuous snow falls in January and February. It's been bitter, but we should start seeing warmer weather as spring melts away the icy cold. What can't be ignored, however, is what's been happening in the state of Texas. New York weather was nothing compared to the awful occurrences there.

In mid-February, an Arctic freeze surged among the states, and Texans weren't used to this frigid weather, let alone prepared for it. This cold front wiped out about a third of the state's electricity, leaving many without power or heat. Because of this unusual and seem-

ingly unexpected weather, no one was really prepared for the outcome. Extra blankets were never really a priority before. This left many to use whatever they could possibly utilize to keep a fire going, including childrens' toys, and many ended up freezing to death in their own homes.

Right before the storm, their Senator Ted Cruz decided to go on a vacation. He had been previously warned that these conditions would take place, but still ended up going to Cancun, avoiding his duty to help prepare the state for when this winter storm would take place. Cruz tried to defend himself by saying it was a mistake and he knew he shouldn't have left, which was why he rushed back to Texas within 24 hours. But this does not make up for not being there when his state needed him most. Meanwhile, Governor Gregory Abbott kept making excuses and not taking responsibility for what his con-

stituents were experiencing. People have lost their lives in their own homes due to the conditions they were left in, it was too late to try and make any preparations or negotiations. To this date, neither Cruz nor Abbott have made it clear how they will help to prevent this from happening again.

Texas has its own electrical grid, making it more difficult to keep a steady balance of electricity. All of these electrical outputs have been damaged during the horrible winter storm, in turn causing the statewide outages from these forces, especially gas-related, that the state tends to rely on. Because Texas has their own plants and electrical grid, they need to be more aware of just how damaging weather can be, especially because it has occurred in the past. Of course, who could've predicted such a cold impact on a state such as Texas? But being one step ahead, in

turn, will make for better future complications that may occur. Knowing that this system is very much relied on, it is no misunderstanding that this grid must be able to withstand a multitude of weather conditions, expected or not. Preparing for any outcome may in turn cost a lot of money, but also has the potential to save lives in the long run.

Not only this, but we're hoping that Texas can start seeing the brighter days of spring, a season of rebirth and redemption. With the information that Texas has taken in from this chaotic and abnormal weather that has taken place, the state can better arrange and buckle down in preparation for next winter. Senator Cruz, however, will hopefully learn from what he calls "mistakes" and take further priority in his responsibilities.

Recent Attacks on the Asian-American and Pacific Islander Communities Expand the National Discussion About Racism

BY CLAIRE TSANATELIS

Due to this country's history, and the resurgence of the Black Lives Matter movement into national headlines after the events of last year, it's no wonder why race is typically seen as an issue with Blacks at the forefront of the American racism experience.

Lately, more attention has been diverted to adding other minority groups of color, and their shared, but individual experiences of racism to the much larger discussion of race in America. We've seen this grow more salient in the past year after a recent surge of attacks on the Asian-American community, who have long been regarded as our nation's "model minority." These upticks of anti-Asian harassment began in March 2020, after the coronavirus pandemic, which originated in China, began to spread on American soil by infecting and eventually killing thousands of Americans.

This rise of the negative association with the Asian-American community and their "responsibility" for spreading the virus, has led a lot of people, particularly journalists and activists, to attribute the primary catalyst of this spike to former President Trump's rhetoric on referring to Covid-19 as the "Chinese virus." These are bold claims, but these assumptions are not surprising as President Trump and his supporters have long been associated in the media for emboldening white supremacy and racism all over the country for the past five years.



Asian-Americans have faced a surge in hate crimes during the coronavirus pandemic.

Image from Yahoo

There have been over 2,800 reported incidents of verbal abuse and violence towards the Asian American and Pacific Islander (AAPI) community that have been recorded by the organization, Stop AAPI Hate. While the majority of these assaults result in nonphysical verbal slurs, that doesn't excuse the violent incidents that have even ended in death, where the main victims appear to be the elderly, but not always.

In recent weeks our national headlines have been dominated by the tragedy that occurred March 16, when a 21-year-old gunman is alleged to have targeted three Georgia massage parlors, leaving eight victims dead. Six out of the eight victims are Asian, and the alleged perpetrator is white, which immediately stoked up hysteria by the mainstream media and fear in the Asian community about the grave threat white supremacy poses to the safety of POC in this country. CNN even published an article titled, "White Supremacy and Hate are Haunting Asian Americans."

Both the police who are holding the shooter in custody and the FBI stated that the shooting did not appear to be racially motivated. The perpetrator, who was a regular attendee at these parlors, claims that he carried out this attack due to a sex addiction and only targeted these parlors to eliminate temptation. Based on the information we know thus far, it's puzzling why blogs, articles and commentary talk shows aren't redacting the rhetoric they're using that explicitly blames these horrific murders on white supremacy and white racism. Or why no one's using this news story to shed light on a separate important issue that is highlighted in these confirmed statements, and that is not just the horrors of sex addiction, but how sex-related addictions can inspire a young man to go on a homicidal rampage

An incident that's as disturbing and multi-faceted as this recent shooting is being obscured so one narrative can be discussed, and it all stems back to expanding the national conversation of racism towards Asians and white supremacy in general. This recent tragedy was just the icing on the cake to complete the framing of the reporting of

these current events on anti-Asian racism, which have grown prevalent this past winter. On February 20, 2021, Reverend Al Sharpton and State Senator John Liu (D-Queens, NY) joined in solidarity as an antiracist Black-Asian alliance, uniting the Black and Asian communities to hold a march against white nationalism in New York City. The NYPD has reported a 1,900 percent increase in hate crimes fueled by anti-Asian sentiment. New York and California have experienced the most noteworthy attacks covered by the national news.

When Vicha Ratanapakdee, 84, who was a Thai immigrant, was fatally assaulted earlier this year in his San Francisco neighborhood, he had his picture used with the slogan "Justice for Vicha Ratanapakdee" for the promotional flyer that was used for New York City's "unite against white nationalism" protest to combat anti-Asian violence. Ratanapakdee's killer may have been African American, but that doesn't stop this victim's name from being used for a protest against white nationalism, where a lot of these deadly attacks on the elderly AAPI community have been blamed on former President Trump's comments that presumably fired up hate in his bigoted supporters.

Unfortunately, Ratanapakdee isn't the only elderly man of Asian descent who has been violently attacked or killed in the Bay Area by a Black male, where Black-on-Asian violence has been an ongoing epidemic in San Francisco and other parts of California, being documented as far back in 2010 by the Pulitzer-prize winning site, SFGate. In addition to New York City, Oakland and San Francisco organized similar marches this past month to condemn the ongoing violence of their elderly Asian peers who have lost their lives.

Of course, repeated cycles of interracial violence in California cities like San Francisco and Oakland are different from the recent explosion of anti-Asian attacks across the country in the age of the Covid-19 pandemic. But considering these hate crimes and acts of violence are more likely to occur in urban areas, specifically New York City, and several cities in California, it does raise

eyebrows as to why the media and elected representatives such as Ted Lieu, Mark Takano, Judy Chu, and Barbara Lee have been so quick to blame the former president's alleged anti-Asian sentiment.

New York and California are one of the most racially and ethnically diverse places in the country and considering that both states are deep blue and are governed by Democratic strongholds, it's odd to see how there would happen to be that many white Trump supporters walking around verbally and physically assaulting random Asians. According to a list compiled of all known attacks on Asians in the United States, most of the declared perpetrators are African Americans with a few other groups of color comprising these attacks as well. The FBI's own crime statistics reveal that despite making up 13 percent of the population, Black Americans committed 27.5 percent of all crimes against Asian Americans, while whites commit 24 percent of crimes targeting Asian-Americans.

With this knowledge of interracial violence, we're not going to blame or villainize those who are most likely to carry out these heinous acts, but rather try to understand the complexity of race-related issues in this country that surpasses the white-Black dichotomy over the past hundreds of years, or the usual white supremacy bogeyman, which has developed into pure conspiratorial fearmongering.

As a multiracial country that grows more diverse every year, we have to be aware of race-related issues that are growing under our noses while we're too busy focusing on the traditional roots of racial conflict in this country. We don't even know if most of the Black on Asian attacks are racially motivated, but there are underlying factors, both anecdotal and data-based, that could explain why this has been happening. This way we can finally mitigate these problems with efficiency, not by assuming they're happening because of race before we have concrete evidence that suggests so, but by cracking down on why such crimes are able to persist so easily throughout our nation's cities.

A Covid Co-Crisis: Mental Health Incidents Climb Amidst the Pandemic

By NICOLAS RONTANINI

When the pandemic first started, every one of us faced problems with adapting to an online environment. We may have had trouble keeping up with the workload, or had difficulty being able to understand the material with the shifting class structure. But as the pandemic continues, another crisis has come about: dwindling mental health.

The Kaiser Family Foundation (KFF) recently published a study showing adults reporting much higher levels of depression and anxiety symptoms (41 percent) compared to pre-pandemic life (11 percent). It comes as no surprise that situations like unemployment, social isolation and changes to school/university programs negatively impact people, but it's disheartening, nonetheless.

As the pandemic continues to go on, mental health issues continue to get worse. People can start having mood

swings, can start to shut down, and even worse is that emergency departments are finding themselves unable to handle the increase in cases. Some families might not have the ability to hire a therapist. Some people have thought about or actually tried to hurt themselves. The pandemic proved the importance of a person's support network and the need for maintaining mental health.

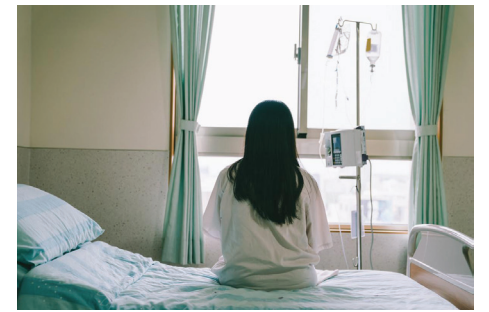
Early in the pandemic, I had some similar problems. Coping with sudden and unexpected changes, especially ones that completely change a person's life, can be incredibly difficult to do. I found myself struggling with anxiety when thinking about if the situation would improve or if I would even be able to make it through the spring. Even now, I still struggle somewhat with these issues. I still have difficulty feeling like I will make it through. And many others are likely feeling the same way.

When reading or watching the news about the pandemic, it is fairly easy

to feel helpless. I remember feeling this way for a long while during the early months of lockdown. Feeling like there is nothing you can do, nowhere to go, can make a person want to give up. I felt like giving up and sometimes still do.

Seeking help is always important, but some families can't do that. And the emergency centers (who are often a last resort) are having trouble meeting patients' needs. They don't always have psychiatric professionals on staff and can't always meet the needs of someone having a mental health crisis. However, some private centers can provide aid through specialized psychiatric care facilities. The downside to this is inaccessibility--many don't have reputable psychiatric care centers in close proximity or the money to afford them.

Especially now, when anxiety is not so easily combated, and its presence can inflict serious damage, I find it helpful to reach out to people. Letting someone know you're there if they want to or need



Socially distanced doesn't mean safe. More people struggle with mental illness during the Covid pandemic. Image from *Rollingstone.com*

to talk can help lessen the feeling of isolation and make someone feel heard. People are physically apart, yes, but we can still be connected. Helping others when they need it can help someone heal and help build a bond between them. Having a friend on the other end of the line who is willing and wants to help can make all the difference.

The Vinyl Revival: Why Digital Is Not Always King

BY JUSTIN KRESSE

The advent of streaming was an influential moment in the timeline of music listening. Up until that point, almost all music formats presented the listener with an entire album's worth of songs and gave them a physical, tactile experience. When iTunes, Spotify and Tidal launched, they offered users a more convenient option to listen to music, but they took away the tactility and some of the listening experience that had been important aspects of the previous formats. Lately, however, listeners have been drawn back to an older, but more superior listening format — the record. This recovery is called the vinyl revival, and it demonstrates that more and more listeners today have grown to appreciate the experience of putting a physical

record on a turntable and actually sitting down to listen to an album.

Before services such as Spotify, Tidal, SoundCloud and iTunes came onto the scene, there was only really one way to repeatedly listen to your favorite music: you had to buy it on a certain format. One of the first popular music formats was vinyl, but then came cassettes, eight track tapes and CDs, to name a few. Most of these formats included an entire album's worth of songs, which meant that listeners got the full experience that the band or artist intended for listeners. Also, for all the formats besides CD, they used analog audio signals, which meant that the recording was almost identical to the original mastering done in the studio. CDs, while using digital audio, use lossless audio quality, which means that all the information from the original master is still there, and most listeners would

have great difficulty telling the difference. In contrast, most streaming services use lossy music files, which don't have all the information of the original mastering. (There are a few exceptions, such as Tidal, and Spotify is planning a new Spotify HiFi with CD-quality music.) Having the best sound quality isn't as big of a deal for most listeners, but if you invest a lot of money in higher-quality equipment, you might be able to notice the difference.

One other benefit associated with vinyl is the tactile feel that a record brings. Taking a physical record, placing it on your turntable, and being able to watch the needle fall onto the record and seemingly glide across its grooves is an experience in itself. Associated with this tactility is the physicality of a record. When you pull a record out of its sleeve, you have a physical object with music on it. You don't need internet to stream that music. You could be in Antarctica, but as long as you have power for your amplifier and turntable, you can listen to your entire vinyl library.

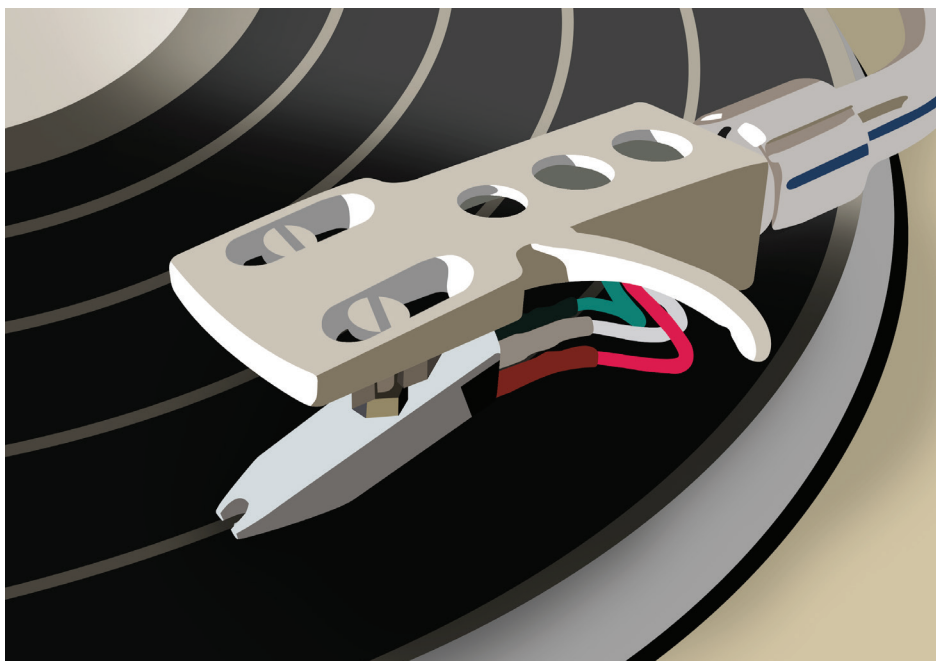
Another benefit of vinyl is its visual appeal. Not only do you get a physical record sleeve with usually very interesting artwork on it, but especially newer records also sometimes come on colored vinyl and even picture discs, adding something extra to the experience.

While the arguably better sound quality and physicality of vinyl does have its appeal, the reason I love vinyl so much is that it forces me to listen to an entire album. Unlike with streaming services like Spotify where you search for an artist or band and are immediately taken to their top five songs, with an album, you're forced to listen to all the songs on the record. While this might sound like an inconvenience, it has actu-

ally shown me a lot of songs that I never knew before listening to an album on vinyl. It is important to note that you are also forced to listen to an entire album when you use CDs, cassettes and other formats. I just prefer vinyl because of the previously mentioned other benefits. Listening to the entire album also allows you to get the entire listening experience that the band or producer intended. Every song is laid out in a specific order to create an experience for the listener, even sometimes incorporating the switch to side two as a sort of intermission. When you only listen to an individual song on Spotify or any other streaming service, you lose a lot of that musical experience. Even if you don't intend to get into vinyl, I would still recommend you use your streaming service of choice and try listening to an entire album from one of your favorite artists from start to finish.

Because of Covid-19, many of us have been stuck at home for longer than usual. With this extra time, you may even be listening more to your favorite music. If this seems like you and/or you want to get more out of your listening experience, consider looking into vinyl.

If you are interested in learning more about how you can start listening to vinyl records, be sure to check out the extended version of this article in the editorials section of our website: <https://www.thedelphianau.com/>



The vinyl revival is alive and kicking; maybe you should consider joining the movement? Artwork by Justin Kresse

The views on these Opinion pages don't necessarily reflect those of the staff, but all students' voices are welcome. Please write to us if you want to comment. Our email is Delphian@Adelphi.edu

Panther Players Reminisce About Their Time at Adelphi

BY MAXMILLIAN ROBINSON

With a postponed season for many athletes, it can be a struggle for them to find immediate joy. Oftentimes, this leads them to reminisce on all the good times. In a tumultuous season, a few athletes chimed in about how they were able to accomplish so much in their tenure at Adelphi so far and the secret to success in college.

“I owe any of my individual achievements and recognition to my teammates and coaches,” said men’s basketball player Ronnie Silva. “They put me in the position to be the best that I can be. I’m all about the team’s success and even though it feels good to be recognized for your play, the main goal of mine is to win with my team.”

Silva is no stranger to outstanding accomplishment on the college level. He was the rookie of the year winner for Adelphi’s basketball team in the Northeast 10 conference in 2019. He also is a prolific scorer, producing over 1,000 points in his college career in only two seasons.

Men’s soccer player Paolo Marciano also would agree that the team accolades outweigh his own.

“I have to thank all of the people that are around me on this journey,” Marciano said. “Teammates, coaches and all the Adelphi family support has been fundamental and played a key role in order to achieve the success I have achieved in the past two years. Without all of them and without their support I could never have achieved this success.”

An NE10 Player of the Year

(2019), Offensive Player of the Year (2019) and a NE10 Academic Achievement Award (2019-'20), Marciano makes an impact on and off the field. Yet, he continues to deflect his accomplishments on the help of his teammates.

But aside from team support, what makes a player driven to achieve such success?

“The secret probably has been the hard work I have put in,” Marciano said. “Whether it be in class or on the field, I always concentrate and try to get the best out of myself, improving any way I can. Another little secret is to face everything with a smile and positivity, because a positive mindset can help face any obstacles.”

A reason for success within this program also can spring mentally.

“I have had to learn that saying no to some opportunities will allow me to excel in others,” said women’s track and field member Gabrielle Buissereth. “In other words, I am honest about my limitations and equally honest of where I am able to step up, and that has been something I have had to work towards.”

Sometimes with success, comes disappointment.

“The end of my freshman year comes to mind,” Buissereth said. “I was having a really difficult time balancing my workload with my athletic responsibilities. I felt mentally burnt out by that point, and I very much prioritized my sport over my studies. I was so sure I could handle balancing everything without any help, and then I realized [late] that I could not. I always look back thinking if only I had



Men's soccer player Paolo Marciano enjoys the idea behind hard work and commitment to the craft.



Ronnie Silva believes that his success from the basketball court will translate to the real world.

just asked for help and let someone know that I was overwhelmed, especially early enough that they could offer help.”

Buissereth said she would use that experience as a learning opportunity, receiving NE10 Champion for the Indoor 4x400 Relay (2019), Indoor 400m (2020) and NE10 Most Valuable Female Athlete of the Meet (2020) over the next two seasons.

Knowing that these athletes give open credit to their team, have mental toughness and consistency, it would be interesting to know how this narrative can translate in life.

“I feel like my work ethic on the court can translate to life in general,” Silva said. “I’m willing to put in the time and work to be the best version of myself that I can be.”

Buissereth agreed. “Personally, translating my success to other facets of my life will really manifest itself through my mindset,” she said. “Maintaining the same drive, discipline, patience and leadership qualities I have learned here in other situations is how I think I can best do that.”

Game on for Spring Sports Is a Welcome Relief for the Brown and Gold Teams

BY SIMONE WALKER

On February 15, the presidents of the Northeast-10 conference schools formally approved to resume spring sports.

While things were on the fence due to the spike in cases around the country in the fall and the cancellation of fall and winter sports, this announcement came at the perfect time, as student athletes were getting settled back onto campus, eager to begin practices and workouts.

The Adelphi Athletics Department has spent countless hours cultivating the best possible seasons for its spring sport athletes and in return, the athletes have been working tirelessly to prepare for a season like no other.

The softball team, who have faced setbacks due to quarantines and 10-day pauses, are eager to keep pushing through the adversity to be at their best for the start of the

season.

Amanda Owens, a sophomore, admits that the offseason has been anything but ordinary. “The preparation to play this year has been rather unique,” she said. “Coming back from both summer and winter breaks we started with phases, which caused us to not be completely together all the time.”

Owens is eager for the opportunity that awaits this season. As a first year, she did not have the chance to compete much last year due to the shutdown of competition in March 2020.

“Being a sophomore, I have never played a season and am just looking forward to the opportunity to compete for Adelphi,” Owens said.

As of now, softball’s schedule consists of 40 regular season games and the chance to compete in playoff competition for a shot at the college World Series in Denver.

Owens’ teammate, first-year Alexa Sacripante, is excited to compete in her first collegiate season as well. “I am especially excited to play this year because of how long it has been,” Sacripante said. “I am so grateful that we have been given the opportunity to have a season.”

Adelphi softball is seated at number one in NE-10 Southwest Division per the 2021 softball coaches’ Poll.

In addition to the softball team, track and field members anticipate a big year for the program. First year Isaiah Ferguson, commended his team and coaches for the opportunity to compete at a high level this spring.

“Preparation to compete this year



Amanda Owens’ looks to take off base during a 2020 softball game.

has gone very well,” Ferguson said. “Our coaching staff pushes each and every one of us to unleash our full potential and will not accept anything but our best effort at all times.”

As of right now, there are seven meets scheduled for track and field, and while the team is thankful to have them, there are hopes to increase that number as the season progresses.

Tyler Wilkins, a senior, is grateful to end his decorated track career with the fortune of being able to compete one last time. He is entering his fourth year with the Panthers quite accomplished, as he was announced

onto the university’s All Decade Team for triple jump this past winter.

“I feel very grateful and blessed,” he said. “I have pushed through setbacks by constantly keeping my mind occupied and focused on the end goal.”

Following his graduation this spring, Wilkins, a finance major, is looking forward to starting his career with a Fortune 500 company, along with two positions with wealth management firms in New York City.

As for now, he and the squad are gearing up for the NE-10 track and field Championships that are scheduled to take place from May 8-9.



Tyler Wilkins posing with his spikes during 2020 media day.

International Athletes Share Their Success from Around the World

BY MAXMILLIAN ROBINSON

Success can spring from many places. Some of the world's best athletes, Hakeem Olajuwon and Dirk Nowitzki (NBA), Manny Ramirez (MLB) and Cristiano Ronaldo (Series A soccer) all have dominated their respective leagues at a point in time, despite not being native to the country they've played in. Many



Soccer player Vladislav Stepanov is from the United Arab Emirates.

athletes, including some of our Panther players, aren't local to the New York Metropolitan Area. In fact, a few aren't even from the United States. Yet, their skills remain unfazed by this transition to play on Adelphi soil.

"In Argentina it's a completely different scene," said men's soccer player Franco Paz. "As an underdeveloped country, the facilities you can find in the U.S. lack in countries such as Argentina. To give you a simple example, the public facilities the U.S. have across their states are amazing. In Argentina to practice your favorite sport, you probably have to pay or go to an academy."

His teammate Vladislav Stepanov of the United Arab Emirates said that growing up in Eastern Europe was "different in every aspect you can imagine. There was harder access to soccer footwear, to different types of equipment and utilities. I wouldn't realize the challenges because they were normal for me, but once coming to Adelphi, I have realized that life can be very different. It just comes to having better quality of things around you."

On the other hand, one athlete in particular, didn't experience a huge difference.

"My life growing up was good," said first-year softball player, Lindsey Hibbs, a native of Brampton, Ontario, Canada. "I lived in a pretty large city

with a population of 600,000 people so there was never a loss of friends in my hometown. Growing up we were a two-sport family, meaning both my two older brothers and I all played hockey and baseball/softball. I wouldn't be here if it wasn't for the hard work that I put into those opportunities."

Despite their different early play experiences, they still had their heroes and mentors.

"We [Argentians] have Messi and Maradona," Paz said. "In my opinion the best two soccer players ever."

"Both of my coaches [in high school] are what I would consider hometown heroes in regard to field hockey at our school," Hibbs said. "Not only did they encourage me, they also helped me film recruiting videos, gave me extra practice, and even introduced me to other club teams to help me get my foot in the door to play [college] softball."

These athletes have the unique ability to adapt to their surroundings, taking it one step at a time.

"I would love to continue playing my sport my whole life, wherever it will be," Stepanov said when asked about playing professionally. "Maybe not on a professional level, but the passion and love for soccer will never leave me!"

"I would love to continue my sport after college," Hibbs said. "I don't know where I would be without it. I have



Softball player Lindsey Hibbs is a native of Brampton, Ontario, Canada.

everything to owe to softball and I want to do the sport justice. My major goal would be to play for my country, Team Canada."

As for some, professional play may be out of the picture, but the love remains forever.

"I think I'm a little bit old to plan to play professionally, but if I have the opportunity I'll do it," said Paz, 27. "If not I will continue playing in amateurism till I die."

All images on pages 8 and 9 are Courtesy of AU Athletics

Panther Idols: The Heroes Who Inspire Our AU Team Members

BY MAXMILLIAN ROBINSON

Sports have made an impact on countless people's lives, often inspiring young athletes to work hard to make their dreams come true. Adelphi's athletes are no exception. Here some of our Panthers tell us who their sports heroes are and why.

"The main athlete that inspired me to be great is [the late] Kobe Bryant," said men's basketball player Chris Coalmon. "His drive to be great pushed himself to the maximum level and made sacrifices to win championships."

Kobe Bryant lived by his movement called the mamba mentality. Meaning no matter what you do, to compete and push yourself to the highest extent, leaving your mark as a result. In his case, winning five NBA championships, a Most Valuable Player award (2007) and making 18 all-star appearances in his 20-year career.

Golf player Luke Bucci said that Bryant and Tiger Woods are his heroes.

"[Bryant] and Tiger Woods have inspired me the most to excel and push through boundary after boundary," Bucci said. "Their composure, persistence and overall personalities always fascinated me and molded my values and the way I am today."

Track and field member Grace Minikel said that she gets inspiration from long-distance runners Allie Ostrander and Mary Cain.

It's very clear that hard work, character and consistency over a long period

of time make an athlete successful. Unrelated to having any effect on performance, players can also take part in rituals, helping them to put their focus on the game.

"The only ritual I follow isn't from my favorite player, but I love when Stephen Curry points to the sky before the game," Coalmon said. "It's a spiritual reason and it's the same reason I do it. I ask God to be with me while I play the game I love, to protect me, guide me and allow me to play my hardest."

While Minikel does not follow a certain ritual, she mentioned that it's important for her to "always listen to music" before and during warm-ups. This helps her to get focused on what's ahead, along with eating a banana pregame snack.

Admiring an athlete can be for any particular reason. There could be something about them you like, or a piece of clothing that they wear. Or even, a crazy story about them.

"One of my favorite Kobe stories is from the 2008 USA Team," Coalmon said. "Coach K is in his office and Kobe comes up to Coach K and says I want to guard the best player on every team. Coach K looks at him and tells him, he will put him on the best player for each game. During the Olympics, Kobe guarded and locked up the best player on every team when they played. The reason why Kobe did this was because prior to that NBA season they lost to the Celtics in the NBA finals and he was already preparing himself to guard superstars like [rivals] Paul Pierce and LeBron James. Kobe was always

one step ahead with his training and his mentality to win is what sticks with me the most."

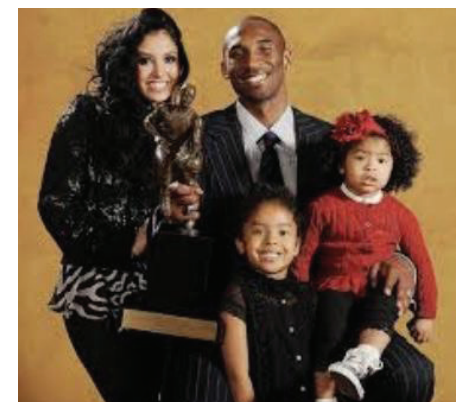
Minikel said she has a favorite story about Mary Cain. "She had been the fastest girl in America until joining the Nike Oregon project. She was continuously told she needed to keep losing weight to become faster. Due to the emotional and physical abuse she endured, she ended up breaking a total of five bones and developed an eating disorder," Minikel said. "Now, after quitting the Oregon Project and exposing Nike for what they have done, she is currently training in hopes to compete at the Olympic trials. After everything she had gone through, she still found the motivation and strength to continue training. Mary Cain is such an inspiring and strong woman. It really shows me that you can overcome and persevere through the struggles you face. You just have to be motivated enough."

Through adversity, these idols of our student athletes continue the push for greatness. Inspiring and encouraging, anyone can use these stories to help prepare themselves, including our athletes, to brace for the real world.

"[Cain] proved to me that thinner doesn't mean faster and all runners have different body types and healthy weights," Minikel said. "As a runner and a woman, it's very common to compare yourself to others. But as long as you're healthy, fueling your body properly, and feel good, that's all that matters. She taught me that I know my body best and that I'm stronger

than any of my obstacles."

"[Kobe's] mentality is what I take from him and the way he trained every single day," Coalmon said. "He was a great father to all his [four] daughters and a great husband to his wife. He was an inspiration to everyone on how to be great in everything you do."



Kobe Bryant was not only a terrific athlete, but also a loving husband and father to his kids. (above)

Tiger Woods has been a role model for the golfers of today. (below)

