

# The Delphian

March 6, 2023

The Voice of the Students

Volume 78, Issue 8

## The Safe Center Gives Insight on Healthy Relationships for Teen Dating Awareness Month

BY LIZZ PANCHYK

February was Teen Dating Violence Awareness Month (TDVAM), which raises awareness about the issue of teen dating violence and recognizes that 43 percent of college women report experiencing violent or abusive dating behaviors. To help educate students to stop dating abuse before it starts, the Safe Center Long Island did a tabling event with Adelphi's Title IX office on Feb. 21 to share some red flags.

They used a dating game to demonstrate how students can navigate difficult and uncomfortable situations. The red flags they shared include, but are not limited to: contempt, suspicion, lack of communication, dishonesty and impatience. They had a tri-fold with both positive and negative

words and the game was to put red flags and green flags on the correct words. Whoever



From left to right: Angelina Anastasio, education intern at the Safe Center Long Island, Joan Janvier, AU's Title IX office grad student intern, and Simran Jaswal, campus education and outreach coordinator at a Feb. 21 event to recognize TDVAM. Photo by Lizz Panchyk

did it the fastest won a prize. The table contained Tootsie pops, necklaces, along with Safe Center pens, hand sanitizers and stick-on wallets and their business cards.

While the game was a light-hearted way to share tips about dating safety, the Bethpage-based organization has a more serious goal for TDVAM. Safe Center Long Island protects, assists and empowers victims of family violence and sexual assault while challenging and changing social systems that tolerate and perpetuate abuse. Their hotline is 516-542-0404 and their Love is Respect hotline is 866-331-9474. If you are ever in a situation on campus where you feel uncomfortable or unsafe with another person, the Title IX office at Adelphi can be reached at 516-877-4819, [titleix@adelphi.edu](mailto:titleix@adelphi.edu) and can be found in Levermore 207.

## Public Safety Reiterates AU Lockdown Protocol After Recent MSU Tragedy

BY JOANNA REID

On Feb. 13, five students were injured and three students were killed due to an active shooting at Michigan State University (MSU). Gun violence is a constant issue in the U.S. and too often our schools are targeted, leading to what is becoming a too common tragedy. It's understandable that college students are concerned about active shootings, but Adelphi has many measures in place to protect students and staff.

The day after the MSU shooting, on Feb. 14, both President Christine Riordan and Adelphi's Department of Public Safety and Transportation sent out schoolwide emails to discuss the matter. "Our highly trained Department of Public Safety regularly completes extensive emergency preparedness exercises. In light of this latest incident, I have asked our Public Safety team to increase patrols and expedite the additional active shooter training planned for our community this year," Riordan stated.

Public Safety listed several resources to help those prepare in the case of a lockdown. The email included steps to take when a shelter in place and lockdown occurs, an instructional video on how to lock all the doors that can be found on campus, and where to find and how to use the "Stop the Bleed" kits found on campus in case of an emergency. All of these resources can also be found on the Adelphi University website.

Additionally Public Safety listed the practices they already have in place to prevent dangerous incidents from occurring. The team noted, "Adelphi was one of the first institutions of higher education to establish a dedicated team for monitoring and addressing reported safety concerns."

*The Delphian* reached out to Raymond Hughes, chief of campus safety and emergency management, to learn of additional safety measures. Hughes stated, "Since the MSU shooting, we have increased our patrols across campus. Our department is also expediting the active shooter/hostile intruder training planned for our community this year."

Furthermore, Hughes mentioned

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## Latin American and Latinx Studies Program Gives the Stage to "Eddie's Perejil"

BY JOSEPH D'ANDREA

"History matters. Historians matter in terms of how they can help nations grapple with their past."

Edward Paulino, star of the one-man show "Eddie's Perejil," made this point during the question-and-answer portion after his Feb. 28 performance at the Performing Arts Center (PAC) and it perfectly encapsulates one of the primary messages he and director Samantha Galarza had set out to communicate to their audience.

Besides starring in the show, which brings together the 1937 Haitian Massacre with the Dominican-American's experience growing up in the New York City projects, Paulino is a historian and professor at John Jay College, and the co-founder of Border of Lights, "an organization created to commemorate the 75th anniversary of the 1937 Haitian Massacre."

The subject matter, which sees the Dominican Republic's dictator carry out a genocide of darker-skinned Haitians in 1937, prompted Paulino to work on "Eddie's Perejil" being that it hit close to home. As someone who had once openly embraced his family's Dominican roots, learning more about the massacre while in college made Paulino more willing to recognize the consequences that came as a result of this racially-charged event in history.

As he says in the show: "I was a son of immigrants, a person of color and from the projects, the holy trifacta of urban U.S. disenfranchisement." Acknowledging his own minority status played a large role in coming to terms with what the 1937 mas-

sacre represents to non-Dominicans and gave Paulino a greater sense of perspective. He makes his "unsustainable romance" with the D.R. especially clear when he comments on a time when he was treated with more open arms due to his lighter skin while traveling to the country's capital, San Domingo: "I had to call it quits with my relationship with the Dominican Republic, because in the D.R., I have a privilege that I don't deserve."



"Eddie's Perejil," which took place in the PAC on Feb. 28, tells the autobiographical story of Dominican-American Edward Paulino (pictured here) coming to terms with his own heritage through the lens of the 1937 Haitian Massacre. Photo by Joseph D'Andrea

Adelphi's Latin American and Latinx Studies (LAS) program helped sponsor the event, with some faculty speaking before the show, and others showing support in the audience. Among them was Jacqueline Olvera, an associate professor of sociology and director of Latin American and Latinx Studies.

"When the LAS program decided to bring 'Eddie's Perejil' to Adelphi," Olvera said, "it did not think about a target audience. We believe wholeheartedly that every student

can benefit from learning about how historical events shape who we are and want to be."

Speaking on the importance of LAS as a whole, Olvera continued: "Whether a student is interested specifically in the regional history of Latin America or not, having access to courses that spotlight Latin America and Latinx populations gives students a meaningful vantage point for understanding how social, political, economic and cultural

factors shape the opportunities of individuals in the U.S. and abroad. Equally as important, students seeking an opportunity to learn what interdisciplinarity is and how it works would do well to take LAS courses. Sitting in a class that asks students to access different disciplinary perspectives and analytical techniques to make sense of the global world can be an extremely powerful learning experience."

Sandra Castro, associate dean of

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## A Word from the Editor

Happy March, everyone! And happy almost spring break! We never thought this time would come. After on-and-off cold weather and snow, we get to look forward to taking a week to ourselves to take a trip, stay home and relax or catch up on work. And hopefully, when we come back, we can look forward to some lovely spring weather.

On Feb. 17, I had the privilege to be a workshop leader for Press Day along with staff writer Kurana Doobay. We were honored to speak to 35 inspired high school students who asked us tons of questions regarding both the world of journalism and navigating college. It was an incredible experience for both of us. I'd like to thank Professor Mark Grabowski for asking me and Melinda Neus from the Office of University Admissions for hosting this event and gathering so many driven high schoolers to our Adelphi campus.

I would also like to address the shooting at Michigan State University that took place last month. My heart goes out to all those affected by this occurrence and my concern increases for universities like ours. In this issue, we have presented ways that Adelphi is already working on that can keep us safe and how we can also keep ourselves safe on campus. It is important that we acknowledge and are familiar with campus safety under circumstances such as these.

This issue, we've also included News and Features about many of our February events, making friends as adults and a highlight on our new Sport Management Club. Congratulations to both Andrew Smith, our sports editor, and Danielle Puglisi on this new organization. I wish you all the best.

In Opinions, you will find a couple of small businesses in Garden City you should surely check out, a review on "You" (season 4, part 1) and managing your schedule as a college student. Finally, Sports covers a spring preview on our lacrosse team and spotlights on athletes Sabrina Morales and Matthew Price.

Our next issue will include our annual April Fool's *Defiler*, so definitely keep an eye out when the time comes. For now, we hope you enjoy issue 8 and have a wonderful and safe spring break!

**Lizz Panchyk '24**  
Editor-in-Chief



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## Latin American and Latinx Studies Program Gives Stage to "Eddie's Perejil"

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the College of Professional and Continuing Studies and a member of the LAS Faculty Advisory Committee, also encouraged students to become educated about significant historical events.

"College and a liberal arts education are supposed to be a space to learn about history beyond what we are taught in K-12 education beyond what is mentioned in the mainstream media and beyond our conventional knowledge," Castro said. "Historical occurrences like the Haitian Massacre of 1937 are painful reminders of violence carried out by the state and government officials in the name of nationalism, patriotism and closed borders. These are important historical lessons that are useful in the U.S. and globally... ['Eddie's Perejil'] is a story about border conflicts, anti-black racism, historical atrocities carried out by the state (government) against a racial minority and an island divided. It also speaks to racial/ethnic/nationalist tensions between countries, which are very much alive today."

Bringing out even more value of a performance like "Eddie's Perejil," Sarah Avery, administrative assistant for

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## Public Safety Reiterates AU Lockdown Protocol

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that Adelphi has over 600 cameras to monitor campus, 46 public emergency call boxes, plus over 360 panic alarms, 200 red emergency phones that are available to anyone, and "30 officers with a wealth of knowledge, extensive training (including training in behavior observations and suspicious activity recognition) and law enforcement background (such as FBI, counter-terrorism, homeland security, detective/investigations...who provide 24/7 patrol of the entire campus."

Hughes said that Adelphi was the first university on Long Island—and among the first in the country—to establish a coordinated Threat Assessment/Behavior Intervention Team (BIT) following the 2007 Virginia Tech mass shooting and Congressional recommendations that came in the aftermath.

"At the time, the tragedy highlighted the importance of timely, accurate and effective communication during a campus emergency. It was determined that people may have had information about the shooter that could have prevented the incident, but no one connected the dots or had a mechanism to report information to the authorities," Hughes said.

BIT offers a caring and helpful platform for discussion of safety and the concerns of our campus community. The team is a campus-wide group that responds to reports from the campus

community regarding concerning, disruptive or threatening behaviors by students, employees and others that can lead to potential or actual serious safety issues. It is guided by "See Something, Say Something, Do Something."

Hughes also said that there are steps Adelphi students can take to help enhance safety for themselves and our campus. These include signing up for RAVE alerts to be notified of emergencies that may impact campus. Public Safety said they test this system at least once a year along with their Emergency Preparedness Plan.

In addition, Hughes recommends: familiarizing yourself with our hostile intruder, door locking and lockdown/shelter-in-place training or requesting a training for your campus group; learning and following these general, but important, safety tips; and knowing our off-campus safe spaces in the Garden City area.

"And perhaps most importantly, report suspicious or troubling behavior without hesitation. The BIT website shares guidance about reporting, behaviors that warrant reporting, and confidentiality guidelines," he said.

The BIT allows any member of the Adelphi community to fill out a referral to inform Public Safety if someone or something is making them feel unsafe. This referral can be sent in anonymously. However, if there is an emergency Public Safety always suggests calling

the office immediately at 516-877-3500.

Adelphi's Public Safety team continues to work closely with several police departments in Nassau County and other nearby areas. "While no one can guarantee that an incident will not happen, we can guarantee that we will be prepared," said Hughes. "Additionally, we take all reports seriously and appreciate inquiries and feedback so that our team can continue to improve and address the community's concerns."

Hughes added that "U.S. News & World Report" has named Nassau County the safest county in America. "And, even though Adelphi University continues to be among the safest campuses in the country, we continue our cooperative and coordinated efforts with the campus, local and state first responders to plan and train for emergency situations, which we believe contributes to our excellent record of safety," Hughes added.

**Be sure to check out *The Delphian's* website online at [thedelphianau.com](http://thedelphianau.com) for more stories.**

## BSU Provides a Safe Space to Discuss and Learn About Black Hair Care

BY JOANNA REID

On Feb. 20 the Black Students United (BSU) organization held an event entitled, “Don’t Touch My Hairrrr! Care!” It was led by BSU treasurer Abby Edwards, a junior nursing major who put together the presentation all about Black hair care. About 25 people were in attendance.

Edwards began the presentation by discussing the long and arduous process of doing Black hair. Many students related to her experience and shared their own about the hair care process. Some said it can take days for them to fully complete a new hairstyle.

Edwards went on to list Black-owned hair care brands versus Black-founded hair care brands. Businesses are considered Black-owned when more than half of the shareholders are owned by Black people. For example, some Black-owned hair care companies are The Doux and Camille Rose. Businesses are considered Black-founded when the company was created by a Black leader and is still maintained by a

Black leader. Related companies mentioned were EDEN Bodyworks and the Madam CJ Walker brand. Unfortunately as Edwards showed in her presentation, many black-owned businesses are being taken over by non-Black stockholders, making them no longer black owned.



**From left to right: Abby Edwards (treasurer), Cayla Regis (event coordinator) and Jolisa Lynch (public relations chair) of BSU. After the presentation members of the e-Board gave out hair care products.**

*Photo by Joanna Reid*

Edwards also highlighted the cultural appropriation of Black hairstyles

to which numerous students expressed their opinions. It was agreed that the cultural appropriation of Black hairstyles is particularly problematic because Black people are often treated differently due to their hair. Participants said that white people do not have to face the discrimination that comes along with their hairstyle even when they wear a traditionally Black hairstyle. One student in particular mentioned that non-Black people often describe Black hair as “unkempt” and when at work or applying for a job white managers frequently assume that they did not make an effort to look presentable, despite the fact that hairstyles like dreadlocks or braids can take hours. These styles are deeply rooted in culture and tradition, therefore it is seen as offensive when they are worn by people who are not Black.

Additionally, Edwards explained the misconceptions about Black hair care. She wishes more people understood that it’s okay to ask questions as long as the questions are respectful and stem from an effort to learn. “It’s just about respect. It’s

not like you can’t ask me a question, but there are certain questions that I feel like are above ground,” she said. Edwards believes that the way one phrases a question is important. It should be noted that questions like, “oh, is that your natural hair?” can be uncomfortable and obviously touching one’s hair is off limits.

It was also brought up that Black people should not be expected to educate others on racism and discrimination. It’s important for one to do their own research as well. However, Edwards said she is proud to be a part of the informative events that BSU hold.

“I definitely feel like having events like this helps educate people on black history and black vibes. It’s helping educate people whether they’re Black or just any other race,” she said.

Dr. Sentwali Bakari, vice president for Student Affairs, who is also the club’s staff advisor, said, “The program was exceptional and is a demonstration of Black students’ consciousness and the global impact of Black culture, hair styles and creative expressions.”

## Annual John Hope Franklin Distinguished Lecture Sheds Light on Segregation in Boston

BY JOANNA REID

Every year, Adelphi presents a lecture on Black history in honor of Black historian John Hope Franklin. This year’s speaker was Zebulon V. Miletsky who discussed the racist history of Boston that has led to discrimination and segregation. Miletsky has both a masters and PhD in African American Studies from the University of Massachusetts Amherst. He is also an associate professor of Africana Studies at Stony Brook University and is the author of the book, “Before Busing: A History of Boston’s Long Black Freedom Struggle.” He appeared on stage at Adelphi on Feb. 22 to an audience of about 20 in an event sponsored by John Hope Franklin Distinguished Lecture and the Center for African, Black and Caribbean Studies.

Some people have viewed Boston as one of the most racist cities in all of the United States. After all, the capital of Massachusetts played one of the biggest parts in the slave trade; it was their goods that were sold in exchange for enslaved people. In other words, Boston was the first step in the triangular trade; it was their ships that sailed to West Africa.

Miletsky explained, “Despite its [Boston’s] reputation as the historic cradle of liberty and headquarters of the abolitionist movement, racial conflict exploded in Boston in 1974 in protest against a court order that

desegregated schools by busing students in and out of previously segregated districts.”



**Zebulon V. Miletsky presented his lecture in the University Center ballroom as part of the John Hope Franklin Distinguished Lecture and the Center for African, Black and Caribbean Studies.**

*Photo by Joanna Reid*

This court case is known as Morgan v. Hennigan. Miletsky said, “Boston is a place of education; it is a center for higher education. Harvard University is the first college in America. Boston Latin School is the first public high school in America. So I think this also surprises people, that in a city that’s known for education that there would be these problems in the school.”

He went on to mention that few people are educated on Boston’s history

of segregation, regardless of the fact that families and parents worked hard to combat the discrimination they were facing—not to mention the violence against people of color in Boston was rampant at this time.

Miletsky highlighted the misconceptions of the city. “Boston had been the place where abolitionism started. You would think that this is a place that’s going to be very positive, very open to Black folks and Black experiences; unfortunately this is not the case. Moreover, many assume that segregation in schools is a fairly new issue.”

However, Roberts v. City of Boston (1849) took place in the 19th century. In this case, a student by the name of Sarah C. Roberts had to walk past several white schools to get to a school that Black students were allowed to attend. “The city of Boston was not found guilty of maintaining separate schools in the 19th century. Although they didn’t use the term ‘separate but equal’ that is essentially what Roberts v. Boston does, it provides a legal precedent for separate but equal,” Miletsky said.

Another misconception about segregation in Boston is that it’s the place where school desegregation started. But this is untrue as the Roberts v. City of Boston case was cited in Plessy v. Ferguson years later. This goes to show that “the original source for ‘separate but equal’ (Jim Crow)” stems from Boston.

Many also believe that busing was

mainly ineffective in the U.S. In actuality, busing affected Boston immensely. Additionally, Miletsky explained that because ethnic groups like the Irish and the Italians emigrated from their home countries, they felt as though they were competing against people of color in America. This in turn contributed to a lot of the bigotry seen today. Miletsky grew up in Boston and remembers certain towns that Black people were expected to leave before nightfall otherwise it was dangerous for them. Miletsky’s point is that racism is not only something that is rooted in the deep South; northern states have a long past with segregation too.

“We have to start rethinking our ideas about where this stuff called segregation comes from,” he said. “It’s not just from the south... I make the argument that busing is Boston’s reconstruction... The north is in need of reconstruction and change.”

Christopher Davis, an Adelphi professor of African, Black and Caribbean studies who attended the event, said, “Dr. Miletsky’s lecture highlighted the processes Black families in Boston undertook to ensure that their children received the best education possible amid the legal actions of the 1960s and 1970s. Access to quality education is sometimes taken for granted. Understanding these legal and social battles related to bigger struggles in ensuring equal access to Civil Rights for all citizens is important.”

## LAS Program Grows on Campus with Events Like “Eddie’s Perejil”

*Continued from page 2*

LAS, emphasized that students of all majors and personal backgrounds can attend events like these in the future.

“As a theater performance, it shows the art of acting, prop selection and script writing. With the question-and-answer session following the performance, it gives

a voice to the spectators to explore what appeals to them and to have direct contact with a successful performer/professor at CUNY, Edward Paulino, as well as fantastic director, Samantha Galarza,” she said. “As a historical story, it can shine a light on the past and bring about connections to discussions regarding genocide and violence. The

content raises questions about borders and race, something we are familiar with in our own country. I firmly believe that this type of critical thinking is part of what the performance strives to bring to its audience.”

The LAS program is planning on making changes to grow their prominence at Adelphi, and as of spring 2023,

has already made significant ground in rebuilding itself. By presenting events like “Eddie’s Perejil,” LAS has shown that they care for the education of not only young adults studying at Adelphi, but anyone who may not be aware of certain pieces of history, especially heavy subject matters that many may turn away from.

## Sport Management Program Forms New Student Club to Increase Field Experience

BY ANDREW SMITH

The Adelphi Sport Management program launched an entirely new curriculum this academic year in which students are given the opportunity to pursue many different aspects of the sport management field through one of two specialized concentrations. The first concentration allows students to pursue their interests in marketing, communication, management and entrepreneurship while the second track centers around youth sport programming and recreational sport administration.

Greg Bouris, the undergraduate program director, said an unintended positive outcome of the new curriculum is the uptick in current students picking up the sport management minor degree. Currently, the program has about 100 undergraduate and graduate students, with about 70 of those undergraduates. The program has brought in many professionals from the industry to serve as adjunct professors, including Frank Supovitz, who is a pro sports event expert with experience planning NFL Super Bowls, and MLB Drafts and certified NBA agent Ian Rubel. Combined this staff has over 100 years of top-level professional sport experience.

In addition to the changes in the curriculum, two current sport management students took the initiative and established an Adelphi sanctioned student organization to further promote and progress the development of the program. The Sports Management Club was founded on Dec. 5, 2022 by Danielle Puglisi, who is a junior, and this reporter, also a junior.

The new co-presidents faced a tremendous task to establish the new student organization and had to work together and present a strong plan on why this organization should even exist. The university gives students who want to be a student leader the opportunity to do so.

"This was an opportunity that we could not pass down," Puglisi said, adding she saw it as a great way to not only add to her own resume but to also give her peers amazing opportunities.

The club had their "kickoff" meeting on Feb. 15 with eight students playing a version of "Sport Management Jeopardy" and an open forum. Puglisi and this reporter gave the participants an opportunity to offer suggestions on what direction they would like the club to go.

The mission of this club is to provide students who are interested in the business of sport with special opportunities to learn more about a possible career in this field. The mission will be accomplished by inviting guest speakers from the industry, trips to local sport organizations and facilities, as well as opportunities on campus. The organization will encourage collaboration among the students. Connections are very important in the business world, and this club will allow students to form strong connections with their peers.

"We are looking at several different guest speakers, from both on and off campus," Puglisi said. "We also have several connections to local professional teams for potential trips to give our students the opportunity to see the sport business world first hand."

Bouris, who is the club's faculty

advisor, said, "The new student-organized and led Sport Management Club will help reinforce the program's goal to establish a sense of community within the major and connect students to executives working in the industry. The relationships and bonds the students will build through their involvement with the club will likely stick with them for the rest of their lives."

Bouris congratulated the co-founders. "As the undergraduate sport management program director, I tip my cap to the students who worked diligently and put in the time to meet all of the university's requirements to establish the club. Although it may have seemed like a daunting task, I believe the students who are stepping up to get the club off the ground will be able to leverage the experience to enhance their own job prospects down the road. The sport management faculty is very proud of these young leaders and we're confident that this effort will help enhance the reputation of the program both on and off campus."

Junior Jason Goldman was in attendance during the debut meeting. "I thought that the meeting was a great start to what will be a great club for students who are sport management majors to gather together and connect with one another and professionals in the industry," he said.

If you'd like to join the next meeting or learn more, keep an eye out on MyAU Life and around campus for updates from the Sport Management Club.

## Student Poetry Corner

The Delphian has introduced this poetry section so students may submit their original poems to be considered for publication. Submit poems up to 250 words to [delphian@adelphi.edu](mailto:delphian@adelphi.edu) and [elizabethpanchyk@mail.adelphi.edu](mailto:elizabethpanchyk@mail.adelphi.edu).

This poem was written after Derek Walcott's "Love After Love," a poem that has been a solid support system in my life for over five years. The topic of that poem is self-love, essentially asking the reader to look inwardly and appreciate themselves, much like that age-old saying of "you can't love others until you love yourself." In my rendition, I wanted to shift the focus: learning to love the "other," and ask the reader to build connections with people you may have never talked to before. Sometimes, you come across a stranger who seems like they have everything in their lives together, almost to an inhuman extent. We all do it. But if we were to just approach them, learn them, speak to them, we could realize just how human we really are. Maybe some stranger is looking at you, wondering how you are so well-kept. Talk to them, have a conversation. These bonds are what keep us alive and grounded.

### Stranger After Stranger

By Matthew Van Praagh  
a senior statistics major and  
computer science minor  
(after Derek Walcott's "Love After Love")

To the stranger who has loved you  
all your life,  
you are a spectacle,  
although you have never met.  
There is a person,  
no, there are people

observing you from afar,  
with admiration in their eyes,  
each craving a chance to ask you  
about your life. Give them

that chance. Open  
up, move forward.  
Approach those strangers with  
admiration in your own eyes,  
Answer their questions,  
embrace their thoughts,

invite them through your door.  
Host dinner. Break  
bread. Share laughs.  
Make the stranger not  
so strange anymore.

## AU-SPJ Upcoming Professional Headshot Event

BY LILYEN MCCARTHY

LinkedIn profile picture not quite up to your standard? Do you want to add a professional picture to your resume? Adelphi's chapter of the Society of Professional Journalists is holding a professional headshot event Tuesday, March 7 from 2 to 5 pm in Blodgett Hall, Studio 108. It is \$10 to get your picture taken, and all proceeds go to AU-SPJ to help fund future programs.

Be sure to dress business-professional for areas the camera will see. A nice blouse or dress shirt and clean hairstyle are necessary for a professional looking photo. To sign up for a time slot, visit @adelphispj on Instagram and select the link in the bio or scan the QR code on our flyer around campus (or in the ad to the left) to reach the Google form.

AU-SPJ sends a special thank you to Nina Berntzen, Jade Dorley and Alyssa Krell for working the event as photographers. Be sure to sign up for this event and future SPJ programming. For all questions, contact Lilyen McCarthy at [lilyenmccarthy@mail.adelphi.edu](mailto:lilyenmccarthy@mail.adelphi.edu).

AU Society of Professional Journalists hosts...

## PROFESSIONAL HEADSHOT EVENT

\$10 to get your professional headshot taken, all proceeds to AU-SPJ

Photographers  
**NINA BERNTZEN,  
JADE DORLEY &  
ALYSSA KRELL**

**03 | 07 | 2023**  
2:00-5:00 PM

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Studio 108

Questions? Contact  
Lilyen McCarthy at  
[lilyenmccarthy@mail.adelphi.edu](mailto:lilyenmccarthy@mail.adelphi.edu)



Register Now!



## How to Make Meaningful Friendships as an Adult

BY SARAH ALEXANDER

Loneliness carries a health risk equivalent to smoking 15 cigarettes a day and can shorten a person's life span by up to 15 years, according to a study by the University of New Hampshire. More concerning, loneliness is on the rise. In 1990, 3 percent of Americans reported having no close friends, a number that has risen to 12 percent today, according to the Survey Center on American Life.

As Americans report having fewer close friends, another kind of friendship is on the rise—online friendships. While people may think having many online friends decreases loneliness, the opposite is true. A study from the National Library of Medicine showed people with the largest online network to be the most unhappy with their life.

A study from ResearchGate found this seems to be because people tend to seek online friendships as a form of social compensation when they lack in-person friends. Online friendships offer them the illusion of connectedness, making them less likely to venture from the comfort of home in search of in-person friendships.

"Folks who are engaged in exclusively online relationships are deliberately avoiding the higher stakes involved in in-person relationships," said Lisa Lempel-Sander, who has worked as a psychoanalyst for Long Island Counseling in Queens for more than 35 years.

Lempel-Sander admits that in-person relationships present many challenges and cost considerable effort to maintain, but that may be just the point. "There is the very interesting component of in-person relating, which is that you can't just turn the screen off and walk away," she said. "You have to navigate through moments of awkwardness and distress, pleasure and joy, and the option of simply terminating the action isn't so readily available and so requires more stamina, finesse and skill than just conducting an online interaction."

She worries about the proliferation of online relationships because they

fail to fulfill the need for human sociality. "Human interaction is wonderfully complex, involving a wide range of subtle signals and communications beyond the language used," she said. "So many of those are flattened if not lost all together when you're having an online interaction."

Perhaps the most significant difference between online and in-person friendships is the lack of active engagement. When interacting in person there is almost always a shared activity involved—eating lunch, seeing a concert or going to a nightclub—that makes the experience substantively different than staring at a face on a screen. An activity engages all your senses, sight, hearing, smell, taste and touch. By sucking many of the sensory components out of a connection and reducing it to two talking heads on a screen the experience is fundamentally diminished. The lack of a holistic sensory experience is possibly why so many people deem online connections to be less rewarding than in person ones.



**Spend some quality time with your friends in person to develop strong ties.**

But engaging in new relationships for adults can be difficult because they are not organically thrown together in a classroom or an after-school club as are children and adolescents. Lempel-Sander said the challenge for adults is "putting yourself out there" and proactively seeking engagement that may cause social discomfort at first. It requires a minimal level of self-confidence to arrange a new meet-up or attend an event where you don't know anyone. The depressed or anxious person may not be able to override their natural feeling of apprehension and the preference to hide asserts itself.

While many people are naturally gregarious and will always gravitate toward in-person friendship, others find the effort required daunting and will quickly reach for the easier, but less fulfilling, online option. But the consequences can be serious.

"Humans are social beings," said Jonathan Zimmerman, a family practitioner from Esopus, New York. "Men and women were not created to be hermits; we need interactions with other human beings, not only to be happy, but also to maintain our sanity."

In 34 years of family practice, Zimmerman has seen patients seriously debilitated by loneliness. Their feeling of isolation causes insomnia, poor nutritional health and a dysfunctional immune system leading to more frequent viral ailments. Dysthymia, or depression, is another symptom he has seen in people who are socially isolated. People with dysthymia often stop reporting to school or work and become increasingly dysfunctional, Zimmerman said.

Here are some tips for those adults who struggle to make in-person friendships.

### **Look for friendship in every person.**

Julia Gobes, a junior English major at Adelphi, said she finds the best friends in the most random places. "Everyone looks to find [friends] in the easiest spots. For instance my English classes, you would think, 'Oh I'm going to make so many friends here, we have so much in common,' but then the only thing you really have in common with a lot of people is silence and the fact that they're English majors," Gobes said. "Meanwhile on a social outing, I'll go up to a random 25-year-old and come away with the most interesting friendship."

Gobes, who bartends at a restaurant and bar on Long Island, said she made one of her most rewarding connections with a man her opposite. He was gruff, older and conservative, and at first glance Gobes decided he was not friend material. Yet one night she found an amazing connection with him over Pink Floyd's album "Wish You Were Here" and a friendship was born.

Gobes encourages people to look for a potential friend in every person you meet, as

often the most meaningful connections are found in people of a different age or walk of life than you.

### **Embrace vulnerability.**

Initiating new social connections is a vital skill and, in a world where we move about constantly, one we must often use. However, many people hesitate to initiate new friendships and both Lempel-Sander and Zimmerman believe this is because we are afraid of vulnerability.

However, vulnerability is nothing to be afraid of. In fact, Gobes believes it to be the most important aspect of a healthy relationship. Lempel-Sander agreed. "A meaningful social connection...ought to include mutual vulnerability...if we go up to 30,000 feet and take a look at a relationship—the partners in that relationship should be holding each other, in a symbolic sense." We cannot truly "hold each other" without allowing ourselves to appear vulnerable to one another. So instead of shying from vulnerability, embrace it, because although scary, it is the key to meaningful and healthy friendships.

While your online connections may be an important part of your life, they are not a substitute for the greater complexity and reward of an in-person relationship. Zimmerman said, "I would like to emphasize the importance of 'in-person' friendships... friendships at your school or at your place of work, people you can actually talk to face to face—you need to continue to make new friends when you move—if all your friends are geographically distanced from you, you need to make friends where you're at."

Zimmerman's words are sage counsel for college students who experience a succession of transitions from high school to college to career, transitions that often take them far from home and the friend groups that supported them in their adolescence.

If you feel anxious about initiating new friendships, Lempel-Sander had a further piece of advice: "Remind yourself that you have something wonderful to offer. Remind yourself that others feel as tentative as you do about putting yourself out there."

## Student Scene: Upcoming Events at Adelphi

*There are always activities taking place on campus, so check some of these out for yourself.*

**March 7: Visiting Artist Lecture Series: Curator Julie McKim, UC 215/216, 5-6 pm**

**March 8: Vinyasa Yoga, UC Mindfulness Center 324, 1-2 pm**

**March 9: Deep Relaxation Guided Meditation, UC Mindfulness Center 324, 10-10:45 am**

**March 9: March Out for Lunch with Ashley Newman, UC Multicultural Center, 12-1 pm**

**March 9: Paint Night, UC 212, 3-4 pm**

**March 9: Herstory: LSA Women's History Panel, UC Ballroom, 6-8 pm**

**March 11: The Step Crew, PAC Concert Hall, 7:30 pm**

**March 13: Festival of Cinema NYC, Virtual, 4:30-5:30 pm**

**March 21: An Afternoon with Muhammad Yunus, UC Ballroom 203, 2 pm**

**March 21: Career Readiness Boot Camp, UC Ballroom 203, 5:30-7pm**

**March 22: Dean's Circle with Professor Jan-Henry Gray, Honors College 103, 1-2:15 pm**

**March 25: Women's Leadership Conference, GC and Virtual, 11:45 am-6 pm**

**March 26: Adelphi's Best of Broadway (with livestream), PAC Concert Hall, 4-5:30 pm**

**If you would like your upcoming event advertised in the next issue, email us at [delphian.adelphi.edu](mailto:delphian.adelphi.edu).**

## Get Organized: How Students Manage Their Busy Schedules

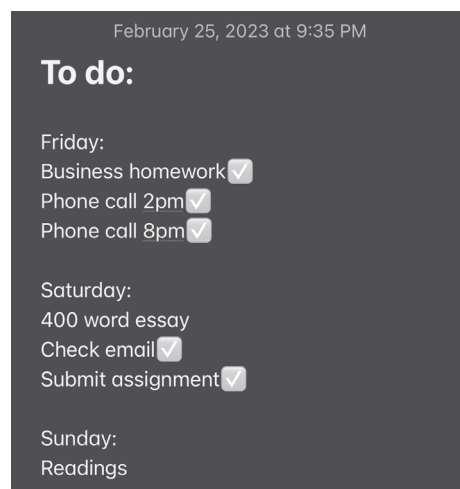
BY LIZZ PANCHYK

Each semester requires an entirely new routine; you've got new classes, new work schedules, new routes and meanwhile, you're still trying to manage your social life. But how do we keep up? Each student will have a different way of coping with their schedules and making sure everything gets done (hopefully on time).

There are also tons of different ways to keep track of assignments. Of course, we each have a Moodle calendar, but beyond that, there's Google Calendar, the Apple Reminders app, and even the choice of a handwritten notebook or planner. It doesn't matter which you use, as long as it works for you.

According to the blog site University of the People (a site that includes blogs with advice for college students and those starting their career search), there are many ways that college students can manage their time besides making a calendar. They suggest cutting phone screen time (which would honestly be a good idea for all of us), and breaking up big tasks into smaller ones. This will help you not only to focus, but to set goals for yourself, and you can use a rewards system to moti-

vate yourself. "By fulfilling these small and plentiful tasks, you gain momentum and already go into the day with a sense of accomplishment," they say.



**An example of how the notes app can be used to keep track of assignments and to-dos.**

Truth is, not everyone lives by a schedule in college. You may come and go as you please. This is the case for first-year physical education major Nikta Keypour. She lives by the "it is what it is" policy. "I'm personally more of a go with the flow type person," she said, "because I feel like you just have

to adjust on your own. But I do think writing down what you need to get done was the biggest thing that helped me."

Sometimes it is easier to organize all your thoughts if you write them down - and this goes for planning too. Planning allows for time that is made to accomplish particular tasks or goals, even if it's as simple as responding to an email or attending a campus event. This set aside time gives you the opportunity to get other things done. For example, if you set aside one task for yourself and it takes less time than you anticipated, you now have that additional time to knock out another task while you've still got the motivation.

If you like to keep yourself more organized, you may have multiple ways of managing your schedule like Julia Lund, a sophomore communications major (with a concentration in media studies). "It helps to have everything written down in multiple places as I am always so busy and will often look to the thing that is most accessible," she said. "I am a very task-oriented person and to have everything written somewhere really helps me keep on track. If I get something done, I then get to check it on my list. It's almost like a rewards system."

I personally keep everything in my notes app on my phone. I distribute assignments to do on specific days so that I get everything done without overwhelming myself with too many assignments at once. For bigger projects or papers, I make a separate note with all the dates in order, which of course are subject to change. If I'm really struggling to keep track of everything during a busy week, I resort to the old-fashioned pen and paper. I stick it on my wall in Post-its and rip them off when the task is completed. Scheduling this way has worked for me since the spring semester of my first year (three years ago) and I plan to keep it this way. I don't know what I'd do without some kind of organization.

If you don't have a specific tool that you use, let this inspire you! There are so many ways you can keep up with your busy schedule and still manage to make time for yourself and your social life. Time management is one of the most important tools you can possess in college, and once you organize that schedule, you might find some peace and relief and keep yourself from falling behind on work and assignments.

## Small Business Highlight: Spots to Check Out in Garden City

BY MITCH COHEN

As someone who doesn't drive, one of the best aspects of attending Adelphi University is how incredibly convenient it is for me because not only are there many stores in town within walking distance, but there are several stores and restaurants to enjoy. What's great about these stores is how they're a mix of small and chain businesses. Alongside popular chains such as Starbucks and Panera Bread, smaller businesses such as Key Foods Marketplace and the Adelphi Deli can be found as well.

When it comes to grocery shopping, stores like ShopRite and Wegmans are the chains my family goes to at home. Unfortunately, these stores aren't in Garden City, which means I have to rely on smaller businesses for my groceries. Thankfully, I found a grocery store close to Adelphi called Key Foods Marketplace. Located on 7th Street, it was one of the first small businesses in Garden City that I frequently went to. I first started shopping there last spring, as I wanted to practice independence by purchasing my own groceries.

When entering the store, the layout is similar to ShopRite, with frozen foods on one end of the store and produce on the other end. However, what makes Key Foods stand out to me is the size of the building itself. When I went there for the first time, the store was much smaller than I expected. In terms of size, it has the same amount of products as popular supermarket chain King Kullen. However, the size of the building itself reminds me of a small bodega in Manhat-

tan. At first, I was disappointed by how small the store was because I thought the product variety would be limited. Thankfully, I was able to find every-

become one of my favorite small businesses because even with its smaller size, it still sells the same types of products that mainstream grocery stores have.



**Located on Nassau Boulevard, the Adelphi Deli is known for delicious food and great customer service.** Photo by Mitchell Cohen

thing I needed regardless. From candy to plastic utensils to produce, this store has all the essentials for the average college student. When shopping at Key Foods, I was surprised to see there was plastic silverware. I say this because whenever I needed that, I would go to CVS Pharmacy to purchase it. Overall, while Key Foods Marketplace is smaller than stores like King Kullen, it has definitely

In my hometown, a favorite restaurant of mine was the Short Hills Deli. What was so memorable to me was the delicious food and the cozy atmosphere. Unfortunately, the deli closed down due to the owner's retirement and the recent pandemic. Luckily, there was a deli in Garden City that helped fill the void. Located on Nassau Boulevard, the Adelphi Deli stands out to me because

alongside having delicious food, there is also a friendly atmosphere. Everytime I visit the store, the employee and customer dynamic is very positive, as they always make sure that each customer is satisfied. Whenever I went there, the employees knew the customers by name and interacted with them while the food was prepared. In terms of their food, it has always been fantastic each time I go there. One of my favorite things to order there are sandwiches, which are made using fresh ingredients. Two of my favorites are the turkey sandwich and the Godfather sandwich, which includes Genoa salami, pepperoni, provolone cheese. The best part about this sandwich is that it costs \$8.99, making it very affordable. As for how it reminds me of my childhood, walking to the deli reminds me of when I used to walk to the Short Hills Deli when I was little. While the walk can feel long, I always enjoy looking at the scenic views of Garden City. The Adelphi Deli is a great small business thanks to its customer service, delicious food and an ambience that reminds me of my childhood.

Key Foods Marketplace and Adelphi Deli are two small businesses that I highly recommend checking out. By going to these places, I was able to learn how to be independent by running errands for myself. On top of that, both stores have excellent food and customer service, which is beneficial for any small business to be successful. For Adelphi students who enjoy exploring Garden City, going to both of these places is an absolute must.

## “You” Season 4, Part 1: Europe, Stalking... and Golden Showers?

BY LILYEN MCCARTHY

March 9 approaches in three days, which means “You” Season 4, Part 2 hits Netflix very soon. Part 1 released last month and compared to the first three seasons, I was not impressed. The show’s storyline is experiencing another character reset, as viewers are meeting a mostly new cast once again this season. Penn Badgley’s character, Joe Goldberg on the other hand, has not changed a bit.

Joe Goldberg is Professor Jonathan Moore who teaches American Literature in a college classroom in London. He has a new identity, new apartment and of course, a new love interest conveniently right across the building to watch from his own window. The plot centers around Joe, a poor American who must work for his money, infiltrating an English group of privileged aristocrats and other wealthy individuals. Joe doesn’t want anything to do with this group, but he of course never “wants” to do any of the horrible things he’s done in the past. It’s always, I “have” to do this or “I didn’t mean to.”

Joe is one of those characters that I hate to love, or at least hate to support. Within the first 30 minutes of episode one, it looks like Joe has already

killed someone. My first thought: Joe, you couldn’t even make it a half hour? What other character in film history have I ever watched commit murder and simply thought, “ah, silly Joe”?

He enters a moment of sexual tension with his new love interest, Kate Galvin, played by English actress Charlotte Ritchie, and I’m staring at my laptop anticipating their kiss as if Joe Goldberg isn’t a serial killer. Another character in the little group of aristocrats, Tilly Keeper’s Lady Phoebe, lures Joe into a room to seduce him, and I’m rooting for him to escape the situation. Not only has he manipulated and won over almost all characters in the last three and a half seasons, but his tactics have worked on me as well.

In Part 1, there is someone framing Joe for murder and blackmailing him for his past. It’s a classic, perhaps cliché “whodunnit” plot line, and the show sneaks in ironic criticism of it along the way. When Rhys Montrose, played by Ed Speleers, reveals himself as the antagonizing killer behind the scenes, I was not sitting with my jaw dropped.

Montrose is the only friend in the exclusive aristocratic group that came from a lower-class background. The people of London place him on a ped-

estal throughout the whole show as a perfect golden man who always knows what to say. So who could possibly be the killer anonymously manipulating Joe from behind the scenes? Oh, the only “perfect” one out of a group of narcissistic, rich people? I’m shocked.



**As Part 2 of “You” Season 4 approaches, there are still plenty of questions about some characters’ fates that need to be answered.**

A predictable outcome is always one way to lose my intrigue but Season 4 found a way to keep me engaged, at the very least unable to turn away. If there is one part of the plot I would never have been able to predict, it would be one of the unbearable socialites in the group, Adam Pratt played by “White Lotus” star Lukas Gage, begging for one of the service employees to urinate on his face. I will

never look at swim goggles the same.

Regardless of the predictable plot or unexpected kink mentioned, I have questions to be answered in Part 2. The whole point of Joe moving to Europe was to find his love interest that got away in Season 3, Tati Gabrielle’s character, Marianne Bellamy. I’m curious to see if she makes an appearance, or even makes an attempt at Joe’s life. Joe’s ex wife, Love, has been mentioned a few too many times for her not to appear, even if it is in one of his hallucinations. I also wouldn’t be surprised if show writers found a way to keep her alive.

Frankly, I don’t have an investment in most of the new characters from Season 4. At the very least, I hope Kate Galvin makes it out of the season alive, although the track record of Joe’s past lovers is not very promising in her favor. My last prediction, coming way out of left field, is that Joe’s son Henry is somehow brought into the story. With the amount of information Rhys has dug up about Joe, there is no way that Joe’s child won’t be used as blackmail for the rest of the season.

Just like everyone else, I’ll be tuning in to the trainwreck to be released on March 9, but I’m not quite invested enough to stay in the splash zone.

## Panther Spotlight: Senior Transfer Sabrina Morales

BY LILYEN MCCARTHY

After spending her first three years of school in California, senior transfer Sabrina Morales decided to move her career to the east coast last semester in hopes for a bit more playing time. Morales’ first two collegiate seasons at California State University San Marcos were canceled due to Covid-19. Her first full season at San Marcos as a junior didn’t play out how she would have liked, and she wanted something better for her senior year. Born and raised 20 minutes from the heart of Los Angeles, moving over to the east coast was a bit of an adjustment.

Consistent weather allowed for her schedule to be less chaotic at her previous school. Her days would start with early classes and end with a practice at the same time almost every day.

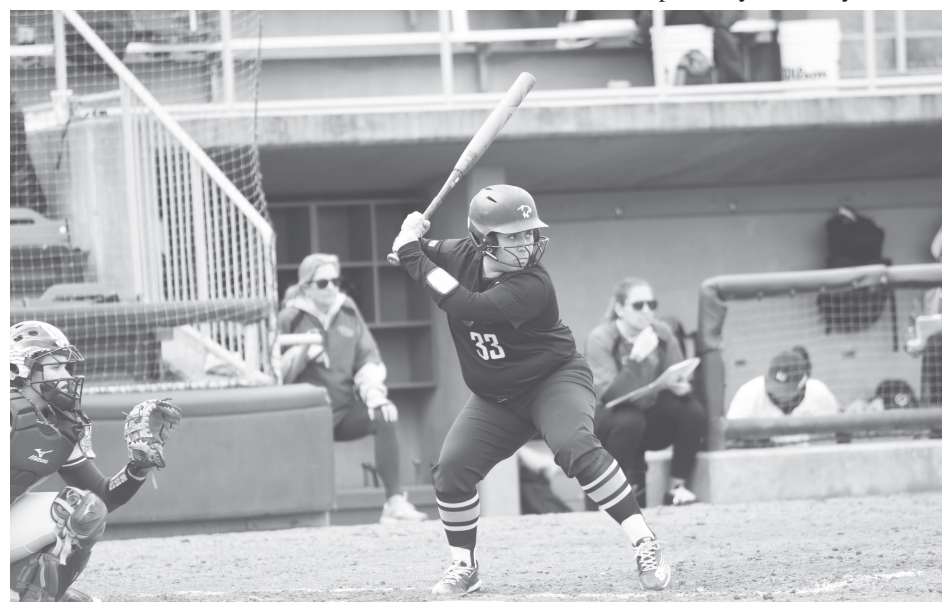
“Here [Long Island] we don’t know our exact practice time until the day of, depending on how the weather is looking. It makes it hard to plan things,” said Morales. As a positive adjustment, she enjoyed the change in team culture.

Coming from California, the psychology major felt her new teammates were more invested in each other and their friendships than her previously more “laid-back” teammates. Morales only knew head coach Carla Campagna from previous recruitment before joining AU softball, but she began what she thinks will be long-term friendships with the team immediately.

“It’s nice knowing you have teammates who support you through

hard times, know when you’re off, when with the old team we were just there to play softball,” she said.

The second baseman is in her last semester of her undergraduate psychology degree and still has two seasons of NCAA eligibility, but she remains flexible to how her future will unfold.



**Recent senior transfer Sabrina Morales prepared to make an impact in her Panther debut as second baseman.** Photo by AU Athletics

“I think the path I want to go is to be a graduate assistant, grad student somewhere, wherever I can really pay for school for me. If I can get a scholarship to play softball another two years, I would do it. It just depends on what is more beneficial for me,” said Morales.

After her time at Adelphi and whichever graduate school she attends, Morales wants to work as a child life specialist, working with

children in hospitals and helping families through terminal diagnoses. The job overall would be helping to keep a child occupied and upbeat while going through extreme treatment such as chemotherapy.

Her dream of working with children is inspired by her 12-year-

old brother who is diagnosed with ADD, ADHD, ODD and autism.

“Growing up he was my best friend, and we were very close, still are to this day,” Morales said. “Hearing him say things like ‘I want to be like you when I grow up’ and him doing school projects about me made me want to be that influence for other young kids.”

Morales misses her younger brother and family every day, but she tries

to soak in every moment and memory she can as her senior year comes to a close. Given the choice between staying for an entire basketball game and leaving early, for example, she chose to watch the rest of the game.

Adelphi softball holds their home opener Tuesday, March 14 on Janet L. Ficke Field. Walk over to the field behind Residence Hall A or tune in at NE10now.tv to watch Morales and the rest of her team against the College of Staten Island.

**If you are interested in joining *The Delphian* team as either a writer, editor, designer, or photographer, please contact Lizz Panchyk at [delphian@adelphi.edu](mailto:delphian@adelphi.edu) to learn more. We'd love for you to join our family!**

## Men's Lacrosse Is Ready to Build on Their Last Season Success

BY ANDREW SMITH

Last year men's lacrosse had an excellent season. The Panthers finished with a perfect 10-0 record in the conference and 15-2 overall. They reached the quarterfinals of the NCAA tournament before falling to the Le Moyne Dolphins by a score of 9-4. The team is entering the 2023 season with a talented roster and hoping to go even further.

Three current players—Kyle Steinbach, Jason Rebaudo and Dylan Renner—shared their personal reflections on what they learned last season and what steps they believe they need to take to get to their ultimate goal. All three credited their family, friends and youth sport programs as the major catalyst that kept them going as young athletes.

Steinbach, a fifth-year senior studying management, said, "I owe all the credit to my parents. If they didn't take me to so many camps, lacrosse tournaments, shooting clinics and fishing trips, I wouldn't be the player I am today."

Renner, a history major in the STEP Program, added, "My family played a big role in my athletic

development. Having two brothers and being in the middle we were always playing sports and competing with one another."

Rebaudo, a junior studying physical education, noted, "I grew up always playing sports as a young kid either with my neighborhood friends or on organized teams that my father put me on."

Regarding not reaching their goal of winning a national championship, Rebaudo, who totaled the third highest goal total on the team in 2022 with 28, said, "Last season we had a great team and we were truly a family. We accomplished many great things and it ended unfortunately in the quarterfinals. We learned that we have what it takes to make it to the top."

Renner, a goalie, acknowledged how winning the conference was great, but it was not the intended goal. He made all 17 starts in net for the Panthers in 2022 and was integral to their success.

Steinbach finished second on the team in goals scored (33) and led the team in total shots (124). He said, "The loss has been looming in the back of my mind since last season and this year

we want the whole pie not just a slice."



**Jason Rebaudo reflected on last season and addressed how it will prepare him and his team for the challenges that await.**

*Photo by AU Athletics*

They agreed the offseason has served as a great opportunity to refine certain skills and target the weaker points of their game. "I really worked on my off hand, feeding and being more controlling on offense with longer possessions," explained Steinbach.

Renner added, "I worked on getting quicker in goal."

Rebaudo, an attackman, saw the offseason from a different perspective. "During the off season my teammates and I would go to the field and practice. We would also hang out and bond with each other creating chemistry off the field as well."

During the pre-season, these three athletes were honored in "USA Lacrosse Magazine" and on "Inside Lacrosse." Steinbach was named to the second team in "USA Lacrosse Magazine" and Renner was nominated for the third team. "Inside Lacrosse" named Renner to the second team and Rebaudo as an honorable mention.

"I am very proud of my teammates for the honors they have received and it is very humbling to see the work we put in pay off," said Rebaudo. "We would not be able to get these honors without our teammates putting in work everyday in practice. They deserve credit as well."

Steinbach said, "The accolades are really cool but as a team I think we can all agree that winning a national championship this year would trump an award like that."

## Sophomore Matthew Price Makes an Impact on and off the Court

BY ANDREW SMITH

Matthew Price has always had basketball in his heart. He grew up on the court while his family played basketball and eventually encouraged

career. Cory McClure coached Price at Kimball Union Academy for two years. Price said, "A lot of tough love throughout my time at prep school for two years, but he made me such a better person and player."



**Matthew Price pulling up a jump shot from the three point line.** *Photo by AU Athletics*

him to play. The sophomore sport management major credits his family for the important role they played in his athletic career. "Shoutout to my dad for always working out with me and rebounding for me," he said. "My little brother worked out with me and challenged me. My mother never stopped believing in me."

In addition to his family always being there for him, Price acknowledged two of his past coaches and the impact they had on his sports

In the Amateur Athletic Union (AAU), Price played for the Middlesex Magic under head coach Mike Crotty, who played a major role in Price's recruitment process and helped him become recognized by colleges. Price said he was a "huge figure in my life."

One of the greatest athletes of our generation, LeBron James, serves as a strong role model for Price. The now highest scorer in NBA history inspires Price through his accomplishments both on and off the court. The four-time

NBA champion and four-time MVP has continued to silence critics every single season. Price acknowledges the success James has enjoyed and said "those speak for itself," but also mentions his important contributions to his community. "How he carries himself off-court and the things he does for his community are truly amazing," Price said.

Price is involved in a very important cause at Adelphi. Serving as the ambassador for Morgan's Message on campus, he is bringing the cause of mental health to the forefront of discussions. "Morgan's message is an amazing nationwide nonprofit supporting athletes' mental health," Price said. "Our main goal is trying to spread more awareness about mental health and also try to equalize mental and physical health."

Price continued, "I got involved because as an athlete, the mental stress is constant and being an athlete who has dealt with mental health struggles before I think it's super important to make it more aware for the coming generations."

Toward the end of the season, players can often reflect on their performance on the court. Price discussed the lessons he learned. "I think the season has taught us a lot of lessons along the way. Through tough losses and great wins, we are ready to take what we have learned and compete for a conference title."

The sophomore also talked about the memories that would last a lifetime. "Memorable moments on the court are always there, but hang-



**Sophomore Matthew Price currently serves as the ambassador for Morgan's Message.**

*Photo by AU Athletics*

ing with the team and creating bonds that last a lifetime definitely is what makes my experience special."

**SEE INSIDE:  
Articles on Black  
Student United and  
AU-SPJ's upcoming  
professional  
headshot event**