

The Delphian

August 29, 2022

The Voice of the Students

Volume 78, Issue 1

As New Dean for the CNPH Deborah Hunt, PhD '12 Plans Updates for Nursing Students

BY NICOLAS RONTANINI

As the fall semester comes into view, students are starting to prepare for what the new academic year may bring. However, some people on campus have already been hard at work throughout the summer, including Deborah Hunt, PhD '12, the new Dr. Betty L. Forest Dean of the College of Nursing and Public Health (CNPH). Hunt started at Adelphi on July 25 after a national search. With many new responsibilities ahead, Hunt, who earned her PhD in nursing with a minor in education from Adelphi, is developing ways to prepare students with updates to the curriculum and plans for student activities should remote classes make a comeback.

Part of how she plans to incorporate these updates is through practice for the National Council Licensure Examination for Registered Nurses or NCLEX-RN exam. In recent years, according to Hunt, the test content has been changed with updated questions. While the exam keeps questions that were present beforehand, students might not be prepared for the new Next Generation questions.

"The way the NCLEX exam, or RN licensing exam, takes place is based on Bloom's taxonomy, with application and analysis types of questions, but they are also now adding Next Gen questions to measure clinical judgment," said Hunt. "So we will be continuing to prepare faculty and students to take a different kind of exam."

However, this is not the only update Hunt plans to integrate. In her previous role as associate dean for the nursing program at Mercy College (where she was the program's academic leader for continuing students from

the college's New Rochelle campus, and for the Accelerated Second Degree in Nursing pre-licensure program at its Bronx campus) she established a program known as the Nurse Advocacy Forum. It offered mentoring, networking and support for students and alumni. This included a guest speaker and round robin sharing with advice given to students on topics like the NCLEX exam and preparation. According to Hunt, the group also helped students who may have had a difficult time transition-



As the new dean of the College of Nursing and Public Health, Deborah Hunt is focused on preparing students for their future. Photo courtesy of Adelphi University

ing into a new professional role.

"The transition period is challenging for most of us, and there's a lot of learning that has to take place," Hunt said. "The forum, in a very round robin type of thing, helped students or recent alums have support for 'what if you were having a difficult transition'?"

Hunt's ideas for implementing academic initiatives extend to updating the curriculum to fit an online format should it be necessary. On the bright side, Covid restrictions have been relaxed in New York. The university is

monitoring the situation to avoid returning to purely online instruction. (*See the Covid Update article on this page.*)

However, Hunt is prepared should that become a reality for the nursing program.

"We have to be ready to pivot in the split second, and so if we had to pivot in the split second, then of course we have our online capability to teach our didactic theory classes," Hunt said. "In addition to our in-person sims [simulations], we have virtual simulations

and case studies so that if we had to pivot to no person at all, then we always have plans in place to make sure the students can still continue their education."

As of now, Hunt celebrates the initiatives the program has implemented, and looks forward to working with staff and students.

"I am looking forward to getting to know our students more closely and collaborating with the faculty and staff with the CNPH and the entire university to continue to strengthen our programs and develop new ones," Hunt said.

University Monitors Covid-19 and Monkeypox Viruses While Easing Restrictions

BY JOANNA REID

Last spring, Adelphi finally announced that masks on campus would be optional. But when Covid-19 cases began to rise in Garden City, the administration reexamined the situation and reinforced the mandate for the end of the semester. Earlier this month, the university released its plans and policies for handling the virus this fall, while also monitoring the growing spread of the monkeypox virus. Here is what to expect this semester.

In an email sent to all students and staff regarding updates to the coronavirus policies, Gene Palma, vice president of University Wellness, Safety and Administration, wrote: "I feel optimistic that this semester will be rewarding, with almost all Covid-19 restrictions rolled back."

Although Adelphi recommends wearing

masks indoors and in crowded spaces, mask-wearing on campus is now optional. There are a few exceptions to this rule; for example, staff can enforce the usage of masks in classes, studios, laboratories and offices.

As per New York State laws, one must wear a mask in all healthcare facilities regardless of vaccination status. On campus, this will include the Health Services Center, Hy Weinberg Center for Communication Disorders, the Student Counseling Center and all centers for psychological services.

Adelphi must comply with New York State laws for handling quarantining too. This means that people who are infected with the virus must isolate themselves for at least five full days after their symptoms begin. According to the New York State Health Department, after being released from quarantine, one must wear a mask around others for an additional

five days. Nicole Gaudino, executive director of University Health and Wellness, said Adelphi will continue to provide quarantine and isolation spaces on campus for those students who are unable to go home if they are exposed or become ill with Covid-19.

Furthermore, Adelphi is following federal transportation guidelines. Therefore, face coverings are also required on the shuttle service that the university provides.

Adelphi continues to require that all students be fully vaccinated against Covid-19, unless one has an approved medical or religious exemption. This is a part of Adelphi's immunization requirements. Additionally, all staff members are expected to be fully vaccinated or test negative for the virus on a weekly basis. At this time, booster shots are not required for students and staff.

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Inflation Drives Adelphi Tuition Costs as University Increases Aid

BY JOANNA REID

Increases in the cost of everything from gasoline to groceries have been on the rise this year, leading to news stories about inflation and concerns among consumers. But as many incoming Adelphi University students are learning, tuition is taking a hit as well, leading to a higher cost to attend the college since the pandemic started in 2020.

According to the recent College Board's Trends in Higher Education, during the height of the pandemic, increases in tuition and fees nationwide largely held steady. Now, some colleges are increasing tuition as much as 5 percent, pointing to inflation and other costs as the reason. At Adelphi the increase is 3 percent, according to James Perrino, executive vice president of finance and operations, which he said is less than other Long Island schools.

"In May 2022, we evaluated select peer institutions and their proposed tuition increases," he said. "Adelphi was the third lowest proposed increase at 3%. The average proposed tuition increase was 4.2%, taking into account proposed increases of 5% at Molloy, 5% at NYIT and 8.1% at Hofstra."



College tuition has increased 5 percent nationwide and 3 percent at Adelphi.

Image from Pxhere.com

In the 2019-2020 school year Adelphi charged about \$40,300. The following year, tuition and fees rose to around \$42,036, despite the fact that many classes were held online. For the 2021-2022 academic year, tuition and fees cost \$42,576. This year Adelphi is charging \$21,903 per semester (including fees), which comes to \$43,806 per year, a \$3,506 increase since 2019-2020.

Comparatively, nearby Hofstra University charged about \$47,510 for tuition and fees in the 2019-2020 school year. This year the university is charging \$52,215, an increase of \$4,705.

These tuition increases could have big impacts on students struggling to afford college.

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A Word from the Editor

Welcome to a new semester at Adelphi, returning and incoming students alike! I hope you enjoyed your summer break, and feel ready to get back to the brown and gold! As you prepare for your new classes, this first issue of the award-winning *Delphian* student newspaper provides you with detailed pieces to start your day.

Read through the News and read about the rises in tuition prices, the university's updates to their Covid policies and a profile highlighting Deborah Hunt, new dean of the College of Nursing and Public Health. Look online to read about the Press Club of Long Island awards dinner in June and the awards the staff took home, including Best College Newspaper.

New to our Features category, we offer students the opportunity to showcase their creativity through short poems. We also offer an exciting variety of stories, such as advice for incoming first-year students and a preview of the performances lined up for the Performing Arts Center this year. We also have a feature about what we all did this summer, and invite you to tell us your story. Further, we frequently highlight different clubs on campus. Please reach out to me if you would like your organization highlighted.

Here in this new issue, we discuss the new social media app Relevnt, its functions and differences from other social media platforms. We venture more into the world of television with a list of TV shows to keep track of and those that are ending. Moreover, we visit the music world and discuss those albums that are turning 50 years old.

Have you ever wondered how student athletes prepare for a new semester? This issue answers the question in our Sports section. We speak to a senior and a first-year athlete about their routines to prepare for their respective sports.

All these stories and much more come with Issue One. If you would like to display your creativity, send me an email (nicolasrонтанини@mail.adelphi.edu) to ask about signing up to write for *The Delphian*. Whatever questions, concerns, comments you may have, or if you would like to advertise with us, feel free to reach out to delphian@adelphi.edu to have your voice heard. I wish you all the best, and a safe and strong start to your semester.

Nicolas Rонтанини '22
Editor-in-Chief



University Monitors Covid-19

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Another change to Adelphi's Covid policies is the daily health screenings. Students are no longer expected to complete the daily screening on the app; however the university suggests calling Health Services for anyone who develops any symptoms of Covid-19.

As of press time, according to county data there were 352 new cases of Covid-19 reported in Nassau County, where the university is located. Fortunately, there has only been one positive case detected on campus as of August 15, but this could certainly change when the on-campus population increases this week.

The university has created four alert levels, ranging from "high risk" (red), "moderate risk" (orange), "low-to-moderate risk" (yellow), all the way to "new normal" (blue). Adelphi is currently at a "blue level," meaning that positive cases are less than 3 percent of the population.

According to Gaudino, the Health and Wellness Team continues to monitor the pandemic and follow the mitigation steps that are already in place.

"Should our on-campus and local positivity rates rise to any of the established thresholds, Adelphi is prepared to adapt and update our policies to include steps like masking, social distancing and capacity restrictions," she said. "These decisions are always based on our local positivity rate, official guidance from the Department of Health (local and New York State), recommendations of the CDC and all current scientific data."

Gaudino said that in addition to the coronavirus pandemic, her office is carefully

monitoring the evolving monkeypox outbreak. "We are prepared to adapt as needed to any changes in the public health landscape and of-ficial guidance from the Department of Health. Presently, Adelphi has no plans to move academic activities to a virtual format."

Gaudino added, "According to current CDC guidance, the transmission of monkeypox requires close contact with an infected individual, animal, body fluids, secretions or a contaminated surface. As the university continues a robust cleaning schedule in response to the current public health situation, our health experts strongly encourage you to continue following the recommendations for personal hygiene and protective practices. They are proven highly effective in preventing the spread of viruses."

She advised thorough and frequent hand-washing, self-monitoring for symptoms, avoiding close contact with individuals who may be sick and not attending class or work if you do become ill. The Adelphi community can also review the CDC's recommended prevention steps for minimizing exposure to monkeypox.

"Additionally, while we acknowledge the general fatigue people are feeling about regular mask-wearing, we recommend continued mask usage in crowded public places and at large gatherings to minimize potential contact with someone's respiratory droplets," Gaudino said.

Hopefully positive cases of both diseases will remain low and Adelphi can continue to operate at a level that resembles pre-pandemic life.

The Delphian

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Volume 78, Issue 1

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Inflation Drives Up Tuition

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A question box was posted on *The Delphian* Instagram account, where an anonymous senior told this newspaper that due to inflation and higher tuition rates, they could not afford the dorm they preferred to live in. The senior added, "My roommate might not even be able to stay with me because housing costs went up. I might move to a different or less expensive room as well or even consider commuting." They questioned where Adelphi's funding goes and why more support is not being offered during these times.

Perrino weighed in on the matter. "Each year, the university carefully considers how best to support our students' success including recruitment of new faculty who are experts in their field, evaluation of new technology, new clubs and organizations, new academic programs, enhanced health and wellness offerings, upgrades to space including classrooms, labs as well as student services. While the costs to deliver an education and all of the wrap-around support services have risen substantially, we have done our best to minimize any tuition increases."

Perrino added that as tuition increases, so does the level of institutional grant aid.

Kristen Capezza, vice president of enrollment management and university communications, clarified, "Our institutional aid (scholarships and need-based assistance) has grown from \$50 million to more than \$80 million since 2015, demonstrating our strong commitment to making an Adelphi education affordable. We redesigned our scholarship policy so that students who are awarded merit

aid at the time of admission no longer have to worry about that aid being reduced or canceled for not meeting a GPA requirement."

Additionally, Perrino said there will be more funding to improve services available to students, including enhanced dining options and hours, in-person/hybrid/and online help desk services, expanded journal and periodical access through the library, and mental health and counseling support, including unlimited access to the mindfulness app, Headspace.

Further, Perrino said that even though the underlying costs for support services have increased, fees like technology, recreation and library use have been held flat since 2019 in order to minimize the increase to students.

While nationally inflation has influenced current tuition prices, Adelphi is attempting to protect students from facing a larger financial burden with extra funding going directly back to helping students further their education.

Be sure to check out more stories on
The Delphian
website
thedelphianau.com

A Look at Shows Coming to the Performing Arts Center This Fall

BY JOANNA REID

Adelphi's Performing Arts Center (PAC) is back for a fifteenth season with a great lineup of shows that will take center stage in person on campus. Blyth Daylong, executive director of the PAC, said that while performances continued virtually throughout the pandemic and audiences were welcomed back last season, this season is a "return to normal and we look forward to welcoming even more audiences back to enjoy our programming."

"Performing online [during the pandemic] was a great way to keep things going, but there is no way to recreate the experience of a live performance. This is a critical part of the training for our students and we're all looking forward to the excitement that only comes from the interaction between a performer and the audience," Daylong added. "As we put the finishing touches on our fifteenth season of performances at the Adelphi PAC, we're looking forward to another great season of guests along with our talented dance, music and theatre students."

The line-up is an exciting mix of tribute, fundraisers, Broadway, traditional music and holiday performances. Below are some of what PAC visitors can expect.

On September 17 the PAC will once again be holding a Larson Legacy Concert. Zeniba Now, the 2021 recipient of the American Theatre Wing's Jonathan Larson Grant, will

take the stage. New York actors will perform alongside her to showcase her new projects. Now is a writer, musician and director whose work has been performed at the Public Theatre and featured on PBS. Now was the winner of the Richard Rodgers Award in 2020 as well.

October 11 is "A Concert for Ukraine," which will be held in honor of those impacted by the ongoing Russian attack in Ukraine. Broadway actors will come together and perform songs in efforts to raise relief funds to support Ukrainians.

The following day, look for Nobuntu, a female a capella group from Zimbabwe, known best for singing and dancing to traditional Zimbabwean songs, Afro jazz and gospel music.

If you're a Broadway fan, a show to look forward to on October 16 will be "Anthony Rapp: Without You." The Broadway star and "Star Trek" actor, Anthony Rapp has adapted his 2006 memoir into a heart-warming, one-man show. The memoir takes place when Rapp auditioned for "Rent" and was first in the room with Jonathan Larson. Rapp will sing original songs, those written by Larson and songs by the rock band REM. The show is sure to tell Rapp's touching story while also honoring Larson.

Additionally, Broadway fans will enjoy "Adelphi's Best of Broadway" playing Oct. 22-23. This will be put on by Adelphi's theatre students, where they will present some of the

discography from popular Broadway musicals.

From Nov. 1-6, the Theatre Depart-



The work of Ann Francis Ang, BFA '19 will be highlighted at a PAC Dance Showcase.

ment will stage a production of "The Curious Incident of the Dog in the Night-Time." This play was adapted from the novel by Mark Haddon. It focuses on a character named Christopher who is in high school and on the autism spectrum. When his neighbor's dog dies he feels the urge to uncover who killed him. Christopher's journey to discovering who killed the dog will not only lead him to answers, but help him learn how to navigate life on his own. This is perfect for anyone who appreciates a good mystery mixed with a moving story.

On November 13, Jim Altamore '74 will

sing songs of the classic musician, Frank Sinatra. Altamore portrayed Sinatra on Broadway in the musical "A Bronx Tale." He has also worked with renowned musicians like Diana Ross and Spyro Gyra. Not only is Altamore a successful musician, he's also an alum of Adelphi.

As is the holiday tradition, our talented student performers will be putting on their annual reading of "A Christmas Carol" on December 17 when the Theatre Department has a "radio-style" reading of the famous Charles Dickens novel. On December 18, Eileen Ivers joins Adelphi just in time for a holiday celebration. Ivers is a Grammy award-winning musician. She will play holiday music on violin.

Student productions will continue to fill the month of December with a first-year showcase from the Theatre Department and two shows held by the Department of Music. The chair of the Dance Department, Orion Duckstein has announced their showcase too.

"The Dance Showcase features student projects in choreography and repertory projects from independent studies," Duckstein said. "These pieces have been developed under the guidance of professors and are brilliant examples of the quality of creative artwork by the next generation of creators. The highlight of this show will be a work created by Ann Francis Ang (AU '19)".

To find a full list of events, visit the PAC website at www.adelphi.edu/pac/.

A College Survival Guide for Incoming Panthers from the Class of 2023

BY MYLO FISHERMAN

Welcome to Adelphi, class of 2026! You, incoming first-year students, are about to embark on a journey at our university. You will make friends and memories that will last a lifetime while also gaining the academic knowledge to attain the career of your dreams. Here are just a few tips to ensure you gain the most out of your time.

Plan Ahead

If you haven't already heard, college is very different from high school. You don't have a bell telling you when to go to class or a teacher telling you when to hand in assignments. It is solely your responsibility to attend your classes and complete your assignments. With this being said, do not procrastinate. It is a bad habit that will not serve you well in college. Teachers rarely accept late assignments and this is why it is crucial to plan in order to ensure you can balance your academic assignments along with everything else you have going on in your life.

College grants you the opportunity and freedom to be able to decide when you want to get your work done. It isn't like in high school when all of your work for every class is due the next day. For the majority of your classes here you will have at least a few days to complete every assignment you are given. This also means that you can get your work done in times that are optimal for you. You can work on homework at midnight or 5 in the morning; it doesn't matter when you do your assignments as long as they get done on time.

When it comes to planning, your syllabus is your best friend. You can check and see when tests and quizzes are going to take place and when assignments are going to be due. I suggest using a planner to organize all of your

syllabi to be able to prioritize what assignments need to be completed. Finding a planner that works for you is key to staying organized. I use the myHomework app and website to keep track of my assignments and assessments in addition to Google Calendar to organize my courses, work and club meetings. Being able to visually see when your work is due can allow you to complete it early in order to ensure you don't have to stress about getting work done. Then you can focus on the other part of college, hanging out with your new friends.



The author, Mylo Fisherman, along with the advisor and eboard members of Students Beyond the Binary, a club for which he is the president and founder. Pictured top from left: Beck LaBarbera, Renee McNeely, Wynn Andersen; bottom from left: Fisherman, Mena Sposito and Salv Jones.

Get Involved

As much of a cliche as it sounds, getting involved is a crucial way to get the most out of your college experience. As easy as it is to go back to your home or your dorm after classes are over with, part of the tuition you pay goes towards student activities so you might as well get your money's worth. You also don't want to look back at your college years after you graduate and regret not being more involved.

Getting involved allows you to find individuals who have a similar interest in you quickly. Adelphi offers a variety of academic, social and diversity organizations, in addition to Greek life, so no matter what you are interested in, there is sure to be a group of people you will enjoy hanging out with. Additionally, becoming involved on campus allows you to network and find other students and faculty members who may be able to help you in your future academic and personal endeavors.

Reach Out

Everyone at Adelphi is striving for your success. If you have a problem with one of your courses, either notify your professor, advisor or someone in the Registrar's Office before September 26, which is the last day to drop a course for this semester. If you're struggling in any of your classes you're welcome to go to the Learning and Writing Center for free tutoring and tips on how to cite sources properly. You are also granted the opportunity to go to your professor's office hours for them to directly help you with classwork you're struggling with as well as just to talk. Although professors may seem scary and intimidating at first, they're actually really helpful and will do everything in their power to help you perform well in their classes. The most important thing to do is communicate with your professor the moment you begin to struggle and not the day before the exam.

There is always someone at Adelphi who is willing to help you. If you're dorming on campus, you can always talk to a Resident Assistant or Residential Hall Director about anything, and if you are commuting, you can talk to a Commuter Assistant. All first-year students are also assigned a Peer Assistant Leader (PAL) to help you through your first year at Adelphi. Additionally, any student is

allowed access to the Student Counseling Center, which is free and confidential. Know that no matter what you are going through, the Adelphi community around you is here for you and wants to see you succeed just as much as you do.

Senior Words of Wisdom

Fellow members of the class of 2023 have some more advice to share with you. When asked what they wished they'd known as a first-year, Kelly Andreuzzi, a senior environmental science major and PAL, said, "I wish I knew how friendly and welcoming everyone was. When I first came to Adelphi, I was so nervous about making friends and would talk myself out of going to events. Everyone here has been so incredibly welcoming and friendly. I wish I knew it!"

When asked the same question, senior nursing major Jennifer Vladimir, stated, "I wish I knew how important organization and planning ahead are as a student since it's very easy to lag behind with work and studying. My workload coming from high school was lighter so I was not prepared for all the work that comes with being a nursing student."

Alyssa Furline, a senior communications major, had an assortment of advice for first years. "There's a job opportunity in every department and you have time to shop around," they said. "You have something to offer in every space you walk into. Making friends is about putting yourself out there. Getting to know and appreciate your staff and faculty opens up so many opportunities and the best way to learn networking skills through practice. Asking questions is the fastest way to get results. The Student Counseling Center can connect you to free therapy. Like, actual free therapy."

What *The Delphian* Editors Did This Summer

BY THE DELPHIAN STAFF

Remember those essays you had to write the first day of school back in your elementary days? We thought it would be fun to show you how each of our new editors for The Delphian spent their summer. Write to tell us your story and we might publish it on our website at www.thedelphianau.com.

Nicolas Rontanini - Editor In Chief

This summer was surprisingly eventful for me. I reached out to several people to check for any available positions. After searching for a summer job, I was able to work for a company I had previously interned for, called Vibrnz, an online digital solutions company. My position, which I continued from my last internship at the company, was as a content creator. My job was to write articles for the website about a variety of topics, focusing predominantly on event management and marketing.

Though fulfilling, I did experience some difficulties, namely with the concepts I wrote about. Having not learned about these topics before, researching and understanding them was somewhat difficult. As such, writing these pieces was tricky as well, since I was writing about topics I was not familiar with, topics like marketing strategies for events or event management skills. I had an overall sense of what I wanted the article to say, but expanding on specific areas required significant research and could be slightly nerve wracking.

While this was the case, it proved to be extremely beneficial. This allowed me to expand my knowledge base, especially going forward as a journalist. It gave me the chance to work on my research skills for the future. Even though this took most of my time, I was still able to reserve some time for myself, and my family, celebrating my brother's birthday and my parents' anniversary.

As my internship ended, I focused my attention on preparing for my new role as Editor-in-Chief of this paper. Though still adjusting to the new responsibilities, I have been learning how best and effectively to carry out my duties. This of course included learning about setting meetings going forward, paper layouts and requirements for the organization to meet.

Joanna Reid - News Editor

I mainly spent the summer back home in Maryland. I interned with the Montgomery County Union for a couple weeks, canvassing for politicians running in the county-wide election. I also served as an election judge, working at the polls for the primary election in Maryland. Additionally, I took an online summer class at Adelphi called "Women and Literature." In the class I learned a lot about female writers like Margery Kempe, Virginia Woolf and Zora Neale Hurston and the misogyny they faced.

After that, I spent a lot of my time relaxing with family, practicing guitar and piano and going to see musicals. This summer I saw "Six" on tour in Washington D.C. I've seen the show on Broadway, but I really enjoyed the touring cast's fresh portrayal of the characters. I also saw an American Sign Language production of "The Music Man,"

and the "Little Shop of Horrors" off-Broadway revival. I wrote about all of these shows on my theatre blog: <https://joannareid56.wixsite.com/jojosblog>. I started my blog a few months ago as a way to document my theater experiences. I like to review the musicals and plays I see and I hoped that by creating this blog I could share my reviews and interests with like-minded people. Overall I had a good and fulfilling summer.



Joanna Reid at "Six the Musical" tour in Washington, D.C.

Bianca Viana - Features Editor

This summer was one full of opportunity and experiences for me. I worked as a Student Nurse Externship at NYU Langone Health in the Neuroscience ICU. It almost doesn't sound real to say that I was one of approximately 50 externs granted the amazing opportunity to learn at not only New York's number one hospital, but also the number three hospital in the entire USA. This was an experience I would have only dreamed of until it became a reality when I got the acceptance letter in late March.

After a lot of hard work, a desire to learn and an openness to failure, I can confidently say that I finished this externship as a better student and these experiences will help me so much in a year from now when I am working as a registered nurse.

I am thankful to have had the opportunity to learn from some of the best preceptors. Regardless of how simple a task may have seemed the nurses always went out of their way to explain things to me and to make things a teaching moment, which is something I appreciated so much as a student.

In addition to this I also did some traveling outside of the country for the first time since the pandemic began. A fun fact about me is that I am half Spanish, so it was wonderful to finally see my family there as I have not seen them in nearly four years. It was really nice to get away for a bit before the semester after working tirelessly all summer in my externship and my regular part-time job as well. Although this is my last summer before I graduate I can gladly say it is one that I deeply enjoyed and I came to appreciate just how thankful I am for all those around me and the experiences I have had.

Lizz Panchyk - Assistant Features Editor

For me, summer is not complete until

I've gone on a vacation with my family. We take a short trip to Greenport annually, but we decided to add another trip since Covid numbers had gone down and we felt safer about traveling. This trip included a visit to the beautiful islands of Nantucket and Martha's Vineyard with the final stop being Cape Cod. Nantucket is filled with history, particularly about whaling, with a cute and welcoming town. In Martha's Vineyard we got to spend some time with extended family and took a tour of the gingerbread cottages and Aquinnah Cliffs. Although we had to take multiple ferries, even one during a storm, the trip was worth it and I'd go back in a heartbeat. It really was a rewarding experience for me to explore this unique area—so much so that I'd even consider taking a job here during the summers. Traveling gives me the opportunity to keep an open mind about where life takes me and I'm excited for where I'll end up.

Although I do enjoy the pleasantries of a soothing vacation, most of my summer was spent juggling three jobs that I have had for over a year and will continue throughout this year as well. These jobs allow me to not only make money but to gain experience and people skills, which continue to help in whatever job I may seek in the future. Especially as a religious educator, I am able to reach the minds of kids and connect with them through teaching. It expands my horizons and I learn from it as well, which at the end of the day is incredibly rewarding.

The summer I had was full of opportunities such as seeing friends I had not seen in a long while, along with my two other vacations to Montauk and Greenport. I definitely feel as though a lot were accomplished this summer, including the hours I put into working any additional hours I could, but I am also very excited for what awaits me this fall semester.



Joseph D'Andrea at the Cradle of Aviation Museum in Garden City, which features aircrafts from over 100 years.
Photo by Claudio Papapietro

Joseph D'Andrea - Assistant Opinions Editor

This past summer, I was fortunate enough to be selected by Adelphi's Jaggar Community Fellows Program, which meant that I was able to intern at a nonprofit organization of my choice in New York. As a history major in the Scholar Teacher Education Program at Adelphi, I was drawn to the Cradle of Aviation Museum, located in Garden City. Choosing to become a part of the education team there was as ideal of a choice as I could have made.

Over the course of 10 weeks, this internship offered me numerous opportunities, both in fields that I felt comfortable coming into, as well as placing responsibilities on me in which I would learn skills that I never saw

myself previously delving into. I got the most out of this internship with new skills ranging from preparing a lesson plan for high school students in the form of a tour, to learning the ins and outs of a computer graphics program in order to create my own 10-minute-long, history-based show for the museum's planetarium, and coding and constructing drones and their remotes to be used for camp groups.

To call myself a "Museum Edu-



Bianca Viana (second from left) with her closest and oldest family friends in Plaza Mayor in Madrid, Spain.

cator"—which was my title through the internship—is selling my experience short. Having been surrounded by such supportive co-workers and a personable and trusting supervisor, I became aware of just how important the workplace atmosphere is. I've worked in retail in the past. However, an office workplace is quite different, for several reasons; every moment is very much one-on-one, and you feel more open to expressing concerns or questions due to the familiarity with those around you. This was especially significant to me because the warm nature of my co-workers, no matter the age, made the challenges I had to face from time to time all the easier.

I feel as though I made a meaningful contribution to the museum, learned quite a lot about working with others, and unlocked even more creativity than I once knew I had. The drones that I learned to code are already in the brochure for the next group of students and campers making a trip to the museum. My planetarium show about aviation history on Long Island is going to be played before the primary shows throughout the school year, and the script I created—which emphasizes the historical contexts of certain pieces of information in the museum's galleries—is going to be used to educate high schoolers who will be visiting in the future. Additionally, I was able to see firsthand the unveiling of the museum's new statue of Sally Ride, who was the first American woman to fly in space, as well as hear about what the process of the arrival at the museum of the last F-14 Tomcat to ever fly would entail. Read D'Andrea's full story at www.thedelphianau.com.

Andrew Smith - Sports Editor

During this summer, I had the opportunity to complete my practicum for my major, Sport Management. I was hired as a field supervisor for the Town of Brookhaven in Suffolk County, which conducts a summer league for approximately six weeks consisting of several Long Island high school varsity soccer teams. In this role, I supervised several fields each night during the game. I was responsible for maintaining the condition of the field and ensuring it was safe to play

Continued on page 5

Three Shows to Look Out for and Catch Up On

BY JOSEPH D'ANDREA

With one of the very best shows to ever see airtime, "Better Call Saul," coming to a close on August 15, it begs the question: what else on television deserves attention? Of course, if you haven't seen the aforementioned "Breaking Bad" prequel, I would place that at the top of your watchlist. But in regards to current shows that have either begun recently or are closing in on a finale, here are three that are worth seeking out.

"The Rehearsal" Getting his start in Canadian television with his short-form skits as a news correspondent who would give not-so-informative reports, Nathan Fielder has continued to make viewers laugh and squirm at the awkward and comedic situations he creates. Over the course of roughly 15 years, Fielder's dry humor became a comedic commodity for many, especially after his most mainstream success in the form of his Comedy Central show, "Nathan For You," (2013-2017), which parodied reality TV shows centered around business advice. His new HBO production "The Rehearsal" hits similar notes as his previous show, dialing in on uncomfortable situations and the theme of loneliness, but it surprised fans by taking a deeper, and more philosophical look at the behavior of both others, and Fielder himself. Although "The Rehearsal" was presumed by some anticipating its premiere this past July to be a similarly hilarious display of the zany real-life people Nathan encountered in his other show, its high concept storyline—which centers around preparing real people for significant moments in their life through elaborate methods, hence the show's title—has been met with praise by viewers and critics. With the short first season

having concluded on August 19, a second season has already been renewed, and who knows what Fielder has in store next for viewers. Nevertheless, my main recommendation would be to seek out his past work, to get a taste of his style of comedy, and keep an eye out for what he has in the chamber. "The Rehearsal" is currently available to be streamed on HBO.



"What We Do in the Shadows" is a comedy unlike much else of its kind, and the lovable characters continue to grow each season.

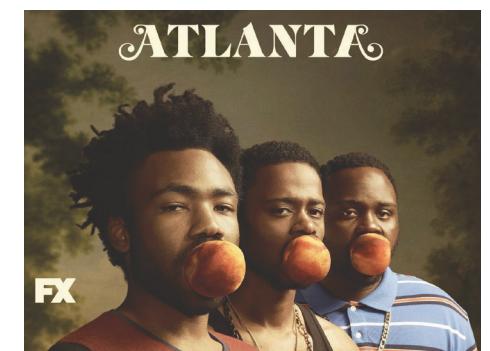
Photo from FX

"What We Do in the Shadows" Based on the world and mockumentary style of the 2014 film of the same name, this show takes pride in being weird, and has stayed impressively consistent for its four seasons so far. Hinging its absurd humor on the film's writer-director pair of Taika Waititi and Jemaine Clement—who both executive produce the

show—"What We Do in the Shadows" knows its strengths, and plays into its silly-sounding concept of what can be most simply described as being "'The Office' with vampires," to the greatest extent. On top of its opportunistic pitch, the characters are brilliantly cast, with Kayvan Novak, Matt Berry and Natasia Demetriou portraying the three main vampires, Harvey Guillén as one of their bodyguards, and Mark Proksch as a different type of vampire—an "energy vampire" who gets his kick from drawing out boredom instead of blood. The actors bring so much to the already sharp and well-written back-and-forth, which makes the backdrop of the wild situations they're put in even funnier. There is still unlimited creativity to be unleashed, even three and a half years in, and I have no doubt that it'll continue to be just as enjoyable in the already-renewed upcoming seasons. The season finale of "What We Do in the Shadows" airs on Tuesday, September 6 at 10 pm on FX, and the show's full run can be streamed on Hulu.

"Atlanta" Donald Glover's dark comedy about rappers living in the show's title city is one of the most unique pieces of television out there. Its first two seasons tread the line between being a mixture of drama with a comedic heart and witty one-liners, but lately it's evolved into the most tonally bizarre show on television. It takes risks, showcasing surreal imagery on occasion, making you question how grounded the show really is, while weaving in subtle touches of comedy, and has once presented hard-hitting social commentary with a fairly-tale-like backdrop. However, this is not a complete surprise, with Glover saying in 2016: "I just always wanted to make 'Twin Peaks' with rappers." To compare "Atlanta" to one of my favorite shows, "Twin Peaks"—

a show that will confuse many viewers—in the way he did, Glover made me feel ready to commit myself to being an avid watcher ever since I first heard that quote. The show is heavy in its themes and metaphors, but never completely loses its special flair that allows it to still be thoroughly enjoyable. If you're looking for a show that is up-front with its messages, but still produces several laugh-out-loud moments, tune in to "Atlanta." The premiere of the final season of "Atlanta" airs on Tuesday, September 15 at 10 pm on FX, and its first three seasons are available on Hulu to be streamed.



"Atlanta" puts Donald Glover's endless creativity at the forefront, and the diversity and unpredictability of its episodes keeps the audience guessing, in the best way possible.

Photo from FX

In an age where there are a plethora of shows that are made with the intention to be binged by viewers, one should recognize that the ongoing golden age of television that we are in offers its fair share of captivating storylines and memorable characters, on a weekly basis, too. There's plenty of television to be seen, so make sure not to miss these great shows.

What We Did This Summer

Continued from page 4
on. Before the games, I secured the soccer nets, brought out equipment and painted the fields. In addition, I was responsible for keeping track of the score, time and in-game substitutions.

This practicum taught me several important responsibilities of a management role in the sports world. Management roles include responsibilities beyond the desk. You are responsible for laying out all the tools for successful games. Sport management does not just have to be on the professional level. The collegiate and recreational levels offer many interesting career opportunities that I was not aware of until I experienced this practicum.

While I worked with the Town of Brookhaven, I also spent my summer working as wait staff at Atria Senior Living on Long Island. I have never worked in the food industry before so this experience was quite an eye opener. It was very fulfilling serving the elderly each day. The residents appreciated conversation and enjoyed our time together. The elderly are often ignored and are not respected or cared for. I was blessed to grow up with four grandparents and truly enjoyed my time with the residents.

Over the summer, I learned the importance of putting yourself out there and trying new experiences. I was a little nervous about trying new jobs but it all worked out and I had wonderful experiences to talk about.

This summer allowed me to experience the world from two very different points of view. I am looking forward to being the Sports Editor this semester and enjoying a successful semester at Adelphi.



Justin Kresse visited Moneta, Virginia with family and went kayaking.

Justin Kresse - Production Editor

After an intense school year last year, I was happy to get a little bit of a break this summer.

I worked at a place called Stereo Barn where I also worked last summer. It's a cool store that sells speakers, stereo systems, TVs and home theaters. I even get to help set up some of the systems at our customers' houses.

Apart from work, my family went on a few vacations as well. We always try to go on a vacation with my mom's family, my dad's family and then one just as our immediate family. With my mom's family, we went

to a town called Moneta, Virginia and stayed at a really cool Airbnb house. There was a pickleball court and a swimming pool, so we got quite the workout, and the house was right by a lake where we went kayaking.

Our next trip was to Boston with my immediate family, my parents and my sister. While there we went to a Red Sox game, did a tour of Harvard (don't worry, I'm not transferring), and went to this really cool SoWa open market. However, my favorite stop was the Leica Camera store.

The last vacation I had before going back to school was in Buffalo with my dad's side of the family. My dad has four siblings, so you can imagine there's a lot of us at the reunion, but we all managed to fit in one huge three-story house for a week. We got out a few times to go to a mustard-making experience (it turned out pretty gross) and a food tour. However, I really enjoyed staying back at the house and playing pool with my cousins and just hanging out.

All-in-all, I really enjoyed the summer, but I must say that I also appreciate the balance between summer and school. When I'm at Adelphi, I get to hang out with friends and explore Long Island/New York City. (I'm from Pennsylvania.) On the other hand, the summers are fun because there's no homework to do, just my job. So, when I clock out at 5 pm, I get to go home or see friends. And there's my favorite home-cooked meals!

Student Poetry Corner

The Delphian is introducing 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 and elizabethpanchyk@mail.adelphi.edu.

The First Leaf Falls By Lizz Panchyk

As summer comes to an end, a hint of fall enters the air, which can be felt right at the brink of the new semester. Vacation may be ending but now comes a time of fresh beginnings and open opportunities.

The sun, bright as it is, shines high in August

Waves break on all the salty shores
The sky warms earlier and earlier
As a reminder that a new season is near.
And with this comes endings;
Seemingly eternal beach days and vacations afar,

Working extra hours and spending time with old friends

Are cut short as we suddenly have to wave a temporary goodbye.

The crickets chirp louder and the air gets heavier as the cool breeze whips through your hair,

Suddenly you are standing in front of a big building, un-wanting its inviting grasp
Autumn is almost here
Classes are back in session
And the first leaf falls.

Relevnt: The New and Exciting App for Podcasting

BY MITCH COHEN

One of social media's best features is how it builds communities, allowing people to bond based on shared interests. A prime example of an app that does this is Relevnt. It allows users to join chat rooms and create podcasts based on their interests. Thanks to this app, I've been able to have a platform to express my opinions on music.

As for how I discovered the app, I was looking for summer jobs on Handshake when I discovered the entertainment podcast and media internship for Relevnt. What excited me about the app was the opportunity to interact with people who shared similar interests. I joined the "VolumeUp" chat room because I am a big music fan, and there, I also host my podcast, "The M-Factor." On my show, I discuss current events in hip-hop, alongside reviewing old and new rap songs. My favorite part about hosting this podcast is collaborating with other interns. In my ninth episode, me and fellow intern Cristina Santiago compared and contrasted two different Travis Scott albums. What made this collaboration work was how both of us were familiar with Scott's music, and this mutual knowledge allowed us to have a better understanding of what made the albums great. Overall, collaborating with people on

Relevnt is very beneficial because it allows me to make connections with other people. But what makes this app stand out from other social media platforms?



The "M-Factor" is one of many podcasts you can listen to on the Relevnt app.

Like other social media platforms, Relevnt allows people from across the globe to discuss their interests. Where the app differs from others is how the podcasts are created. According to Relevnt's head of content and marketing, Sama Dizayee, the app stands out because of the podcasts' presentation. "You get the raw version of podcasting," said Dizayee.

While sites like YouTube allow creators to edit videos before uploading, the podcasts on Relevnt come out the same way they were recorded. For example, if stuttering was in the initial recording, it would appear in the final version as well, which is advantageous to users because it allows anyone to create a podcast, even if you don't have the skills, time or patience to edit the discussions. This approach makes podcasting more accessible, as I can focus on creating content without worrying about the technical aspects. What's also nice is that Relevnt offers both video and audio options for the podcasts. To switch gears, another aspect that makes Relevnt stand out is how positive the community is. With other social media platforms, the main drawback is the overwhelming negativity. However, with Relevnt, there is a much more supportive and positive consideration of others. "It's a community of people who want to collaborate with one another," said Dizayee.

As stated previously, one of my favorite aspects of Relevnt is collaborating with the other interns. Thanks to the positive community, it's always fun to do collaborations, whether it's on my podcast or another podcast. My favorite collaboration outside of "The M-Factor" was "The Kaleidoscope Discussion." In this show, I worked with two other interns to discuss the negative impact

social media has on men's mental health. What made this collaboration worthwhile was how each of us could relate to the topic we were discussing, making for a meaningful conversation.

Alongside doing shows, another enjoyable part of my internship at Relevnt is attending the weekly meetings. These are not only a great way to meet new interns, but they also allow employees to learn about the app's new updates. Dizayee works with the interns as well. "Working with the interns has been a favorite part of [my job] because I feel honored to have people ask me how we can make the app better," she said.

To me, the best part about the weekly meetings is hearing what new ideas my peers have for their podcasts. This variety makes Relevnt stand out because everyone's approach to podcasting is unique, which gives viewers something new to look forward to each time they open up the app.

In the end, being an intern at Relevnt has been an incredible experience so far. Not only has this internship allowed me to create a podcast, it has also allowed me to meet many incredible people who share similar interests. If you haven't downloaded the app, I highly recommend doing so because you'll be able to engage with a positive community that might share similar interests to you.

10 Albums That Turn 50 in 2022 Worth Giving a Spin

BY JUSTIN KRESSE

Class is only just starting, but I'm about to give you the best lesson you'll learn this semester: a lesson in music. Today's lecture is on the top 10 albums turning 50 this year, and a few honorable mentions. We're talking about music that came out all the way back in 1972, which might have been a while ago, but all of these albums still hold up quite well in 2022. Well, there's no point in delaying, so let's get into it.

#10 "Obscured by Clouds" by Pink Floyd

Released on June 2, 1972, it is their seventh studio album. It's not exactly their most famous one, but it's certainly worth a listen for Floyd fans. The songs are shorter and incorporate a lot of acoustic guitar parts. It shows listeners a glimpse of the evolution of the Pink Floyd sound, specifically with the opening drum beat of the song "Childhood's End," which was actually used again in their next album, "The Dark Side of the Moon."

#9 "Close to the Edge" by Yes

Their fifth studio album was released on September 13. There are only three tracks in total on the album and the title track takes up the entirety of side one at a staggering 18 minutes and 42 seconds. Overall, the album gives listeners a good introduction to Yes, with both conceptual songs and more popular rock tracks. It's also the last album to feature Bill Bruford — their original drummer — before he joined King Crimson.

#8 "Paul Simon" by Paul Simon

Simon's first solo studio album after he split from Art Garfunkel — released on January 24 — included a number of popular singles — from "Mother and Child Reunion" to "Duncan" and the upbeat "Me and Julio Down by the Schoolyard." If you like Simon

and Garfunkel, you need to give Simon's solo career a try, and this is arguably one of the best solo albums he has to offer.

#7 "School's Out" by Alice Cooper

The title track of this rock classic may not apply to the beginning of the semester, but it's so good that it's still well worth a listen. It's his fifth studio album, released on June 30, and it reached number two on the U.S. Billboard 200 chart in 1972. The album also deals with the loss of youth when leaving school.

success with the single "Ain't No Sunshine," Withers kept up the quality of his albums with the singles "Use Me" and the iconic "Lean on Me" in this album. Featuring a variety of music styles — from soul to funk to blues music — "Still Bill" shows the variety of music on this list, making the list all the more worth a listen.

#4 "Homecoming" by America

Their second studio album, released on November 15, is yet another country-rock-leaning album. It features the song "Ventura



There are a lot of great albums turning 50 this year, but here are some of the best that you should listen to and pick up at your local record store. Photo from Wikimedia Commons

#6 "Eagles" by the Eagles

This debut album released on June 1 of 1972 proved that the Eagles' country rock sound could make it, with the singles "Take It Easy," "Peaceful Easy Feeling" and "Witchy Woman" all making it onto the top 40.

#5 "Still Bill" by Bill Withers

It's his second studio album and it was released in May. After his previous albums'

"Highway," which is arguably America's most popular track ever, but it doesn't stop there. "Don't Cross the River," "Only in Your Heart" and "Saturn Nights" are also excellent songs, making this an album to listen to in its entirety.

#3 "Harvest" by Neil Young

Young's fourth studio album, released on February 1, is his most popular album

with singles like "Old Man" and "Heart of Gold," making it required listening. The album topped the Billboard 200 album chart for two weeks in March and was the best-selling album of 1972.

If "Harvest" was the best selling album of 1972, then what two albums can go above it on this (subjective) list? Let's find out.

#2 "Can't Buy a Thrill" by Steely Dan

Steely Dan released their debut album in November, which featured the songs "Reelin' in the Years," "Dirty Work" and "Do It Again." The album presents a soft rock music base, with elements of folk and pop that give it a unique character as compared to some other popular music from this time. This is arguably their most commercial album, and is worth a full listen if you're looking for music with a bit of pep.

#1 "The Rise and Fall of Ziggy Stardust and the Spiders from Mars" by David Bowie

Released on June 16 as his fifth studio album, this concept album/rock opera includes numerous classics like "Moonage Daydream," "Starman," "It Ain't Easy," "Ziggy Stardust" and "Suffragette City." This iconic album is even better when you listen to the entire album in order, so I would highly recommend experiencing it in that way.

Before we finish this lesson, I want to give a few honorable mentions to the Rolling Stones' "Exile on Main Street," Black Sabbath's "Black Sabbath, Vol. 4," and Elton John's "Honky Chateau." You can add these and the other albums to your listening homework and it's all due next class. Don't worry, though, because that isn't until a year from now. However, I'm already getting excited about that one, because 1973 was an amazing year for music, too.

First-Year Spotlight: Christopher Leonard Prepares for a Strong Panther Debut

BY ANDREW SMITH

Adelphi's cross-country team has been highly dedicated to training this off season to ensure a successful season. First-year student Christopher Leonard is among those hard at work as he prepares for his debut season as a college athlete—a moment he said he's been working toward his entire life.

Leonard grew up in Mansfield, Massachusetts where he attended Mansfield High School. He's the first collegiate athlete in his family but many members of his immediate family and relatives also competed in high school. Leonard credited them as playing a major role in his love for the sport.

"They attend every race and are always at the finish line equipped with a camera and water. Without their constant support, I am unsure where I would be, if running at all," he said.

Leonard spoke about the importance of his siblings. "My older brother and sister have always been very supportive, even if they are not able to make it to most of my races. They have both moved away from home, but they are always the first ones to send me support over text after races."

Leonard said his parents were really into athletics as he grew up, "and would always take me outside to toss the football or play basketball. They had run many local road races over the years, and always encouraged me to sign up for cross coun-

try my freshman year."

While he said he wasn't very eager to start running, his parents were insistent that he give it a try. "The love and support my family has provided me over the years has given me the opportunity to compete at the collegiate level and I cannot thank

and the ability to be persistent in going after my goals. My most recent coach, Danny Horgan, taught me many lessons in discipline and control and how to persevere during rough patches in training."

Leonard reflected on these teachings and is applying them to his training



Leonard running during a match at high school. His family awaits him at the finish line.
Photo by Stacie Leonard

them enough," Leonard added.

Several coaches have also played an important role in Leonard's development. He highlighted his coaches at Mansfield High School.

"A lot of people come to mind, but some of my high school coaches, Dave Barbato and Danny Horgan, played a huge part in my athletic career," he said. "Barbato helped me develop mental toughness

as an Adelphi athlete. As he was preparing for his first season in Garden City, he followed head coach Katie Rees' off-season training plan. He described this plan as an "adjustment" compared to a high school program. However, he credits Coach Rees with assisting him with easing into college-level sports and said he is appreciative of the support both she and her staff are providing him and the other

first-year athletes.

"I started off around 27 miles per week and have gradually increased to around 45-48 per week," he explained. "My week is usually split into two workouts, a long run, and the rest is filled in with regular distance runs. Daily strength exercises were also incorporated into the plan this year, which was a large step up from the exercises in high school. This summer was definitely the hardest to date, as I logged 70 more miles this July over last July."

While Leonard is excited to begin his first season as a college athlete, he is also looking forward to the opportunity in the classroom as a communications major. "I was looking for something broad, as I am unsure of what specific career field I would focus on," he said.

He explained why he selected this university. "I chose Adelphi because of the welcoming community and the beautiful campus," he said. "I first visited back in August of 2021 and really felt at home as I explored the campus. I also began talking to some people on the team pretty early on, which definitely helped in my decision."

Leonard reflected on the journey that awaits him. "I am very excited to begin my first season as an Adelphi Panther and look forward to racing alongside my new teammates," he said. "The new schedule will certainly be an adjustment, but I'm ready to begin my collegiate career at Adelphi."

An Off-season Reflection: Senior Samantha Collins is Ready for Success

BY ANDREW SMITH

For Adelphi athletes who are entering their senior year, the focus is on being ready to win and making special memories. Among these is senior Samantha Collins of the women's volleyball team, who reflected on her time at Adelphi to date and explained what steps she has been taking during the off season to prepare for her fourth and final season as an undergraduate.

Collins is a physical education major and is planning to complete her master's in health education. But she said that after graduation in spring 2023, if she were given the opportunity to continue to play volleyball, she would strongly consider it.

Collins reflected on the time she has spent on the team. "The team and I, as a senior player, have grown in tremendous ways and are very excited to play together this season," she said. "All of the girls have a chemistry that exists both on and off the court and will definitely be noticeable this upcoming season."

In both college and professional sports, veteran players often serve as a role model for the younger and less experienced athletes. Collins explained her thoughts on being a role model in the upcoming season.

"As a soon-to-be fourth-year player I would consider myself one of the many role models on the team. As an upperclassman, I think it's super important to guide the underclassmen in both athletics and academics," she said. "I know my way around the

locker room and the Adelphi campus as well as the time management that is required to be a student athlete. This is what I try to pass on to the younger players. It is the upperclassmen's responsibility to guide them both on and off the court to make sure we become the strongest team we can be."

kills in a single game. In volleyball, a kill is awarded to a player when the opposing team cannot return the ball following an attack.

"Self-achievements are always on my radar," she said. "I am consistently seeking personal records in the gym, on the court and in the classroom. I think this is what constant-



Collins (right in white uniform) jumping up for a block at the net. Photo from AU Athletics

Collins elaborated on what it has meant to be a Panther and why she chose to attend this university. "We do everything together and everyone is extremely encouraging and supportive of one another. Throughout my years here, everyone has displayed these qualities, which has allowed us to be a close-knit team," she said.

Last season, Collins achieved several important career accomplishments. She set a new personal best of 151 kills and a high in

ly makes me a better player and student and drives me to make progress every semester."

The importance of off-season training cannot be overstated. Collins explained what goes into her training and why it plays such an important role in her game. "Consistency is key. Getting as many reps as possible during practice is super important. Hard work in practice is definitely transferred into games."

Collins added, "Our strength and conditioning coach Keith Jonathan Ferrara gives

us our strength and sprinting workout plans. I follow his specific workout to ensure that I'm getting the best training during the summer."

Head coach Danielle MacKnight, who has coached Collins for three seasons, also praised the hard work the new senior puts in every year. "Sam is an incredible athlete who is very coachable. She has put work in each and every day on the court and in the weight room," MacKnight said. "She has gotten stronger, quicker and smarter as a volleyball player over her time here."

Collins emphasized the important role of her coaching staff and teammates throughout the years she has played, but also stressed the importance of her family.

"My family is super important to me. They have always supported me in everything I do and have helped me become the player and person that I am today," she said. "They helped to motivate me on and off the court and are there by my side when I need them the most."

The senior also stated what she is most looking forward to this upcoming season. "I personally look forward to every match on the schedule. Pre-season, mid-season and postseason all are exciting to be a part of and give me the opportunity to play my heart out on the court," she said.

Collins even reflected on becoming a coach and sharing her love of the game. "I would love to help get others involved in volleyball, especially the younger athletes," she said. "I would definitely consider coaching after graduating."



ADELPHI
UNIVERSITY
Performing Arts Center

UPCOMING EVENTS/FALL 2022

GUEST ARTISTS

LARSON LEGACY CONCERT:
ZENIBA NOW
Saturday, September 17 •
3:00 p.m.

NOBUNTU
Wednesday,
October 12 •
7:30 p.m.

**ANTHONY
RAPP:
WITHOUT YOU**
Sunday, October 16 • 2:00 p.m.
Adelphi Students: \$15/\$10

**THE MUSIC OF SINATRA
WITH JIM ALTAMORE**
Sunday, November 13 • 3:00 p.m.

**GREATER NASSAU
CHORUS**
Saturday, November 19 • 4:00 p.m.

**AN EILEEN IVERS
CHRISTMAS**
Sunday, December 18 • 4:00 p.m.
Adelphi Students: \$10/\$7

DANCE

FALL DANCE ADELPHI
Wednesday, November 16, through
Sunday, November 20 • Various times

DANCE SHOWCASE
Friday, December 9 • 7:30 p.m.

FREE STUDENT RUSH TICKETS

One hour before all performances, including guest artists, full-time Adelphi students are eligible to get a Rush ticket for free. Arrive prior to the performance with your Adelphi ID, get in the Rush line and receive one remaining unsold ticket. Subject to availability, not available for every performance. Cannot be reserved in advance. Rush tickets will stop being distributed 10 minutes before the start of the show, so get your tickets early.

Adelphi Performing Arts Center returns for a new season—check out our lineup.



MUSIC

**ADELPHI'S
BEST OF BROADWAY**
Saturday, October 22 • 8:00 p.m.
and Sunday, October 23 • 4:00 p.m.

**ADELPHI
SYMPHONY ORCHESTRA**
Friday, November 11 • 7:30 p.m.

**ADELPHI
OPERA THEATRE**
Friday, November 18 • 7:30 p.m.

**ADELPHI
CHAMBER MUSIC
ENSEMBLE**
Tuesday, November 22 • 7:30 p.m.

**ADELPHI
CONCERT BAND**
Tuesday, December 6 • 7:30 p.m.

**ADELPHI
JAZZ ENSEMBLE**
Friday, December 9 • 7:30 p.m.

**ADELPHI
CHORALE and
ADELPHI
VOCAL ENSEMBLE**
Sunday, December 11 • 4:00 p.m.

Reserve Your Tickets Today!

**ALL ADELPHI STUDENT TICKETS
ARE \$7 UNLESS OTHERWISE NOTED.**

(Discounts available for students,
Adelphi alumni and employees.)



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