

The Delphian

April 1, 2020

The Voice of the Students

Volume 75, Issue 8

COVID-19 Impact on Adelphi University: What You Need to Know

BY JACLYN TRACY

Mostly everyone in America can say that a month ago they did not see themselves in the exact predicament they are in right now. While since early 2020, coronavirus has been a major news headline and health concern in our



country, in mid-March, things became very real. Universities across America started one-by-one converting solely to online formats; non-essential workers started working from home; we were introduced to the term social distancing; and suddenly we were getting instructions on how to wash our hands from the government. That was before we were told not to leave the house at all. Welcome to the new norm.

While everyone is being affected by this global pandemic in different ways, Adelphi has made adjustments and changes in efforts to keep the community as safe as possible for the time being. But it's a lot to take in, so *The Delphian* has compiled a list of what you need to know about university operations throughout this temporary period of uncertainty, based on student body email blasts, Adelphi's coronavirus FAQ page and announcements made by Adelphi via social media.



At noon on Thursday, March 26, a warm, sunny day, students ordinarily would have been swarming to these spots on campus. Due to the COVID-19-related shutdown, only a few essential vehicles and construction were to be seen. Photos by Liza Burby

1. Classes will be held online throughout the remainder of the semester.

When students and faculty left campus before spring break, they were

“Because it has become clear that this situation is going to take widespread and sustained efforts over an unknown period of time, we have made the decision



told that online learning would continue until further notice starting March 23. Then an email sent to the student body from the provost on March 16 stated:

to extend the online learning that will begin on March 23 through the remainder of the spring semester.” Instructors of each course were encouraged to modify

their syllabus and figure out a set plan of action for the remainder of the semester for both themselves and their students, regardless of what major or department the course falls under.

2. Residential life on campus is



suspended until further notice.

While some students who dorm on campus were under the impression that they would be able to return to their dorms even as online learning continues, Adelphi housing made it mandatory that students move out of their dorms as soon as possible for the overall safety of the community. An email from Sentwali Bakari, vice president for Student Affairs and dean of students, read, “As of today, Monday, March 16, all resident students are to move out and return home as soon as possible—for your own safety and for the safety and well-being of our entire community. All residence halls will suspend normal operations on Wednesday, March 25 at 5 pm.”

This email also made clear they understand that while many students can return home safely and stress-free, for others it is impossible due to either living abroad, not having a safe place

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To Our Readers...

BY JACLYN TRACY

As we are all aware, we are in a time that is unlike anything we have ever lived through. For some, it seems like the lives that we were living a month ago are centuries ago, as everything has completely changed in such a short time. Classes and non-essential jobs have become solely online based, leading to adjustments being made that can be challenging and difficult.

As you can imagine, being a print-based campus newspaper, *The Delphian* is faced with challenges that it has not faced before in all of its 69 years on Adelphi's campus. The staff has made

the choice to honor our motto, “The Voice of the Students” and continue publishing issues online for the remainder of the semester. We are committed to providing the Adelphi community with quality journalism at a time where the importance of receiving news, or just a read to take your mind off of things is at an all-time high. We won't be having a print version of the paper for the remainder of the semester, but we will still get the paper out to you in PDF and online formats.

Liza Burby, faculty adviser of *The Delphian*, has expressed her continued support and dedication to helping our students have their voices heard during a time of such uncertainty.

“Now, more than at any other time in your time on campus, it's important to stay connected, and the student newspaper is one way to do that,” she said. “Our staff—your fellow students—are being innovative in ensuring that they get you all the news, features, editorials and sports the school newspaper is known for. Their commitment to this volunteer role is impressive and an example of what dedicated journalists can do in times of crisis.”

While the news may have become something that is triggering and overwhelming to many, our job as student journalists is to bring the truth and important stories that our readers

need. Throughout the rest of the semester, we will be exploring ways to make *The Delphian* an outlet for students to share their experiences, and a source of comfort for the Adelphi community, as we are all going through this together. The staff looks forward to finishing the semester strong and serving our community as best we can virtually. Please email us at delphian@adelphi.edu or comment on Instagram at @the_Delphian. We want to hear your thoughts as we experience these unprecedented times.

See inside for our annual April Fools Issue: **The Defiler**

Letter From the Editor

As I write this, I am finishing unpacking all of my things from my dorm and coming to terms with the fact that I've experienced my college "lasts" without having any idea I was in them. As many students know, the process of graduating college, becoming a real adult, with a career, and no longer being a student, is something that takes a while for many to finally accept. As the semester comes to a close, seniors mentally prepare themselves for what is coming, and usually spend every possible second they can doing things that they'll never be doing again after graduation. Some of these things include all-nighters in the library surrounded by friends, eating their last meals in the dining halls, and just taking the extra time to be with people who you've formed strong relationships with over the past four years, whether that be people you simply see in passing, professors that you admired or your closest friends.

When I left class on March 10 at 5:30 pm, all of the students in my class were buzzing about how classes were being canceled for the rest of the week up until after spring break. My first thought was, "Early spring break? No complaints here." I truly had no idea that that was the last time I would be in a college classroom; that night was the last night I'd be sleeping in my dorm alongside my best friends; that morning was the last time I'd be eating breakfast at Post Hall; and that was the last day I would spend at my on-campus job I have been working at since my freshman year.

When I heard the news that Adelphi was officially going fully online for the remainder of the semester, and I had to move out of my dorm by the 25th, as well as commencement being canceled, I was heartbroken. Adelphi has become such a huge part of my life, and the people in it have become a second family to me. There were so many exciting things ahead, things I've been waiting for since I was a freshman. While being a senior at this time is certainly not ideal, I realized while it may feel like the end of the world for me, seniors all across the country are going through the same exact thing. Weddings are being postponed, high school proms are canceled and everyone everywhere is being impacted in some way by COVID-19.

What this has taught me most, is the beauty of a moment. Some things we dread each day, and don't even think twice to appreciate are the moments that we truly feel incomplete without. Going forward, I am going to be such a more appreciative person of the little things that I may have not even stopped twice to think about. I dedicate this letter to the Adelphi community, and in honor of the past three and a half years I have been so lucky to spend in a place that will forever feel like home to me.

Panthers, stay home, social distance and stay positive. Take the time to self care and appreciate all of your blessings, and the underrated beauty of an uninterrupted daily life.



Photo by Todd Wilson

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Editor-in-Chief

The Delphian

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What You Need to Know About the Impact of COVID-19 on Adelphi

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to call home, or not having access to reliable Internet to successfully complete online learning. For these students, it was explained that if they complete a form, exceptions will be made and they will be granted "basic housing, health, food and social services." The email stated as well, that for resident students, "partial refunds will be calculated and prorated as of Monday, March 23."

However, for students who choose to remain on campus, the Center for Recreation and Sports was to be closed indefinitely. If a student's package has been delivered to the Adelphi mailroom, school mail services will re-route it directly to their home address on file.

3. *On-campus and university-sponsored events have been canceled.*

While this may come as no surprise to students and faculty, being

that campus life has been shifted to a completely online format, all on-campus and university-sponsored events have been cancelled. This includes not only all intercollegiate athletic events, but commencement as well, and any other events that were planned for the remainder of the spring semester.

An answer regarding events on Adelphi's FAQ page reads, "Due to a ban on gatherings in New York State, and the requirement of our state and county departments of health to maintain social distance and reduce population density during the COVID-19 pandemic, we are unable to hold our May 2020 commencement exercises as planned."

Adelphi ensured the community that although this may come as very disappointing news to many, they are actively working on new plans for alternative commencement events and

celebrations, which will be shared with students as soon as they are finalized.

4. *Many helpful resources are still available to the community remotely.*

As the semester continues, students will be able to access the following resources online: Student Counseling Center, Health Services Center, Interfaith Center, Diversity, Equity and Inclusion, alcohol and other drug services, the Career Center, Student Affairs, Information Technology (IT), Learning and Writing Center, as well as accommodations and note-taking services made with the Student Access Office (SAO). In addition, the Panther Pantry is still available to students in need via online at <https://students.adelphi.edu/catalog/panther-pantry>.

5. *All travel and study abroad programs have been canceled indefinitely.*

On Adelphi's website, it states,

"While we are committed to international experiences, our community's safety and well-being remain our top priority. All study abroad trips through May 24 have been cancelled or postponed."

Adelphi also noted that they strongly discourage anyone in the community from personal travel during this "rapidly evolving public health emergency."

6. *How to stay safe- and who to contact if you don't feel well.*

There are many different precautions that can be made to protect yourself from catching, as well as spreading, coronavirus. According to Adelphi's website, some of these precautions include:

- Avoid touching your eyes, nose and mouth with unwashed hands.
- Clean and disinfect frequently touched objects and surfaces.

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First-Year Seminar Unplugging Assignment Gains National Attention

BY VICTORIA GRINTHAL

Chances are that you spend way more time scrolling on your mobile devices and phones than reading articles and books in paper format. As technology advances with every day, it's common to let the digital world take over our time, but it's not the best idea for us or our future. This is the reason why first-year seminar (FYS) professor Donna Freitas offered a volunteer "unplugging" assignment to her fall 2019 class. Unexpectedly, the move soon gained media attention beyond her classroom, campus and even the state.

Though the idea may sound torturous for some, the activity was inspired by research. Freitas, a visiting professor in



Donna Freitas, visiting professor in the English Department, conducted the first-year seminar, "Life Unplugged," which challenged students to give up their cellphones for a week.

the English Department, is no stranger to the effects of social media and digital contact, as she has written multiple books on the topic.

"First-year seminar can be an experimental class, and several years ago I did a national study on Social Media, Smartphones, and the College Experience, published as 'The Happiness Effect: How Social Media is Driving a Generation to Appear Perfect at Any Cost' (Oxford)," she said. "I based the class around findings from the study, and the question, 'What does it mean to have a healthy relationship with our devices and social media?' I think this is one of the most important questions for college students today (and all of us, really). The experiment of giving up phones was meant for students to think seriously about their relationship with their devices, and what it is like to be and converse and think and study and read and be in relationship unaccompanied by them, and uninterrupted by them constantly."

With that in mind, Freitas gave her FYS students the opportunity to participate in a voluntary experiment in which their cell phones were left with Adelphi's Public Safety Department over the course of a week. The participants were able to use other types of digital devices, and all set up ways to contact their families and friends without texting or calling them.

This interactive lesson was good for

not only the students, but also the public, as "Newsday" reported it in print during November 2019. "Newsday," CBS New York and Pix 11 also recorded segments detailing the experiment for their respective websites, gaining even more momentum online. A video report of the event from CBS' "Inside Edition" news broadcast has gained nearly half a million YouTube views since its release.

Freitas, who is also a middle grade and young adult novelist, said she was surprised that the class made headlines. "It says something about our society today, I think, that students giving up smartphones for a week could make national headlines. It says that we all think it is shocking and nearly impossible to do. I think it's a good experience for all of us to remember--or discover--what life is like when we are not grabbing for our phones constantly, what it is like to live uninterrupted."

Many students were unsure about the idea of giving up their phones for a whole week. However, it quickly became a memorable learning experience for all involved, including Freitas and the Adelphi community.

While everyone's relationship with technology is different, some students, like first-year Charles Herman, found a lot of positives to working without a cell phone nearby.

"I really liked being phoneless," Herman said. "I could get work done more productively. If I had to, or if the

opportunity to [do so arises], I would do this experiment again."

Other students felt symptoms of withdrawal and found it more challenging to adapt to life without phones, for various reasons. Despite the lack of connection through technological means, the students were able to communicate in a way that is currently much less common in our society.

Freitas said the week without phones (and the whole semester in general) was meant to inform these students about the copious amounts of scientific and social information about how we are impacted by serious cell phone usage. Research has concluded that cell phones can affect self-image and mental state and even be addicting in some situations. The response to this experiment was not only to get people talking, but also to bring to light the impending effects of constant technology use on the body and mind. To that end, Freitas said it worked.

"I think I was just surprised--and pleased and happy--that by the time my students and I were ready to do the experiment, everyone had gotten on board, even though they were nervous, too," Freitas said. "At the beginning of the class, I think people were shocked that we were really going to do this. But I was also happy to see how much fun the students had and how into it they were. I would definitely do it again if I had the opportunity."

The Voice That Helped Adelphi Meet New Inclusionary Methods

BY CHRISTOPHER ALVAREZ

Often the word "freedom" becomes nonexistent because we rely heavily on other people to help us accomplish daily tasks or simply because our voices are not heard enough. This is what disabled individuals usually struggle with. However, Adelphi University (AU) is different.

In their email signature, the Student Access Office writes, "There is no greater disability in society, than the inability to see a person as more," as a reminder that there shouldn't be such a thing as inequality and that everybody is valuable in their own way.

Here at AU, one voice equals one change. This is how Adelphi and the Student Access Office (SAO) strives to be one of the most inclusionary college campuses on Long Island.

"Student's voices matter and they are stronger than students probably think," said Brian Flatley, MS '19, associate director of the SAO. "When Julia first came to me, I said fantastic! Now I have a student's voice to back up what we would like to do."

He was talking about Julia Lincoln. With just seven months at Adelphi, Lincoln is already leaving her wheel-print

as a spinal muscular atrophy and Hoyer lift advocate, by helping Adelphi install its first-ever machine that promotes equal access to individuals on campus with a physical mobility disability.

Flatley described the new transfer system addition as, "a mechanism that allows persons who lack mobility in their lower or upper extremities to safely use the facilities by transporting them from their mobile device to any which way they'd like to go."

The Hoyer lift can be remote-controlled and should be used with some help from a personal care attendant to ensure an easy and risk-free transfer.

Not only does this new installment accommodate the physical needs others might have, it is also an extra push to the freedom of the disabled community, relieving them from always having to ask for full assistance.

"It helps me become more independent without having to put that strain on my aides, of always picking me up," said the 18-year-old Lincoln.

As of now, the first Hoyer lift has been placed in one of the first-floor accessible restrooms of Swirbul Library, but it will not stop there. The university is working towards its goal of creating an all accessible campus by expanding this adaptable equipment to the resident

halls and possibly in the new renovated University Center.

"Students who come to live on campus can safely get to their bed and visitors can safely maneuver themselves in our facilities," said Flatley.

Lincoln and SAO are similar in their efforts to eliminate barriers and improve accessibility in their environment. They are both determined to spread happiness and equality in their community as this duo is a prime example of how teamwork makes the dreamwork.

"It's music to my ears when a student comes to me and advocates for a specific device to ensure they have a safer or a more barrier-free environment to live and learn at Adelphi," said Flatley.

Lincoln, a nursing major, said she always felt some type of satisfaction in making others feel good.

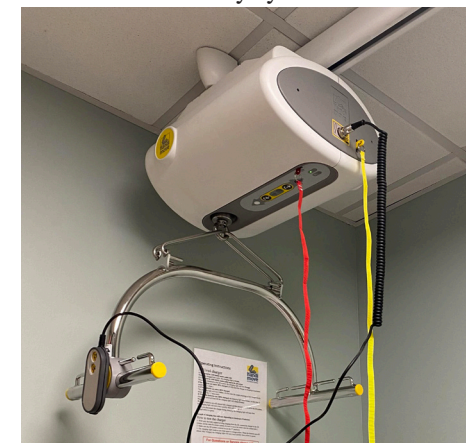
"I always liked to help people," she said. "I volunteered at a hospital last year and I enjoyed working with the kids, helping them out and seeing the smile on their faces."

The Hoyer lift is just another reason to feel safe, equal and work together to bring more smiles as Adelphi surges to new inclusionary heights. Change only needs one person and doubts generate motivation. Disabled doesn't mean

unable. It simply means that we do things differently.

When campus re-opens, be sure to check out the new device implemented on the first-floor restrooms of Swirbul Library, and don't be afraid to advocate for your needs.

SAO needs voices like yours and when in doubt, remember what Lincoln said: "If someone says you can't do



Adelphi's first-ever Hoyer lift machine, pictured in Swirbul Library, promotes equal access to individuals on campus with a physical mobility disability.

something or doesn't believe in you, prove them wrong because you probably can."

The University Comes Together in Support of Autism

BY MORGAN THWEATT

When asked why his job was so important to him, Mitch Nagler, director of the Bridges to Adelphi program, said, “What is the point of diversity if you don’t have inclusivity?”

For more than 12 years, Adelphi University has been committed to changing the lives of individuals on the autism spectrum. Bridges to Adelphi launched in 2007 to provide an environment that catered to enriching the college experience for students with nonverbal learning disabilities like autism. The program has grown tremendously since 2007 and the graduating classes get bigger each year, said Nagler. He said that some students who have transferred into the Bridges program because they failed out of other schools due to lack of support, have been successful at Adelphi and have gone on to work full time for employers like Northwell Health, in the administrative offices on campus, and one student even created the AU to Go app!

There is no application to get into the program; rather students who have applied and been accepted into the university can choose to enroll.

“We aren’t interested in what a student’s diagnosis is,” said Nagler. “The students in our program are not Bridges

students; they are Adelphi students, who are enrolled in the Bridges Program for additional support services.”

Nagler believes that every student should have the opportunity to get a career in their field of study when they graduate and has dedicated his time to funding vocational program growth, grant writing, scholarship funding, research and finding corporate partners for internships.

“The Bridges program gave me the foundation to be able to recognize and prepare myself for a professional career in addition to providing a friendly, social atmosphere to connect with others,” said Adam Brower, an alumnus of the program who is now a full-time staff member at Adelphi.

Next to Nagler stand a team of experts in autism across the full spectrum of diagnoses. One of them includes Stephen Shore, clinical assistant professor in the Ruth S. Ammon School of Education, who you may recognize always wearing his Adelphi cap.

“Many people think it’s for fashion,” Shore said, “but for me, being under recessed lighting is like being underneath a spotlight.”

Shore was diagnosed with autism at the age of two and a half, during a time where there were even fewer resources for those on the spectrum. His parents

were told he would have to be sent to an institution – the kind where children had to wear protective headgear out of fear that their “condition” would cause them to hurt themselves unintentionally. Knowing that was the wrong solution, his parents fought against it and Shore grew up going to school like any typical kid. Except he wasn’t typical, and learning did have its challenges.

He said that’s one of the reasons he loves Adelphi. “It is important to keep in mind that it is great to see Adelphi is in a leadership role in supporting autistic students at a collegiate level.”

Shore also serves as a member on the board for the Asperger Syndrome and High Functioning Autism Association (AHA), a non-profit organization dedicated to providing education, support and advocacy to individuals on the autism spectrum, their family members and their educators. AHA holds its annual “Issues in Independent Living for Adolescents and Adults on the Autism Spectrum” spring conference at Adelphi’s Garden City campus and collaborates with the university on other programs.

But Adelphi’s dedication to providing a community for autistic individuals begins as early as 18-months-old. If you ever wondered what that little building with the playground is

that’s tucked in the corner of campus as if its straight out of a storybook, that’s the Alice Brown Early Learning Center provides Pre-K education for diverse children, 25 percent of whom have special education needs including autism. Travel a little further down campus and you’ll find the Hy Weinberg Center for Communication Disorders, offering speech-language therapy to toddlers, preschool-aged children, adolescents and adults with an array of special needs. Additionally, the literacy and social training centers both provide additional support to high-school and college-aged individuals on the spectrum.

Adelphi University has created a path for autistic individuals to be successful and have the support they need in order to reach their goals. As Shore said, “We are working toward autism success being seen as a rule, and not as an exception. That is what makes Adelphi so special.”

Editor’s Note: This article was written before campus was closed and classes were moved online. Since then, the Bridges program has been working with Adelphi students to help them prepare for the transition; encouraging them to attend meetings with our staff on Zoom and understand the changes that have been made.

What You Need to Know About the Impact of COVID-19 on Adelphi

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- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

If you are a student and have symptoms of fever, cough and body aches, and are concerned, call 516-877-6000 and ask to speak to a nurse.

Most importantly, Panthers, take this time to take care of yourself. Take safety precautions seriously. And spend time with your loved ones. The sooner we all follow directions, the sooner we will all get through this.

In future issues, *The Delphian* will continue to report on changes and how it is impacting students and faculty. Email us at delphian@adelphi.edu to share stories of how the COVID-19 situation has impacted you. Tell us your hopeful stories about good deeds and unexpected lessons learned throughout this crisis. You can also share fun ways you’ve been keeping yourselves entertained and active.

The staff of The Delphian extends our wishes to you and your family that you stay safe and healthy during this difficult time.



Photos by Liza Burby

Greek Life Update – ANAD Week and Strut for St. Jude

BY BIANCA VIANA

Before spring break and the university shutdown, there were many things happening on our campus in regard to Greek life. During the week of March 2-6, Adelphi's Delta Phi Epsilon (DPHIE) hosted their annual ANAD Week. In addition, Tri Delta hosted their annual Strut for St. Jude. Both of these events focused on body positivity. We are constantly being confined to societal standards, but it's important to challenge those standards and feel comfortable in your own skin, which is what both of these events greatly encourage.

Delta Phi Epsilon

Throughout the week, Delta Phi Epsilon (DPHIE) had tables set up in the Nexus lobby. Each table had a different theme, which were all focused on self-love and body-positivity. ANAD stands for Anorexia Nervosa and Associated Disorders and is one of DPHIE's three philanthropies.

They kicked off the week with #MakeuplessMonday, encouraging peers to post a makeup-free selfie and to wipe off their makeup in exchange for a free facemask. On Tuesday, March 3, DPHIE presented #TrashYourInsecuritiesTuesday, in which they had a big gold trash can on their table along with paper and pens to write down one of your insecurities and throw them away. On March 4, DPHIE hosted #WonderfulYouWednesday, which was focused on writing some of the things you truly love about yourself.

That evening they also hosted their ANAD Vigil in the Adelphi Room, where one of DPHIE's own members spoke. The speaker was Autumn Novotny, a sophomore nursing major, who spoke about her experience struggling with her body image, which then led her to develop an eating disorder. Novotny said she realized that it was all about societal beauty standards. She learned to love herself, which is a very important principle to DPHIE and one of the main purposes of ANAD week.

On Thursday, March 5, DPHIE had #ThoughtfulWordsThursday in which



The sisters of Delta Delta Delta at their annual Strut for St. Jude event. Picture provided by Kat Beatty

they had scales set out on their table and people could write encouraging messages on there that keep them positive. On Friday, DPHIE presented #FearlessFriday, in which people were able to share what makes them feel good.

Donatella Dennino, a sophomore nursing major and member of DPHIE, said, "So the day that stuck out to me the most was #MakeuplessMonday because I feel like everyone got to show off their true, beautiful selves and looked amazing doing it! Being able to just remove my makeup with pride made me feel so good about myself!"

ElanaRose Bravin, a junior nursing major and member of DPHIE, said her favorite day of ANAD week was the ANAD Vigil. "At the vigil this year we were able to hear one of our sisters Autumn speak and hear her story. Knowing that she felt comfortable to share her story to help others is inspiring and being there to support her is one of my favorite things."

Delta Delta Delta

Tri Delta also had their annual event, Strut for St. Jude, on Thursday, March 5 in the PAC.

Kat Beatty, Tri Delta's philanthropy chair, said, "It has always been my favorite event since I joined Tri Delta. Planning it was a really fun experience

because we collaborated with Lord and Taylor, so a certain amount of our models got to borrow outfits from them. I got to work hands-on with them and watch the models really exude confidence when wearing their outfits."

This is a body positivity-oriented event, which was open to the entire Adelphi community. Tri Delta hosts this event every year and it's always such a huge success. They raised a total of \$1,173 that night, all of which went directly to St. Jude Children's Research Hospital. After Strut, Tri Delta has managed to raise just over \$11,000 this year.

"Tri Delta's motto is to Bring You and this event is truly the culmination of that belief..." Beatty said. "We truly have so many different people come to Strut and model in it and it's really the best feeling in the world watching people get up there and just come alive."

Annaliese Lewis, a first-year nursing major and new member of Delta Gamma who walked on the runway, said, "Overall Strut for St. Jude was an amazing event that was dedicated to an all-around beautiful cause. It was really fun to get all dressed up and strut alongside my friend, all the while feeling super confident. Watching everyone else walk on that runway with the utmost confidence and positivity was so uplifting. It was such a great experience!"

Jess McErlean, a senior English major and member of DPHIE who also walked in Strut, said, "I've participated in Delta Delta's Strut for Saint Jude every year since I was a freshman and a new member of Delta Phi Epsilon and every year it is an amazing experience.

"Tri Delta puts all their efforts into their philanthropic work with St. Jude and it doesn't go unnoticed," McErlean continued. "Every year the event is fun filled and heartwarming. It is a night to truly express you inner and outer beauty and for an amazing cause. Strutting for St. Jude has become an amazing part of my college experience and will be something I remember for the rest of my life beyond Adelphi."



The sisters of Delta Phi Epsilon at their ANAD vigil. Picture provided by Sophia Muratore

An Evening with Karamo Brown

BY MILES THOMSON

Karamo Brown is notable for being the first gay, black man on reality television when he came out on "The Real World," as well as being the culture expert on the Netflix original show "Queer Eye." The Student Government Association organized this event, which was titled "Karamo Brown at Adelphi University!" and was held on March 2 in the Performing Arts Center.

This event was definitely unforgettable. Jacqueline Jones LaMon, vice president of Diversity, Equity, and Inclusion, and Gregory Miller, the administrative assistant for the Political Science Department, had an open conversation with Brown about his life, his accomplishments, and advice he could give college students.



From left to right: Jacqueline Jones LaMon, Karamo Brown and Gregory Miller
Photo by statiaphotography

One of the parts of this event that stuck out the most was when he started talking about his involvement in the black, gay HIV community. It began when his boyfriend at the time was HIV positive and he said this allowed him to come to the realization that everyone who is a part of a marginalized community should stick up for one another. He believed people needed to put in the work to support one another because at the end of the day if people in your own marginalized community won't support you, who will?

He backed up this argument with an example that hits a little close to home, which is the transphobia that exists in the trans community, as well as the greater LGBTQ+ community as a whole.

"When you see in-community bullying," he said, "you have to call that out."

During the event, Brown was guided by LaMon to speak about his experience on reality TV. He chose to hold off on immediately answering this question and instead used it as an opportunity to speak on the fact that he hates the whole idea of someone having to come out.

"I prefer to call it 'letting people in' because it doesn't give people the opportunity to deny your identity," he said,

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How to Adjust to Campus Life Being Online

BY MARIA GIOVANNA JUMPER

The past few weeks have been filled with changes that have disrupted the lives of students, faculty and the administration. It is hard to look at your phone, the news or your computer without having some update about the coronavirus pandemic.

The biggest disruption on Adelphi's campus has been the switch to online classes for the rest of the semester. Most of the campus facilities have closed in conjunction to updates coming from the Governor of New York and the President of the United States.

The switch to online learning has been the trigger of much anxiety from many students and teachers. The students are especially worried about losing motivation to do work or accomplish the things they were hoping to accomplish this semester.

But university staff are offering tips to get everyone through, such as being sure to designate a specific work/study area in your home and to stick to your old schedule. Additionally, it is important to remember to continue using on-campus resources.

The Learning and Writing Center has transferred all of their services online for students to continue using.

Meagan DeMaria, a senior English major and Writing Center tutor, said, "Both centers are increasing operations and scheduling availability so that they can accommodate an influx of new users should that be the case."

Appointments will be held using the WOnline interface. Small group appointments for the Learning Center will be held on goboard and other online resources. The Learning and Writing Center will also be adding some tutorials on online learning and improving time-management skills and will provide students with links to other helpful resources. The Writing Center has also been in touch with their writing assistants in order to move their work online. Writing assistants work with specific classes to help the students with their assignments.

For the duration of the semester, writing assistants will be providing online tutoring sessions. These can range from providing Google doc comments to having online video chats. This is another resource that students will be able to utilize throughout this transitional period.

To kickoff online learning for the semester, the Department of Health Outreach sponsored wellness events online. These events ranged from an "online guided meditation," to a workshop: "coping during crisis" to "chat and chew lunchtime hangout." Throughout the rest of the spring semester they hope to continue having similar webinars. There are plans for the "online guided meditation" and the "chat & chew lunchtime hangout" to continue daily for the rest of the semester.

The Department of Health Outreach, and in particular Erin Furey, outreach, training and mental health promotions coordinator, offered more specific advice to students. First and foremost, they

recommend being patient with yourself.

"Nobody has experienced anything like this, and this transition to online learning is very abrupt," Furey said. "Everyone is experiencing these adjustments, so try being patient with yourself as you adapt to all of these changes."

Additionally, they recommend creating a routine for yourself and practicing personal hygiene.

Furey said, "Anxiety rises when we don't know what is happening or what is planned. By creating a routine and planning your day, you will be able to reduce some of that stress and anxiety. It is important to still get up and take a shower and get dressed how you would for school. Taking too long laying around in your pajamas makes you start to feel depressed."

Students who joined the "coping with crisis" webinar were given access to an electronic scheduling template to help them create a routine. While doing so, it's important to limit your social media usage.

Furey said, "Reducing anxious scrolling online [is important]. Some stuff online is really negative and dark. Social media has no natural end point. The propensity to keep scrolling until you can't scroll anymore [is great]."

With this being true there are productive ways to use social media. Try going on for 30 minutes at a time just to direct-message some friends, make a post or look up stress-relieving tips. Additionally, keeping in contact with friends is extremely important and should be a part of your routine.

Furey added, "Texting is cool and great, but video chatting allows you to see someone's face and this is extremely important to feeling you are being social."

Finally, Furey recommended creating boundaries. This could be with family, friends, schoolwork, etc. It is easy to feel tension with your parents when there are many adults in the same house. Set boundaries when you need alone time, or maybe go on a walk by yourself to still feel that same sense of freedom.

It is especially important to create boundaries with schoolwork. Furey stated, "I don't want students to feel like they are locked to their computer."

Set a number of hours you are going to do work and then take a break. Make sure to continue eating, sleeping and keeping to your normal self-care routines or workout routines.

For seniors, who are going through a particularly challenging time as they adjust to a last semester at Adelphi that is not what they planned, Furey recommended "reflecting on the amazing things that they have done in the past three-and-a-half years." It is okay to internalize your feelings of sadness, but even more important to remain social with friends and reflect. She also recommends reaching out to the Counseling Center to talk through your feelings.

With all of these changes, it is important to remember that while being home you are helping to reduce the transmission of this disease.

Student Entrepreneur Makes His Mark in Retail

BY JACQUELYN SMILEY

With social media use being a standard way of life, it's common for people of all ages to take the initiative in making their own creative trend so that they may have a platform. Maxmillian Robinson, 19, is one of them. The sophomore communications major has created his own brand: MillianMade, specializing in retail products, which believes in the idea behind "self-empowerment."

While it's currently only a clothing company, Robinson said he hopes to one day do more than that. In fact, he wants to be a resource for all things people need around the globe. He said his business is made entirely by him to represent himself and the changes he wishes to see in this world.

"I'm inspired daily by my company's slogan 'Change the Game,' meaning, it does not matter where you started or came from, but with hard work and determination, you can do anything if you put your mind to it."

Like most entrepreneurs, Robinson's decision started with a vision and a dream. However, he was able to take this self-made journey and turn it into a collection of affordable hoodies, sweaters, jackets,

socks and other accessories.

"Getting started with my business was no easy task," he said. "I constantly have to search for new creative ideas, expand on new items for each collection and thoughts to promote my brand. Also, knowing that this is a form of revenue, I try my hardest to set a baseline quota for how many items I can distribute to my customers on a monthly basis."

Robinson juggles many roles beyond being an entrepreneur. He is also a basketball player, involved in PAWS radio station, a model who has walked in New York's Fashion Week, an Adelphi admissions ambassador and co-sports editor of *The Delphian*.

With a dream to have MillianMade accessible to all people in all walks of life, Robinson is taking the meaning of being a self-made business to the next level. While he has also created two commercials for his business, it is quickly expanding. You can connect with him through his website kingmaxmillian.com or follow him on Instagram @kingmaxmillian.

His website is fully accessible through any web browser and you can also shop through his online store using the shop tab. His business provides a shipping service, or you can request

something from him personally and he can hand deliver it to you.

Until recently, you could find Robinson around campus wearing his own clothing line or at any of Adelphi's other events.

"My philosophy behind MillianMade is that we can all be Millianmade because success is a journey not a destination. Let's all travel towards greatness together," he said. "There's no doubt that I want to be successful, which means day by day I'm understanding what it truly means to be Millianmade."



Max wearing his brand MillianMade, featuring a crew neck sweater and his winter coat.

An Evening with Karamo Brown

Continued from page 5

When he answered LaMon's question, he said, "I did not set out to go on the show to be the first black openly gay man on reality TV. It just ended up being something that came with the job. My original purpose of joining the show was to continue being the wild teen I was at the time and get free booze."

He added he was fresh out of being an undergraduate in college.

Brown also spoke on the effects of social media on people our age and what we can do to prevent it from affecting ourselves negatively.

He said, "Do not compare yourself; comparison is the thief of joy. Love yourself because we all have the ability to do something in this world."

The biggest takeaway from the event was when Brown said, "Failure is not the opposite of success. It's a part of it."

Simply put, don't be afraid of doing something wrong in all aspects of your life; it will only lead you one step closer to what is right.

TheDefiler

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The (Fake) Voice of the Students

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Willumstad School of Business Announces New Major: How to Become an Influencer

BY MYLO FISHERMAN

In our modern age where everyone is on social media, Adelphi is coming around to the times and, starting fall 2020, you can now major in becoming an influencer. This new major will be a part of Adelphi's business school and will give students the opportunity to learn first-hand the tools and resources that they will need to ultimately give themselves an upper hand in the world of social media.

A new major always comes along with new classes. You will be able to choose from different courses tailored to have you ready for Insta-fame upon graduation. From the selection, there will be a class called, "How to Beat the YouTube Algorithm." For this class, Adelphi will be hiring Matthew Patrick, better known as MatPat, as an adjunct professor. In addition to this, he has 12.4 million subscribers on his channel "The Game Theorist" and has a vast variety of knowledge on how the YouTube algorithm works from his 10 years of creating content on the platform.

Another class that is going to be available is, "How to Avoid a Scandal." This class will be taught by Shane Dawson. With his 23.3 million subscribers and 11-plus years of producing content on YouTube, he has dealt with his fair share of scandals and has the knowledge to pass down to us as soon to be influencers.

In addition to these classes, Adelphi will also have "How to Take the Perfect Selfie," "How to Find Your Aesthetic," "How to Find the Perfect Caption," "How to Make Clickbait Believable," and so many others. These classes will be available to majors as well as non-majors. The classes will fulfill general education requirements of arts and/or humanities, depending on the class, as well as fulfilling your global awareness learning goal.

The buzz about this new major is has been flying around social media. *The Defiler* interviewed a few students to get their opinion on the new major.

Valery Valasquez, a first-year student, said, "I know a lot of people who would be interested in this major. I looked at some of the classes and I wish I was



Adelphi's new major, Becoming an Influencer, can lead you down the path to an Insta-worthy life of travel and fame.

able to change my major to it."

Saira Amar, a sophomore, said, "Oh, my gosh, I'm so excited for the new influencer major. I want to increase my following to be as exponential as possible. I'm really excited to switch my major in

the fall."

With reviews as amazing as this, how can you not want to major in "Becoming an Influencer?"

If you still aren't fully sold on this new career path, think about the money you will be making. When you first start out, maybe the first year or so of your career, you are looking at making anywhere from \$30,000 to \$60,000 annually. As you start to grow and gain popularity, you can make anywhere from \$40,000 to \$100,000 annually and sometimes even more.

The only way to make it big like this and make this high-paying salary is to enroll in the major before the classes are full. If you are undecided or are not fully sold on the major that you currently have at the moment, talk to your advisors now about switching to living the life Instagrammers dream about.

But hurry; *The Defiler* has learned that due to the Instagram buzz around this major, there may only be one spot left!

New Study Abroad Opportunity Coming this Summer in Antarctica

BY MARIA GIOVANNA JUMPER

Once it became clear that we weren't going to experience any real winter in New York this year, the university decided it was time to think outside the box for new learning experiences. For many of our international students this would have been their first chance to see snow, so why ruin this experience? That's why students are being invited to go to Antarctica on a new faculty-led study abroad trip. As Antarctica is protected by the United Nations for scientific research, the university thought this would be a great way for students to get real, hands-on, experiential learning from the scientists working there. It's also an excellent opportunity for those who can't get enough of penguin videos.

The Center for Student Involvement graciously thought of the idea. They are welcoming 360 students to come on the trip. As there are different areas of research happening at once, students will be broken up into smaller groups to specialize in specific areas. Some will look into wildlife conservation; some will work on the ice caps; and there will be many more areas of study.

Arianna Livreri, assistant director for the Center for Student Involvement (CSI), said, "We can have 360 Adelphi



students go to Antarctica for a new kind of excursion to encounter iconic polar wildlife and help them through the current climate changes."

Climate change has been on the minds of many students and the university is committed to providing accurate information and real ways of eliminating this problem. The campus itself has done things like switch to plant-based straws and utensils, made changes to comply with the New York State plastic bag ban, and has incentivized the use of electric cars and car pooling.

To continue the steps they are taking, they want to make sure students are prepared to be working on this issue after they graduate. Additionally, this trip will be a unique and new experience for all the students. Where else can you see penguins, polar bears and seals? (Maybe at the zoo, but that's not as fun.)

Livreri said, "Students will hang with penguins while feeding them their favorite fish. With climate change and New York not really having a winter, they will bring back some snow to cool the summer heat wave down here."

With all the changes happening within the university, this trip is a way to go back to the college experience we wanted. The faculty-led study abroad trip to Antarctica will be open for registration later this month. Contact the Center for Student Involvement for more information.

Make sure you are prepared with snow gear, warm clothes, and don't forget your cooler to bring some snow and ice home to cool the temperatures here.

“HSMTMTS” Takes on College in Third Season Confirmed to Be Filmed on Garden City Campus

BY JACLYN TRACY

Go Panthers? More like go Wildcats! On March 3, 2020, the @adelphiU twitter handle tweeted something that soon had students buzzing campuswide, wondering what it meant. “Major Adelphi announcement to come... could very much be the ‘Start of Something New,’” the tweet read.

This tweet resulted in students all over social media nearly breaking the Internet with their guesses. “University Center will be opening before I graduate?” one first-year student jokingly wrote. “Garden City Bistro opening up a second location on campus?” a senior, Jessica DiRico, tweeted.

Almost a full week later, on March 9, right before the beginning of spring break, Adelphi sent out a campuswide email letting students know that the third season of the DisneyPlus hit, “High School Musical: The Musical: The Series” was officially set to be filmed on Adelphi’s Garden City campus starting in spring 2021.

While little was revealed about plot points, the email sent out by Adelphi listed the many different locations that filming would primarily take place. These include the Performing Arts Center, to document some students continuing their

theater careers, the Center for Recreation and Sports, the newly renovated University Center, Nexus, Swirbul and residence halls A and B.

this is the craziest news to me. A show based on a movie I grew up singing along to and obsessing over is coming to my small college campus? Not only will



Soon Adelphi students will be able to hang out with these cast members as they come to campus to film the third season of their popular show. Autograph seeking is encouraged.

The entire Adelphi community was shocked to hear that such a popular show with a massive following was going to take place at our small Long Island school.

One of the many students who were freaking out over this news was senior Kayla Dieppa. She said, “As a millennial,

the UC be open, but ‘HSMTMTS’ will be getting filmed on my campus after I graduate this May. Is it too late to apply for Adelphi grad school?”

Adelphi administrators explained that the filming of “HSMTMTS” will not affect any classes or campus life but will add to it by attracting their largest first-

year class yet, as well as a more excited and enthusiastic student body. While the entire cast has not been confirmed to return, Joshua Bassett (Ricky), Olivia Rodrigo (Nini), Sofia Wylie (Gina) and Matt Cornett (EJ) have all signed contracts to be a part of this season.

While many students were extremely excited to hear this news, others were concerned of how busy campus will now become.

“With a major show like this being filmed on our campus, how am I supposed to possibly find a parking spot or get coffee in time at Paws Cafe before class? I can barely do that now!” said junior Sydney Lonigro.

In response to many concerns like this one, Adelphi ensured the student body that Public Safety and Transportation will be on full watch more than ever to make sure no unsolicited visitors are crowding campus.

One thing’s for sure: Life is about to get real exciting on Adelphi’s campus over the next year.

For more information, and to keep in the loop with all things “HSM,” you can visit hsmtmts.com, as well as follow @AdelphiU on twitter and Instagram for constant updates.

Adelphi’s Secret UC Rooms Revealed

BY VALERY VASQUEZ

Every student and staff member at Adelphi—as well as their families and area neighbors—are aware of the University Center (UC) renovation. It was the cause for the semi-chaos of last semester as organizations needed to find new spaces to meet and classes and dining areas needed to be shuffled around or constructed. However, the good news is that the UC renovation is supposed to be finished in fall 2020. Even better news is that *The Defiler* has learned that the actual cause of the delays is the construction of three additional rooms that were supposed to be a surprise to the Adelphi community. But in this exclusive report, we are revealing the details. The news is very exciting to this reporter who as a rising sophomore had never seen the original UC.

The first secret location is the brand-new Gaming Room, dedicated to all of our Adelphi gamers and also for those interested in the creation of games. The word is that there will be significant space for technology like PS4s and PlayStation and other gaming materials. That means that between classes you can now play Super Smash Bros or Pokémon with all your friends.

Chris Dawson, a second semester sophomore, said, “I’m glad to hear about the gaming room because my last college

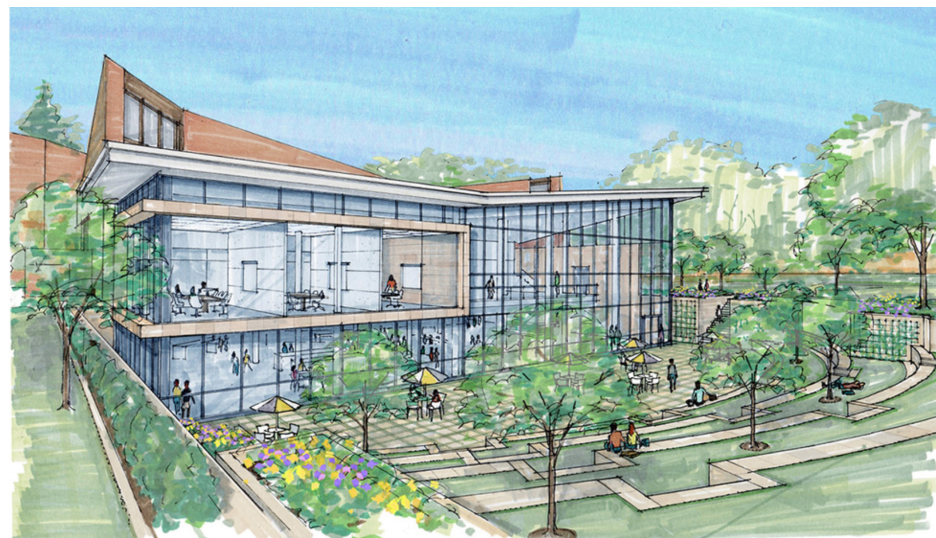
had it, so I’m glad Adelphi is getting an upgrade.”

The Gamers Club here at Adelphi will also be pleased to hear this news.

The second new addition to the UC

from their midterm/final stress and come back to school focused and ready to learn.

Mylo Fisherman, a first-year student, said, “I can’t wait to spend my free time in a VR room. No more hanging out at



Somewhere in this rendering of the University Center are three secret rooms the university has not yet revealed.

is the VR Room—a virtual reality room. You just put on your goggles (they will be provided in the room) and you can create your own environment, play in an already created environment (like “Jurassic Park”) or play in another student’s environment as long as they make it open for the public. Virtual Reality is the future and having a whole room to be able to play in it is a sure way to get students to relax

Nexus. The UC is where it is at.”

The last confirmed new addition to the UC is the Massage Center. This will be a quaint room that is for students to just sign in and learn yoga or get a massage. There students will also safely learn how to take care of their mental health and healthy ways to deal with stress. This room would help even more than the VR room for students struggling with their

midterms/finals, which will improve test scores and have more students decide to join the Adelphi community when they graduate high school.

One first-year student said, “A room like this is all I ever wanted in high school and I’m so glad that Adelphi is taking notice of how important dealing with mental health and stress is.”

The UC renovation may have caused a lot of stress for the Adelphi community, but the additions of the gaming room, the VR room and the Massage Center will heighten everyone’s love of Adelphi.

However, it’s important that readers understand the construction of these new rooms is a well-guarded secret. Only time will tell—hopefully this fall—if these rooms are actually going to be a reality.

This section of The Delphian has been a longstanding tradition every April Fool’s Day that has been a favorite for our readers--and the staff. It is written as satire, another tradition that is part of the history of journalism. The staff thought of unique ideas that reflect popular culture and current issues in the Adelphi community.

Streaming Services Are Creating and Editing Content for Isolated Viewers

BY VICTORIA GRINTHAL

Due to the isolation required in most states from the spread of COVID-19, multiple streaming services have announced that they are releasing new content to entertain folks at home. Since all of the popular shows on these services have suspended production of new episodes, these groups have decided to release shows and movies that apparently were all edited before airing. However, people are left wondering whether this new content will actually be successful in our current situation.



The Netflix reality dating show “Love Is Blind” has been adored by fans all over the world. Though each contestant is already isolated in their own areas during dates, Netflix reported that their priority is every contestant’s safety. As a result, the next season is going to be done remotely by each contestant. Instead of fancy rooms, each date will consist of a phone call, where neither person shows their face or a video chat for a romantic reveal. The season, called “Love Is Blind: Stay-at-Home Edition,” is set to air on the service on April 3.

After the success of the Fox show “The Masked Singer” worldwide, the company decided to use the platform to encourage hygiene and good practices while also featuring fun characters

and celebrity reveals. Each costumed contestant’s song will last 20 seconds—the amount of time that should be spent washing your hands—and the loser of each episode would be forced to unmask and use hand sanitizer on their hands. Although they reportedly called the series “The Masked and Disinfected Singer,” Hulu has declined to confirm this information.

On a different note, Hulu has been working closely with comedian Ellen DeGeneres and HBO to bring a continuation to HBO’s adaptation of the “Game of Thrones” book series. The series, called “Ellen’s Game of Thrones,” features Ellen’s ventures into Westeros and hosting wacky games with the characters to win land ownership and rule

of the world. It is unclear whether this comedic show will resonate with fans of the book, the series on HBO or Ellen herself.

Is this really what the streaming services do to appeal to the crowds in this day and age? I don’t think that these companies can truly understand what it means to resonate with viewers, even if they are stuck at home and scared for their health. Dating shows put up such a high standard for people these days, and Fox’s attempt at spreading things other than the virus itself is very forced.

However, I’m excited to see how Daenerys Targaryen fares with riding a mechanical bull on Ellen’s show as it seems like a refreshing reincarnation of the existing stories.

Jonas Brothers Reunited Last Year; Guess Who’s Back Together This Year?

BY MARIA GIOVANNA JUMPER

With everyone stuck inside and quarantined, many stars have taken to the internet to provide entertainment through these trying times. While the spring concert can’t happen this semester, the students from the Student Activities Board (SAB) have something very special planned for all of us. After last year’s reunion of the Jonas Brothers, the students began to talk about what would be just as exciting. As such they planned an amazing spring concert, but have now decided to change it to a livestream for students to watch.

This year at the livestream concert, the plan is to reunite everyone’s favorite boy band: One Direction. The plan was for the concert to be the start of their nine-month, world-wide reunion tour, but they are now postponing the world tour. With all of the boys’ solo careers taking off, they felt it was the perfect time to make their comeback.

Fortunately, for diehard fans like this reporter, Zayn Malik will be joining in on the livestream. After being split up for four years, they have decided to end

the hiatus. What better way to do that with a college population filled with fans of the group?



One Direction, with the exception of Zayn Malik, will reunite when they headline this year’s online spring concert.

SAB wanted the spring concert to be exciting, fun and the best it can be. They got in contact with their agents and after hearing “no” a lot, they finally convinced the guys that the event would be a great publicity stunt. After thinking it over, they finally agreed to perform.

SAB president Rachel Rossi said,

“We wanted to create the best concert ever and honestly, what’s crazier than reuniting an iconic boy band!”

The performance is set to include their classic hits, including “What Makes You Beautiful” and other songs off their hit albums. They have also spoken about debuting some new music for the first time since the “Made in the AM” album. The music will be a combination of their new sounds.

Students are getting excited for the spring concert.

Sophomore nursing major Julia Bacarella said, “This is the most iconic reunion to ever occur. Thanks, Harry Styles!”

Donatella Dennino, a sophomore nursing major, said, “If One Direction got back together and streamed the spring concert, I will be one of the happiest girls in the world! I grew up listening to them and they almost shaped me into the person I am today. Being able to see them live again would be an incredible experience.”

Rossi went on to say, “The concert will sell out no doubt in my mind! They are superstars and everyone will want to attend. Better see you all there!”

Even though this will be a live-

stream, there are still a limited amount of audience members allowed. This is an exclusive event for the Adelphi community and limited friends/family.

SAB would like students to remember the 18-years-old or older rule when it comes to viewing the show. Additionally, an entrance code will only work once, so you will be allowed up to three codes. This would be equivalent to the old rule of two guest tickets for each Adelphi student. This will be a special and exclusive event.

There’s only one snag: As of this writing, One Direction has not yet committed to a date.

But fear not: SAB has other concert plans in the works and will be making an official announcement soon. The official announcement will include details on the date and time of the spring concert and information on how to join the livestream will be made available.

The Student Activities Board hopes that this will help cheer the Adelphi community up throughout the ongoing changes that this semester has been bringing.

Apple Falls Far from the Tree After Coronavirus, But How Far?

BY HYACINTH TAYLOR

Coronavirus has halted the world. Schools have closed, the NBA and other sports leagues have been postponed, and travel plans have been discouraged. Our economy is facing rising levels of inflation because the demand for products is higher than what companies can supply. Prices are rising for basic products such as face masks, hand sanitizer, groceries and toilet paper to meet production costs. For example, people are buying in bulk, leaving shelves empty. As a result, people have resorted to buying online, but even those products are selling fast with some orders having an expected shipping date in April. If coronavirus is having this effect on our daily lives and the economy, imagine what effect it's having on the development of new technology.

This year was supposed to mark the launch of several Apple products and services: the iPhone 12 with ToF sensors, iOS 14, new over-ear headphones, new iMessage features and the release of the Beastie Boys documentary on Apple TV. For example, the iPhone 12 with ToF sensors captures pictures using infrared laser scanning. This allows the camera to measure amounts of light even in the dark, project 3D images, calculate distance and volume in objects, indoor navigation, obstacle avoidance and gesture recognition. The new iMessage features will allow users to unsend messages and mention people in texts with an "@". People already use this feature through secondary apps like Instagram and Snapchat.

However, many were upset with how these apps developed this tool before the regular messaging feature itself. In addition, the release of the Beastie

Boys documentary expands Apple TV's platform. Apple TV is compatible with a variety of popular cable TV streaming apps in news, entertainment and sports and education. Also, it offers pre-order



and rental movies.

Apple may be on to something with these new innovations. Unlike the failed inventions of Google Glass and Snapchat Spectacles in prior years, Apple is thinking ahead of its consumers' needs. Google Glass was first released in 2013. One of the major critiques of Google Glass was that it "failed because it neglected to define and validate the users and what problems it was solving for them. They assumed the product would sell itself even without real solutions or value, that its hype would be enough to

appeal to everyone" (Yoon, Medium). On the other hand, Apple tells their users exactly what they need and convinces them that it will make their lives more productive. Snapchat Spectacles were

60 percent of the revenue. However, since the coronavirus outbreak, Apple has taken steps to reduce involvement with its international branches. Goldman Sachs Analyst Rod Hall says that Apple closed all its Apple stores outside of China and opted to shutter its global retail chain (Campbell, Apple Insider). Most of Apple's manufacturers are centered in China and export to other countries like Canada, the United States and the United Kingdom. Hall also believes that due to the coronavirus, the production of Apple products will decrease by 7.6 million units "resulting in revenue contractions of 4.5% for the March quarter, 5.5% for the June quarter and 2% for the September quarter." In connection to Apple's sales and production is its stock. Apple's stock was down 12.5 percent down in one week. Likewise, as of March 18, the two most popular stock markets, DOW Jones and S&P 500, went down as well. DOW Jones dropped 1,338 points and S&P 500 dropped 131.09 points.

Overall, Apple still has a chance of a bright future. At the end of 2020, hopefully, our economy will bounce back from the effects of the coronavirus. For some companies, this may mean they have to start over, but for a company like Apple, which has been building their foundation for years, it will not be difficult. Even now with the coronavirus still spreading, people still have a need for Apple devices and products for things such as conducting online classes using Facetime, keeping track of their health through Apple Health/Apple Watch, and observing daily spending through Apple Pay and Apple Wallet.

released in 2016. Snapchat Spectacles failed because they could only be used with the Snapchat app. Many people said that they were limited and useless without the app. Also, the company had released their product five months late, so by the time they hit the market, they were no longer popular. In contrast, Apple usually makes sure their objectives are met to release products on time.

In 2019, Apple reported that they made \$64 million in sales during its fourth quarter, a 2 percent increase from 2018. International sales accounted for

Vanessa Nakate Is an Environmental Activist You Should Know

BY LOREN NEGOVAN

You can probably name some white activists. Many know of Greta Thunberg, the Swedish 17-year-old climate activist. But climate activists of color are often disregarded and pushed aside, with the focus of the North American stereotype of environmentalism as a predominantly white movement. In my opinion, climate activists of color should be brought to the forefront of the environmental movement and cannot be ignored.

One such activist of color resides in Kampala, Uganda. Her name is Vanessa Nakate and she has been fighting since last year to bring more attention to the dire effects of the climate crisis in the Democratic Republic of the Congo. Although not quite as well-known as Thunberg, Nakate has been steadily gaining traction in the media. To be more specific, Nakate has been focusing on the rising temperatures and the fires in the

Congo, which have progressively been getting more out of control as a result of climate change.

In January, the Associated Press (AP) came under fire from Nakate for making a mistake. She had attended a conference in Davos, Switzerland to speak, along with Thunberg, about climate change. The AP had published a picture of the activists that attended the conference along with the corresponding article, but there was one problem – Nakate wasn't in it. The explanation? She had been cropped out.

Nakate promptly took to Twitter to question why she had been omitted. Though she had not intended it, the Tweet quickly blew up as it sparked outrage over the treatment of activists of color. She, as well as other fellow activists on Twitter, denounced AP's decision to crop her out as an act of racism. On January 24, Nakate Tweeted, "You didn't just erase a photo. You erased a continent. But I am stronger than ever."



The incident caused Nakate to gain traction faster than she had ever before. Since then, she has gotten verified on all of her social media accounts (Twitter, Instagram and Facebook), and now has a Wikipedia page. Hopefully, with her newfound popularity, it will make it even easier for her to get her voice out there and reach an even greater amount of people who will listen to her. It will also be an opportunity to bring more attention to the voices of activists of color.

Feelings and Fears: How the Coronavirus Continues to Alter Daily Life

BY NICOLAS RONTANINI

With many aspects of the COVID-19 (first known as the coronavirus) still being a mystery, many people are afraid. As a result, public spaces have been closed down. People can only order takeout from restaurants because they have been ordered to close for onsite dining. Initially, public gatherings of more than 10 people were banned—until we were all asked not to gather in person at all. All of this was done as an attempt to contain the virus and perhaps keep it from spreading. As of this writing, given the increase in cases, many officials like Governor Andrew Cuomo have even considered issuing a shelter in place. This can limit social interaction because even though people can technically still go outside, they're discouraged from doing so. With everyone being encouraged to stay in their homes, and with little possibility of public connection, this could lead to people feeling isolated.

Of course, this is happening with people's safety and well-being in mind. But this is a big step. I suppose the

question is, this step a necessary one? While limiting contact in large crowds could reduce the number of cases of the virus, it could also leave people almost feeling imprisoned inside their own homes.

Besides social implications, there are also several economic ones, as well. Since restaurants can only deliver take out, restaurants who don't deliver could lose money. Now only businesses deemed essential can stay open, leaving everyone else to be temporarily out of work. It's good that people in the government are trying to subvert the progression of the virus. But what happens with these implications, when all is said and done?

Though things look bleak, entertainment shows like "SNL" have tried to give the public something to laugh about. Weeks ago, they created a sketch and jokingly compared the virus to stitch from "Lilo and Stitch." They likely wanted to alleviate an already tense situation, given the growing fears about the virus. Social media users are doing something similar, posting jokes comparing the coronavirus to the Corona

beer brand. Even late-night host Stephen Colbert is joking about the situation, doing filming of his show from his bathtub. All of these jokes seem to be aimed at giving people a laugh in the face of adversity. Given the times the country is in, a laugh might be just what we need.

This isn't the only way people have tried to ease the public's mind. For example, President Donald Trump said, with confidence, that we will get through this. Appealing to the spirit of the people can help raise their hope that "this too shall pass." This is especially helpful now because with everything seemingly happening all at once, people seem very overwhelmed.

Confidence during these times is a good way to keep yourself calm. But there is a difference between being confident and being overconfident. When being overconfident, the situation might not be properly illuminated. People seem to be going from one extreme to the other, either overly scared or overly calm. The situation is not pleasant, certainly, but it should be taken seriously. Given that over 30,000 cases have been confirmed in New

York City, the coronavirus is nothing to be taken lightly.

With everything going on, it's almost too easy to become overwhelmed. It seems like no matter where you turn, there is some sort of bad news. But even though this is a bleak situation, people need to calm down. It's only the end of the world if you make it be. Are people right to be afraid? Yes, they are. Many aspects of the coronavirus are still unknown, but people have gotten through worse. If we stay calm and keep our wits about us, we can find the strength to persevere.

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As Earth Day Turns 50 Technology Offers a New Way to Connect with Nature

BY LAURA MADTES

As an environmental studies major, I often cannot help but feel frustrated or disheartened at the lack of care often shown towards issues such as climate change or habitat loss. I'll sometimes turn on the news and hear political or media officials try to downplay the effects of environmental degradation, insisting that they do not require any immediate action or attention. I feel this apathy may stem from a sense of separation many may feel between humans and nature, caused partly by our overreliance on our devices, which makes it harder for us to fully immerse ourselves with our surroundings. As such, new cell phone apps such as iNaturalist and Seek could help to resolve this issue by encouraging people to better engage with our natural surroundings.

April 22, 2020 marks the fiftieth anniversary of the first Earth Day celebration, so this seems like the perfect time to promote more interaction with the environment. However, given recent developments with COVID-19, health and government officials have been stressing the importance of social distancing, with multiple areas going so far as closing schools, workplaces, and all non-essential services such as theaters and restaurants. How will these recommendations affect our ability to build great relationships with nature?

First, let us discuss the goals and effects of these apps. One of the more popular ones, iNaturalist, defines itself as a social network designed to help people share pictures and information of nature to help educate others on biodiversity. Users can also add their own discoveries and observations into an online map that



others can add or contribute to. The app also has a companion app called Seek, which uses image recognition technology to help users identify different species of plants, allowing them to make unique discoveries to help increase their maps.

These apps could not only help to educate people on nature and biodiversity but could also help to increase interest and engagement with nature by encouraging people to make new discoveries to add to their maps. I have some experience with these kinds of apps, as last year for a biology class we had an assignment

where we downloaded an app to identify the various species of plants found on campus. The experiment proved to be very interesting for most of the class, with many students deciding to continue using the app even after the assignment. Apps that allow us to identify and record different species could encourage people to go out into nature to further expand their maps, almost making it a sort of competition. It's similar to how Pokémon Go caused more people to go outside to find Pokémon, resulting in more people getting exercise.

This encouraged exposure to nature could help to improve people's attitudes toward the environment. From what I have observed and read, people who grow up without strong positive interaction with nature are less likely to care about the environment or support any initiatives designed to improve or protect it. These apps could help people to better interact with the environment and see its own inherent worth.

At the moment, however, it seems as though it might not be a good idea to have people go outside. The World Health Organization (WHO) recently declared COVID-19 as a global pandemic, resulting in the Center for Disease Control and Prevention (CDC) advising people to limit social interaction in order to prevent the spread as much as possible. This practice, known as social distancing, has already resulted in the closing of schools, businesses and restaurants, as well as the cancellation of major public gatherings such as Broadway shows and sporting events.

With so many people now afraid to leave their homes, it's easy to see how this could result in a further separation from nature for most people. However, I feel that iNaturalist and similar apps could still help engage people with the environment even from their homes. Looking at the iNaturalist website, they still offer valuable information on various plant and animal species, as well as allowing us to look at the observations made by other users in the past. As such, it would seem that these apps could be a useful tool in staying in touch with nature as we try to mitigate the spread of COVID-19.

Look Around: How We Ended Up with the COVID-19 Pandemic

BY BIANCA VIANA

At this point, we all know what the coronavirus is and how it has already impacted all of our lives in many different ways. Classes have been moved online for the rest of the semester and students were told to leave their dorms. The NCAA canceled the rest of the scheduled season for the year. All the major sports leagues have postponed their seasons as well. Restaurants and other public places have been closed in many states. We're being told to stay inside and quarantine. The number of cases continues to rise each day, with the U.S. now outpacing the rest of the world. The World Health Organization (WHO) has long since declared this a pandemic. This seems like something out of a movie. A month ago, none of us would have foreseen any of this happening. So how did we get here?

On December 31, China first alerted WHO of several cases in Wuhan, a city with a population of 11 million people. On January 1, the U.S. Centers for Disease Control and Prevention (CDC) had identified a seafood market in Wuhan as being the origin of the outbreak. On January 3, airports in China began screening passengers from Wuhan, mainly checking for temperatures. On January 5, WHO said it wasn't necessary for other countries to start imposing trade and/or travel restric-

tions on China with the limited amount of information available. On January 7, Chinese authorities identified the virus as being the 2019-nCoV better known as coronavirus. On January 11, the first death in Wuhan linked to coronavirus was reported. On January 13, there was a first confirmed case in Thailand and on January 15, the first confirmed case reached Japan. On January 17, the second person died from coronavirus in China, and the U.S. began screening passengers from Wuhan at San Francisco, New York and Los Angeles airports. On January 20, the third person in Wuhan had died from the virus, South Korea confirmed its first case, airports in many countries began screening, and more than 200 cases were reported throughout various cities in China. On January 21, the U.S. confirmed its first case of coronavirus. Fast forward to February 1, when the death toll hit 259 in China, and the total cases worldwide had reached 11,374. As you can see, within a month the amount of people who died and/or the number of people infected was huge.

Let's fast forward now to March. As of yesterday, the worldwide death toll was now more than 30,000 and the U.S. has the most confirmed cases worldwide, surpassing China and Italy. There are at least 52,318 in New York State alone, including 30,000 in New York City. Over

700 in the state have died. New Jersey and Connecticut are also facing significant outbreaks.

The stock market has been tanking, and every single industry is feeling the effects, including travel. Flights around the world have been grounded, and countries such as England, Italy, France and Spain have gone on lockdown in efforts to help contain the spread of the virus. Domestic airlines have also grounded their planes. Cruise companies have made the decision to suspend all of their cruises for some time.

It's all so overwhelming and feels so surreal. This is something that none of us could have imagined at the start of this year. Unfortunately, we are only in the beginning phases here in America, and sadly it's only going to get worse.

Closer to home, on Monday March 16, Adelphi told all of their students that they would need to move out of their residence halls completely and exceptions would be made on a case-by-case basis. Later on that day, the Adelphi community was told that all of their classes would now be held remotely in a strictly online format for the remainder of the semester.

This is some news that really affected me strongly being a resident on campus and only being a freshman. I was really upset to find out that I would have to move out of my dorm and that I wouldn't

be returning to campus again until August. I had just joined Delta Phi Epsilon and I was unhappy to find out that now I wouldn't be getting initiated at the end of March as planned. I think I can speak for everyone when I say that we are all really troubled about what is happening.

My heart goes out to all of the seniors and student athletes during this time. Many of our seniors will not get the chance to finish their last semester on Adelphi's campus, but rather on their computers. In addition to this many student athletes will not be able to finish out their seasons playing the sports they live for, in particular the senior athletes. The NCAA has indicated that they would do their best to give senior athletes a chance at another season. However, it's just not the same as having their senior season and playing on the court or their field that they call their home.

In the wake of all of this upsetting news, it's important that we all remain positive and do our best to keep safe. Just because we have to practice social distancing does not mean we can't still facetime our friends and family. We can only hope that this will soon pass, and we can return to our everyday lives. For now we are better off being safe. We all need to do our part and stay inside and listen to what our health officials are saying so that we can contain the spread of this virus.

Islanders to Return to the Rink in Nassau County

BY MARISSA JEZIERSKI

For the first time since September 2015, the New York Islanders will have one home and one home only: the Nassau Coliseum. The news was announced on February 29 by Governor Andrew Cuomo and the National Hockey League (NHL). Commissioner Gary Bettman said that any and all home playoff games the Islanders may play this season, as well as all of their home games next season, will be played in Uniondale.

Unfortunately, it is important to note that due to the outbreak of the coronavirus over the last month or so, the amount of games the Islanders play at Nassau Coliseum for this season and playoffs is uncertain. On March 12, the NHL announced an indefinite suspension on the 2019-'20 season. This means that the Islanders will not be playing any games anywhere until further notice.

On a lighter note, Governor Cuomo said, "We've been working to get the Islanders back to Long Island. Why? Because that's where they belong."

This news delighted Islander fans, many of whom are Long Island natives. Some say that the Coliseum is a better place to watch a game than at Barclays Center. Add a shorter commute to the game as a perk to this news. Instead of having to take an hour-long train ride, many fans will now have the ability to drive to games that take less time.

As a born-and-raised Long Islander, it is brilliant news for me to hear that the Islanders will be playing all of their home games for the next year or so at Nassau Coliseum instead of sharing time with the Barclays Center. The Barclays Center was never a suitable arena to play hockey in, nor was its geographic location convenient for fans. When they moved to Brooklyn, one of their goals was to gain more fans. However, in every season since the move, they failed to attract more fans and ranked in the bottom three in the league in attendance. Thus, that goal wasn't successfully reached.

I've been a hockey fan since I was a little kid, so every once in a while, my dad would take me to Islander games at the Coliseum. The atmosphere was so electric and intense even during the regular season. Whenever the Islanders would make the playoffs, there would be a buzz in nearby towns and excitement amongst fans. During the three playoff rounds that the Isles played at Barclays Center, that excitement wasn't quite the same.

As the most high-profile professional sports team in both Nassau/Suffolk counties, the Islanders mean a lot to many people that grew up near Nassau Coliseum. My hometown is in Wantagh, which is about 15 minutes away from the arena. I always thought it was the coolest thing in the world for an NHL team to be located so close to where I lived. The Coliseum is a place where many memories have been made, from tailgating

in the parking lot with friends to driving down Hempstead Turnpike to head to the game.

The Islanders began playing at the Nassau Coliseum in 1972, their inaugural season as a franchise, and have played there for nearly 45 years. It's where

some of their fondest memories as an organization took place, from numbers being retired to three of their four Stanley Cups being lifted for the first time. This is where they belong until their move to Belmont in 2021. Let the traditions and memories in "The Barn" continue!



The Spring Season Before It Was Curtailed by COVID-19

BY DIANA-NICOLE RAMIREZ

Editor's Note: This article was completed before the decision to shut down campus and cancel all spring sports. But we wanted to make sure the athletes and coaches still got their voices out there as they intended when they agreed to be interviewed.

The Adelphi University community always looks forward to the warm weather and the rise of spring sports. Below, is the pre-season outlook that the Panthers had been looking forward to all semester long.

Men's Tennis

The Adelphi men's tennis team was ranked sixth in the polls and has an overall score of 1-3. A rocky start to the season is not intimidating to former Panther and head coach Rebecca Fakas and her captain David Robres.

Fakas was very optimistic entering her first season as head coach for the team. The former Panther is one of the most decorated players in Adelphi history. She worked as an assistant coach for two seasons post-graduation and now she has the honor to lead the Panthers into this season.

Coach Fakas expressed her thoughts about this coming season. "It was a little bit of a tough start; we did play two very tough teams. That was scheduled on purpose for them to kind of see what's out there."

Fakas continued to explain the way the Panthers were taking these losses claiming, "That's kind of motivation for us to kind of get to that level as well you know it might not be this year specifically but for the future. It's kind of somewhere we want to get to."

Robres, a Barcelona native, had very high hopes for the conference. He also expressed his ideas for this season.

"I think we have a solid team this year, we're ready. I know that these last three matches have been a bit rough, but now the good part starts so we're going to kill it for sure."

Baseball

Finishing off their previous season strongly, the Adelphi baseball team earned the sixteenth spot in the final National Collegiate Baseball Writers

Association (NCBWA) NCAA Division II Top 25 Poll of 2019. The team wants to continue with another historic season. Head coach Dom Scala and his three captains Larry Cicileo, Tyler Becker and Tom Ambrosino all looked forward to an unpredictable season in baseball.

As Scala entered his seventeenth season with Adelphi, he said he wants nothing more than another successful year with his Panthers to be written in Adelphi history.

Coach Scala said his team is working together for this coming season.

"Our philosophy this year offensively is getting the runs in any way we can," he said. "Our pitching has been pretty good. A pitch or two here or there one way or another would have made the difference, but we're fighting, we fight, we have a lot of spirit on this team."

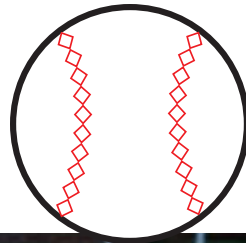
Senior outfielder Cicileo also spoke of his ideas coming into his last season as a Panther. "We had a great season last year. We lost a bunch of key players, but we brought in a bunch of potentially key players. We're a young team this year and we have a lot of upsides. I feel really good about the rest of this year."

Pitcher Ambrosino, who is also entering his final



Adelphi's softball team enjoying the warm weather on their last day in Florida.

team chemistry is at an all-time high. I'm not concerned about the 4-3 start. We played two of the best teams in the conference for a three-game series. It is still early for us, we're going to keep grinding



forward as a unit, no matter the ranking."

The Panthers began their season on March 1 in sunny Florida against Saginaw Valley State University where they fell short 0-3.

The beginning of the season has been a difficult start for the Brown and Gold team. With a current overall score of 3-7, the Adelphi softball team continues to fight to make it to the higher rankings. Currently holding the tenth spot in the NE10 rankings, it is still far too early for the Panthers to give up.

Pitcher Ally Muller said, "The Adelphi softball team is very driven and is not afraid to put the work in. During this time that we are not together, I know that everyone is going to be putting in the work that they need to be prepared for next season."

As senior Abbey Fortin entered her final season with the Adelphi team she shared some of her feelings for the upcoming season. "I was feeling very optimistic that we were going to do great things this year. I was not the only person who felt this way, it was a collective understanding that once things clicked we felt we would be unstoppable."

Campagna said, "I speak for myself, my fellow coaches in the department and my coaching staff when I say how disappointed and sad that this season has been canceled. Every spring student athlete is wondering what to do next during this tough time, but like my team stated this year, 'we are all in this together.' Our AU family. We will come back stronger and better next year."

Unfortunately, we now know that all spring sports at Adelphi University have been cancelled. The Adelphi community hopes that all fellow Panthers are safe, healthy and remain hopeful during these troubling times.

All photos on this page from AU Athletics



A few members of the Adelphi baseball team together throughout one of their games.

season at Adelphi, stated how the team is conquering a rocky start to the season. "Everybody's been doing great. I think

and we're not worried, it's going to be a good season."

Softball

Softball ended its last season with the top spot in the NE10 Southwest Division ranking. With an overall record of 32 wins to 20 losses, the Panthers ended their season proudly coming in second in the NE10 championship.

Head coach Carla Campagna spoke about the preseason polls. "At Adelphi, we always focus on what we can control on and off the field. The preseason polls are great for our conference and it's a compliment when our fellow coaches ranked us at number two. But we always speak about our potential and how we can move



Adelphi men's tennis team huddled up together before a match.

Senior Spotlight Gordon Purdie Jr.: Where Teammates Become Family

BY CHRISTOPHER ALVAREZ

Men's lacrosse's head coach, Gordon Purdie, Sr., understandably has some nostalgia to share about one of his players.

"This is sort of a family that's been growing up here at Adelphi University. He grew up literally having this as his backyard going to the Waldorf School for as long as he did and coming over to Adelphi to watch games."

He's talking about his son, senior Gordon Purdie, Jr.



Purdie has made the NE10 Commissioner's Honor Roll six times.

The Motamed Field has been home to the Purdie family for many years and now, as much as it saddens Gordon Purdie Jr., his time as a Panther is coming to an end. He's currently pursuing a master's degree in physical education, and it wasn't a hard decision to choose Adelphi again. The Long Island native holds his teammates close and his family closer, he said. "The team and the brotherhood we have. I wouldn't go anywhere else."

Even though Purdie Jr. thanked his dad—a coach at Adelphi for 12 seasons—for never pushing him into sports, the 23-year-old was always a lacrosse prodigy. From the age of three, he had his dad's playbook drilled into his head. As a high school sophomore, he played for the Australian national team in the U-19 games. He won NorthEast 10 Rookie of the Year in 2016 and led his team with 37 assists, ranking fourth in NE10 in the first year as a graduate student.

With a game that requires a lot more dedication in the U.S., Purdie Jr. has been able to maintain a 3.7 GPA. Number 9 says having a busy schedule gives him structure.

"A lot of the coaches say that when kids are in season, they hold better grades than when they're out of season. I think when you give somebody too much free time, they might go to waste with it," said Purdie Jr. "But if you have a structured day, you'll be more productive and get things done quicker."

And good grades is the advice Purdie Jr. leaves for future student athletes. "If you have good grades and you have the skill and the talent, you will

be successful."

His successful mentality, Purdie Jr. said, is mostly due to his father.

"I think part of the reason is having a dad who is so successful. I want to go in his footsteps," said Purdie. "And what he was able to accomplish at Adelphi has always been my goal, so that just drives me to do better each day."

Each day during his off-season in Australia, the 5-foot, 8-inch attacker would wake up at 6 am to get his first workout of the day. At Adelphi, he trains tirelessly alongside head strength and conditioning coach Keith Ferrara and his teammates. With Ferrara, Purdie Jr. aims at getting stronger and remaining healthy. And for two hours at night, he runs plays and scrimmages with his teammates.

His outgoing work ethic has made him one of the first players to earn a contract from the Australian national team and eligible to continue his playing aspirations in his hometown.

Purdie Sr., having also played for the national team, does not doubt his son's skills. "I think that Gordon is ready, and I think that the key things that I see in him—and that the coaches might see in Gordon—are not just his skill set but that he's a very smart player."

"Like father, like son," Purdie Jr. once captioned a social media post. It is no coincidence that both of them share the same name and were both lacrosse stars, since there was already a legacy of

of his son. He recalls when Purdie Jr. was in first grade, he and his wife were asked to write on a piece of paper what they hoped for their son's education. They both wished that Purdie Jr. would be the person to lean on for others.

"Although I can't remember it word for word, we wrote that we hope that he's going to be that person that will be there for everybody at every time he can. And I think if you ask his teammates, he's been that guy that just been there for everybody whenever he can be," said Purdie Sr. "So that hope that we had for him; he's living out our dream."

Purdie Jr. not only flourishes on the field, but as a friend too. He has been a role model figure to a lot of his teammates. Another senior attackman, Nicolas Racalbutto, is the closest to Purdie Jr and together, they call themselves "the duo." He too was brought up by Adelphi athletics, as his family also played for the Brown and Gold. After watching Purdie Jr. play his first season, Racalbutto was inspired to learn from him.

"When I was coming to the games, I was watching Gordon and I just said you know he has an unbelievable skill set and I looked up to him and I just want to build a good relationship with him," he said.

And that opportunity to build a relationship with his mentor came quickly. "My freshman year he was my roommate. He took me under his wing and showed me the ins and outs of the school and

mentality off the field. It's something that's very special."

As Purdie Jr. finishes his last year as a graduate student, there is still one more thing he said he owes Adelphi after they have been so great to him. He looks to end the 19-year drought and bring home his first and Adelphi's eighth NCAA National Championship trophy.

"Our goal was to win a national championship, but we haven't been able to. In the past we have come close. We made it to the final four my sophomore year, but we haven't been able to pull through all the way," said Purdie Jr. "Hopefully this year we can make it happen."

From one man to another, Racalbutto gives some last words to his once bunkmate and longtime friend as they prepare to go their separate ways. "Just keep doing what you're doing with your ethic and keep striving for greatness," said Racalbutto. "I have extreme confidence in what you're doing no matter what it is."

"We still have a lot of golf games in the summer!" said Purdie Jr.

From the one who paved the way to the one following in his footsteps, dad and coach Purdie Sr. gives his pupil the best fatherly advice he can. "Go out and just be the best you could be every day and enjoy the game you have the opportunity to play."

Motamed Field became a symbol of family as it is here where many Gordon



In 2019, Purdie ranked third on the team in points. He had hoped to help lead the team to a national title this year. Photos from AU Athletics

Gordons and a family celebrating the sport they love.

"I think it was probably a little bit more so my decision to push for Gordon than hers [his mother's]. My dad was named Gordon and my grand dad was a Gordon, so I think that legacy of Gordon getting carried through was something that I wanted," the younger Gordon said.

Purdie Sr. introduced another side

of lacrosse and how the coaches coach and everything that comes with that."

"The duo" are each other's backbone on and off the field. A bromance relationship that Racalbutto best describes as loving and caring, will never be broken.

"We look after each other since day one on and off the field no matter what the circumstances are," said Racalbutto. "I honestly don't see us losing that duo

generations came together to share their love for the lacrosse sport.

Now, Purdie Jr. Sr. and Racalbutto will need each other on their last game of the season to walk off the field and say goodbye to a great family tradition.

Adelphi Athletics Earns Second Top Spot as Best College Sports Program

BY CHRISTOPHER ALVAREZ

After coming off a winning season that included six conference championships, five NCAA tournament appearances, one NCAA Division II Women's Lacrosse National Championship and Best College Sports Program in 2019, Adelphi athletics snatched another Best of Long Island Award for the second consecutive year. The accolade is part of the Bethpage Best of LI annual contest, with Adelphi being named the 2020 Best College Sports program on Long Island.

These 16 accolades have been a byproduct of the six core beliefs each team holds onto dearly every time they step foot on the field. When an institution believes in the same morals as their counterparts, the results are likely to increase for the better.

"We believe in equity." "We believe in integrity." "We believe in acceptance." "We believe in inclusion." "We believe in respect." "We believe in diversity." These motivational words are the first thing players and fans see inscribed on the signages in the main lobby of the Center for Recreation and Sports (CRS) and this is what has pushed Adelphi to be the tip of the spear for Long Island college sports programs.

A good season or a good year usually consists of a winning season with another gold added to the trophy case, but for Adelphi, a good season is about accomplishing the little things, not

winning.

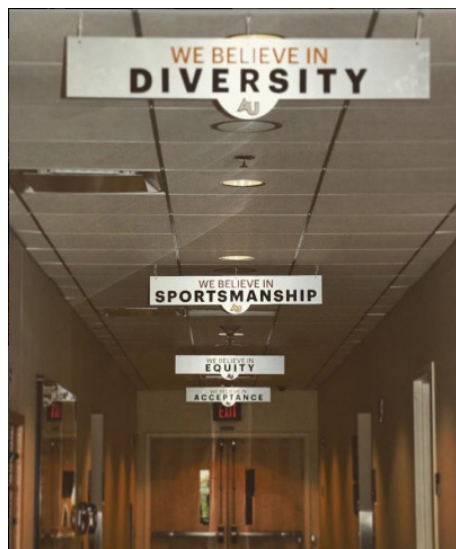
"It's not about what we have to do to win, it's about what we have to do to have a great experience. We talk more about the process, the experience and doing the little things," said Danny McCabe, director of Athletics and Campus Recreation.

In his six-year stint with Adelphi, McCabe has worked tirelessly to show how great experiences, transmitting ideas and enjoying the process, all led to a more unified, diverse group aimed at success. During his time, Adelphi Athletics has been able to not only excel as a sports program but has also been the epicenter for many of the institution's connections. The Athletics program dedicates over 2,000 hours to community service each year with the Make-A-Wish Foundation, Team IMPACT and Friends of Jaelyn. Currently, more than 20 companies make up Adelphi's corporate partnership roster, led by Northwestern Mutual, The Whitmore Group, MetLife Legacy Advisors, NYU Winthrop Hospital and Coach USA.

McCabe is known for giving others an opportunity to shine, and one way he shows this is by creating several new positions in the department, beginning with the addition of a varsity women's golf program and the hiring of Keith Ferrara as the first full-time strength and conditioning coach. In addition, the department created a new strength and conditioning center and Panther fueling station inside the CRS and fundraised

nearly \$500,000 to renovate its locker room facilities for the university's baseball and men's and women's lacrosse programs.

Also, under his leadership, in 2017, the Adelphi Athletics program initiated the Athletics Diversity and Inclusion Council, which earned McCabe and



Signages located all over CRS show Adelphi's beliefs and attitude.

his staff the LGBT SportSafe Gold Medallion. This committee encourages conversations about ideals, values and acceptance to all.

"The Athletics Diversity and Inclusion Council is an opportunity for our students and our staff to get together to talk about 'how would we show the rest of the world what we're about?'" said

McCabe.

It has been said that students who are in extracurricular activities, especially sports that have a very rigorous schedule, are more likely to be disciplined and perform better in school. Adelphi is no different. Their success is just as powerful off the field with 89 percent of the athletes graduating.

"Eighty percent of our student athletes have over a 3.0 GPA and of those 80, approximately 70 percent who are over a 3.5," said McCabe.

The inspirational signs in CRS have been an integral part for Adelphi's winning culture, but the one that stands out the most and is practiced by the whole staff is "Integrity."

"Integrity," said McCabe. "I think we operate with a great deal of integrity. I think our coaches operate with integrity. We expect that out of our student athletes, so I would say we have great integrity."

McCabe is proud of the accomplishments and grateful for the people around him. Winning is not the only thing for Adelphi, but a three-peat would be nice.

"It takes a village. It takes a lot of people. Everybody is involved in our successes, so we need to help them out when they need help and we need to ask for help when we need help," said McCabe. "Hopefully we get another one of those awards next year!"

All photos on this page from AU Athletics

The Panther Club: Athletic Success Behind the Scenes

BY MAXMILLIAN ROBINSON

When an athlete rises to stardom, we notice their accolades, accomplishments and past experiences that help define who they are today. However, we tend to leave out what happens behind the scenes, like how hard they need to train for each event or what relationships the star athlete had with their teammates. On top of that, who knows how their personal life was growing up?

Here at Adelphi, an unknown resource dwells inside our campus, the Panther Club. This club is a fundraising organization dedicated to the support of the Athletic Department. It serves as an avenue for Adelphi alumni, parents and friends to support the student athletes in our community and the classroom.

"The Panther Club is the obvious and easiest way for alumni and friends of the Adelphi community to get involved," said Emily Dorko, chair of the Panther Club's executive committee. "It does not always mean a monetary donation, but the group is always looking for ways to engage alumni, which can range from volunteering to work a fundraising event or coming back on campus to speak to current student athletes about career

choices and life after playing sports."

The Panther Club was initiated in 1993 by the former director of Athletics, Robert E. Hartwell. In the early 2000s, Maggie Yoon-Grafer, current Adelphi chief of staff, and Dina DiNome, former vice president of Advancement, formalized the structure to be the basis of what it has transitioned to today. It has historically been the associate athletic director of External Relations that chairs the committee and works with the president of the Club, as well as the athletic director, to identify goals for the group and within the department. The first president was Steven Wirth ('70) from 1993-2006. Dennis Lind ('88) has been in the role since 2006.

Dorko said that the funds raised via the Panther Club benefit the various sports teams in many different ways.

"Based on a need, if we are able to supplement a fundraising campaign or specific project, we can communicate with the committee to see if this is the best fit for the funds at any given time," she said.

This organization truly cares about the athletes and their steps to greatness. It's led by an executive committee that meets periodically to coordinate club and fundraising activities through an expanding network of members. Dorko



From left: Emily Dorko, chair of the executive committee, Jodie Sperico, executive director of Alumni Relations, and Katie Grant, associate director of Alumni Relations

said that college athletes are not only committed to their sport full time, they're also committed to being excellent with their schoolwork and serving as active members in the community, while also dealing with their personal life, good or bad. This is a huge commitment and isn't for everyone. However, the Panther Club makes it easier for the athletes to do their job, while also making life easier for them. It consistently reaches out to make athletes successful in the field they choose to go to and continues to expand its outreach towards the future.

Dorko said that next year, the club plans to reassess the bylaws and structure to better align with the needs and demands of the department.

"Nevertheless, the Panther Club is always seeking new alumni to join the team in efforts to help our current student athletes, because they are the future," she added.

"Adelphi has a special place in my heart," Dorko said. "I was a two-sport athlete from 2009-'13 and I'm happy that I still have the ability to give back to my alma mater in various ways."