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IN THIS ISSUE:

The Virtual Final Roar | Approaching Job Hunting During COVID-19 | Students Share Their Quarantine Experiences
A Closer Look at the Graduation Cap and Gown | 3-D Printing Joins the Fight Against COVID-19 | An At Home Workout

THE SLATE

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New York Tech News

- 5 - The Virtual Final Roar
- 6 - How Graduating Students Should Approach Job Hunting During COVID-19
- 7 - New York Tech Students Share Their Quarantine Experiences
- 9 - How Will New York Tech and Other Institutions Look Next Year and Beyond?
- 10 - This Year in History: A Closer Look at the Graduation Cap and Gown

News

- 13 - COVID-19: Short Term and Long Term Solutions
- 14 - 3-D Printing Joins the Fight Against COVID-19

New York Tech Sports

- 18 - An At Home Workout During Quarantine
- 19 - Senior Spotlight: Brooke Scherer



Letter from the Editor

To Our Campus Slate Readers,

First off, I want to congratulate the Class of 2020, which quickly became the Class of COVID-19. We might not be able to have an ideal ending to our collegiate experiences and graduation, but this does not make our accomplishments and accolades any less of an achievement. We are the future, and I truly believe that. Keep pushing during these difficult and unprecedented times. I also want to thank The Campus Slate. In all my semesters working in various roles here, I am eager to say that this semester was our most productive in all my time here. I'm really looking forward to the future of this publication and am confident to leave it in the hands of hard working and dedicated individuals who will keep delivering New York Tech the news it needs to hear. Speaking of hardworking and dedicated individuals, I'm eager to share with you all that our incoming Editor in Chief will be Jordan Vallone. She's a Global & Electronic Journalism major going into her second year already serving as our managing editor. I'm excited to see the excellent work she will be doing and overseeing! It's been a rich tradition of ours for over 50 years, and I'm beyond thankful that The Campus Slate was the first way I got involved at New York Tech, it has really shaped me into who I am now.

But this isn't about me. It's about all of us. To the Class of 2020: Congratulations! Let's continue to reinvent the future. To Do. Make. Innovate.

Best,

Robert Callaghan

The Virtual Final Roar

BY Alix Fleisig



As seniors, we all dream of graduating and walking down the aisle, with diplomas in hand, as our proud families watch from the crowd. Unfortunately, that's not going to happen for the Class of 2020. With that being said, it doesn't mean that we can't still celebrate our hard-earned achievements over the course of our time here. New York Tech announced that there will be a virtual commencement on June 20, but you can start the party early thanks to the Final Roar. This is a series of events for graduating New York Tech Seniors, started four years ago, and it is going to be the loudest it's ever been.

Traditionally, they've hosted events such as senior bingo and planned a senior trip. At the end of every academic year, Student Life NYC organizes the Student Life Awards Banquet to recognize all the major accomplishments of students, staff, and organizations at the New York Tech ManHattan campus. When the pandemic hit, the Final Roar committee knew they were going to have to come up with drastic changes and creative ideas to help graduating students enjoy their accomplishments. They came up with the idea of a "New York Tech Royalty Package." This means that four seniors, nominated by their peers, would win a package and be announced as New York Tech's "Senior Royalty." Two seniors are from the Long Island Campus and two seniors are from the Manhattan Campus. The honorees are Samantha Arena and Angelo Matteis from Long Island, and Basanta Pant and

Himesh Patel from Manhattan. There is also Senior Shout-Outs, where students will submit a senior quote, a favorite memory while at Tech, and a few photos from their years here to be featured on the @mynyit Instagram page!

The Senior Royalty package includes a crown, a sash, a sweatshirt that says "New York Tech Royalty," and a frame for their diploma. As for the rest of the seniors of New York Tech (like myself), you will be receiving your diploma, robe, Final Roar sweatshirts and Senior Toast champagne glasses will be mailed for the virtual toast.

It's not how we all planned on celebrating commencement, but consider this: We are the first class to graduate virtually, so we are making history. This unprecedented situation shows how strong we are as students, and that we can overcome these challenges. Together, we will reinvent the future. Despite the difficult circumstances, we are all looking forward to concluding not only the semester, but our wonderful years here at New York Tech.

How Graduating Students Should Approach Job Hunting During COVID-19

BY Francisco Caldas



As per the U.S. Department of Labor, the week ending on March 28, there were more than 6.6 million people throughout the country that applied for unemployment insurance. Even if you have not been laid off or furloughed, recruiting and wage freezes may be enforced for the near future by your employer. The increase or promotion you counted on could be postponed for months or even longer. Although sitting back and waiting may seem appropriate, this isn't a time to delay your work search, especially as a graduating senior.

College graduates entering the workforce are facing tough new challenges. Many companies are being forced to furlough or lay off their employees. Graduates are facing unprecedented challenges in finding work. Here are some important tips you should consider during this unique time. Searching for a new job often feels risky and challenging, so if your job searching, remember to: Keep applying to the same companies over and over again. If you're not hearing back from employers, maintain connections by changing your cover letter, refreshing your resume and trying different approaches to finding the "right" person to connect with. Make sure you are applying to jobs

that match your skills, and qualifications. In these uncertain times, employers may be taking more time to decide on who is the right fit for them. They could be rethinking whether their employees should work remotely. As for your part, don't grow impatient. Set a daily application goal and reward yourself in small, meaningful ways after reaching it, read your favorite book or meet a friend for coffee over Zoom. Do regular reevaluations. Ask yourself: Are the jobs I'm applying to a good fit for my skills, background and level of experience? Is my resume enticing to employers based on their job posting? Does my cover letter expand on my most relevant experiences and qualities? Review the job posting and apply relevant keywords in your resume. Address any requirements, skills and qualities you have that are also in the job posting. If necessary, you might consider taking a part-time job, until you get a full time offer, so you can keep your skills sharp and provide extra income. In addition, by designing successful job search techniques now, you will be ahead of your peers when inevitably the situation becomes normal.

Rebecca Binder, senior managing director at RF|Binder, strategic communications and consulting firm, says it's a time to be patient because, "Many companies are still trying to figure out what COVID-19 means for their business, and while some companies may have hiring freezes, many are still interviewing for open positions—they just may not be moving as fast as originally planned. Show understanding and do not interpret delayed responses as lack of interest."

It's important to hone your skills right now and work on your digital networking game. Using your free time to network online when in self-isolation is a perfect way to lay the groundwork for potential career development. Start your job search with your digital presence growing. Update your LinkedIn profile, request recommendations and join appropriate groups. For example, if you're looking for a job in marketing, you could join the Global Marketing and Communications Professionals community at LinkedIn. Reach out for new and existing contacts and comment on posts from individuals. Take a short day-to-day break from work to give messages to former bosses and other contacts and inquire how they do. Seek to create a video greeting so it's even more intimate.

This is also a great time to perfect your marketable skills. If you lack a skill needed in your dream career, now is the time to become the perfect candidate for yourself. That may mean taking a course online or having a credential. Harvard and MIT have some nice online courses to sell, many of which are free. If you're not sure where to start, search Udemy, which has one of the largest collections of online courses, with more than 100,000 monthly video courses and new additions. Be patient and understand that a lot of companies currently have frozen hiring, and are waiting for this to be over to begin that process again.

New York Tech Students Share Their Quarantine Experiences

BY Mary Roberts



The departure from in-person classes in March brought a lot of movement and changes for all New York Tech students. With no more need to stay local, people are now attending their newly online lectures from all around the country and globe. Never has New York Tech’s “Global Campus” been so literal. Students are now experiencing school, and life, in a completely different manner with the transition to online Zoom classes. Here are where some of the students who used to be right next to you are sitting in class from now and how they’ve been impacted.

International students faced a particularly difficult question when the school announced it would be closed for the rest of the semester: should they stay in America or fly back home? Even New York Tech started a student emergency fund which seeks to assist students who have been impacted financially by unforeseen circumstances during a disaster/crisis. This program provides one-time assistance of up to \$500 to New York City and Long Island campus students to address financial challenges that jeopardize their ability to stay in school.

For student-athletes and Mechanical Engineering student Carla LeFlohic, the answer was clear. Go back to her family in Barcelona, Spain. The transition hasn’t been completely smooth though. “My schedule is completely different from what I would usually do.” Barcelona is six hours ahead of New York, and this has caused some chaotic schedule changes. “Instead of waking up at 8:00 AM, I get up between 11:00-12:00 because I can’t go to bed until 3:00 AM since that’s when

my last class ends now,” she stated. “I can’t have dinner with my family because that’s when I have my ‘afternoon’ classes.”

There are a few benefits to the time difference though. “What I enjoy is that if I’m rushing to meet a deadline. I know that I still have six extra hours to submit the assignment. Usually tasks are due the assigned day at midnight, but for me it’s 6:00 AM the next day. This gives me a bit of an extra margin, which is really helpful since my time management skills are not perfect. Also, having all my classes start at 3:30 PM at the earliest allows me to be more productive in the mornings.” She says she has been using her extra long mornings to workout among other tasks, which all of New York Tech’s athletes are now having to do from home in order to stay in shape for when play resumes.

For other international students, they decided the trip back home just wasn’t worth it. Nke Opoku, an Architecture Major from Ghana, decided to move in with her sister in Seattle for the time being instead. “Buying a plane ticket to Ghana on such short notice would have been too expensive, the time difference would be difficult to work with, hours of flight time would clash with my schedule, jet lag, the mandatory isolation in a hotel, and unreliable internet [all

led me to decide] staying in Seattle would just be easier.” The time zone in Seattle is three hours earlier than New York, leading her to have her regular 9:00 AM classes at 6:00 AM now. Besides that, she says her schedule hasn’t had any major changes. “I basically keep the same schedule as I did in New York, just on Seattle time.” So far, Opoku’s math class has been the only difficult transition. “It’s just so unlike my other classes so paying attention is a struggle.”

Nke was previously living in the residence halls, and many of her lifestyle changes stem from not living in student housing anymore, particularly the food aspect. “The main differences for me are that food is more flexible, no time restrictions [like limited dining hall hours], and more food that I’m familiar with and actually enjoy.” Outside of food, “there’s the isolation of only seeing two other faces when I’d gotten used to seeing so many people. It was also easier to get help with work back at the dorms. The general routine of getting to class and the dorms and the time that takes is also a big thing. It’s a lot more relaxed here I guess.”

In mid March, New York Tech’s residents were sent an email stating that they were expected to leave by the 22nd. This left the residence halls pretty barren, but some students were actually allowed to stay. These exceptions included “international students and students who do not have other safe living and dining arrangements.”

Mechanical Engineering student Bryanna, who wished to keep her last name anonymous, is one of the students who still remains after the majority of residents vacated on March 22nd. Bryanna chose to stay at the residence halls because she is an essential worker, and a drive back to her family in Texas would take three days without stops. When asked how she felt about her decision to stay in the residence halls rather than moving back in with her family, she said “it was going to happen eventually,” she said. “I’ve been trying to save up for an apartment since moving up here, I just didn’t expect everyone to be gone so soon.” With the buildings vacant, the school seems to have stopped keeping the heat up to the usual standards. “I didn’t realize how easily upset you get when you’re constantly cold, like I am now.” Her day-to-day is fairly lonesome. “I don’t leave the dorm building unless it’s for work, food, or laundry. If I had access to those without leaving my room, no one would see me until



I moved out.” She says she spends most of her time outside of work and class playing Animal Crossing New Horizons, something most people seem to relate to right now. “I do not in the slightest regret spending the \$60 it was worth.”

Even Globesville, New York Tech’s student run web channel, relies and bases the class heavily on being on campus and producing hands-on productions. Their students have now transferred to recording a three minute weekly diary, and one common thing I’ve realized is that all seniors and graduating students have been disappointed with no commencement. New York Tech announced it will host a virtual graduation on June 20, as well as a specific in person event for the Class of 2020 in May 2021. “I’ve worked so hard these past four years, and to be told we can’t walk and wear our caps and gowns in May due to no individual’s fault, it sucks,” one senior said.

Spring 2020 has truly been a one of a kind semester. There’s no commencement being held on campus traditionally and athletics seasons have been completely cut and no clue when play will resume. All these unforeseen circumstances allow us to really see the unique stories of every student’s lives before and during the quarantine.

How Will New York Tech and Other Institutions Look Next Year and Beyond?

BY Robert Callaghan



It's hard to comprehend as a college student, especially one who anticipated to walk at commencement in May, what exactly is going on in regards to our education during the COVID-19 pandemic. Universities and colleges around the country have had no choice but to close their campuses for the rest of the Spring 2020 semester, cancel all athletics and other events and either cancel or postpone their commencement, and transition to online, distanced classes. Some schools, like New York Tech, have provided their students the option to change any final grade they receive to a pass/fail from a letter grade to help with GPA. These are just a few examples of short term impacts, but what about long term? There's no denying a college experience will be different for any student planning to go back to school in the fall, and the pandemic could even force students to hesitate in spending money on school when it's possible there isn't any hands on or in person learning being done. Students might find going away to school less attractive now and would prefer to stay at home instead of living with a random roommate. COVID-19 will also exacerbate weaknesses in higher education business models, particularly in colleges

and universities that are highly dependent on international students and haven't created an adequate online strategy. "No amount of online offerings, marketing, or campus life amenities will be able to cover the overdependence on international student tuition, said Mat Frenz, a partner at Entangled. "With help from state governments being unlikely at best, institutions will be forced to reconsider their business model and make very difficult decisions about who they are and what they do." It's hard to predict what the future holds for New York Tech which is an institution driven by commuters and international students in regards to drawing the attention of incoming high school, transfer and current students. "As much as this pandemic is an upset to normal life right now, eventually we will get back to normal, a new normal," President Hank Foley stated in a message sent to the New York Tech community.

"We are looking at both the short term and the long term, and we want you to do the same. In the coming weeks and months, you will need to switch rapidly back and forth between short-term, here-and-now issues, and future thinking, as the need arises. Why is this important for us to ask you to do? It is because we want you to be successful in the pursuit of your goals and ambitions (long term, future-oriented) while staying healthy and on track in the midst of this crisis (short term, here-and-now)."

One of those short/long term effects has resulted in a virtual commencement ceremony on Sunday, June 21, 2020 and an in-person commencement event specifically designed for the Class of 2020 in May 2021 due to current circumstances on being able to host a commencement in May or even summer 2020. All of these changes will likely have a significant impact on how students apply for and attend college for years to come — even if social distancing measures subside. "I imagine there'll be a lot more students deferring college to take a gap year. And anecdotally, I know a lot of students who are reconsidering their choices and are more reluctant to go out of state for school and are thinking about staying closer to home," Jeremy Alder, founder and managing editor of College Consensus says, also predicting a drop in college applications over the next few years. "College admissions is going to look a lot different after all of this, maybe permanently."

This Year in History: A Closer Look at the Graduation Cap and Gown

BY Brendan Smoller



This is The Campus Slate's annual graduation issue. However, we are looking forward to graduation unlike any other. This year, with commencements canceled there is much to be sad about. However, I am happy to point out a silver lining for New York Tech's class of 2020. Not having in person commencements means not having to wear the infamous graduation cap and gown.

We have all found ourselves wearing the graduation cap and gown at some point. Many of us have a high school portrait of us wearing it. Odds are, none of us thought twice about wearing it either. Graduation attire is a cultural institution. Regardless, may we all have the hindsight to acknowledge that they're ridiculous

things to wear. The cap is silly and oddly shaped. The gown is shapeless and flattering on no one.

So I urge all of our graduates this year to take a picture of themselves in their best clothes to document and commemorate this momentous occasion in their lives. They'll look a lot better than they would have in that silly gown and cap. However, while we accept this silver lining, let us take the opportunity to examine where this ridiculous graduation apparel comes from and why it is so ingrained in our culture that none of us question having to wear it.

Graduation apparel; It's an occasional (though admittedly silly) outfit worn to commemorate a rite of passage.

Graduation is an important cultural institution characterized by many traditions. Wearing a graduation cap and gown is a long running one. The origins of these accessories can be traced back to the 12th and 13th centuries, when universities



A meeting of doctors at the University of Paris during the 16th century.

started forming. Students and teachers typically wore clergy style clothing to emulate the church, which was highly influential during this period. In fact, many early professors were priests, monks, clerics, and other members of the clergy. Most students were studying to pursue a similar profession. Thus, they were quite comfortable in robes.

While it was these medieval religious universities that initially inspired academic dress code, the first known schools to officiate graduations in such attire were Oxford and Cambridge. Originally, such ceremonies were seen as any opportunity to wear formal “fancy” celebratory clothing. However, by 1321, such “excessive apparel” was banned in Oxford and Cambridge. Consequently, everyone was required to wear long gowns during ceremonies. This was meant to demonstrate unity. These ceremonial robes differed from normal school attire due to a lack of hood. This gradually allowed for the introduction of the infamous graduation hat. The graduation hat has evolved over time. The modern popularized style is the mortarboard cap. These caps first

appeared in the 15th century. They too evolved from church attire. Hats known as birettas used to be worn by Catholic clerics, scholars, and professors. Biretta dates back as far as 1311 in churches. They are still worn by members of the clergy. Looking at them, their similarities to the modern graduation cap is clear.

While birettas have four corners, wonder may wonder, what is with that cardboard square shape on top of the graduation cap? The answer is debatable. Many historians believe it signifies the shape of a book. Others believe it is meant to represent the shape of the quad within the Oxford campus.

Regardless, it came to be called the mortarboard cap after the flat board used by bricklayers to lay mortar. So, some people believe the reason the cap is square is to represent the mortar board of a master workman. Despite their uncertain origins, the style is now used at most (if not all) educational institutions.

The modern cap and gown was originally the European academic style. After centuries it matriculated into colonial America. After the Civil War, the look began to be reserved strictly for graduation ceremonies rather than all academic events. This change has allowed the cap and gown to symbolize the recognition of this particular achievement. Consequently the cap and gown were adopted for lower education level graduations as well.

Until the 1950's, graduation caps and gowns were typically gray in the USA. As the decades passed, students became more interested in using different colors to represent their school colors. European countries have been doing since the 1800s. Color photos were costly and uncommon until the 1960's, so graduations were mostly shot in black and white. Regardless of color, the general look of academic attire has been timeless these past few centuries.

The graduation cap and gown are antiquated. They are a leftover cultural impact of a medieval church and old scholars. More than that they're an uncomfortable nuisance that many near graduates have baked in under the hot sun of their long commencement ceremony. But the class of 2020 won't have to worry about that. We here at The Campus Slate congratulate our New York Tech graduates on all that they have achieved. We wish them nothing but success and flattering portraits in their futures.

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COVID-19: Short Term and Long Term Solutions

BY Jordan Vallone

As the fight against the COVID-19 pandemic continues, researchers and other medical personnel are looking for ways to manage this disease. The spread of COVID-19 is slowing down, the numbers of patients in the hospitals are dropping, and there are less deaths per day. Social distancing and the closure of non-essential businesses is an obvious short term solution to stopping the spread of this virus. However, in the months ahead, antibody testing, and eventually a vaccine, are going to be key factors in determining how the world will recover, and thus operate, after this pandemic.

Recently, antibody testing for COVID-19 has been a major hot topic in the media. Dr. Gregory J. Berry, Director of Molecular Diagnostics at Northwell Health and LIJMC helped explain the difference between PCR testing and antibody testing in relation to COVID-19. “A PCR test will tell you if you have an active infection,” said Dr. Berry. “An antibody test tells you if you’ve been infected, and if you are possibly immune.” A PCR test is conducted with the nasal swabs. An antibody test is conducted with a patient’s blood, either extracted from the patient via a finger prick or with a hypodermic needle that was inserted into a vein. Dr. Berry

said, in reference to these tests, “Both are very important, just different.” While Dr. Berry said vaccines are not necessarily his area of expertise, he was able to provide some insight on them. In regards to a vaccine for COVID-19, he said, “There are a lot of groups across the world and country looking for a vaccine.” He did warn, however, that we most likely wouldn’t see one for quite some time. “Immune systems are very complicated,” he said. “This is why it takes a very long time to develop a vaccine that will work for a lot of people.” In contradiction to this, CBS News recently reported that a team at Oxford University is leading the global race for developing a vaccine. The experimental vaccine has, “worked in protecting rhesus macaque monkeys that were exposed to heavy quantities of COVID-19.” Human trials are underway, and “the largest drugmaker in the world, based in India, will start producing millions of the Oxford vaccines by next month, even before they’ve been proven to work.” The results have so far been promising, leading some Oxford scientists to



believe the vaccine may be widely available for use as early as September of this year.

Antibody testing will most likely be the best short term solution to the COVID-19 pandemic. If administered widely, its results will tell us approximately how many people have been infected with the disease. It is currently unclear if this means that those who have the antibodies for the disease are immune to it - that part is still being researched. As Dr. Berry shared, the eventual development of a COVID-19 vaccine will become a long term solution. The team at Oxford, along with other labs across the world, continue to vigorously test their developed vaccines’ effectiveness, with hope that it will help prevent future COVID-19 breakouts.

The Shortage and The Solution

According to the CDC, the best way to conduct a test for COVID-19 is with a nasopharyngeal swab. A technician administering the test “will put a special 6-inch cotton swab up both sides of your nose and move it around for about 15 seconds.” In a recent article by ABC News, it was reported that there was “a dire shortage of nasal swabs used for testing.” The solution to this shortage was simple, yet innovative; 3-D printing.

In mid-March, Northwell Health, The University of South Florida, and Formlabs, a 3-D printing company, worked together to successfully produce and test 3-D printed nasal swabs in order to address the shortage. According to an official Northwell Health press release, shared with us by Jason Molinet, the Senior Director and Online News Editor at Northwell, “over the span of one week, the teams worked together to develop a nasal swab prototype and test it in the USF Health and Northwell Health labs.”

In response to this discovery, Dr. Todd Goldstein, a director of 3D Design and Innovation at Northwell Health said, “our 3D printing lab immediately changed focus from creating materials for surgeries to designing and creating materials that help our front line healthcare providers treating COVID-19 patients.” The 3-D printing labs at Northwell Health are now producing 5,000 swabs per day. The swabs are being provided to Northwell Health patients, and the design is being shared with labs across the nation so that other healthcare providers can benefit from this solution.

A Closer Look at the Swab

Dr. Gregory J. Berry, Director of Molecular Diagnostics at Northwell Health and LIJMC, Assistant Director of Infectious Disease Diagnostics at Northwell Health, and Assistant Professor of Pathology and Lab Medicine at Hofstra University is a board certified Microbiologist, and was a major part of the team that was responsible for the creation of the 3-D printed nasal swabs. With a Ph. D in Microbiology, Dr. Berry helped oversee the development of the prototype, and test it on patients in clinical trials. He provided us insight on how the swabs work, and why they are so effective. He said, “The [swab’s] design has a rough surface and small holes drilled through it.” The rough surface and the holes allow for the

3-D Printing Joins the Fight Against COVID-19

BY Jordan Vallone

COVID-19 has had an effect on every state in the nation, but none have been hit quite as hard as New York. With nearly 300,000 cases and over 18,000 deaths at the time of this writing, New York’s hospitals were especially in dire need of supplies. The number of masks, gloves, gowns (Personal Protective Equipment or PPE), and ventilators and even nasal swabs, amongst many other necessities, was extremely insufficient. During a crisis like this, technological innovation, or more specifically, an ingenious, new application of an existing technology - can sometimes provide dramatic answers.

virus to cling onto the swab, where it can then replicate. The clinical trials, which as per FDA regulations were monitored by an Institutional Review Board (IRB), showed that the swabs performed remarkably well. Dr. Berry said that for each patient in the trial, “One nostril was tested with a traditional swab, and the other nostril was tested with the new swab.” Out of the group of patients, around 50% of them tested positive for COVID-19. The percentage of patients who had the virus appear on both swabs was somewhere between 94 and 99%. Dr. Berry said, “I was astounded by how well they performed.” These clinical trials only took place at the end of March, leaving some people wondering how they were conducted so quickly. “Clinical trials for new drugs can take years,” said Dr. Berry. “This was just a swab, so it was a little bit easier.” Of course, with that being said, all safety parameters were upheld in order to protect the patients, and ensure the accuracy of this innovation. The labs at Northwell have conducted over 70,000 tests, and were the first healthcare provider in New York to be



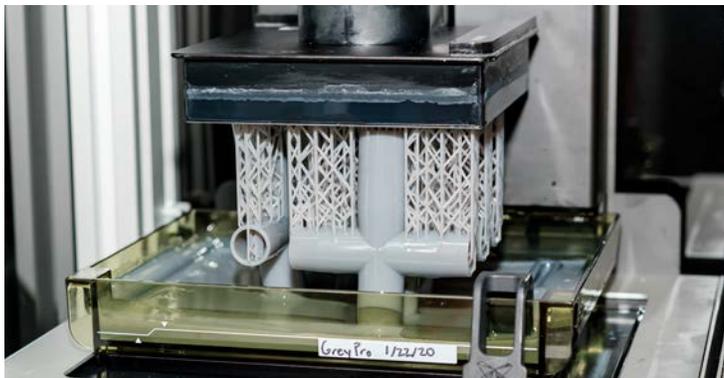
Todd Goldstein

Director of 3-D Innovation
Northwell

given allowance to do so. Dr. Berry said the team is looking to publish this remarkable finding in medical journals sometime in the near future.

An Opportunity for 3-D Printing

3-D printers, which work by extruding molten plastic through a tiny nozzle in order to form a desired product, have been around since the 1990's. This being said, only in recent



years has this technology been revolutionized to be more affordable, allowing even some people to have 3-D printers in their homes. Companies began investing in these machines, but according to a recent NBC article, 3-D printing companies have underperformed in recent years, causing their stocks to suffer. When New York City Mayor Bill de Blasio (D) announced that he needed “3 million masks for health-care workers,” amongst many other necessities, 3-D printing companies saw this as an opportunity to showcase their abilities. Yoav Zeif, CEO of Stratasys, a leading manufacturer of 3-D printers, said “This crisis has brought to light the promise of 3-D printing and its ability to change the world.” Similarly, Ellen Kullman, CEO of Carbon, another 3-D printing firm based in California, had her printers switch over from creating their normal products to medical supplies. She said “The adaptability of 3-D printing is really shining through.” Though 3-D printing companies are proving their worth, experts warn their success may only be short lived. In the same report by NBC, it was explained that since COVID-19 has caused the economy to recess, leading market analysts have warned that “all this movement in the 3-D printing market probably won't result in a big jump in sales until we're well through the pandemic.” Ananda Baruah, an analyst at Loop Capital which is an investment firm, said “It is likely the 3-D printing companies will be impacted by economic headwinds from COVID-19 and this could have a bigger impact than what the COVID-19 advantage will have as an incremental benefit.” With the times uncertain, it is hard to definitively say what will become of 3-D printing. However, for the time being, they are revolutionizing the production of much needed medical equipment, keeping the frontline healthcare workers supplied and safe as they witness, and battle, the worst of this horrific disease.

In the wake of this 3-D printing discovery that has transformed the production of medical equipment, it appears that the worst is behind us. As we move forward, understanding that life will go on, slowly but surely, we must be proud of those who are getting us through these difficult times. 3-D printers have joined the fight against COVID-19, and the effect they've had on the medical industry will be remembered, long after this pandemic has ended.



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An At Home Workout During Quarantine

BY Collins Onyeike

Although this is the perfect time to catch up on sleep, your favorite shows or movies and be idle, it's an even better time to think positively and get your blood flowing with some productive exercise and workout routines. First and foremost, we will start by abiding all social distancing regulations so we remain on the safe side. I will take you through my daily full body workout that you can perform anywhere. With gyms and fitness centers closed throughout New York because of COVID-19, a membership for this exercise isn't necessary!



Before starting any workout, make sure there you've eaten something at least half an hour prior to starting a workout. The last thing we want is for you to cramp up or suffer from a stomach ache. To begin, start with some dynamic stretching to warm up your body and get it relatively loose. You can choose any dynamic

stretch you want, but I personally perform walking knee to chests, lunge walk and twists, power skips, and lastly the karaoke stretch, which is not for your voice. Next, it's time for cardio. Aim for a three mile jog whether it's on a treadmill, on a track, or around your neighborhood. Find a safe space where you can still practice social distancing guidelines while running. Once the cardio is out of the way, take a 15 minute rest period before going into the next workout routine.

This is the main part of the workout, and I advise others to find a soft surface like grass or a yoga mat if you have one. Start with four sets of 15 jumping jacks. After that, do four sets of ten squats, followed by four sets of right squat jumps. Once you get better and stronger at these squats, you can add weights if it is accessible to you. To conclude the leg portion of the workout, finish with 30 lunges.

Transitioning now to the upper body. Get on the floor in a push-up position. For those who struggle with push-up form, you can make it a little easier by putting your knees on the ground. Aim for five sets of 20 pushups. Your arms may be a little sore but trust me it's worth it. After the push ups is a double set, which is three sets of 15 for both sit-ups and hip thrusts. This is working on your core which is key for a full body workout, as well as the rest of the strength in your body.

Lastly, dips. You might be saying, "how can I perform dips without a gym or proper equipment?" With no access to a gym, you can use a chair to do the dips on. Stand in front of the chair, facing away from it. Sit down on the edge of the seat and place your hands behind your hips, lift your buns off of the seat and walk your feet forward. Slowly lower your body downward and extend your arms, raising your body upward and supporting your weight with your arms. Beginners can try one set of 6 to 8 reps. More conditioned exercisers can try three sets of 10 to 12 reps. After the dips, to conclude the workout, you must stretch again for at least ten minutes. I do this workout everyday and it has really shaped me up for basketball, but I recommend that beginners do it at least three days out of the week, and make sure to follow all guidelines during this pandemic and stay safe.

There's also a ton of information and videos on the internet explaining and showing more in depth these exercises you can perform without any equipment or gym membership as well as others put together. Find one that works for you, and stick with it! There's no time like right now to get in shape with all the extra time you may have, and we still have the chance to have a summer which means a summer body!

SENIOR SPOTLIGHT: Brooke Scherer

BY Robert Callaghan

Brooke Scherer has been an All-ECC softball player for three plus years. A feared slugging first baseman, and an electrical engineering major off the field. As a career .313 hitter at her time at New York Tech, her career and senior season was ended abruptly due to COVID-19. “She [Head Coach Katie Apostolopoulos] had us all meet at her house and had us all in the living room, and she kind of slowly told us what was going on.” The NCAA has allowed spring student-athlete seniors an extra year of eligibility to come back, and Scherer has already thought of the possibility of returning for one more season. “I’ve thought about it,” she said. “I have to look into graduate programs and talk to my parents about it. I already have. But there’s a lot of things that are going to go into this before I make a final decision. It’s too soon right now.” As for academic accolades, she was honored on the ECC Commissioner’s Honor Roll in Spring 2019 and Athletic Director’s Honor Roll for achieving at least 3.2 GPA during Spring 2018 and 2019 semesters. She broke out onto the scene immediately her freshman year winning ECC Rookie of the Week honors twice, but she had her best season in her sophomore campaign when she was named second-team All-ECC while slashing .336 with two homers and 19 RBIs while starting all 36 games. She became one of the most feared hitters throughout the conference for the past few years and only time will tell if she will put on the Bears uniform once more. If not, she left a lasting impact on the program and her teammates.



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